

THE PICARO

Volume 32 Issue 8

January 27, 1997

<http://chebucto.ns.ca/Media/Picaro/>



Kitchen Party!

Mahones front man Fintan McConnell let loose on Vinnie's last Thursday night. The Mahones were joined by Dave Carmichael in a wild kitchen party concert as part of this years Winter Camival. See story page 23.

PHOTOGRAPH BY
CHRIS MOONEY

Day in the SUNS

BY TAWNIA ZWICKER

The cost of a university education is rising and the debt load that students are expected to carry is reaching astonishing levels, according to the delegates who gathered at Mount Saint Vincent University for a SUNS (Student's Union of Nova Scotia)-hosted symposium on January 8.

Though the group of university administrators, government policy planners, Liberal M.P's Geoff Regan and Mary Clancey, NDP MLA Eileen O'Connell, and student representatives from various regional universities identified these problems, no clear, effective solutions were actually discussed, leaving questions about the future of higher education in

Nova Scotia.

According to a 1995 MPHEC (Maritime Provinces Higher Education Commission) survey, the average graduate from a maritime institution earns a degree and a \$12,000 debt at the end of their university career. This according to the survey, is a manageable debt that only 25% of students will face, and that half will graduate debt-free. This also means that 25% of students will graduate with debts exceeding \$25,000. These figures are expected to skyrocket in the next few years, as university administrators are not open to discussing a tuition freeze or a fixed, across the board tuition for all Nova Scotia universities.

Geoff Regan had plenty to

say about rising tuition fees in the province. "A university education is the single biggest, most important asset, that you and I could have. So it is reasonable that individually, ourselves, we should pay a certain amount for that. The problem that I think we have in this province is that we (or students rather) are paying too high a degree."

Tuition freezes were, termed by university administrators, to be impossible due to the rising cost of educating students. The quality of education without the raising tuition fees was also called into question. The idea that a uniform tuition would harm quality of education by decreasing competition among the regional institutions

was also raised. Eileen O'Connell was angry about the fact that "this is dismissed as though \$12000 isn't any amount of money."

Students have a right to be worried about these ideas because they indicate, as did Jack Buckley, the CEO of Nova Scotia Community Colleges, that there will be no possibility of lower tuition, only a series of dramatic increases. Despite the low student attendance (perhaps due to a lack of campus-wide knowledge about the event), the discussion will directly impact their education. Public policy places higher education low on a list of priorities, however, without a university degree, it is difficult to attain meaningful employment. Geoff Regan stat-

ed that the unemployment rate for university graduates is approximately 5%, much lower than the general statistic, which he believes justifies a debt for education. "If you're carrying a debt load, if you know you're going to have a job to pay for it, you feel a little less worried about it. You're far better off with a university education than without one."

Debt, for the majority of participants in the symposium, seemed to be acceptable. Kathleen Thompson, Director of the Nova Scotia Student Aid Office, advocated borrowing money by citing the extra 32 million dollars set aside for students when the bursary program

continued on pg. 6

What's inside
the Picaro
Double Issue:

Dental work
The on again off
again dental vote is
off again. Find out
why on page 3.

Alternative means
Take a look at the
Canadian Collage of
Naturopathic
Medicine. Page 11.

One show to another
Sloan's Chris Murphy
sounds like a sea-
soned music veteran.
Interview on page 18.

Holding the
hammer
The Mount's Tara
Hamer face curlings
elite. Page 26.



ANNOUNCEMENT:

STUDENT UNION WOULD LIKE TO APOLOGIZE
FOR ANY INCONVIENCE REGARDING THE DENTAL
PLAN POLL THAT WAS SCHEDULED FOR
JANUARY 27 AND JANUARY 28.

IT HAS BEEN POSTPONED UNTIL THE STUDENT
UNION SPRING ELECTIONS ON
MARCH 18TH AND 19TH.

THE REASON FOR THR POSTPONEMENT WAS THAT
STUDENT COUNCIL DECIDED TO INCLUDE
PART TIME STUDENTS IN THE VOTE AS THE
DENTAL PLAN CAN ALSO AFFECT THEM.
IF YOU HAVE ANY QUESTIONS PLEASE FEEL FREE
TO COME UP TP THE STUDENT UNION ON
FIRST FLOOR ROSARIA.



IMPORTANT MEETINGS:

Meeting of graduating students on Friday,
February 7 at noon.
Room to be announced.

Council of societies meeting February 12
at 2 pm in Rosaria room 106

MSVU Student Union Student Fee Budget 1996-97

Revenues:

Student Fees	\$234,000.00
Health Plan Fees	158,700.00
Orientaion Fees	28,000.00
Sponsors:	
- Pepsi	7,500.00
- Labatt	4,000.00
- Scotiabank	3,000.00

Total Revenues: \$435,200.00

Expenses:

(order rearranged by catagory for convience)

Services provided to students:

Health Plan	\$153,700.00
Parent Care Lounge	1,500.00
Picaro	12,000.00

Fees and charges:

Audit Fees	1,700.00
Legal Fees	4,000.00
CFS Fees	7,800.00
SUNS Fees	4,020.00
Bank Charges	6,800.00
Telephone	6,000.00

Events planned for Students:

Alcohol Awareness	1,500.00
Awards Banquet	3,000.00
Grad Week	1,500.00
Orientation	28,000.00
Programming	20,000.00
Winter Carnival	1,000.00
Women's Week	1,565.00

Executive Vice President's Budgets:

External	1,000.00
Academic	1,000.00
Internal:	
- Budget	1,500.00
- Societies	5,000.00
- MANUS	6,650.00

Staff Related:

Staff Pay	72,000.00
Honorarium	18,000.00
Training and Development	3,000.00

Office Supplies:

Photocopier	6,060.00
Communication	2,000.00
Postage and Courier	2,500.00
Office Supplies	3,500.00
Office Services	1,000.00

Costs for Running Student Union:

Pub Lease	6,372.00
Rent	9,600.00
Loan	14,000.00
Insurance	4,600.00
Repairs and Maintenance	2,000.00
Hospitality	1,700.00
Miscellaneous	4,000.00

Total Expenses: \$ 430,967.00

Total Revenues over Expenses: \$ 15,633.00

MSVU SU Budgeted Cash Balance 1996-97

Beginning Balance, May 1996	\$-25,623.00
ADD: Unused fees	15,633.00
Closing Balance, April 1997	\$-9,990.00

NEWS

Dexterity Check!



The Mount's SAA representatives at the national conference in Antigonish.

SAA members had a memorable experience

"The spirit between the universities joining together to form CSAAN '97 was overwhelming," says Steve Quinn.

"The Ceilidh really showed students from Central and Western Canada what it is like to be a Maritimer," notes Michelle Ryan.

SAA VP Christa Stone says, *"The look on peoples' faces was priceless once they realised the haggis they tried at supper was a mixture of the liver, lungs and sheep intestines."*

Executive member Lisa Robinson notes, *"The time went just too fast!"*

"I wish I could've taken my kilt," says Kris Justesen.

"The SAA organizations from across the country acted as one community," remarks executive member Susan Giffin.

"I finally got my clothes back from last year's conference!" says SAA President Todd Brayman.

BY AMY BLAGDEN

Mount students screamed and vigorously clapped their way through a wild and enlightening weekend on January 17 to 19, at the 7th annual CSAAN (Canadian Student Alumnae Association Network Conference).

Fourteen members of MSVU's SAA joined SAA reps from 16 universities across Canada at the Gathering of the

Clans, hosted by St. FX in Antigonish, N.S.

The national conference acts as a forum for the exchange of concerns and ideas, and ensures a positive development of communication amongst delegates. Guest speakers throughout the weekend and sessions held by different universities are designated to evoke constructive discussion and assist in the strengthening of each Student Alumnae

Association.

When the sun went down, students were tested to see if they could handle an Xaverian weekend. The 120 people in attendance were given a hearty Highland welcome. Friday the CSAAN crowd was taken on a pubcrawl to sample some of Antigonish's finest establishments. On Saturday, everyone jigged and reeled at a Ceilidh (gaelic for kitchen party)—an energetic and rich Highland tra-

dition, with music by Slainte Math, younger siblings of the Barra McNeils, and other Ceilidh performers.

MSVU's SAA is planning to hold a mini-retreat for fellow society members in the near future to fill them in on valuable information gained from the St.FX experience. The information gained will be used to develop the SAA program in future years.

Binding vote proposed

Lack of information - communication forces vote delay, again

BY SUSAN GIFFIN & AYNGELINA BROGAN

Students did not cast their votes last week concerning the possible implementation of an additional dental benefit to the overall Mount's health plan for the 1997-98 academic year.

Initially, full-time students were to be given the opportunity to vote on the matter while electing council representatives last fall, but SU believed the student body was not adequately informed and therefore postponed the opinion poll. It was rescheduled for January 21 and 22.

The dental poll stations last week were nowhere to be found; once again the poll has been rescheduled.

SU members excepted the idea of delaying the vote at a meeting held on January 17, until mid-March along with the Spring election due to lack of

information dispersed.

From the afternoon's discussion on the issue, a communication problem between union president Sheri Moore and the majority of SU members was made apparent. It was the belief by many councillors that the dental plan poll was not binding.

"Only Sheri was not under the same assumption most other councillors were—this shows a communication problem," said Executive VP Chuck Williams during an emergency council meeting to discuss the issue.

It was finalized that the "supposed poll" was actually a binding referendum and a further movement was made permitting part-time students to have a voice by allowing them to vote. Part-time students were not considered voters in the previous proposals drawn up.

Shirley Wile, a full-time mature Mount student will not have the right to opt out of the

plan if accepted and executed next year. Wile is a single mother of a daughter age 3.

Wile now receives social assistance and feels as though the extra 90 dollar cost will be an unwanted added burden.

"This may drive away many students and student union will not know anything that until it is too late," claims Wile.

The suggested plan is set to specific guidelines. Wile is uneasy about the managed coverage, "The plan will benefit the company, not the students."

Dental coverage will be sponsored by Telski Insurance. The company will designate two dentists within close proximity to the Mount for student usage. Any student living a distance away from the university will not receive equal reimbursement if they choose to see a dentist in the area.

Voting will take place during elections in March.

The proposed dental plan:

Benefits

Annual Examination and Cleaning 100%
Includes examination, consultations, x-rays, diagnosis services.

Cleaning and polishing
Minor Restorative Work and Simple Extractions 75%
Includes fillings, space maintainers performed by General Dentist, maintenance of prosthesis and recementation of existing restoration

Wisdom Tooth Extractions 75%
Periodontal Scaling (removing tatar from gums) 75%
Endodontics (root canals) 10%
Periodontics (gum disease) 10%
Oral Surgery (surgery of the mouth) 10%
Major Restorative (caps, crowns, Bridges, etc.) 10%
Insured coverage maximum of \$500/person/year.

What does the plan cost?

Single Coverage—The cost is \$89.50/student/year (12 months of coverage)

Dependants (spouse, common-law or same-sex partner, and dependent children) can be enrolled in the plan for an additional fee.

What if I already have a dental plan?

If you are already covered under another dental plan, you will be able to opt out of this plan and receive a full refund, by providing proof of coverage. You can also coordinate both plans to increase your total coverage of dental care.

NEWS

In praise of Doctor Deborah Norris...

The 1996 recipient of the Alumnae Award for Teaching

BY TRACY TUTTLE



DR. DEBORAH NORRIS

The highest praise a teacher can receive is from her co-workers and her students. Such praise is the purpose of the Mount Saint Vincent Alumnae Award for Teaching.

"Receiving this award is an affirmation of the hardwork that all of our faculty put into our teaching efforts. I was deeply honored and humbled to be recognized," says 1996 recipient, Dr. Deborah Norris. The Mount Saint Vincent Alumnae Award for Teaching is to honor the philosophy and teaching practice of Mount faculty.

Dr. Norris received her Bachelor of Home Economics from the Mount and her Master of Science in Family Life Education from the University of Alberta. She received her Ph.D in Education from Dalhousie University this past fall. She has lectured on Family Studies and Foods and Nutrition at Mount Saint Vincent since 1982.

Anyone witnessing Dr. Norris in the classroom would overwhelmingly support her reputation as a professor who "provides an atmosphere which is comfortable, warm, inviting and professional." She believes teachers must recognize the diversity of students and encourage their interaction and input within the classroom.

"Teaching means so much to me. I try to make my topics relevant and meaningful for my students. I try to help students generate their own questions, to create their own meanings, and to discover their own voices in relation to course content."

Shirley Nicholson BA'88, chair of the Teaching Award Selection Committee and president of the Mount Saint Vincent Alumnae Association comments, "Dr. Norris embodies the principles of superior teaching and personal commitment toward assisting her students in their goal of higher learning."

Each year students, alumnae and faculty are invited to nominate a professor for the Mount Saint Vincent Alumnae Award for Teaching. A selection committee composed of Mount Saint Vincent students, and alumnae faculty evaluate nominees through classroom observation, a philosophy statement on their teaching and personal interviews. Candidates are assessed on their concern and attention to student needs, their successful communication of subject matter and the reputation they have earned for superior teaching from students and colleagues alike.

Funded by the Alumnae Association, a donation of \$500 accompanies the award in the

recipients name to an area within the Annual Fund Campaign. Dr. Norris designated her donation to the Mary Morely Scholarship in Human Ecology.

"Research and teaching both play integral roles for the faculty members on campus and it is important to recognize the work that is done here at the Mount," Norris comments.

Congratulations to Dr. Deborah Norris on a job well done!

Now is your chance to nominate a professor for the 1997 Alumnae Award for Teaching.

Alumnae Award for Teaching

**Motivational
Superior Teaching
Vibrant
Understanding**

Does this describe your professor?

Nominate them for this award! Nomination forms are available from the Alumnae Office in Evaristus 204 or in the Library. Deadline for nominations: January 31, 1997

Condommania wraps up

BY BRIAN KERRIGAN

"We got a good turnout, but sex does that."

Alana Mason muses about organizing the Mount's 4th annual Condomania. Mason, co-ordinator of the Committee Helping Others In Consumption Education (CHOICE), says that it's important to look at serious issues for students while keeping things fun and interesting.

Condomania ran from January 13 to 17 with some well attended events. A "sex talk" by Lisa Tobin from Planned Parenthood entitled Safer Sex in the Nineties broaching issues from protection from abusive relationships to unsatisfying sexual relationships.

"There were serious moments like date rape but for the most part we tried to keep it fairly light because a lot of first year students did attend," Mason says "a lot of students

aren't sexually active but just want information."

A movie night followed on Tuesday with showings of *The Cure* (the story of a little boy with AIDS) and *Bird Cage*. Around fifty students showed during the course of the evening. Wednesday's pub-night saw free condoms being handed out to the crowd.

"People seemed to appreciate that, condoms aren't cheap," claims Mason.

On Thursday Condomania hit the court for volleyball then for the T.V. hit *Friends* at the pub. The participants found the volleyball so engrossing they opted to keep playing and skip the *Friends*. Friday's Condomwealth games fell on scheduling problems and had to be cancelled. That did not slow Mason down, "I went to the pub and gave out Sou'westers."

Mount Seeks New Model for Academic Advising

BY GAY DECKER

Dazed and confused students may be a thing of the past, at least where course selection is concerned.

In its continuing effort to meet students' needs, the Academic Deans Office is in the first stages of developing a new structure for academic advising.

Teresa Francis, coordinator of academic advising says that aside from satisfying students' needs, a goal of the new model is to increase student awareness so they will take the initiative to get advising.

"Ultimately, it's the students own responsibility to get advising, but we want to make sure it's more accessible and that their advising experience is a good one," says Francis.

Last fall, Francis formed a committee of representatives from administration, faculty and the Student Union to look into changing the present academic advising process.

In addition, an informal

meeting with Student Union on January 10, generated some suggestions based on members' personal advising experiences.

One possibility is the development of a peer advising program.

"A lot of students end up advising students. RA's (Residence Assistants) and student alumni advise students," says Francis.

Another suggestion was the implementation of mandatory advising in all programs, which might include assigning an advisor before the student arrives on campus, helping students learn how to prepare a schedule that looks to the future, and having the signature of an academic advisor before being able to register.

Although only background work has been done so far, Francis says that faculty should continue to be a big part of advising. As well, she sees a growing link between academic advising and the career resource centre.

"There's a big crossover

between career decisions and academic decisions," says Francis.

One reason for the new model was to address problems created from the implementation of the Colleague computer system used for registration.

Before the Colleague system was in place, students were required to get the signature of the professor for each course selected, added, or dropped. Much advising happened at the same time.

