

THE PICARO



MOUNT SAINT VINCENT UNIVERSITY STUDENT NEWSPAPER

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Halifax, Nova Scotia

Media watch on the look-out

by Sharon Maclean

Margaret Ashburn, Prince Edward Island media watch representative, discussed the issue of media abuse against women and children, Mar. 25 in the Seton Academic Centre.

Media Watch is a national women's organization that was founded in 1981. It is dedicated to improving the portrayal of women and girls in the media, by eliminating sexist and pornographic images which appear in magazines, newspapers and on television.

During her discussion, Ashburn showed a video cassette entitled "Media Watch: Images of Women" which displayed clips of advertisements, television shows and pornographic

movies that portray sexist images.

"I like to use the 'Dallas' women as an example," said Ashburn, "How many fat, old women do you see on T.V.? You don't even see people with red hair; they're either blondes or brunettes and are always slim, gorgeous creatures."

Ashburn believes the media portrays the stereotypic message that "a woman's place is in the home". They perform child care and household tasks that are trivial, she said.

In pornographic films, women are beaten and chained "and of course they love it", said Ashburn.

Media Watch has a national board of directors and a repre-

sentative from each province. Currently in Nova Scotia however, there is no Media Watch representative.

"My purpose is to find people who would be interested in this type of activity," Ashburn said. "Somebody has to be designated to be the Nova Scotia representative."

A Media Watch representative is essentially a volunteer position with a two hundred dollar monthly expense account.

"We need people that can commit themselves for one year and will work with an already formed group or get a group going," said Ashburn.

A representative will speak to special interest groups, attend workshops, co-ordinate and

monitor programs and provide a complaint channel for concerned women.

With more volunteers and the expansion of Media Watch, Ashburn hopes that women in today's society will be portrayed more positively in the media.

Anyone interested in being a Media Watch representative for Nova Scotia or a volunteer within the group can contact:

Media Watch
P.O. Box 912
Charlottetown, P.E.I.
C1A 7L9

Sac may be declared smoking-free zone

by Lori Howlett

Enjoying a cigarette with your coffee in the Sacateria may soon be a thing of the past. Student Council recently discussed turning the Sacateria into a non-smoking area.

"Some people who like a cigarette while eating may object," said David Cushing, off-campus representative, "but I think they will be a minority."

Health and Welfare Canada documents that smoking contaminates the air with carbon monoxide and other noxious

chemical pollutants which can cause eye or throat irritation.

"Everybody bases their argument on the fact that smokers have rights too," said Michelle Cormier, a third-year public relations student and a smoker, "but there's only one air and once it's contaminated, the rights of the non-smoker are taken away."

The lack of a proper ventilation system in the windowless cafeteria is a concern of many students who use the Sacateria on a regular basis. "If

there was a proper system installed, the smoke wouldn't be such a problem," said David MacNeil, a student and occasional smoker.

The final decision of the proposed smoking ban rests with Versa Foods, whose representatives have yet to be approached by Council on the subject. "This is the first I have heard of it," said Chef René, head chef at the Mount, in a telephone interview. "I think it would be pretty hard to do."



A 17,000 dollar cheque, the student union's annual contribution to Project One, is signed by Teresa Francis, student union president, as university President Margaret Fulton, Student Union Treasurer and Executive Vice-President elect Anne Marie Coolen, and President elect Shari Wall look on.

Canadian professors to reach ripe old ages while still teaching

MONTREAL (CUP)—By the year 2005, the average university professor will be well into his or her sixties and rounding out a 30 or 40 year teaching career.

There is no compulsory retirement age for university teachers in Québec or Manitoba, and on April 17, when Canada's Charter of Rights and Freedoms comes into force, professors in all provinces might not be obliged to retire.

"It's a law that's pertinent to universities because university professors tend to want to go on

whereas others leap at the opportunity of going on retirement," said John Hill, president of Concordia University's faculty association.

In New Brunswick, a case involving a University of New Brunswick professor over whether the provincial human rights code prohibits mandatory retirement is now before the courts. The professor is arguing that a clause in the code forbidding age discrimination outlaws the practice of removing elderly professors.

The Charter's effect on compulsory retirement will also be decided by court cases launched after April 17. But according to the Canadian Association of University Teachers, the results may not be known for up to a year.

In the late 60s and early 70s, nearly every university and college in North America hired a huge glut of professors. To meet the educational demands of the baby boomers, a whole generation of post-graduate students were lifted from the library or lab and installed in the ivory towers. Here they stay, happily ensconced and cosily tenured for the remainder of the century.

Universities are now worried that hiring freezes caused by the declining population and funding cutbacks will keep new talent out of universities and cause intellectual stagnation.

"You are effectively throwing out huge piles of talent," said McGill sociology professor Richard Hamilton. "It either goes to the private sector or it's just wasted."

Hamilton said students will inevitably begin to steer away from graduate and post-graduate work unless it is directly job-related.

"All universities are worried about the stagnation that might set in as professors grow older," said Sheila Sheldon-Collyer, McGill University secretary of senate.

McGill recently allotted money to the physics department to hire two additional professors, to add some fresh blood to a department which had not hired a professor in 15 years.

Hamilton said the best policy would be "continuous small quantity of hiring every single

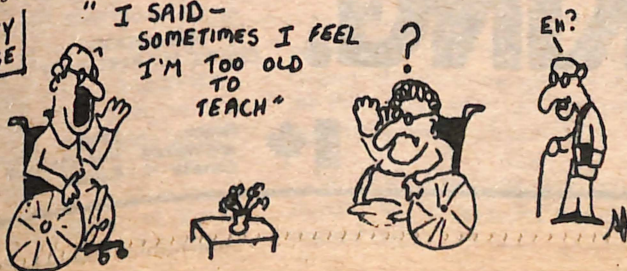
year." But there is little new hiring, insignificant turnover and no money to encourage either of these.

As it stands, come the early 21st century, the professors will retire en masse and the whole cycle will begin once again. A massive wave of hiring will be followed by a hiring freeze, and eventually mass retirement again.

"I don't see there's any way to avoid it," said Sheldon-Collyer. "It's a difficult situation, especially when you're broke."

At McGill, some attractive early retirement packages have been worked out to cut down on elderly scholars, but their effect has been minimal. Fellowship programs have also been established to lure new professors into the fold now, but again with limited success.

FACULTY LOUNGE



Alumnae notes

The alumnae would like wish all students the best of luck in upcoming examinations. And for those who'd like a little physical (as opposed to mental) activity, volunteers are needed to help decorate for the grad ball on May 4. This is a treat for the senior class, and they shouldn't have to do the work! Anyone who's going to be free at that time should get in touch with Dilly MacFarlane in the Alum-

nae Office, or just show up in the multi-purpose room in Rosaria on the afternoon of the fourth.

Other activities planned for grad week are the selling of the time capsule, the tree planting ceremony, and the post-ceremony "planters punch". The alumnae are also hosting the reception after the Baccalaureate Mass on May 9, for graduates, families and friends.

Marillac celebrates end of year

Are you among the countless Mount students who have been stroking your chin all year long, wondering whether your French could get you past the door of Marillac's Café Français?

Hesitate no more! Marillac's Café caters to all levels of French. Among our motely group of residents are those that can strike up a conversation with any beginner about the en-

gaging drama of Pierre and Mireille, as well as those that can hold their own in any repartée.

Wed., April 3 from 2-4 p.m., Marillac opens the door to its Café Français to celebrate the end of this academic year in style. Why not join us over a cup of coffee and your choice of homemade delicacies? You'll be glad you did.

Mount Staff get happy

The next Mount community happy hour is scheduled for April 12 where a number of faculty and other university staff members will perform as a band.

Friday, once a month, from 4 p.m. - 6 p.m. staff members gather in the Don McNeil room in Rosaria Hall for hors d'oeuvres and cheese and crack-

ers. A cash bar set up and musically-inclined staff members provide entertainment.

