

THE PICARO

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BRIAN KERRIGAN

Students draw chalk outlines on Parade Square in Halifax as part of the Pan-Canadian Week of Action Tuesday October 22.

Students fear future

BY SUSAN GIFFIN

"Hey-Hey, Ho-Ho, education cuts got to go," was the popular chant spreading across metro universities last week.

On Tuesday afternoon of October 22, nearly 300 metro demonstrators voiced anger towards their government downplaying the importance of higher education.

The rally at Halifax's Parade Square coincided with the Pan-Canadian Week of Action, an event implemented by the Canadian Federation of Students (CFS). Colleges and universities across the nation protested throughout the week.

Approximately 20 Mount students bussed their way to the gathering site. King's College, NSCAD and Dalhousie students joined in, as ambassadors of their schools. A handful of independent students from other surrounding universities were also present.

"I am supporting my school. Others who care about their university, and the money they spent to attend it, should be here with us," noted Heather Brewster a second-year PR student. Brewster ran for the senate seat in this fall's bi-election.

Jocelyn Bourque, a second-year BA student at the Mount

willingly jumped on the bandwagon. "If tuition costs keep rising, my little brother may not be able to further his education. He deserves a chance, he's really smart."

Statistics Canada released recent study results displaying tuition fee increases. The average increase for Canada was 11.8 per cent — up 4.5 per cent from September 1995.

The Mount was subjected to a tuition hike as well. A full unit of study is an additional \$60 on top of last year's figures. The total amounting to \$671 per unit.

Student Union's External

Vice-President Rhonda Coleman promoted the walk-out across campus to create awareness. In the midst of action, Coleman noted, "I am pleased with the turn-out. I wish more people would show interest, but those who are here obviously came because they care about their institution and its educational programs."

Coleman feels as though the powers that be have turned their backs on her, "My parents were both educators. The system they worked their lives building is now denying me an education."

There is no doubt in

Coleman's mind that such rallies are worthwhile. The British Columbia and Quebec governments both implemented tuition fee freezes after the largest student demonstration in the country's history.

First-year NSCAD student Holly Moore, expressed her disappointment in the government's axing process, "A lot of us are just starting our debt load. Any cuts made on education will directly increase our burden." It is estimated that an average student attaining a four-year degree with financial

continued on pg. 4

Path of hurdles

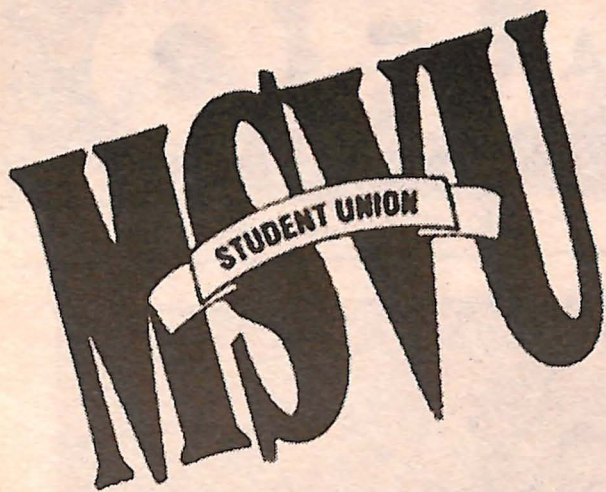
One woman's story of living a life veiled from the native heritage that she so rightly deserved. **Story page 8.**



The silent killer

Cancer has touched the lives of thousands. Inside, one strong woman shares her story. **See page 9.**