Now, it is possible for many students to register for courses without speaking to someone about course selection.

First year students who are not yet comfortable in a university environment may not ask for an advisor or may not realize the importance of having one.

"Good advising is important," says Francis. "It's the opportunity to build a relationship with someone on campus, to have contact with someone you can trust."

NEWS

WINTER
CARNIVAL FUN

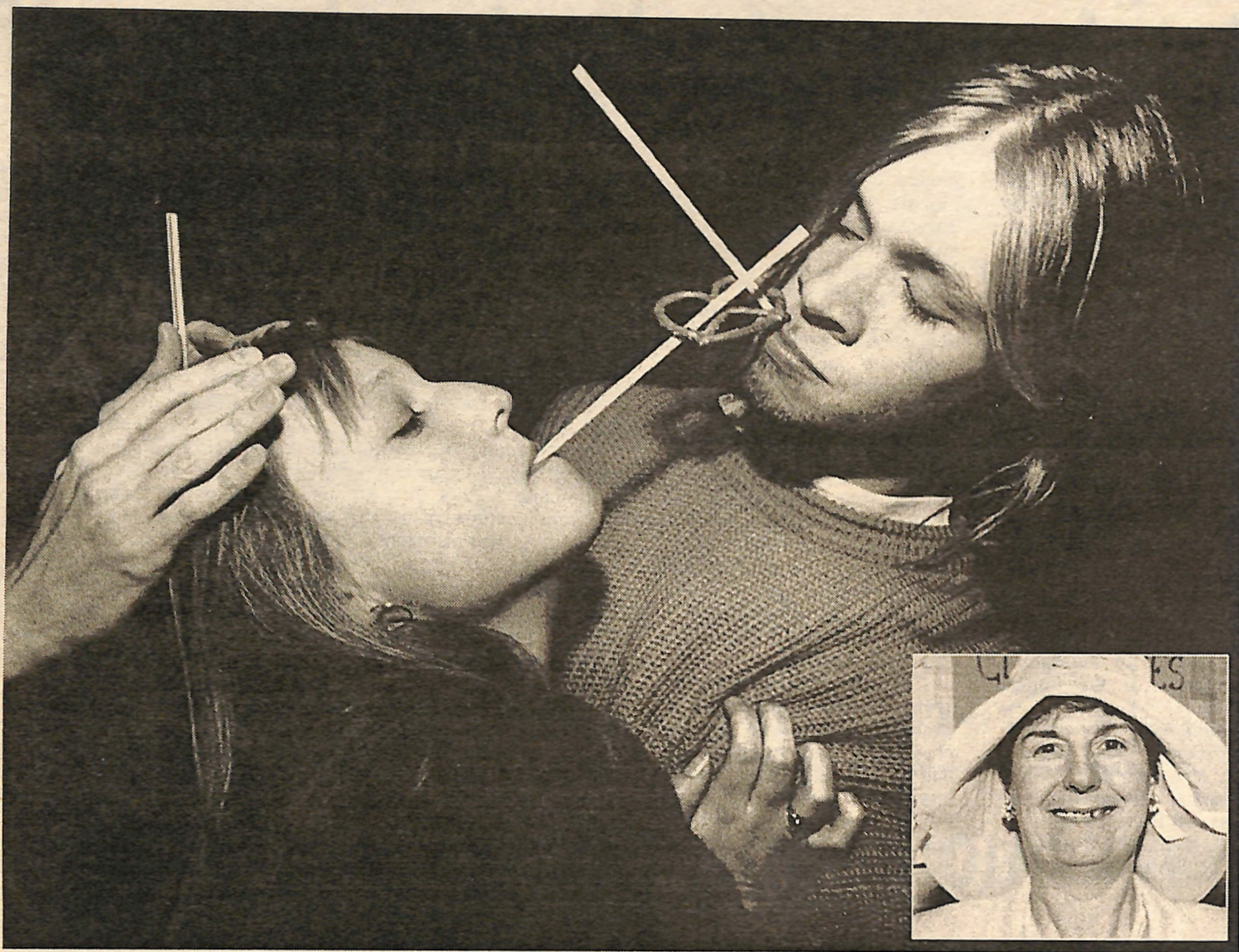
There is still enough time to catch winter carnival festivities for the fun is not scheduled to end until Wednesday, January 29.

Alanna Mason, co-ordinator of this year's carnival, notes that a variety of activities have been scheduled in hopes of appealing to everyone.

"On Monday, we are having an open-mic night and a giant twister game in Vinnie's, and on Tuesday night's agenda McKeil will be playing in the pub as part of our great big kitchen party," explains Mason.

Since Wednesday's classes are cancelled due to Caritas Day, Mount athletics have planned a ski trip for interested students to Martock. The 1997 carnival will end at the ever popular Wednesday night hang-out spot—Vinnie's.

Winter Carnival opened this past Wednesday with the Clan Games. Clan Abyss members Melissa Warner and Senator Brian "Sanchez" Leahy compete in the Pretzel relay. Mount president Sheila Brown (inset) got into the spirit with opening remarks and a good Sou'wester. Photos by Brian Kerrigan



SUNS symposium

Continued from page 1.

was changed to a loan program.

The money that was used to fund the bursaires for low income students is now a part of the loan program, and Thompson sees this as a positive change. She also noted that there has been a 10% increase in the number of students applying for financial aid since 1995, 7% of applications for this year alone, and saw this as wonderful sign that students are not being put off from attending university even though the majority of them may have to borrow money to fund their education.

However, Thompson also stated that "the data available was not very reliable" when evaluating the impact of the bursary to loan change on students.

Eileen O'Connell, NDP Education critic and MLA from Halifax-Fairview is furious at these changes and the impact that they may have on future students. She believes that when the university administrators and bureaucrats assemble the information about debt that they need to assemble "they're going to be quite horrified. I

think that what we're going to see in this period of high unemployment is a devastating debt load."

The only promising step toward a successful solution was brought to the table by Thompson. She discussed the already in place loan remission program for students at the successful completion five units of study. Up to \$3600 is available for students who meet this criteria. However, only 30% of eligible students actually use the program, perhaps due to a lack of publicity and information from the Student Assistance Office.

Eventually, the problem of funding higher education in Nova Scotia will have to be solved. With the highest tuition rates and one of the lowest employment rates in the country, regional universities may suffer as students may be more likely to reject high debt loads and opt for out-of-province institutions. The SUNS symposium was a positive step toward finding effective solutions, although few seem likely to please both students and administrators alike.

*What can I do with my B.A?
Pursuing the Possibilities.*

A CAREER NIGHT

*Co-sponsored by the departments of:
English, History and Women's Studies*

**Mount graduates will speak about their successful
professional**

journey from the time they graduated until today ...

March 5th, 1997 • 7:00 - 10:00 pm

Faculty Lounge, Seton Academic Center, room 405

CANADA

Business students show off assets

MONTREAL (CUP) -- Business students from across the country showed their commitment to academic excellence by shaking their wet breasts and damp penises in front of a crowd Montreal bar last weekend.

The Sixth Annual Undergraduate Business Games brought over 800 students from 11 universities to Montreal to bring future Canadian business leaders together for academic and sporting competitions.

One of the "highlights" of the sporting competitions was a wet T-shirt and boxer short competition held in Montreal's Colosseum dance club.

Not surprisingly, the competition resulted in widespread condemnation of the games organizers.

"I think wet t-shirt contests are degrading," said Sharon Selkirk, the secretary of the International Federation of Business and Professional Women's Clubs. "I think we should be portraying our next

generation of leaders as professionals. I don't think (the games) are emphasizing the seriousness of our new business leaders of tomorrow. I can't see how this will help them."

But Alia Del Bianco, president of the game's organizing committee, doesn't feel the contest interferes with the unifying spirit of the games, adding that "any students who feel uncomfortable, or offended can leave. They don't have to watch."

Del Bianco further defended the contest by explaining it was separate from the business and sporting competitions of the day, and the results of the wet t-shirt contest had no effect on the awards handed out at the end of the weekend.

The goal of the contest is to bring students together in a friendly, competitive atmosphere, she said, emphasizing that the contest is just a harmless social activity.

"The girls are wearing their bras, it's not anything disgusting. It wasn't meant to be a

message of any kind. It's just there to attract people to Montreal."

Concordia's Associate Dean of Commerce, Danielle Morin, echoed Del Bianco's sentiments that the contest was separate from the business-oriented events of the day, and added she hoped the games would not be overshadowed by this contest.

"I think the message (organizers) wants to give to the community is that they are a welcoming environment."

Del Bianco also added the event "is great exposure for Concordia." Great exposure indeed. Five contestants took the opportunity to expose themselves in each of the soggy categories.

Twenty-one-year-old Jason Carriere is in his first year of Commerce at Concordia, and although he didn't shake any drenched body parts, he supports event organizers, and feels the greater community is overreacting to the event.

"I'm sure (the organizers) just wanted it as an ice breaker," he said. "It's not degrading to women, men are there too. No one's forcing anyone to (participate). If people don't like it they can just leave."

Carriere added that the games should not suffer because of a wet t-shirt contest.

Coordinator of Concordia's Women's Centre Natalie Leveille is disillusioned with the event, and sees little enjoyment in wet t-shirt and boxer short contests, under any circumstances.

"I'm surprised and a bit shocked," she remarked. "As students we have a responsibility to act and react within a political and social context, even in the name of fun."

Leveille dismissed the notion that it was an event promoting equality among the sexes by having a wet boxer contest as well, and said that women's bodies are consistently subjected to scrutiny examination and degradation, whilst

males bodies are not.

"It's a lame attempt at balancing things out with the wet boxer contest. Women's breasts and male genitalia are completely different," she emphasized. "The ramifications for women (participating in the event) are much greater than for men. Men are rarely made to feel degraded for their body parts. And women are."

Concordia's Dean of Students, Donald Boisvert, feels that all the participants are adults, and are therefore responsible for their own actions and intentions. He said he does not have a place to directly interfere with the organizing of the games, or the policing of social activities organized during the evening. However, he added that the wet t-shirt contest was inappropriate.

"If (the organizers) had discussed it with me, I would have raised questions about the inappropriateness of the event," he said.

'Canada has to be more proactive'

Canadian schools join Team Canada's overseas recruiting

BY RACHEL FUREY

OTTAWA (CUP) --- Over 20 Canadian universities and colleges are taking part in this month's Team Canada trade mission to recruit international students and participate in education fairs.

High ranking administrators and two student representatives from Canadian universities and colleges including McGill, Dalhousie and the University of British Columbia, joined over 400 business people to take part in the Asia-Pacific trade mission.

The post-secondary education representatives are focusing on recruiting international students from South Korea, the Philippines and Thailand.

Falling Behind

Jeanne Thibault, a spokesperson for the Association of Universities and Colleges of Canada, which is spearheading the university component of the mission, says Canada is falling behind other countries in recruiting international students.

"Canada has to be more proactive (in its recruitment strategies), if we don't other countries are going to benefit," said Thibault. "It's a competition for students."

The drive for international students is seen by critics as an attempt to fund post-secondary education at a time when governments are cutting back. The federal government is cutting \$7 billion in transfer payment to the provinces for education, health and welfare over three years.

Not subsidized

Since foreign students aren't subsidized by the federal government, they pay higher tuition fees and generate more revenue for post-secondary education. An international student can pay as high as \$18,000 each year for an engineering degree at the University of Waterloo and \$10,600 for any undergraduate degree from York University.

Susan Mann, president of York University, one of the schools participating in the mission, admits that considering international students as a source of funding is important, especially in Ontario where international student fees are set by individual institutions.

Steve Wilson, chair of the National Graduate Council, a group representing graduate students, is concerned about how universities view interna-

tional students as a commodity. Originally, he says, universities had international students to give campuses a worldwide perspective and promote diversity but today they are used as a cash-grab.

Wilson also says universities aren't aiming to recruit students from all over the world. The trip targets Asia where an economic boom has provided a middle class with money to be spent on sending students overseas. "They're not interested in recruiting the best and brightest, but the ones with the cash."

Aggressively recruited

Currently, 46 per cent of international students in Canada come from Asia, compared to the less than 2 per cent from South America.

Even before joining Team Canada, universities aggressively recruited international students through seven Canadian Education Centres, all of which are located in Asia. Two more will open in New Delhi and Mexico on April 1 of this year. Universities pay \$7,500 to belong to the centres which promote Canada as a study destination.

The centres are the "only way to go," according to Joanne

Uyede, a director for the Asia Pacific Foundation of Canada, which oversees the centres.

Uyede says the centres are a cost-effective method of recruiting students internationally. "It enables the institutions to have a face [in Asia] all year long."

Trade show

Besides paying for membership in the centres the universities are footing the bills for the representatives they sent on the trip. The cost is \$6,850 which includes airfare and participation but not additional expenses.

The trade mission places a major emphasis on the centres since it's the first time four of the centres are holding education fairs. The first of which will be officially opened by Prime Minister Jean Chrétien in Bangkok on Jan. 18.

Each institution will set up a booth and talk to students about the merits of studying at that particular school. "It's like a trade show," according to Uyede, "only the commodity is education and training."

Team Canada members left for Asia on Jan. 8 and will return Jan. 20.

Universities and Colleges participating in the trade mission:

- Concordia University
- Confederation College, Thunder Bay
- Dalhousie University
- École des Hautes Études Commerciales
- Holland College, Charlottetown
- Lakehead University
- Lambton College, Sarnia
- McGill University
- Nipissing University
- Nova Scotia College of Art & Design
- Nova Scotia Community College
- Saint Mary's University
- Seneca College, North York
- Simon Fraser University
- Union College, Vancouver
- Université de Montréal
- University of British Columbia
- University of Guelph
- University of Lethbridge
- University of Manitoba
- University of New Brunswick
- University of Saskatchewan
- University of Waterloo
- University of Western Ontario
- University of Victoria
- VanWest College, Vancouver
- Vancouver Maple Leaf Language College
- York University

Opinion

The Picaro

Volume 32 Issue 8

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Brian Kerrigan

Business Manager

James Tilley

Layout Editor

Shelley Manderville

News Editor

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and CUP Editor**

Ceri Young

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position now available**Contributors:**

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Ayngelina Brogan,
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David Pound, Tracy Tuttle,
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The Picaro

Rosaria Centre Room 114

166 Bedford Highway

Halifax, NS

B3M 2J6

(902) 445-3584

fax- (902) 457-0444

email- picaro@chebucto.ns.ca

online-

<http://chebucto.ns.ca/Media/Picaro/>


The Crows III

Revenge at the Mount


 James Tilley

How Adam Smith ruined our lives.

**Editorial**
 Brian Kerrigan
Editor-in-Chief

At some point in your university education you're going to hear references to Adam Smith and the Invisible Hand. Smith wrote a little piece you may have heard of, *The Wealth of Nations*. In it he said that a free market would move in such a way that it would appear an Invisible Hand was guiding it. The recent Christmas marketing blitz was a perfect example of the hand at work.

Recent thoughts have led me to conclude the following: 1. hands come in twos (usually) and 2. living in Smith's society one hand doesn't know what the other is doing. While one hand guides the market towards the capitalists nirvana, the other hand is often found against our backs, pushing our lives in directions we don't necessarily want to go.

Just how much control do we have over your lives? The knee jerk answer we all tend to have is, "I have complete control over my life" or a more moderate, "I've got lots of control." Have you? Our lifestyles are dictated by society and the commercial monster. Think about your shopping habits. Do you buy it on merit or on hype?

This loss of control goes much further. Think about how many people come to university and drop out after half a year, a full year, even two or more.

Why? Many of them realize that university isn't what they want or need in their lives at that point. Many don't know what they want out of life at age 18. I personally think that's good. Why the hell would you want or expect to be ready to decide what to do with the rest of your life at that point? The whole world is in front of you to be experienced and lived. Go out and taste life, do things, travel, write lots of letters (real letters on paper) and mail them to your parents, grandparents, hell even total strangers. Share your experiences with people, learn what's out there to be had before you come to a university or trade school and study something a guidance councilor told you may result in a career. Problem is that damn hand is at the backs of high school students, stuffing them off to University. The hand is marketing university as a be all and end all. **COME TO UNIVERSITY OR STOP BREATHING.**

Financial expectations on us take control from us. If your not under the weight of a formal loan you may be using Visa to buy food. You might be living in an area with a high tax rate. You don't have control over the financial situation into which you're born and you don't have control over expenses associated with the area you grew up. You don't have control over the prices of the things you need to survive and you don't have control over the costs of the family you may someday have. Retirement? Well, if that's an option for people in the future, you can bet they will give up freedom and control to do it.