This event is not restricted to faculty members. It is designed so that all faculty, administration and maintenance staff will get to know each other. Dr. MacDonald said, "it's all part of promoting the Mount spirit."

Dal Art Gallery

The Dalhousie Art Gallery invites you and your friends to the opening of **Brian Porter: Paintings and Drawings and 20th Century European Sculpture** Thurs., 28 Mar. at 8 p.m.

Mr. Lawrence R. Hines, Public Affairs Manager of Maritime Tel & Tel will officially open the exhibition.

Brian Porter will be present; refreshments will be served; at the Dalhousie Art Gallery, Dalhousie Arts Centre, 6101 University Avenue, Halifax, Nova Scotia. (902) 424-2403

Lewis speaks

Stephen Lewis, Canadian Ambassador and Permanent Representative to the United Nations will be the guest of honour and keynote speaker at a fund raising dinner to be held Thurs., Mar. 28, 1985, McInnis Room, Student Union Building, Dalhousie University.

Court series

Understanding the Law, a four part series sponsored by Dartmouth Regional Library and the Public Legal Education Society of Nova Scotia, begins with **An Introduction to the Court System** at the Woodlawn Mall Branch Library, Dartmouth, N.S. 7:30 p.m., Thurs., April 4.

Lawyer Ray Wagner, who practices in the area of criminal and civil litigation, will explain the different courts of Nova Sco-

tia and the types of cases heard in them.

Magistrates Court or County Court, judge or jury, where a case will be heard and who renders a verdict, are all part of this information session which is free of charge and open to the public.

For further information please call 421-2312.

Annual Meeting

The Health Coalition of Nova Scotia will be holding its annual meeting on Sat., Mar. 30 from 8 a.m. - 4 p.m. At the Labour Temple on Kempt Road. The theme for the meeting is "Home Care: Existing Models—Future Directions".

Jean Hughes, president of the Nurses Association of Nova Scotia will be the guest speaker presenting information on the home care model developed by the association. This presentation will be followed by comments regarding the state of Home Care Services in Nova Scotia from a panel of consumers and professionals.

For further information please call Paul O'Hara 429-2560.

Passover Sedars

Members of the Shaar Shalom Synagogue would be pleased to have out-of-town Jewish students from the Halifax colleges and universities as guests at their homes for Passover sedars. If you would like to attend a sedar, please call Richard W. at 424-2244 or 423-3331.

Dance workshop

The Halifax Dance Association is presently a dance workshop under the direction of internationally acclaimed choreographer and instructor, Eric Emmanuele, Sun., Mar. 31, 1985.

Included in Emmanuele's professional achievements is choreographic work for Irene Cara, The Pointer Sisters, and The Police. He was coach and choreographer for German skate champions Norbert Schramm and Manuela Rubens. He has also taught tap dancing in Germany and Canada.

For more information on the workshop series, call the Halifax Dance Association at 422-2006.

Hair demonstration

Spring Hairdos—What's Right For You? will be demonstrated at the Woodlawn Mall Branch of the Dartmouth Regional Library at 10 a.m. Tues., April 2.

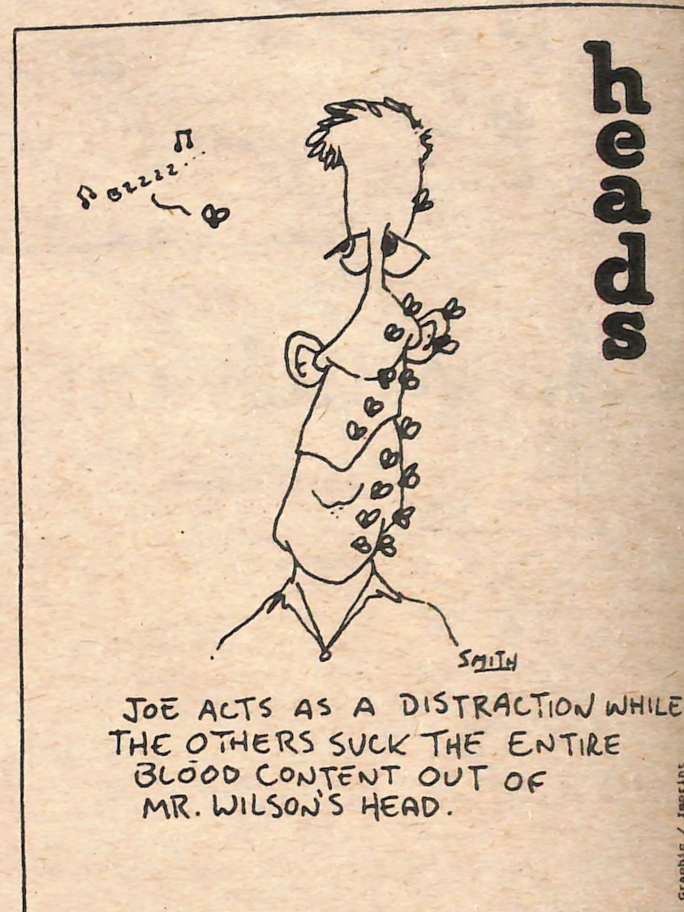
What the Butler saw

From Mar. 29-31, the Dalhousie Drama Society will show you **What the Butler Saw**. This two-act comedy will be presented in the McInnes Room of the Dalhousie, S.U.B. beginning at 8:00 p.m. Tickets, to be bought at the door, will be three

dollars for students and senior citizens and four dollars regular. Join us for refreshments before and after the play on both Fri., Mar. 29 and Sat., Mar. 30, beginning at 7 p.m.

Summer residence

Summer Residence Applications are now available at the Housing Office, Rosaria 119.



Dialogue on drinking
Think about it. Talk about it.
Take action.

TAKE ACTION ON OVER-DRINKING.

"I like the taste of a cold beer on a hot day, but I certainly don't think you have to get the gang together with a couple of cases of beer just to celebrate the fact you've had a bit of exercise."

JOHN WOOD
OLYMPIC SILVER MEDALLIST

Canada



Health
and Welfare
Canada

Santé et
Bien-être social
Canada

Local designers debut Spring fashions

by Kimberley Tavener

Fashion '85, sponsored by the Mount Saint Vincent Home Economics Society, did not leave viewers disappointed.

This year's sixth annual show, held March 21, introduced the latest in spring and summer fashions by local designers and student designers from the Mount. Nova Scotian designers included Susan Rainsford, Catherine Arseneault Toth of CAT Designs, Lori Ashton of Serendipity Designs, Hilda deWeever, Barbara Dykens, Philip Drake and Judy Johnston of Ambience Ltd.

Fashion '85 featured styles which cater to the needs of most women. For those wanting a professional look there were designs in woven cottons, linens and knits offering simple, classic lines yet with a flare for the modern woman. Color combinations included browns, greens,

ivory and oatmeal.

For those wanting something feminine and light-weight during the peak summer season there were loose fitting short sets, dresses and lounge wear in flattering pastels of lilac, peach, mint and crisp whites.

Also to brighten those dull days, the spring and summer line offered casual outfits styled in exciting graffiti patterns of bright, bold colors.

The latest in evening wear was also presented in elegant sophisticated styles of taffeta, silk and satin. Included in the show were wedding gowns for the June bride as well as an attractive line of lingerie.

Student designers from the university were Tracy Gorman, Djurdjica Grcic, Inez Hyson, Suzanne McGibbon, Mary McKervill, Martina Murphy.

The clothing presented by the

students were unique in style, yet complimented today's fashion look. They included original sweater designs, casual apparel and simple, yet elegant, evening wear.

The evening fashions were complimented by male models wearing the latest styles in men's clothing provided by Tuxedo Palace and Renaissance.

The entire production of Fashion '85 was handled by Mount students including the models and Robyn Freill, the commentator. The music for the show was well chosen and the performance of the models was on a professional level.

