

# THE PICARO



MOUNT SAINT VINCENT UNIVERSITY STUDENT NEWSPAPER

Thursday, November 8, 1984

Volume 20, Number 10

## Mount apathy strikes elections

by Judy O'Brien

The Mount Student Union fall election came and went this year unnoticed by the students, the majority of whom chose not to participate.

"Many students didn't really know any of the candidates and a lot didn't want to vote," said Shari Wall, chief returning officer. "One part-time student even said to me that it didn't matter to her because she didn't take part in anything at the Mount."

Elections were held three times this fall. The third election was to solve a tie between hopeful arts representatives Garfield Hiscock and Angela Hartlen. Of 512 students enrolled in the arts program only seven per cent, or 36 students voted.

"The second election for arts representative was worse than the first," said Wall. "I thought it might be better but we had poorer voter turnout."

The Student Union made the candidates available for comments and questions from students. There were two meetings in the sacreteria and one in the cafeteria, which was later moved to Vinnie's Pub because of faulty speaker system.

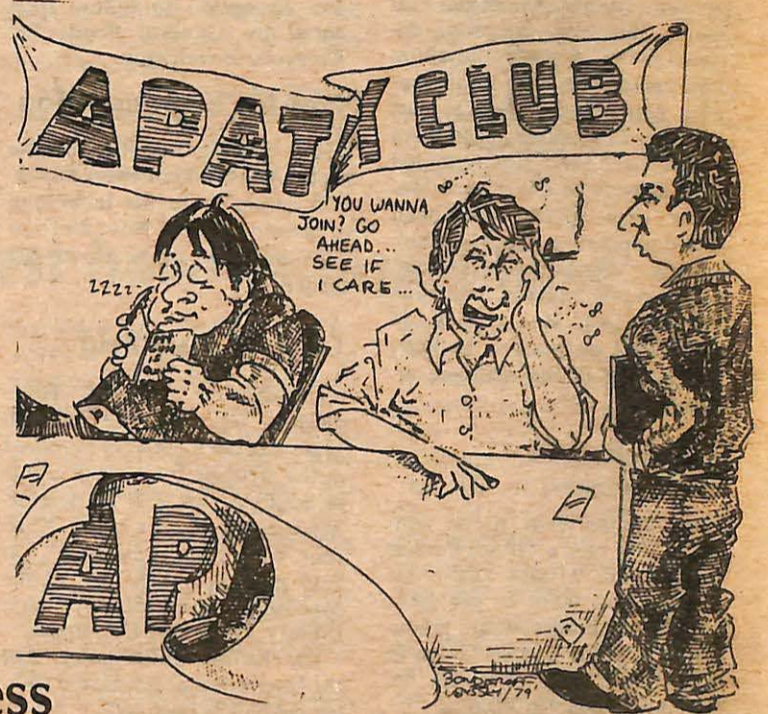
"In the pub the speeches went over really well, everyone stopped and listened," said Wall. "In the sacreteria and cafeteria only the first three rows listened, but it's good if people at least see the faces."

In addition, posters were placed all over campus and extra

large banners were placed in strategic points for people to see. Wall believes Student Union did much to help publicize the elections but she was disappointed with the Picaro's efforts.

"The Picaro didn't do much. The coverage was adequate but not great," said Wall. "There were no pictures of the candidates speaking in the pub. They put in what we asked but no more."

The Student Union funds all societies except those of a political or religious nature and students don't seem to realize that having representation is beneficial to them. It gives them a voice in student government.



## Conference enhances Caribbean awareness

by Lynn Wilson

The international conference on **Rethinking Development in the 1980's**, strengthened the relationship between Atlantic Canada and the Caribbean.

During Oct. 25-28, various leaders in developmental thinking from the Caribbean and Atlantic Canada assembled at Saint Mary's University in an attempt to create a universal view of development and its problems. Participants ranged from politicians, technologists, scientists, social workers and professors. It included those who had a direct influence on development, to those with mild interests.

Development was examined from all areas including past, present and future analysis. Such questions were discussed as: Where were we in the past?

Where are we now? Where do we want to be in the future? What ideas do we have to change in order to get there?

The role of women and development was only one of the numerous issues examined. According to Peggy Antrobus, a Caribbean native involved in women and development, economic issues have restrained Atlantic Canadian women from further social advancement. Development should not solely be measured by economic success. Social and political issues should be considered too. Too often, however, social and political growth are dependent on economic power.

Ann Bishop, an Ottawa CUSO worker, says "Women must resist the immediate tendency to strive for economic success. In

aiming for this goal women forget what they are fighting for."

Antrobus says it is important for women to define what is important to them. However, they must avoid being trapped into the notion of focusing on issues considered to be 'women's issues'.

Other workshops focused on development and the role of the state; industrialization, community development, financing development, trade, fisheries, organizing for change, technology and legal issues.

According to Ken Persau, St. Mary's sociology department, the Caribbeans' visit to Atlantic Canada presented Caribbeans with a fuller knowledge of Atlantic Canada. Development

was examined from a geographical, historical and economical viewpoint for the first time. "We're (the Caribbean and Atlantic Canada) are in the same boat," said Persau. "A common approach to these problems could lead to success."

The bond between Atlantic Canada and the Caribbean is a historic one. The sea is not the only factor that ties Atlantic Canada to the Caribbean. The relationship was fostered through migration and a long history of trade in agricultural products, rock, fish and Christmas trees.

The Caribbean provides Atlantic Canada with professionals

such as Mr. Gilbert Scott, regional director of secretary of state and Dr. Tony John Stone, coordinator of ethnic studies for the Nova Scotia Department of Education. Canada's prominence in satellite communication enhances the Caribbean's awareness of our political situation.

Individual and organizational relationships were formed as a result of the conference. Although this conference has just ended, there is already a call for a follow-up. Persau speculates a follow-up may be held in the Caribbean next year. This would give Canadians a better understanding of the Caribbean.

## Holiday commemorates Mount's rebirth

by Frances Markee

Caritas Day is a new holiday being designated at the Mount on Jan. 31. One purpose of this new holiday is to increase awareness of the Mount's heritage, philosophy, and objectives. A second intent is to provide an opportunity for the Mount to contribute to the civic community and to unite students, faculty, staff and administrators in a common effort.

It is hoped that this day will help increase the Mount's spirit and help maintain the historical ties with the congregation of the Sisters of Charity.

Student Council urges all those attending the Mount to go out and do something for the community rather than treating

it as just another holiday. Holidays at the Mount have enjoyed a colourful history. In May 1925, Mount Saint Vincent was granted a college charter and recognized as an independent post-secondary institution and the only independent women's college in the British Commonwealth. In 1938, with the installation of the first president, Mother Evaristus, a holiday was declared on Oct. 26 and was called Feast Day or President's Day.

When Sister Maria Rosaria became president in 1944, the holidays were changed to Dec. 8 and Dec. 10 until 1954. From 1954 to 1965, with Sister Francis d'Assisi as president, Oct. 26 was again recognized as a special day

in honour of Mother Evaristus. The holiday was known as Foundress Day. After 1967, a specific date was not declared and a holiday was granted at the president's discretion.

However, on Nov. 28, 1983, a motion was passed by the Senate stating the President's Holiday would be held on the Wednesday closest to Jan. 31 in subsequent years.

The reason Jan. 31 is significant, is because on that day in 1951, a fire destroyed the old Mount Saint Vincent college, and a new Mount Saint Vincent had to be established. Thus to commemorate this re-birth and help foster community service, a new holiday has been established.

## Students' needs top priority

by Sharon D. Moore

The counselling centre is one of the busiest places on campus this time of year.

"Our counsellors are booked two weeks in advance," said Janet Everest, secretary at the Centre.

Dr. Carol Hill, director of student services and counselling, said the first two to three months after registration are traditionally the busiest for her staff.

"Students face adjustment problems caused by loneliness, homesickness, and trying to establish their independence from their parents," said Hill. "They also experience exam anxiety over the approaching midterms when they realize they have fallen behind in their studies."

The Centre presents many seminars designed to help students learn good study habits, prepare for exams, use the li-

brary, and write essays. Between Sept. 25 and Oct. 24 this year, five such seminars were held and two more are scheduled for November.

Career counselling services are offered by the Centre on an individual and group basis to help students plan their futures. The third annual Career Week seminar held between Jan. 31 and Feb. 9, 1984, is just one example of this service. A similar seminar is now in the planning stages for early 1985.

The counsellors work closely with the health services staff to provide students with medical help as required. A training program is also given to the residence staff to deal with minor problems as they arise.

"Our first priority must be to our students thus assuring the students that their needs will be met," said Dr. Hill.

## Alumnae notes



### Gift-wrap Project

Students, faculty and alumnae are needed for the annual alumnae gift-wrap project held two weeks before Christmas. It works this way—Simpsons donates the store space, the alumnae association gets the wrapping paper and ribbon at cost price, and the money customers pay to have their gifts wrapped goes directly to the association. More than \$2,000 has been raised in previous years in scholarships. Volunteers willing to donate a few hours of their time between Dec. 10 and Dec. 24 should get in touch with Dilly MacFarlane in the alumnae office.

### Trivial Pursuit tournament

The alumnae team, proud winner of last year's Trivial Pursuit tournament, is back again this year. If you want to see what great trivia-storers Mount graduates are, come and see them in action on Thurs., Nov. 29, between 7:30 and 9 in Vinnies.

### Bermuda reunion

Kerri Moorehead, BPR '84 and senior class president, organized a reunion of Bermuda alumnae recently at the Grotto Bay Hotel in Bermuda. Thirty-five people showed up for the reception, which was also attended by Susan Tanner, admissions officer, and Jean Hartley, associate director of continuing education.

### Dilly travels

Alumnae officer Dilly MacFarlane recently attended a conference on fund-raising in Boston. She and alumnae president Debbie Pottie-Matheson will leave soon for a "friend raising" tour of chapters in Montreal and Ottawa.

### Insight Plus photos

There must be lots of students on campus with mothers, sisters, aunts and cousins who are Mount alumnae (maybe a few fathers, brothers and uncles too). The alumnae office would like to get in touch with them to arrange some photos for Insight Plus. So if you have a relative who's a Mount grad, let Dilly MacFarlane know.

### Goody-bye Mary

A farewell party was held in the pub recently for Mary Reynolds, BA '84. Mary, who is off to Europe for a year, was active in a variety of activities during her years on campus. She was valedictorian last year, a member of the Student Christian Movement, the English Society and the chaplaincy team, taught aerobics, and performed for the Mount's dinner theatre. Her friends wish her well.

### Mount gallery

At the Mount Art Gallery two exhibitions open Fri., Nov. 16 at 8:30 p.m.: **The Perfect Setting: Dinnerware for Government House**, which will be complemented by three special place settings by Chef Bernard Meyer of The Grand Restaurant and **Metal Arts Guild of Nova Scotia: A Retrospective 1951-1984**, a selection of metal articles by 40 members of the Metal Arts Guild.

His Honour, the Honourable Alan Abraham, Lieutenant Governor of Nova Scotia will officiate. Reception to follow sponsored by General Foods Inc. Everyone is welcome.

