



# the PICARO



VOL. 27, NO. 15

MOUNT SAINT VINCENT UNIVERSITY

Thursday, January 30, 1992

## NEW LOOK FOR MYSTICS

by Patsy Pyke Nadine Hines

Since 1983 the Mount Saint Vincent University Athletic teams have been known as the "Mount Mystics".

What is a Mystic you ask? Our athletes have asked the same question.

The new Mystic logo and promotion was unveiled at the Booster night, January 29, between the women's and men's game. Finally everyone knows exactly what a Mystic is.

The Athletic/Recreation Office would like to introduce you to a new era of school spirit.

Since time began, a mystic has been one who seeks truth. Today, Mount Mystics seek that same truth through athletic excellence.

The Mystics' name relates academic excellence to the university motto--Truth leads to God.

The teams have adopted a stylized M reaching for a star. The M represents the university and team name, with the star representing excellence and truth. It characterizes the strength, precision and power of the teams.

Mount Mystics compete locally in the Nova Scotia Colleges Athletic Association (NSCAA) and nationally in the Canadian Colleges Athletic Association (CCAA) with teams in women's volleyball, soccer and basketball; men's basketball; coed badminton and cross country running.

The Basketball Mystics hosted the Nova Scotia Teachers College Hawks, January 29 at 6 p.m. and 8 p.m.

The history of competition between the two schools goes deep. Last year after losing to the TC team three times and defeating them only once in regular season play, the Mystics Women's Basketball team took the Hawks in overtime in the playoffs to retain their Nova Scotia Colleges Athletics Association Championship Crown. This gave them a second trip to the Canadian Colleges Athletic Association National Championships in two years.

The Mystics Men's Basketball team came back from the playoffs with the first ever men's championship NSCAA title in the history of the Mount after defeating the NSTC Hawks in the final game. This earned the team the right to attend their first ever Men's Basketball National Tournament.

The Wednesday night game ended on both good and bad notes.

The women's team played in front of the largest crowd this season. T.C. took a quick lead over the Mystics and the closest they got to T.C. was three points. The women exploded in the second half and took the lead for a short time until there was four minutes and three seconds left in the game.

In the end, the score was 58-49 for T.C. Coach Anne Lindsay said, "T.C. played very well. We had trouble offensively."

Audrey Norman and Tammy Godfrey played a very good game. Top scorers were Jocelyn MacLean 13, Alex Taylor 8 and Audrey Norman 8.

The men's game was the most exciting game ever. The Mystics took the lead and remained there until T.C. tied with 50 seconds to go. But Derek Johnston scored two to take the lead with 36 seconds to go in the first half.

In the second half, the Mystics took an even larger lead with 11 three-pointers by Tony Ross. Halfway through the second half the Mount had the largest lead of the game with 21 points. The game ended with a final score of 74-60 for the Mount.

Coach Rick Plato said, "last time we played T.C. they out-played us. We worked on our faults."

He also said, "Tony Ross was unbelievable," Ross was top scorer with 39, Andrew McNeil had 11 and Wayne Keddy 8.

Thank you to all fans who came. Those who didn't, why don't you come by Saturday at 1 p.m. to see the men's basketball team play King's College.

## Dalhousie to Hike Tuition Fees

by Dawn Mitchell

Halifax (CUP) -- Dalhousie University is setting a dangerous precedent by raising tuition fees, student leaders say.

Dalhousie's board of governors voted overwhelmingly to hike tuition fees by 10 per cent for the 1992-93 academic year. Fees were raised by a staggering 25 per cent for the 1991-92 year last spring.

Hundreds of students endured two gruelling board meetings to protest any increase and to demand a tuition fee freeze.

They said last year's hike did not improve the quality of education, or expand accessibility to the university despite \$900,000 in bursaries and on-campus jobs funded by the increase.

"We've heard student state that an increase in tuition fees of 37.5 per cent over two years is racist, sexist, and elitist," said Beth Beattie, a student representative to the board of governors.

University president Howard Clark said a freeze defeats the goals of higher quality education and increased accessibility.

"A zero per cent tuition fee increase will lead to nothing other than a further cut to budgets, reduction to faculty members and staff, and will achieve nothing else than, for one year, recognizing those particular student concerns," Clark said.

Student union president Peter Pottier said the cuts would happen regardless.

"I think the board members understand there are major problems, but their solution right now is to throw money at it," he said. "They're going to walk away

knowing there are bigger problems than just tuition (fees)."

The tuition fee hike will raise an estimated \$1.7 million, \$250,000 of which will fund bursaries.

Dalhousie is the first university in the province to set next year's tuition fees, and this may set a precedent for others throughout the province and the country.

The New Brunswick government has announced a one-year freeze on payments to universities, which may lead to a average fee hike of \$400.

Students at the University of New Brunswick have just started their campaign to freeze their fees.

Ontario universities will have to deal with a one per cent increase in their operation grants, which may mean cuts to faculty and limits on enrolment.

Almost every other university will have to look for new ways to cope with the five-year freeze on the federal government's funding of Established Programs Financing. EPF money is transferred to the provinces for health care and post-secondary education.

The Canadian Association of University Teachers estimates the freeze will cost the system \$4.4 billion.

Tina Sweeney, a Dalhousie student councillor, summed up the students' position on the fee increase.

"We're not just between a rock and a hard place," she said. "We're being jammed, we're being squeezed, and another increase will just cut students off and those students will be gone."

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Don't forget  
to  
give blood!



# Classifieds

Service for Sexual Assault Victims is currently recruiting volunteer crisis interveners. SSAV volunteers are women who are committed to helping survivors of sexual assault/abuse, and non-offending parents of sexually abused children.

"Masters of our own Destiny" is the theme for this year's National Canadian Catholic Students' Conference. The conference which attracts university students from all across Canada will be held at St. Francis Xavier University, Antigonish from August 23 - August 27, 1992. For further information, please contact Sister Lorraine d'Entremont, Campus Ministry Office, Rosaria 110F, 443-4450 Ext. 446.

The Halifax/Metro Chapter of the Mount Saint Vincent Alumnae Association are hosting an information and question/answer session on "Registered Retirement Savings Plans" following their General Meeting on February 12 at 7:30 p.m. in the Rosaria Boardroom, Mount Saint Vincent University. For more information, please call Ann Sutherland, 428-4839.

The CEIC is accepting applications for employment positions under the Black Internship Program. Only Black Nova Scotians who are full time students are eligible to apply. Positions will be available in various administrative/support functions for varying terms from May 1, 1992 ending no later than September 15, 1992. All positions will be with CEIC in selected centres throughout Nova Scotia. Wages will range from \$6.75 to \$13.30 per hour depending on the level of education. Applications due on Friday, February 14, 1992. Applications are available at any Canada Employment Centre.

The Department of German invites you to the following film showings which will be shown in MacMechan Auditorium, admission is free:

Wednesday, 5 February 1992, 8:00 p.m. - Rheingold (1977); Wednesday, 4 March 1992, 8:00 p.m. - Wann, wenn nicht jetzt (1987); Wednesday, 1 April, 1992, 8:00 p.m. - Der Fluch (1988)

Baddeck Lions Museum Project need interpretative guides for the summer. \$6.93 per hour. Must have an ability to communicate and interact with the Public and very good communication and interpersonal skills. Duties include conducting tours at the Alexander Graham Bell National Historic Site. Application deadline is February 6, 1992. For more information, contact the Canada Employment Centre on campus.

Maligne Lake in Jasper National Park, Alberta need Boat Driver/Tour Guides, Gift Shop Clerks, Food Service Positions, Boat-house attendants, Mechanics Assistants, Horse Guides and Chauffeur/Tour Guide. Application Deadline is March 2, 1992. For more information please contact the Canada Employment Centre on campus.

The Atlantic Provinces Resource Centre for the Visually Impaired is currently looking for volunteers to help out with various school activities. If you are interested, please phone S. Chappell at 424-8500.