1985 brings with it new fashions, new looks and once again the Home Economics Society should be congratulated for a fine show.



Wedding gowns for the June bride were one of the features of Fashion '85, held in the MPR on Thurs., Mar. 21.

Co-op fee covers costs

by C. MacIntyre

Co-op students finding their own jobs are now required to pay a co-op fee equivalent to a half-credit course. In past years students were not charged a fee.

Some co-op students are confused about where fee money is spent and that they should not be charged a fee for finding their own job.

Ivan Blake, coordinator of the co-op department, said that students must be informed that the fee is not just a job placement fee. The money goes into a gen-

eral university fund, not directly to the co-op department. It helps pay a wide variety of co-op expenses, such as administrative tasks and orientation procedures.

Full-time student enrollment determines the amount of government grants the university receives. Students on work terms are not included in the enrollment if they are only registered for 2 1/2 credits for the academic year. The government will only consider them part-time students when determining

grant awards. If students pay a co-op fee for a full or half-credit course, they can be considered full-time students and included in the university enrollment figures.

Students who acquire their own jobs for any of the three work terms will have to pay this fee. Revisions ensure that co-op expenses are covered.

Versa dishes out salmonella

TORONTO (CUP)—The luscious pastries and scrumptious crab crêpes served at a University College dinner party Mar. 3 contained a little something extra. Twenty students who ingested the Versa Foods delicacies spent 3 to 4 days suffering from severe nausea, vomiting and faintness.

One student, Nadine Gorsky, suffered from such a severe case of food poisoning she collapsed in residence and was sent to hospital.

Despite overwhelming evidence to the contrary, Versa Foods spokesperson Peter Malchow insists students all had "stomach flu".

When confronted Mar. 5 by sick and angry students saying they had food poisoning, Malchow said: "I think it's the flu. Don't make an accusation like that. You'd have gotten it right away if it was food poisoning."

According to the Toronto Hospital for Sick Children, salmonella bacteria poisoning symptoms show up 24 to 48 hours after tainted food is ingested. A senior employee of Versa Foods, who asked that her name

CAFETERIA



not be used, says the frozen crab meat was to blame because it was improperly prepared. "It was left out too long," she said.

The employee also revealed there had been a major malfunction in the cafeteria's food freezers a few weeks ago and some food thawed out. Despite assurances by Versa Foods management that spoiled food was thrown out, employees insist most food was re-frozen and served to students.

No inquiry into the incident is planned and if there was any chance of relocating and testing the food that caused the poisoning, the chance is gone.

As one employee candidly stated: "We've been serving it to you for weeks".



"What was that? Wear the stockings over the head?"

Podium

This is not America

We listen to the American Top 40, wear American designer jeans, go to "the States" on vacation, and dance to tunes like "Born in the U.S.A." and "Kids in America". We certainly hunger for "American Pie". We love the glitz and glamour of New York and the stars of Hollywood. Even our knowledge of the United States is better than that about Canada. Of course Trivial Pursuit and the majority of text books spout American facts and figures. In fact if it weren't for the 49th parallel we wouldn't be a bit different, would we?

Our own federal government is not helping the cause of those of us who resent being bombarded by Americana and take pride in being Canadian. While cuts to Canadian institutions, such as the CBC, threaten what little cultural promotion we have, millions of dollars are spent to entertain Ronald and Nancy Reagan. While Canadians protest to have their lives and land protected, the American cruise missile flies through the MacKenzie Valley. And while the East Coast fishery struggles to maintain the lifeblood industry of Atlantic Canada, federal representatives negotiate in Massachusetts, considering demands by the States that their boats be allowed to fish in the area they lost in the World Court battle. Next comes Star Wars.

Although government officials are elected to represent the will of the people, there are limits. Has Brian Mulroney forgotten the word referendum, or has he become blinded by the possibility of a new career, singing with Ronald Reagan?

We Canadians are just too blind to see beyond our frostbitten noses. Only here in Canada are we thought of as being Americanized. In the United States, Canada is a vast, snowy fishing lodge where the skiing is good and the hockey great. Beer is strong and the dollar is weak.

The European view is quite different. As long as the American accent, which, incidentally, we all have, can be overlooked, Canadians are the favorite tourists. A Canadian flag on a knapsack is such a guarantee of welcome, that many Americans now sport them. Canadians are seen as rather rustic, and adventurous. That's okay by me, especially in comparison to the alternative characteristics. As one British bus driver noted, "We always know Americans. They have the brightest clothing, the most luggage, and talk the loudest".

So let's not try to hide our Canadian identity behind the mask of the United States and let's not let our government do it. Everything you'd ever want in the United States is right here—music, movies, television, clothing, food, beauty, and all with a unique Canadian flare. This is not America!

S.A.

Letter to the Editors

To Mr. Christopher Williams
c/o The Editor, The Picaro

Phew! For a little while you had us worried. We started out reading your 'review' of *Touched* quite seriously—after all, it is a serious play. But we quickly picked up on your clever and subtle humour, and in the end, had a great laugh about your style.

In that vein, did you know we sent audition calls out for anorectic actresses to play the lead role? We had to make do with Pat Goyeche, who, at 5'6", 110 pounds, was about as skinny as we could get. We did apply some purple below her eyes to emphasize the circles, but she always complained that our starvation diet just didn't leave her enough energy to do the show and finish all the incidentals such as mid-terms, assignments, etc.

We spouted Method and Stanislavsky every day, but to no avail. She insisted on eating. Ah well, we figure that you got her "sexiness" from the scene she played in her slip. We do try to satisfy the demands of the modern theatre-going public by providing just a bit of titillation.

Even funnier was your notion that this play was a melodrama. Well, why not? We did have music. Perhaps then we could have provided "Kleenex boxes" at the door. What do you think?

We chuckled at your mention of planks for the stage floor because the purple carpeting did clash with the green set. Not only would those picky maintenance people not let us repaint the floor, why, we weren't even

allowed to hammer a nail into that surface. We contemplated the planks, but it might have been a wee bit distracting—just a wee bit, mind you—to hear the performers clomping over those un-nailed boards.

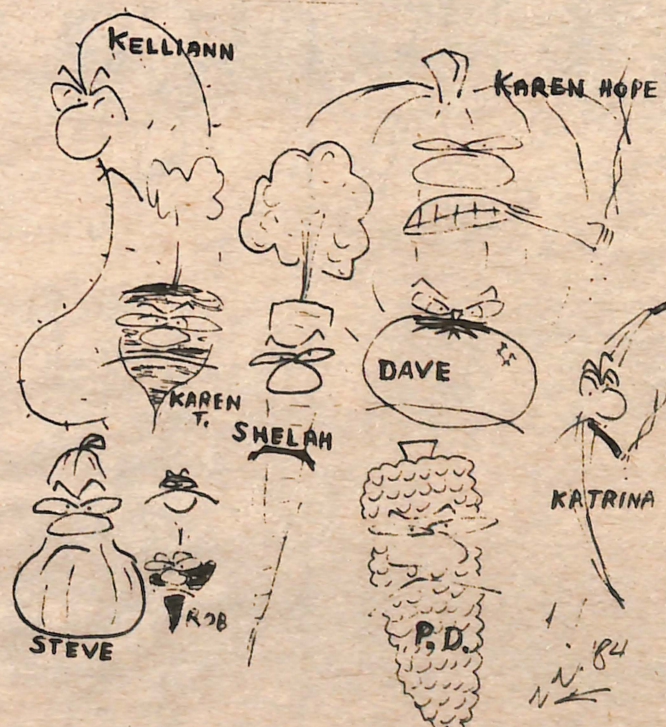
But your pièce de resistance was the reference to Hollingsworth's *Ever Loving*. Since *Touched* had little or nothing to do with war brides, it took us a little longer to grasp your use of this play. Perhaps Murrell's *Waiting For The Parade*, Gallant's *What Is To Be Done*, or even Taylor's *Good* (though not Canadian, a war play nonetheless) would have fit the comparison better. And then, eureka! That's the only other war play you know. Of course! That's why a somewhat ineffectual, second-rate, non-challenging play would have been more "adaptable" to the actresses at the Mount. And then too, it's so well known, having been done all of three times including once here in Halifax. Silly us!