Technology has taken away

control too. Again the free market has made us competitive with one another and the speed of technology has pushed us all onto a fatal treadmill. You have to be computer literate, you have to have internet access, and you have to have the latest version of all that software to be competitive. There's nothing more intimidating that sitting in a class during your first weeks of school, having never been on the internet and having some person sitting next to you regurgitating reams of information about the day's topic. "I found it all on the internet." The same volume of information from the library is a weeks work. I'm taking a course where we all have to work on the net and I'm betting courses like this will be common place soon. Look at the progressive internet technology programs at University's like St. F.X. And Acadia. You've got to be connected, like it or not. You don't have control.

Once you do come to university you have a double agenda to meet, over which you have no control. You have to take certain courses for program requirements. But everyone knows that it's the things that you do on campus, outside the classroom that will have as much bearing or more on your future as your marks. You've got to network and you've got to volunteer. You've got to be on the paper, or the council, or any of the dozens of societies, committees, associations, clubs, teams, etc to get that preliminary training that perspective employers or even post graduate study facilities are looking for. You've got to do it and you

don't have much control over the process.

Finally, government. Does anything at the municipal, provincial, or federal level of government leave you feeling that you have control or are represented? The decisions these people are making almost always are going to impact you in some way, but did you have any control over the process? Even now with the trendy *Town Hall Meetings*, does your message really carry. It may get through to your fellow citizens, but it's a cold day in the nether world that the individual need comes before the needs of the corporations.

Consider this. Halifax is full of panhandlers, and we all feel some pity for them even if they can be rude at times. But, do they feel sorry for us? Who is more free from the grubby hands of Adam Smith's nightmare? While they are often the product of the free market, they are also farther removed from it in many ways than the rest of us. Think of it, how do you get out of this system? You don't owe money to anyone. You don't work for anyone. You don't pay anything to anyone. You don't pay taxes or answer to a government. You make every decision strictly from your gut, not from a marketing message. How else do you get that hand off your back?

Ask your self this: How much of your life is by our choice alone. If you live in our society how much control do you have over your life and what you do with it?

OPINION

Hat's Eye View

Wet t-shirt contest watered down equality

BY KEREN MARKUZE

MONTREAL (CUP)-- If the female organizers of the Undergraduate Business Games are hoping to secure an equitable place for themselves in the professional world, they have certainly taken the wrong approach.

Titillating an audience of potential colleagues with breast-exposing wetness is one way to make a lasting impression -- depending on how one wants to be remembered.

The inclusion of a wet t-shirt and wet boxer event in the conference ensures that contest participants will be remembered purely as entertainment, organizers as lacking the integrity and professionalism of true business people and Concordia as a university which tacitly supports the degradation of women.

It is a deplorable embarrassment that members of the Concordia community are actively promoting the very type of activity which others are striving so hard to eliminate.

Games-organizer Alia Del Bianco expressed her support of the contest despite her decision not to participate. "We thought it would be one way to get people from Montreal to come out," she said. The hypocrisy is blatant.

Although she is uncomfortable with parading in a wet t-shirt in front of a club full of spectators, she is hoping other women won't be so that their presence will attract a paying

crowd. How thoughtful.

And Concordia's Dean of Students, Donald Broisvert, along with the university's public relations department took careful measures to distance themselves from the controversy, preferring to evade the issue rather than exert pressure on organizers to cancel the contest.

Somebody needs to take responsibility.

The contest taints the integrity of the conference. It alienates those delegates who are opposed to such exhibitionism and precludes their participation in the rest of the games. It does not provide the proper atmosphere for the fostering of professional networking and the formation of professional liaisons.

And it seriously undermines the equity of women in the business world.

That men were also hosed down does not legitimize the contest, nor does it lessen the severity of the contest's implications for women in particular.

Women's position in the business world is far more vulnerable than men's; they stand to be more disadvantaged by this inappropriate event.

The spirit of the Undergraduate Business Games should be one of mutual respect, equality and professionalism. The wet t-shirt and boxer short contest exhibits none of these elements -- it denies them.

By James Tilley

This is not the school that I saw in September. I was a member of the orientation team this year and I went to all of the events during that week. During the week I saw the pub packed night after night for the various events. The harbor cruise, for example, was loaded down with frosh. In the following weeks, April Wine was packed despite Garth Brooks. Rawlins Cross also had a good crowd. Then everyone must have died or just disappeared.

The enthusiasm did not carry over for other bands. The first week's intensity did not continue throughout the term. Some of the societies are having record lows for the number of members. Society executives are working hard to try to get some fun and excitement into your lives. After all their work a portion of student body still does not even show interest, in either the activities or the societies or student union that runs them.

I don't want you to get the wrong idea. I am not criticizing the entire student population, just a portion. Actually I would like to congratulate those who do get involved. I salute all of the people who are active members of societies and associations, and commend all of the students who attend the sports teams' games and the activities. A few weeks ago I attended the "Sex in the 90s" talk, which kicked off the Condommania week that the C.H.O.I.C.E. committee organized. It was an

informative and interesting talk and all of us who went had fun too (and yes I was the token male at the event.) The other day while between classes I stopped like many to watch the "Clan Games," the first event in the Winter Carnival. Everyone who participated had a good time, but more participants would not have hurt.

My situation is the same as many students, being strapped for time. With my full five credits, I am working part-time at DUET, working more than full-time at the Picaro, on a few committees, a member of the Student Alumnae Association, and I do try to visit my house once in a while to sleep. Many of you are just as busy if not busier than I, with families, jobs and studies. I cannot make all of the events. But I do try to get to as many events as possible and also attend the student council meetings, which happen every two weeks. Every student is allowed to attend and I encourage you to do so. For it is the best way to get information about campus and how things are run from a student perspective. If you cannot make it, and you have any questions, ask a councillor representative on council; most programs have a representative.

I know university is about getting an education but there is more than one way to get an education. You can learn more about certain subjects by joining a society and getting involved than you ever could in a classroom. You can only learn

so much from a text book and the material within. It is the inter-personal skill that employers want, and you can't get that from behind a desk but from getting involved. If you are in English or public relations for example, and your writing skills need work, then writing for the Picaro will get some practice and a few published portfolio pieces. If you are in tourism and hospitality management and you need experience, help plan the awards night banquet. In the business program? Offer to be the treasurer for some society, help organize some of the fund-raisers or work as the Advertisement Manager for the Picaro. Are you in child and youth studies? Then volunteer in the parent care lounge. The list is endless, practically every program can get some related experience from what the campus has to offer.

University is not just studying anyway: if you constantly work then you are going to burn your self out. University life can also be about relaxing and taking a break once and a while. You can just get a group of friends and enjoy yourselves at one of the events, that are put on mainly for your benefit. Or just go and make some new friends, it will make your university career a lot more enjoyable and fun.

There are no more excuses, you have already lost the first term; don't miss out on the second. Just Think About It!

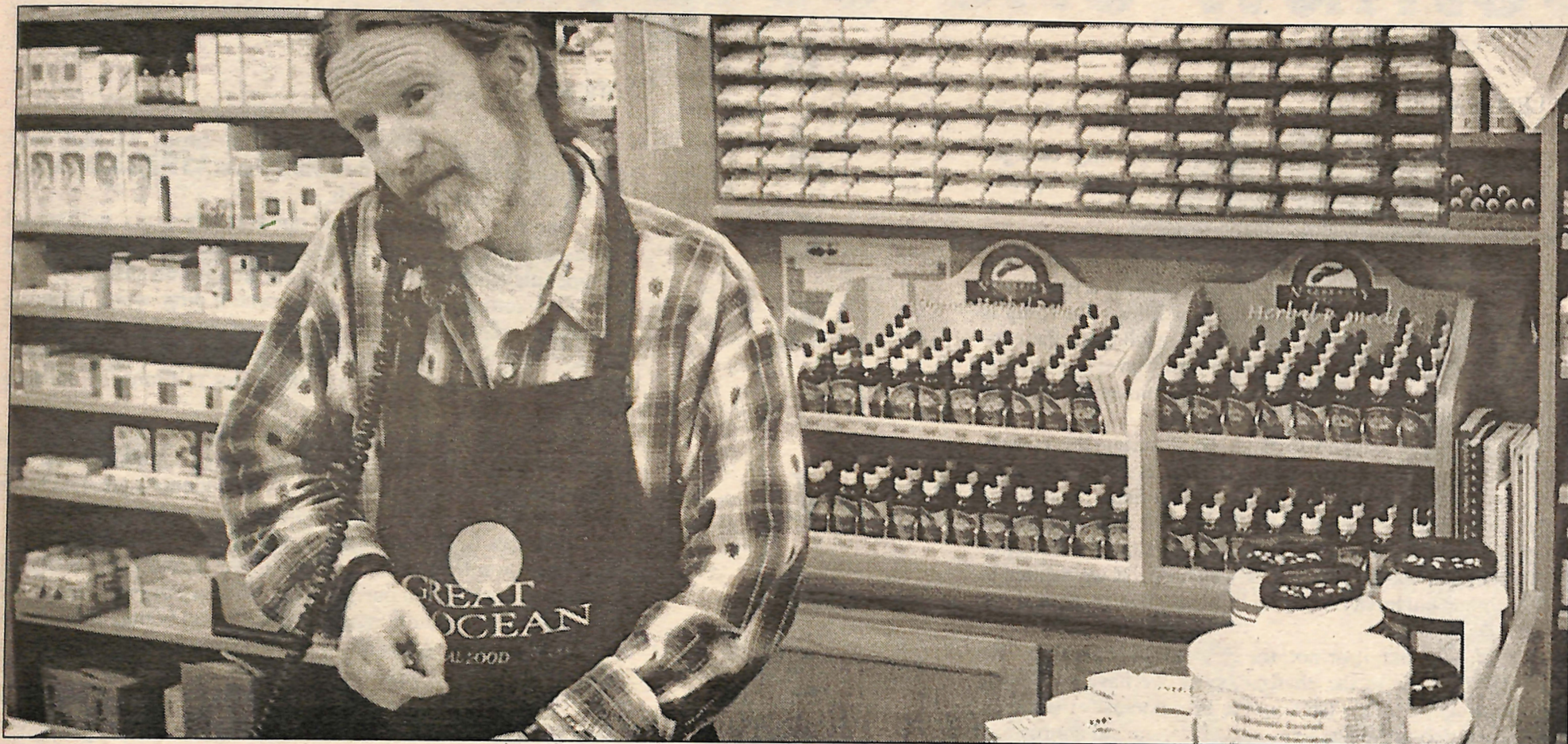
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FEATURES

Naturopathic Medicine:



CHRIS MOONEY

Sterling McCamm of Great Ocean Foods, one of metros sources for natural foods and health supplements.

Where the doctors come from

BY
MARK DARROW

Alternative Medicine. The very name conjures images of herbal remedies and home-based healing. However, this field of medicine is growing in popularity and may not be as simplistic as one might think.

The Canadian College of Naturopathic Medicine (CCNM) in Toronto, is the only college of its kind in Canada. The four-year program is a post-graduate study in naturopathic medicine. The primary aim of this course is to train students to become naturopathic doctors.

Naturopathy is a growing field of medicine, which has a philosophy of a holistic approach to medicine. As a result, Naturopathic doctors apply a regimen of prevention rather than a treatment of the symptoms. This method of treatment has a definite appeal to many patients who wish to pursue a healthy lifestyle.

Audrey Adams-White, Director of Communications for CCNM, describes the mandate of naturopathic medicine. "Naturopathic medicine is an art and a science," she says, "it's a complete and coordinated approach to health care." Adams-White explains that naturopathic medicine differs from conventional medicine by

the absence of prescription drugs and surgery in its treatment. Graduates use "natural methods and gentle hands-on techniques."

The CCNM offers an intensive 4,000 hour program in naturopathic theory and clinical practice. Currently, the college has enrolled 240 students in its four-year diploma program. Prerequisites for the course require at least three years full-time university, preferably a Bachelor of Science. Audrey Adams-White describes the course as a "combination of basic medical sciences, clinical sciences and naturopathic medicine."

The first two years of study are in the basic medical sciences such as biochemistry, physiology and radiology. In the second year, students begin supervised clinical training by observing the practices in the school clinic. By the final year of the program, students see patients under the direction of a registered naturopathic doctor.

Upon successful completion of the program, students become registered Naturopathic Doctors; one such practitioner is Dr. Susan Ritcey.

Dr. Ritcey operates a naturopathic clinic in Wolfville, Nova Scotia, and is a recent graduate of the CCNM. The philosophy of naturopathic medicine seems to

differ somewhat from the conventional approach to healing. "You don't just look at one physical symptom," Dr. Ritcey says, "You try to incorporate the natural emotional side as well." Dr. Ritcey says that there is a trend in conventional medicine of "putting a band-aid solution on a problem."

"(We're) getting away from using drugs all the time," Dr. Ritcey comments, "getting back to more of a natural approach. Using things that are less toxic and harmful to the body." However, cooperation between conventional medical doctors and naturopathic practitioners is an important aspect in the practice of naturopathic medicine. "The treatment that we offer is certainly complimentary to conventional treatments," says Dr. Ritcey, "because definitely, at times, you require both and it should be sort of a team approach."

While cooperation between naturopathic and conventional health practitioners is expanding, public safety is a concern. Dr. Forbes, president of the Medical Society of Nova Scotia, voiced some concern for the safety of alternative methods. "(Training) is really important for the safety of the public," Dr. Forbes says, "I think that is one issue that always comes forward when you hear of perhaps non-licensed people offering cures

that may not be valid."

Dr. Forbes agrees there is a growing interest among the public to look towards alternative forms of medicine. However, alternative methods of medicine still need to be subjected to certain forms of validation and testing.

Regardless, some "alternative" practices have now become mainstream in conventional health care. "From the physicians point of view," explains Dr. Forbes, "we are certainly understanding and investigating alternative methods."

A recent document released by the Medical Society, contained section for the Society of Complimentary Medicine. The section was a forum for practitioners to share common interests. This forum, however, did not endorse every activity carried out by physicians practicing alternative methods to medicine. In fact, The Medical Society of Nova Scotia is the first medical association in North America to recognize complimentary medicine as a section of medicine.

Whether you call it alternative, complimentary medicine or naturopathy, one thing is for sure, its popularity is steadily rising. A growing number of Canadians looked toward alternative practices as a health care choice. In a recent survey, the Canadian Health Monitor discovered that

over 20% of Canadians chose naturopathic therapies. With the College of Naturopathic Medicine, a scientific approach toward alternative health care is being pursued.

The public demand for a personal choice in health care has transformed alternative medicine into something more mainstream. This, public demand has brought forward the need for certification in this field. It is reassuring to know there are professionals who undergo rigorous training in naturopathy. The need for scientific research and training in any health profession is very important for the safety of the public. While health care is a personal choice, it should not be at the expense of professional competency.

Standards for Naturopathy at the Canadian College of Naturopathic Medicine are quite high, so care should be given in choosing an alternative practitioner. It takes four years of training to produce a competent Naturopathic Doctor. So, to anyone seeking alternative therapies, check for their credentials and training before committing to their health practices.

FEATURES

Consortium

BY LESLIE REID

As most students at the Mount are discovering, changes are beginning to happen on campus as a result of the upcoming consortium of the universities in metro. While some are pleased with the news, others aren't.

One change on campus is registration. This may not be a big deal, but if you have been on the campus for a few years, you may have problems remembering new rules. The result is a lot of confusion. More confusion may result from the consortium once it is completed, as students may have to go to one university for registration regardless of the university they are attending.

And what will happen to the classes during the consortium? Some classes may not be available at the Mount anymore and students may have to go to Saint Mary's or Dalhousie. We chose to go to the Mount for various reasons. Whether it was due to the smaller class sizes or if it was closer to home, this was the university we chose. If we wanted to go to another university, we would have gone there and not here.

Whether we like it or not, the consortium is coming. We will have to adjust to the changes, since we have no control over the situation. This isn't in the best interest of students, and it's going to make our lives very different and confusing.

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BY MARK DARROW

As a sign of our leaner and meaner times, we find many organizations tightening their fiscal belts. This is a fact which many of us have to live with.

One word which has stood out in recent years, with regard to fiscal policy, is amalgamation. A more apt title for what is happening to our universities in Halifax is consortium.

Consortium, to some, has become a dirty word; however, it has become a necessary evil in these days of fiscal responsibility. The amalgamation of administrative functions of metro universities could save thousands, if not millions, of dollars a year.