Nova Scotia Persons With AIDS Coalition (A Registered Charity). Entertainment: Live Bands, Dancing, Door Prizes, 50/50 Draws. All for the benefit of Nova Scotia Persons With AIDS Coalition at the Pub Flamingo, February 19 & 20. Door opens at 8:00 p.m.

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## 7 of 9 "No Means No" Mockers cleared by Queen's

by Clive Thompson

Toronto (CUP) — Queen's University has cleared seven of nine male students charge with sexual harassment after signs mocking an anti-date rape campaign appeared on campus.

The case became national news two years ago during the student-run "No Means No" campaign. Signs posted in a Queen's men's residence said "No Means Kick Her In The Teeth" and "No means On Your Knees Bitch."

The university's harassment board has told the two guilty students to write a letter of apology to the complainants, and to learn about violence against women.

The decision, handed down on Tuesday, Jan. 21, provoked mixed reactions from complainants.

The women who took the complaint to Queen's administration—after the student council refused to resolve the issue—are not satisfied that seven of the nine men were cleared, accord-

ing to The Toronto Star. They plan to appeal the decision, and have two weeks to do so.

But Andrea Calver, one of the former Queen's students who brought the initial complaint to the student council, said she was happy to finally see some results on the case.

"When this first began, my idea was not for punitive measures, not to get anyone kicked out, just for an official university board to say this was wrong," Calver said.

"I'm really glad something came of this, even if it took so long."

Queen's administration has refused to comment on the issue until an appeal is launched.

Similar decisions have come from complaints at other universities. The administration at Waterloo University—where two male students held up a bed sheet painted with "No Means Harder" at a hockey game—demanded last summer that the men issue an apology and work on a date rape pamphlet with the university's women's centre.

## Meningitis has Coaches Running Scared

Ottawa (CUP) — Queen's University athletic teams have dropped out of sporting events with Ottawa-area universities, citing fear of contracting meningitis.

Health Service Director, James McShedy, advised teams from Queen's to cancel basketball, hockey and fencing competitions with Carleton University and the University of Ottawa.

"I think the meningococcal situation is very unstable," McShedy said. "I don't think anybody knows what's going to happen."

Five teenagers and one adult have died in the Ottawa area since early December after contracting the meningococcal virus.

McShedy said he recommended the ban remain in effect until at least Feb. 1. The virus's 10-day incubation period makes it necessary to wait until the Ottawa region's vaccination program is complete, and no other

cases have appeared before play can resume, he said.

"This is ridiculous," said Carleton men's basketball coach Paul Armstrong. "You feel like you have the plague. It's guilt by association."

But Queen's athletic director Rolf Lund disagreed. "We feel the ends were justified based on (the doctor's) perception," said Lund. "The students' health is more important than a hockey or basketball game. It's a small inconvenience."

Peter Barnsley, Ontario Universities Athletic Association press officer, said the cancellations didn't have the league members' support.

"They (the league's members) supported the position not to postpone the games," Barnsley said. He added the universities involved will try to reschedule all the affected competitions for February and the games will not be forfeited.

## Charity Ball

by Jannine Shave

Over 300 dollars was raised for the Canadian Cancer Society, on Friday, Jan. 24 at the Second Annual Inter-residence Charity Ball.

"Everyone seemed like they were having a great time," said Inga MacLaine, inter-residence entertainment chairperson. Over 150 people attended the event to help raise funds for the Cancer Society.

Prizes, that were donated

by Intra Travel, Burgess Travel, Maritime Marlin Travel, Ski Martock, Grafton Street Dinner Theatre, China Town and Labatt were raffled off throughout the night. The entertainment committee would like to thank the sponsors.

Carnations, which were donated by Judd's Flower Distribution in Dartmouth, were also sold to try and raise money. The red carnations were a hit for all the girls who received a flower

from their date.

MacLaine would like to thank Jen Gallant, Sherri Moore, Donna Proctor, Jannine Shave, Nash Bailey, Francis Roesch, Kim Blenkhorn, Carla Liberatore, Monica-Lynn MacLeod, Angie Selig, Allison Gillespie, Joanne Adams, Wendy Uqurhart, Sarah Williams and to all who contributed their priceless time and energy.

See you at next year's charity ball.

## Psychology Society

by Gwen Jollimore

The next meeting of the Psychology Society will be held on Thursday, January 30 at noon (tentative Room #501; please check notice boards for confirmation of room number). Our guest speaker is Paul O'Hara, a social worker employed at the North End Community Clinic.

O'Hara will speak about Stuart Place, a long-term, facili-

tative management project for homeless and at-risk single men.

The society membership has expressed an interest in sponsoring a fund-raising event to help support this project. O'Hara is familiar with the struggles of the homeless and also the challenges facing the underprivileged members of our community. This is your opportunity to hear what programs and services are available and how you might be able

to help out.

Other business to be addressed at this meeting will be society sweat-shirts, upcoming events and any pertinent announcements and/or items of interest.

Remember, you don't have to be a member to attend Psychology Society Meetings; Everyone is welcome. Hope to see you there.

## Sexism: York Profs want Article Disavowed

Toronto (CUP) — York faculty and staff are demanding the retraction of a "scientific" article which blamed working mothers for mass murder and cheating on exams.

The Canadian Journal of Physics printed an article in its Sept. 1989 edition by University of Alberta professor Gordon Freeman that attributed societal ills to mothers employed outside the home.

Some faculty and staff have addressed a petition to the National Research Council, the federal agency which publishes the CJP, calling for an assurance "that this kind of misuse of a government-supported academic journal will not happen again."

"Under the subject of science, the article is utter rubbish," said physics professor Stan Jeffers, who signed the petition.

Selma Zimmerman, York's advisor on the status of women, started the petition. She said the journal should be reprinted without the article.

"While it sits there, it can be used as a reference and it authenticates the procedure and it validates the contents."

Ralph Nicholls, CJP editor and a York physics professor, said he has no intention of retracting the article.

"This issue is over as far as I'm concerned," he said. "The protest is largely motivated by political correctness. None of the people who signed that (the

petition) made any attempt to talk to me about the matter, and that's vulgar."

Freeman's article was published in a special issue comprised of papers presented at a conference on chaos theory.

B. Dancik, editor-in-chief of the NRC, published a disclaimer last June stating the Freeman article "does not comprise science and has no place in a scientific journal."

### Computers

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# OP/ED



## To the Editor:

Last fall, each of us was approached individually by a student requesting an interview on the topic of eating disorders in women. Each of us disclaimed expertise in the area, but were told the information was needed for a class project and expert information was not essential. We were, therefore, distressed to see ourselves quoted in the Picaro in an article on the topic.

Each of us was willing to speak with the student interviewer

because we were assured that the material was for a class project only. As informants, the promise made to us by the student researcher was violated. As students and professional scholars we learn the importance of ethics in research. One ethical principle is that subjects are told where information collected will be used. The researcher has, in effect, a commitment to the subjects not to change that without their consent.

The student not only

violated basic ethical guidelines in research, but jeopardized our willingness -- and perhaps that of our colleagues -- to talk to other students researching assignments. This may have an impact on all of you. Ethical guidelines in research is not just theory, it is an important part of the research process.

Jane Gordon  
(Soc/Anthro Dept.)

Jen McLaren  
(Psych Dept.)

## The Real Issues

# Smokers in Seton?

by Lesley Butt

Yes

The torrential rain beats down on their faces as the savage wind throws the harsh snow around them. The sub-zero temperature of the winter day permeates their very bones as a numbness sets into their exposed skin. This is the plight of people who smoke at Mount Saint Vincent.

It is time to bring equality to the smokers. A separate smoking lounge is needed, wanted, and long overdue. They pay the same tuition as everyone else, and yet there is a resident's dining hall, a cafeteria, and a non-traditional student lounge - all non-smoking! Why is there no place for someone who smokes to do so in

comfort?