When we could speak coherently through our laughter, we decided we simply had to write to thank you for your eminently funny review. One thing though—in future, you should perhaps put such pieces under some sort of comic headline, something cuter than what was used. After all, some people might get confused and take you seriously.

Caitlyn Colquhoun
co-director
Barrie Dunn
co-director

Extra, extra, read all about it

The Picaro would like to wish Shelley Adamson and Rob Gillis the best of luck in their campaign for co-presidency of the Business Society. We apologize for not including their election platform in last week's paper, however, an overabundance of copy demanded we prioritize our space. We were unaware their campaign posters read "extra, extra, read all about it" in the Picaro.



"We work for the PICARO because we're vegetables." "What's your excuse?"

Cuts from Council

by Janet Macbeth

Administrative Assistant:

Todd Barnard was ratified by Council as the Campus Police Administrative Assistant for the upcoming school year. A new constitution for Campus Police was also passed.

Challenge '85: Student Union has sent three summer job proposals to the Federal Government under their Challenge '85. Student Union is hoping they will receive the funding to hire students for the positions of Housing Feasibility Researcher, Public Relations Coordinator, and Office Administration Coor-

necessary funding, students will be hired through the local Student Employment Centres.

Sports Team: Council has donated 1800 dollars to the Mount's Intercollegiate Sports Teams. This fulfills Council's pledge to donate an amount equal the money raised by the teams throughout the year.

2nd Annual Spring (Let's Party) Bash: Fri., Mar. 29, will see the MPR hosting See Spot Run while Hoppin's Penguins will play Vinnies from 9 to 1. Tickets are \$5. This function is WET/DRY. I.D.s required at the door.

This little space is for you to draw your own little cartoon, or write your own little letter to the editor.



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. Our address is:

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The English Society began its February festivities with the Second Annual Celebration of Courtly Love, or as it is more affectionately known, the Kool-Aid and Jelly Bean Party.

Courtly love devotees gathered in the English Corner, 5th floor, S.A.C., dressed for the occasion in red and white, or as their favourite literary lover. After everyone finished munching on the traditional red and white buffet of delectable dainties, the illustrious winners of the Sonnet Contest were announced. Did I detect a note of pink on the cheek of the lady with the curling locks? Mayhaps 'twas merely the reflection from the ruby liquid of her cup (crassly referred to as Kool-Aid).

The Society also gave the Corner a new look this month with a shimmering display of mylar banners. The banners are not only an aesthetic delight, they are also "banners with a strange device". Each is embossed with a literary allusion designed to summon long-forgotten literary lumber from the cobwebbed mind, puzzle the uninitiated, or

promote scintillating speculation. The idea for the banners was conceived by Peter Schwenger, and after many hours of dedicated work by Susan Drain, our resident banner specialist, they are now ready to be viewed and enjoyed by all who wish to participate in this visual spectacle of fluid motion.

The climax of this month's activity was the annual gala banquet, held at Rosaria Centre Feb. 16. Guests were invited from all corners of the world to the cosmopolitan ancient city of Rome to partake in Trimalchio's Feast. Roman warriors, senators, nubian slaves, goddesses, visiting kings and queens, and pious Christians gathered to feast their eyes and palate.

After the ceremonial washing of feet, the guests gorged themselves on a bounty of banquet offerings, which included: veal kidneys Apicius, ragôut in the manner of Ostia, broccoli Romani, and the triumph of the meal, ceremoniously carried in by slaves for Trimalchio's perusal, was a suckling pig weighing fifty pounds presented on a bed

of fruit and olive leaves and
wearing a garland of flowers.

While the feasting progressed, Trimalchio condescendingly agreed to be entertained. Some of the naughtier poems by Juvenal and Catullus were recited with great enthusiasm and approval. A love scene from "A Phoenix Too Frequent" was performed. Then quite abruptly, a Christian wielding a knife at Trimalchio, and chanting "What about the Christians?" interrupted the gaiety. There was a very large hairy lion at hand for such disturbances, and the Christian was summarily thrown to said lion, with gleeful approval from the host. A round of gladiatorial combat ended the formal entertainment for the evening, whereupon the guests took the floor and boogied-on-down.

The Society is now in the process of electing its executive for the coming year, so why not drop in at the English Corner and get involved in the planning for next year.



Trimalchio's Feast was used as a way to test one of the great mysteries of all time.—Did the Romans really have blinking contests?

by Joanne Sutherland

Excitement builds as the school term comes to an end and graduation approaches.

Senior Class Co-Presidents, Valerie Eddy and Nancy Moa feel this will be a very special graduation year because the Mount is also celebrating its Diamond Jubilee as a degree granting institution. To commemorate this event, there will be a convocation in May and October.

Another development this year is the changes in the Valedictorian selection process. In past years, only people on the Dean's List were eligible as Valedictorian. This year any student having a 70 per cent average in his/her last five credits of an undergraduate degree can be nominated.

In preparation for graduation week, Eddy and Moar have tentative plans for activities for graduation week. Activities in-

clude brewery tours, theme pub nights, and the preparation of a time capsule.

The time capsule consists of mementos that have had special meaning for people throughout the year. A full list of graduation week events will be prepared before the end of March.

Eddy and Moar are also trying to make graduation inexpensive for the graduates. However, they stress the number of events or opportunities for the graduates to enjoy themselves will not be compromised. Rather, a few changes will be made to cut down costs. For example, there will not be a dinner before the graduation dance. Hors d'oeuvres will be served instead.

Eddy and Moar have had positive feedback from graduates about the upcoming events. They hope all graduates will be able to attend the events.

"For four years we have all worked hard," said Moar. "This

is our opportunity to let loose before we have to start making out student loan payments and hitting the job market."

The co-president said they are disappointed in the small turnouts at the graduation meetings. "We have had to arbitrarily make decisions in planning events on our own," said Eddy. "We hope this will improve, and students will volunteer some of their time and effort in setting up the events," she added.

Eddy and Moar stressed the importance of volunteers, and encourage anyone who is interested to contact them through the Student Union Office.

"There is a great deal of work to do in these last few weeks," said Moar. "If we share the work load, and work as a team, it will be much more enjoyable."

They also encourage any 1985-86 graduates who are interested in assuming the position of senior class president for next year, to contact the Student Union Office.

The Society of the Month Award for February goes out jointly to the English and Home Economics Societies. Both groups were very active in February. The Home Economics Society held a clothing drive for Adsum House, presented a speaker from Birthright, and celebrated Valentine's Day at Vinnies with a social, draws for a huge heart-shaped chocolate chip and black forest cake, and a

report on the National Home Economics Students Conference.

The English Society proudly installed a new banner at their corner on fifth floor Seton, held a Valentine's Social with a sonnet contest, and held a gala Roman banquet.

Congratulations to both the Home Economics and English Societies!

The 1985 Student Union Alumnae Trivial Pursuit Tournament is now history. Once again, the small but mighty Alumnae team has emerged victorious to win their second consecutive championship. The Registered team members include Suzanne Drapeau, Rosemarie Sampson, Judy Flemming, Ruth Jeppesen, and Dilly MacFarlane and will be seeing A

Moon for the Misbegotten
compliments of Neptune Thea-
tre.

The Business Office garnered second prize and will receive free haircuts at the Golden Clipper Head Shoppe. Third prize, a steak and stein supper provided by Chef René went out to Mount Rascals. The Rank and File team can be found at Suntana Solarium using their free passes. The English Society will be enjoying free tuckins and pop at the Orange Krates at Mic Mac Mall and the Computer Science team who finished sixth, won novels.