VINNIE'S PUB

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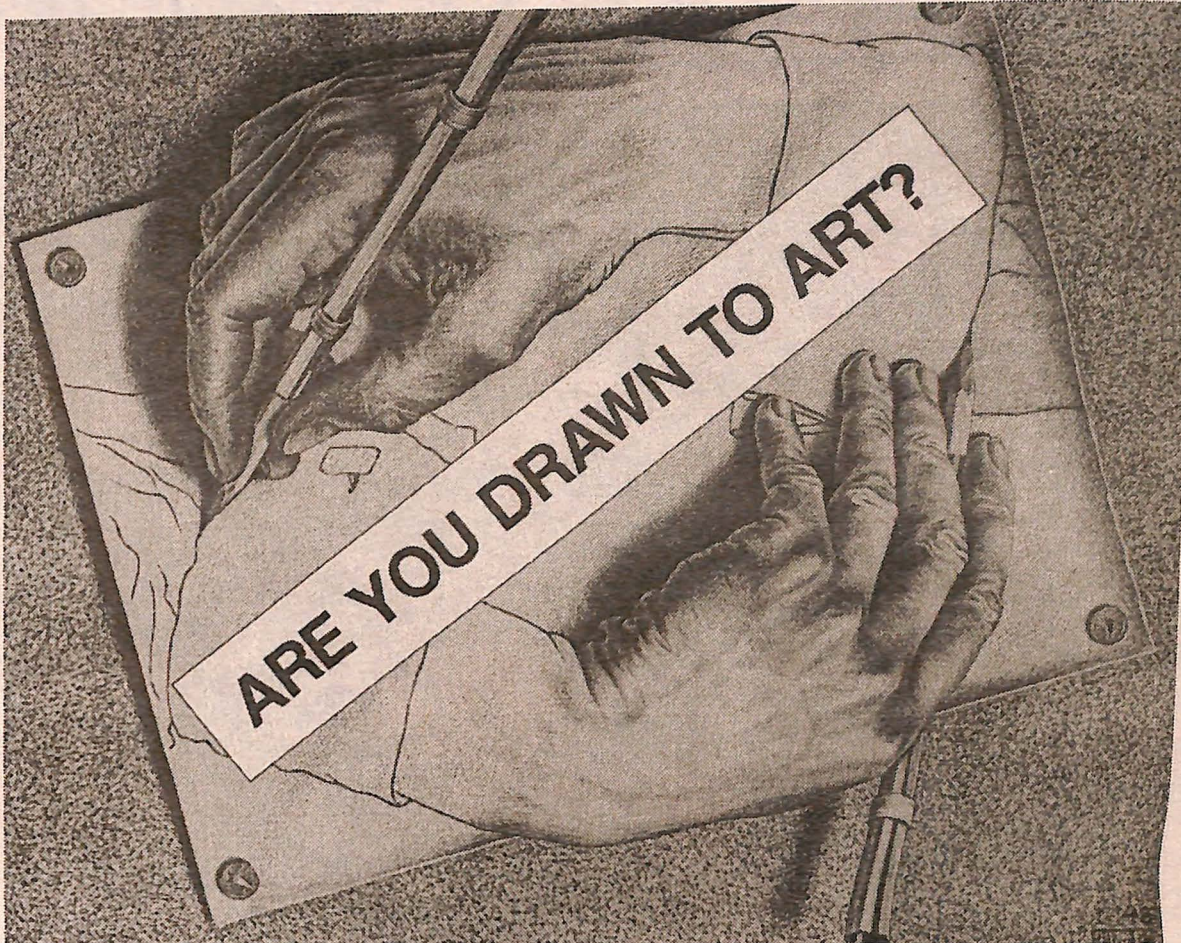
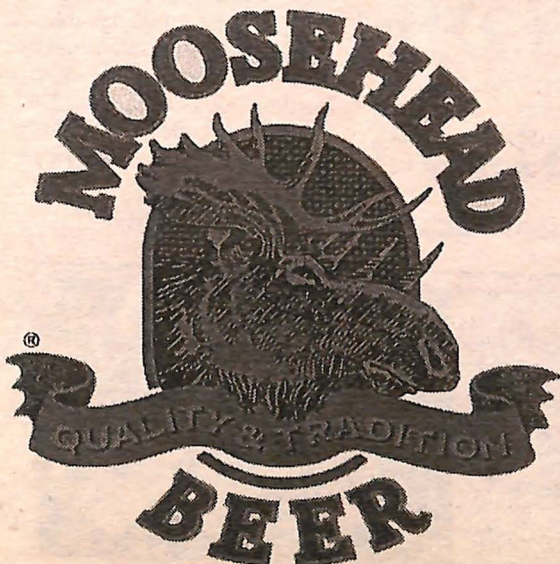
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NEWS

Metro universities to adopt standard G.P.A.

BY DANNA DONALD

MSVU students will not find any numbers on their transcripts in January 1997. This year, for the first time MSVU is using an alpha grading system. The alpha grading system is already used widely in other Canadian universities.

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

It does make credits more transferrable, but the problem arises in comparing grade point averages. Many of the other metro universities calculate

GPA's out of a possible 4 points. The grading system which MSVU's senate approved in November of last year is out of a possible 4.3 points. This leads to some confusion when it comes to transfer credits. According to Carolyn Oxner, MSVU's assistant to the registrar, transfer credits will not be used to calculate students' GPA. The transfer credit will simply appear on the transcript as a credit, without any mark indication.