A separate place where non-smokers have to breathe in their smoke is what smokers here want. So non-smokers won't be able to complain about the sight and smell of cigarette smoke in the outside air. Then some non-smokers may say quit! Clean up your body and the world! Well, some people enjoy smoking, for some it relieves stress, and others just plain want to smoke. Why should they stand out in the freezing temperatures so others can have "clean" air? If an area was made for smokers that had some kind of ventilation or air exchange system, it would not affect the non-smoking areas at all.

For those people crying out that smoking also hurts the environment, I'm sure you could find more substantial environmental causes at the Mount! Or are you overlooking the numerous things that could be done around here to ensure a cleaner environment? Why don't you make car drivers walk, take the bus, or go in car pools? It would make a healthier environment!

By centring on the issue of air pollution, people are missing the core of the problem. Smokers are expected to waive their rights as Mount students and go outside instead of having their own indoor smoking area. Quite frankly, that sucks! It is time. Stop the smoking discrimination!

by Carolyn McLaughlan

NO

The words "discrimination" and "second class citizen" leapt off the wall at me last week as I walked out of the Saceteria. I (a self-described human rights activist) of course read on. These posters were crying out discrimination against, of all people, smokers! Please give me a break!

For a countless number of years I have been listening to this "smokers have rights" argument quietly (and, I might add, eating in restaurants with smoke filled non-smoking areas). First I hear them complain about the "atrocious cost of cigarettes" and now they are crying out that they shouldn't be forced to stand outside, chilling their rears, to enjoy a smoke. To be completely frank, I have no sympathy.

I am almost certain that I am not the only person on this

campus who suffers from respiratory problems, allergies to smoke, or simply has a wish to maintain a healthy, completely smoke free lifestyle.

I realize that the big issue here is most likely the fact that smokers do not appreciate having to stand in the sub-zero temperatures when they wish to smoke.

Well two solutions have presented themselves to me. The first is of course to dress warmer (umbrellas are a fine option in wet weather also). And the second is obviously to quit this unhealthy habit all together. Not only would this keep you smokers healthier (and us breathers of second hand smoke happier) but you would also be making your small (but ever so important) contribution to cleaning up our world's pollution problem (not

to mention all that garbage produced by those annoying cigarette butts).

Why doesn't anyone ever cry out discrimination against non-smokers? Picture this: I am innocently awaiting the ever so exciting arrival of my bus when the girl next to me in the shelter decides to light up. Now I have two choices - leave the bus shelter to stand unprotected in the pouring rain or to stay put and hold back the choking sounds I make as my air passages are filled with unfiltered smoke, then go home and wheez for a week. Now I ask smokers how this situation looks from a reversed angle! Our right to breathe clean air is more important (and more justified) than the worries of a few chilly smokers (who, by the way are constantly and ironically crowding a fire exit).

## To the Editor:

With regard to the letter of Ms. DeBie in the Picaro, Jan 23:

Dear Ms. DeBie

I have been working with the registrar's office for the last five months to amalgamate the Mount SU card and access card. It is our hope to produce an official looking card that allows students the convenience of two cards in one. However, it is not yet set in stone but my hope is to have a new system in place by summer or fall of registration '92. It will be similar to that of other universities which also use paper card and a lamination process.

If you ever travel internationally again, there is a

Canadian card for student status from CFS. It allows for easier foreign travel and discounts. Our external vice president looks after this.

Finally, the university relations department would be another department you should contact about national and international recognition of our university. The university president has struck a new committee dealing with this very problem. I hope these are some answers to your concerns.

Sincerely yours,  
Tracy Tuttle  
Executive VP, MSVSU

## Blah! Blah! Blah!

by Mike Isaac

I've been doing a lot of thinking about this weeks column and a few things have come to light; for each of the last three decades, there are certain objects that are representative of that particular time. The sixties, for example, could be best shown by the "peace symbol"; while the seventies can be summed up by the "disco ball" (you know, those tacky mirrored balls that hung from the ceiling of every emporium throughout the world!!); as for the eighties, it's kind of a toss up between the BMW and Reeboks (I guess anything reminiscent of the yuppies will do!!). Then, there is the nineties, as I look into my crystal ball (O.K., it's a computer screen!!), I see an interesting little object that seems to have become detrimental for the continuance of mankind... a calorie free cheesecake, you ask? As nice as this would be - I taint natural!! No, I'm talking about the CONDOM.

Now, don't groan and say "Oh, no. Not again!" This is important stuff. Do you realize how much this topic has changed over the years? At one time, you would walk into your local drugstore, sashay up to the counter, look the druggist in the eye and say in a loud voice: "Gimme a pack of cigarettes!" and then you would whisper - "... and a box of condoms." Today we walk into the drugstore and say in a loud voice: "Gimme a box of condoms!" and whisper - "... and a pack of cigarettes." Things have definitely changed for the better. People of my mother's generation tell me that at one time, the only men who bought condoms were either having an affair or were "some sort of pervert". I can remember being nine years old and going into the washroom at an Esso station on a dare to procure a

condom. Silly kids stuff, you best!!

But now we have condoms advertised on TV... in Canada... during "Prime Time", will wonders never cease. These are nice little ads, done in the "soft sell" format, that hopefully will not upset your Aunt Mandie. Granted, some people feel that these ads need to be more graphic to really drive home the point that sex without a condom can kill. O.K., this is true! We really need to stress this point. But come on!! This is Canada, the whole concept of advertising condoms during Prime Time is just in its infancy. Let's break into it slowly and work up from there.

The first goal to making a rather taboo topic commonplace is to desensitize it.

Some people still blush at the mention of the word, but do they blush when you say toaster?! The Europeans are aware of this, which we can see (if it was allowed in Canada!) through the wonderful advertisement designed by Benetton. The ad I refer to is best appreciated on a billboard, picture this: a background of pure white, stretched across this area large array of condoms in every colour imaginable, and at the bottom of this are the words - "The united colours of Benetton". But because those in power in Canada still consider this a sensitive topic, you'll never see this billboard in Halifax.

Yeh! The condom has come a long way, but it has a long way to go yet. I guess that's why I think it should become our symbol of the nineties... after all, we even have condom machines at the Mount.

P.S. A big bouquet of flowers and a hearty Bravo to those responsible for installing these machines. You may not realise it, but you may have saved countless lives as a result of this simple act.



# NEWS

## International Development Week

by Tanya Taylor

International Development Week and the environment - this is the theme of this year's International Development Week from February 3-7. This special week recognizes the overwhelming number of developing countries and the problems they face.

In today's world, there are more developing countries than developed ones. Benefits that we sometimes take for granted such as clean water, shelter, technology and medical care are often

scarce in developing countries. This is not to say that North America doesn't have its problems, but when we take a close look at the lives of third world people and their hardships, we have a lot to be thankful for.

Progress is being made in the 90's in international development and more of the earth's people are learning to read and are acquiring skills to build better lives for themselves. During the week of February 3-7, the Halifax County Recreation Department is having an infor-

mational display in the lobby of the County administration building to provide information on this subject. The Recreation Department would like to invite you to drop in during business hours.

If you have any questions please call Tanya Taylor at 453-7707 or contact the Canadian International Development Agency at (613)994-3683 or write them at: 200 Promenade du Portage, Hull, Quebec, K1A 0G4.

## Focus On Our World's Rainforests

by Tanya Taylor

Over the past few years the world's rainforests have received more attention than ever. Unfortunately, this attention is a result of the destruction of the rainforests at an alarming rate, and once they are destroyed, they can't be replenished. Animal life also suffers, as one species becomes extinct every half hour.

Rainforests are found in South and Central America,

Africa, the Island of Madagascar and in Southeast Asia. Many people think that rainforests are too far away to have a direct effect on North America, however, this isn't so. Rainforests have been shown to regulate weather patterns all over the world. Destruction of these forests could also lead to the greenhouse effect, or atmospheric warming.

The big question is why do people cut these forests down

when there are such drastic consequences? Part of the reason is because developing countries use the forests and its area for roadways, dams, powerlines, pipelines and irrigation. Also, many other countries buy and use wood such as teak and mahogany which are types of wood found in the rainforests. With over 40% of the world's rainforest's already gone, it is critical that there be a worldwide effort to save the remaining forests.