A cash award from the tournament registration fees will be presented as a Leadership Award to a deserving student at the Awards Banquet, Mar. 30.

Thanks go out to Robyn Osgood, Carol Anne Ross, Garfied Hiscock, and Lisa Stutt who helped the tournament organizers.

The Home Ec. Society has had a busy two months. In January, representatives attended the Annual Association of Canadian Home Economics Students (ACHES) Conference at St. Francis Xavier University. Committee heads for the fashion show were busy making plans and holding rehearsals. Home Ec. students participated in Winter Carnival, entering teams in the beachball volleyball tournament and tug-of-war.

February began with a used clothing drive for the underprivileged in the city. Response was great from both students and staff. A Valentine's Day So-

cial was held on Feb. 13, featuring a report from the ACHES Conference. A speaker from Birthright spoke to the Society on alternatives for pregnant women. Judy Johnston of Ambiance Designs spoke on Mar. 15 as part of the fashion show promotion.

The Fashion '85 Show, the Home Ec. Society's major event of the year, was held on Mar. 21 and was a great success.

Society elections are coming up on Apr. 1—nomination forms are available on the Society bulletin board. See posters, Karen, Allison, Colleen, or Cathy for more info.



B.Ed. secondary students have finished their one-year program at the Mount and have ventured on to area high schools to complete the last portion of their certification requirements. (Left to right back row) Cathy Goodall, Cindy McDonald, Laurel Cunningham, Linda Fahey, Marylou, Sheila Morrison, France Hurst, Duranda Beugess, and Kelly Meservy. (Front row) Dr. Bill Hunter, Rob Towler, Clyde Mason and Greg Golden.

Friends, Haligonians and
countryside—lend me your
ears!



Co-editors
Production Manager
Business Manager
Advertising Manager
Entertainment Editor
Office Manager
News Editor
Distribution Manager

Anyone interested in these positions are invited to drop by the Picaro office anytime. Positions will be assigned in September 1985. Deadline for applications is Sept. 15, 1985.

The Picaro is an equal opportunity employer and is willing to train anyone in the editorial positions. Keeners are also invited to drop by layout and learn layout techniques and news writing skills.

Student Union

Election Results

	Yes	No	Abstain	Spoiled
President:				
Shari Wall	276	—	total	total
Robyn Osgood	208	—	of	of
Frank DeMont	137	—	7	2
Alice Sandall	95	—		
Executive VP:				
Jim Hines	492	137	74	11
Academic VP:				
Anne Marie Coolen	570	45	95	5
External VP:				
Peter Murtagh	351	—	total	total
Jan Thomas	325	—	of	of
			30	8
Senate Rep. (part-time):				
Carol Brennan	37	2	10	—
Senate Rep. (full-time):				
Susan McGinn	427	113	95	7
Residence Rep.:				
Tina Murphy	194	9	9	1
Non-Residence Rep.:				
Andrew Pattison	320	25	65	5
Home Ec. Rep.:				
Wendy Kinney	60	3	5	—
Science Rep.:				
Anne Johnson	53	—	total	total
Francyne Filion	35	—	of	of
			10	1
Arts Rep.:				
Garfield Hiscock	100	13	17	1
Child Study Rep.:				
Johna Thorne	93	2	6	—
Business Rep.:				
Jeff Whitman	100	16	11	3

Announcing the v



3 1985 FO

Long Dis

- Andrew Smith
University of Manitoba, Winnipeg, Manitoba
- Beth Consitt
Sheridan College, Brampton, Ontario
- Minnie Parsonage
Université du Québec, Trois Rivières,
Québec

Congratulations to our winners. And to all of our contest entrants, thank you for calling long distance and making someone happy.

Representatives 1985-86



Shari Wall, president elect, and Peter Murtagh, external vice-president elect, celebrated their student union election victories at Vinies on Wed. night, Mar. 20. The pub was packed to capacity with winners and losers.

I would like to thank all those students who supported me during the recent election. I cannot overstate how satisfying it is to learn that you have placed your trust in my abilities. I will work hard to live up to your expectations as we prepare for the forthcoming academic year.

I would also like to express my appreciation to everyone who actively campaigned on my behalf. Without you this victory would not have been possible. Special thanks to Rob Towler and his photographic skills.

Finally, my sincere congratulations to Jan Thomas for the superb campaign she ran. I look forward to supporting her if she decides to run for Senate in the fall.

Peter Murtagh

I would like to take this opportunity to thank the members of my campaign committee. Without their support I would not have been able to achieve what I did during the elections. I would especially like to thank Carol for her unflagging optimism, Lindsay and her photographic skills, and Maryann, Brenda, Chris, Edouardo, Margaret, Elizabeth and P.D. for their poster sticking prowess. And thanks to Susan for her great letter drawing.

Congratulations to Shari on

her win. I will work all I can next year to support her efforts as President. Congratulations also to Frank and Alice who mounted good campaigns.

I would also like the students of this university to know that I will continue to work for them next year in whatever position is available. I appreciate the support offered me during this election.

Thank-you,
Robyn Osgood

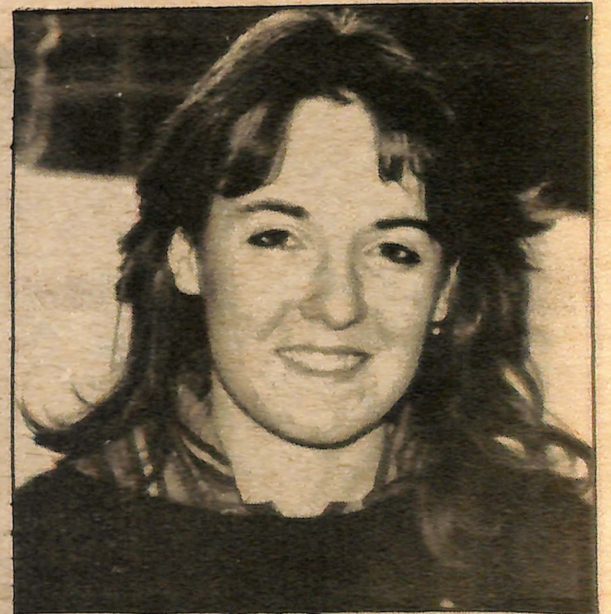


Shari Wall
President—Elect

Academic
Vice-President—
Anne Marie Coolen



Senate Rep. (full-time)—
Susan McGinn



Home Ec. Rep.—Wendy Kinney

winners of the
RD BRONCO II's
in the
tance Contest



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DECK SHOES, BOOTS
BOOKS & MAGAZINES

A Bit of Fashion,
A Touch of
Nautical Flavour

5240 Blowers St.
423-6464



Science Rep.—Ann Johnson

Campus comment

Question: How do you feel about Morgentaler's views on abortion?



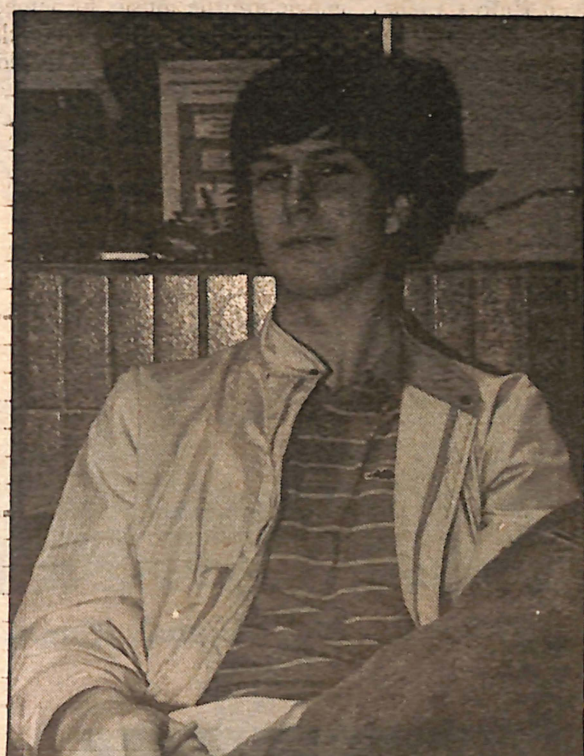
Veronica Mitchell, 1st year BA: I think Morgentaler should only be permitted to perform therapeutic abortions in hospitals. However, I feel that Morgentaler should either have his clinic discontinued, or be left alone to carry on with his work.