### Piercing demonstration

Ken Fox, a member of the Metal Arts Guild of Nova Scotia, will demonstrate the technique of piercing. Tues., Nov. 20 from 7:30 - 8:30 p.m. at the Mount Art Gallery.

### Crisis in Apartheid

Archbishop Trevor Huddleston, who for the past 40 years has been actively involved in the struggle for human rights in South Africa will be delivering a public lecture titled "Current Crises in Apartheid", at 7:30 p.m. Fri., Nov. 16, in the MacMechan Auditorium, Killam Library, Dalhousie University.

For further information call the International Education Centre at 429-9780 ext. 497.

### Eye opening exhibits

Eye Level Gallery announces the opening of two new exhibits by Nova Scotia artists Art Fisher and James McGlade. Both artists will show sculptural installations which will be on display at Eye Level from Nov. 6 to 24. The public is invited to attend an opening reception for these exhibits on Tues., Nov. 6 at 8 p.m., at Eye Level Gallery.

### N.S. art gallery

The Art Gallery of Nova Scotia will open three new exhibitions on Thurs., Nov. 8 at 8 p.m. The public is cordially invited to view the exhibitions and meet the artists, Wayne Boucher and David Taylor.

**Wayne Boucher: A Survey** opens in the main gallery, **David Taylor: Vessels in the Pottery Tradition** opens in the mezzanine gallery, and **Canadian Painting from the Collection: Contemporary Painting** opens in the second floor gallery.

### Tutors available

If it's a tutor you need, the Dalhousie Alumni Office can help. Coordinating a tutoring pool for several years, the office has tutors for the elementary to university levels.

Just tell us the subject that you're interested in, and we'll give you the names and phone numbers of tutors. You make the final choice. The office is at 6250 South Street, or call 424-2071.

The tutors charge \$8 per hour and are usually willing to travel to the home or to a convenient location. For more information, contact Janice Sipprell at 424-2071.

### At the Cohn

Due to scheduling difficulties, the **Stadacona Band** will be unable to perform Sun., Nov. 11 at the Cohn.

**Tom Paxton** has made one of the most significant contributions to the American folk scene over the past years, both as a highly acclaimed and much-recorded performer and a prolific songwriter. **Tom Paxton** will perform in concert on Thurs., Nov. 15 at 8 p.m.

Three-time Actra Award Winner, **Nancy White**, will perform in concert Fri., Nov. 16 at 8 p.m.

The film version of Joe Papp's irreverent production of Gilbert and Sullivan's **Pirates of Penzance** will be screened on Sun., Nov. 18 at 8 p.m.

There are few places on earth that embody the spirit of adventure and wonder as does Africa. Witness the beauty and wilderness of this mysterious land in the travelogue film **African Experience** screening Mon., Nov. 19 at 8 p.m.

**Rita MacNeil** has become something of a singing and song-writing legend... see her in concert Sat., Nov. 24 at 8 p.m.

**The Dresser** is considered a showcase for the considerable talents of Albert Finney as an aging Shakespearean actor touring the provinces during the second world war and Tom Courtenay as his confidante, support and—dresser. The film will be screened Sun., Nov. 25 at 8 p.m.

Best known to music lovers for his million selling recordings **Jean and Good Morning Starshine**, **Oliver** is a superb interpreter of songs from sources as diverse as Mick Jagger and Stephen Sondheim. Hear **Oliver** in concert Fri., Nov. 30 at 8 p.m.

### Centertainment

**Flutist Marlis Callow** and **Guitarist Doug Johnson** will perform Fri., Nov. 9 at 12:30 p.m. in the Dalhousie Arts Centre.

Guitarist **John Ulrich** will perform Wed., Nov. 14 at 12:30 p.m. in the Sculpture Court.

1st and 2nd year Voice Repertoire Classes, directed by Elvira Gonnella will perform Fri., Nov. 16 at 12:30 p.m. in the Dalhousie Art Gallery.

Pianist, **Lisa St. Clair** will perform Wed., Nov. 21 at 12:30 p.m. in the Sculpture Court.

Guitarist **David Lee** will perform Wed., Nov. 28 at 12:30 p.m. in the Sculpture Court.

**Opera Essence** will perform Fri., Nov. 30 at 8 p.m. in the Dalhousie Art Gallery. (Please note this performance of the Centertainment Series is the only one which will take place at 8 p.m.)



## Attention!

No Picaro Nov. 14

Due to an ARCUP conference (Atlantic Regional University Press), the Picaro will not be published on Nov. 14.

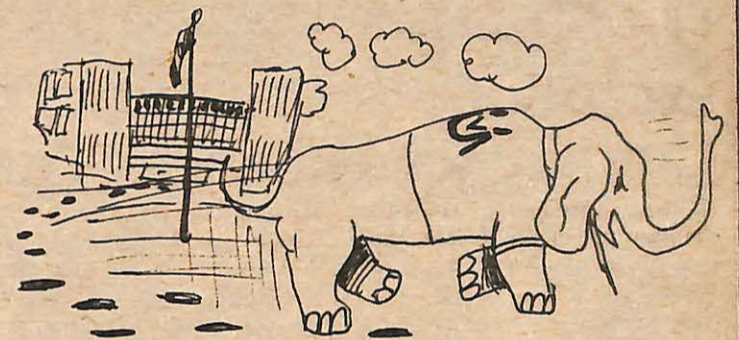
If your team or organization is interested in purchasing team jackets, T-shirts, golf shirts, jerseys, athletic clothing, etc. . .



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## Short Story Contest

sponsored by the Picaro and the Mount English Department



Prize:

The author of the winning story will be awarded a choice of one pair of fashion boots from the **Factory Boot Outlet** and two **Neptune theatre** tickets for January's performance.

Contest deadline is **Nov. 23, 1984**. Please submit your story to the Picaro office by 3:00 p.m. Stories must be between 800 to 1800 words. The English Department will select the winning story for the Dec. 5 issue of the Picaro. Please type your name, program, and phone number on a covering paper as judges will not be given author's names.

# W.I.R.R.S. promote women's issues

by Charlotte Martin

Women's problems are different from men, and must be treated from a women's point of view. The staff at the Women's Information, Resource and Referral Services, (WIRRS), talk to women of their concerns in today's society.

WIRRS has three main objectives; to promote and foster the interests of women, to advance the position of women and to provide social, practical and moral support of women in the community.

The centre offers a variety of services from the availability of research material and novels, to counselling, all geared for women. WIRRS also provides referrals to community services, government agencies and a network of support groups.

Carol Wambolt, WIRRS coordinator, said the centre has over 2000 requests for services in 1983, which has increased 10 per cent since June 1984.

Wambolt said the centre offers women feminist counselling,

which varies greatly from the more traditional types. However, Wambolt guards against defining feminist in the 1960 terms. For WIRRS, feminist counselling means showing women how they fit in today's society, without burning bras and declaring they hate men.

"The demands on women in comparison to men today are crazy and we're not supposed to have anything wrong with us," said Wambolt.

Over the last few months, the centre has seen an increase in the number of women unemployed and underemployed, seeking its services. Wambolt said women that get jobs, often face unaffordable daycare costs; many are also single parents facing job discrimination and housing.

With many stress factors in today's world, women need a support system, a place where it's okay to talk about their problems, says Wambolt. For these women, WIRRS is such a place.

Many stress situations for

women are not seen as such by traditional counselling services. A case example is where one battered wife sought help from a psychiatrist. The doctor's advice was to keep the house clean and to start a garden, so she could watch life grow. It was a case of the doctor not seeing the woman's point of view and noting how it made her feel.

Wambolt said another rising women's issue is eating disorders. While WIRRS has not seen a large number of women with this problem, the numbers for the centre have increased overall.

The conditioning women receive while growing up has a

strong affect on them in their later years, said Wambolt. Women's problems, therefore, are not the individual's problem, but a result of women's position in society today, compared to their conditioning.

The demands placed on WIRRS are great and increasing constantly as more women discover it. Funded mainly by short-term federal grants, Wambolt's salary is paid by the city of Halifax. The future of WIRRS is unknown from one grant to the next.

The only link to all services in the community for women, WIRRS staff is mainly volunteers. These volunteers are ex-

pected to work and follow set patterns, said Wambolt.

"They don't come here and drink coffee all day." While volunteers keep the centre going, they also present a problem of inconstancy. Volunteers leave once they find a paying job, which means training someone new for their position.

"The big thing is women should have a choice about what they do with their lives," said Wambolt. WIRRS is there for women who can't evaluate their options.

WIRRS is now located in Veith House, at the foot of Young Ave. It is open from Mon. to Fri., 9 a.m. to 4:30 p.m.

## U.S. students cheer execution

HUNTSVILLE, Texas (RNR/CUP)—Hundreds of students chanting pro-death slogans and waving mock lethal syringes cheered the Oct. 28 execution of a convicted murderer in Huntsville, Texas.

As Thomas Andy Barefoot was executed by lethal injection, students from nearby Sam Houston University cheered and yelled slogans like "We're Republicans."

They carried placards reading: "Bring back Old Sparky", the nickname for Texas' outmoded electric chair, and "Hit me with your best shot (injection)". One

demonstrator carried a mock-up of a four foot syringe.

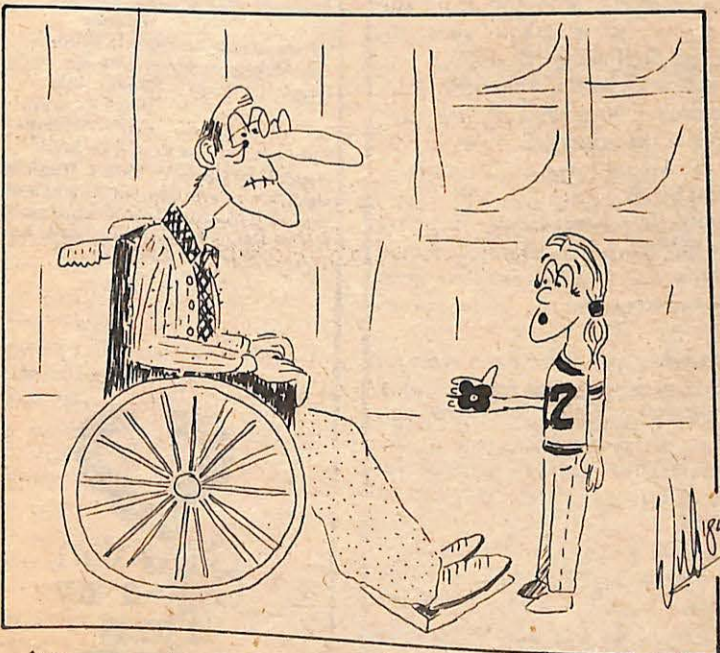
In his final statement, Barefoot, 39, asked for forgiveness and said he held no bitterness toward anyone.

"I hope one day we can look back on this evil . . . like we do the witches as burned at the stake. I want everyone to know I hold nothing against them," Barefoot said.

Barefoot was convicted of murdering a police officer. Efforts by his lawyer to have the death sentence stayed were rejected by the U.S. Supreme Court.