## Why Should I Give Blood?

At least 5,000 blood donors are needed every day to maintain an adequate supply of blood and blood products to Canadian hospitals. On Thursday, January 30, all Mount students, faculty and staff can help maintain this supply. A Red Cross Blood Donor Clinic will be held in Rosaria's Multi-Purpose Room between 1:30 - 4:30 p.m. and 6:30 - 8:30 p.m.

Each unit of blood that you donate can help as many as four people in your local hospital. A blood transfusion may be life saving in complicated surgery and in the treatment of leukaemia, haemophilia and burns.

If you've never given blood before, there is nothing to fear. You cannot catch any diseases from donating blood. All materials and supplies used to collect blood are new, sterile and disposable, and used for only one donor. Your body soon replaces the small amount of blood you donate.

There are, however, some special instructions to follow. You should be in good health and feeling well on the day of dona-

tion. It is important to drink fluids after giving blood and to avoid strenuous exercise, smoking and alcohol for several hours after you donate. Don't forget to bring a picture I.D., your MSVU student card will be fine.

People all over the country give the gift of life every day. Our own president at the Mount, Dr. Parr-Johnson has been a long term blood donor on a regular basis. "I believe for those who can give blood it is an important contribution to our community," says Parr-Johnson.

Your contributions this Thursday are particularly important. "We are relying on the donations from the MSVU clinic to keep us well supplied over the weekend," says Sandy Harrison, Mobile Clinic Coordinator. "We have to keep the blood banks full in case of an emergency."

The supply of blood to hospitals depends entirely on the willingness of people like you to share your health. And remember, you never know when the favour may have to be returned to you.

## Headlines in History

January 29, 1939

## Hitler Warns Against Interference

On the eve of the sixth anniversary of his rise to power, German chancellor Adolf Hitler gave a speech to his 855 member Reichstag today in Berlin, warning Western powers against interference in German affairs.

The city was full of swastika flags, marking Hitler's route from the chancellery to the Kroll opera house which was decorated with flags, banners and green fir trimmings. As Hitler spoke, a massive brass eagle and swastika formed his backdrop. The streets were infested with Nazi stormtroopers and Elite guards.

In his speech, Hitler said that Germany and Italy were "determined to give common support to common interests" and

that "National Socialist Germany and Fascist Italy are strong enough to secure their peace against everybody or to end a conflict recklessly entered into by irresponsible forces".

The Nazi leader said that Germany wishes to "live in peace and on friendly terms with all countries". He proclaimed his belief in what he termed a "long peace".

Hitler accused the United States of being on a "campaign of defamation" against his country. Denying the existence of religious persecution in Germany, his speech was full of anti-semitism saying that Europe "cannot come to rest" until the Jewish question is resolved.



Calling Germany a "great and sovereign country", he warned western countries against inter-

fering in "matters concerning us alone with the purpose of preventing natural and sensible solutions".

In 1933, Hitler was appointed chancellor by German president Paul von Hindenburg. Hitler was already leader of the largest party in the Reichstag, winning approximately 12 million votes in the elections last November.

Hitler's speech, which started at 3:03 p.m. AST, lasted three hours. British Prime Minister Neville Chamberlain delayed writing his parliamentary speech until its conclusion. Chamberlain then met immediately with advisors.

On September 1, 1939, Nazi troops crossed into Poland. Two days later, Britain and France declared war on Germany.

Within three months of 1940, Germany (which had already annexed Austria and part of Czechoslovakia) moved into Denmark, Norway, Belgium, Luxemburg, the Netherlands and France.

By 1942, more than 50 countries were involved in history's most destructive war.

Adolf Hitler established the most brutal tyranny in Western European history. By the time the war ended in 1945, Hitler and his Nazi regime had tortured and slaughtered an estimated 6,000,000 Jews.



# Entertainment

by J. Wingo

During the past few weeks as I have walked through the hallways and classrooms here at the Mount, I have noticed that everyone has been whispering, the same thing to themselves, "My God, who are the Gringos?". In an effort to appease the curiosity of the student body at large we have decided to interview ourselves. After you have read this article, perhaps you will have a stronger connection with the philosophies of the Gringos. Now, we begin...

## TEVIN

Height - 5'10 4/18"

Weight - 209 1/4 lbs.

Hair - sandy beach-brown eyes- lagoon blue

Q: What is your favourite pastime Tevin?

T: Well, I like playing ball with the boys. I'm better than them. I also enjoy tossin' down some double donairs.

Q: What is your lifetime dream?

T: To be shot in any non-vital bodypart (e.g. brain) or to rip up a quarterback like I rip up the dance floor on a Wednesday night at Vinnies.

Q: What is your bloodtype?  
T: Labatt's Positive. Really!

Q: What is your favourite kind of music, man?

T: Anything that gets my girlfriend in bed (e.g. Johnny Gill or "Luther"), because I feel that good music is like good sex; it sounds good, and when it's over you flip sides.

Q: What is your favourite saying?

T: "Son, you gotta do better than that (L.T.)". I also like, "I got shotgun boys!"

Q: What are your words to live by?

T: "Life is a joke; when you die you don't find it funny any more."

Q: What do you feel is your fatal flaw?

T: My Moosehead muscle and the hair on my back.

## ANDE G.

Height - 5'4 5/19"

Weight - 140 1/2 lbs.

Hair - a subtle shade of sandy beach tones

Eyes - piercing green

Q: Well Ande G., what is your favourite pastime?

A: Sex with the wife.

Q: Explain, Cool One.

A: Well, since I've mastered all other human activities (e.g. sports, drinking), I feel it is necessary that I fulfil all my girlfriend's (Hyper) wildest fantasies.

Q: What is your lifelong dream?

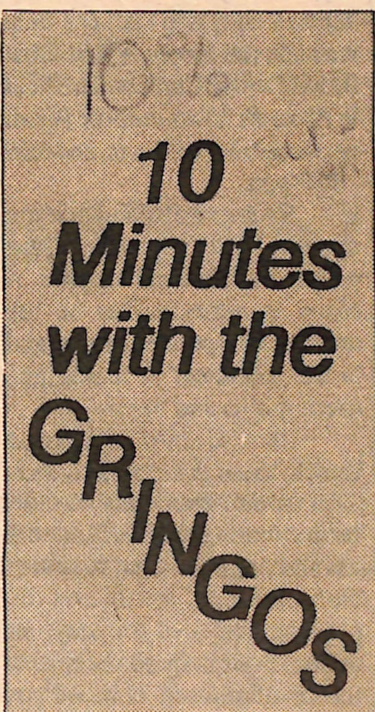
A: I want to see the end of my quest for Bob Marley.

Q: What do you think is your favourite type of music?

A: Da bass strong riddims of da prophet, Robert Nasta Marley! If you can't understand what I just said, you can't comprehend good music...that simple.

Q: When was your favourite moment brother?

A: The first time I saw myself naked.



Q: What's your favourite saying?

A: "I'm swingin'.

Q: What are your words to live by?

A: "If you can't live in a world without peace you shouldn't want to live." (Bob Marley 1975)

Q: Be honest, what do you think is your fatal flaw?

A: I'm just too damned short!

## OKO

Height - 5'11"

Weight - 171 3/9 lbs.

Hair - raven black

Eyes - piercing green

Q: Oko, what is your favourite pastime?

O: I like to create stubble art, such as goatees, sideburns, beards etc.

Q: What is your lifelong dream, man?

O: My dream is to return to my homeland in Sicily to one day become a Godfather.

Q: Next question, what is your bloodtype?

O: Easy, it's Ragu (Chunky

Style).

Q: What is your favourite music? O: Anything that makes me want to kill someone. Since I have Bad Brains, music like Nirvana and Zepplin rule my world.

Q: What is your favourite moment in history?

O: The first time I saw Ande G. naked.

Q: What is your favourite saying, homie?

O: "Oh my God, COPS!!" Turn the radio off."

Q: What are your words to live by?