Joanna Tsoutouras, 3rd year BA: Morgentaler is providing service for women, supplying them with another option. I feel that a woman should have the right to this option although personally I could not choose this.



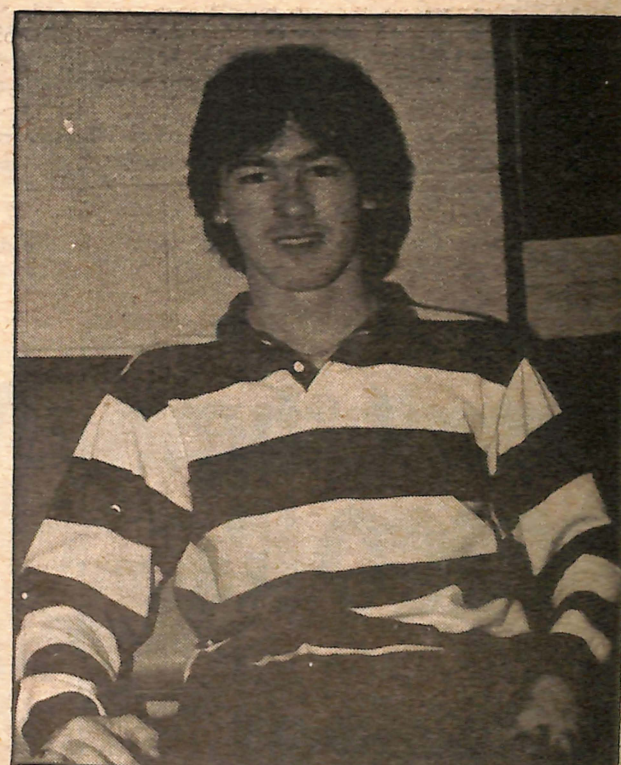
Ena LaPierre, 1st year BCS: It isn't for me, but I do feel that it is up to the individual woman to decide whether or not she wants an abortion.



Gerard Shallow, 1st year BBA: I feel that Dr. Morgentaler is a sadist and that he procures an abortion at a convenience which is not right at all. It should be given in a life and death situation, or any other extreme.



Stamos Sotiropoulos, 1st year BBA: I think that it is alright. It isn't as if Morgentaler is forcing anyone to have an abortion as he's just providing a service where there is a choice.



Mike Bennet, 1st year BBA: I agree with Dr. Morgentaler's views, mainly because if an abortion is the necessary answer to a problem, I would much rather see it done professionally rather than on the street, where there is a greater risk to human life.

To beat or not to beat

No, we did not make another careless error. We purposely misarranged the paragraphs of Chris Williams' story **March 7, 1985** so people would think that he's not the literary genius he really is.

by Christopher Williams

Once upon a time, about 100,000 years ago, there was a hairy, young tribal person with a stick. He would beat things with it and make sounds, rhythmic sounds that made people listen, move and eventually groove. They would clap their leathery hands and sing along with him, smiling with their silly little primitive grins.

Later they discovered by accident that an animal skin stretched over a log made tonal sounds. Not only had they invented the drum, but they were

well on their way to developing a whole range of percussion instruments including xylophones, maracas and even the piano.

We've come a long way since then. Technology has once again triumphed saving humans from many arduous tasks. Ovens have done away with lighting fires, cars have eliminated walking, computers rid the nagging chore of thinking and they even play music for us! Just like F.R.E.D. . . . If you haven't been introduced to F.R.E.D. it's about time you met him. F.R.E.D. is a new musical mastermind who dominates the charts, plays thousands of concerts and cabarets every night and he doesn't even get paid for it. Better known to human musicians as a "F---ing Ridiculous Electronic Drummer", F.R.E.D. never gets tired, needs no training or practice and can be purchased at your local music store for approximately \$300.

All you do is plug him in and program him. He's only a foot

long, and getting smaller all the time, has his own travelling case and can easily be hooked up to a F.R.E.B. (F---ing Ridiculous Electronic Bassist). F.R.E.D. has a series of buttons that program dozens of beats and drum sounds which can be played steadily at a pace so fast it would make our tribal friend hide in his cave.

"Where's the drummer?" people ask when dancing to a throbbing pop band in a local pub.

"He's right there on the stage next to the keyboard player's foot!"

"Oh."

F.R.E.D. is not to be confused with Electronic Drums, first marketed by the Simmons company and now available from all major drum companies. These new style drums are still hit by a stick, but the drums themselves make very little sound. The plastic drumheads, which are made from material similar to riot shields are wired to send electronic impulses to an ampli-

fier and speakers, resulting in a space-age 'twak' or 'thump' sound. Electronic drums can, however, be programmed to repeat beats automatically, just like some keyboards which can generate symphonic scores by themselves.

Who needs humans? Not Michael Jackson. On his **Thriller** album, the rhythms are not only strophic and simple, but several are programmed and reproduced electronically. The handclaps on **Billie Jean** aren't made by real hands at all but from circuits and sequences of electronic explosions.

Yes, we are dancing to the beat of a new drummer, and most of the time it is F.R.E.D.—essentially a robot who could hold a steady 4/4 beat from now to the end of time.

Turn on the radio right now (AM) and listen for a real snare drum, a stick actually hitting a tom tom or a human foot beating

a bass drum pedal. You might be successful with a late night jazz program or a **Led Zepplin** feature on a heavy rock station, but chances are you'll hear programmed plastic or a F.R.E.D. **Phil Collins** is on the charts with his real drums but his generation is moving on.

We've come a long way. We've allowed robots to take the backbone out of boogie and the heart out of art. But if the music you hear on the radio or in a night club sounds like cash registers at the Best For Less, fear not. You can still buy wooden drumsticks (although there are plastic, fiberglass, aluminum and electronically sensitive sticks on the market). And you can still buy wooden baseball bats too (although there are plastic, fiberglass, aluminum and electronically sensitive bats on the market). Buy yourself a nice big Louisville Slugger bat. Give it a few swings to warm up, find yourself a F.R.E.D. and "beat it, just beat it".

Heaven Help Us lives up to its name

by Arseneault

The latest Tri Star Pictures release, **Heaven Help Us**, holds within its title the audiences' plea for better movies.

Produced by Mark Carliner and Dan Wigutow, **Heaven Help Us** has somewhat of a lame script dealing with life in a

catholic boys school in Brooklyn, New York in 1965.

The story focuses on the new kid at St. Basil's, Michael. According to his grandmother, Michael is destined to become a priest, but unfortunately for her, Michael has other ideas.

Throughout the movie, Mi-

chael converts the school bully and they become the best of friends. As well, he meets and falls in love with the girl, Danni, who runs the local soda store, helps clean a saint with a toothbrush, and succeeds in ousting the school's worst teacher, Brother C.

Making a futile attempt at

comedy, **Heaven Help Us** falls far short of expectations. The brief quote on ads for the movie claim that "if God had wanted them to be angels, he would have given them wings." As a result, one expects exciting adventures and daring devilment but receives a multitude of bad language and even worse jokes.