## All the Wile

by David Wile



"Grampa, what war are we supposed to be remembering?"

## Activists protest baboon experiment

OTTAWA (CUP)—Some animal rights activists are refusing to eat until an experiment on a baboon at the University of Western Ontario is stopped.

They entered the 17th day of a hunger strike Nov. 1 in protest of what they call a cruel and unnecessary experiment. They say the baboon has plastic tubes in its upper intestine and arms and is immobilized by a device called a restraining chair. Researchers are using the baboon to study the effects of stress on cholesterol levels and blood liquids.

Three members of the animal rights group ARK II, Vicki Miller, Marlene Lakin and Bruce Costan, began their original hunger strike Oct. 16 but Lakin fell ill and dropped out Oct. 25. More people joined the fast Nov. 1, which is taking place outside the Toronto-based Ontario Heart and Stroke Foundation, the organization funding the research.

Cathy Hunter, spokesperson for ARK II, says they decided to go on a hunger strike after they saw pictures of the baboon in the restraining device. The baboon is tagged "B-43" and Hunter suspects it is the 43rd baboon used by the researcher.

Bernard Wolfe, the scientist in charge of the experiment, refused to answer any questions, referring all inquiries to Douglas Bocking, vice-provost of health sciences at the university.

Bocking denies the experiment is cruel and says the Ontario Heart Foundation approved it because it is necessary research. He says the animal is not suffering.

"The baboon is able to move around in the [restraining] chair," he says. "It's quite happy. It doesn't smile at you, but it watches TV and moves around. It's not suffering distress."

Hunter disagrees, saying: "The baboon is being restrained seven days a week, 24 hours a day. That is cruelty."

Hunter says even the American Primatological Society, a pro-animal research group, says primates should never be restrained for more than 24 hours. She says the researcher should at least employ tethering, which allows the baboon free movement.

Esther Klein, a spokesperson

for the Animal Defence League, says the research will prove to be useless when the experiment is finished.

"What the hell are we doing to this baboon? We already have the information we need. Not only is it a waste of taxpayers' money, it is an inhumane thing to do," she says.

"There isn't a scientist alive that claims you can extrapolate [data] from animals to humans," she added.

Klein says Wolfe—a "bio-medical welfare bum"—should employ humans in what she called "ethical clinical research", as does Nathan Pritikin, the world's foremost authority on cholesterol and heart disease.

"[The experiment] is a make-work project for a researcher who should be in another line of work."

She says the experiment will allow him to publish a paper and apply for more money to do similar research, while the baboon itself undergoes so much stress that it "covers its eyes and ears and screams whenever humans enter the room."

Bocking denied all of Klein's charges, saying baboon physiology is "as close to humans as you can get" and that the baboon is not experiencing any great stress. "The only time it

was distressed was when the ARK II people broke in [the lab] in the middle of the night and scared it out of its wits," he added.

Hunter vehemently denies that ARK II people broke into the lab, but admits someone photographed the baboon and circulated the photos among animal rights activists.

The Ontario Heart Foundation is already worried about the protest's effect. Hunter says it will harm fundraising efforts and its public image.

Bocking does not think the university and heart foundation should allow a few malcontents to "disrupt approved research". He said only "a very small minority" opposed animal research, and the general public appreciated the benefits of animal experiments.

Hunter said the scientific community is largely out of touch with public opinion, and cited opinion polls and studies indicating 55-60 per cent of the general public oppose animal experimentation.

For that reason, Hunter is optimistic they will win the public's support.

"So far, the protest has been very successful because it's generated a lot of public interest," she said.

## UBC students petition for cyanide pills

VANCOUVER (CUP)—The living will envy the dead in the aftermath of nuclear war, according to a popular peace slogan.

Some University of B.C. students have taken this slogan to heart and are circulating a petition asking the campus' student health services to stock cyanide pills so students can commit suicide instead of dying from nuclear fallout.

Students for Peace and Mutual Disarmament want a referendum, similar to one held at Brown University on Rhode Island recently on the same issue allowing students "the choice of a quick painless death rather than the slow inevitable death in a world destroyed".

"The intent is to make students realize the gravity of the

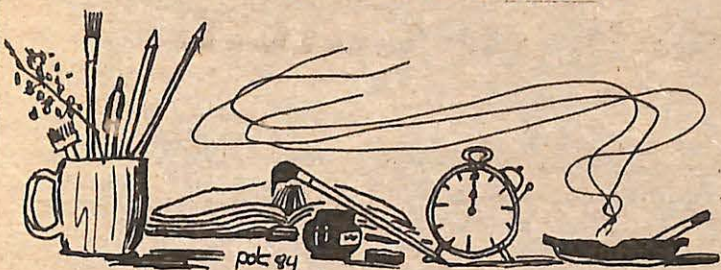
issue and of alternatives to cyanide pills," says peace group member Mark Fettes.

Basically it's disarmament or cyanide."

The peace group needs 500 signatures to call for a referendum. But even if the vote passes, the UBC student health services could refuse the request, as did the campus health centre at Brown University.

Brown's student leaders said students turned out in droves for the referendum, and the vote passed by a 60 to 40 per cent margin, 1,044 to 687. Although the event grabbed headlines in the U.S. and Europe, the students emphasized the non-binding referendum was a symbolic move to promote disarmament.

# Editor's Corner



## Entertainment in the news

Recent surges of police killings, have resurfaced the discussion of capital punishment into Canada's legislative system. If Canada adopts the death penalty, reporters could have a heyday everytime a criminal is executed.

A North Carolina wire story, printed in the Mail Star's November 2 issue, demonstrated an example of how a U.S. reporter capitalized on the execution of Velma Garfield, the first woman to face the death penalty in 22 years.

This reporter felt the public would be interested to read a brief scenario of Barfield's execution. Permitted to spectate inside a booth, he related how she was wheeled on a gurney into the death chamber, covered to her neck with a green sheet; how her breathing seemed very shallow and rapid at first.

He felt it was newsworthy to mention how the deadly sodium thiopental solution dripped through tubes into her arms and that her mouth lowered as if to utter some dying last words. His closing description said "Barfield lay still for several minutes. At 2:08 a.m., her colour changed from reddish to grey."

This gruesome recollection might attract readership, however, it is not newsworthy journalism. He has come closer to being an entertainment writer than a newsreporter.

Reporters recognize that society expects drama in the news. On television, news briefs consist of 1-2 minute clippings of news dramatizations having introductions, climax and conclusions. If the actual news is not interesting enough, they slip in some human interest trivia for spice.

For this reason more reporters are looking for human interest stories in the news all the time. The capitalization of human misfortunes can take second place over factual information.

To entertain society, we are hurting those involved with people featuring in the news. Barfield's son and daughter are paying for her crime by reading these stories and having pictures of their tearful moments publicized across the country.

If capital punishment is legislated in Canada, and reporters are permitted to spectate, we could see executions reported in a style similar to theatre reviews. After the entertainment's over, however, there are real people suffering the aftermath of reality.

Ko Ho

## Letter to the Editor

To the Editor:

Couldn't help but wonder why your article on Snoopy did not include the name of the actress playing Peppermint Patty, one of the main characters, or the name of the production manager?

Thousands of Lise Leblanc and Catherine Dorais fans are puzzled.

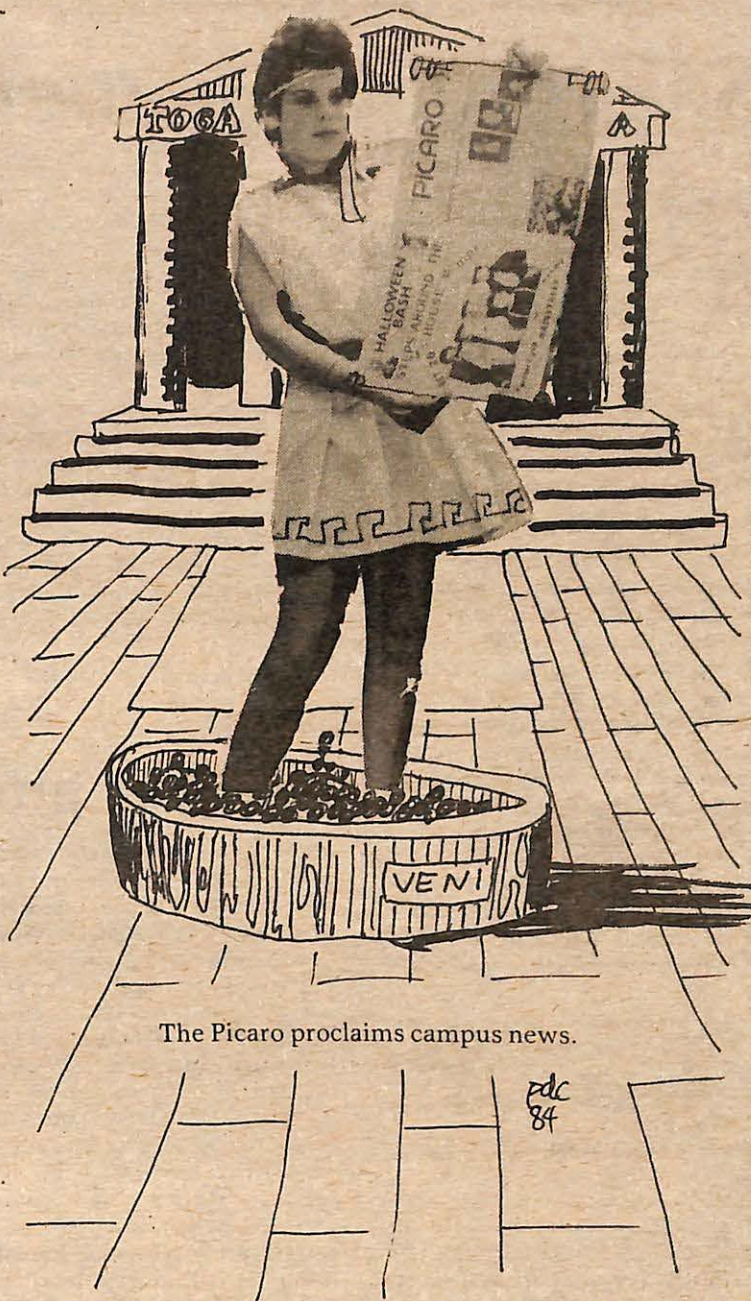
Signed,  
One of the 1,000

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If you are an outgoing individual that wants to earn spare cash, try selling ads for the Picaro. You will receive a monthly honorarium plus commission and meet many business contacts. This position may be of special interest to Business and Public Relations students.

Anyone interested in applying, please drop by the Picaro office (Rosaria Centre) any Monday or Thursday noon hour and ask for the Editor.



The Picaro proclaims campus news.

## PODIUM

### Take a ride on the wild side

by Joan Vickery

Just when you thought it was safe to get on the Dal/Mount bus . . . Oh, I am sure you have heard of the terrifying experience on Fridays at 3 p.m., when the entire student population of Mount Saint Vincent University vies for that extinct species—the seat.

The doors close slowly, and the bus rolls jerkily down the hill to begin the "Catapult into Hell". The Bedford Highway is a blur as Metro Transit's finest representative seeks to break the sound barrier. Do we need speed bumps on the Bedford Highway?

