

# THE PICARO



MOUNT SAINT VINCENT UNIVERSITY STUDENT NEWSPAPER

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## Outstanding child care center

by Margaret Morash  
Staff Reporter

MSVU is unique due to the presence of a child care centre on its campus. The Child Study Centre opened in 1977 and is part of the Bachelor of Child Study program.

The centre employs four full-time teachers, one part-time, and a director. It has both a daycare and nursery program as well as being a research facility. Children who attend on a full-time basis are enrolled in the daycare program and nursery children are those who attend part days.

Students in their first year of the Bachelor of Child program observe the children and in the latter years are able to work directly with them. Occasionally people from other groups, such as the Home Ec department of the Halifax City School Board and mentally handicapped students from Sackville, come to the centre to observe and possibly work with the children.

Several activities are provided for the children although Virginia O'Connell, Director of the MSVU Child Study Centre, stated that "children can actually learn quite a bit through play, so we don't actually have a structured program". The chil-

dren presently have gym and music sessions and a library program is in the works. The centre already has its own library.

There are two playrooms for the children, a large and a small motor development room. Painting, water play, and life skills are some of the activities performed in the small motor development playroom.

In the creative or large motor development playroom the children have large climbing and riding toys as well as fish, a hamster, and a land crab. The teachers use different themes and try to coordinate the various activities with each theme.

Special trips are also made with the children and visitors from the community sometimes attend the centre.

The Child Study Centre is financed by the fees paid by the parents with some assistance from the university. On a day-to-day basis it runs independently but it is "under the guidance of the Bachelor of Child Study program and consequently changes can only be implemented under the guidance of the Bachelor of Child Study program and the university" says O'Connell. She would like to see an improved playground area with a wooden fence.



Adults consider this child's play but to her it's serious business.

## Start spreading the news

by Margaret McKee  
and Angela Murray

New York, New York . . . it's the biggest apple of them all. It's the home of the Statue of Liberty, the United Nations, the World Trade Centre and the Empire State Building. It's one of the world centres of business and communications activity and for a short time, it was the meeting place of over 700 public relations students from across the United States who were attending the annual conference of the Public Relations Students Society of America, (PRSSA).

Some of us were worried about the big trip south. We were all aware that public relations programs have been offered in the States for almost sixty years while Canada's are only fifteen years old. Our worries were short-lived though. It didn't take us long to realize that, although the Americans have been at it longer than we have, they're not any further ahead. In fact, in many ways, our approach to public relations is more advanced.

As Canadians studying the field, we look at public relations practitioners as not only professional communicators but as key participants in the management processes of planning, organizing, staffing, budgeting and controlling.

Yes, we were there as part of the 8 member delegation from the Great White North. Six Mount students supported by the Nova Scotia chapter of the Canadian Public Relations So-

ciety and Air Canada were in attendance. Two students from Humber and Durham Colleges also represented Public Relations Education in Canada.

Since American public relations programs are still buried in journalism and communications schools, their emphasis has traditionally been on writing and communications skills. But, they are now beginning to see that public relations is much more; the agenda for their 1983 conference reflected this.

The theme of the 1983 PRSSA conference was "Start Spreading the News" or start promoting the idea of public relations as a management function. We were told it was our responsibility to see the profession continue to grow and develop. We have to work to improve the reputation of the industry by maintaining high business and ethical standards.

To achieve this, the conference organizers offered how-to sessions on writing, interviewing, layout, design and audio-

visual presentations. Other sessions followed a more theoretical vein. Discussions of the legal and ethical considerations of public relations were held. Professionals in the specialty areas of labour relations, financial relations, non-profit and agency public relations shared their work experiences and talked about the advantages or disadvantages of work in their area. Specific public relations programs, such as the introduction of Diet-Coke, Exxon's name change and the Chrysler Corporation bail out, were outlined and discussed.

Although many of the sessions were strictly from the American point of view, we all felt that the sessions were both interesting and educational. For any students who are interested in hearing more about the conferences and what was covered, there will be an informal get-together sometime in November. Watch the P.R. Society column or the bulletin board outside of SAC 304 for more information.

## CFS meets in Ottawa

OTTAWA (CUP)—Student delegates from post secondary institutions across Canada are in Ottawa this week for what's billed as a "pivotal" general meeting for the Canadian Federation of Students.

Federation chair Graham Dowdell says member institutions face important debate over priorities, with several campuses vocally opposing the federation's involvement in any is-

ssues that do not directly concern students.

Dowdell says other important issues include proposed amalgamation between the services and political branches of the federation, development of a high-profile campaign to oppose cutbacks, a proposal to hire a full-time chair of the organization, and improvement of the federation's bilingual services.

## Knowlton Nash speaks at King's

by Beverly Jobe  
Elizabeth Finck  
Staff Reporters

"Journalism is the glue that holds together a democratic society," said Knowlton Nash, CBC anchorman, speaking to a full house at King's College on Friday, November 4, 1983.

The media is the only real channel by which masses of people and governments can communicate, and television has the most impact of all, he said.

"Most Canadians are dependent on television to know what's happening," Nash said. Television news is "the informative spinal column for the nation."

This places a great responsibility on those in charge of delivering the news to the nation, he added. Nash expressed concern about the increasing emphasis on "style over substance" in news programs. There is a tendency to overvalue the "noisy and argumentative over the quiet and reasonable responses," he said.

Nash said the single biggest problem in television news is "entertainment value commanding news value." Another worry he expressed was the danger of letting the medium's high technology overshadow the

substance of the news broadcast, (flashy graphics distracting the viewer from the announcer's words).

However, there is a place for technology to help reinforce a message in television news since there is less time and space to get it across, Nash said.

Nash cited the need for more specialized reporters, and on-the-job training for practicing journalists. Journalists also need to be more responsive to public criticism, he said.

Editorial comment in television news is not increasing, but broadcasters have to watch their emotions while reporting since even a raised eyebrow can convey a certain feeling, he said.

"We're observers, not adversaries in the function of things," Nash added.

Although Nash now spends most of his time reading the nightly news to almost two million Canadians, he is no stranger to the actual "reporting" role. His broad experience included work as a foreign correspondent, free-lance reporting from Washington, and the hefty position as CBC's Head of News and Public Affairs, before taking his current position as anchor for the CBC production "The National" five years ago.

## Sexual assault service

The Service for Sexual Assault Victims will be presenting an overview of the services they offer as well as a social awareness of sexual assault presentation on Wednesday, November 9th, 12 noon - 1:00 p.m., Seton, Auditorium C.

For further information contact Student Services & Counseling, Rosaria 116, Ext. 359.

## SWAP underway

The Student Work Abroad Program is again underway. SWAP enables students to find summer jobs in Britain, Ireland, Belgium and New Zealand.

The National Co-ordinator for SWAP will be speaking November 14th at Saint Mary's University at 7:00 p.m. in Theatre B of the Burke Education Building. This meeting is open to all.

## Admissions notices

Last day to withdraw from "A" course without academic penalty:

15 November: Students who discontinue 'A' course after this date receive a grade of "WF" indicating a failure.

Your ADD/DROP form must be dated and submitted to the Registrar's Office by 15 November to avoid a "WF" notation.

### Please Note:

The responsibility for initiating withdrawal rests with the student. Ceasing to attend classes or advising the course instructor is not sufficient.

Last Day of Classes this term: Tuesday, December 6

Exams Begin: Thursday, December 8 at 9:15 a.m. and continue—check exam schedule now!

## Canadian Hostelling Association

The Annual General Meeting of the Canadian Hostelling Association—Nova Scotia, will be held at the Halifax Hostel, 2445 Brunswick Street on Sunday, November 20, 1983, beginning at 2:30 p.m.

Following the meeting will be a slide presentation "An Affordable Adventure", an introduction to the activities of the Canadian Hostelling Association. The afternoon's activities will be rounded out with a potluck supper.

All members or interested persons are invited to attend.

## N.S. Designer Craftsmen

Nova Scotia Designer Craftsmen invite you to their annual Christmas craft market of quality crafts at the Halifax Metro Centre, November 24 through 27th.

It is the largest craft market in Eastern Canada, with over 140 booths! Handmade articles include fashion, jewelry, pottery and porcelain, leather, glass, paper, prints, woodwork, toys and various other media, offer gifts of all types and prices to the Christmas shopper. Only high quality goods are offered by the craftsmen's own organization.

Other attractions include demonstrations, music, and an exhibit. Use the professional, quiet

daycare facility for your younger children (over 1 year).

Admission is \$1.00 per person for 4 days. Children under 12 free. Enter from Duke Street.

The N.S. Designer Craftsmen Market, November 24 to 27, at the Halifax Metro Centre. Look for the poster with the lamp!

## Planetarium

Join us for a preview of winter skies and a look at the stars associated with Christmas. The Halifax Planetarium is located in the Sir James Dunn building at Dalhousie University.

December 15 & 22, 7:30 - 8:30 p.m.

Reservations are now being accepted for special group showings at the Planetarium. Call 429-4610 for details.

## U.S. Consulate business hours

The U.S. Consulate General in Halifax wishes to announce its winter schedule of business hours.

From Nov. 7, 1983 to May 31, 1984 the office will be open to the public for consular services between 8:30 and 11:00 a.m. and between 2:00 and 3:00 p.m., Monday through Friday.

The office, located at 910 Cogswell Tower, Scotia Square, will be closed on Saturdays, Sundays, and U.S. and Canadian public holidays.

In case of emergency the Consulate General may be reached by telephoning (902) 429-2480.

## Theatre update

The Exception and the Rule by Bertolt Brecht will be performed by the Halifax popular theatre group, Popular Projects Society. The performances will be held November 9, 10, and 11 at Collins Court, Historic Properties and November 12, at the Belmont Hotel, Alderney Drive, Dartmouth. All performances are at 8 p.m. and admission is \$3 for employed and \$1 for unemployed.

The play is about the exploration for oil and will be contrasted to recent developments in the offshore industry of the Maritime Region.

## Christmas at the museum

November 12 - January 3, 1984

Decorations, gifts, sleighbells, warm clothes, music and feasting are all part of the festive season. Selections from the Nova Scotia Museum's collections such as glasses, decanters, linens, flatware, candlelabra, Christmas lights, hymn music, musical instruments, toys, chocolate boxes and even an Alka Seltzer poster are sure to evoke memories of celebrations of the past.

November 12 - January 3, 1984

Contemporary works of stained glass by seven members of the Atlantic Glass Artisans, selected by noted American stained glass artist, Ray King, will be on display in the museum foyer. The works will be displayed where natural light will allow maximum enjoyment for the viewer.

## Attention food bingers

**ATTENTION FOOD BINGERS:** For some time you have been locked into a cycle of gorging on food followed by self vomiting and ingesting laxatives and/or diuretics. You often feel unable to control this cycle.

You are not alone and you can get help. A group is now being started for women struggling with this problem. If you would like some information, please call 443-4450, local 357 or 358.

## Les Gossipeuses

Le film *Les Gossipeuses* sera à Marillac le 15 novembre 1983 à 20:00. Ce film fut realise par Philbert Comeau un Acadien de la Baie-Sainte-Marie.

Avec beaucoup d'humour on nous presente trois femmes qui bavardent continuellement. Croyant un jour avoir decouvert un acte scandaleux dans leur paroisse, elles decident d'agir immediatement sans penser aux consequences.

## Project Ploughshares

The next meeting of Project Ploughshares is on Nov. 14, Room 4 Main Block, Atlantic School of Theology, 640 Franklyn St. 7:30 p.m. Dr. Berit As will speak on "The European Peace Movement." 469-8985.

## St. Mary's presents

In celebration of their 30th Anniversary of continuous production, Saint Mary's University Dramatic Society is presenting Constance Cox's play adaptation of Jane Austen's novel 'Pride and Prejudice' from November 9-12th at 8:00 p.m. in Saint Mary's University Theatre Auditorium.

Tickets are available at the door and cost \$3.00 for adults and \$2.50 for students and senior citizens.

## Morning break

The Woodlawn Mall Branch of the Dartmouth Regional Library invites you to join us on Tuesday, November 15 at 10:00 a.m. for our **Morning Break**.

This week: **Making Your Own Liqueurs.**

With the Christmas season approaching liqueurs are often a welcome gift or used simply for entertaining at home.

You can have fun and save money by letting Marcella Bungey of the Dartmouth Regional Library show you how to make liqueurs. Marcella will demonstrate some special recipes and will distribute a recipe booklet.

This program is free of charge and pre-registration is not required.

Coffee will be served. (This program is for adults only.)

## Limericks

Twinkle twinkle little mole  
How I wonder what you hol'.  
In your test tube pure and dry  
Are your bonds sp or ty?  
Expand, contract, O' ideal gas,  
However, can I find your mass?  
Anne O'Neem

## Caribbean fashion show

Date: November 26, 1983  
Time: 8 p.m.

Location: Aud. B&C, Seton Academic Centre, MSVU  
Sponsored by: Simpsons  
Price: \$5.00

The Dartmouth Regional Library will present a **Writer's Workshop** on Saturday, November 19—Main Library, 100 Wyse Road at 3:00 p.m.—Woodlawn Mall Branch at 1:00 p.m.

The Canadian Hostelling Association—Nova Scotia is sponsoring a Cross-Country Ski Information Session on Thursday, November 17 at 8:00 p.m. at the Maritime Museum of the Atlantic, Lower Water Street, Halifax.

The presentation will cover equipment selection, clothing, safety hints for touring and the schedule of cross-country ski trips offered by the Canadian Hostelling Association in the upcoming months.

There is no charge and everyone is welcome.

## Trivial pursuits challenge update

TEAM	Question Type Break-down										REGULAR QUESTION SCORE	Windfall Question										TOTAL SCORE
												Type Breakdown										
	Unanswered	Incorrectly Answered	Correctly Answered	Geography	History	Math.	Science	Arts and Lit.	Sports	General		Unanswered	Incorrectly Answered	Correctly Answered	Geography	History	Math.	Science	Arts and Lit.	Sports and Total	Windfall Score	
English Soc.	31	3	2	5/6	5/6	6/6	6/6	5/6	5/6	147.5	2	2	0			0/2	1/1	1/1		5	152.5	
Student Council	28	6	2	5/6	6/6	4/6	5/6	3/6	5/6	125	10	3	0	2/3	2/4	3/3	1/1		2/2	25	150.0	
PR Society	28	3	5	6/6	4/6	4/6	5/6	4/6	5/6	132.5	5	5	0	2/2	0/2	1/2	0/1	0/1	2/2	125	145.0	
Off. Admin. (A)	27	4	5	4/6	5/6	4/6	5/6	3/6	6/6	125	1	0	1	1/1	0/1					2.5	127.5	
Alumnae	26	5	5	4/6	4/6	2/6	5/6	5/6	6/6	117.5	3	1	0	1/1	0/1	2/2				7.5	125.0	
MSVU Rascals	25	4	7	3/6	4/6	3/6	6/6	6/6	4/6	5/6	115	3	2	0	0/1	1/1	2/2			7.5	122.5	
Soc/Anthro. Soc	25	7	4	4/6	3/6	2/6	4/6	4/6	6/6	107.5	3	1	0	1/1	1/1	1/2				7.5	115.0	
Science Soc.	24	8	4	4/6	4/6	2/6	6/6	4/6	4/6	100	2	3	0	0/2	1/1	0/1		1/1		5	105.0	
Rank and File	22	5	9	1/6	5/6	2/6	4/6	6/6	4/6	97.5	3	4	0	1/1	0/1	0/1		2/3	0/1	7.5	105.0	
Picaro	21	5	10	3/6	2/6	3/6	6/6	3/6	3/6	92.5	3	5	0	1/2		0/3	1/2	1/2	7.5	100.0		
Off. Admin. (B)	19	4	13	1/6	2/6	3/6	5/6	4/6	4/6	85	3	3	1	1/2	1/2			0/1	1/2	7.5	92.5	
History Soc.	23	12	1	4/6	5/6	4/6	3/6	3/6	4/6	85	1	1	0					0/1	1/1	2.5	87.5	
Business Off.	19	10	7	1/6	3/6	3/6	6/6	4/6	2/6	70	1	0	0			1/1				2.5	72.5	

SCORES FOR NOVEMBER 3 MEET.