O: "There are only three things you can do: 1. leave it 2. lump it 3. learn to live with it 'cause you're not gonna beat it baby!"

Q: What do you think is your fatal flaw?

O: I think it's my inability to keep a soulmate.

## WINGO

Height - 5'11 3/4"

Weight - 161 8/9 lbs.

Hair - wavy chocolate brown

Eyes - aqua blue/green

Q: Now it's your turn, Dolphin man. What is your favourite pastime?

W: Building my 300 foot shrine in New Orleans for the legendary Harry Connick Jr., so he can rest eternally.

Q: What is your lifelong dream?

W: I want to be on the cover of G.Q. Magazine and also to one day take the reins from Dan Marino and be the next quarterback for the Dolphins.

Q: What is your bloodtype?

W: Well, my doctor told me it is a mixture of caffeine (Columbian) and banana extract (Chiquita positive).

Q: What kind of music grooves ya?

W: Well, Al B. Sure does give me raw inner soul strength, but only the swingin' sounds of Harry Connick Jr. and Mel Torme groove me.

Q: What was your favourite moment?

W: The first time I saw Oko naked.

Q: What are your words to live by?

W: Don't blame me, blame my girlfriend."

Q: Do you have anything else to say?

W: I hope I get to talk to Kim, the campus police girl I was talking with last Wednesday.

Well, that's all for now. Until the next words are spoken...

## Affinity For Enlightenment

Terry still O'wondrous thought!  
Endure fools' follies though wisdom sought.  
Hither glance at yonder wake;  
life hard felt doth wisdom make.  
Forsooth we seek thy vigilant light  
though ignorance doth blur and hinder sight.  
We stand alone outside thy beckoning gate  
unable to shift from perplexed state.  
Ignorance unfurled on tempest wing  
like cursed wraiths intrepid sing.  
Send us thy light and wisdom sought.  
Give us the power of intellectual thought.  
Pray thee ignorance off! Be gone!  
Behold the breaking of the dawn!  
Behold the slumber from whence we wake  
for wisdom found doth good men make.

Steve Quinn



## HEY GRADS!!

Official Graduation Portraits  
will be taken

February 3 rd - 14th by

**BERRYHILL**  
Fine Photography

Sign up at Student Union.



# Entertainment

by Shayla Steeves

After watching TALKING WITH... many people will be talking with others and asking them where they were last Saturday night. At 7:50 p.m., music drifted through auditorium C, setting the mood for lots of surprises, abstract phenomena and everyday reality. Ten inspirational monologues comprised this play of characters that celebrated the varied lifestyles and experiences shared by women; from a housewife who lived in the land of Oz to a tattooed woman whose marks told the story of her life.

It was a cold night - very cold, but that didn't stop over seventy people from braving the temps and venturing to the second and final performance of TALKING WITH... Entertainment was what they wanted, superb drama was what they got!

Each monologue, carefully

prepared (and memorized) by 10 talented women, reflected a message of dreams, fears and escape to the land of fantasy. "There is a piece of all of us in these characters," said co-director Caitlyn Colquhoun.

Effective use of simple

props: a vacuum cleaner, eight strategically placed lamps and food from the "plastic gold M" gave the actress the spotlight.

Surprises -- a real snake and a trained cat -- gave it that added bite. Occasional sound effects, such as a beating heart symbolizing the new life of the dragon, set the atmosphere for various scenes.

"What really thrilled me was the true sense of ensemble, which is impossible for a cast of monologues," said Colquhoun. It was definitely a challenging play to perform, because the actress had to rely on interaction with the audience.

The cast (in order of appearance) were Christina Edwards (an actress), Lisa Comeau (a housewife), Kim McEachern (a daughter dealing with her mother's death), Nicole Robert (an aspiring performer), Laura Cutler (a rodeo woman), Elissa Tilley (a mother/grandmother), Tracy Cann (a snake handler), Tamara Elwood (giving birth to a dragon), Nash Bailey (a McDonald's fanatic) and Angela Blenkhorne (a tattooed woman marked by life).

To the cast, the directors Caitlyn Colquhoun and Kate Rose, producer Patrick O'Neill and everyone involved, CHEERS to a job well done!!



## SARJENT ROKK

FEATURING MSVU's OWN SCOTT CHEVERIE

LIVE AT VINNIE'S



FRIDAY, FEBRUARY 7th

SHOW STARTS AT 4:30

FREE ADMISSION

STEAK & FRIES BEING SERVED  
BETWEEN 3:30 AND 5:30

## Whale Sighs

By MATT

Sons and daughters,  
You ain't getting much for  
free.  
-Chalk Circle

There is a certain hierarchy that is established as each child comes into the fold. For instance, my brother Max is the oldest; the first born son as it were. My older sister Rosa has the distinction of being the only daughter in the family: Daddy's little girl. Then there is my brother Mircko who is the youngest, the baby of the family. Then there's me.

For the most part I do not see my siblings much. Max is in Windsor. Rosa is in Toronto. Mircko resides at home with my parents in Sudbury and I am in hell, er ..Halifax that is. A fragmented family but a family nonetheless.

Whenever we find ourselves back home it seems that the house that used to accommodate us so comfortably is about to burst at the seams. We fight over the stereo. We argue over what to watch on t.v. Trying to juggle 2 cars for 4 (soon to be 5 drivers) is a task that would tax the wisdom of Solomon himself. Hmmmm. My father should threaten to cut a car in half.

We are coming into our

own, we are becoming individuals now. Concessions had to be made before as we shared the same roof, ate the same food and used the same bathrooms. No longer. Coming home has become a test of patience and a battle of egos. We are all mature enough to make our own decisions. We have made our own ways. We have our own routines, our own viewpoints and our own lives.

Our own lives. Presently Max will have his Master's degree in biochemistry. Soon he will be married. Rosa will graduate this May and face the pressures of "the real world". With the rest of us gone Mircko is enjoying newfound freedom of movement and expression. Perhaps it's hardest on him because he sees his space infringed upon by our return. They are coming into their own, they are changing and so am I. Needless to say it seems that every time we come home the tension get worse and worse.

In situations like these I would take the easy way out and ignore the problem. Instead of taking a hard, frightening look at how relationships with my siblings have deteriorated, I would commit emotional suicide. I

would o.d. on apathy.

It's tempting. Then I'd remember the good times I've spent with these near strangers. Rosa and I pouring Cola into each others dinners. Playing football with Max, or crazy 8's with Mircko. Max once convinced me that he saw Santa. It wasn't until last year that I doubted him. I'd think of the times I was down and they would listen to me. We shared a lot of good times. Perhaps some of the pain and discomfort we feel comes from knowing that we won't be making any more special memories for a while.

We are coming into our own and a causality of this is that we shut others out. No one is to blame. Not me. Not them. Not you or your siblings. It happens. Now make it better.

Next time we're all together and Max wants to reserve the t.v for a movie I'll smile and accede to his wishes. If Rosa and I both need the car I'll grin and fetch her the keys. All the while I'll think back to days long gone: Max teaching me to wrestle and Rosa doing my hair before my first high school dance. We are coming into our own as individuals but I can't forget that we started the journey together.

WHAT DO CARL BERNSTEIN, DAN RATHER  
AND MURPHY BROWN HAVE IN COMMON?

They all read the Picaro.



# TRAVEL

## Anecdotal Adventures

### Montreal, Quebec

By D.

I was in the wrong place at the wrong time...actually, it was the wrong place at any time. Picture if you will St. Catherine's Street East, Montreal, Quebec. If you cannot picture it, too bad. Go there then read this story.

It was midnight, October 31, 1990, and I had decided that it would be a good idea to take pictures of street people, bag ladies, hookers, pimps and the like. I suppose at the time I felt that Halloween was the perfect night to show the world what a hellish place we really do live in.

It never even occurred to me that perhaps walking around in this area, looking extremely out of place and holding a camera could in any way call undesired attention to myself.