There is a move afoot to standardize how GPA's are calculated. "Each time the academic vice presidents have met one of their top priorities has been standardizing the grade system, a common grading system would pave the way for student mobility across the consortium", says Furrow. With the rationalization of universities,

Dalhousie and St. Mary's have decided to use the system which MSVU currently uses, based on a possible 4.3 points.

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

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

Mount's student union stops endorsing pub crawls

BY BRIAN KERRIGAN

P.R. Drunkfest may be one of the last pub crawls organized at Mount Saint Vincent University's campus.

New regulations and enforcement by the Mount's Student Union have some students frustrated. "If I had heard a policy like this when I started (university) it would have been a hinderance. I may have still attended the Mount but it would have been something to think about," says Zeeshan Najmuddin, a fourth year business student at the Mount.

The policy of not endorsing pub crawls is a matter of liability for Student Union according to president Sheri Moore. "We have to protect this organization from a possible lawsuit and that's what we're doing with the policy."

In a motion passed in March of 1987 the Student Union resolved to ban activities promoting excessive drinking in association with student societies. They are now actively enforcing the policy according to Moore.

The policy now enforced does not allow advertising of pub crawls to be placed on bulletin boards across campus.

The student union has taken these steps to protect against any legal action that might arise from students acting irresponsible, especially when dealing with alcohol. Since approval of posters was seen as approval of the event, the union decided to stop stamping posters. Posters can not be placed on bulletin boards on campus with out either a Student Union stamp or a stamp from the university itself.

The popular events known as down town socials or pub crawls, have been the center of a storm brewing on the Halifax school's campus. The choice of the word Drunkfest and it's association with the public relations program at the Mount is now under investigation by administration.

"With this particular pub crawl we have notified the chair of the department to tell her what was happening," says Moore.

Student Union's lawyer,

Tim Hill, feels this is a progressive step, because there is no precedent. "The law is a living thing. It reacts to the situation. Judges make law and we wouldn't want to be the people they make law about."

"This student's association is not the thought police. They are not trying to stop people from doing what they have every entitlement to do. What they are saying is we don't want to be involved and we don't want to promote it. It shows how progressive student union is."

"Every university, college, group, association, what have you, has a down town social," says Najmuddin, who is organizing an inter-society social with Mount students, despite barriers that are now in place.

"Student Union is trying to promote more socials at Vinnie's saying the pub has proper liability insurance."

Vinnie's Pub is located on the Mount's campus and is run by Student Union.

Across Canada's Campuses

The Future of Canada

BY KIM LAFFIN

HALIFAX - Sheri Moore, Mount Saint Vincent University Student Union President has returned from Quebec where she was among a diverse group of Canadians who were discussing the future of Canada. This was the second of four scheduled meetings concerning the topic of Canada's future. The first meeting was held in August, the most recent being last week. The next gathering is slotted for late November and the last for January 1997.

Unfortunately, Moore is unable to comment about the discussions at this time. We will have to wait until the new year for all of the details.

University students exaggerate condom-carrying

BY KAREN FARYNA

VANCOUVER (CUP) -- Students don't tell the truth when it comes to condoms. That is the conclusion two University of British Columbia marketing professors have come to after conducting two separate surveys over the last year.

A self-report survey conducted in March found that approximately one third of the 376 UBC students who participated said they would be very or somewhat likely to take a condom with them if they went to a bar.

But a follow-up survey on students' actual condom-carrying behaviour outside a campus pub had very different results.

The two professors, Gerald Gorn and Charles Weinberg, offered students a \$5 food coupon for every condom they showed they were carrying. Out of 346 students going into the pub, only 16 men and no women were carrying condoms.

JAMES TILLEY ILLUSTRATION

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NEWS

CFS protests cuts



(Above) A nervous commissioner has a smoke as he watches the CFS protesters in front of Province House's front steps. The crowd listens to speeches given in Parade Square. (Below)

**Photos by
Brian Kerrigan**



Protest continued from pg. 1

assistance will acquire at least a \$5,000 debt load each year.

Andrew Gribbon, a Dalhousie student fears for his future, "This is the first-year I've had to go into debt. What is going to happen in the future if I want to pursue a masters degree? Education should be an activity the government endorses."