TEAM	Question Type Break-down										MECHAN QUESTION SCORE	Windfall Question										TOTAL SCORE
												Type Breakdown										
	Unanswered	Incorrectly Answered	Correctly Answered	Geography	History	Science	Arts and Literature	Sports	Math	Arts and Lit.		Unanswered	Incorrectly Answered	Correctly Answered	Geography	History	Intermittent	Sci. and Nature	Sports and Logic	Arts and Lit.	Windfall Score	
English Soc.	65	3	4	1/2	1/2	10/12	12/12	1/2	0/2	317.5	6	2	0	1/1	1/1	0/2	2/2	2/2		15	332.5	
Alumnae	54	9	9	1/2	3/2	7/2	1/2	3/2	12/12	247.5	8	4	0	3/4	0/1	3/4		1/2	1/1	20	267.5	
PR Society	53	7	12	1/2	8/2	9/2	1/2	8/2	3/2	247.5	8	5	2	2/3	0/2	2/4	1/2	0/1	3/3	20	267.5	
MSVU Rascals	53	8	11	1/2	9/12	3/2	11/2	9/2	11/2	245	4	2	2	0/1	2/2	2/3		0/1		10	255.0	
Rank and File	46	16	10	5/12	9/2	4/2	9/2	10/2	9/2	190	13	5	2	1/3	3/4	3/4	1/1	3/4	2/4	32.5	222.5	
Off. Admin. (A)	46	9	17	8/2	1/2	3/2	12/2	6/2	9/2	207.5	6	1	4	1/1	1/2	1/3	1/1		2/4	15	222.5	
Science Soc.	46	16	10	5/12	8/2	5/2	12/2	9/2	7/2	190	4	9	1	1/4	1/2	0/3		1/2	0/3	10	200.0	
Student Council	43	21	8	8/2	3/2	6/2	9/2	8/2	8/2	162.5	14	8	0	2/4	2/5	3/6	1/1	1/1	6/7	35	197.5	
Picaro	42	13	17	6/2	3/2	7/2	4/2	7/2	5/2	177.5	6	13	0	1/4	1/3	0/6	1/3		3/4	15	192.5	
Off. Admin (B)	37	11	24	4/2	5/2	5/2	9/2	3/2	7/2	157.5	9	8	2	1/2	2/3	1/2	3/3	0/1	2/3	22.5	180.0	
Soc/Anthro.Soc.	40	15	17	9/2	3/2	5/2	5/2	10/2	9/2	162.5	4	8	0	1/2	2/3	1/3	0/2		0/1	10	172.5	
Business Off.	36	21	15	3/2	6/2	6/2	11/2	6/2	4/2	127.5	1	1	0			1/1			0/1	2.5	150.0	
History Soc.	23	12	37	4/2	5/2	4/2	3/2	3/2	4/2	850	1	1	0					0/1	1/1	2.5	87.5	

TWO GAME CUMULATIVE SCORE TABLE 1

# Dickson explores beauty of nudity

by Maureen Murray  
Reprinted from the  
Charlatan  
by Canadian University  
Press

The ancient Greeks were profoundly aware that the human form is the most exquisite work of art ever sculpted out of clay. In their everyday life as well as in the world of art the ancients strived to capture the image of the perfect physique—this was epitomized by the male nude.

Never since has a society exhibited such raw appreciation for the human figure—not only in terms of its erotic appeal—but as a total complex unit to be worshipped down to every last muscle, bone and sinew.

In our modern day society the human form has fallen from such grace. Flesh has been objectified and is represented primarily for its power of eliciting sexual arousal. This is presented most often in the female form.

The focus of Jennifer Dickson's latest photo exhibit of nude males attempts to recapture an element of the reverence with which early Greek society viewed the human body. The exhibit, Grecian Odes, and other Celebrations of the Nude, was displayed at Carleton University, in Ottawa.

While Dickson works primarily in the medium of photography, her art does not arise simply out of the subject matter before her lens. Via a technique called photo-etching Dickson hand colors each negative and ends up with a print which gives the impression of a photo, graphic, and water color painting all merged into one.

In her latest rendition, the artist uses only male models be-

cause she says male nudity is an artistic subject which is rarely explored.

But while Dickson's intent is to give us an appreciation of the male body, her message is not one of eroticism. Male virility and sexual prowess have no real place in Dickson's prints. Instead she captures a subtle beauty of the male body.

The artist clearly believes there is as much aesthetic beauty to be found in the male form as there is in the female one. However, Dickson feels our male-dominated culture discourages us from formulating such a perception of those who are of the masculine gender. "Men possess power in our society and they want to hold on to it. They have structured their own self-image to exude strength and they try to repress any element of themselves which hints at vulnerability."

The intensity of Dickson's series challenges us from hiding behind the walls of our skillfully built structures. Tear off our clothing, dismantle the trappings of our civilization and toss us back to nature and whether male or female, amidst the softness of our flesh we are defenseless.

Through her prints, particularly a series of six photographs entitled "Grecian Odes", the artist aims to shatter the myth of the invincible male.

"Grecian Odes" uses Meech Creek located in the Gatineau Park as its backdrop. Surrounded by huge cliffs, with a cascading waterfall, the location resembles the closest thing to an oasis this side of Eden. In a print entitled "Duality", Dickson has two nude figures sprawled across two huge rocks. The soft-

ness of human flesh, juxtaposed with the cold ruggedness of stone potentially betrays the undeniable vulnerability of human beings.

Dickson's celebration of the male nude achieves the antithesis of "The Secret Garden"—a series she completed several years ago which used females as its subject. While "Grecian Odes" captures the vulner-

ability of male sexuality, "The Secret Garden" used nudity to explore women's inner spiritual recognition of their sexual identity.

A proposed showing of "The Secret Garden" at Carleton University during International Women's Week in 1981 raised a great degree of controversy. In the end the student council decided to cancel the exhibit. As

Dickson puts it, "The Secret Garden raises questions which some people simply do not wish to respond to." The artist's latest exhibit raises questions which may be similarly disarming to some. But Dickson reflects,

"In everyday life we close ourselves off from so many things." The role of art as she sees it is to unlock these doors and expose what lies beyond them.

## First aid essentials

by Tina Joudrey  
Staff Reporter

First Aid was the subject of three films shown by coordinator Herby Estabrook in the Multi-Purpose Room last week. Thirty Child Study students attended the films which were accompanied by lectures and demonstrations. Estabrook's discussion was divided into three main themes: artificial respiration, spinal injury, and bleeding.

Artificial respiration was graphically portrayed by Estabrook with use of demonstration mannequins. The class was divided into groups of two and the students actually learned the technique by performing artificial respiration on the mannequins.

The four steps in artificial respiration are: 1) Check breathing by looking, listening, and feeling, 2) Tilt head back, 3) Press nostrils, and 4) Blow four quick

breaths into the mouth, followed by one breath every five seconds.

Estabrook also talked about who can not be given artificial respiration. Interestingly, anyone who is drunk can not be revived by this method.

Spinal Injury was the second part of Estabrook's discussion. First, he talked on how to tell when a victim has a broken neck. This is sometimes obvious from the position in which the neck is held.

If there is no swelling on the neck area there is a possibility of spinal injury. In these cases it is best to look at the entire situation. For example, if the victim has been involved in a car accident, then there is a possibility of head injuries.

If the victim is breathing in gasps with their head down, extreme caution must be exercised. The head must be gently

tilted up until normal breathing is resumed.

The third film and lecture was on bleeding. Estabrook advised the squeamish not to watch the film and simply listen to it. Estabrook said that the normal blood pressure for males was 120/80, and 110/70 for females. The human body contains from ten to eleven pints of blood, and if more than one-half pint is lost, a victim is in definite danger.

Different organs in the body are capable of bleeding after an accident. If blood comes from the mouth and is a bright pink, then it could be from a bleeding lung. Blood from the stomach appears more the color of coffee. Blood from either the large or small intestine can only be discovered in the victim's stool. Cold, clammy hands, purple fingernails, or high temperatures are other indications of internal bleeding.

## How to talk about drinking & driving

### to your teenagers

We all know going out is fun, and no parent wants to take away those good times. But these days, with teenagers in and out of cars so much, it's crucial that they understand the dangers of drinking and driving, and that they can avert potential trouble by making the right decisions.

First, set your son or daughter straight on this often-misunderstood fact: beer, wine and spirits—in excess, all three are just as dangerous on the road.

A good way of avoiding trouble is to plan ahead. Suggest that your teenagers review their evening before going out. If they see drinking involved, far better to leave the car at home than to take chances later behind the wheel.

Far better also to say no to a drink, to refuse to drive, or to turn down a lift with an impaired friend than to go along with the crowd and maybe regret it.

You can support your teenagers and give them confidence by letting them know that if they ever need help you'll go for them, pay their cab or do whatever is necessary to get them home safely.

Most important, be a good example. Never drive if you've had even one drink too many. Better still, don't let it come to that. Know your limit and stay within it.

### to your parents

If you're not of legal drinking age, don't touch a drop. But if you are, and you drive, then you're old enough to do your part in reaching an agreement with your parents on the subject.

Sure they worry. Because even if you don't drink, others in your group may. The friend driving you home one night may have had too much.

Show that you're equally concerned. Get serious. For instance, what have you read lately about the dangers of drinking and driving? Do you know how much beer, wine or spirits your body can safely handle before your judgment becomes impaired? Do you know the law in your province? And what happens if you break it?

Get the facts and discuss them calmly. Then take the initiative and propose a few family ground rules.

No driving if you've been drinking beyond your limit. (We'll send you a valuable free chart on responsible limits if you write us.) No riding with a friend who's been drinking. And convince your parents if a situation ever turns dicey, you won't hesitate to phone for help.

Finally, remind your parents you're concerned for their safety, too, and that the family rules on drinking and driving apply to them, as well.

## Cuts from Council

### Council President at CFS Conference

Council President Mike Maclean is presently attending the Canadian Federation of Students Conference in Ottawa. Mike is representing Nova Scotia on the CFS Services Board. He will return on November 16.

### Bar Manager Needed!!

The Mount Student Union needs someone to fill the position of Bar Manager, at Vinnie's, immediately. Applications are available at the Student Union Office, 4th floor Rosaria.

### "Poppy Nite" at Vinnie's

This Wednesday night is Poppy Night at Vinnie's. Wear a poppy and pay only \$1.00!! (\$1.50 without). And don't forget—Prime Tyme is from 9-10. This week—MOUNT men get in FREE!!!

### Open Forum!

On Friday, November 4, an open forum/question session was held in the Pub. All councillors attended; however, where were the students to ask questions? There will be another forum taking place on Friday, December 2, at 3.30 in the Pub. For those who still do not know where the Pub is—it is on first floor of Rosaria. (Karen MacDonald, Executive VP)

### Part-time Student Rep. on Council

At the last Council meeting on Sunday, November 6, discussion took place as to the part-time rep's position on Council. After a lengthy discussion, the Motion was handed down and reads as follows: "Whereas the Council recognizes the exigencies relating to the participation of part-time students on campus, and whereas the part-time student fulfilled the majority of the requirements for elections of a candidate to the Student Council, then be it resolved in the instant case only that Roberta Way-Clark be the Part-time Student Representative on Student Union for the balance of this Student Council year, with all the rights, duties, and appurtenances thereto." Also brought up was the voting privilege of the Part-time Senate Rep. Mary Clancy and I (Karen MacDonald) reviewed the constitution of the Student Union and could not find anything which stated that the Part-time Senate Rep. did not have a vote, thus another voting member on Council.

The Constitution is going to be reviewed and revised in the very near future, so continue watching papers and then the referendum.

## Seagram

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## 11-year-old goodwill asset

by Hugh Marshall  
Staff Reporter

When 11-year-old Samantha Smith's stay in the Soviet Union was over she was asked by a multitude of reporters if she had found an answer to the question she had earlier posed to Yuri Andropov. Smiling Samantha replied she was "now certain that the Russians, like the Americans, do not want war."

That naive comment heard the world over may have reduced the heart rate of those obsessed with the thought of a full scale nuclear war, but it in reality only magnified the more important economic and propagandist element.

Why did Yuri Andropov invite Samantha to visit the Soviet Union. As he publically stated it was to answer her question and to ensure the world that the USSR wants to live in peace, therefore, never being the aggressor in the use of nuclear weapons.

Where the whole thing pays off, though, for Andropov is in the balance sheet. That tangible asset known as goodwill has been used to the extreme, thanks to Samantha, to notch up a few needed figures under this deteriorating heading. A wise, economic move, therefore, has been made by Andropov and his Kremlin cronies.

He couldn't have asked for a better forum in the universe to present Soviet views to the Western world. What is more convincing than an inquisitive 11-year-old? Certainly not a 60-year-old Muscovite. The Soviets, though, have to be commended. They, undoubtedly have pulled off one of the biggest raw exploits in recent history. After all exploitation is businesses' middle name and what more can we capitalists say than well done.

## PODIUM Political Evolution

by Nicholas Hamblin  
Staff Reporter

Washington's gamble in Grenada has come across some strong criticism in the past few weeks. Using their right as a world super power, the Americans took it into their own hands to police a country's internal struggles. Increasingly, Ronald Reagan has been upholding his promise not to let communists get organized in the Western Hemisphere while he is in the oval office. In maintaining his promise to Americans and the Western World, Reagan has become involved in so many potential Vietnams that his philosophical allies, his propped-up South American regimes and his supporters at home have raised eyebrows over the legitimacy of the invasion in Grenada. Reagan's attempts to justify the action have been weak at best.

There is a question about the actual immediacy of the danger to Americans on the island. The intelligence surveys seem to have been miscalculated regarding the number and strength of Cubans on the islands. And perhaps the fact that further undermines the Reagan administration's behavior was a little known fact that American marines had practiced a similar military exercise, previous to the Grenada invasion. In a military exercise the Americans invaded an island designated as Amber, part of the fictitious island group dubbed the Amberdines. Funny, isn't it? The similar size and geography, and ironically the similarity in names? It makes one wonder about the spontaneity of the call to rescue and save the lives of Americans on the island.

Already Grenada has been compared to Afghanistan in regard to both the means used and the end obtained. The means being military force, the end being the squelching of opposition to a particular government and ideology using the excuse of security. What also is interesting in this dilemma is the fact that Reagan's policy in regard to squelching the organization of communists in the Western Hemisphere is similar to that of the late Leonid Brezhnev who vowed to remove capitalist influence from all Soviet block countries.

Perhaps it is time for Americans and Russians, or Capitalists and Communists, to stop propping up decaying governments and forcing ideologies upon peoples and allow political evolution to take place without outside interference.