Looking back, I sincerely wish that very thought had occurred to me. Now before I go on I would like to point out that "la Belle Province" is indeed a beautiful place to go and to all you potential travellers, by all means go there while it's still part of this country (borders are always a hassle, aren't they?). I am simply trying to show a possible pitfall to an enjoyable vacation.

But I digress. At any rate I did indeed call to myself the attention of two young men of considerable girth and sour demeanor.

"Donne-moi votre d'argent!" To those of you who may not yet speak French this does not mean "What time is it?" and nor does it mean "Can I hail you a cab". It does in fact mean that someone other than you is very likely to be in possession of your hard-earned travel dollars.

I would like to say that I fended them off with a few well placed karate chops or, even more impressive, I gave them a look

that sent them whimpering away back into the hole they had crawled from. The fact of the matter is that I reached into my pocket and pulled out the ten or fifteen dollars that had been residing there.

I then hailed a cab and

went back to the hotel to nurse my pride back to health with a dose of five of Molson's best lager.

By the way, earlier that night I had gone to a club called Station Ten. I recommend it. Go there someday.

## BURGESS TRAVEL



### AIRFARES

TORONTO	from 269	AUSTRALIA	from 1618
VANCOUVER	from 588	NEW ZEALAND	from 1568
MONTREAL	from 206	AMSTERDAM	from 399
EDMONTON	from 578	CALIFORNIA	from 450
FLORIDA	from 399	PARIS	from 629

The above fares are subject to availability and advance purchase rules. The fares vary according to departure date and are those in effect Jan. 23/92. Fares are subject to change without notice.

### FEBRUARY & MARCH Direct Sun Specials

FLORIDA	1 wk package with car From 579 pp qd.
CANCUN	Air From 499 1 wk package From 676 pp dbl.
CUBA	1 wk package From 549 all inclusive From 1049 pp dbl.
NASSAU	1 wk package From 769 pp dbl.
CARIBBEAN CRUISE	including meals & activities From 1254 pp dbl.
BERMUDA	1 wk air & hotel From 699 pp dbl.

HALIFAX 425-6110

DARTMOUTH 462-4242

1505 Barrington St. Maritime Centre

Superstore, 650 Portland St.

TOLL FREE IN N.S. 1-421-1345

Liverpool 354-5400

Bridgetown 665-4812

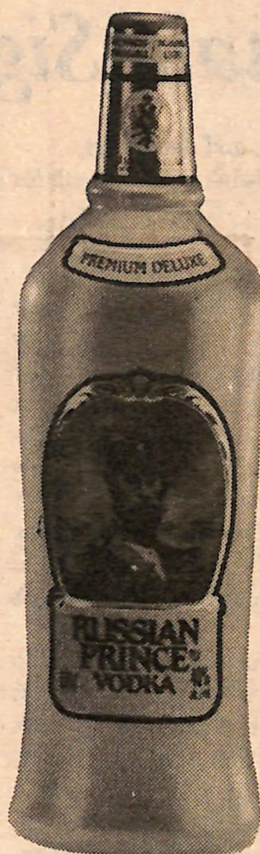
AGENT FOR

**BLUE CROSS**  
OF ATLANTIC CANADA

OPEN SATURDAY 9-5

**WIN A \$1,000.00\***  
PANASONIC STEREO SYSTEM FROM

**RUSSIAN PRINCE VODKA**



Russian Prince vodka is available in unbreakable, recyclable plastic bottles which can also be reused. **Here's how to enter.** Between now and March 17, 1992 complete the entry form below with the best way to reuse the Russian Prince vodka bottle (eg. cut it to make a pencil holder) and attach a photo or drawing. Drop it into the ballot box in your campus pub no later than midnight March 17, 1992, and if your suggestion is deemed to be the most original received from your university, you're the winner! And the environment is a winner too. Remember the three "R's": **"Reduce, Reuse, Recycle"**

\* MSRP

#### OFFICIAL RULES

- To enter and qualify, complete this entry form and attach a photograph or drawing of your idea.
  - No purchase necessary. Contest commences January 13, 1992 and closes midnight, March 17, 1992. FBM Distillery Co. Ltd., and this establishment are not responsible for entries lost, delayed or misdirected. Check the March 30, 1992 edition of your campus newspaper for winners (April 6, 1992 edition at King's College).
- By entering, each contestant agrees to abide by the contest rules and regulations. All decisions of the independent judges in the contest shall be final and binding on all entrants. All entries and ideas become the property of FBM Distillery Co. Ltd. and none will be returned. The ideas may be used without compensation to the originator. All prizes must be accepted as awarded and are not transferable. Winners will be required to sign standard forms of release and consent to the use of their name, address and/or photograph and idea, in any publicity carried out by FBM Distillery Co. Ltd. and/or its agencies. If duplicate entries are received of the winning design, a random draw will take place to choose the winner.
- This contest is open to all residents of legal age who purchase beverage alcohol in any province and who are not an employee of, a member of the immediate family of or domiciled with an employee of FBM Distillery Co. Ltd., its affiliated companies, the Liquor Boards, advertising and promotional agencies or contest prize suppliers. The Liquor Boards and Commissions are not connected with this contest and are not liable in any way in regard to any matter which relates to this contest. The contests are being run at Dalhousie, St. Mary's and Mount St. Vincent Universities and the University of King's College, with one stereo system (model No. SC-CH7) per university to be awarded.

NAME: \_\_\_\_\_ UNIVERSITY: \_\_\_\_\_ YEAR: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

My suggestion for an alternative use for my **RUSSIAN PRINCE VODKA** bottle is:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Remember, a photo or drawing is required.

RUSSIAN PRINCE IS A REGISTERED TRADEMARK

ENTRIES ARE BEING ACCEPTED  
FROM JANUARY 24 - 31ST, 1992 FOR:

**THE 18TH ANNUAL UNIVERSITY COMMUNITY  
ART, CRAFT, BAKING, HOBBY AND  
TALENT SHOW**

6 FEBRUARY - 16 FEBRUARY, 1992  
OPENING AT NOON: FEBRUARY 6TH

**GOT**



**A  
PICKLE  
IN  
YOUR  
CLOSET**

a spoon, a plant, a rock, a comb? Paintings or sculpture or pictures from Rome? A song or a dance a poem or a stance then To The Gallery, The Gallery, for hanging of course!

EVERYONE CAN ENTER - students, staff, faculty, administration and alumnae; or enter something done by someone important to you, perhaps a child or a partner. Whatever it is - a cake, a painting, a sweater, music or performance, your child's drawing you have on your fridge...we'll take it.

ENTER UP TO FIVE ITEMS - we'll show at least one. You'll also have the chance to win a piece of Nova Scotian pottery in our Pottery Lottery.

PERFORMANCES will be scheduled for lunch hours each weekday. To book your Performance call the gallery at 443-4450, ext. 291

MEMORABILIA FROM THE CLASS OF 1967 will be specially featured this year in the upstairs gallery. If you have ANY memorabilia from 1967 add it to our exhibit.

INFORMATION and entry forms are available at the Art Gallery, drop in or call 443-4450 ext. 291

WORKS WILL BE ACCEPTED UNTIL JANUARY 31, 1992



Valentine's Day is fast  
approaching.  
DO YOU WANT TO  
SEND A  
LOVE LETTER TO  
YOUR SWEET HEART?

The Picaro's Valentine's  
Day issue, Wednesday,  
February 12, will print  
your love-sick prose!

Please submit your letters of  
love before Friday, February 7  
to The Picaro office, Rosaria,  
Room 403.

## DO YOU:

- (a) hate writing
- (b) believe Jim Morrison is  
dead
- (c) think Nixon and Mulroney  
are the most important  
men of our time
- (d) none of the above.

IF YOU CHOSE (d) THEN YOU'RE JUST  
THE TYPE OF PERSON WE'RE LOOKING  
FOR.

WRITE FOR THE PICARO.

We're in Rosaria, room 403.