Not only Friday, but every day is an exercise in horror as students risk their lives for the sake of an education. Picture if you will: Death-bus careening down Coburg Road, oblivious to the efforts of a tardy lady passenger, dashing madly to the bus stop in her spike heels. The driver slams on the brakes, opens the door, and as if the entire situation is her fault balks, "get on if you're gettin' on".

This is the mind of the man who delivers us to and from the portals of our noble institution. It is at this point we ask the question, "Is it worth 65 cents for this journey into the Twilight Zone?"

If any faculty member is in doubt as to why we are sometimes late, they should go for a ride. One fine morning, 30 fresh-faced preppies had their faces pressed in horror against the windows as the driver proceeded to gas the bus right past the Mount towards Chinatown. No Leadfoot, we don't want egg rolls at 8 a.m.

Only seasoned bus travellers know the sheer terror of being ripped out of their seats as Leadfoot hits the brake 10 miles after a designated bus stop. A bus stop . . . that's a new concept. We now stand 100 feet from our stop, totally confident that our beloved maniacal driver will brake on a dime.

Nothing is like the letdown you feel when you have been waiting 20 anxious minutes for the Mount Mobile, and when it finally looms over the horizon, you are lost in a cloud of exhaust. I guess I won't go to my 11 o'clock French class, it's not worth the cardiac arrest.

Students have even gone as far as to park their cars in front of the Seton Academic Centre to thwart the evil deeds of Leadfoot, but to no avail. He is infallible.

We all know that the bus makes that long trip up to the Motherhouse, and the driver gets out to stretch his legs . . . what does he really do? Not only does he debus to have a smoke, but he also slaps a racing stripe and a number on the side of the bus. Leadfoot is on the loose, trade in those metro transit rags for racetrack attire. Get a grip A.J. Foyt!

But every day, A.J. delivers us to school intact, if not a bit disheveled, ready for the sedate life of classes at the Mount. We enjoy the quietude in silent fear, waiting for the return of Leadfoot.



# THE PICARO

In ancient Spanish times, Picaro was a little man who ran throughout the Spanish countryside proclaiming the news.

Now, 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 subscribers 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.

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MEMBER

# Male enrollment confuses Mission statement

by Lisa Stutt

Mount Saint Vincent University considers the educational needs of women to be a priority and remains particularly sensitive to the changing needs of women in society.

This statement is one of the university's objectives that can be found in the introduction of

the university calendar.

These objectives were originally defined years ago by the Sisters of Charity, the University Senate and Alumni representatives. They are reviewed and revised approximately every three years with concerns to the university's image, planning, and

budgeting.

The question that arises is with male enrollment increasing annually, should there be some changes made in the university's objectives?

Dulcie Conrad, Public Relations director at MSVU, said, "Nobody is suggesting that the

objectives be changed. However, it has to be re-examined in light of the new and rising statistics."

Total male enrollment has increased to 16.7 per cent in 1984 from 16.4 in 1983.

Conrad said, "One of the functions of the PR division is to market the university. How do you market this university if there is a confused or fuzzy image?"

Prior to 1925, when Mount Saint Vincent was still a college, the objectives were to offer young women a thorough, liberal education, designed to guide, nourish and stimulate the adolescent mind and heart and thereby develop intelligent, Catholic women.

In 1975, Sister Mary Albertus, former president of MSVU, said, "I dislike to belabor the obvious and I think at this point that it is abundantly clear to all, that Mount Saint Vincent University's interest in the education of women was not an outgrowth of the liberation movement."

The problem of whether or not the increase in male enrollment will bring about changes in the university's objectives, was temporarily solved when Dr. Margaret Fulton, president of MSVU, said "No, the objectives won't change, unless it's in terms of our commitment to women. We don't back off at all from those values that have come to us from the Catholic tradition."

## DUET launches travel program

by Joyce Van Zeumeren

Mount Saint Vincent University, in cooperation with the Tourism Industry Association of Nova Scotia (TIANS) announced the launching of a 13 week Hospitality Management Training Program through the Mount DUET facilities. The basic hospitality management course will fulfill a need in the hospitality industry for better trained individuals.

Speaking to the tourism, education, government and media representatives on Wed., Oct. 31, Mount President Dr. E. Margaret Fulton expressed her enthusiasm of the Mount's new program.

Dr. Fulton stressed the uniqueness of business and education working together through the telecommunications medium. She added that "this new and exciting development is a pioneer of the concept".

The thirteen-week series which begins broadcasting Jan. 8, 1985 over ASN, will be tailored for those at middle management levels. The program coordinator James F. Macauley, an

assistant professor in the Mount business faculty, has secured some of the top authorities in the Canadian service industry and management fields to be speakers on the program.

The program will address a wide variety of related topics such as the basics of business and finance management, employee motivation, menu planning, room allocation, promotion and marketing.

The program will also offer some insight as to the potential applications of computer technology in hospitality establishments, endorsed by the tourism associations of the other Maritime provinces. It will be available for viewing throughout Atlantic Canada, including Labrador.

Accredited with the program's initiative is John Forsyth, chairman of TIANS' newly created education committee. He believes that as the hospitality industry becomes more complex and competitive, Atlantic Canada must amalgamate their efforts to upgrade services and to remain competitive with other

vacation spots in the world.

Forsyth said the availability of this practical education via DUET, will reach many people in related industries that would not normally have the time to take from their workday to attend the sessions. He suggested that managers could use taped programs as part of their employee training techniques.

The cost for an establishment enrolling three participants is \$200, and for an independent individual it is \$100. The program will offer 19 hours of instruction, and the registered students will receive a package of the week's material through the mail. Because the program is broadcast live, program coordinators believe it is not a passive approach to education. The registrants can call into DUET's receiving centre at any time and interact with the class.

As Dr. Fulton suggested, the best way to renew our human resources is through education. This program could be the tool for renewing a great deal of potential within the hospitality industry.

## Natives walk across Canada

OTTAWA (CUP)—Some 100 native people have been walking across Canada since May in protest of the Canadian Constitution, which they say amounts to genocide of native people.

The action—dubbed the Red People's Spiritual and Educational Long Walk—"is a spiritual walk, not a protest, to object to the corporate constitution," says participant John Graham.

During the 18 month trek, the walkers have stayed in over 60 communities, depending on other native people for food, shelter and information.

"Through the constitution they are trying to terminate all hunting and land rights, make taxpayers out of us by 1987," says Graham.

Graham and Jay Mason, another walker, fear the already threatened Indian way of life will be annihilated under the terms of the new constitution.

"What they're trying to do is remove us from our land base," says Mason.

Mason, a Mohawk, is concerned about erosion of Indian culture and the forced integration of natives into white culture.

He is angry that native children are being taught Christopher Columbus discovered America and many natives are being forced to move into metropolitan cities to earn a living.

The native trekkers have been joined by people from Norway,

El Salvador, Chile and Ecuador, and supporters in Ireland staged a 24-hour fast in solidarity with the walk.

More than 200 natives and their supporters gathered on Parliament Hill Oct. 12 at a rally to celebrate International Day of Solidarity with the Indigenous Peoples of the Americas.

Although several media repre-

sentatives were present, the event got almost no coverage, says Mason.

"The same people who are making the corporate constitution are the ones who own the media," he says.

The walkers plan to continue their march until they reach Six Nations reserve, which is their spiritual homeland.



## Moncton expels politically active students

TORONTO (CUP)—Université de Moncton administrators will likely face harsh criticism in December when Canada's nationwide teachers association releases its final report investigating the university's alleged abuses of freedom of expression.

A preliminary report leaked to the Globe and Mail two weeks ago, says administrators expel more students in proportion to its population than any other university in Canada and that many of these are students politically active on campus.

The inquiry, prepared by the Canadian Association of University Teachers for the U de M's association of librarians and professors, follows the expulsion of 15 students in the spring of 1982. They occupied the administration building in protest of a massive tuition fee increase.

According to the Globe and Mail, the report says the conditions under which eight of the 15 students were allowed to return violated Canada's Charter of Rights and Freedoms.

## Books to burn in Alberta

CALGARY (CUP)—Although nearly 10 per cent of Alberta's public school books have been singled out for their sexist or racist content, a provincial government official says they won't be removed from circulation immediately.

"It will take some time for the natural replacement cycle to eliminate the resources," says Linda Youell, an Alberta education department official.

"An Alberta education audit found almost 10 per cent of books and resources do not have 'an acceptable level of tolerance and understanding.'"

Several elementary grade history and social sciences texts discriminate against native people, the report said. Both the student and teacher editions of the grade five music text Exploring Music are sexist and have an American bias, and other books have a strong male orientation, according to the report.

Provincial education minister Dave King says he is encouraged by the study's results.

"I am satisfied that Alberta Education procedures for devel-

oping new curricula and selecting support materials have proven successful," he said.

The government is notifying teachers about the books' drawbacks and they are expected to correct them while teaching.

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*J. Mason*

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# Picaro interviews Soviet Scholars on critical issues

by Patrick Coffin  
and Hugh Marshall

*There is an old Chinese proverb that goes "Even a journey of a thousand miles begins with a single step." Such a step was taken last week here at the Mount.*

*A group of Soviet scholars and scientists visited Nova Scotia at the invitation and sponsorship of the Atlantic Association of Universities. Following a special weekend-long seminar in Tatamagouche and a number of media meetings, a series of public lectures were delivered in Auditorium B of Seton Academic Centre. The main topic remained Peace in the Soviet Education System and Peace Building Attitudes.*

*While there were a few cancellations because of illness or schedule conflicts, the visit was still a unique piercing of the Iron Curtain. The Mount served as a forum for concrete dialogue at a time when it is needed most.*

*Despite the poor public turnout, the exchange of ideas within our walls was an unqualified success.*

*The following is an interview with Dr. Vladimir I. Dobrenkov and Vadim Zhdanovich. Dobrenkov, head of the delegation, is the Vice-President of Moscow State University which is the largest in the Soviet Union. Zhdanovich is the Secretary of the USSR/USA Society and is also a representative of the Union of Soviet Friendship Societies.*

*The questions were structured into three main topics: peace, nuclear disarmament, and education/culture, lifestyle.*

**Picaro—We have heard in the West a lot about religious persecution in the USSR. Is that true?**

**Dobrenkov—No, it is not true. In our country, religion is a private matter. In our country, anybody can have any religion. Anybody can believe in, or not believe in whatever they like. Everybody must decide, must choose. The founder of our state, Vladimir Lenin, in one of the first decrees, separated church from state and church from school. The fundamentals of our constitution allow people to believe what they like.**

**Picaro—Then, anyone can go to any church?**

**Dobrenkov—In our country there are many different churches. For example there are about 48 different congregations. If you come to Moscow, you can visit any church or Jewish synagogue.**

**Picaro—If there is an official separation between church and state, does that mean that the Soviet government is atheist?**

**Dobrenkov—Marxism is a specifically materialistic philosophy. That is why you can say that the government has such a materialistic outlook. At the same time, our constitution preserves the rights of believers and protects them from any aggressive acts from anybody. This is very important and is a very democratic rule.**

**Picaro—Do you believe in God?**

**Dobrenkov—No. But I should note that within Soviet Universities, there are courses in both the histories of atheism and religion. I personally give a special course for philosophy students on the history of Protestantism from the Reformation up until today.**

**Picaro—So that's different from teaching personal involvement in religion? It is closer, then, to an external history of theology?**

**Dobrenkov—Yes.**

**Picaro—Dr. Pivavarov mentioned during his Monday night lecture that state organized peace rallies flourish in the Soviet Union, and that the subject of peace is mandatory from kindergarten through university. First of all, is this so? Secondly, what is the government's reaction to peace rallies not sanctioned by the state in the USSR and in satellite countries such as Poland and Czechoslovakia?**

**Dobrenkov—As you know, in the world today there is great tension; the threat of nuclear war is very real. There are peace marches in those other countries, and in our country there are many public organizations formed by our Social Committee on Peace. These organizations are not state controlled.**

**Zhdanovich—I should add that the present world chess champion, Karpov, is the president of the Soviet Peace Fund.**

**Dobrenkov—Yes, workers from all walks of life can contribute financially to such organizations.**

## Soviets encourage students to invent

Educators all over the world can probably learn something from the way students in the Soviet Union are encouraged to come up with new inventions as well as innovations to existing products.