## The Student's Union of Nova Scotia Requires an Executive Officer

The position is a part-time administrative/research position working with the member institutions on issues relating to post secondary education. Job description also involves typing, filing, bookkeeping and general correspondence. About 20 hours a week at a salary of 9,000 per annum. Candidate should possess good sense of humor, organizational skills and some familiarity with post secondary education.

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## Letters

To the Editor

After reading this article, I am left to wonder how well this reporter, Rick Janson, knows of my character—to be able to formulate an opinion based on, and I will quote "can you sum up this conference in two words?" and somehow he has felt justified to not only change what was said but to use it totally out of context. It seems to me that quotes are taken from a speech, interview, paper, etc., but at least substantiated by more than just babble in passing, or is it possible this reporter cannot discern relevant information?

Maybe this makes little sense to those from Upper Canada, but I am used to knowing when I am being quoted. This sneaky underhanded trickery is not consistent to the ideals followed by the Atlantic region. We down here are brave enough to let the opposition or those who we intend to deface know of our plans thus enabling rebuttle.

What scares me more than all else, I am left to wonder if this reporter tried at least to find out the policy which I outlined for my Council with reference to any writings about the UNB Conference and if not how credible can this reporter's stories be? There is this certain assumption taken when dealing in theory—which states if proven wrong even once, credibility is destroyed. Does this really pertain? I ask you!

It seems Janson has based my opinion on a situation unlike that of a reporter asking a guest

**Dear Editor,**

In response to the Podium on "Cosmetics: The Noble Lie," by Patrick Coffin (November 2nd issue), I would just like to make a few comments.

First of all, make-up is not used to hide our appearance, it is used to enhance it. Otherwise, why wouldn't we "womenfolk" just invest in plastic masks, and become anyone we please—Jacklyn Smith one day, and Katherine Deneuve the next. It's true we can't eradicate the image of ideal beauty created by the mass media and cosmetic companies that we must 'look good to feel good', nor society's acceptance of it.

But we must "face reality" and realize that wearing make-up has become the norm. Be realistic Mr. Coffin, I'm sure you're like the rest of us and are initially attracted to those who care enough about their appearance to make an effort. First impressions do count.

**A transformed ugly duckling.**

**To Whom it May Concern**

I don't care to speak for the University as a whole, but I'm sure I speak for a good part of it when I say that there is a definite problem in the matter of the publicity for and timing of bashes.

I came to the Mason-Chapman Halloween bash here last year and had a fantastic time, so I was really looking forward to this year's and made definite plans to attend with a bunch of friends. However, as the time drew near, the only event I heard about, (and this was weeks ahead) was the Saint Mary's bash on Friday the 28th with Streethart.

I happen to like Streethart a lot, so I thought great, you know, two good bashes for Halloween, 'cause they'd never have the Mount bash on the same night, right? Wrong, of course. Suddenly, less than a week before the big night, I heard on the radio about this big bash at the Mount Friday night with Willy Hop and McQuinty. On the same night as Streethart at Saint Mary's. Sure it's \$2.50 cheaper at the Mount, but (as I have heard a number of people exclaim) who the hell is Willy

how he/she enjoyed their eight course meal after only three courses and relied on that information to justify end results.

Possibly I do not understand every detail about journalism but I do believe as in any form of business respectability is of utmost importance and one who simply seeks to deface will in the end gain such a reputation. Yet, when dealing in a legal sense—an employer is responsible for all actions of an employee on the job and therefore this important emphasis placed on discrediting must be seen as a National objective of CUP. Again I must emphasize the fact that possibly this may be a means to an end of this National organization, to undermine the concerns of the Atlantic, but this is not an unknown ploy of National organizations to try at any cost to demean our position. What really has me on the edge of my seat is the rational the National organizations has for placing an Atlantic Fieldworker who is also from "The Great Upper Canada Region." Is this because they see nobody in CUP in the Atlantic is responsible enough to fit their criteria.

I have more confidence in an Atlantic resident I do believe an Atlantic member would return a call. Where, I tried to place one to Janson after leaving a message still there was no response. I wonder if he was embarrassed, afraid, or again simply not interested in following up one of his stories.

**Mike MacLean**

**Dear Editor,**  
In response to the Podium on "Cosmetics: The Noble Lie," by Patrick Coffin (November 2nd issue), I would just like to make a few comments.

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# THE PICARO

The Picaro is the student newspaper at Mount Saint Vincent University and is published weekly by the MSVU Student Union. The Picaro is a member of Canadian University Press and subscribes to its statement of principles.

**Deadline for all copy is Friday noon, the week preceding publication.** All copy should be submitted typed, double spaced. Letters to the Editor and Podium pieces are welcomed for publication, but we ask that all submissions be signed. Names may, however, be withheld by request. The Picaro staff reserve the right to edit all copy for reasons of length or legality. Please refrain from sending letters exceeding 200 words in length. Local Advertisers—You can reach us by phone or mail. Our address is:

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Canadian  
University  
Press  
MEMBER

## France: more than a place to learn French

by Kim MacDonald  
Staff Reporter

If you've always wondered about Paris in the springtime, how about Paris or any other part of France the year round.

More and more university students are taking time in their junior year from their regular studies and spending time abroad.

France has been the natural answer. Improving spoken French has become a prerequisite in the bilingual Canadian job market.

"I wanted to learn French and since I had the opportunity, I thought I would go to a country where the language is spoken," said Janet Bragg a fourth year public relations student. "What

better way to learn than to actually live it. I've done it as a tourist and as a resident. I've learned so much more actually living there."

Studying abroad has other benefits besides immersion in another language. The proximity of European countries allows a traveller to experience different lifestyles and the chance to learn from other travellers. This is all a part of the learning process.

"I have opened myself up a bit more to different cultures," said

French major Maria Jacobs.

"To gain from the experience, immersion students feel that they have to break from the traditional English values. It is important not to cling to English speaking people," said Cheryl McCarron, public relations student. "You have to take the first step but French people appreciate it if you make the effort."

The French exchange program at the Mount sends students for an academic year to Besancon, a small city close to the German

and Swiss borders. The city's size enhances the attractiveness to foreign students by reducing culture shock.

A major concern for students is financing. Students on the exchange program pay through Mount St. Vincent, and therefore maintain eligibility for student loans.

For those considering this option now is the time to go. The franc is continuing to slide as relative to the Canadian dollar.

## The Lalo Column

### Titanic shuffles chairs

by Eduardo Espejo  
Staff Reporter

So this is the way it is. A few months back the federal Liberals shuffle their cabinet and Mulroney yells, "They're rearranging the chairs on the Titanic!"

Now the Tories of Nova Scotia shuffle their cabinet and Sandy Cameron (leader of the Opposition) yells, "They're rearranging the chairs on the Titanic!"

Oh, great. Real profound, Sandy... hold that thought, I just have to write it down. It sort of makes you wonder who is in cahoots here.

Anyway, with all of this shuffling going on, other groups have decided to try it. One small Canadian university was having problems with their teaching staff. The obvious solution was to rearrange the staff. At first some people complained that it was like exchanging the chairs on Brian Mulroney's boat for the chairs on Sandy Cameron's, but the university decided to go along with their original plans.

The English professors started teaching Philosophy and had a hard time convincing students that "Why Existence" was not a proper sentence. The Home Ec. students were definitely having a much harder time being taught by the Philosophy professors. If somebody told you that the existence of Beef Canneloni was in direct co-existence with Kraft Dinner, you would be confused, too. Everybody knows that Kraft Dinner co-exists with starch.

The History Department changed with Secretarial, Business moved into the Religious Studies, and the smoothest exchange was Public Relations moving into the Child Study Department.

This whole concept of shuffling should be moving into the average family situation at the rate it's going. It won't be long before eight-year-old sons are running multi-national corporations and fathers are failing grade one colour identification class.

Where does it end? Shuffling the Vatican, the FBI, the Politburo? Catch the next ship; Titanics are sailing regularly now.

## Students drugged as recession drags

MONTREAL (CUP)—Student drug dealers at Concordia University say economic hardship is forcing them into their line of work.

And as more students become young entrepreneurs, the security supervisor at Sir George campus has announced his squad is cracking down on the illegal drug trade.

So far, one non-student has been arrested, but most campus dealers do not seem worried by the crackdown.

Nick, a long-time dealer, said most security guards "know who we (dealers) are, and usually look the other way." He said one security guard even bought a gram of hash from him this year.

Nick said most of the business involves hash, although increased amounts of cocaine have been sold recently. In a good week, Nick said he can clear \$400.

Many students seem to have turned to dealing just to support themselves.

"I'm not taking any trips to Florida with my profits," said Mike, a history student, who just started dealing this year.

"I'm paying for my tuition, rent, and books with the money I make."

Mike couldn't get a loan or bursary this year, so he had to come up with some alternative. "Dealing seemed to be the logical choice."

While some students turn to

dealing to fund their education, other students fight the "dealer" stereotype.

According to International Student Advisor Elizabeth Morey, Iranians at Concordia have always been labelled as dealers.

She admits that while some Iranians do deal, they are a small minority of the more than 60 Iranians in the university.

"Most have jobs and don't deal," she said. "But because of the stereotype, they are all blamed for it."

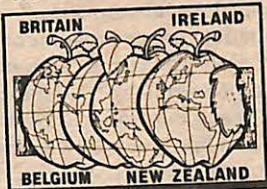
One Iranian student confirmed Morey's account. "I'm tired of walking through the halls and being asked if I have any hash," he said. "Most of us don't sell drugs and never would."

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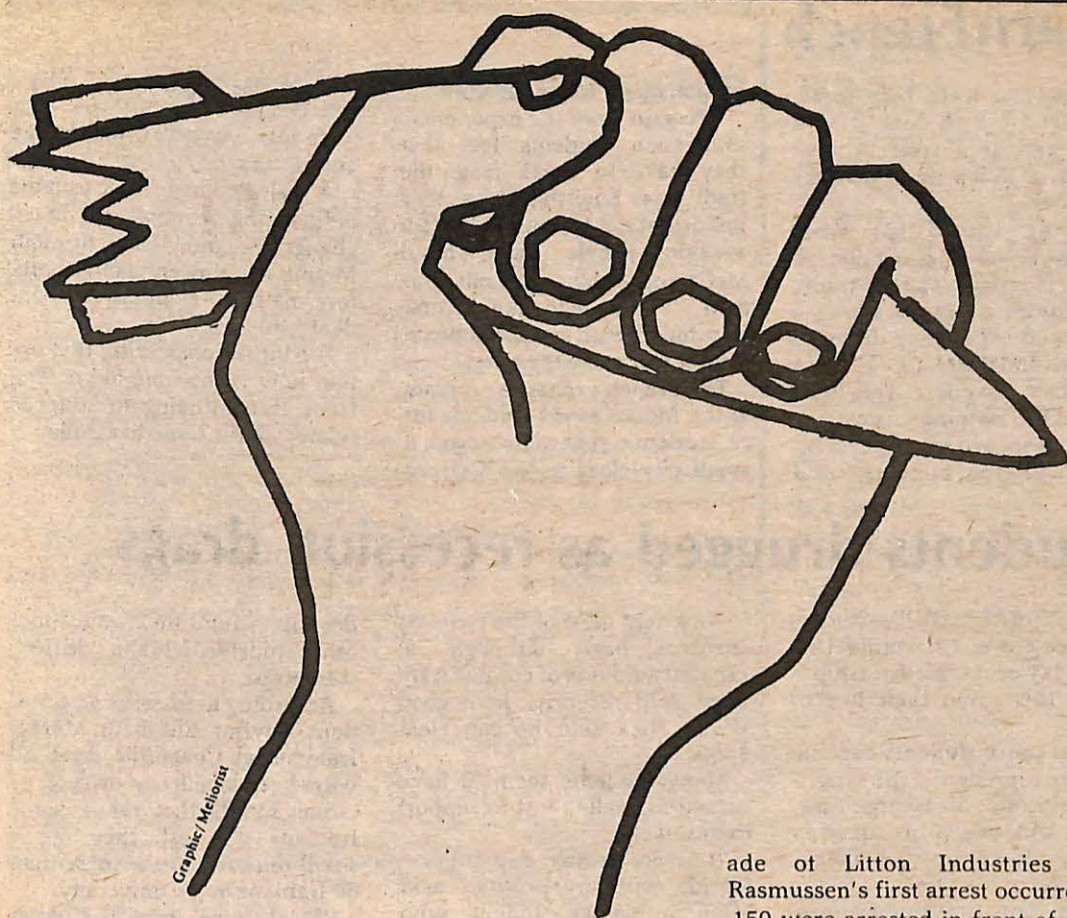
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## Canadian peace movement going

by Cathy McDonald  
National Features Writer  
Canadian University Press

*Demonstrations express political ambitions before the political means necessary to realize them have been created. Demonstrations predict the realization of their own ambitions and thus contribute to that realization, but they cannot themselves achieve them.*

**John Berger, British philosopher**

"Half a million people marched in Brussels today," the speaker announced to great cheers. "Two hundred thousand marched in London, 200,000 in Rome . . ." he looked out over the 5,000 peace protesters assembled in front of the Parliament buildings. "I guess we can't match those numbers, but for Ottawa-Hull, this is pretty good."

For the 50,000 Canadians who protested the arms race on Oct. 22, singing and chanting down the main streets of 45 municipalities across the country, spirits were up, but the feeling of strength and purpose was beginning to wane.

After all, their main message, "refuse the cruise", was an improbable demand. The Canadian government had already agreed last July to test the American cruise missile in Alberta, despite a year of building protest.

Along with the Pershing II, the cruise is the target of increasingly large and militant protest in Europe. One and a half million people demonstrated over the weekend of Oct. 22, International Disarmament Day, culminating a week of protest actions. The movement is determined to stop the deployment of 572 of the nuclear armed missiles in Europe, scheduled to begin this December.

In Ottawa, the march was quiet. A few chants and songs rippled down the column of people, and soon after arriving on Parliament Hill to listen to speeches, the crowd dissipated.

"This is one of the most disempowering marches I've been to in my whole life," said participant Derek Rasmussen later that afternoon in his home. "I came out of it totally depressed."

"We're not going to change anything if we keep marching to Parliament Hill and asking Pierre Trudeau politely (not to test the cruise)."

His house is cold, and 22-year old Rasmussen lies on his floor level mattress, looking tired. The former Trent University student now devotes all his time to being a peace activist, and he is disillusioned with the Canadian movement.

"We're farting around," he said. "Look at the European example. They hit the streets. The media are downplaying it, but since when do you see thousands getting arrested? They're filling the jails in West Germany. People aren't writing (letters) politely anymore . . ."

Rasmussen is part of a small but steadily growing movement in Canada that is frustrated with traditional forms of protest and is looking to more militant ways of making its voice heard. He belongs to the Alliance for Non-Violent Action, an Ontario-based coalition of peace groups.

The group has organized many acts of civil disobedience, including a Remembrance Day, 1981, block-

ade of Litton Industries plant in Toronto. Rasmussen's first arrest occurred at that sit-in, where 150 were arrested in front of 1,000 supporters. This year, three days of actions are planned for the week following Nov. 11.

Civil disobedience has also become popular in Montreal. For two days after the Oct. 22 demonstration, protestors set up blockades at the American and Soviet embassies and successfully closed the Canadian Armed Forces recruitment centre for a day.