With the standardization of the GPA in the universities, students can now take courses and transfer credits in other universities with greater ease. This gives students a greater choice in courses available to take, enhancing a student's education.

The fact is, the consortium of universities was inevitable. It was only a matter of time before the fiscal powers that be turned its attention to our schools. With six universities in one city, the buzz-word of "amalgamation" was bound to be directed at education. After all, if it's good enough for a city, it's good enough for a university. Right?

Regardless of what happened to the amalgamation of Halifax (the city that is), I think an amalgamation of the schools is a good idea.

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FEATURES

To the degree she wanted

*Peggy MacKinnon
has some unfinished
business, "I didn't
want to go to my
grave without a
university degree."*

by Ceri Young
The Picaro

If you're at the Mount at 7:15 on weekday mornings and happen to be taking aerobics, you might recognize Peggy MacKinnon. She'll be the person leading the class. Not only is Peggy a fitness instructor, she is a part-time student and a full-time mother of two. She's also an ex-trumpet player, and has even written for the Chronicle Herald.

When she graduated from High School, Peggy started a two-year jazz program at St. Francis-Xavier University. It was the second year of the program's existence. She never did get her degree. When her two years were completed, she had to return for a summer program. She never went back. "It was \$500 for [the final term]" she explains. "At that time, it was a lot of money."

Peggy got a job instead, working as a paralegal in a local law firm. She worked there for seven years, until the birth of her son, who is now 8. "I tried, but it got to be too much work," she admits. She decided to become an at-home mom.

After 6 months of staying home, Peggy realized that she had to get out. "You forget how to interact with people," she explains. "I once almost wiped a friend's nose for her." So, she began taking fitness lessons at the Y. At the time, she had no intentions of becoming an instructor. The Y offered a day-care service for anyone who was taking classes there. "It was at a time where I'd do anything if someone looked after my kid while I did it."

But an instructor at the Y suggested that she take the instructor's course. Peggy agreed, and the rest, as they say, is history.

It was also at this time that Peggy wrote for the Chronicle-Herald, something that she tries to downplay because "It was only one article." Not just an article, but a full-page feature on Bob Chambers, who had been the Herald's political cartoonist for 40 years. Peggy wrote the story, and her husband, Bruce, the Herald's current cartoonist, contributed the illustrations. A nice pair-up.

When both of Peggy's children entered school, she wanted something new to do. "My husband calls it empty nest syndrome, but I don't really like that," she says. "I've done the at-home mom thing and now it's my turn." Not only did Peggy want the new experiences, but a University education is something that she's always wanted to have. "I didn't want to go to my grave without a university degree" she explains.

So why the Mount? Through her instructor's courses at the Y, Peggy met a Mount prof, who is also an instructor. When she wanted to return to school, Peggy called him and explained who she was. They talked about returning to school. In the end, the Mount was the university that she chose. "It's a really un intimidating place."

After beginning school at the Mount, Peggy auditioned for an instructor's position. But she didn't start work here the first time around. Part of her audition was instructing a course in the workout room, which has mirrored walls. They bothered her so much

that she left.

But she came back. "It just made so much more sense to teach here," she says. She did a one-on-one audition, and was hired. She now teaches aerobics in the workout room, but with her back to the mirrors.

Aside from her classes, and instructing, Peggy also works for an hour a day as a lunch monitor at her daughter's school. The school had some problems, and she wanted to get involved in improving it. Becoming a lunch monitor she says, was the best way to do it.

Peggy is currently taking a BA and majoring in english, but doesn't know what she will do when she graduates. She was considering a career in journalism, but isn't sure if that is what she wants anymore. But that doesn't worry her. "I never have a plan," she says, "I don't know what we're having for supper tonight. Something will come up."

Photo by
Chris Mooney



FEATURES



Wally's Lists

BY WALLY NOWLAN

Good news, everyone! The powers that be have seen fit to allow my column for one more term. I just hope the censors have enough White Out. That being said, I trust everyone had a restful Christmas break and used the time to get an early start on those assignments - yeah, right. I however did manage to come up with a Best and Worst of '96 list for the Mount, (1) because I like best and Worst lists, and (2) I couldn't come up with anything original to start the new year, so here goes...

The Best of '96 at the Mount

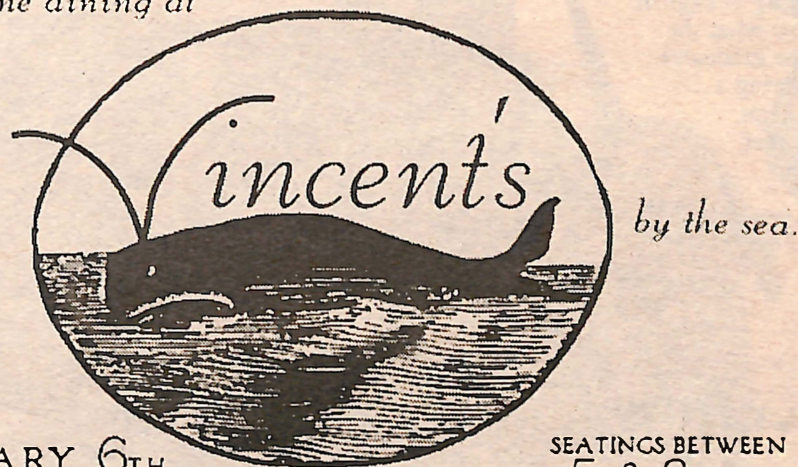
1. Letter grades - finally.
2. The men's basketball team. They were last year's ACAA champions, and look well on their way to repeating that success this year. Also, during the Christmas break, they held practices and coached a basketball training camp for youth. Good job guys.
3. The Mount Art Gallery. Yes, we do have one. Congratulations ought to go out to everyone responsible for finding and restoring a long lost painting by Margaret Clarke, which now resides in the entrance to the library. Check it out.
4. There were a number of concerts at the Mount last year, but the one that sticks out in my mind, is April Wine. Granted, they are approaching that age where they could collect old age security cheques, but they still kick ass. My ears are still ringing.
5. In 1996 we saw serious discussion for the first time on co-ed residences. This has been long overdue. Males who attend classes on campus ought to have the option of living on campus as well.
6. Last year there was an inter-university truck-pulling competition held at the Metro Centre. The Mount entered a team and well, what do you know, we won!

The worst of '96 at the Mount

1. The musical chairs that the Registrar's Office and Financial Services department have been playing this past year. Please, stay in one place! I need to find you!
2. The unending construction in Evaristus. Be done with it already!
3. The decision to sell cigarettes at the corner store. Sorry Sue, but it had to be said.
4. The fire at Evaristus. Our school burned to the ground once already, we don't need to repeat it.
5. Last year's record tuition increase. Ouch!

Later

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The Facts about Fat

BY CORA LEE HOVEY AND MAREIBETH
MACDONALD

Fat is not all bad. Fat supplies essential fatty acids and the fat soluble vitamins (A, D, E, and K). It makes food taste better and keeps you from getting hungry for a long time between meals. A fat-free diet is no good for your body! The danger with fat, is getting too much of your energy from it on a regular basis. Most Canadians do take in more than 30% of their calories from fat. Too much fat can contribute to "lifestyle diseases" like obesity, heart disease, cancer, and diabetes.

It is very difficult to keep track of the fat in your diet. It is naturally present in many foods, although it cannot easily be seen in the food. The best way to cut back on fat is to start with what you can see:

- use food preparation methods that don't add fat, or that allow the fat to drain off
- trim the fat from meat and the skin from poultry
- use as little of the "add-on" fats as possible (e.g. Butter, margarine, oil, salad dressing)

Once you have taken these steps to reduce the visible fat in your diet, you can start reducing the invisible or hidden fat, by actively seeking out information on the fat content of foods. This often involves finding out how foods were prepared and reading food labels on convenience foods that you buy. Many fast food establishments now have nutritional information on their products available to those who request it. Such steps as these allow you to make informed decisions about your fat intake. A good tip for judging the amount of invisible fat in a food: if a food that looks like a carbohydrate leaves a "fat print" on your napkin, you're getting more fat than carbohydrate (e.g. a croissant). You want to limit these food items to achieve an overall balance of fat, protein, and carbohydrates in your diet.

Advising 101

BY TERESA FRANCIS
ASSISTANT TO THE DEANS
(ACADEMIC ADVISING)

We're already two weeks into the second term. You've had time to ponder your results from the first term, and by now should have made any necessary changes to your schedule. What changes did your first term grades bring about? Adding or dropping a course or two? Considering a program change? Picking up an extra credit? Wondering if you should cut back on work hours or juggle fewer courses with your job? Maybe there are no changes - perhaps your first term confirmed that you've chosen the right program.

One of the major problems for students these days is time management. Reality means that many of you work - 10, 20, 30 or even 40 hours a week. Reality also means that there are only twenty-four hours in a day, and there is a limit to what we can accomplish within those twenty-four hours.

If juggling everything in your life is affecting your studies, take a few moments to look at these three things:

1) Your schedule - take a few moments to schedule your day. Where is your study time? For every two hours you

spend in class, you need at least two hours out side of class. If you work twenty hours a week and are taking a full course load, is that possible? Does your study time fall at the end of your work day, when you are already tired? When is your best study time?

2) Your priorities - list your priorities for this year. If school is number one on your list, schedule your class and study time first, and plan around it. If work/family obligations take priority, look realistically at how much school time you have. Is your course load too heavy to balance with your other commitments?

3) Your finances - could you cut back on hours of work and still get by? Have you investigated all avenues for financial assistance?

Strictly speaking, we cannot manage time. What we can do is manage what we do with our time. If time management is a concern for you, you might want to check out the Study Skills program offered by Student Affairs. Time management is just one of the modules their program offers.

FEATURES

From Railways to classrooms



In Hope, British Columbia Mike works his craft building a log cabin.

“Going away allows you to appreciate where you come from”
Mike Simon

DENNIS JOHNSON
THE PICARO

Mike Simon is a fourth year student at the Mount, studying education. He is a mature student, like so many at the University. In the past, he has worked for the railroad, built log cabins, and even worked as an English teacher in Japan.

From 1976 to 1989, Mike worked for the railroad, building track, something that is almost nonexistent in this region of Canada. He worked in various parts of the nation, all the way to British Columbia. It is there that he cultivated the interest for building log homes. His only formal training was a short course, the

rest he learned from observing, and a hands-on approach. The portfolio of his work is awe-inspiring.

“I always liked working outside. People that have practical skills are very lucky, whether it be cooking, mechanics or carpentry. It’s also a type of survival technique.”

When Mike moved to Nova Scotia, he realized that there was no market for railroad construction, so he turned to his carpentry skill. (It is interesting that he did not have a resume until recently. He used a pictorial catalogue to show his skills). Many of us have been to Oaklawn Farm. Mike was a part of the construction of the log entrance building. Also,

some of you may be living in a building that he helped make. He did construction on apartments on Dunbrack Street in Clayton Park.

Partially due to a few unpleasant experiences while working in Nova Scotia, Mike returned to school and juggled the life of a parent and student. His primary reason for returning to the academic world, however, was the desire to have a stable economic situation for himself and his family. “My attitude towards community awareness changed as I had kids.” He says that he felt confident returning to school, he read a lot while working, and had his life experiences to draw from.

Mike obtained an

Honours degree in English at Saint Mary’s. While there, he volunteered as a tutor for both the University and the North Branch library. He helped people with language problems. “It is very rewarding, even without the pay. Understanding takes away their dread.”

In 1996, Mike traveled to Japan and taught English for three and a half months. He credits this adventure greatly to the influence of his friend Benita Sabeau, who is currently teaching in Japan. Mike says that “going away allows you to appreciate where you come from. Glad to get back, if you’re an environmentalist. There is so much thrown away, the

water is in bad shape.” Mike pointed out that the significance of the English language is considerably different in Japan. “It’s not a survival skill in Japan as it is here”, he says. He is also interested by the differences in our societies, such as the 2.9% unemployment rate, a statistic we have to keep dreaming about.

If the rest of his life is any indication, when Mike graduates with his Education degree, he’ll certainly have some interesting things to teach his students.

If you would like to write a profile of a Mount student or know someone you think would make an interesting profile please contact Ceri Young at the Picaro. 445-3584

FEATURES

Teachers, Children, and Parent-Students

BY JENNIFER DEVENNE

The Mount truly is full of non-traditional students. Students of all ages, background, and stages of the life cycle walk the halls (and brave the hills) everyday: Frosh, graduates, those in mid-degree, adults engaged in continuing education, children...children?

Yes, children are a very common sight on campus. Not only is there a daycare on campus and a Parent Care Lounge, children are often seen being babysat in Manus, Rosaria, and the Sacratelia, while a parent attends class. Children even attend class once in a while.

The first time I asked if I could bring Nathan to class he was two. It was the last day of Communications class. While the teacher was tying up loose ends, the class was throwing paper airplanes and paper balls! (Hey, the teacher hit the bulls eye twice herself!).

'I was trying to hold back my delight when the fire alarm went off!'

A second class visit occurred a year later when Nathan was three. Nathan was sitting next to me in Management class drawing quietly when I looked over and noticed that he had drawn people for the first time that I had ever seen! Eyes, nose, mouth, arms, and legs coming out of the head... He whispered to me that it was a family picture. I was so proud I could hardly contain myself! What a time for him to show me a leap in development. I was trying to hold back my delight when the fire alarm went off! What perfect timing. I exploded with compliments, grabbed the portrait and artist and tore off down the stairs (naaah, my purse was not important!).

Shirley Wile, another parent student, remembers when she had to bring her two year old daughter to her class, the day of her presentation. While giving the presentation, her daughter surveyed the class and said "Mummy, you are in the wrong class", because the students seemed to be the age of her 24 year old sister. Shirley told her daughter to put on her angel face and the response was "I lost it!" During the rest of the presentation she rearranged furniture and worked the audience.

It takes that special parent ability to be able to keep an eye on the child and an ear on the teacher. But those we should also see as special, are the teachers. It is only in desperate moments that the parent-student approaches the teacher to ask if their child can sit in on the class. While the parent-student would never take advantage of their openness, they find teachers welcome both parent and child into the classroom. Teachers send out a wonderful message to students and to the children in their acceptance - that education is important and truly life-long.

Nathan's family portrait still hangs on my wall - drawn in ink on loose leaf binder paper. Thanks to teachers, I expect it won't be the last piece of loose leaf of his that I hang with pride.

Parent-Student Profile

Name:	Kelly Arnold
Degree:	Full-time Student - BA in Sociology
Employment:	Part-time, Chelchester Residential Services Soc.
Children:	Boy of 6 and girl of 1
Other:	Travels back and forth from Truro
COPING TIP	"Be open with the professors and have positive thinking."

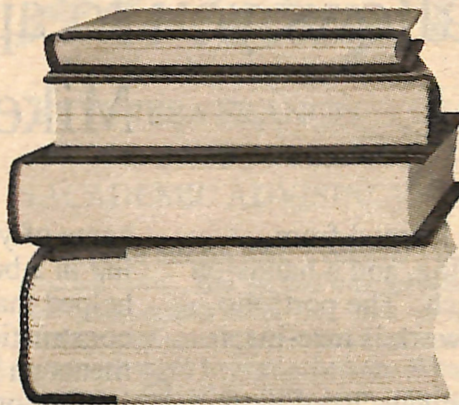
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Features

On her diet again

Dysphoria can be a warning sign for serious eating disorders

BY SIMONA
RABINOVITCH

MONTREAL (CUP)

Twenty-year-old Cynthia is on her diet again. Her consciousness of the subtle changes in her body, enables her to guess her weight to the precise ounce, without even stepping on the scale. A university student who works part-time at a health club, Cynthia has been obsessed with her weight since she was 17.

"I've gone through a hard time in my life lately, and I'm an emotional eater, so I've been eating like a pig and exercising less," she says over a supper of roasted potatoes and egg white soufflé. "If I don't exercise, I feel fat and guilty."

At 5'3 and 120 pounds, Cynthia's fit physique is the envy of many sweaty bodies at the gym. Her brown eyes expose her defeat as she describes the daily battle she wages against her own body. In a voice that is almost a whisper, she admits that her body obsession rules her life.

Body dysphoria is an attitude disorder that affects millions of women and girls in Western society. The term body dysphoria is used to describe a woman's badly distorted view of her body. It is a warning sign for eating disorders, but more significantly, it indicates a harmful self-destructive and disempowering attitude.

Beauty obsession eats away at a woman's sense of self-esteem, and experts agree that poor self-esteem lies at the heart of most eating disorders.