After all, it's hard to argue with success. Soviet college and university students design and build an average of 12,000 inventions and improvements every year and over the years they have enjoyed several major successes.

They include the Shelf 001 submersible vehicle which was exhibited at Man and His World in Montreal and the Kvant sports airplane, which broke several world flight performance records. More recently, a student designed and assembled satellite, the Iskra-2, was launched into earth orbit.

Some student inventions, such as a machine for repairing pipelines, and a new rate-of-burn fuel valve for power plants, were snapped up by manufacturers before they saw their first student exhibition. Soviet student designed inventions now appear in exhibits all over the world.

However, there's a reason for the prolific creativity and drive to invent among Soviet students. Long ago, Soviet educators recognized that although creativity can't be taught, it is still possible to encourage it by creating conditions under which it can flourish.

Today, the conditions are there. Almost every one of the USSR's 892 colleges and universities now have societies or clubs for student inventors. Called student design bureaus, (SDB's), these clubs have a combined membership of more than 1,500,000 students.

The SDB's supply students with everything they need to pursue a project including materials, equipment and technical advisors, all of which is paid for by the state, not students.

At first glance the SDB's might appear to be an expensive and incongruous luxury in the Soviet system, but education officials have found that societies can pay their way.

"The outlays for student design bureaus are eventually recouped", says Georgy Nikolayev, dean of the Moscow Higher Technology School.

"In 1981 alone, says Nikolayev, "experts estimated the economic benefit gained from development work done by 513 of our students at about one million roubles (\$1.65 million CDN).

The fuel burn control valve mentioned above, was designed by students at the Industrial Institute, in Tyumen, Western Siberia. It is now saving a Siberian power plant \$165,000 a year as well as making the plant's emissions cleaner.

Soviet studies have found that students working on SDB projects not only get better marks in their studies, but upon graduating, their SDB experience often helps them land more responsible jobs.

"Our chief aim is to develop the students' research abilities", says Victor Kopylov, dean of the Industrial Institute in Tyumen, which has students working on 25 major projects such as laser technology, automated well drilling and designing cross-country vehicles.

"We want to stimulate their individual design ideas," says Kopylov. "We do this by letting them work on projects where they can work with their minds and with their hands."

Student work in the SDB's is done each day after regular classes end. Course curriculums require students to carry out original research work, but Soviet educators say that 80 per cent of the students do more research work than is required of them.

The reasons for this vary, of course, some students want the research experience to further their career goals and others have said they want to contribute something to the system.

"Frankly, I wanted to make some extra money," says MHTS's Anatoly Stepanenko. "Over a few months time, a friend and I worked in our SDB to fill an order from a medical institute and made more than \$2,000.

A student member of an SDB can normally make about \$200 a month, a nice addition to the regular stipend Soviet students receive from the state.

Soviet Student Design Bureaus are continuing to score successes winning design awards and even competing with state-owned companies for design contracts.

But perhaps what most pleases Soviet educators is the prestige their students are earning for their schools.

"In 1983, our students' designs won 24 medals at the national exhibition in Moscow," says MHTS's Nikolayev. "This has made us better known. We now get more than 10 applicants for each vacancy we have which in turn means we are attracting more talented people to our school."



Visitors to a student exhibition check out a new computer learning aid for teaching surveying which students at the Moscow Institute of Geodesy, Air Photography and Cartography developed.

**Picaro—What about deliberate anti-Politburo peace marches that go against official policy?**

**Zhdanovich**—I get your point. When you hear Dr. Dobrenkov and Dr. Pivavarov speak of what you have called official peace marches, you get suspicious. You then feel that something is wrong. A few individuals made known to you through your media who have separated themselves from Soviet policies in these matters, are proposing the same things as our policies themselves. That fact is not interesting news. What is news, is their often-heard proposals, but both proposals are the same. The Soviet Union has made certain steps in that direction such as demilitarization of space, the banning of nuclear weapons, freezing the arms race on a qualitative and quantitative basis to a same level for both parties. Any realistic thinking person would always support such ideas. Your media pays attention to a few dissidents while neglecting what is the genuine Soviet proposals.

**Picaro—Do you think war is inevitable?**

**Dobrenkov**—I don't think so. It depends on the activities of people from very different countries than ours to prevent the threat of nuclear war.

**Picaro—So you think it will be strictly conventional, non-nuclear, as opposed to a "clash" between superpowers?**

**Dobrenkov**—I believe in the reason of human beings. I am an optimistic man and believe in a beautiful future for mankind.

**Zhdanovich**—I could say I'm a pessimist but still agree with my colleague. We must not take a sometimes fatalistic approach that says all we can do is sit back and see what kind of a nuclear winter it will be. This is a step backward. Certain Presidents, who consider the possibility of limited nuclear war or even the possibility of winning a nuclear war set up a very dangerous situation.

**Picaro—USSR made the first positive step to reversing the arms race, what do you think would be the American response?**

**Zhdanovich**—We have already started negotiations. An American journalist from the Washington Post stationed in Moscow, had an interview with our leader Konstantin Chernenko. Mr. Chernenko said we are trying to improve relations with the U.S. and gave a number of proposals such as the ones we have already mentioned. We have heard the words of President Reagan, and his suggestions, but we believe not so much in words, but in deeds. We are working on a proposal right now against deployment of any outer-space weaponry.

**Picaro—So you are saying that President Reagan and the U.S. government are against those proposals?**

**Zhdanovich**—No, I'm not saying that. First the (U.S.) said they would consider, but then they said they were not interested. We have grown accustomed to such dialogue. We have been clear and realistic in this dialogue by publicly declaring not to be the first to strike and to be ready to continue this process of arms reduction. We are looking forward to hearing from, and negotiating with, the opposite side.

**Picaro—If the Americans extend their arsenal into near space, will you follow suit?**

**Zhdanovich**—The point is, we have been doing such a catching-up for more than 40 years. Our Minister for Foreign Affairs (Andrei Gromyko) has said that if this should occur, the Soviet Union would take appropriate measures to secure the stability in that area.

**Picaro—Do you then see the Americans as the aggressors?**

**Zhdanovich**—No, I'm not saying that America is an aggressive state. But for any state, a political security is often possible through military strength. In this time of heightened tension, both countries must work together to lower the threshold of nuclear war to the absolute bottom level, securing only a level of mutual defense. It's quite simple.

**Dobrenkov**—Our government has repeated the loud and clear message to all nations, that the Soviet Union does not wish to make the first strike and desires a mutual trust required to be able to reduce arms. We have made the steps, but are unable to see such steps from the USA.

**Picaro—As you have already mentioned, Peace is a major topic in your education system. You must agree that education is important in solving our present dilemma. We would at this point like to inquire about this aspect of the Soviet Union. What does tuition cost in the USSR?**

**Dobrenkov**—Our education system is absolutely free. Both school and university costs are nil. Our budget at my university for a year, including teachers salaries is one million rubles.

**Picaro—How much is a ruble?**

**Dobrenkov**—About one of your dollars. There are 28,000 students in Moscow State, and students can live one, two, or three per dormitory room, for three or four rubles a month.

**Picaro—Books are free also?**

**Dobrenkov**—Yes, also, the library at Moscow State is the largest in the Soviet Union, with about seven million volumes.

**Picaro—Could Canadian students attend Moscow State University if they wanted to?**

**Dobrenkov**—We very much would like that to be possible for more Canadian students. We have regular visits now from Canadian students studying Russian languages, for the past ten or so years. Now more than ever, we need mutual understanding. The universities of both Canada and the Soviet Union can serve as a good forum for such cooperation, with peace as their object.

**Picaro—While in the United States, things are worse, in Canada, our tuition is 90 percent government-subsidized and we still end up paying \$1500 a year. An apartment here costs at least \$300 a month. How do you react to that?**

**Dobrenkov**—It's very strange to us. I think it is an advantage that our state has developed historically this way. For us, it is difficult to understand that you have to pay so much to study.

**Picaro—Can anyone enroll in Soviet Universities?**

**Dobrenkov**—While not all young people want to go to university, those who do, have the opportunity provided they qualify. Keep in mind that we have about 8,000 high schools, and only 68 universities. I think there is about five million students in our country, I can't remember the exact figure. Not all who want to attend university are able. While our facilities are large, the student demand is even larger. So

we have a special examination on four subjects: Russian Language, History, a Foreign Language and Chemistry, depending on one's interest. For approximately every 6,000 applicants, 3,500 are accepted.

**Picaro—Once accepted are they free to choose whatever courses they wish?**

**Dobrenkov**—Yes, of course. A core program is laid out but the student can accent any interest and follow any path of study.

**Picaro—Upon graduating, do students owe anything back?**

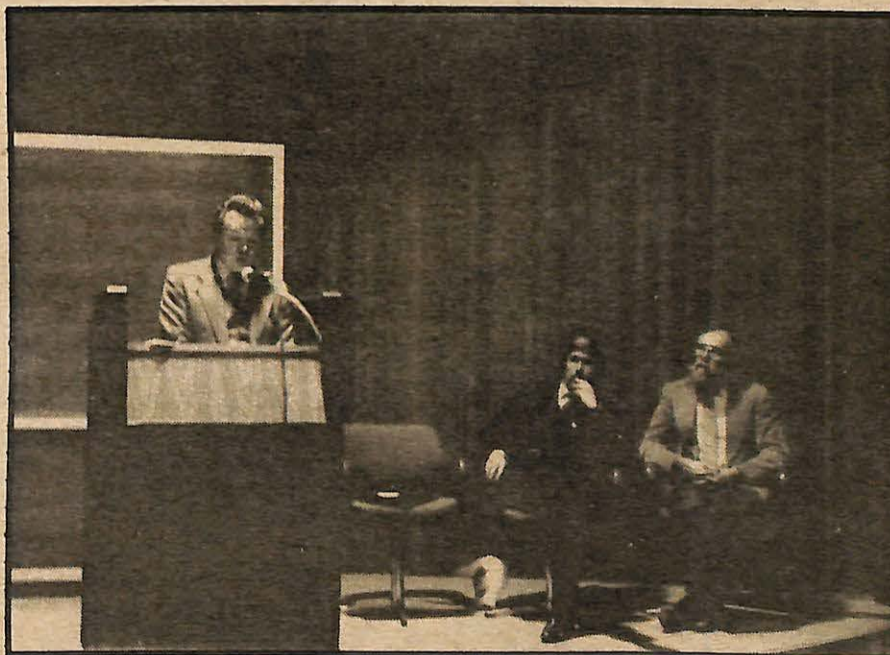
**Dobrenkov**—Students who do graduate must work for three years. There is an obligation to devote time in a position provided by the government. So, this is to balance the financial aid from the state and gives the opportunity to the students to have a guaranteed job. After this, the students can work anywhere.