The only good things about the

movie are the music, by James Horner, which is very well done, and the fact that Donald Sutherland stars as Brother Thaddeus. Directed by Michael Dinner, other stars include Andrew McCarthy, Mary Stuart Masterson, Kevin Dillon, Malcolm Dunare, Kate Reid, Wallace Shawn, Jennie Dundas, Jay Patterson and John Heard.

Vinnies tunes into Johnny Carson

by Diana Dowthwaite

Mount residents and pub crawlers can now turn their t.v. sets to Entertainment Tonight and Johnny Carson. Last week Cable T.V. was installed in Assisi, Lourdes, Evaristus and Vinnies Pub.

"This is the first time cable has ever been in the residences and pub," said Teresa Francis, student council president.

Francis explained that council had examined the different ways and expenses of installing the cable. "Earlier in the year I met with Michael Merrigan, execu-

tive assistant to the president, as council needed the university's approval," said Francis, "and he agreed that the university would do the work and council would pay \$475 for the cable."

Neita Castle, co-ordinator of physical plant, asked Halifax Cable Vision what the estimated cost would be for running the cable. "The cost would have been enormous," she said. "They would have charged by the foot for the distance from the main road to Rosaria Centre." Because the university is isolated, the cable had to be installed within the university.

Al Landry, maintenance su-

pervisor says the cost to the university was about two thousand dollars. The cable was bought and installed during February break.

The cable was run out of Seton into the underground tunnel up into Evaristus, Lourdes, Assisi and was then extended down into Rosaria and over into the pub. All together five televisions were hooked up.

Francis hopes cable will boost attendance at Vinnies and in the future, Mount students may be able to tune into Much Music.

Let me entertain you . . .

The following bands are playing in Metro this weekend.

Odeon—39 steps

Misty Moon—Chilliwick

Palace—Broken Toys

Lower Deck—Tony Quinn

Middle Deck—Cheryl Lescom

Network—Razor Boy

Sailloft Lounge—The Customers

Village Gate—Rox

On Stage . . .

Neptune—A Moon for the Misbegotten

St. Mary's Drama Society—Ready When You Are

Dal Theatre Productions—This Can't Be Love

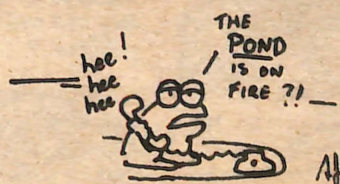
At Vinnies . . .

Tony Quinn from 3:30 to 6 p.m. Fri., Mar. 29

See Spot Run at the MPR and Hoppin' Penguins in Vinnies Fri. 29, at 9 p.m.

Art's Pond by Steve Jennex

QUICK! CALL THE FIRE DEPARTMENT. THE POND IS ON FIRE!



\$ and Sense

Medaille Theology Bursaries—Value \$4,000 for one year. The Sisters of St. Joseph of Toronto are offering two Medaille Theology Bursaries to Catholic lay women pursuing full-time graduate studies in theology. **Deadline for applications—Mar. 31, 1985.**

Halifax Branch of Canadian Federation of University of Women Bursary—Value \$600. Available to a female over thirty years of age, out of school at least five years prior to embarking on present program of study. **Deadline for application—May 15, 1985.**

University Women's Club—Saint John N.B. Branch Scholarship—Value \$600. Awarded to a female student entering her senior year of University and having graduated from a high school in Saint John or Kings County N.B. **Deadline for application—Mar. 31, 1985.**

Rotary Foundation Scholarship—graduate and undergraduate. **Deadline for applications—varies.**

Summar Language Bursary Program—Information available at the Financial Aid Office, Rosaria.

Mount Saint Vincent University Alumnae Association Continuing Education Scholarship—Value \$250.

Alice Egan Hagen Memorial Scholarship—Value \$500. Awarded to a woman (resident of N.S. for at least one year) who has been admitted to Mount Saint Vincent University as a mature student matriculation clause and who has made an active contribution to Church and community. **Deadline for application—May 30, 1985.**

Mount Saint Vincent University Campus Association of Part-time Student's Bursary—Value: credit voucher for the value of a full unit course to a part-time student who has completed five units of credit in a degree program. **Deadline for application—Mar. 31, 1985.**

Leslie V. Sansom Continuing Education Scholarship—Awarded to a woman who has come to University for purposes of career development and who has a clear plan for re-entering the work force upon completion. Knowledge of current social issues and demonstrated concern through active involvement. **Deadline for application—May 15, 1985.**

Part-time Student Merit Scholarship—Value: vouchers used as tuition credits for three units of course work (summer and fall/winter sessions) to be completed in one academic year. Only students with an 80 per cent average or better will be considered. **Deadline for application—May 15, 1985. Limited funds.**

FOR MORE INFORMATION OR APPLICATIONS CONTACT THE FINANCIAL AID OFFICE—ROSARIA 119 443-4450 (355).

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For further information on the ACADIA CORRESPONDENCE PROGRAM or our SPRING AND SUMMER SESSION, contact your local Continuing Education Office on campus or write:

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(902-542-2201, ext: 434)

Morgentaler risks career for women

WATERLOO (CUP)—Canada's foremost abortionist says he was not always willing to risk his career as a doctor to provide safe abortions for women.

"If I help you, I could go to jail for the rest of my life. I could lose my license. I'm married, I have two children, I just can't do this for you," Dr. Henry Morgentaler says he told women who came to him in the 1960s looking for an abortion.

But Morgentaler says he changed his mind after a woman he had refused to help nearly died at the hands of a "back-alley butcher". He says he could not wait until the abortion law changed.

"It was my duty to help these women."

Speaking to more than 2,000 people at the University of Waterloo Mar. 18 amid heavy security, Morgentaler says he thinks the Canadian law governing abortion is "unfair, undemocratic, and dangerous to the health of women." The law, amended in 1968, prohibits anyone from performing abortions without the approval of a therapeutic abortion committee at an accredited hospital.

Canada has the second highest rate of second trimester abor-

tions—those done during the three to six months pregnancy stage—in the world, because of the committees' delays, Morgentaler says, adding that chances of major complications increase by 20 per cent with each week an abortion is delayed.

Morgentaler refuses to perform abortions after the fifth month of pregnancy because he says the fetus is then a human being. At that point, the fetus has developed a neo-cortex—a part of the brain that Morgentaler says marks the difference between a potential human life and a human being.

"It is that part of the brain which permits us to talk, to reason, to create philosophy, science, religion, technology. (It is) that which makes us uniquely human."

Morgentaler's philosophy contrasts sharply with that of the "pro-life" lobby, which claims human life begins at conception. He accuses the "other side" of employing violent rhetoric and inciting those against choice to take violent action against the abortionists and their supporters.

"These people say they are pro-life, yet they threaten all the time to kill me."

An arsonist gutted the Toronto women's bookstore last year in an attempt to destroy Morgentaler's clinic, upstairs in the same building. In the U.S., more than 30 abortion clinics have been bombed.

"To me (the people using violence) is a sign of one of the worst fanaticisms—religious fanaticism," he says.

About 300 protestors demonstrated against abortion outside the hall during Morgentaler's lecture. Security officers frisked people going into the hall and apprehended one man for throwing an egg during the protest.

The school's board of entertainment enlisted the help of 52 student security officers, who also are football, rugby and hockey players, seven campus security officers and six Waterloo regional police officers to police the event.

"I just felt the more security we could provide for him the better," says Cory Shieff, co-chairperson of the entertainment board. "We weren't expecting anything, we just wanted to be prepared."

The building where Morgentaler spoke was closed all day to ensure the site was secure.

Shieff says the decision to beef up security was only "remotely" connected to recent events where Morgentaler was attacked by angry anti-choicers.

Morgentaler now operates clinics in Montreal, Toronto and hopes to open a third one in Winnipeg later this month. He says women from six provinces

travel to his clinic in Quebec. An abortion at one of the clinics costs about \$275 but no one at the Toronto one is refused an abortion if they cannot pay.

Morgentaler is currently on a university speaking tour.