Director Katherine Gilday's film, "The Famine Within," shows how a woman's obsession with beauty erodes their inner sense of power.

"Woman's so-called normal identity, which includes the obsessive concern with appearance, is pathological," says Gilday in a recent issue of

Images magazine.

This explains why more women than men develop anorexia and bulimia. Montreal dietitian Terry Dimitratos claims the binge-and-purge cycle begins with dieting. Even women who are not overweight diet, for fear of becoming fat.

All this obsessive weight loss effort leads women to associate self-esteem with deprivation.

Because we are expected to be paranoid about the way we look, many women who have crossed the line from obsession into dysphoria, don't even realize they have a problem. "I feel fat" has become a litany of womanhood. The smaller the jeans, the greater the soul.

Not only is the longing for razor-sharp curves disempowering, for most women it is simply mission impossible. Less than five per cent of women are capable of achieving the glorified bodies of super models without exercising for hours and eating little more than a few celery sticks each day, according to Dimitratos.

"Since most of us compare ourselves to an unattainable ideal, we feel we're not good enough," says Dimitratos. "We need to start accepting ourselves for who we are."

Because she hasn't starved herself in almost two years, Cynthia feels that she has finally overcome the eating disorder, that has twice caused her to try to vomit.

"It didn't work," she says flatly.

Seeing herself in the bathroom mirror with her polished fingernail rammed down her throat shocked Cynthia into reality. "Now I know there are other things in life, like family and career, that are more important than my weight."

For women who are obsessed with their physical imperfections, the seed of self-loathing is planted early in life.

A study by the Dairy Bureau of Canada revealed that 30 per cent of nine-year-old girls and an overwhelming 80 per cent of 12-year-old girls think they should be thinner. Nine per cent of those pre-teens are anorexic.

Lisa Duperneau, Nutritionist at the Montreal Children's Hospital works closely with children who are suffering from eating disorders. She says she often treats children showing symptoms of anorexia or bulimia.

By identifying the unhealthy mental attitude at the root of an eating disorder, Duperneau is able to stop the cycle of self-hatred before it manifests itself in physical symptoms.

Lack of self-esteem also leads to the numbing of women's passion and aggression, which is identified by Gilday as a major cause of depression. "When I did the film, I kept seeing this tremendous waste of talent and intelligence," she says.

Controversial feminist author Naomi Wolf argues that the closer women come to power, the more society plays on their vulnerabilities of physical self-consciousness, to keep them down.

In her bestseller, *The Beauty Myth*, Wolf explains how the beauty backlash prevents us from moving on to the next phase of the feminist movement.

But don't despair, Wolf reminds us that more and more women are finding power and freedom in sources other than the bathroom scale.

Staff Photo Illustration



BY GINA WOOD

February 2 to 8 is Eating Disorder Awareness Week. I'm sure that no one is far removed from the topic. We all know someone who was or is anorexic, bulimic, or a compulsive overeater. However, the subject of eating disorders remains taboo in today's society and we all need to do our part to raise awareness and take action to bring it out in the open.

Eating disorders affect females much more so than males (although males are certainly not immune to developing such disorders), these problems often have their roots planted in adolescence. This is the time when the body is growing taller and bigger, and these changes are seen by many

Eating Disorder Awareness Week

young women as being most unwelcome. As children mature into teenagers they become increasingly concerned about size and body image pressure from peers and the media serve only to amplify the problem. These pressures cause young women to start dieting, and at this point in their lives, it is exactly the opposite of what they should be doing. Teenagers need extra nutrition during adolescence to help their bodies grow, which is what the body's natural clock says should be happening at this age. In fact, about 70% of teenage

girls are dieting to reduce their weight and this trend of denying the body adequate nutrition often continues into the adult years, which can result in eating disorders such as anorexia nervosa and bulimia.

Anorexia nervosa is characterized by extreme weight loss, self-starvation, and excessive exercise. Bulimia involves secretive binge eating followed by vomiting or the use of laxatives, diuretics, etc. as the person tries to rid the body of the calories they consumed. A person suffering from either of these disorders is preoccupied

with their weight and often feels a lack of control in some area of their life. Weight loss gives the person a feeling of accomplishment and this positive reinforcement causes them to repeat the behaviour until they no longer have control over it.

From a nutritional standpoint, a person with either disorder must be helped to slowly establish regular eating patterns through an organized eating plan which has strong guidelines and little initial flexibility. This can help the person reduce their uneasiness about planning

and eating a more standard diet as others are making their dietary decisions for them.

In the case of bulimia, the foods which are normally eaten during binge periods like ice cream, cookies, and potato chips should be totally removed from the person's diet and slowly reintroduced as the person gains more control over the compulsion to binge.

Successful treatment of eating disorders is a gradual process that requires much attention by a number of professionals, but we must realize that people suffering from such disorders can be helped, and the first step in helping them is to educate ourselves and increase our awareness of this serious problem.

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A & E

Marshall Graces Audience

Sultry voice ~ curly mane sends audience into frenzy.

BY TAWNIA ZWICKER

January 16 was a cold, miserable evening here in metro. But the crowd outside of the Dalhousie Student Union building refused to have their spirits dampened by the long wait to see Amanda Marshall play to a sold-out McInnis Room audience. This 23 year old from Toronto is playing her first North American tour, and it's wowing audiences everywhere. Newcomer Chantal Kreviazuk is opening for Marshall on the tour. Marshall's mixture of blues, pop, and the rhythm of the Caribbean (her mother is a native of Trinidad) is the driving force behind the music on her first album, most of which was recorded at producer Dave Tyson's Los Angeles home studio.

After a rather long intermission, Amanda Marshall's band took to the stage in a flurry of audience frenzy. Suddenly, curly mane flying, Amanda appeared, belting out "I Can't Stand the Rain", which she quickly followed with "Let it Rain".

Though her throaty, sultry voice sounds great on her self-titled debut album, it is much better in person. The feeling she expressed, the amount of energy she has on stage, and the way her face and body work with her lyrics, work together with the music to create a feeling that cannot be translated to a CD. Her band played well with this raw emotion, presenting a tight, smooth sound that was practically flawless to the mesmerized audience.

Amanda's set ended with "Birmingham", which only left the audience wanting more. Chanting, screaming and stomping brought her back on stage for two more songs, which included the best cover of Jimi Hendrix's "Castles Made of Sand" ever. I'm a huge Jimi fan, so that was a real treat!

Amanda Marshall was brought into the music business at 18 when a performer at a Toronto nightclub brought her to the attention of Jeff Healy, who happened to be in attendance. Opening for his "Angel eyes" tour, and then for Tom Cochrane's "Life is a Highway" tour gave her a chance to explore her own musical talents more than ever before. Knowing all that before the concert, I was really excited to finally see her live.

Although the 2 1/2 hour set was the best small venue concert I have ever been to, it wasn't without a few problems. The late start, the lack of seating, the price of drinks, and the underage girls behind me (yes, I mean the ones who I informed that I didn't buy the ticket to hear them sing), irked me a bit, but otherwise I loved the show. I suggest that next time either one of these talented women play a venue anywhere near you, that you catch the show. You'll miss a great concert if you don't!

Amanda Marshall (right) and opener Chantal Kreviazuk (bellow) played to a packed McInnis Room at Dalhousie on January 16.



Kreviazuk!

A name you will never forget, or pronounce

BY TAWNIA ZWICKER

Chantal Kreviazuk is a newcomer to the pop music scene. At 22, her debut album, "Under These Rocks and Stones" sounds like she's very comfortable with her newfound niche. The album was a chance for her to use her musical talents to their full potential.

Opening for Amanda Marshall is giving this tiny Winnipeg native a chance to sell her strong, ferocious voice to her first paying audience. Though Chantal was a piano prodigy by age 2, and had won several piano and vocal competitions by her early teens, she had never written her own music. When a near-fatal motorbike accident in Italy in 1994 left her confined to bed

rest because of a broken leg and a shattered jaw, she turned her hand to writing. Not too bad for a girl who was not supposed to be able to ever sing again.

January 16, when Chantal opened for Amanda Marshall at the sold-out McInnis Room show, Metro got its first live sample of this young performer. The spotlight shone on the diminutive Kreviazuk and her keyboard. When she started playing, the audience immediately focused on her. Chantal held them rapt for her entire half hour set, pausing between songs to chat with them, especially with some guy named Mark. He kept requesting her song "Wayne," which at the very end of her set, she obligingly played just for him.

Her first single, "God Made Me," has been played a lot on Much Music, and helped the audience instantly recognize who she was. Since making the video, she's cut her hair short. Chantal commented that she did it because, "there are too many women in the music business with long hair. I wanted to be different."

Her music is raw, emotional, and incredibly powerful. There's just something about her voice that stays in your head for days after you hear her sing. However, as talented as she is, her lyrics have a lot to be desired. With a little help from a good lyricist, this Prairie chick could easily make her way onto top-ten lists everywhere.



A & E



BY DAVID POUND

As I was waiting in line with hundreds of screaming fans to see Sloan play to a sold out crowd at Dalhousie's McInnes Room, I couldn't help think how good it was that a local band was getting so much attention.

I caught half of the Euphonics' opening set and was not very impressed. I have heard good things about this band, but found their set rather boring. They seemed nervous though and maybe with

some time, they'll become a better live band.

Next up were in the Inbreds. These Kingston transplants put on a good show, with Super Friendz's Matt Murphy helping out on Guitar. Playing a lot off their new release "It's Sydney or the Bush," they seemed to be enjoying the large and energetic crowd, although the crowd surfing seemed to unnerve them. Many attempts were made to calm the crowd down, but it just seemed to get the crowd hyped up even more. The crowd appeared to like the Inbreds, but their set seemed to go on a little too long for some. People starting chanting "We Want Sloan." Matt Murphy even got in on it.

Finally Halifax's fab four took to the stage and the crowd went crazy. Opening with "Nothing left to make me want to stay," off their latest release, Sloan began a show that was much more enjoyable than their Birdland show. While the Birdland show seemed rather emotionless, this crowd saw a much more confident and energetic band. Chris Murphy's in between song stories were amusing, especially the one about how he obtained his new mustache, which had something to do with Cape Breton air. The band was actually smiling and joking with each

other and seemed to be having as much fun as the fans. Chris commented that they do not like bar shows as much as all ages shows such as this one, which is probably why this show was better than the Birdland show.

A good mix of songs from both "One Chord Too Another" and my personal favorite "Twiced Removed," were played. Unlike their Birdland show, Andrew actually came from behind the drum kit to play guitar and sing "People of The Sky," one of my favorite Sloan songs and "400 Metres." Jay also took his turn at the mike on such tunes as "The Lines You Amend," among others. The band seemed heavier and tighter. They even did the beginning to "Communication Breakdown" by Led Zeppelin before launching into one of their own songs.

They ended their set with their biggest hit "Everything You've Done Wrong", and "The Good In Everyone", both sung by Patrick. After a short break they came back to do an encore with Andrew on piano for "A Side Wins." What came next was a real surprise for older Sloan fans, they actually played a few selections from their first album "Smeared." An album they've all but ignored live for



the last couple of years. They even dragged out "Underwhelmed," which Chris kept forgetting the words. Another amusing part of their encore was when Chris took a young girl who looked to be about 10 years old out to play bass, while he danced around with the mike. Because of the last few shows I've seen by Sloan, I started to think that they were going downhill, but this show proved that they are still in fine form and are truly deserving of all the positive press they are receiving.

Sloan live at the McInnes Room

S L O A N

An Interview with Sloan's Chris Murphy

BY DAVID POUND

Picaro: How are you guys enjoying your new popularity?

Chris: I don't know how new it is, if it is at all. I guess we are on T.V. a lot more, but other than that I don't notice anything different.

Picaro: So you're not being stopped on the streets yet?

Chris: No. I think the only place I'd get recognized is if I hung out at the right places, places where rock bands hang out.

Picaro: People have been saying Halifax is going to be the next big music scene for a while. Do you think this is going to be the year it breaks big, now that Thrush Hermit are signed to Electra and you guys are being released in the States?

Chris: I guess so. Even though things are happening, there doesn't seem to be quite the excitement now that was happening in 92 or 93. Without getting myself into trouble, I'd say the Double Douce was better than the Birdland, for the local

scene. It was smaller, I think the Birdland is too big to support local bands. It's good for getting out of town bands, but the Douce was the time. It was exciting, I guess it is still exciting, but there is not as much hype now.

Picaro: Can you ever see Sloan moving to a bigger city?

Chris: Well, Andrew moved to Toronto a couple of years ago and I think Jay may be moving, because his girlfriend lives up there. Patrick and I are probably going to stay in Halifax. I would entertain moving if Patrick wanted to, but he is happy here and I'm happy here.

Picaro: Does it make things hard, having Andrew live in Toronto?

Chris: It does, and we ran into lots of trouble when it first happened and there was a bit of resentment, but it doesn't make everything impossible.

Picaro: Why do you think "One Chord To Another", is the one to catch on big in sales?

Chris: Because we made better videos and the video for "Everything You've Done Wrong" was a cutesy video and harmless with a story line, which is the kind of video I hate, but Much Music loves. I guess we have a longer plan for this record. Our first record came out and we got bored of it pretty fast and then we made a second record that didn't do very well and we kinda broke up the band. Neither of those records really got going, but with this one, we released it in the summer and we are on our third single.

Picaro: I noticed you guys don't place much off Smeared anymore. What are your feelings on that record now?

Chris: I'm a little fonder of it now than two years ago when I thought it was a piece of shit. I guess the way it goes for me is I turn my back on my past almost sickly, see me and Jay were in a band called Kearney Lake Road that I was super embarrassed of, but now I look back on it and think it was cute and I guess I think of Smeared like that. I still think Twiced Removed is right up my alley, so I guess I better change my taste soon before I become to boring.

Picaro: So you graduated from the Birdland to the McInnes room, can you ever see yourselves playing the Metro Centre?

Chris: We joked about playing there and getting another big act to come and play with us. It would be no fun to play, I guess it would be fun in that I have known the Metro Centre since I was a kid, but the sound is shit there.

Picaro: So how are you guys handling running your record company, Murder Records, now that you guys are more popular?

Chris: Well I'm fairly hands off this year. I'm not in there licking envelopes or anything. We still have a say in who gets signed and stuff.

Picaro: Any new releases for Murder?

Chris: We have a new Thrush Hermit 7 inch coming out, I want to put a Euphonics 7 inch. A new Super Friends record coming out, maybe another Local Rabbits record.

Picaro: What are your feelings on Sloannet, the local Sloan internet mailing list.

Chris: I haven't seen it lately. I know they have been shitting on us lately, for having a 15 dollar ticket price. I guess I understand, it is pretty expensive. I would play Halifax for free and I wish they wouldn't give us such a hard time about it, but I guess that's their job as kids.

Picaro: Is it ever a pain, always being under the critical eyes of fans?

Chris: No, I'm critical also.

Picaro: Coming from an indie rock background, I wanted to know how you feel about being on C100?

Chris: All I can say about that is, I think of it as humorous.

Picaro: How did you enjoy playing the Halifax On Music show?

Chris: It was a bar show and I don't really enjoy bar shows. We are playing in Cape Breton and I'm told that the show is 17+ and I don't want to play it, to prove a point to our booking agent, that the rule is all ages.



A & E



Finnicky Finns

Finn Brothers - Finn Brothers
BY TAWNYA ZWICKER

Remember Crowded House? The Australian band whose sound was a cross between folk, country and a bit of blues. Well, the two brothers from the House days, Neil and Tim Finn decided to create their own band, The Finn Brothers.

The self-titled disc was kicking around Australia for a couple of years, and I finally got my hands on one (it was just released in Canada). Since I loved Crowded House, and was a little miffed at their break-up, I figured an offering from the band's key members would be just as good.

I'd like to say I was really impressed, but after a couple of listens, I was a bit disappointed. Though they retained the same sound (which is great, I loved it before, and it still rocks me) their lyrics are a bit superficial, and left me wondering if words were an afterthought. It seems as though gone are the days of comparing the decadence of society to a piece of "Chocolate Cake", and I can't say I'm happy about it. The last song on The Finn Brothers, "Kiss the Road of the Road of Rarotonga", is particularly insipid, with stupid lyrics, and the old distorted voice trick I thought would be left in the dust of the 80's.

Well, what can I say? The CD was okay. I still feel rather lukewarm toward it as I lament the demise of the original band. Making excuses, I could say that it's because it's Neil and Tim's debut and they haven't worked out the bugs yet. Speaking honestly, you might give this a go if you were too young to remember Crowded House. Me, I'll buy their next release, hoping that this one was only a minor setback on the road to finding a good, solid sound (and songwriter, please!!!!) and staying with it.