McGill University student Normand Beaudet, one of 45 people arrested, said he participated because demonstrations are not effective. "When you get 20,000 people out on the street in Montreal demonstrating against nuclear buildup and the government doesn't listen, you have to take further steps that are still non-violent," he said. "CD (civil disobedience) is one of them."

Rasmussen echoed that frustration. He said the cruise-testing agreement signed last July shows the futility of demonstrations, petitions and letter-writing.

Even though a December Gallup poll showed 56 per cent of Canadians opposed testing of the cruise, the issue was decided by cabinet without parliamentary debate, and was endorsed by both the Liberal and Conservative parties. Trudeau's office reported receiving the second-largest number of letters on any single Canadian issue.

People are outraged the government can thumb its nose at popular opinion, Rasmussen says, yet the peace movement will not admit that their tactics may educate people but are not effective in achieving political power.

The Canadian peace movement seems to have admitted losing its battle over the cruise-testing issue. Except for Toronto, where 25,000 people have created the biggest march in that city's history, the size of the Oct. 22 demonstrations were down from anti-cruise protests last year.

In Vancouver, NDP MP Pauline Jewett vowed to continue the fight to reverse Canada's cruise agreement. But spokesperson Helen Spiegelman said the march of 4,500 was purposefully downplayed by organizers, and in fact was merely a show of support for the European struggle. The previous April, 60,000 Vancouverites marched against the cruise.

And a peace camp erected last year at Cold Lake, Alberta where the cruise will be tested, has closed for lack of popular support.

With the cruise issue gone by the wayside in Canada, so has a more fundamental question ignored by the peace movement; Canada's political sovereignty. American pressure to test its missile was quiet, but no doubt played an integral role in Canada's decision.

Trudeau countered anti-cruise protests in an "open letter to Canadians" last spring, placing the decision in the context of Canada's commitment to the North American Treaty Organization. The peace movement argued the testing agreement does not fall under the NATO charter, but shied away from talking about Canada's relationship to NATO and to the United States.

Even the NDP, whose standing platform is to oppose Canada's membership in NATO, would not voice that politically unpopular position in Parliament.

Aside from opposing the cruise missile, the peace

movement protests the arms race in general, emphasizing the horror of nuclear war. And to an extent, the message has hit its mark. One participant at the Ottawa Oct. 22 rally expressed the fear that moved him to march.

"We've got to do something or we'll get blown up," said Dan Miller. "If everyone takes the attitude that nothing can be done, nothing's going to happen."

The movement has grown rapidly in the last two years, with coalitions forming in every major Canadian city, and representing a wide range of public opinion.

But the size of the October rallies could be a sign that momentum is being lost. Rasmussen says the peace movement has grown largely because of a successful death scare—warning of the imminent destruction of the planet. And he predicts a movement based on fear will only motivate people for a limited time, unless it can show that change is possible.

And to make change, people must analyze how power is distributed in society, and what political interests fuel the arms race, he said.

In Europe, the cruise protest is not just a question of defense strategy, but of political sovereignty. "The cruise is not an important weapon militarily, but politically," Rasmussen says the threat to NATO solidarity presented by popular protest is actually a threat to American control over western countries.

The cruise and Pershing missiles are launched at the sole command of the United States, therefore their deployment in Europe shows the surrendering of sovereignty.

And the cruise is not just a European issue. "They're putting 3,000 cruises on battleships around the world. They're not Euromissiles, they're Third World missiles. Most of them will be aimed at the Third World—it's the most important weapon for oppressing third world countries."

The Canadian peace movement is now looking for a focus for the upcoming national election. "Make Canada a peacemaker" is the general thrust of a \$300,000 Peace Petition Caravan campaign, aimed at making Canada a nuclear weapon free zone. Rallies, concerts, a cross-country caravan and election-work will all be part of the campaign to stop Canadian research, production and testing of nuclear weapons systems.

The attitude of the Canadian peace movement is clearly to put faith in elected politicians, even though the government effectively bypassed parliament in order to ratify the cruise-testing agreement. Canadians are not as politicized as Europeans over the lack of say in matters of national defense, but the peace movement is certainly not helping them understand that powerlessness.

But people like Rasmussen represent a change in attitude.

In Europe, and in pockets in Canada, people are taking power over their destiny through civil disobedience, he says. For example, in Grand Vallee, Quebec, the people took over the town for 11 days in October to demand action from the provincial government over chronic unemployment.

"I don't think it's far off that people are going to get politicized . . . in the next five years there's going to be a recession. It's going to get worse—there's a slight upturn now. People are going to get politicized and take to the streets and take power into their own hands."



# PENNY PINCHING

A survival guide for students on a budget  
A supplement to the Picaro November 9, 1983

## Students' budgets pinched by high food prices

by Andrea Arsenault

Don't get discouraged when your cupboard is bare. Here are some tips to help avoid the grocery-shopping blues:

As students, we have to dig deep into our pockets to find enough dollars to buy groceries. A large part of a student's budget is taken up with this dreaded weekly purchase. We are fortunate to have stores like Best For Less, Capitol and No Frills, where, with minimum service, we can find many bargains. We have to pack our own bags, but most of us feel it's worth it.

Contrary to the belief that these stores offer great deals, they may not save us as much as we think they do, according to Debi-Forsyth-Smith for Consumer Watch, ATV News. Some of these stores may be inconveniently located and we end up spending money on transportation that we might have saved, she said.

"Shopping at regular stores like Dominion and Sobey's can be done just as efficiently if you shop for specials only," Debi said. "Store brand or white label products can be real bargains."

Debi pointed out that fish and meat do not have to be bought at particular stores to ensure quality, because these products are heavily regulated by government agencies.

You may find top-cut meat more readily available at

specific grocery stores, but the quality is the same everywhere. Students must be careful in their grocery buying habits, and should not take the time to shop from store to store for bargains. It is expensive and time-consuming, and is of more value to people not working or attending school.

We can save money when grocery shopping if we remember two things. It is important to make a shopping list and stick to it, and we should never go shopping when we are hungry. Without a list, we buy unnecessary items. Shopping after a long day of classes, when we are not in a good frame of mind, can also lead to unwanted purchases.

A helpful tip is to shop on the lower-level rather than eye-level shelves," Debi said. Stores sell shelf space and it costs more to put products on higher shelves, therefore they are higher priced. So, bend down and shop on the bottom shelves where you will find products of the same quality at lower prices.

It is economical for students living together, to buy economy-size bottles of mayonnaise and ketchup. These are great bargains. They are handy and can be divided easily. Just split the cost and everyone uses it. Some products though, are cheaper if you buy smaller quantities. For example, it is cheaper to buy a box of 60 teabags, rather



*This consumer scans the shelves for the items on her list. Following a list saves her time and money.*

than a box of 120 teabags. Stores are required to list the unit price, so carry your calculator and figure out the best buys.

The grocery retail business is a competitive industry, so beware of price wars. The recent banana war was a total waste to the con-

sumer. Bananas were being sold at extremely low prices, and people were buying large quantities. It was an impractical purchase, because bananas are not something you eat often, nor do they keep for long periods of time. It is only worthwhile to

buy large amounts of goods that can be used. Price wars are more detrimental than helpful because prices increase eventually.

Efficient and economical shopping can be done. So, penny pinchers, get out there, shop wisely, and save money!

## Some optometrists aid students by offering discounts on glasses

by Denise Peterson

Eyeglasses are as individual as the person wearing them. They are fashionable and an important part of our wardrobe. Glasses range in style, color and price, therefore, time should be taken when looking for a suitable pair.

Harlan Billard, president of

Atlantic Optical on Spring Garden Road, and his son Rob have a total of 47 years of experience in the optical business. They know the importance of students being satisfied with their purchase while saving money.

"We offer a 10% student discount on glasses and contact lenses," said Billard Sr.

"However," said Billard Jr. "you may feel you are paying a little more now, but the savings are in the long run."

When buying glasses, do not disregard designer styles, because they are more expensive. Designer frames contain good materials and are hand-inspected. Designer

glasses are like designer clothes: there are greater selections in styles, colors and they come in the latest fashions.

"The latest fashion is important to many students," said Billard Sr., "glasses should be worn as a form of cosmetic. They should be worn as jewelry. Why not use them as a means of attractiveness?"

Students should always buy glasses from a firm that guarantees after-purchase service. This means replacement parts are readily available.

When ordering your glasses decide if you want them tinted. Tint is a cosmetic and costs extra. It is not needed unless recommended by your doctor. Also available for plastic lenses is a scratch-resistant coating. This costs more as well, but is practical to those who find their glasses scratch easily. Anyone actively involved in sports should order special sport frames. According to Billard Sr., the best type is wrap-around

safety eye guards.

Taking care of your glasses will increase the life expectancy.

"We have known people to have the same glasses for 20 years, mind you they were out of style," said Billard Sr., "also it is necessary to have your eyes examined every two years."

"If you take care of your glasses you should get three to five year's use, it also depends upon the quality of the glasses," Billard Jr. said.

Two pairs of glasses are a necessity to many. If one pair breaks you will not have to suffer with vision problems while the others are being repaired.

"Many students wear contact lenses and they should remember that contacts are to supplement eyeglasses, not to replace them," said Billard Jr., "glasses are an absolute necessity with contacts."

Students should keep in mind that taking care of your glasses and buying products to care for them are the best ways to save.

## Looking good in used clothing

by Kim MacDonald

Wear used clothing? Perish the thought!

But according to Judy Mayrack of Frenchy's used clothing stores, there has been an increase in the number of youths and students coming into Frenchy's as they become aware of what Frenchy's has to offer.

Students are aware of the high cost of clothing as the dollar shrinks and costs rise. For students who can get over the stigma of purchasing used clothing, there are several good

outlets in Metro.

The best known, Frenchy's, has been around for years, but not within the city. Frenchy's is now open on Agricola Street.

Frenchy's receives a large variety of clothing in 800 lb. bundles from the United States. The atmosphere is like a church rummage sale as patrons dig through piles of clothing to find a suitable article.

Clothing at Frenchy's ranges in price from under one dollar to over five dollars.

There are several used clothing stores in the Metro area, two

of which include Pam's Budget Boutique in Fairview and The Second Hand Rose on Barrington Street. Both these stores receive their merchandise from the local area. They work on a profit-sharing arrangement with people who want to sell old clothing. These stores also carry new clothing bought directly from the manufacturer.

For students who don't have a lot of money to spend on clothing, these stores are a viable alternative to the flash and high prices of retail clothing stores.

## Part-time student loans now available

by Andrea Arsenault

On June 30, 1983, the Government of Canada guaranteed loans for part-time students attending post-secondary courses. These interest-bearing loans will be provided to needy students for tuition, books, transportation, daycare and an incidentals allowance of \$26.75 per week. The maximum loan is \$2,500 and repayment at 12.25% interest must begin within 30 days of receiving the loan.

This new loan was part of a package presented to Parliament, which also included an increase in full-time student loans of \$100 per week from \$56.25 per week, and an interest relief program for students experiencing financial hardship due to temporary disability or inability to find employment.

"This part-time loan is of little interest to students because it is so limited," said Lloyd Fraser, part-time studies at Dalhousie.

There's no break in interest rates or repayment, and there's a lot of red tape. The loan is

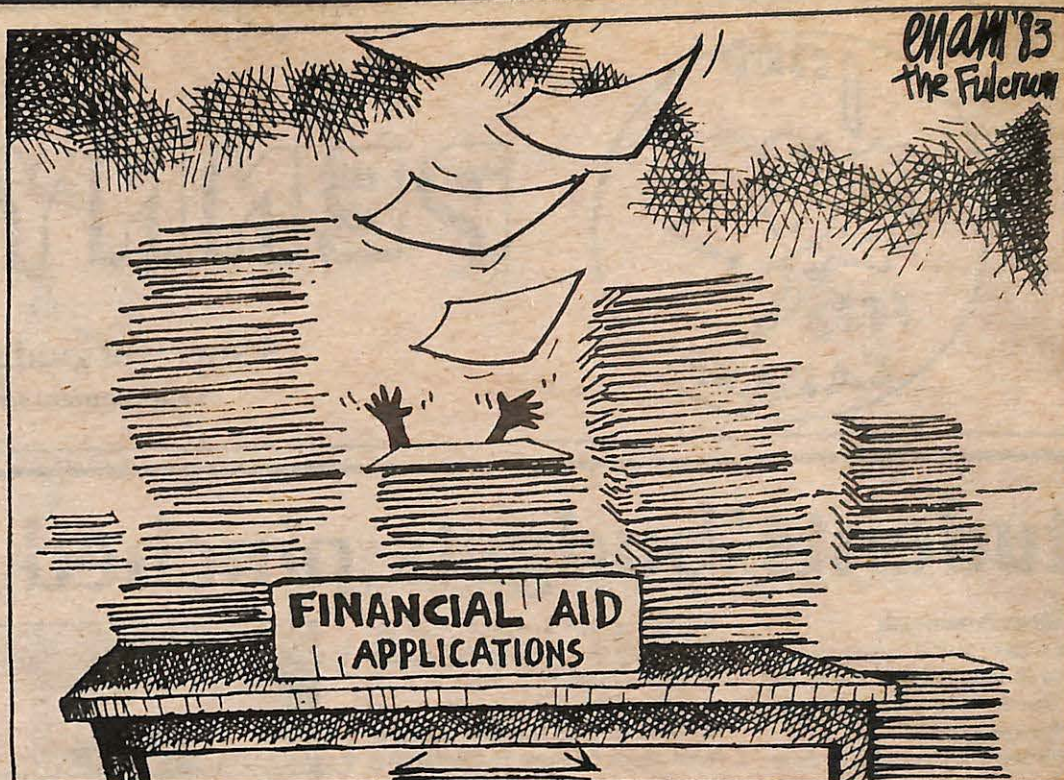
guaranteed, however, and may be valuable to individuals with collateral problems.

CAPUS, the Canadian Association of Part-time University Students, has been lobbying for part-time loans for several years. This introduction is a step in the right direction. The organization has been involved in negotiations with the Secretary of State, and will poll universities this fall to determine necessary changes in the program.

Fraser said that it might be an inadequate step because there are many unanswered questions and little information on the program.

In addition, the application form is extensive, requiring information on child care expenses and the income and resources of the student and spouse.

For more information on the loans, contact your local Student Aid Office or call the federal office in Ottawa, toll free: 1-800-567-9602.



## Mount offers emergency aid

by Kim MacDonald

"I call it band-aid interim financing until the real funding comes through," said Maureen Coady, Financial Aid Officer. Financial aid is offered to students at the Mount to assist them between their funding periods. Small, short-term emergency loans arranged internally by the Mount and bursary funding through donations from outside the institution are available.

The emergency loans are given to any student showing financial need to cover educational and related costs.

"To be eligible," said Coady, "the student should have exhausted all possibilities, must write an application letter to the

financial aid office indicating expected revenue and showing where they have spent revenue already received.

"The student's account is checked, followed by an interview to go over the letter and budget and to make a decision on the loan. The maximum emergency loan is between \$150 - \$200, payable within 30 days. There is approximately \$1,000 in the fund."

For students seeking bursaries, the applications are available from January 1 - 31 to all full-time students.