Morgentaler has just completed a speech at Dalhousie University.

Students refuse cuts

VANCOUVER (CUP)—Vancouver commuters heading for the city centre got an early morning message March 19—B.C. students are fed up with education cutbacks.

Hundreds of Langara, Douglas and Kwantlen College students walked along several Vancouver bridges to show the province their anger over the onslaught of funding cuts that have hit B.C.'s post-secondary system. The latest B.C. budget reduced university and college funding by five per cent.

The students carried signs demanding increased education funding and asked passing drivers to honk in support. Later in the day more than 1,000 rallied at the Langara campus.

The bridge protests were part of a province-wide day of concern for education. Students from more than a dozen B.C. colleges throughout the province also swamped the offices of premier Bill Bennett and the education and universities ministers with calls complaining about education underfunding.

Donna Morgan, executive officer of the Pacific wing of the Canadian Federation of Students says students are becoming more active as the B.C. government's policies hit home in the form of staff layoffs and program cuts.

"The cuts are happening so fast people can see the education disintegrating before their eyes," she says.

Volleyball team wins the bronze

It was 9:15 p.m. on Sunday night when the usual stir at the Halifax Airport was suddenly interrupted with the voices of fourteen very happy women singing revised Beach Boys' songs and clutching something for which they had trained for seven months to earn... bronze medals.

The Mount Saint Vincent University's Women's Volleyball team came home with the bronze after a long, tiring, wonderful week at the CCAA Na-

tional Championships in Regina.

The reward didn't come easily though. The Mystics met Kelsey of Saskatchewan in their final match to determine the winner of the bronze. The match was tied with two games per team going into the fifth and deciding game. All seemed to be lost when the score was ten to one in favour of Kelsey. The Mystics didn't give up, however. They stayed in the movement and along with excellent hitting and defense, they fought back for an

exciting victory, the final score being 17-15.

There were tears of joy for the team and for coach June Lumsden. "I'm very proud of my girls," she said. "They have worked very hard and they deserve it."

The trip was even more rewarding for team member Jackie Coyle as she received an All-Canadian award as well as being selected for the All-Star Team.

The Mount lost only two

matches. The first loss was to Quebec who won the gold and the second to Alberta who won the silver.

The western hospitality was tremendous during the Mystics' stay in Regina and the support they received was outstanding. The team not only won the bronze but they also won a lot of hearts.

Many thanks from the team to June Lumsden and Howie Jackson.

Scoring Results CCAA National Championships

Match 1 MSVU vs Sheridan, Ont.

13	15
16	14
15	6
16	14

Match 2 MSVU vs Sherbrooke, Que.

6	15
6	15
3	15

Match 3 MSVU vs Wascana, Sask.

15	2
15	8
15	7

Match 4 MSVU vs Red River, Man.

15	5
15	5
15	6

Match 5 MSVU vs Red Deer, Alta.

8	15
11	15
9	15

Match 6 MSVU vs Kelsey, Sask.

13	15
15	12
10	15
15	13
17	15

Fad diets put on pounds

by Lisa Courtney

As winter goes out the door, off come the heavy sweaters and clothes that hide the extra pounds so well. With bikini season just around the corner people start to panic. The dust is wiped off the diet books as the need to lose weight quickly arises.

Unfortunately fad diets such as grapefruit diets, and low/high protein diets are useless. Ninety-five per cent of all dieters gain back the weight they lose on a fad diet and sometimes more.

If you isolate one food group such as carbohydrates, once the diet is over the urge to overeat that food becomes overwhelming. Binges occur and the pounds quickly accumulate.

Diets that are low in calories even those that contain food from all the food groups (less

than 700 calories), can prevent weight loss. The metabolism rate slows down as the body attempts to retain the small amount of nutrients it has. Thus losing weight becomes very difficult.

Dieting should be a way of life. "Diet" comes from the Greek word, "regimen" or "way of life". To lose weight forget "magical" fast diets. Instead follow Canada's Food Guide (available from the nutritionist), exercise three to four times each week for at least 30 minutes, reduce salt intake, avoid processed foods and drink six to eight glasses of water daily.

If you want more information, contact Jill Smith, the Mount's nutritionist. Her office is in the A/R office, 223 Rosaria Centre.



MSVU league championship saw the Misfits defeat the Mount men's team 67-61.

Chamberlain photo

Breaking into good nutrition

Nutrition Month is here and gone; but good eating and physical activity does not have to end here. We hope the activities planned for Nutrition Month have helped form the foundation towards a healthier lifestyle based on good nutrition and fitness.

We would like to extend special thank-yous to the following individuals and businesses, which without their help and cooperation, we would not have been able to carry out our scheduled events: Chef René and MSVU cafeteria; Brenda Bourgeois and MSVU Corner Store; Best For Less; Sobeys; MSVU Student Union; Physical Plant; MSVU Nutrition Steering Committee; Athletics; and most especially Jill Smith, the MSVU Nutritionist.

REMEMBER: it's up to you to put it all together for good value, good nutrition and good eating!!!!

Shaundra Hayes
Mary Little
Lorraine Haddad

Sport Teasers

1. What pro sport did Wilt Chamberlain play after basketball?
2. What New York Yankee was known as "The Iron Horse"?
3. What tennis star earned the nickname Superbrat?

1. Volleyball
 2. Lou Gehrig
 3. John McEnroe
- (These questions were taken from the game, "Trivial Pursuit")

Aerobics



Study wise with exercise

by Lynn Kazamel

The school term is ending and so is the aerobic session. The Athletics/Recreation department is sure that through exercising you will become more alert, and prepared to study for exams. Therefore, we have added some additional classes. They are as follows:

Sun., Mar. 31	Sunday Shape Up	8 - 9 p.m.
Mon., Apr. 1	Noon Fit	12 - 1 p.m.
Tues., Apr. 2	Rush Hour	4:30 - 5:30 p.m.
Wed., Apr. 3	Noon Fit	12 - 1 p.m.

We hope these classes will keep you in top shape for your exams. They will be a nice break from your studying. Good luck with your studying, we hope to see you at our SPRING SESSION!!

Spring into summer

The spring session is now here and the spring session for aerobics will soon start. This will be your one last chance to get in shape for the summer. The Athletics/Recreation department will help you out by offering a total of ten classes per week. They are as follows:

Class	Day	Time	Price	Period
Fit Break	Tues. & Thurs.	10 - 11 a.m.	see below	8 weeks
Walk with Aerobics	Mon. & Wed.	10 - 11 a.m.	\$20	6 weeks
Noon Fit	Tues. & Thurs.	12 - 1 p.m.	see below	8 weeks
Retro-Actives	Tues. & Thurs.	1:30 - 2:30 p.m.	\$20	6 weeks

The session will start on April 22 and finish on June 14. You may pay on a daily basis, \$3.00 per class, or on a pre-registration basis for \$2.00 per class. If you are interested in the entire spring term the price would be \$25.00 for the 8 weeks.

Hope to see you there, this is a great way to spring into summer!

Graduation Portraits

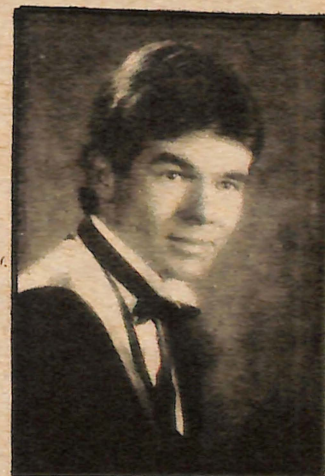
by

J. Smith

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Arts

6⁵⁰ plus
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SIX PROOFS TO KEEP



982 Barrington Street

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2nd Annual Spring (Let's Party) Bash

Fri., Mar. 29

Wet/Dry \$5



See Spot Run

in the MPR

9 p.m. - 1 a.m.

Hoppin' Penguins

in Vinnies