BURNT BLACK-NERVOUS WRECK

BY DAVID POUND

Although Halifax seems to be known for the Power Pop sounds of such bands as Sloan and Thrush Hermit, there are a few bands doing something different around town. Burnt Black is one of the best local bands for delivering the heavier, darker side of music. Burnt Black roots seem to be more based in modern bands like Tool and Kyuss.

The CD opens with the killer tune called "Purpose Served," that sets the pace for a full on auditory assault. This is the kind of music you want to listen to when you feel like venting some anger. It just begs to be played loud. "Leaving You" starts out mellow, but builds to the guitar heavy sound Burnt Black are known for. The band really shows its skill for dynamics on this tune. Another favorite of mine is "Ground Level", which features some vocals from Virgil Muir. Virgil plays in another great local band called Mitch Montana, who often can be seen opening for Burnt Black. This tune is probably the catchiest on the CD. Another highlight is "Coming of Estrus" that has a really cool groove, which makes it the perfect driving song.

The production is a little raw, but that's to be expected from an independent release. It's certainly not a CD you will tire of easily though, like so many other local releases. I certainly recommend Burnt Black.

SPIRIT OF THE WEST - OPEN HEART SYMPHONY

CARRIE WARNER

In May of 1995, Spirit of the West got together with the Vancouver Symphony Orchestra to perform. They recorded the performance, and named that recording "Open Heart Symphony". It is truly one of the best traditional albums released in 1996. The haunting melodies coupled with the large orchestral sound produces an incredible sound that will mesmerize any listener.

There are traditional songs on the album, like "Christmas Eve", and "The Miller's Daughter", but there is also a lot of original material. The beautiful "Bare Branches" refers to a woman who has helped many people overcome eating disorders.

The best song on the album is definitely "Williamson's Garage". It starts slowly, but switches tempo several times. With the symphony behind Spirit of the West, there is a huge sound that absolutely enthralls.

Spirit of the West has outdone itself with Open Heart Symphony. It's a good record whether it is providing background music, or the main event at a get-together. This is definitely one to pick up!

Gangsta life with Xzibit

XZIBIT-AT THE SPEED OF LIFE——LOUD RECORDS

BY: TIM BOUDREAU

I can't believe that I was chosen to write a review for a rap album. I think that this was the review that absolutely nobody else would do, so I got elected. Give it to Timmy, he'll review anything. And just as the Timmy in that famous breakfast cereal commercial was passed a box of Life Cereal to eat, I have been passed "At The Speed of Life". Only real difference I could see between the two here is that "At The Speed of Life" has incredibly poor taste, and Life Cereal sounds better when you listen to it.

"At The Speed of Life" is the debut album from the newest edition to the "Gangsta" rap family, Xzibit. No that is not a typo, that is his actual name. I assume it is supposed to be a play on words with the word "exhibit". It seems that no self respecting rap artist has a name that doesn't include a bad play on words.

First thing that I can think of to say about Xzibit is that I don't notice anything about his music that sets him apart from the multitude of other "Gangsta" rappers out there. With such trademark lyrics like, "And all my homies live lives like crooks Rich and Infamous Hoes wanna look but get shook Cause we don't trust you hoes You'll have a @^\$%# up With a bullet through his clothes." Xzibit seems awfully mainstream to me.

This was quite surprising to me, considering there are several claims to the contrary on his bio, which is included on this enhanced CD. When I browsed this CD on my computer there were several claims about Xzibit breaking away from the generic gangster themes, and mentioning of his "meaningful lyrics". One of the other points made in Xzibit's bio was that he received his creativity from his mother. This leads me to believe that she must have been an incredibly foul mouthed woman. If you cut out the "F" word from Xzibit's lyrics, or any derivation of it, half of his material would be gone.

So if you feel a burning need for more gangster rap pick up Xzibit's new album. It's neat because it is an enhanced CD, but it doesn't offer much of anything along the lines of "originality" or "meaningful lyrics".



A & E

Good Night and Thank You...

BY TIM BOUDREAU

After several months of frantic hype, and bravado, Alan Parker's version of Andrew Lloyd Webber's musical "Evita" finally debuted in theatres on January 10th. Now I have never actually seen the stage version of this show, but I can definitely tell you that the film version contains the dramatic power, and intensity of any Broadway musical.

First of all I would like to make one thing absolutely clear: Yes Evita is a musical, and, yes, that means it is all singing, and no talking. It seems that this little aspect of Evita causes some people to pass on this one. Partially because when most people these days hear a song they just listen to how the song sounds instead of actually listening to the lyrics. Because of this little fact, combined with the fact that the dialogue in Evita is entirely in song, people who do not try to listen to the words will find themselves quite incapable of understanding what is going on in the plot. So if you don't go for musicals, maybe you should stop reading this article right now. If musicals are right down your alley, by all means, read on.

I do go for musicals, I find them quite a bit more artistic than normal stage performances. Having a character speak their lines just doesn't hold the same potential for dramatic power that a crescendoing song can achieve. This is the aspect of Evita of which I was most impressed with. It seems that the creators of this project took great pains to transmit the theatrical intensity of the original Evita to this modern day Hollywood production.

Of course a brilliantly written Hollywood production is only ever as good as the actors who are cast to portray it. In regards to this I really must express my utmost satisfaction towards the choice of Madonna as the leading role. I must admit that I had no idea who Eva Peron was (a prominent public figure, married to the President of Argentina in

the late 40's early 50's) before this movie was created. But what I have been told about Eva Peron since this movie has been in the works seems to be epitomized by the image Madonna portrays to the world. According to what I have been told, Eva Peron was an incredibly charismatic woman, who portrayed a larger than life image. Peron was very classy, a veritable "material girl" shall we say. Madonna not only portrays these characteristics in the movie, but these are also the words I would use to describe Madonna in real life as well. Combined with the fact that Madonna has the fantastic vocal capacity with which to perform the part of Eva Peron, and that she even looks remarkably like the Argentinean heroine, leads me to doubt the notion that there could have been an actress who was better suited for the part.

Antonio Banderas is another actor who deserves to be praised for his contribution in bringing Evita to the screen. I have to say that Banderas has not always been my favourite thespian; I normally group him with the talentless likes of Brad Pitt, Christian Slater, and other such individuals who made their debuts on the screen because they are soooooo sexy. Antonio Banderas actually portrays some observable talent in Evita. His character in the movie is neat, he plays the part of an omnipotent narrator who is at one moment a waiter in a cafe, then takes on the role of a newspaper reporter, then becomes a public rebel rouser. Throughout the movie Banderas' multiple characters herald Eva Peron's rise to power, and her subsequent downfall. First of all I must say that I am impressed with Banderas' singing voice. Yes, he does sing his character's part. Second of all Banderas displays a certain versatility in becoming different people throughout the movie. Bottom line is that Antonio Banderas demonstrates some talent in his part in Evita which goes beyond his obvious good looks.



Beyond the performances of Madonna, and Banderas there was not too much to yell and scream about in the acting department, but what really shines in this movie is the music. The type of theatrically great songs that are featured in Evita are catchy, and ear pleasing, as are those in all Andrew Lloyd Webber musicals. This is something which is normally characteristic of any production that Webber writes the music for, and Tim Rice is lyricist of. I found myself so impressed with the music that I believe that I will run out and purchase the soundtrack as soon as possible.

So if you are a fan of Andrew Lloyd Webber, or of musicals in general, or both, Evita is exactly what you have been looking for. The movie version of this classic theatre production has the feeling of an on stage performance. The only problem being, or course, that the actors are not there in person, which takes away part of the appeal that would have been present if this were a live production. But the shortcomings of the silver screen aside, the movie version of Evita is fantastic and will be pleasing to anyone who enjoys the grandiose productions of Andrew Lloyd Webber but cannot afford the outrageous ticket prices of his shows.

Big Sugar live at the Birdland

BY DAVID POUND

Saturday, December 7th was a good night for music in Halifax. Not only were the Tragically Hip and the Rheostatics playing the Metro Centre that night, but Big Sugar was also in town to play a show at the Birdland. I wasn't very familiar with the band and was very surprised to find out that they had sold out of tickets before the show. The only other show I have known to sell out the Birdland, was the night Sloan played the Halifax on Music Show.

Once inside, I made my way to the front of the stage and began to witness what would be one of the best sets I've ever seen at the Birdland. The band themselves were a diverse bunch, including a Jamaican bassist who played with a reggae feel, a drummer who looked as if he should be playing with an alternative band, a keyboard and harmonica player who looked like he was straight

out of a Blues Brothers movie and a lead singer/guitarist, who reminded me of what a real Memphis blues player should look like. Each member brought something different to the band and what was created was something that seemed unique, yet familiar at the same time.

The highlight had to have been Gordie Johnson's guitar work. The guy was amazing. He played like a man possessed and it was the first time I have ever seen a blues player that scared you, yet enticed you with his playing. It often seemed like he was going to lose the groove, but believe me, he had control the whole time. It was like a rollercoaster ride of emotions and everyone in the audience seemed to enjoy the ride. The crowd was a lot more into the band than a usual Birdland show; it seems Big Sugar are building a strong and loyal fan base. I couldn't help but wonder

if this was what it would have been like to have been at a Tragically Hip show in the early days of their career.

Since I wasn't familiar with the band, the only song I recognised was "Diggin' A Hole", their new single. The crowd went crazy when they played it and this reaction must have fueled Big Sugar even more, because they played it with even more of the attitude that makes it such a great song. During the encore they did a

very cool cover of "When the Levee Breaks", by Led Zeppelin and some requests that audience members were shouting out.

After leaving the show I couldn't help but think how much more enjoyable the show was than the Tragically Hip show I had just seen at the Metro Centre. The Hip better watch out, because from what I've seen that Saturday, there may be a new group to take the title of "Canada's most loved Rock band".



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\$2.50 For a Decade, And 30 Bucks for a T-shirt



BY TIM BOUDREAU

A chance to see the Tragically Hip live was an exciting occasion for me, as I am sure it was for any fan of the band. Any self-respecting fan knows that the Hip's songs are written to be played live, so a chance to hear the songs played the way they were meant to be becomes a momentous occasion. You can also imagine the disappointment when the concert was postponed. There was much weeping and gnashing of teeth. I can't even begin to imagine the number of people who couldn't go to the concert because they couldn't get another night off of work. Needless to say, there were quite a few unhappy Hip fans in Halifax on December 5th. The good news is that, despite my fears to the contrary, the Hip decided not to bypass Halifax and rescheduled the concert for the night of December 6th. Even though they were a day late on their tour, the Tragically Hip gave Halifax fans a performance we won't soon forget.

The concert started with a much appreciated apology by singer Gordon Downie. He assured fans that the delay was completely out of their hands, attributing their late performance to Mother Nature, and some "highly intelligent individuals". The apology was received well by the crowd, but we really didn't care. The Hip was finally here, and we just wanted to hear them play. We were ready to be rocked, Hip style. And rock us they did! The concert began with a number from their new album, then proceeded with a lineup that consisted of a nice mixture from all of their albums. The sold out Metro Centre hummed with excitement, and writhed with dancing as the ecstatic fans took in their fill of the Hip's characteristically simple, but rockin', style of music. Accompanying the hyper-charged musical numbers was an impressive light show which added an interesting element to the songs. There was an immense backdrop behind the band upon which myriad, and multicolored images and designs were projected. It was very cool. The show's finale of "Little Bones", followed by "Locked in the Trunk of a Car" sent the crowd into a veritable frenzy, and we simply would not let them leave without playing an encore. And encore they did, not just once, but twice, which stretched the concert out to two hours long. I can imagine that the members of the band were anxious to hit the road, being behind schedule. But that didn't stop them from playing an incredible concert for us.

If I had to find something to complain about in this otherwise immaculate concert experience, I would have to say that it would be the price of the T-shirts. I was overly excited after the concert, and I wanted a unique souvenir that let people know that I saw the Hip LIVE!. So I forked over the thirty fat ones for the shirt. Then I saw the exact same T-shirt at Music World for twenty bucks! Not only could some schlock who didn't even go to the concert obtain a shirt just like mine, he or she could get it for ten dollars cheaper! I felt kind of ripped off, but I guess I should have known better. So despite the little disappointment with the T-shirt episode, the Hip impressed me so much with their stage performance that I will gladly go see them again if they ever have another tour. But I will never buy one of their T-shirts again!

A & E



Culture With ~Pizazz

BY CARRIE WARNER

Watching the members of Le Ballet Jazz de Montreal was unlike anything I've ever seen before. It transcended the traditional ballet style, and displayed a perfect interaction between body, mind and spirit. The dancers were so in tune with the music, each other, and their own bodies, that every move was perfectly in sync.

This incredible group performed three dances during their January 22nd Rebecca Cohn show: Pendulum, Rise and Fall, and It's in the Air. Pendulum, choreographed by Crystal Pite to music written by Alex Tsisserev, was about twenty minutes long and gave the audience a treat for the senses. The beautiful music set the tone for seven members of the troupe to show their talent. The

dancers are obviously in impeccable shape to make their bodies complete such demanding manoeuvres. The theme of the dance explored the notion of people preoccupied by their individual problems, struggling against time.

The second dance, Rise and Fall followed a fifteen minute intermission during which the dancers rejuvenated and changed clothes. This dance showed even more of the dancers' talent. With often difficult solos and duets, the dancers portrayed the idea that we often find ourselves very far down, clinging to any hope we can find to survive. It is a common theme in everyday life, but was given a new perspective when presented in the dance form.

The evening ended with a high energy performance of It's in the Air. This dance was created in 1995, choreographed by Rodrigo Pedreira. It displays an answer to dealing with the differences of others, while retaining your originality. This particular dance began with the performers in black and white attire, but the female dancers eventually emerged wearing flowing skirts of different colors. It was a beautiful dance, and was probably my favourite.

I couldn't have thought of a better way to spend a Wednesday evening than sitting in the Rebecca Cohn, witnessing the talent and beauty of those involved with Le Ballet Jazz de Montreal. C'était magnifique!



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A & E

Mars Attacks - The English Patient:

Tims Favorite Flicks of the Holiday Season

BY TIM BOUDREAU

Did you see any movies this holiday season? Were you able to find some time between your exams, work, shopping, and visiting relatives you never see any other time of the year? If your answer is "no Tim, I had no time to watch movies this holiday season", fear not, I will give you all a rundown of some of the highlights this holiday season from the silver screen. There have been, as usual, many varied, and wonderful titles to grace our presence in the past few weeks. Here is a rundown of my favorites.

Mars Attacks

If you were in the mood for something a little different this year Mars Attacks, by eccentric director Tim Burton (of Beetlejuice, and The Nightmare Before Christmas fame) holds exactly what you are looking for. Mars Attacks was definitely one of the most hyped up films this season, promising some trademark Burton zaniness. The big thing that I can think of to say about this movie is that it is not mainstream, or merely pop-culture. Mars Attacks definitely has some very artistic elements, even though it is a major Hollywood production. Also, Burton joins forces with composer Danny Elfman once again to delight audiences with their off-the-wall artistry. The components of Burton's bizarre images, and Elfman's interestingly different musical score combine quite well to create an atmosphere of poetic brilliance. It is absolutely nothing like anything you have ever experienced before. Mars Attacks is quite funny, but in a caustic, and horrifying way. Not the feel-good movie of the season, but a must-see for the incredible imagery, and just for the unconventional usage of various sci-fi movie conventions. This movie is very much a spoof, and a viewer must keep that in mind when Burton takes it over the top, again and again.

Jerry Maguire

A feel-good movie of the holiday season was Jerry Maguire, starring Tom Cruise. This title was one of my gems. What I mean by this is that Jerry Maguire was the movie that surprised and delighted me the most out of all the movies I saw. I really must say that the trailers for this movie really didn't do justice to the actual content that Jerry Maguire has to offer. This movie totally exceeded my expectations. I was lead to believe was that the character of Jerry Maguire is a fast talking, smooth operating sports rep. This much is true. After a long successful career, the slippery Maguire is fired suddenly from his position, after which he will have a downfall where every

friend will leave him, and he will be left without a penny in the world. This much is also true. Then, Jerry Maguire will make an incredible comeback, using his wit, and charismatic charm, showing everyone that he is still the man. This part isn't quite true. In many ways Jerry Maguire shows us that wit, and charm are all bullshit. What really matters in this movie, and what, perhaps, should matter in real life, is a little bit of integrity. More specifically this means being compassionate and caring in a genuine fashion, not just in a way which will get people to give you money. This movie is a man's journey to realizing that money, prestige, and fame are not what bring real happiness in life. In reality these things are merely byproducts of living a certain way, not true goals in themselves. This sort of belief can be unpopular in the business sector, which Maguire learns the hard way.