**Picaro—Regarding North American culture, we are under the impression that it's largely kept out of your country—the books we read, our music, style of clothing etc. Is that true?**

**Zhdanovich**—Well, I would say that the exchange of culture is one of the basic processes of modern life. Culturally, we have been infiltrated, if I may say so in a positive way, by your culture. Similarly, traditional Russian culture has been received in the West as writers such as Chekhov, Dostoevsky, Tolstoy, and the Soviet ballet and hockey organizations. I think it's good to maintain such exchanges, for ideas get exchanged with them. I disagree, however with terminology that says there should be one cultural tradition for the whole world. Every state has its own traditions which should be preserved. For instance, Canada is a great country with a unique cultural history. Probably no Canadian wants that to be forgotten, or dispersed through an infiltration of another tradition.

**Picaro—One last question. In Canada, we have a very underrated problem of alcoholism, particularly among the youth, which is hush-hush or denied completely. Is there a similar problem in the Soviet Union?**

**Zhdanovich**—Yes, there is a problem as far as alcohol is concerned. We are trying, not only administratively, but through cinema, books and education, to follow positive examples. There are some articles in our press which criticize movies and theatrical projects which project drinking atmospheres. There is a national society which deals with the addiction problems to alcohol. You have a similar program. (Alcoholics Anonymous)



*Dr. V.I. Dobrenkov delivers his lecture "The Movement of Peace in the USSR", last Wednesday night. Seated (from L to R) are Vadim Zhdanovich and Dr. Larry Fisk, Associate Professor of Political Studies at the Mount.*

# Campus Comment



**Kellie Bishop, 1st year, Arts,** "Remembrance Day means a day to look back on the people who fought and helped our country to be better. A sad day."

Question: What does  
Remembrance  
Day mean to you?



**Jean-Marie MacKinnon, 3rd year, PR,** "Remembrance Day means *All Quiet On the Western Front*. My first reaction is to that book and Ron Glasberg's 20th Century History course."



**Craig Pearman, 2nd year, Science,** "Bringing back the feelings of those families that had relatives fighting in the war. I try to feel for those who suffered tragic losses."



**Marina Kleyn Van Willigan, 3rd year, PR,** "November 11th doesn't mean anything to me because in Holland, Remembrance is not until May. It commemorates the liberation of Holland after the Second World War."

**Celestine Shipley, Part-time,** "It's very emotional. When I was in France, there were beautiful ceremonies at the Arc de Triomphe. It was an emotional moment when you thought of all the things that happened: the disasters, pain, tragedy. There were people running away from Paris to where they could be safer. Some lost their children."

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## For Good Times This Week

- Wed., Nov. 7 Ladies' Nite—proceeds to United Way
  - Thurs., Nov. 8 Open as usual
  - Fri., Nov. 9 Open as usual
  - Tues., Nov. 13 Soup, sandwiches, coffee, tea—5 to 7 p.m.
- Monthy Python Nite at the Movies  
—Now for Something Different  
—Secret Policeman's Other Ball

- EVERY WEEK  
Prime Tyme  
Wednesdays  
9 to 10 p.m.  
Fridays  
3 to 5 p.m.  
Steak and Fries  
3:30 to 5 p.m.,  
Fridays \$2.99



## October's society of the month

The Debating Society, the Mount's smallest society, has been recognized as October's SOCIETY OF THE MONTH. On the weekend of Oct. 19 to 21, the MSVU Debating Society hosted the Atlantic Debating Championships. This very successful event included 18 teams from the Maritimes and Newfoundland, and represented many hours of organizing for Angela Dwyer and Robert Moffat. Congratulations to you both!

The "Society of the Month" program was implemented this year to recognize societies, groups, or campus clubs for their activities. The winning society is chosen by the Student Council Executive and will be featured in the **Picaro** each month.

by Angela Dwyer and Danielle Lavoie

Last year there was a very small but enthusiastic debating contingent that represented the Mount at local, national, and international tournaments. The Mount's debating club gives students the opportunity to improve their speaking skills, their articulation, their eloquence and their ability to structure arguments under pressure.

The 83-84 year began with a Novice Workshop at Dalhousie where newcomers were coached by world-class debaters. Jumping straight into a debate, nervous participants experienced the challenge of delivering a coherent and structured speech with only 10 minutes to prepare.

To gain experience, members of the society participated in two exhibition debates held at the Mount. The first was against Dalhousie, which was declared a tie, the second was against the University of Victoria (BC) which we won. These debates are not only valuable to debaters but they prove to spectators that debating is amusing and entertaining, not stuffy and overly intellectual as some people think.

Our exhibition debates helped us get ready to dive into "real" debates and we sent teams to five tournaments during the year. The most significant was the Atlantic Championships held at Acadia where the Mount was chosen to host the Atlantics this year. The Mount was pleased to accept.

We also sent teams to the Nationals held at Dalhousie and to the largest tournament in the world at McGill where debaters from around the world participated. High calibre debating goes without saying at both of these tournaments and our inexperienced team was inspired to perform at its maximum potential. It was definitely an exercise in concentration and creativity.

For those who wished to improve their French-speaking skills, there was the National French Tournament at the Royal Military College. The college also holds an International English Tournament which is renowned for its excellent organization, high calibre of debating, food, and entertainment. A formal dinner and dance with a jazz band was included in this fun-filled weekend and everyone was urged to have a great time. There was even a special "Rugby Award" for those who could stay up until the Champagne and Strawberry Breakfast. It was certainly a tournament to end the year with.

The Society had a challenging year in 83-84 and its members are optimistic about the future. They have indeed benefited from the communication skills they have acquired and encourage students from all disciplines to participate in this valuable activity. So why not join them and not only obtain some useful speaking skills but have a lot of fun as well? They would love to see you. For information call Angela at 445-5198 or come to a meeting of interested debaters Thurs., Nov 8, at 1:30 p.m. in Seton 331.

## Vinnies serves soup and sandwiches

by Shari Wall

Executive VP, Student Union

Have you ever been on campus at supper time and been unable to find something to eat? The next time you are looking for something nourishing drop by Vinnie's Pub between 5 and 7 p.m. Monday to Thursday.

Versa Foods will be serving soup, sandwiches, coffee and tea beginning Tues., Nov. 13 for the benefit of students, faculty, and staff who have night classes, meetings, work, or studying to do here in the evenings.

The part-time students association CAPUS, approached the Student Council earlier in the fall with the suggestion that Vinnie's could be made more useful

to the part-time students, it too would be served there. Teresa Francis and the Pub Committee approached Chef Rene of Versa Services, who was eager to help, and as a result a limited menu will be available in the Pub until Christmas on a trial basis. If the soup and sandwiches are successful, students can look forward to an extension of this service—so please drop by the Pub Monday to Thursday suppers to have a nutritious, inexpensive meal.

Student Council would like to thank CHEF RENE for making this possible and CAPUS for bringing this concern to their attention.

## Councillors speak out



Janet MacBeth  
Communications Officer  
4th year Bachelor of Public Relations

by Janet MacBeth

**OPEN FORUM:** Student Council will be hosting two (2) Open Forums on Fri., Nov. 16 in the Pub from 3:30 to 5 p.m. and Mon., Nov. 19 in one of the Auditoriums in Seton at 12 noon. This is the perfect opportunity for you to bring your concerns to Student Council.

**I.D.'s AGAIN:** I.D.'s will be taken Tues., Nov. 13, from 1 to 3 p.m. at the Student Union office, 4th floor Rosaria Centre. Proof of registration and age I.D.'s are required. Lost I.D.'s are replaced for a \$5 fee.

**CFS CONFERENCE:** Teresa Francis and Anne Hanrahan of the Student Council (President and External VP) are in Ottawa this week attending a Canadian Federation of Students Confer-

ence. Frank DeMont, Board of Governors Representative on Student Council, is also attending the same Conference as Nova Scotia's Board Representative for CFS Services.

**CHANGE MACHINE IN SETON:** A change machine will be installed in the Vending Machine Room, Seton, within a month.

**WOMEN'S WEEK:** Anne Hanrahan and Janet MacBeth are co-chairpersons of this year's Women's Week. International Women's Day is March 8, so it will be held during that week.

**OXFAM:** Student Council will be sponsoring an Oxfam Lecture Series here on campus. Time and locations will be announced.



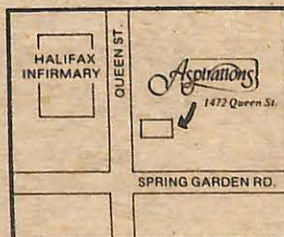
In residence life, Evaristus and Lourdes sponsored their 6th Annual TOGA last Friday night. With approximately 500 people in attendance it was a real blast and a good time was had by all.

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Fri. 9:00-5:00  
Sat. 10:00-4:00

*Appointments not always required.*

Neptune presents "Twelfth Night"

Neptune Theatre's production of **Twelfth Night** brings all the magic and rapturous comedy that Shakespeare can deliver to a stage.

Directed by Tom Kerr, this frolicsome comedy, written to celebrate a time of mid-winter revel will offer a huge cast of the most humorous and self-indulgent characters assembled! The madness and wonder of love are

presented in a memorable merry-go-round of Shakespearean convention. Shipwrecks, twins, and triangles, loveletters, disguises and duels echo the bittersweet music of the clown's songs.

Neptune Theatre's fresh approach to this production, moves the time of the story to the Edwardian Period. This change of period will be reflect-

ed not only in the costumes and decor but also in the musical interpretation of this, the most lyrical of Shakespeare's plays. A number of songs, from the collaborative pens of William Schwenk Gilbert and Arthur Seymour Sullivan will enliven the show. Their satirical and melodic style suits the comic complications and romantic entanglements of Shakespeare's time-

less masterpiece. Many of the dynamic musical talents currently performing in Cabaret, will be returning to sing these ever-popular gems.

Tickets are available for **Twelfth Night** at the Neptune Box Office (429-7070), the play opens Nov. 16 and runs until Dec. 9.

Halifax artist present video and new music works

On Thursdays at 8 in November the Centre for Arts Tapes is hosting a series of free evening presentations featuring recent work in both video and new music by Halifax artists. Each of the three programmes will consist of a screening of video tapes with the opportunity for discussion with the artists, followed by live and original music by a featured solo performer.