The Admissions and Scholarships Committee meet February 1 to review applications and make decisions on awards. The decisions are based on need

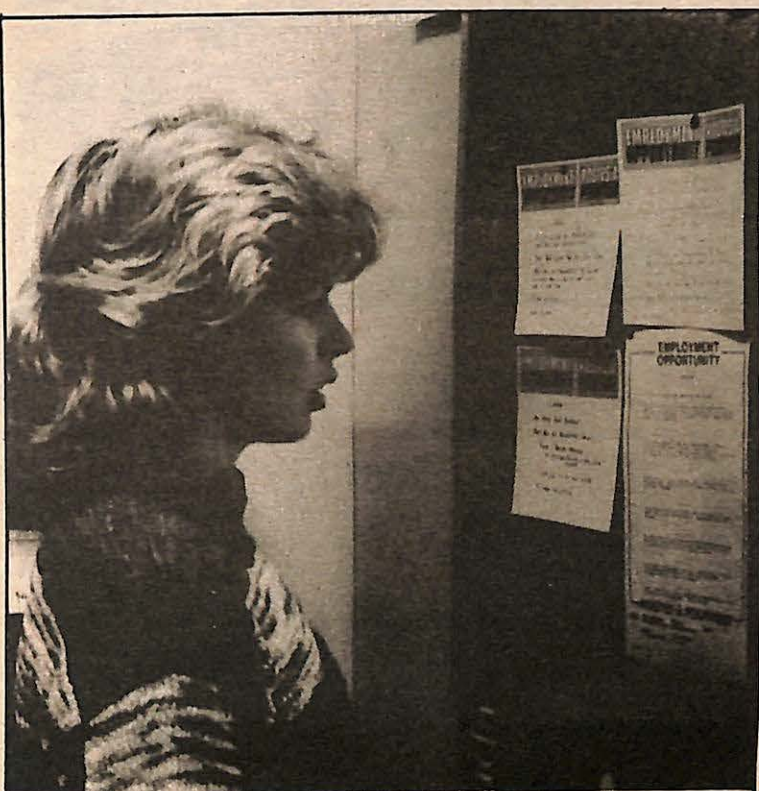
only.

"We have a few more dollars here," said Coady, "than in the emergency fund to extend to students."

The Campus Association of Part-Time University Students' Bursary is made available to part-time students only.

Other bursaries from outside the university are available. Further information on their types and requirements can be found in the MSVU calendar.

"None of these measures seem to be adequate in meeting the growing need at the present time," said Coady, "but, I continue to hope both funds will grow, knowing it is a gradual process."



Kim MacDonald, fourth year Public Relations student, studies the job board in search of part-time employment.

by Linda Theriault

You've tried sticking to your budget, you've been thrifty in your spending and you're still down to your last dollar. Well there's still some hope—how about a part-time job? According to Bruna Caracristi, manager of the Canada Employment Centre on campus, the part-time employment situation looks promising.

"There has been an increase in the number of applications for part-time jobs," said Caracristi, "and likewise we have had an increase in the number of part-time positions being offered."

The positions offered by the employment centre are varied and may range from waitressing, babysitting, or walking dogs, to secretarial work, food demonstrating, or printing.

"The positions come into the office randomly," said Caracristi, "so it's a good idea to check the part-time job bulletin board on a regular basis."

Although the majority of the positions pay the Nova Scotia minimum wage rate of \$3.75 an hour, some employers will take your experience into account.

The Canada Employment Centre on campus co-operates with the Mount's personnel office in advertising some but not all part-time positions. If you are interested in an "on-campus" position, applications may be obtained at the personnel office in Rosaria Centre.

Some of the positions available to Mount students consist of library assistants, office help, receptionists, and switchboard operators.

## Scholarships—an option

by Linda Theriault

Scholarships are an important source of revenue for students, but they also serve as a reward system for universities.

"Enrollment has increased at the Mount," said Diane Morris, Chair for the Admissions and Scholarships Committee, "but scholarships have not increased proportionately."

Last year the Mount awarded \$60,000 in scholarships to 74 full-time (5 full units) students. The remaining 47 students who met the 80 percent average requirement, hopefully took the initiative to apply for scholarships from other sources.

In order to receive one of the scholarships awarded from other sources, you would have to meet their requirements for

acceptance and comply with their application deadline dates. Information on these sources may be found in the MSVU calendar.

The Financial Aid office also receives sources from year to year which are not listed in the calendar.

"We send notices to the Picaro and Connection," said Faye Daye, Financial Aid officer, (interim), "to let students know of the new sources of scholarships."

"The Mount has the distinction of being the first university in the Maritime provinces to offer part-time student scholarships," said Daine Morris, Chair for the Admissions and Scholar-

ships Committee. The scholarship also features the unique aspect of paying part-time students in course refund vouchers which have an expiry date of one year.

"The vouchers serve to encourage part-time students to return to university," said Morris, "and to complete their degrees."

Mount part-time students having completed their three most recent units (in either regular or summer sessions) with an 80 per cent average or better, may be eligible.

Part-time students may obtain scholarship applications at Continuing Education, Financial Aid and the Registrar's offices at the end of March. The deadline for applications is May 15.

## Discounts for electricity and phone

by Kim MacDonald

Maritime Tel & Tel and the Nova Scotia Power Corporation propose some savings to students in their phone and power hook-ups.

"Although students' numbers will not appear in the new telephone book, they will be listed with directory assistance," said Jeanette Whitney Halifax service representative for Maritime Tel & Tel. "This saves students from paying the monthly payment of \$2.15. This procedure is helpful to us and to the students because when they come back they usually need a

different number," she added.

This is the only saving for students. They still pay the same monthly rate as everyone. Rick Winter, Rates and Regulations Department of N.S. Power said, "This deposit is refundable."

"We don't require a deposit from either married or third and fourth year students but we usually do for first and second year where there is no means of support starting out."

"We try to get around asking for deposits for power hook-ups from students," said Winter. "We appreciate that students are on a tight budget."



# Tighten your belt

by Judith Thompson

One of the important factors students must consider is money management. Whether you work part-time or you live on funds from loans or parents, it is important to manage your money efficiently.

If your pockets are bare, wallet empty and your bank account dwindling, don't panic! A well-planned budget can keep you afloat.

It may be complicated or simple, depending upon the number of factors involved. The simpler the budget, however, the easier it is to remember and follow. A budget must be followed strictly for it to work effectively. It takes practice and a bit of sacrifice, but it will work.

There are a few basic steps to follow when planning a budget:

1. Make a list of all your income sources, on a monthly basis, averaging the amount. This is advisable because most bills are paid monthly and must be budgeted regularly. Be exact, but remember it is better to budget too much, than too little.
2. List all bills that must be paid. Do not forget anything. Include such items as: food, rent, utilities (which could include laundry money), entertainment, gas, tuition, credit card payments, and miscellaneous expenses. The more thorough you are in this area, the easier it is to know exactly where your money must go.
3. After listing step one and two, compare the average totals of each for one month. If your income is equal to or greater than your bills, you don't have anything to worry about. However, if your bills equal more than your income, then you must either increase your income or decrease your expenses. This will take some willpower.
4. As you receive your income, you must channel it towards prompt payment of all your bills. To do this, divide the total amount needed to pay your bills, by the number of weeks (per month) that you receive your income. For example: if your bills total \$150 per month and your income is \$200 per month, and you receive your income on a weekly basis, ( $\$200 \div 4 = \$50$  per week), then  $\$150 \div 4 = \$37.50$ . This means you must set aside \$37.50 from each \$50 pay cheque for payment of your bills.

If your financial situation is similar to this example, then you have a surplus each week. The example had \$50 each month left over. This extra money may be used for a clothing allowance, spending money, or it can be saved for a rainy day.

Remember, it is not easy to adhere to a strict budget. If at first you don't succeed - try, try again!

## Inexpensive gift-giving

by Andrea Arsenault

It's that time again when we try to decide on Christmas gifts for our loved ones. This might be an expensive venture, but it doesn't have to be.

Students especially feel the drain on budgeted dollars at Christmas. To solve this problem, Debi Forsyth-Smith, Consumer Watch, ATV News, volunteered some helpful hints.

"If you have the natural ability to make gifts, it's a great idea. It means a lot to family and friends," Forsyth-Smith said.

Making your own gifts has become popular in recent years and now is a good time to consult women's and craft magazines for ideas on inexpensive gift-making. So, don't throw out that old blouse, it can make beautiful table napkins.

Another good idea is a home-made gift from the kitchen. A big batch of chocolate chip cookies presented in a nice box is sure to please.

While watching the afternoon soaps, why not work on your crafts and get some ideas from your fellow students?

Christmas isn't too far away,

and if you listen carefully, you can pick out presents people really want even before they know they want them.

Debi suggested attending flea markets before Christmas, to both buy and sell. You may have a few things lying around your room which could mean extra spending money. Also, give these flea markets a thorough going over. Your reward might be the discovery of some interesting and valuable nic-nacs. Remember, one man's junk is another man's treasure.

Flea markets are held regularly at the Keith's Brewery Mall in downtown Halifax.

Second-hand book stores also provide a wealth of gift ideas. Old and rare books are a real treat to collectors.

Another idea is to give your used text books to a friend who will be taking the same course after Christmas. This would be a much appreciated gift.

So, instead of becoming frustrated with the thought of buying expensive gifts, remember that homemade presents add a more personal touch to the festive gift-giving season.



The Dal-Mount special picks up waiting students before heading off campus.

## Transportation costs limit alternatives

by Judith Thompson

There have been many cold, dark afternoons spent waiting at a bus stop. There have been a lot of parking tickets stored away, and there has been a lot of money spent on gas. Sound familiar? How many times have you been late for a class because you missed the bus or the car wouldn't start?

Being a student has many disadvantages, and unless you live on campus and never have to leave it, transportation is one of them. Fortunately, there are solutions and some are more

convenient and cheaper than others.

Metro transit buses are one solution. However, I am sorry to report that due to large deficits there are no student fares. There are three choices of transit buses available to Mount students: No. 16, which services Bridgeview-Wedgewood area, the Halifax Shopping Centre, Simpson's Mall and Bayer's Road Shopping Centre; No. 80 bus which travels from Halifax to Bedford-Sackville; and the Dal-Mount Special which serves the two universities.

Another alternative is car

pooling. This requires some inventiveness on part of the students. "Ride" notices are often posted on the bulletin board outside the Saceteria, or in the Picaro.

The final solution other than walking, is to purchase an automobile. Depending upon your finances, there is a wide selection from which to choose. I'm afraid my advice in this area is not very sound because the car I drive spends so much time in the garage, or in the driveway, that I do one of three things: I walk, take the bus, or car pool.

## Prescription reimbursement for students

by Denise Peterson

An apple a day does not necessarily keep the doctor away. Most of us visit our doctor occasionally, which means walking away with a prescription in our hands—money from our pockets.

If you are a full-time Mount student and have paid your student union fees, your prescription may be covered by the university's drug plan.

"The plan began five years ago as a result of many student requests," said Diane Tinkham, Mount Health Nurse, "and because the student union wanted to offer students more benefits."

The student union has a contract with BUCKLEY'S Pharmacy on Jubilee Road. The contract covers students from September to the end of April. The plan also covers co-op students who are on work terms during this period.

"This is just with one pharmacy," said Tinkham. "If a prescription is taken to a pharmacy other than Buckley's, you will not be reimbursed."

If you go to an "off-campus" physician, bring your prescription to the Health Office or have your doctor phone Buckley's Pharmacy. The procedure will be much easier if your doctor has your student number.

Prescriptions are sent to Buckley's in the morning and delivered to the university by 1 p.m. Afternoon deliveries will be back by 4 p.m. If you live on campus, your medication will be delivered directly to your residence. If you live off campus, you can obtain your medication at Assisi Hall or the Health Office.

The drug plan covers all prescription medication except birth control pills and one brand of acne medication which costs

approximately \$100. The plan also does not cover over-the-counter drugs.

The Health Office nurses are willing to offer tips on how to avoid some medication costs, as well as suggestions on preventative medicine.

"We give out many over-the-counter medications—free of charge," said Tinkham, "and we also stress the use of good home remedies which result in savings."

Tinkham suggests using a very effective home remedy for easing a sore throat—gargling with warm water and a little salt. She also stresses the importance of preventative medicine, by getting plenty of rest, regular exercise and a balanced diet.

"Health Service attempts to promote healthy lifestyles," said Tinkham, "to educate students in keeping well rather than treating illness, this is our role..."

### Tips on Eyeglass Care

- Never remove glasses by the temples, also called arms or legs.
- Remove glasses by grasping the front with two hands.
- Avoid laying them face-down on any surface.
- Never try home repair when glasses break—this usually results in further damage.
- When cleaning, hold nose piece and use warm water with a mild soap.

Student eyeglass discount are found at the following HALIFAX Optical Firms:

Quinpool Optical, Quinpool Centre glasses—15% off  
Atlantic Optical Ltd, Spring Garden Rd. glasses—10% off  
contact lenses 10% off

### The following offer 10% off eyeglasses:

Coburg Optical - Coburg Place  
Halifax Optical Ltd - Spring Garden Rd and Halifax Shopping Centre  
Imperial Optical Canada - Barrington Place  
Earle H. King - Quinpool Rd.  
Mills Optical Co. Ltd - Quinpool Rd.

## Glasses

## Contact Lenses



5991 Spring Garden Road  
Halifax Professional Centre

Halifax, N.S.  
Off. 423-7700

# On-Campus housing limited by university finances

by Cheryl McCarron

Every September, the Housing Office converts double rooms into triple to accommodate students waiting for more rooms to become available.

"Long waiting lists develop at the housing office each year because many students apply and are accepted for residence at several post secondary institutions. Rooms which are booked in advance become vacant when students do not arrive and students on waiting lists are given the rooms," said Dr. Carol Hill, Director of Student Services. "Doubling-up usually solves the problem of overload," she said. However, this year the Mount's enrollment has increased by approximately 20 per cent and the housing office has noticed a greater demand for residence facilities.

A survey has been developed by Maureen Coady, Housing Officer, to determine the new housing needs of the student body. Faye Daye, temporary replacement for Coady explained, "The survey will be distributed to a random number of students in an effort to establish student needs and how they perceive present accommodations."

Dr. Hill said the Long Range Planning Commission predicted university enrollment would suffer, just as the elementary schools have suffered, because of the 'baby boom'. Hill said factors such as high unemployment have counteracted effects of the baby boom, resulting in more people returning to school as an alternative to remaining idle. Therefore housing needs have also changed.

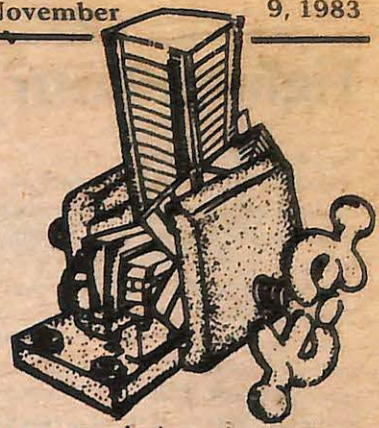
According to Mr. Michael Merrigan, Executive Assistant to the President, "There is always a vast number of students wanting to enter residence, but due to financial problems we are never able to create enough residences." Merrigan said student needs are increasing both in number and in dimension due to increased enrollment in conventional and in non-conventional students at the Mount.

If the housing office decides more housing facilities are necessary, the first step is to present a proposal to the Board of Directors. The board upon agreement must secure the approval of the Sisters of Charity before action can be taken.

Mr. Merrigan said property is available on campus for new residences but he feels the construction of a male residence is impossible. "The Sisters of Charity have the final say," he said, "To develop a male residence would go against everything the university represents." Thought has been given to establishing residences off campus in the past, however cost is a factor and new residences were not considered a priority at the time.