## NO FRIENDS

A poem by Buckwheat

<i>I live alone</i>	<i>And I got no friends</i>
<i>No arguments</i>	<i>And the fun never ends</i>
<i>I go to Bars</i>	<i>And I drink by myself</i>
<i>My mother worries</i>	<i>'bout my mental health</i>

*'cause I ain't got no friends  
I ain't got no friends  
Do you think that you could lend  
Me one of your friends*

<i>I was once</i>	<i>Just like you</i>
<i>Me and people</i>	<i>Stuck like glue</i>
<i>Then we argued</i>	<i>Now we're through</i>
<i>So now I sing</i>	<i>A different tune</i>

<i>Is there something</i>	<i>really wrong with me</i>
<i>My professor calls it</i>	<i>ineffective coping strategy</i>
<i>Caused by pressure</i>	<i>And all this stress</i>
<i>Sometimes my life -- like my room -- is a mess</i>	

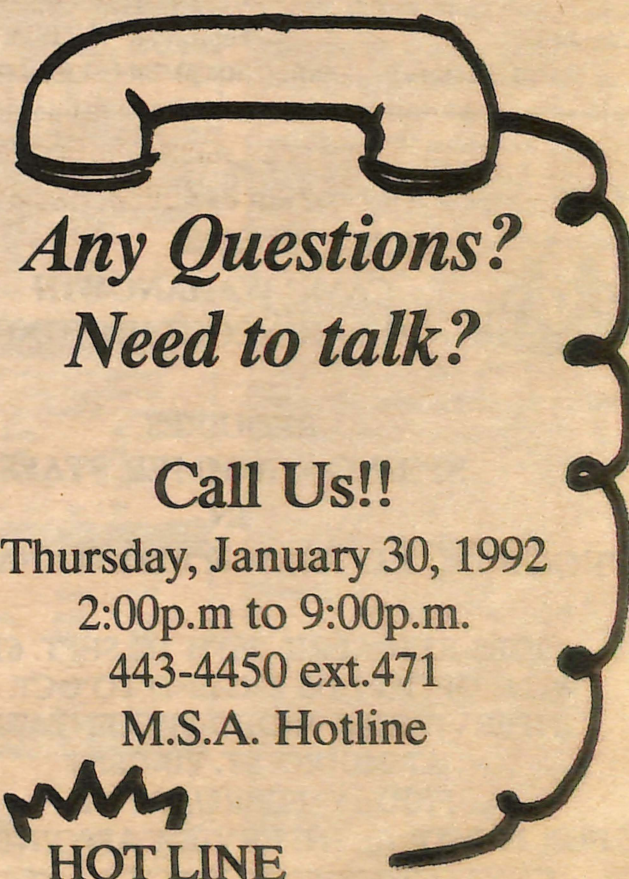
*'cause I ain't got no friends  
I ain't got no friends  
Do you think you could lend me  
one of your friends*

<i>Look around you</i>	<i>We're all around</i>
<i>You won't hear us</i>	<i>We don't make a sound</i>
<i>This is how you see us</i>	<i>But you'll see in the end</i>
<i>We're just like you</i>	<i>-- and we make excellent friends</i>

<i>So why on earth</i>	<i>prolong the misery</i>
<i>If I can't talk to you</i>	<i>Why can't you talk to me?</i>

*And drain the water from the island -- that I am on  
Turn it into friendship like a mountain -- safe and strong*

*Don't worry -- it's not my childhood that I did miss  
Weren't there times that you felt like this?*



*Any Questions?  
Need to talk?*

**Call Us!!**

Thursday, January 30, 1992

2:00p.m to 9:00p.m.

443-4450 ext.471

M.S.A. Hotline

**HOT LINE**



# Sports

## Self Defense Courses Necessary

by Vanessa Burns

Self-defence courses are necessary for the women of Mount Saint Vincent University, says MSVU recreation office, Joanne Burns-Theriault.

"A lot of students are coming from away and are scared to death of walking around at night. Self-defence courses teach them to be aware and how to travel around campus safely."

Burns-Theriault says she saw a great demand by the Mount community for a self-defence course. "I see a need for educating students and staff on this issue since it is a reality."

In the past, the Mount has offered Wen-Do, a self-defence course instructed by women specifically for the female community. A second session will be starting up this semester as a result of its popularity last term.

Wen-Do stresses more the importance of awareness and avoidance of situations rather than physical defence.

"Being more aware of the situation makes it safer", says Wen-Do instructor Nancy Campbell.

One way to be aware is to trust your feelings. If you feel uncomfortable in a situation then get out. Trust that feeling, deal with it and move away", says Campbell.

Burns-Theriault and

Campbell agree self-defence courses are beneficial to women.

"Self-defence is a life skill", says Campbell. It should be taught at an earlier age."

Burns-Theriault recommends some basic security and safety strategies. "Don't hang around alone after a class. Instead, go out with a crowd. Always walk with a buddy while travelling the campus at night, whether it is a friend or a member of security."

Inadequate lighting in the Mount's parking lots is a concern for Burns-Theriault and students. Many people have recommended to the safety committee that more lights be placed around campus, especially in the parking areas and on the main roads.

"Lighting, however, it not the solution to the problem", says Burns-Theriault. "The campus can have neon lights everywhere and attacks will still occur. Protecting yourself is the biggest solution."

For anyone interested in hearing more about Wen-Do, there will a free demonstration class on Thursday, January 30 from 6:00-8:30 in the Vincent Hall Gym.

A six week Wen-Do program will be offered on Thursday evenings from 6:00-8:30pm in the Vincent Hall Gym beginning February 6. For more information phone 443-4450 ext 420.

## Nova Scotia Colleges Athletic Association Statistics

### Women's Basketball

Placing	Team	GP	Wins	Losses	PTS
1	NSTC	7	7	0	14
2	MSVU	7	4	3	8
3	STU	8	3	5	6
4	KINGS	5	2	3	4
5	NSAC	5	0	5	0

### Men's Basketball

Placing	Team	GP	Wins	Losses	PTS
1	KINGS	9	8	1	16
2	MSVU	9	7	2	14
3	STU	12	5	7	10
4	NSTC	8	4	4	8
5	TUNS	9	2	7	4
6	NSAC	7	1	6	2

### Women's Volleyball

Placing	Team	MP	Wins	Losses
1	MSVU	9	8	1
2	NSAC	7	6	1
3	STE ANNE	8	5	3
4	NSTC	11	5	6
5	TUNS	8	1	7
6	KINGS	9	1	8

## MAKING FITNESS FUN AGAIN

By Ruth Vestervack

Fitness is no fun anymore. In fact, for some people it's become a chore - a task to be crossed off the list before they can enjoy their day.

Somewhere along the line, the joy of movement philosophy seems to have been replaced by rules regulations and designer outfits; and from enjoyable play to work.

Here at the Mount we are starting a new fitness philosophy,

"the first law of which is play regularly. An hour's play a day makes every man or woman whole, healthy, and long lived. A person's must be play or it will do them little good. Exercise that is work is worthless, but exercise that is play, will give you health

and long life."

It is time to put the fun back into fitness. Encourage people to think of physical activity as something that fits into our lives in any number of ways.

It is time to develop a new attitude of active living. Get people to climb stairs, walk to the store, and get off the couch. Let's return to the basics, simplicity, to moderation.....and variety. It's taking things in stride. The rewards are fun, pleasure and feeling good.

The Active Living approach has many benefits for you, if you would like to: look better, feel better, get more fun out of life, relax more and sleep more soundly, have more energy and stamina, cope better with better stresses, enjoy food more and be less preoccupied with weight, have a greater sense of control over

life

Some suggestions for getting started, include, washing your own car, taking the stairs instead of the elevator, walking to school. Or try bending and stretching a bit as you brush your teeth, sit in traffic or wait for your pot of water to boil. Watch a little less T.V. and play a little more. Rest your car rather than your body. See it's endless.