The Centre for Art Tapes is a non-profit community media resource, offering membership and production facilities as well as an on-going exhibitions schedule. It is located on the 3rd floor of the Alexandra Centre, 2156 Brunswick St., Halifax.

All video tapes in this series have been produced locally within the last year, some through the Centre's own production facilities. They incorporate a variety of poetic, narrative and formal concerns, as well as critical and documentary interests. The musical performers also exercise a range of ap-

proaches towards electronic and recording media.

On **Thurs., Nov. 8**, the video programme will consist of **Dinner** by Dean Brousseau, **Relative Activities** by Paula Fairfield and **Red** by Sara Newman and Carol Millet. This will be followed by . . . **Images of Sound** . . . a musical-theatre performance by Sandy Moore for traditional and electronic instruments with voice and tape. Sandy Moore is well known to Maritime audiences for his arranging, composing and performing, especially for dance and drama productions. On the 4 of Nov. this **Symphony No 1 Inner Landscapes** will be premiered by Halifax's Chebucto Orchestra at St. Mary's University.

On Thurs., Nov. 15, the concluding video programme **Suburban Stress** by Mark Verabioff, **Drift** by David Clark and **Doing Nothing With Somebody** by Micah Lexier will be presented. Original music will later be provided by Timothy Egan. As synthesizer and computer rhythm programmer, he has been a founding member of the innovative groups Agro, Tanz Function and most recently Staja Tanz, who appeared in concert and on LP as finalists in Q-104 FM's recent Homegrown Contest. This will be Tim Egan's first appearance as a solo artist.

Vinnie's Pub

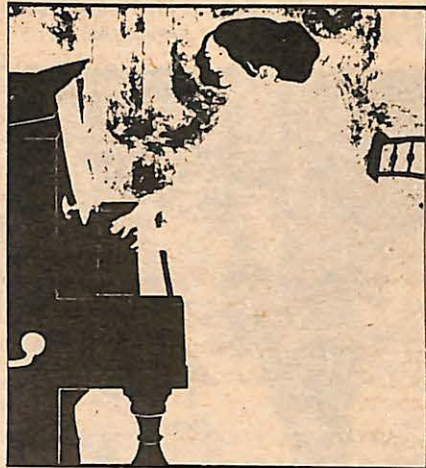


First prize for best costume at Vinnie's Halloween dance last Wednesday, was awarded to Jeannie McMaster, dressed as a tombstone.



Second prize winner was won by a student whose name is unknown to the Picaro.

Come and Sing

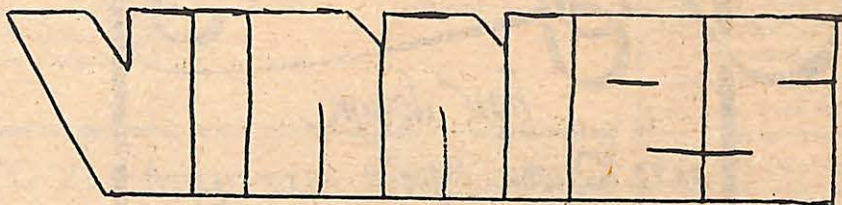


with the Saint Vincent Singers

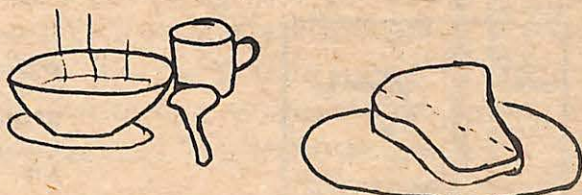
Thursday evenings  
7:30-9:30 p.m.  
Don MacNeil Room  
Rosaria Centre

All university students are invited to join

COMING SOON



PRESENTS SOUPS AND SANDWICHES  
ALSO STARRING COFFEE AND TEA  
OPENING NOVEMBER 13  
APPEARING MONDAY TO THURSDAY  
5 to 7 p.m.



Snoopy sneak preview

If you're not sure that a ticket to the musical "Snoopy!!!" would be a worthwhile investment, check out the special sneak preview, happening in the Art Gallery. It's this Thurs., Nov. 8 at noon—but we promise not to occupy more than about

15 minutes of your precious lunch hour. Best of all, it's FREE!!! We're sure you'll be convinced that the Peanuts gang is dedicated to providing you with more than your money's worth of fun!

"Cabaret" stars perform at Gala Evening

Victoria Snow and Maurice Godin, highly-acclaimed stars of Neptune Theatre's current smash hit "Cabaret", will be performing at a Gala Evening on Fri., Nov. 9, 9 p.m. at Queen Elizabeth High School Auditorium.

Walter Borden, whose one-man show "Tightrope Time" recently drew rave reviews in Halifax and at the Canadian Multicultural Festival in Newfoundland, will be there as well to perform one of his favorite numbers, "Viper's Drag" from the musical "Ain't Misbehavin'".

Local big-band leader John Alphonse will also be on hand. The show is in support of Entr'acte, a newly-formed Halifax theatre company.

Entr'acte is planning a six-play season of workshop productions, to provide practical experience for serious amateurs and professional performers.

Tickets are \$10 each or \$15 a couple, and are available at Lawley's Music Stand in the Halifax Shopping Centre, Phinneys Limited on Barrington Street, or by phoning 455-9063 for reservations.

# National Fish and Seafood Month

Fish and Seafood Month will be the highlight of the Fisheries Department's intensive year-round multi-media campaign to promote fish consumption in Canada.

The first phase of the \$7.2 million five-year generic campaign to increase consumer interest in fish consumption got off to a fast start last January. The Department's highly visible television advertising program, based on the theme, "Today's Dish is Fish", comprised lively 30-second spots depicting fish and seafood products as part of contemporary lifestyles. Ads for radio, consumer and trade magazines were also included in pushes to reach consumers.

Under the theme "Canada's Seafood Heritage—Then and Now", the Picaro will help promote Fish and Seafood Month by featuring a number of mouth-watering seafood recipes during the month of November.



Cut fillets in 2 cm (1 inch) pieces. Drain crab and shrimp well. Set aside. Sauté onion in butter until translucent. Blend in flour, salt, dill and cayenne. Pour in milk, cook and stir until thick and smooth. Add fish and simmer gently, about 5 min. Add shrimp, crab and parsley. Mix well. Pour into a greased shallow baking dish. Spread mashed potatoes evenly over mixture, smooth top and form an attractive pattern. Bake in the middle of the oven at 200°C (400°F) 20 min or until top is golden brown. Slide under the broiler to give a deeper color.

## England

Cal/serving: 276 to 336

Preparation time: 25 min

Cooking time: 30 min

## Fish Pie

Makes 6 servings.

\*Haddock, Boston bluefish, cod, turbot.

1 package 350 g (1 package 12.3 oz.) fish fillets fresh or thawed\*

1 package 200 g (1 package 6 oz) crabmeat, thawed

1 package 200 g (1 package 6 oz) shrimp, cooked, peeled, thawed

500 mL (2 cups) seasoned mashed potatoes

50 mL (1/4 cup) butter

2 medium onions, thinly sliced

50 mL (1/4 cup) flour

2 mL (1/2 tsp) salt

1 mL (1/4 tsp) dill weed

Dash of cayenne

300 mL (1 1/4 cups) milk

50 mL (1/4 cup) finely chopped parsley

## France

Cal/serving: 372

Preparation time: 15 min

Cooking time: 45 min

## Lobster Mousseline with Cream Sauce

Makes 6 servings.

1 can 320g (1 can 11.3 oz) lobster meat, thawed

3 mL (1/2 tsp) salt

1 mL (1/4 tsp) pepper

1 egg

1 egg white

500 mL (2 cups) whipping cream

125 mL (1/2 cup) dry white wine

2 shallots or green onions, finely chopped

Beat lobster meat, salt and pepper in a blender. Add egg and egg white and beat 1 min. Refrigerate 30 min. Add 250 mL (1 cup) whipping cream in the blender and beat 1 min. Fill a well-greased 1 L (4 cup) mold. Cover and oven steam at 180°C (350°F) 45 min. In the meantime, simmer wine and shallots, uncovered to reduce to 75 mL (1/3 cup). Add remaining cream and simmer 5 min. Unmold the mousseline into a shallow baking dish; pour sauce over top. Bake at 230°C (450°F) 10 min. Serve.

## Awards for full-time and part-time students

### MERIT SCHOLARSHIP

Tuition credits for three units of course work completed in one calendar year. Part-time students currently enrolled in an undergraduate degree program at Mount Saint Vincent University may apply for Scholarship assistance under the Part-Time Students Merit Scholarship Program. Applications for 1985-86 Awards are available at the Financial Aid Office and the Registrar's Office. **Deadline for applications is May 15, 1985.**

### ALICE EGAN HAGEN MEMORIAL SCHOLARSHIP: Value \$500

Awarded annually to a woman who has been admitted to Mount Saint Vincent University under the Mature Student Matriculation clause with intent to pursue a full diploma or degree program. Must have completed two full units of course work at Mount Saint Vincent University and who demonstrates scholastic achievement in addition to a contribution to Church and community. Applications for 1985-86 available at the Financial Aid Office and the Registrar's Office (full and part-time students may apply). **Deadline for applications May 30, 1985.**

### LESLIE V. SANSON CONTINUING EDUCATION SCHOLARSHIP: Value \$700-\$1000

Awarded to a woman who has come to Mount Saint Vincent University for purposes of career development and who has a plan to re-enter the work force upon completion of her studies and whose involvements demonstrate a concern for current social issues. (Available to full and part-time students.) Applications for 1985-86 are available at the Financial Aid Office and the Registrar's Office. **Deadline for applications is August 15, 1985.**

### MOUNT SAINT VINCENT ALUMNAE ASSOCIATION CONTINUING EDUCATION SCHOLARSHIP: Value \$250

Awarded to a woman over 30 years of age enrolled in any program except education. Award is based on involvement in student and community organizations and class participation. Must have average of 70%. **Applications available at Alumnae Office until March 1, 1985.**

### DOROTHY NEATH SCHOLARSHIP: Value \$500

Awarded annually to a woman over 30 years of age who is enrolled in a degree program, full-time or part-time and who meets the usual scholarship. For more information contact the Registrar's Office.

### CAMPUS ASSOCIATION OF PART-TIME UNIVERSITY STUDENTS BURSARY

Value: a credit voucher for the value of one full unit course. Awarded to a part-time student who has already completed five units of credit in a degree program. **Applications are available for 1985-86 to March 31, 1985 at the Financial Aid Office, Office of Continuing Education and Registrar's Office.**

### CANADA STUDENT LOANS FOR PART-TIME STUDENTS

See Financial Aid Office, Room 119 Rosaria for further information and applications.