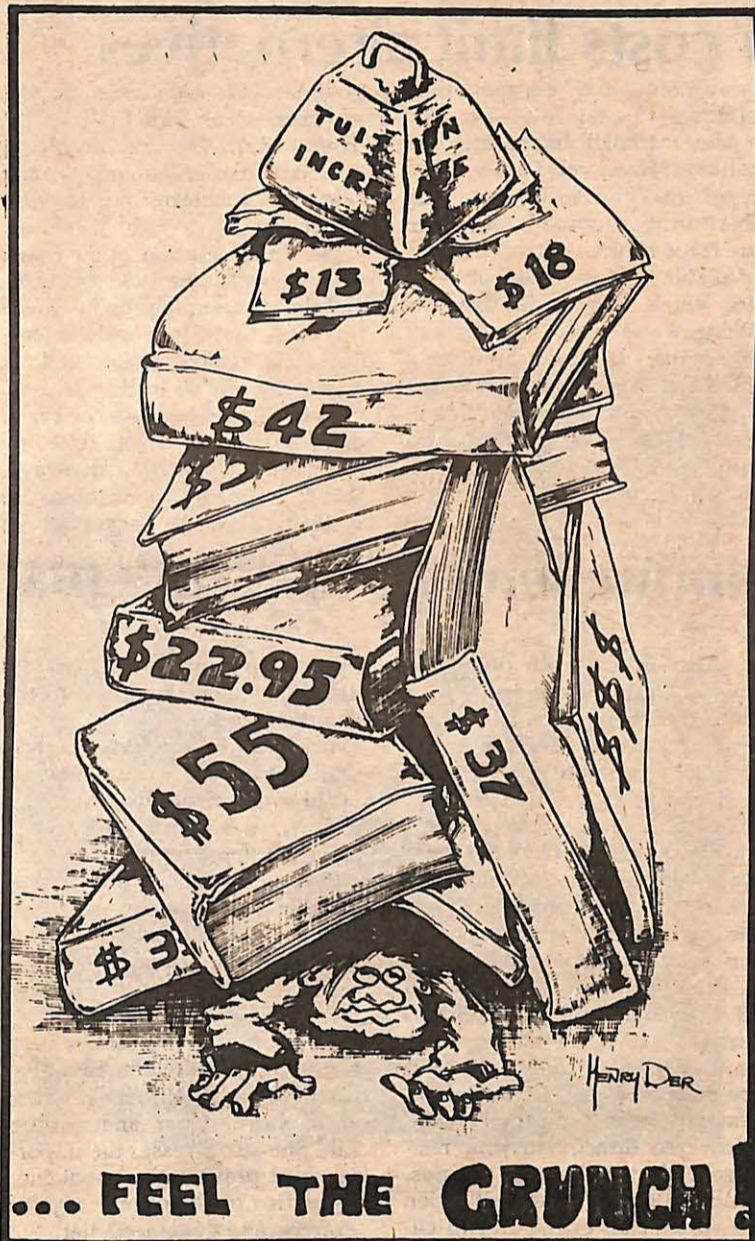
Mr. Merrigan, who coordinates Physical Planning for the Mount, says student residence is the university's most expensive operation. "The residences are relatively new and mortgages are high," he explains, "students pay only the base costs for the eight months in which they occupy the room. Large deficits develop because the Mount is stuck with the problem of paying for vacant

rooms during the summer months." Merrigan has seen deficits of up to \$400,000 but this year the deficit was reduced to \$6,600. In recent years, as an effective means of reducing debts, vacant rooms have been rented to conventioners. "However, it is becoming increasingly difficult to occupy the rooms," said Merrigan, "because fewer people are travelling, as a result of the recession."



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... FEEL THE CRUNCH!

## Bartering books with buddies

by Judith Thompson

Each year students spend hundreds of dollars for books purchased from campus bookstores. Since most university courses require specialized reading materials, these textbooks are costly and often difficult to find elsewhere. There are some choices for students to consider before buying.

Second-hand bookstores in the Halifax area offer a wide selection of novels, resource material, and sometimes required textbooks.

Places to check before shopping include:

1. The Book Room  
1664 Granville Street.
2. Schooner Books

5378 Inglis Street.

3. Back Pages Used Books  
1520 Queen Street.

Another solution, which has not been put into practice at the Mount, is a second-hand book exchange based on buying or trading used textbooks from other students. This would enable senior students to make extra money by selling their used books at discount prices.

Although students trade and sell used texts among themselves, this activity could be organized resulting in a permanent location for book bartering. It would require however, the services of volunteers to coordinate and supervise the process.

## Entertainment discounts on demand

by Denise Peterson

At times, students need a break from the rigors of school work. However, the high cost of entertainment limits what we can do.

Here are a few suggestions for cutting entertainment costs in the Halifax area.

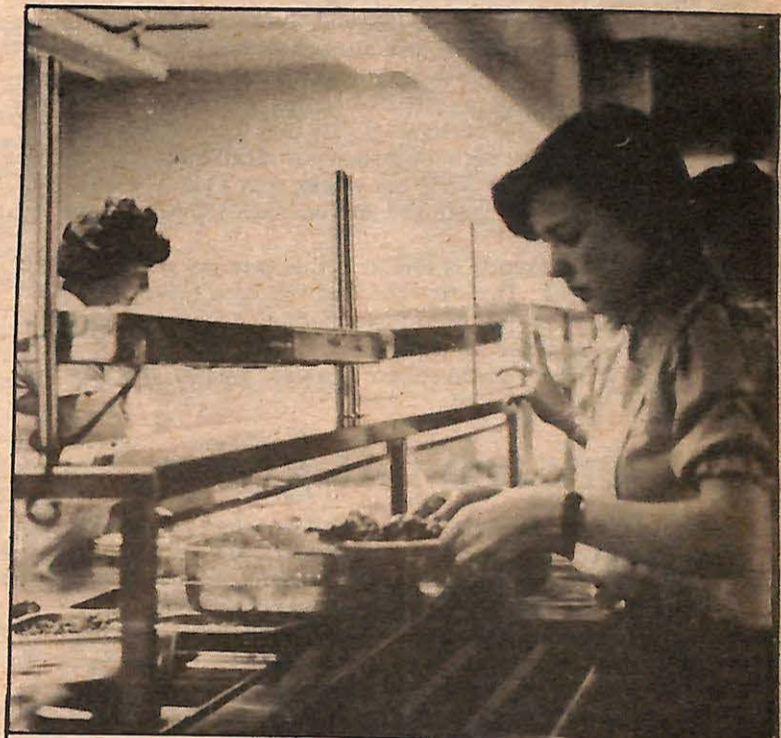
Always ask if student discounts are offered. For example, Neptune theatre has a one dollar discount on each student ticket purchased. When the Rebecca Cohn presents its own shows, a one dollar discount is given to students. Both theatres request valid student I.D.'s at the time of ticket purchase. Wormwood's Dog and Monkey Theatre, Barrington Street, also features films and is directed towards low budgets.

The Halifax Metro Centre offers student rates only on certain events, so inquire before buying a ticket.

If you are sports minded, have you considered bowling? Group discount student rates are available, but individual rates are not. Always call in advance to reserve a convenient time.

You can save money on videos as well and there are several video rental services in Halifax. There are no student discount rates but you may become a member and receive movies and other benefits at a discount. The best way to save on videos is to get a group together and split the cost. This can result in a fun evening of inexpensive entertainment with friends.

Remember to ask if student discounts are available. Saving on entertainment costs means using your imagination and with a little thought, you will find there is always something to do.



Versa Services prepares nutritious meals for Mount students.

## Meal plans available to everyone

by Cheryl McCarron

Mealtime can be nutritious, convenient and economical for nonresident and resident students at the Mount this year.

Meal-plan residence students, displeased with the limited meal plans offered to them, need not think their demands are ignored. A study is underway to determine economic alternatives to the 19 meals per week plan which they purchase with their rooms. It is not known however, when alternative plans will be available.

For non-meal plan students, Versa Services now provides the 'Little White Card' and 'A La Carte' meal plans for those not eligible for the full meal plan.

The 'Little White Card' plan can be bought for designated three week periods at \$46.50, four week periods at \$62.00,

seven week periods at \$105.00, and 14 week periods at \$192.00. The card entitles you to one meal per day from Monday to Friday, with unlimited helpings of anything on the menu. Anyone wishing to purchase the card can do so at the University Services office in the Rosaria Centre.

Students interested in buying meals at the cafeteria on a casual basis can purchase 'A La Carte' tickets at the Coffee Shoppe. This system offers breakfast for \$2.25, lunch for \$3.25, and supper for \$4.25 or \$4.75, depending on the menu. These tickets also include unlimited seconds.

These two plans were introduced to cater to students who are at the Mount on a regular basis and want a more nutritious meal than the Cafeteria offers.



Penny Pinching Staff:

Linda Theriault  
Andrea Arsenault  
Denise Peterson

Kim MacDonald  
Cheryl McCarron  
Judith Thompson

# Athletes under the needle

by Robert Atkinson  
Reprinted from the McGill  
Daily  
by Canadian University  
Press

Several months ago, Dr. David Costil, Head of the Montreal Sports Clinic, received a phone call from the father of a seventeen year old distance runner. The father wanted Costil's human performance laboratory to perform a muscle biopsy on his son and determine whether the boy had mostly fast twitch or slow twitch muscle.

"I want to know if he's wasting his time," the anxious father said. "Maybe he should be doing something else."

Though the father was willing to pay the going rate Costil refused him.

"Physiologists should not be in the business of predicting success or failure. The muscle biopsy is a research technique, not a means of destroying one boy's dream of success," says Costil.

The biopsy needle, useful for obtaining pieces of tissue large enough to examine under a microscope, is an important research tool. The most popular application of the biopsy specimen is in determining the character of athlete's muscle. There are two distinct types of fibre in muscle: slow twitch and fast twitch.

Slow twitch fibres are used in endurance exercises, so they are an asset to marathon runners. Bill Rogers, for example has 80 per cent slow twitch muscle.

Fast twitch muscle are recruited more frequently for speed events.

During long distance events, one usually begins running below maximum speed, so the nervous system recruits principally slow twitch fibres. As these become fatigued, the nervous system looks elsewhere for help in keeping the body moving toward the finish line. It recruits fast twitch fibres which may have been endurance trained. When even these are exhausted, the nervous system, in panic, grabs whatever undepleted fibres remain. At this time, a special type of fast twitch fibre that is normally never used, may be recruited to provide a burst of energy.

The average individual has 50 per cent slow and 50 per cent fast twitch muscle. With endurance training an individual can shift effective muscle balance so that most of the fibres have a high endurance capacity. Of course, most individuals with largely fast twitch fibres will never be able to match the endurance of an equally trained athlete who is endowed with a higher slow twitch percentage.

A person's fibre type mixture is apparently predetermined.

"We are what our parents make us," says Costil.

Basic muscle fibre percentage is established soon after birth and remains relatively unchanged throughout life.

Scientists working with laboratory animals have succeeded in some muscle fibre alterations. One method uses chronic electrical stimulation to force the muscle to react differently than the nervous system might normally dictate. Another experi-

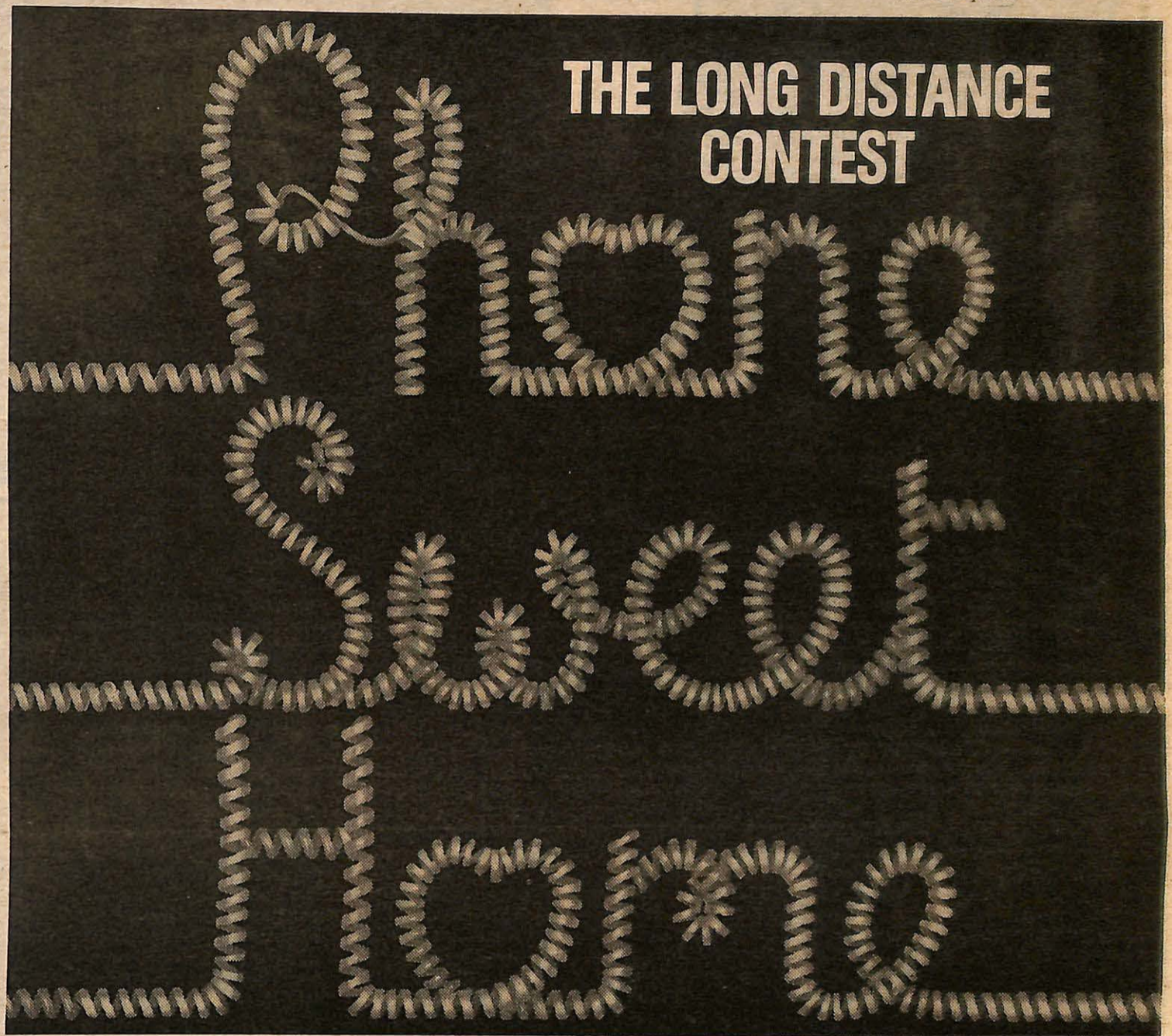
ment performed with cats showed that by surgically crossing the nerves from a slow twitch fibre with that of a fast twitch fibre,

the slow twitch neurons would then innervate the fast twitch fibres, converting many of them to slow twitch. This is a rather

drastic means of converting yourself into a great distance runner.

This may explain how a seem-

ingly exhausted runner, who has shuffled the last six miles of a marathon, suddenly will find the ability to sprint the final hundred yards.