Scream

Another of my favorites this season has been Scream, by thriller movie creator Wes Craven. There has been a huge shortage of good old fashioned horror movies in the past few years. I grew up on a steady diet of Friday the 13th, A Nightmare on Elm Street, and other such classics of the horror genre. It seems that perhaps movie goesers these days have lost the taste for the cheesy horror flicks that are so prevalent in recent movie history. Scream is a return to such horror movie conventions that we were all familiar with back in our childhoods.

This movie will have you jumping in your seats now every bit as much as Freddy and Jason did for you back in the 80s. Especially since we now have Dolby Digital sound systems in our movie theaters, which adds an element of intensity that didn't exist in Freddy's time. Scream is a little off the wall, and seems to go a bit over the top. I believe this is attributed to the fact that Scream is meant to be a spoof of sorts on the conventional horror flick. Some of the outrageous elements of Scream are so obviously poking fun at the conventional themes of horror movies that I laughed as much as I screamed watching this movie.

The English Patient

One of my last, certainly not least, favorites of the holiday season is The English Patient, starring Ralph Fiennes, Juliette Binoche, Kristin-Scott Thomas, and William DeFoe. The English Patient is one of those films that you watch, and you just know that it is going to be nominated for best picture of '97. I was quite impressed by this movie, which is, in most

basic terminology, a tragic love story. But The English Patient takes the normal love story, and sends it down a unique, multi-faceted road that was not only refreshing to watch, but inspiring, and thought provoking as well. The idea of what it really means to love somebody, to really connect to another human being, is brought into question in this movie, in a way which most people do not normally think of.

The English Patient takes place in two separate time periods, which is a very important element when talking about the films thematic content. The "present" time in the movie is the mid 1940's, and the second world war is drawing to an end. Quite a bit of the real story is contained in flash backs of the main character's life, before he (Ralph Fiennes) is involved in a plane crash, leaving him invalid and in the hands of a compassionate nurse (Juliette Binoche). The flashbacks take us back to a time just before the second great war began.

The major theme in The English Patient explores the human tendency to feel a connection to people who hail from

the same geographical region, and inversely feel distrust towards those who are from a foreign country. The two time periods of the story work well in accordance with this theme. The flashbacks are tainted with distrust for anything foreign, as were characteristic of a time when war was just around the corner. The flashes into the past are frequently interrupted with regressions to the present. The war is ending, suspicions still run high, but connections can be seem blossoming between characters, even those of vastly different backgrounds.

Fiennes' character, immersed in a time of low human connection, has a torrid love affair with the wife of one of his comrades involved in mapping the regions of Northern Africa. The love affair is tragically doomed during a time when characters fail to connect with each other on that important level. We see Binoche's character, Hannah, living in the present day of unsteady peace, desperately attempting to connect with the individuals around her. On many levels Hannah succeeds in establishing an uncertain

connection with Fiennes' character, and various others, who are not from her hometown but she learns to love them anyway.

The English Patient is extraordinarily touching on a deep level. Along with this, the cinematography is poetic in its expression, and the actors' performances are unparalleled by anything I saw this season. All in all this is the epitome of what a truly meaningful movie should be, and I hope it receives multitudes of awards.

So there you have it, Tim's Hit list of cinema you may, or may not, have seen this holiday season. Don't just sit there reading my article, get out there and see some of these movies while you still have the chance. You may not have had the opportunity during the holiday season, but now is the time to make up for lost time. You know just as well as I do that mid terms, and assignments are creeping up on us faster than Martians on an unsuspecting Earth. So make sure you go out and see one or two of these titles...before the world as we know it comes to an end.



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A & E

"Pog mo Thoin!"

BY CARRIE WARNER

The Mahones are a celtic/rock band from Kingston, Ontario that was formed in March of 1990. They now have two albums to their credit, have toured across Canada, with dips into the US, and have done the title song for a Hollywood film. Despite this, these five lads are grounded, which will only prove to help them.

Their name comes from the Gaelic "pog mo thoin". In English it means "kiss my arse", which (I've been told) they tell people who get in their way.

The five members of The Mahones are Fintan McConnell (singer/guitar), Owen Warnica (bassist), Mauro Sepe (drummer), Andrew Brown (tin whistle and accordion), and Dave Allen (violin and mandolin). They are a ragged bunch of guys, some of whom look like they should belong to a heavy metal band, but they can really host an awesome kitchen party!

One thing you won't hear very often (if at all) on a Mahone's CD is traditional music. While the music has a definite traditional sound, the guys try to be original in their songwriting. "We don't want to just do remakes of other peo-

ples' songs, although we will occasionally slip one into a show. We want to keep things original and write our own stuff.", says Andrew Brown, as he sips his Heineken before last month's Birdland show.

The original material Brown spoke of was the brunt of the show the band played at Vinnie's last Thursday night. They played for approximately one hour, highlighting their first release from the latest album, "Rise Again". The single "100 Bucks" is currently in rotation at radio stations, and there is also a video for the song. The guys played several songs off the album, and finished up (on request) with their rendition of "Drunkin' Dirty Bastard" for "the Newfie's in the room, because everyone loves Newfies!"

The Mahones have had a lot of exposure since they began. They've appeared on Rita and Friends on CBC, have played several shows in The Bottom Line, in New York City, and have also provided the title song for the movie Celtic Pride, in which Dan Aykroyd stars. And no matter where they go, they throw one heck of a Thursday night kitchen party!



PHOTOS BY CHRIS MOONEY

Back, Better, and With a Band

BY CARRIE WARNER

Dave Carmichael came back to perform at Vinnie's last Thursday night, but this time he brought his band with him. After months and months of intensive searching, Carmichael has recently put together a five member ensemble that sound like they've been together for years.

Carmichael's previous show in Vinnie's was as the opening act for Kim Stockwood during frosh week. It was just Carmichael and his guitar, appearing nervous while playing to a rather unappreciative crowd. This time, he and his band really impressed the small (but enthusiastic) crowd.

The Dave Carmichael Band's sound is quite bluesy, with heavy drum beats, bass guitar and keyboard. Cathy Porter seems to be a valuable asset to the band as she showed the audience just how talented she is by switching from one percussion instrument to another with ease throughout the set. The other members of the band are Dan LeBlanc on guitar, Reese Nearing on bass guitar, Stefan Morin on drums, and Carmichael on lead vocal and acoustic guitar.

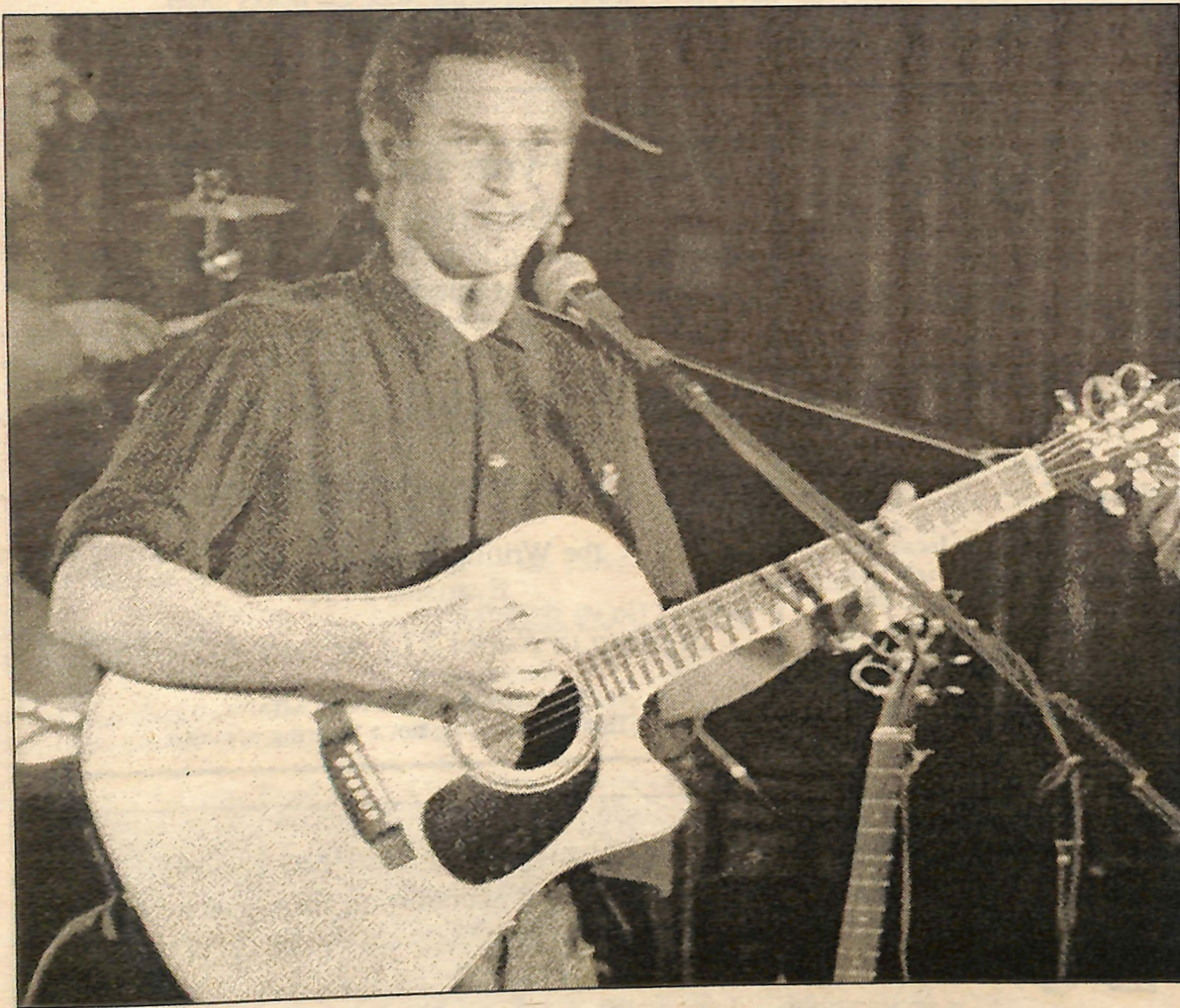
The band has released their debut CD, "Perspective" inde-

pendently, and have big plans for touring. Tonight's show proved to me that they definitely have their act together.

The band is based in Halifax, although Carmichael is a Montreal native. He came to Nova Scotia as a student of Acadia University, and then joined Mermaid Theater as a musician. He is now heavily into songwriting, and encourages band members to add their own parts to songs he has started.

At the end of their set, The Dave Carmichael Band let the audience know that CD's were available after the show, and I saw a few people take them up on it. I think the band made a few new fans that night; me included!

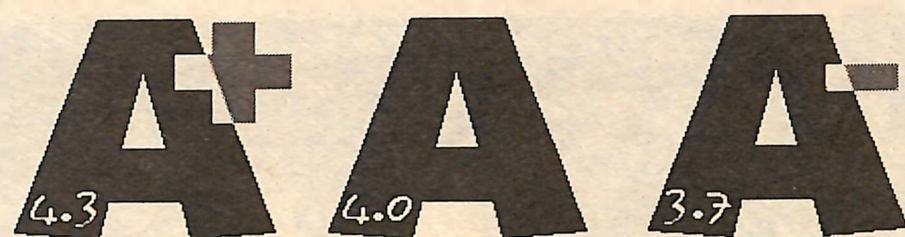
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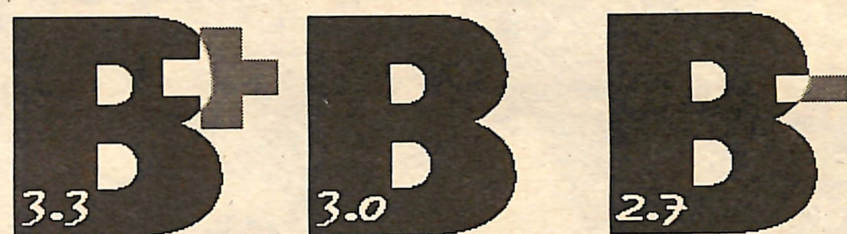
ABC's of new marking system

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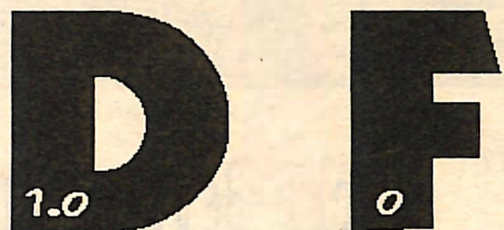
80-89 Virtual mastery of course content.



70-79 Performance well above average.



60-69 More than fulfilled minimum.



50-59 Minimum for course.

Failure

BY DANNA DONALD

MSVU students did not find any numbers on their transcripts in this January. This year, for the first time MSVU is using an alpha grading system. The alpha grading system is already used widely in other Canadian universities.

"Many faculty have expressed frustration over differentiating between a 63% or 64% paper. It is easier to grade a paper by looking at it over a broad scale and seeing where it fits in, as an A- or B+," says David Furrow, dean of arts and sciences at MSVU. "The major advantage of the alpha grading system is that it is transferable across the consortium," says Furrow.

It does make credits more transferrable, but the problem arises in comparing grade point averages. Many of the other metro universities calculate GPA's out of a possible 4 points. The grading system which MSVU's senate approved in November of last year is out of a possible 4.3 points. This leads to some confusion when it comes to transfer credits. According to Carolyn Oxner, MSVU's assistant to the registrar, transfer credits will not be used to calculate students' GPA. The transfer credit will simply appear on the transcript as a credit, without any mark indication.

There is a move afoot to standardize how GPA's are calculated. "Each time the academic vice presidents have met one of their top priorities has been standardizing the grade system, a common grading system would pave the way for student mobility across the consortium," says Furrow. With the rationalization of universities, Dalhousie and St. Mary's have decided to use the system which MSVU currently uses, based on a possible 4.3 points.

"We are glad to see the Mount as a leading figure in education and are pleased to see other universities are switching to the method we have chosen," says Sarah Clarke, student union academic vice president.

Many courses which have been offered as full unit credits have been broken up into two 1/2 units. This makes them more transferable to universities who may have similar courses with a value of 1/2. Students may also retain partial credit for a course which normally would not have been counted. "With the rationalization of universities we are moving closer to accepting transfer credits at face value," notes Oxner.

Editor's note:

After numerous requests from students and faculty we have taken the unusual step of running both the GPA graphic and story in an attempt to help students understand the new marking system. Many students have had difficulty interpreting what the marks mean.

Please feel free to cut out the graphic keep it as a reference.

JAMES TILLEY ILLUSTRATION

Vincent's Restaurant nights

The Business and Tourism Department would like to thank all of those faculty and staff who have attended and supported the Tourism students during the Vincent's Restaurant nights.

For those of you who do not know anything about Vincent's, it is a teaching lab used by the Tourism and Hospitality Management Program students. Classes pertaining to basic cooking techniques, managing a restaurant, and catering research and technology are conducted in Vincent's lab. The objective is to provide students

with practical experience on the many aspects of the Food and Beverage industry in hope that they will be better prepared for the workplace.

I would like to notify you of the dates for the restaurant nights during the winter term:

February 6/97 - "Vincent's by the Sea"

February 11/97 - "A Night in Paris"

February 20/97 - "Mexican Night"

March 4/97 - "A Taste of Nova Scotia"

March 13/97 - "Vincent's Little Italy"

March 18/97 - "Irish Celebration"

Vincent's is located in the Rosaria Building, right next to the Dining Hall. If you have any questions regarding the restaurant nights or would like to make a reservation, please contact Paulette Cormier at 457-6517.

How do you feel about Math? Does it scare you?

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Office Services Manager for Student Union

MSVU Student Union is seeking applications to fill 6 part time positions as office assistance. Applications should be dropped off at the student union offices in Rosaria C/O Gin Hing Yee. Deadline for applications is January 30, 1997.

Society Profile

Mount Christian Fellowship

"We aim to dispel myths"

By David Webb

In society at large, Christianity is seen as being synonymous with religion; a personal and/or societal belief system complete with rules, values and traditions by which one's life is shaped.

At Mount Christian Fellowship however, we aim to dispel this myth.

Being a "Christian" is simply being someone who has recognized that there is a God who made us, loves us, and made it possible for us to communicate with and relate to Him through Jesus, His son. The "christian", then, is someone who has accepted that knowledge, love, and grace. That, in a nutshell, is the common bond that brings us together at MCF.