### TERRY FOX HUMANITARIAN AWARD PROGRAM: \$3000

Based on demonstration of highest ideals and qualities of citizenship and humanitarian service while in pursuit of excellence in their academic amateur sport, fitness, health, community service and related endeavours. Applications available at the Financial Aid Office, Rosaria 119. **Deadline February 1, 1985.**

### YOUNG CANADIAN RESEARCHER'S AWARDS

Fellowships for research on third world issues. Candidates must be Canadian citizens or landed immigrants. Applications available at the Financial Aid Office. **Deadline January, 1985.**

### COMMONWEALTH FOUNDATION TRAVEL BURSARIES:

#### Administered by CUSO

Four bursaries available annually (\$4000) given to defray costs for travel, subsistence for the duration of stay abroad for professionals working in development programs in third world countries. **Deadline is August 31 each year. More information at Financial Aid Office.**

### ASSOCIATION OF UNIVERSITY AND COLLEGES OF CANADA

Fellowships available for research and study at the post-graduate level in Belgium, Yugoslavia, Spain, China, Finland, Denmark, Germany, Hungary, Mexico, Netherlands, France, Portugal, Norway, Austria. More information at Financial Aid Office.

### CANADIAN FEDERATION OF UNIVERSITY WOMENS AWARD

**Deadline is December 15 of each year. Must be Canadian Citizen or landed immigrant. Various fellowships for women university graduates:**

#### MARGARET MCWILLIAMS PRE-DOCTORAL FELLOWSHIP: \$5,500

One awarded. Masters degree or equivalent, study well advanced (at least one year into doctoral program). May be studying abroad.

#### PROFESSIONAL FELLOWSHIP: \$4,000

One awarded. Bachelors degree or equivalent. Intention to pursue graduate work at a recognized professional school leading to practice of a profession.

#### ALICE E. WILSON GRANTS: \$700

At least six awarded annually. Purpose to assist women doing REFRESHER work SPECIALIZED STUDY OR RETRAINING in new techniques applicable to their field. Special consideration given to candidates returning after a few years.

#### MARGARET DALE PHILLIP AWARD: \$700

One awarded by Kitchener Waterloo Club. Bachelors degree required. Canadian resident beginning or continuing studies leading to an advanced degree in humanities or social sciences. Special consideration given to candidates specializing in Canadian History.

### PETRO CANADA GRADUATE RESEARCH AWARDS: ADMINISTERED BY AUCC

Up to \$10,000 for academic excellence at the graduate level featuring research in the following fields—Science, Engineering, Social Science, Business Administration. Support to encourage graduate research in the fields of study relating to petroleum industry.

### PILLSBURY UNDERGRADUATE SCHOLARSHIP PROGRAM: Approx. \$1200

Limited to students in second year of study in Business, Commerce, Food Sciences and Agricultural Science. Four awards annually. For more information contact the Financial Aid Office.

### SOROPTOMIST INTERNATIONAL AWARDS

\$1500 grants to women either registered in a graduate program of studies or accepted for the final year of a four-year undergraduate program in fields which will lead them to working directly with other women to improve the quality of life of those women. For more information contact the Financial Aid Office. **Deadline for applications December 15, 1984.**

# Soccer season ends

The MSVU Women's Soccer team ended a strong season, 4-2-2 last Saturday by losing to University College of Cape Breton 3-2 at the Provincial Championships held in Truro.

The first half of the semi-finals saw the Capers with two quick goals giving them a lead that the Mount could not catch up to. Scorers for the Mount were Kathy Naugler and Lisa Courtney.

The Capers went on to capture the top spot beating Nova Scotia Teacher's College 3-2 on Sunday.

The Mount's Naugler and Janis Croft were selected to be on the All Conference team. (This is a team picked by the coaches, composed of the stars of the league.)



# Sports Programs

## Aerobics special

The Athletics/Recreation Office is offering an aerobics special for students. If you sign up now for aerobics next term, you can attend the remainder of the aerobic classes in November. The cost is only \$25.00 for a term of fun and fitness.

As an incentive to start aerobic classes, come and have a **fitness assessment** done. The fee for the assessment is \$5.00 for all participants in the aerobics classes. For others the fee is \$10.00. The assessment will tell you your fitness level.

## Booster Night:

Reserve the evening of Wed., Nov. 28. It is the first home game of the Women's Basketball team. They are playing against King's. It will be a night of fun, action, and entertainment, complete with door prizes. Come out to Booster night at 7 p.m. and cheer on the home team!

## Musical Enthusiasts

If you play a musical instrument, we need YOU! We would like you to help with home games of the intercollegiate teams. If you are interested, come to the Athletics/Recreation Office and see June.

## Fun Run

Sponsor money collected to date is \$629.00. From registration, money received was \$500.00. Half of the money collected is donated to Adsum House, a home for transient women. The other half goes to the Athletics/Recreation Office. All participants are asked to return their sponsor sheets and money as soon as possible.

## Running club

The Mount's recreational running club got off to a good start two weeks ago. A good number of interested people turned out for the first session.

The goal of the club is to group runners together who are at the same fitness level. Whether you are a beginner or an advanced runner you will fit right in. Beginners can run with other beginners while more advanced runners can venture off with other advanced runners.

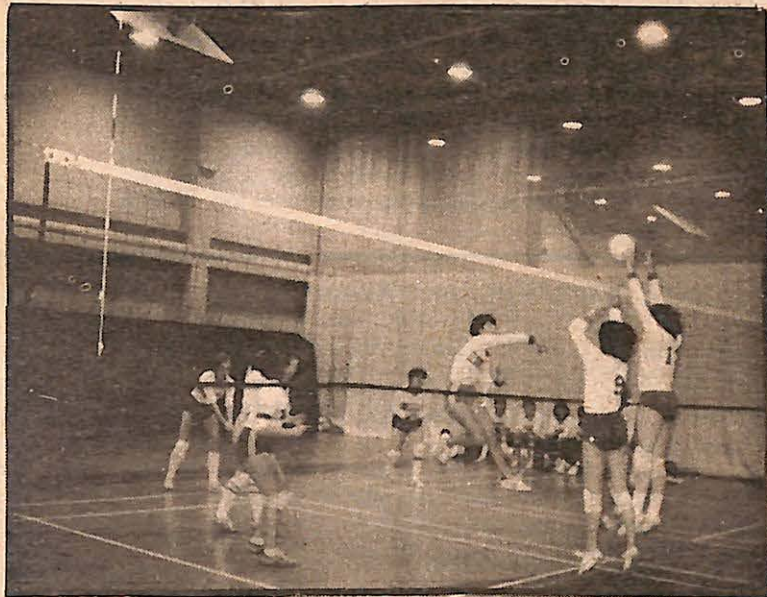
Meeting times have been changed to **Monday, Wednesday and Friday** from 3-4 p.m. in hopes of getting a better turnout. Please come and join us for fun on the run.

## Ski workshop

Imagine rolling down a crusty, snow-covered hill on a cold winter's morning. Picture yourself wrapped in warm woolen clothing and slickly gliding over a field.

The Dalhousie Alumni Association envisions that too; it is sponsoring both an Alpine and a Cross Country Ski workshop. Mickey Hindlet from the Canadian Ski Patrol will instruct the Alpine workshop Wed., Nov. 7. The Cross Country session will be Nov. 8 with Ike Whitehead from the N.S. Cross Country Ski Association.

Both sessions will be at the Dalplex, room 206, 7 - 9 p.m. There are ten dollar fees for each event and limited registration. You can register at the DAL Alumni Office, 6250 South Street, or call 424-3372/424-2071.



## Mystic Volleyball 1984-85

Joyce Ledwidge unleashes a powerful spike to help the Mystics beat UNB St. John in the last game. Village Gate, a senior A women's team were undefeated in a four-match sweep. The Mount Mystics were 3 and 1 losing only to the tournament winners. Mystics' volleyball comes next to the Mount on Thurs., Nov. 30 against NSTC. Come out and cheer the Mystics on to victory.



# Athletics/Recreation schedule

## Special Guests

On Nov. 23-24, the Mount will be hosting the Double A High School Provincial Volleyball Championships. The teams have not been decided yet, but keep an eye open and come and cheer on your alma mater.

## Intramurals

**WINNER** of the four-week Volleyball competition was the combination team of Vincent Hall, Birches 4, and Off-Campus people. Take note: Nov. 19 will be a **SPECIAL** day of fun with low-organized games, and school yard games. Come out and have some fun. **EVERYONE** is welcome.

## Men's Basketball

The Mount's male Basketball team start their league play on Sun., Nov. 18.

## Women's Basketball

The Basketball team starts their league play on Nov. 14 at King's at 7:30 p.m.

## Women's Volleyball

The Volleyball team begins their season with a tournament in Cape Breton on Nov. 15, 16 and 17. MSVU will be playing against the Coast Guard College and UCCB.

## Badminton

The Badminton team will be playing in their first tournament on Nov. 24 at the Nova Scotia Agricultural College, 10 a.m.

## Gymnastics Club

Will be flipping, jumping and balancing every Monday at 2:30 p.m. in the Gym.

# Notes from the nutritionist

## Alcohol and your body

by Jill Smith

Alcohol—where does it fit in your food pattern? Does it have any nutritional benefits or negatives that could influence if or what you drink?

The alcohol molecule is small and moves easily into the blood system. It stays there until it is metabolized by the liver. In order to do this, certain enzymes must be present. These enzymes are made of protein vitamins and minerals. You must have a good diet to ensure that no damage is done to your liver by the alcohol. Furthermore you need more B vitamins in your diet if you are consuming alcohol.

The calories in alcohol, both beer and liquor can cause you to gain weight. If you are not gaining weight, these calories could replace some of the foods necessary to keep the body healthy.

If you are drinking 8 oz. of liquor or 7 bottles of beer a day, you are addicted to alcohol. Alcoholism causes major problems with your body, especially your brain and liver. If you are having a few drinks every day, stop for three days and make sure you are not addicted.

If you want to limit your alcohol intake in a social situation, try some of these hints. Have a tomato juice that is spiced without adding the vodka (a Bloody Mary with no alcohol) or mix fruit juice with club soda to give you a fruit spritz. When you are having alcohol, mix the wine with soda, the hard liquor with diet pop or drink light beer.

Some calorie levels of alcoholic beverages are:

12 oz light beer	99 calories
12 oz beer	150 calories
1 1/2 oz hard liquor	117 calories
3 1/2 oz dessert (sweet) wine	137 calories
3 1/2 oz table (dry) wine	85 calories

Alcohol—will you have a drink? Now that you have the facts, only you can make that decision.



# Fitness tips

## Move to lose

by Lynn Kazamel

Aerobic activity is a great way to exercise away your calories. If you maintain your calorie intake and increase your aerobic activity, you will burn off more calories than you eat. In time, this will result in a decrease in your weight and a decrease in your percent body fat. However, if you increase your food intake and decrease your aerobic activity, you will not lose weight, and you may not even decrease your percent body fat.

Did you know to lose one pound you must expend 3,500 kilocalories. Let's take a look at how aerobic exercise helps you to reach your goals for the typical 150 pound individual, if they ran for one minute they would use 13.2 calories. If you swam for one minute you would use 8.1 calories, bicycling for one minute uses 6.35 calories, walking for one minutes uses 3.8 calories and aerobics for one minute uses 6.6 calories.



**JUST REMEMBER, YOU'VE GOT TO MOVE IT TO LOSE IT!!**



# Get Moving!

Athletics / Recreation Program