## THE LONG DISTANCE CONTEST

### YOU COULD WIN ONE OF TWO 1984 FORD BRONCO II's



Dana Montgomery of Georgian College, Barrie, Ont., is our first winner. Picture yourself wheeling around campus in your brand new 4-wheel drive Ford Bronco II. It's trim-size for economy, ruggedly built for off-road adventure, sleek as Saturday night. And wishing could make it so. Fill in and return the coupon. Now!

### PLEASE ENTER ME IN THE LONG DISTANCE PHONE SWEET HOME CONTEST.

Name \_\_\_\_\_  
(Please print)  
Address \_\_\_\_\_  
City/Town \_\_\_\_\_  
Province \_\_\_\_\_ Postal Code \_\_\_\_\_  
Tel. No. (where you can be reached)  
(\_\_\_\_\_) \_\_\_\_\_  
Area Code  
College or University attended \_\_\_\_\_

Mail to: The Long Distance  
PHONE SWEET HOME Contest,  
P.O. Box 1487, Station "A"  
Toronto, Ontario M5W 2E8

#### The Long Distance "Phone Sweet Home" Contest, Contest Rules and Regulations

1. To enter and qualify, fill in the official entry form and mail to: The Long Distance "Phone Sweet Home" Contest, Box 1487, Station "A", Toronto, Ontario, M5W 2E8.
2. Contest will commence September 1, 1983. Mail each entry in a separate envelope bearing sufficient postage.
3. There will be a total of 3 prizes awarded (see rule #3 for prize distribution). Each prize will consist of a 1984 Ford Standard Bronco II 4-wheel drive vehicle (approximate retail value \$12,343 each). Local delivery, provincial and municipal taxes as applicable, are included as part of the prize at no cost to the winner. Driver's permit and insurance will be the responsibility of each winner. Each vehicle will be delivered to the Ford dealer nearest the winner's residence in Canada. All prizes will be awarded. Only one prize per person. Prizes must be accepted as awarded, no substitutions.
4. A draw will be made from all entries received by the contest organization on October 14, December 1, 1983 and the contest closing date, February 15, 1984. Prizes will be awarded as follows: one Bronco II will be awarded from all entries received by NOON October 14, December 1, 1983 and February 15, 1984 respectively. Entries other than the winning one in the October 14 draw will automatically be entered for the December 1, 1983 draw. Entries other than the winning one in the December 1, 1983 draw will automatically be entered for the final draw, February 15, 1984. Chances of winning are dependent upon the total number of entries received as of each draw. The draw entrants, in order to win, will be required to first correctly answer an arithmetical, skill-testing question, within a pre-determined time limit. Decisions of the contest organization shall be final. By entering, winners agree to the use of their name, address and photograph for resulting publicity in connection with this contest. The winners will also be required to sign a legal document stating compliance with the contest rules. The names of the winners may be obtained by sending a stamped, self-addressed envelope to: Telecom Canada, 410 Laurier Ave. W., Room 950, Box 2410, Station "D", Ottawa, Ontario, K1P 6H5.
5. This contest is open only to students of the age of majority in the province in which they reside who are registered full-time at any accredited Canadian University, College or Post-Secondary Institution. Employees of Telecom Canada, its member companies and their affiliates, their advertising and promotional agencies, the independent contest organization and their immediate families, (mother, father, sisters, brothers, spouse and children) are not eligible. This contest is subject to all Federal, Provincial and Municipal laws.
6. "Quebec Residents"
7. All taxes eligible under the Loi sur les loteries, les courses, les concours publicitaires et les appareils d'amusement ont été payés. A complaint respecting the administration of this contest may be submitted to the Régie des loteries et courses du Québec.

Telecom Canada

# Campus Comment

by Rachel Backman  
Staff Reporter

Bachman Photo



Gerald Crowell: "It can't get any worse."



Christine Burgess: "More spirit, but I have a good time when I come to a function."

**Question:** What do you think of Entertainment at the Mount?



Arlene Comeau: "I think it needs a lot of improvement and I think it's geared more to people on campus."



Jerry Shea: "Over all, not too bad. The man spinning disks in the pub needs to learn something about volume."



Connie Smith: "I didn't like the first one this year. I plan to go to more though. I think they should have more bands that you can dance to."

## ALL THE WIFE

BY DAVID WILE

OH, PLEASE BE VERY CAREFUL! IT'S MY LITTLE BOY'S FIRST HAIRCUT!!!



FOR GOD'S SAKE, MOM, LEAVE HIM ALONE. I'M THIRTY-FIVE YEARS OLD, ALREADY!

WILE



What can we say about this! It says it all.

## Auditions for Top Girls to beheld next week

by Michael Alexander  
Staff Reporter

Auditions for the Mount's winter theatre production, **TOP GIRLS**, will be held Tuesday, November 15 from 4-6 p.m. and Wednesday, November 16 from 4:30-7 p.m. in Seton Auditorium 'A' it was announced today by Barrie Dunn, director of the production.

"A time schedule will be posted outside Patrick O'Neill's office and interested performers should select a convenient time from that sheet," said Dunn. "Otherwise auditions will be on a first come-first served basis."

**TOP GIRLS**, written by Caryl Churchill is described as a serious comedy. Since its opening two years ago in London's West End, **TOP GIRLS** has received unanimous praise from critics and audience. It is a "blistering, yet sympathetic, look at women who achieve success by adopting the worse traits of self-made men" said the New York Times.

Barrie Dunn, who will direct the play, has an extensive background in stage, television, and

film. Having appeared in various lead roles at Neptune Theatre in the past five years, Dunn is now co-artistic director of Actors Tryworks. His various stage roles include Claudio in **Much Ado About Nothing** and Jean Beliveau in **Les Canadiens** for Neptune Theatre and has appeared in across Canada with several companies. He has worked with CBC TV and Radio as well as appearing in a number of feature films.

Dunn is "looking forward" to directing this production at the Mount. "Directing a university production can be more rewarding than directing a professional show," he said. "Students bring to a production a vitality and vigour that is sometimes lacking in actors who do this for a living."

**TOP GIRLS** calls for an all-female cast of 16 but Dunn said that the play can be cast using only seven actresses who could double role. "We'll decide after the auditions how we'll cast the play," he said. "Naturally, the more people who audition, the

more we'll have to choose from, and we hope to use as many as possible."

It does not necessarily mean that all who audition will be cast. **TOP GIRLS** is a "very funny and densely provocative play" and it seems well-suited for production at the Mount. "When Patrick (O'Neill, head of Speech and Drama) asked me to direct a play here, we wanted to choose something which would be uplifting during those winter blahs," said Dunn. "I am very eager to do this play because I think it has all the right ingredients to be a success. Also, working with Patrick O'Neill was something I looked forward to." "Patrick has tremendous respect as a Speech coach among professional actors in this town," said Dunn.

**TOP GIRLS** is scheduled to begin rehearsals on January 4, 1984 but Dunn said the cast will get together before Christmas to go over lines, scheduling and "to get to know each other." The production will open on Thursday, February 9, 1984 and will run until February 11.

### Performing Arts

TORONTO—November 25th is the new deadline for The Du Maurier Council for the Performing Arts' receipt of grant applications from Canadian performing arts organizations. Isa-

belle Sauberli, the Council's Executive Director, announced today that the original November 1st deadline has been extended to afford as many arts organizations as wish to apply an oppor-

tunity to submit their projects to the Council for consideration at their annual meeting.

The Council is accepting applications for specific arts projects to be staged after April 30, 1984, by Canadian arts organizations incorporated more than two years prior to the year in which application is made. du Maurier grants are awarded for no other purpose than for live, on-stage, public performances outside the organization's regular subscription season.

Full details and application forms may be obtained by writing to: The du Maurier Council for the Performing Arts, Post Office Box 27, 180 Dundas Street, West, Toronto, Ontario M5G 1Z8 or by telephoning (416) 598-4222.

There once was a fresh young bacillus  
Who'd just grown his very first pilus  
He spied him a mate  
Cried "Let's conjugate"  
She answered "Oh, don't be so sillus."  
Anne O'Neem

## Ask the nutritionist

### What is a food additive?

A food additive is anything which affects the characteristics of a food but does not include salt, sugar, starch, vitamins, minerals, amino acids, spices, seasonings, flavorings, agricultural chemicals, veterinary drugs, and food packaging materials.

### Why are they in our foods?

Health & Welfare Canada states that food additives are used to "ensure a convenient, safe, abundant, reliable, desirable, and varied food supply". They work to keep foods like chocolate milk or oil and vinegar dressing from separating, to bleach our flour, to make our ice-cream and pudding the "right" color, and most importantly to preserve foods. People have always tried to keep their food supply from spoiling by smoking, pickling, salting, and sun drying. Today we use chemicals to improve on this process.

### What would happen if there were no additives?

We would not consider foods as acceptable without the additives and would not purchase them. More importantly, food would spoil more easily, the shelf life of products would be greatly reduced and the variety

of foods in the marketplace would not be there. Food would cost much more and the chance of consuming rotten food would be greatly increased.

### Are they safe?

Health & Welfare states that "Government Scientists decide if an additive will be permitted to be used and in what quantities, only after many tests to determine any potential harm. If evidence indicates an additive might be harmful, a manufacturer will not be permitted to use it." However, no product can be proven absolutely safe.

### Will I know if there are additives in my food?

All additives must be listed on a food label with the ingredients in the largest concentration listed first. The more highly processed the foods, the higher the additive content.

### A word of caution

If you decide to eliminate or reduce additives in your diet, be aware of the environment in which the food is stored. If it is left open to patrons, or sanitary conditions are not good, disease can spread easily.

By being aware of what you eat, you can decide what you will put in your own body.

## DEAL OF THE CENTURY

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Music by ARTHUR B. RUBINSTEIN  
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Produced by BUD YORKIN Written by PAUL BRICKMAN  
Directed by WILLIAM FRIEDKIN

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# Tom Cruise makes all the right moves

by Shawn Allen

The Stef Djordjevic story, as portrayed by Tom Cruise in "All the Right Moves", is an interesting cross of the characters depicted by Robbie Benson in "One on One" and Sylvester Stallone in "Rocky". Script writer Michael Kane has found his way clear to give the stereotype high school jock a character which contains the feelings and worries of all graduating students as they finally realize the decisions they make are going to dictate how they spend the rest

of their lives.

Set in a small Pennsylvania steel town which is facing increasing unemployment, Stef Djordjevic is one of a group of teammates who realize their only way out is football scholarships to universities across the country. Stef is willing to give up his girlfriend and be exploited for his football ability by any university that will also give him a chance to follow his real dream of becoming an engineer.

The conflict develops between player and coach when Ampipe

loses to the state's top team and each player finds he is laying the blame for the loss on the other. The overzealous coach is also looking for his shot at the big time and in a confrontation between the two, Stef ends up off the team. The bright light of reality is turned on for Stef and he starts to take in the problems faced by those who have no chance outside of the town they have been brought up in. With the prospect of following the rest of his family into the steel mill, Stef develops his outlook

on the people that make up the town and learns what it really means to live and love.

Director Michael Chapman has found a group of actors tailor-made to the people they portray. From the high school coach, played by Craig T. Nelson, to the main role of Stef Djordjevic, played by Tom Cruise, there is a sense that the actors can understand and relate to the situations created by the character's quest to achieve.

Cruise's previous roles in such box office hits as "Taps" and "The Outsiders" have equipped him with the strengths and feelings to bring the most out of Stef as a struggling teenager. It is also good to see that Cruise is not given sermon-like speeches to recite, for this would take the realism out of Stef's strong and silent nature. Cruise is able to make his point in feelings and carries the audience through highs and lows, with the intensity of a seasoned actor.

Lea Thompson is another

young actress who is seemingly on her way to fame in the spotlight of the movie screen. Lea shows the audience that being the girlfriend of one of the school's stars is work in itself. Though she, too, is looking for an escape from Ampipe, Lisa, Lea's casted identity, is willing to sacrifice all she holds close to see Stef go as far as he can in fulfilling his dreams. Thompson throws herself into the role, with the result being a professional and warm portrayal that holds sensitivity and understanding compassion for Stef's girl.

A weakness in the movie might be found in the subject matter used as a basis for the story. The plot is not one untried by script writers in the past, but what is lacking in originality is recovered in the ability of Cruise and company. It would seem that award-winning cinematographer Michael Chapman has taken an adequate script and made "All the Right Moves".



All seeking athletic scholarships, Tom Cruise, Christopher Penn and Leon Robinson consider the consequences of their upcoming game against Rostylun Heights in this story of love, hope and determination.

## Billy Joel-An innocent man

by David Wile  
Staff Reporter

Remember the nostalgia craze in popular music in the early 70's? Well, there seems to be a second wave of nostalgia of a different sort. The first rebirth of 50's music was a simple matter of disc jockeys dusting off the old Frankie Avalon 45's and playing them for the sons and daughters of their original fans.

This year's doo-wop revival is incarnated differently. The artists of today are lapsing back to their past and writing new material in the 50's mode. Linda Ronstadt, and Neil Young have done it and new groups like the Stray Cats have made it their forte.

Perhaps the most surprising example of new wave nostalgia is Billy Joel's new album **An Innocent Man**. Joel has transcended everyone else one tier: he has mimicked specific artists from the 50's era by writing and singing just as they might have twenty years ago. This is surprising because I knew Billy Joel was good but I did not realize just how creatively talented this ex-New York Golden Gloves boxing champion was.

It is no secret that Billy Joel, after years of paying dues and several prime yet unheralded albums, has become a music industry leviathan. But Joel's adaptability singles him out from the myriad of popular entertainers and puts him with those few artists of substantial

ilk who moderate their material and improve instead of riding a wave until they are face-down in the sand.

And, his writing prowess aside, Joel, with **An Innocent Man**, has turned in an amazing vocal showcase. He has managed to perfectly imitate famous 50's performers and has captured the essence of some others with his versatile vocals.

Tell Her About It is a supreme (excuse the pun) example of Joel writing, singing, and arranging his way back 25 years to capture the Motown sound. In this song it is no specific artist he is copying but a conglomeration of many. Joel has created a typical Motown song using a decades-old formula.

Uptown Girl is the epitome of Joel's effort on this album. He has so masterfully mimicked Frankie Valli, both vocally and in writing the song, that it sounds like a vintage Four Seasons' song.

Christie Lee is another classic-sounding rock 'n' roll song. Here Joel puts on his Jerry Lee Lewis guise and pounds out a song reminiscent of rock songs from the infancy stage. Christie Lee sounds like rhythm and blues mixed in with plain rock and roll, just like the songs from that period sounded.

The Longest Time captures another stage of 50's rock music: the teen idol. Again not imitating any specific artist, The Longest Time could have been sung by

any movie idols like Frankie Avalon, or Fabian, or Ricky Nelson. The bubbly lyrics, the juvenile lyrics, and the cooing background vocals can probably still make any schoolgirl swoon.

This Night is Billy Joel's tribute to the Platters. Again, this song sounds as if it were culled from original tapes of the Platters 25 years ago. It is perfectly written and sung in that the essence of the Platters' harmonization and haunting lyrics are flawlessly recreated.

**An Innocent Man** is one of Billy Joel's strongest offerings, and that is saying a lot in consideration of the calibre of his past projects. The fact that he has taken a chance of breaking away from the main flow that his music has been following, is an indication that this record is more a personal project than a commercial one. I am certain that his next album will take us back to where he left off with **The Nylon Curtain** in 1982.