Yes, it is a religion, but it is also much more. We meet once a week, usually on Thursday evenings, sometimes to sing

and share, sometimes to listen to someone's insights on the Bible; and sometimes just to have fun.

The Mount Christian Fellowship is non-denominational and anyone can join us at any time. We are associated with the Intervarsity Christian Fellowship, a world-wide organization of smaller groups, like ourselves. Check out our MCF bulletin board on the third floor of the Seton Academic Centre for more information.

The Mount Christian Fellowship will be meeting on Thursday, Feb. 6 at 7:00 pm in the Evaristus Chapel. Small group Bible studies are also available. For more information, phone Sally at 445-4372 or David at 835-5356.

Society profiles may be submitted to Mark Darrow, Community Editor at The Picaro, 114 Rosaria Centre.

SOCIETY NEWS

CAMPUS MINISTRY

The Campus Ministry Office will be hosting discussion groups on Spirituality and Global Justice.

A weekly noon hour discussion group will be held every Tuesday from 12:15-1:15 pm in the Rosaria Cafeteria. Bring a lunch and grab a seat, as the discussion group begins with a bible story and moves into a discussion which makes connections to life today.

Beginning Jan. 29 the Women's Spirituality Discussion Group will meet in the Art Gallery every Wednesday at 2:00 pm. New members are welcome to this informal and supportive group.

On Thursday Feb 6 and 13 from 7:00 - 9:30, the Campus Ministry will be hosting Ten Days for Global Justice. Ten Days is a Canadian interchurch coalition and a network of community-based ecumenical groups that works for global justice. All are welcome to this event, location TBA.

M.A.R.S.

M.A.R.S. Will be holding Bizarro Jeopardy on January

31. You can enter a team of 3 people for a fee of \$5.00 by contacting Sheila Jack or Terri Roberts in the Manus Lounge or call 832-1345. The winning team will receive half of the money raised plus a trophy. Students, faculty and university staff can enter. Also look for the Psychic Fair in the first two weeks of February. M.A.R.S. will be hosting a Theater Night on February 21, time and place TBA.

ISW

The International Women's Week Anthology is looking for submissions for this year's edition. If you have a poem, short story, song, prose or play that you would like printed, please submit your work to Sue Harris at the Institute for the Study of Women (ISW) reading room or call 423-0780 for more information.

The ISW Reading Room will be holding an Open House on Friday January 31 from 10 am - 4 pm. Come and explore the services at the Reading Room and join the ISW for coffee and conversation. For further information, please phone Rhonda at 445-5940.

Career Corner

FULL TIME POSITIONS

Alumnae Director
Mills College, California
Deadline Jan. 31/97

Defence Scientist
Department of National Defence
Deadline Jan. 31/97

Financial Representative
London Life

Management Trainee
Enterprise Rent a Car

Operational Research Analyst
Department of National Defence
Deadline Jan. 31/97

Programmer
Systemhouse

Territory Managers
Thomas Mitchell Associates

Various Positions
Future Shop

Various Teaching Positions
Visit the Career Placement Centre
Evaristus 217 for more details

PART TIME POSITIONS

Call Centre-Telemarketing
Strategic Publishing Group
Deadline ASAP
Care Givers
Deadline ASAP
Casual Help

Wilson's Business World

Child Care
Various

Instructors
Halifax Regional Municipality
Deadline On-going

Kitchen & Service Staff
The Keg
Deadline ASAP

Public Relations Assistant
MSVU

Retail Sales
Sweet Factory
Deadline ASAP

Support Staff
Gateway Homes

Wait Staff
World Trade & Convention Centre
Deadline Jan. 29/97

SUMMER POSITIONS

Aquatic Staff
Northwest Territories
Deadline Mar. 28/97

Conservation Internships
Quebec-Labrador Foundation
Deadline Apr. 30/97

Early Childhood Educator
St. Joseph's Children's Centre
Deadline Jan. 31/97

Environmental Leadership Program
N.S. Dept. Of the Environment

Deadline Feb. 2/97

Franchise Managers
University First Class Painters

Lifeguards (coordinator)
N.S. Lifeguard Service
Deadline Feb. 28/97

Lifeguards (supervisor)
N.S. Lifeguard Service
Deadline Mar. 14/97

Project Managers
Ooskipukwa First Nations Resource Council, Edmonton
Deadline Feb. 21/97

Retail
Future Shop (across Canada)
Deadline ASAP

Site Interpreter
National Capital Commission
Deadline Feb. 14/97

Summer Instructor, Project Dare
Algonquin Provincial Park
Deadline Mar. 28/97

Summer Internship Program
Simon Fraser University
Deadline Jan. 31/97

Summer Language Bursary Program
Dept. Of Education and Culture
Deadline Feb. 15

Summer Student Program
RCMP(PEI)
Deadline Feb. 28/97

Treeplanters
Apex Reforestation Ltd.
Deadline February 97

Various
Camp Tidnish
Deadline Mar. 3/97

Various
Federal Student Work Experience Program

Various
Canadian Forces Reserve
ASAP

Various
Links Program
Deadline Feb. 28/97

Various
New Brunswick Advanced Education and Labour

For more information about these jobs, drop by the Career Placement Centre in Evaristus 217.

THE PICARO

The Picaro is seeking an advertising manager. The position pays 20% commission on all ads sold. Interested persons should drop a resume of to the Picaro office, 114 Rosaria. For more information call 445-3584.

WRITING RESOURCE CENTRE

Are you having trouble researching that term paper? Suffering from a serious case of writer's block? Perhaps your grammar and punctuation could use a boost? Well, the Writing Resource Centre could be the answer to all your writing woes.

The Writing Resource Centre offers workshops on research and writing skills every Monday and Wednesday at 4:00 pm. Register by phoning 457-6567 or drop into Evaristus 218 on Mondays and Wednesdays between 1:00 - 5:00 pm. Individual tutorials are also available.

THE PROFESSOR



"Now all I have to do is get a second part-time job and..."

SPORTS

Hamer nails provincial title

BY SUSAN GIFFIN

Mount Saint Vincent University science student Tara Hamer will compete on Manitoba ice with her Truro team for the week of February 7-17.

On Tuesday, January 7, the foursome captured the Nova Scotia Junior Women's Curling Title at CFB Halifax with a 7-5 win over Angela Sawler's Chester team. This victory entitles Hamer the right to curl against the country's elite for a record-breaking fifth time.

"It's a good feeling not only to have won provincials but to show my face again in the national ring," says Hamer.

Last year, Tara skipped a crew that placed third in Nova Scotia, prohibiting them from representing the province at the Canadian Championships held in Edmonton, Alberta. Obtaining the chance to head for Manitoba this season was a confidence booster for Hamer.

"I set goals prior to the year getting underway and so far I've been fully satisfied."

The 19-year-old represented North West Territories (NWT) at four previous national playdowns—1992 (Vernon, B.C.), 1993 (Trois Rivieres, Que.), 1994 (Truro, N.S.), and 1995 (Regina, Sask.)



PHOTO BY LYNN KING:

Candice MacLean (lead), Meridith Doyle (skip), Beth Roach (mate), Tara Hamer (second)

"All team members have gained the mental capacity to cope with the stress tied to a national event," claims the Yellowknife native.

This year, Hamer plays the role of second on Meredith Doyle's team. Adapting to a new position was a personal struggle for Hamer but one, with which she now feels at ease.

"I've played skip since 1993, and adjusting to second this year was hard at first but it has given me a new insight on team dynamics," says Hamer.

Last year, Lisa Jennings, the former second left Doyle's team due to time constraints and when it was heard through the grapevine that Hamer was a free agent for 1996-97, she was invited to join the curling force.

In 1996, Doyle's team placed a respectable third at Canadians and Hamer notes that big things are expected for the team this time around.

"A lot of people will be looking out for us," she says. "We're hoping to do our best."

If the girls grab the country's curling honor, Japan will be their destination in mid-March where they will face competitors from across the world.

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SPORTS

Men's Basketball at 10-0

BY MELANIE BEATON

The Men's Basketball team outplayed the host Kings Blue Devils on their way to a 70-58 victory, on January 22nd. The win kept the first place Mystics unblemished record alive at 10-0.

Mark Clarke led the way for the Mount with a game high 17 points. Adding to the total were Kaylen Carvery with 14, Craig Sampson 13, and Todd Hirtle with 12.

Scoring for the 5-5 Kings team were Rob Lordon and Mike Roger with 16 and 13 points respectively while David Reynolds and Ryan MacBride had 10 each. The men see action next on January 29th at home against TUNS.

Women drop to 5-5

BY MELANIE BEATON

The Mystic Women's Basketball team found themselves on the short end of a 67-57 game against the Kings Blue Devils on January 22nd.

Amber Leahy had a team high 14 points for the Mount. Also replying for the Mystics were Pam McCulloch and Erin Meisner scoring 13 and 10 points respectively.

Leading the way for the first place Blue Devils was Tori Jarvis with a game high 18 points.

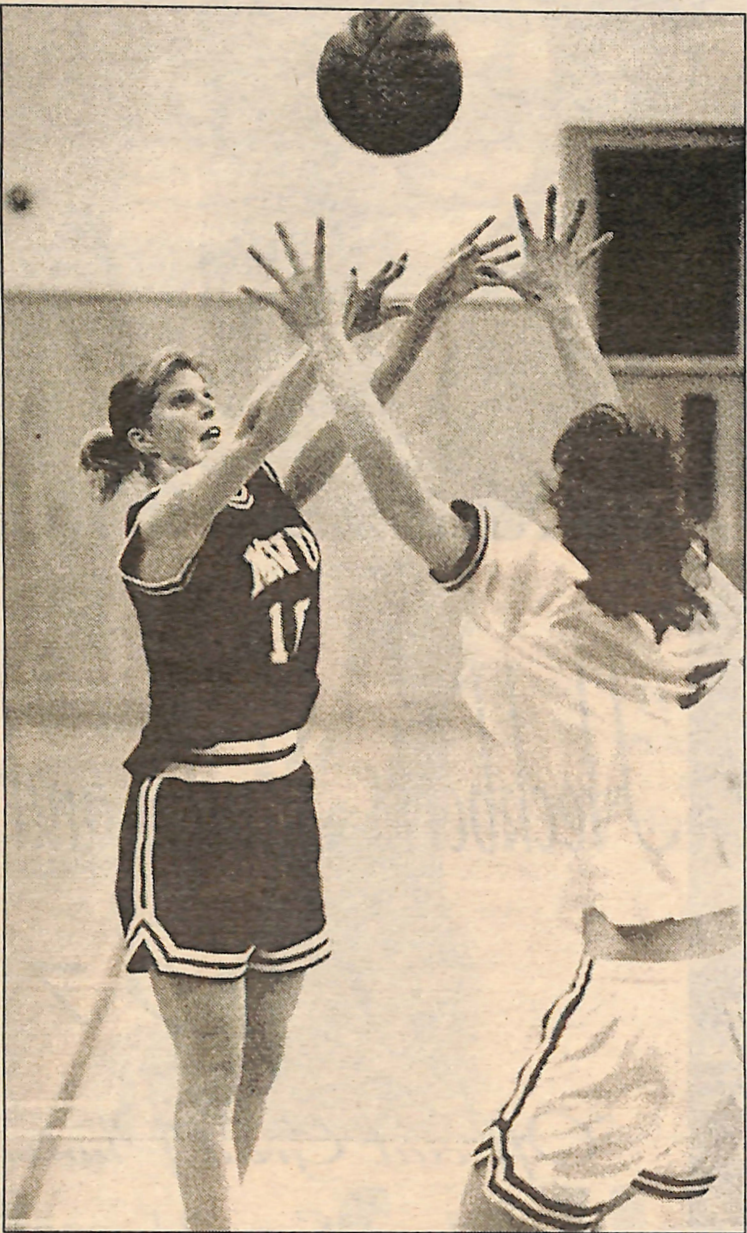
Entering the game, it looked like the match was going to be tight and they did not disappoint. According to coach Patsy Pyke, the teams were pretty equal. "The team that gets the lead first is going to win in a game like this" says Pyke.

The Mystics trailed 27-21 at the half and were unable to make up the six point deficit. "We got into foul trouble early and it hurt us," replied Pyke.

In other action, the Women defeated Saint Thomas University 43-38 on January 18th.

Pam McCulloch led the way for the Mystics with 17 points. According to coach Pyke, McCulloch also had a strong defensive game. Other scorers included Sheila Murphy with 12 as well as Tara Kinch and Erin Meisner each replying with four points.

The Women next see action on January 29th at home against TUNS.



BRIAN KERRIGAN

Couldn't over throw King's

Mystic's Pam McCulloch shoots over a King's defender. The Mystics lost to the King's Blue Devils 67-57.

ACAA Standings

(as of Jan 19th)

Women's Volleyball

Team	Wins	Losses
Ste A	16	0
MSVU	7	5
NSAC	5	5
STU	4	10
NSCC	3	8
Kings	1	8

Women's Basketball

Team	Wins	Losses
Kings	8	2
NSAC	7	1
Mt A	6	2
MSVU	5	5
STU	4	6
NSCC	1	8
TUNS	1	8

Men's Basketball

Team	Wins	Losses
MSVU	10	0
Mt A	6	3
Kings	5	5
STU	5	5
NSAC	4	5
TUNS	2	6
NSCC	0	8

Sports Briefs

Student Recreational Volleyball Night:

Every Thursday from 7:30-9:00pm is Student Recreational Volleyball, at Rosaria Gym. This is a fun and social evening for Mount students. Lately between 25-30 Mount students have been showing up to play. A coordinator is on hand and everyone gets to play. The evening is free for Mount full-time students; and part-time students who purchased their \$15 Ath/Rec membership.

Martock Ski Trip:

On Caritas Day the Mount Community is going skiing. Come join the fun. Everyone is welcome. For those who have never skied before this is a great opportunity to give it a try. Free lessons come with every package. Transportation by bus is included in some packages, as well as equipment rental. Prices range from \$11-\$30. Tickets can be purchased from the Ath/Rec Office, Rosaria Centre. Friends of the Mount community may also take part in this ski trip. Please call 457-6420 for more information.

TGIF Bowling:

Friday, January 31, 4:00-6:00pm, Bayers Road Shopping Centre, Bowlarama. Sign-up at Rosaria Gym. Individuals and teams up to 4 may register. Anyone wishing to travel with

the group, are asked to meet at Rosaria Gym by 3:15pm. We will be going by Metro Transit. Players may also meet at the Bayers Road Bowlarama at 4pm. Call 457-6369 for more information.

TGIF Valentines Day

Goofy Olympics:

Friday, February 14, 3:15-5pm. Come join us on Valentines Day for a few good "HEARTY" laughs. We are celebrating the day with a gym full of "HEARTY" activities for everyone. Individuals and teams of up to 4 people can register. Sign up at Rosaria Gym. The cost is \$2/player.

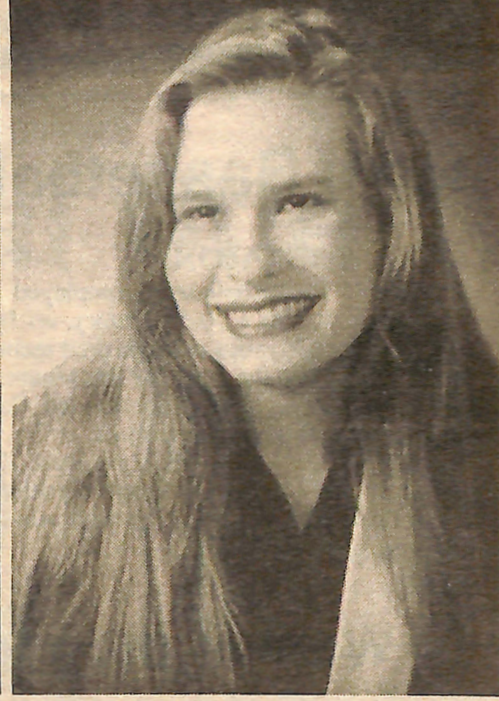
Intramural Programming for Education Students:

Fridays 12:30-2:00pm, Rosaria Gym. Are you looking for ideas to keep your students on the edge of their seats? Every Friday we will be playing new games and activities that students love to play. Come learn activities for the School Yard, Gym, and Classroom. All welcome and it's free! Call 457-6369 for more information.

Athletics and Recreation Society:

The Ath/Rec Society meets every Wednesday at 4:30 in the Pub. New Members are always welcome and the membership is free.





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