FRIDAY JAN. 30  
ATHLETICS DANCE  
AT  
VINNIES

8:30 to 12:30

\$2 advance \$3 door

Camp WAHANOWIN

ON LAKE COUCHICHING



CAMP WAHANOWIN  
ON LAKE COUCHICHING

REQUIRES  
SPRING - SUMMER STAFF  
IN

PROGRAM, KITCHEN & MAINTENANCE

JOBS RUN APRIL 26TH TO SEPT. 6TH  
WITH OPTION TO EXTEND TO OCT. 31ST  
INTERVIEWS & VIDEO PRESENTATION  
AT MOUNT ST. VINCENT  
FRIDAY, FEBRUARY 7TH  
FOR PERSONAL INTERVIEW APPOINTMENT  
CONTACT MS. SUE GRACE AT YOUR  
CANADA EMPLOYMENT CENTRE



# Sports

## Did You Know?

By Nadine Hines

Did you know that the Mount Saint Vincent Mystics varsity teams have captured twenty-five Provincial Championships since 1981. This includes the women's soccer team who captured the NSCAA title this year.

The team with the most wins, is the women's volleyball

team who have captured the title nine from 1981 to 1989.

The women's basketball team have been the reigning champions for the past two years (1989-90 and 1990-91). And yes we do have a men's team here, and yes they have won. For the first time in MSVU's history the men's basketball team were provincial champs in the NSCAA last year.

## Men Tied for First

by Nadine Hines

The Men's basketball team have won their past two league games against NSAC and TUNS. Last Wednesday, the Mystics defeated the NSAC Rams 82-61. Scorers for the Mount were Tony Ross 18, Mark Forward 17, Wayne Keddy 12, Derek Johnston 10, Ray Adekayode 10, Andrew McNeil 8 and Anthony McNeil 4.

Their second game was played at TUNS on Sunday. Once again the Mystic defeated them

67-44.

Scorers were Tony Ross 27, Anthony McNeil 11, Mark Forward 7, Wayne Keddy 6, Andrew McNeil 4, Steve Sampson and Derek Johnston 3.

The playing quality of the team has been lower than usual, but the team is tied for first place along with Kings in the NSCAA. When asked about the teams performance, co-captain, Mark Forward explains, "Every team has had a chance to peak this season except us."

## Let's Get Ready To Rumble!

Marco Tejada

Shuttles flew and sweat poured this 25th of January as the Mount varsity badminton team travelled to NSAC to throw some heat.

Corey Beals placed first in men's singles, trouncing the opposition 15-9, 15-6. The ladies' doubles team of Wendy Skeard and Carrie Macdonald placed a close second to a fluky NSAC team. In mixed double action Shawn Leeman and Gail

Nash, though red hot, got burned by the "flaming Homers" from St. Annes. In men's doubles play, Troy Locke and Marco Tejada left craters and broken men in the opposition's courts, taking first place honours 15-3, 15-1.

Somehow, NSAC squeaked by MSVU to steal a first place berth at the tournament. Many thanks to Carl Lingley for direction and spaghetti, and to Mike Kingston for valuable coaching tips. The next tourney will be held at NSTC February 8th 1992 A.D.

## Mount Mystics Women's Basketball Take Two

by Patsy Pyke

The Mystics have had a successful week in winning both regular season NSCAA basketball games.

On Jan 22 the met the team from Nova Scotia Agricultural College and managed to keep them from scoring double figures until the last five minutes of the game. The final score was 62-13 for the Mount. For the Mystics Julie Gidney had 16, Alex Taylor 12, Jocelyn MacLean 9, Judy Blackwood 8, Wanda Skinner 6, Audrey Norman 5.

## DRAGONS

By Jennifer Archibald

The volleyball team battled l'Universite Ste. Anne's Dragons in regular NSCAA season play on Saturday in Church Point with each team winning a match.

The Mystics faced not only the Dragons home team advantage but a large, screaming and howling cheering section equipped with painted faces and pounding 2\*4's. The Mystics despite excellent serving and passing couldn't conquer the Dragons offence and lost 15-11, 17-16 and 15-9.

The second match everyone came alive with sensational hitting by Krista Naugar which left the Dragons stunned and Gail MacDonald's serves fooled them in tight situations. The Mystics winning streak lasted for two games 15-13 and 15-11 but it momentarily faltered losing 7-15. The rhythm was immediately restored and the Dragons were defeated, 2\*4 and all, 15-13.

A final note, the volleyball team is selling milk chocolate and almonds chocolate bars for \$2.00 and your support would be greatly appreciated.



Members of the Mount community and their families are invited to a

## Skating Party

1:30 - 2:30 p.m.

Sunday, February 9, 1992  
Dalhousie Arena  
South Street, Halifax

Admission is free on presentation of this flyer

Sponsored by the  
Athletics/Recreation Office

## Wen-Do

Women's Self Defence Program



WEN-DO  
WOMEN'S  
SELF DEFENCE  
CORPORATION

Free Demo Night  
Thurs. Jan. 30, 6-7:30  
Vincent Hall Gym

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**STILL... The Best Deal in Town!**

**FREE** Dino's 2 For 1 Pizza  
30 MINUTE DELIVERY  
Applies on Reg. 2 for 1 Pizzas only.

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2- 9" Pizzas (up to 4 Items)  
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These Specials may expire without notice.  
\* 30 minute delivery valid only on Regular price 2 for 1 pizza.  
Our Regular Menu is Listed on the back.  
**ALL OUR PRICES INCLUDE GST**

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Dino's Pizza is made with top quality pure Italian Tomato Sauce, Fresh Dough made Daily! Fresh Vegetables, and Quality Meat Toppings, 100%.

Mozzarella Cheese.

The Works Items: Pepperoni, Salami, Ground Beef, Bacon, Onions, Green Pepper, Fresh Mushrooms, Cheese & Sauce are included.

Extra Items Available: Green Olives, Ham, Pineapple, Hot Peppers, Fresh Tomatoes.

### Pizza Menu

#### 2 Pizzas for the Price of 1

	Small	Medium	Large	
CHEESE	3.20	5.60	10.15	14.45
1 INGREDIENT	4.30	6.95	11.25	15.80
2 INGREDIENTS	5.10	8.05	12.60	17.15
3 INGREDIENTS	5.90	9.10	13.90	18.75
4 INGREDIENTS	6.70	10.15	15.25	19.95
WORKS	7.45	10.65	16.85	21.25
HAWAIIAN	5.60	8.85	13.10	18.45
EXTRA ITEM	.45	.80	1.10	1.60
EXTRA CHEESE	.35	1.10	1.60	2.15
DONAIR PIZZA	7.45	10.65	16.85	21.25

### Donairs

Dino's Donairs: We make our own Donair Meat, using government inspected Beef to give you Top Quality and Great Taste! Extra Sauce or Cheese

REGULAR DONAIR	3.15	.30
MEDIUM DONAIR	4.25	.35
LARGE DONAIR	5.15	.40
CUP OF SAUCE	sm. .70	lge. 1.10

### Subs

	MEDIUM	LARGE
COLD CUTS	4.00	5.15
SALAMI & CHEESE	3.50	4.25
HAM	3.75	4.75
DONAIR	4.25	5.15
PIZZA	4.00	5.15
ROAST BEEF	4.00	5.15

### Beverages

POP (CANS)	90
WHITE MILK (500 ML.)	1.15
CHOCOLATE MILK (500 ML.)	1.25

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## WIN A \$100 GIFT CERTIFICATE

Could you use an extra \$100 for the purchase of your textbooks? Will you be returning to the Mount in the summer or fall of 1992? If you answered "yes" to both of these questions, then do we have an offer for you!

The Halifax metro chapter, Mount Saint Vincent Alumnae Association, is a newly formed group of active alumnae who want Mount students to know that we are out there working for them. To show that we are serious about helping, we are offering a \$100 gift certificate redeemable for the purchase of textbooks at the Mount book store.

All you have to do is fill out the ballot below and deposit it in the box placed in the Bookstore by February 7, 1992. Please, only one ballot per student. The draw will be held February 12, 1992 and the winner will be announced at the awards banquet in the spring.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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Student #: \_\_\_\_\_

Year/Degree: \_\_\_\_\_



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