But **An Innocent Man** is more than Billy Joel's talent being showcased: there is truly heart in this project. It is certainly impressive that he has so accurately portrayed the different manifestations of the 50's rock era, the time when rock music was just testing itself out. But to a larger extent, Joel has captured in his songs a feeling for the era. This essence goes beyond simply copying past artists' styles but shows that the 50's were obviously important

## Sparling appointed as chairperson

by David Wile  
Staff Reporter

Mary Sparling is the newest chairperson of the Canadian Eskimo Arts Council. Sparling, Director of the Mount Saint Vincent University Art Gallery, has served on the Council since 1974. The appointment was made by John Munro, Minister of Indian and Northern Affairs.

Sparling has helped organize about 150 exhibitions in her ten years with the Mount Art Gallery. Also, she has organized many travelling exhibits such as **Great Expectations: The European Vision in Nova Scotia 1749-1848**.

The Canadian Eskimo Arts Council was established in 1964

to advise the minister on the development, promotion, and protection of the Canadian art community.

Past president of the Canadian Museums Association, she continues to be actively involved in the local organization committee. She also serves as a member on Canada Council and National Museums juries, and teaches a Museum studies course at the Mount. Sparling is also a director of a media program for the Mount Art Gallery.

Sparling graduated from Queen's University with a B.A., received a Gold Medal in the Bachelor of Education program at St. Mary's, and holds a Master of Arts from Dalhousie.

in forming what Billy Joel is today.

The album's last song, **Keeping the Faith**, tells us quite bluntly why Billy Joel recorded this project:

*If it seems like I've been lost  
In let's remember  
If you think I'm feeling older  
And missing my younger days  
Oh, then you should have known  
Me much better  
Cause my past is something that*

never

*Got in my way*

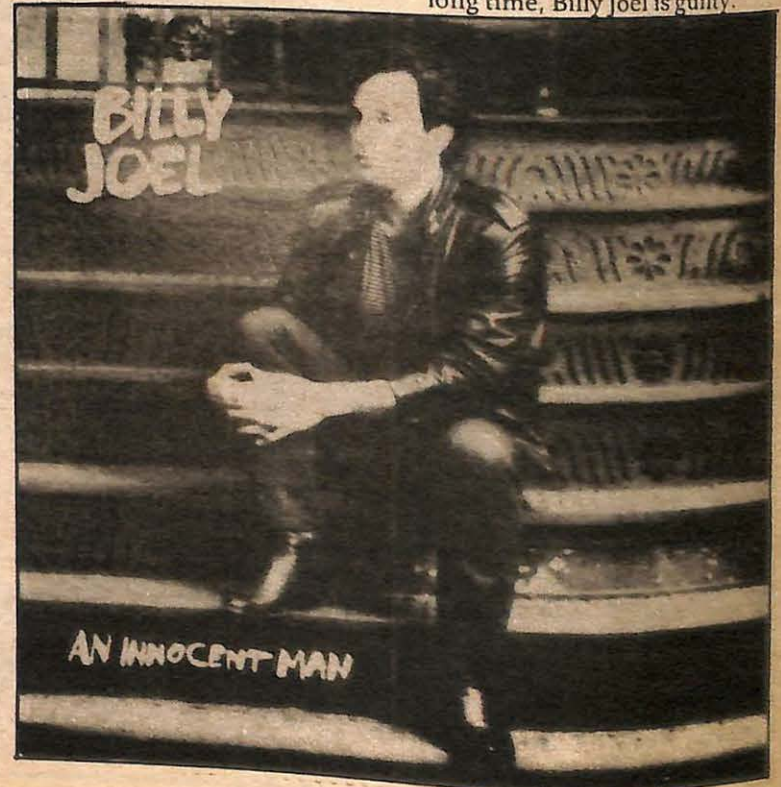
*... Now I told you my reasons*

*For the whole revival*

*Now I'm going outside to have*

*An ice cold beer in the shade.*

It is ironic that Billy Joel chose **An Innocent Man** for the title of this album. Certainly, he says that he was innocent in the 50's "til their music set me on fire". But as far as releasing the first serious appreciation of the entire 50's rock phenomenon in a long time, Billy Joel is guilty.



## Tigers find winning formula

The Dalhousie Tigers Men's Volleyball Team, the defending AUSA Champions the past four years, finally found the winning formula Sunday afternoon against the University of Moncton, after they had dropped three straight matches.

The Tigers, led by Bernie Derible's 26 kills defeated UDM 15-7, 16-18, 15-9, 15-9. In addition to Derible, Andrew Kohl contributed 12 kills and 2 blocking point David McDow, 11 kills and one service ace, and Chris Moore, 12 kills, three service aces and one blocking point. For UDM, Anselme Albert had 17 kills and Michel Rose and 18 kills.

In the morning match between the two teams, UDM came out on top defeating Dalhousie 15-12, 15-6, 7-15, 7-15, 15-13. Anselme Albert led the Blue Eagles attack with 15 kills and two blocking points. Albert was supported by Rose, 13 kills, one blocking point, and Richard Dailleire, seven kills and four blocking points. Derible led the Dalhousie charges with 15 kills, two service aces, Leander Turner, nine kills, three blocking points, two service aces, Chris Moore, nine kills, three blocking points, Andrew Kohl 10 kills, two blocking points, and Jim Bethune eight kills.

On Saturday, the Tigers lost their second consecutive match to UNB at home, 11-15, 15-5, 15-6, 15-4. UNB was led by Don Pierce 18 kills, three blocking points, Mark Colpitts, 14 kills, and Mark Healy, six kills and four blocking points. Chris Moore led the Dal charges with 11 kills and seven blocks.

## Men's basketball team enters new league

by Shelah Allen  
Staff Reporter

Mount Saint Vincent University's men's basketball team has tipped off its second season with a new coach, a league to call their own, and an unmatched enthusiasm.

Team coach, Allen Rutledge, says practices have been on for a month and, despite inexperience, the guys are looking good. He sees learning the game as the goal of this season's squad. "We're working on the fundamentals, and enjoying it," says Rutledge.

He sees the team's size as an added advantage. "We're bigger than even Kings," says Rutledge, who sees the combination of size and potential talent as factors in making the Mount team real contenders in their new league.

The league he refers to is the Dalhousie Intramural League. This affiliation will give the team a large number of competitors, but will mean all regular games will be held at Dal. However, there will be a number of exhibition games against local midget, juvenile, and gentlemen's teams to be hosted by the Mount. In both cases the team is hoping for good fan support, a factor, which Rutledge says could add a lot to the team's chances of success.

Rutledge, himself, is an important part of the team's strategy. He comes to his new coaching position with a lot of valuable experience to share with his

players. He has been involved with basketball for 13 years as both player and coach. He has played on many team levels, including three years of varsity ball at Kings. He had planned to play for Dalhousie this year but regulations requiring a year's break between Small Schools and A.U.A.A. play prevented this. His coaching positions have included junior and senior high school, and provincial regional juvenile teams.

The Kings Sociology major says he saw the Mount coaching

offer as a new challenge and is really enjoying the job, which he says is made easier through the help of his assistant, Paul McInnis, and the guys themselves. He hopes the team will do well but sees "learning the basics and having a lot of fun" as most important.

The public will get their first chance to see the team in action next Wednesday, November 16, in an exhibition game at the Mount. Details of the game will be posted.

### Ski tour '84 February 19-25

There is still some space available for people wishing to secure a seat for this year's ski trip to Mount Saint Anne, Quebec. The trip includes:

- return transportation by bus
- 6 nights hotel accommodation
- daily transportation to hill
- 5 days at ski-lift
- FROM \$239 (triple)

For information contact:

Mark Dodge 861-2664  
Derrick Hearn 865-8193



## Athletes of the week



**Rachel Backman**, a halfback for the Mount Mystics soccer team, is in her final year of Public Relations. She has played soccer for the Mount for four years, this season serving as captain. Her great attitude, hard work, and constant hustle were especially important in this past weekend's play at C.C.B. Rachel's leadership and dedication will be missed as she graduates this spring.

Derible contributed 10 kills, Kohl seven kills, and Bethune had five kills and two blocking points.

Tiger coach Al Scott said that he used a lot of players over the weekend trying to find a win-

ning combination. The Tigers are a young team but Scott said that they are showing signs of improvement.

"We picked some guys on potential," said Scott. "We just have to be patient."



**Kathy Naugler** is one of the Mystic's freshmen players. She was a halfback for most of the season but switched to fullback for the C.C.B. game, showing her diversity. Kathy's spunk and ability have made her an important part of the team and their coming seasons.

Marshall Photo

### Rugby

The Rugby Club (Men's and Women's) will meet Mondays, Wednesdays, and Fridays from 4:30 to 6:30 p.m.

### Tennis

The Tennis Club meets Tuesdays and Thursdays from 4:30 to 6:30 p.m.

### Gymnastics

The Gymnastics Club will meet Thursdays at 3:00 in the Rosaria gym.

### Co-ed Volleyball

Co-ed Volleyball is held every Monday at the Rosaria gym at 7:30 p.m.

## SKI

February 19 - 26

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5 nites hotel

5 breakfasts

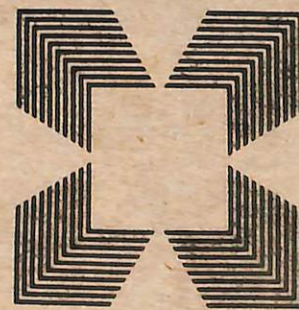
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## Mystics play well but lose 2-0

The play, during the Saturday Nov. 5 semifinal game between M.S.V.U. and the University College of Cape Breton, can simply be described as good soccer. Unfortunately for the Mount Mystics, the final score left them behind by 2-0.

Stuart MacPherson, coach of the Mystics, said, "It was the best game we played all year. We just didn't get a break."

The Mount team was psyched for the game and came out strong in the first half carrying most of the play. Kathy Naugler coolly shut-down the Capers' centre forward, who had been the key to their offensive play. Much of the battle was in mid-field where both teams were quite strong, and the Mount was turning the play in their favour, but they couldn't finish the play with a goal.

The Capers scored both their goals in the second half. They made use of players who were little-used in other games to expand their offensive attack. Johanne Arseneault was steady in

net for the Mount challenging the shooters, but both goals were scored with well-executed shots from within the penalty area.

MacPherson said he would have done nothing differently if he had the chance to start the game over but he would have started using the 4-2-4 system earlier in the season if he could do it all again. He summed up the season for the Mystics by saying, "The team deserved a better fate."

U.C.C.B. went on to play Nova Scotia Teacher's College on Sunday but the game was called part way through the second half because of the unplayable field conditions caused by heavy rains. So, the winner of the College Conference Provincial Championship has yet to be decided.

Three players from the Mount were included in the announcement of All-Conference players made over the weekend. Congratulations go to Heather Oursin, Carolyn Covey, and Rachel Bachman.



At a recent Mystics soccer game this photographer had a hard time determining whether this was a goal or a save. Bachman Photo

## Team schedules

by Dan Chamberlain  
Staff Reporter

### Women's Basketball

The Mystics play King's College on November 14 at King's College. Game time is 7:30 p.m.

### Volleyball

The squad will participate in the Schooner Classic Invitational Volleyball Tournament on November 11 and 12. The tournament will be hosted by the University College of Cape Breton.

The MSVU team competes in the Halifax Women's Volleyball league Mondays at 5:30 here at the Mount.

### Indoor Soccer

The Mount plays King's on Wednesday Nov. 9. Game time is 9:00 p.m.

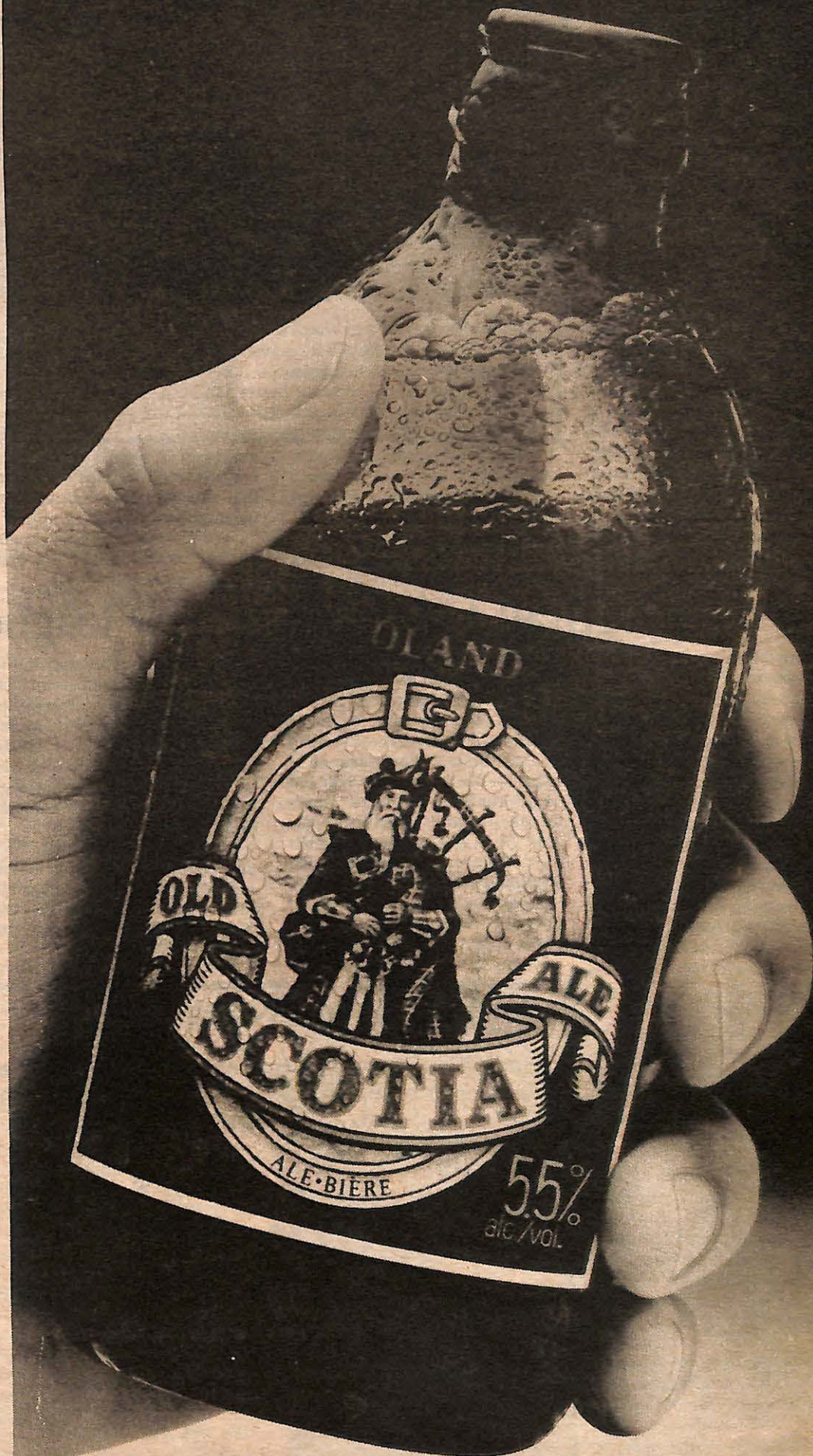
### Badminton

Tryouts for the badminton team will be held on Mondays from 7:30 to 9:30, and on Wednesdays from 6:30 to 7:30.

### Men's Basketball

The team practices from 7:30 to 9:30 and from 4:00 to 5:30 on Friday.

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