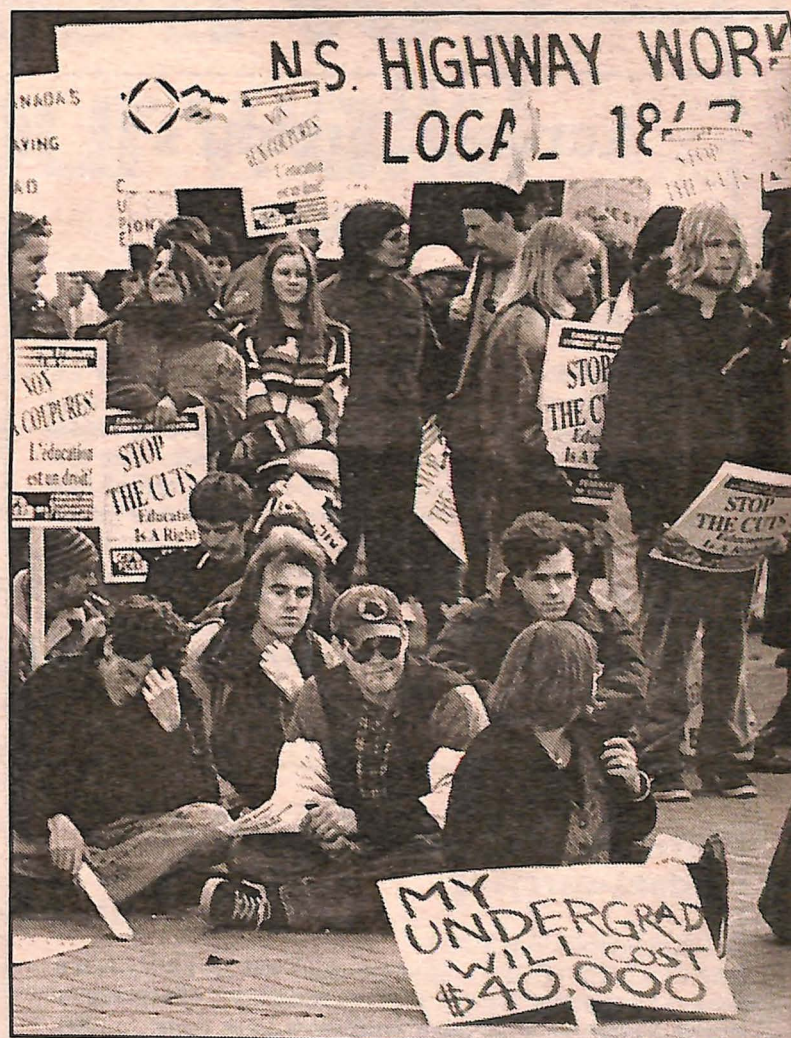
Not only were students delivering the message, Mount Professor Dr. Jacques Goulet was there for the cause. "Faculty members are feeling the cutbacks, just as much as students. We are unable to replace our colleagues who retire. Slowly, we will notice fewer teachers teaching more students, which results in strain for us and the students. Our education will deteriorate if something is not done to salvage it."

Speakers who addressed the audience spoke on behalf of Students Unions of Nova Scotia (SUNS), the Parent's Coalition, CFS, Canadian Union of Public Employees, Public Service Alliance of Canada, National Action Council, International Socialists. Independent speakers represented single parent groups and students.

As part of the overall protest, students wrote slogans on the grounds of Parade Square and placed a picket sign in the hands of a veteran monument on location. Students were told that their acts were unlawful; a defacement of private property. CFS was billed for the cost of clean-up.

After speeches were given protesters marched down to Province House. Law enforcement officers watched over proceedings, six cop cars and two paddy-wagons surrounded the provincial building. Demonstrators pinned signs along the fence to mark their presence before heading to the downtown pub, Birdland.

"We are the future of Canada and without an education, what kind of future can we offer?", questioned Timothea Gibb, a second-year PR student.



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OPINION

The Picaro

Volume 32 Issue 5

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The Picaro is dedicated to informing, challenging and entertaining the students of MSVU, and to provide them with a forum to air their views.

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Staff meetings of the Picaro are held every Tuesday and Wednesday at noon.

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Let me get this off my chest



Editorial

Brian Kerrigan
Editor-in-chief

You can please some of the people some of the time, but you can't please all of the people all of the time.

This is a loose translation from the Mount's other latin motto of "Te tideum pleseum tempus popularum nitium ad sumus."

My quandary about this institution, and some of it's rules and ways, go back to the Thanksgiving day weekend. I was already frustrated with the library's hours, since that long weekend usually marks the start of due dates for projects and the start of midterm testing. Being a mature student at the Mount, and having a career to continue while attending school, Friday night is one of the best nights for me to go to the library, read that stuff on reserve, and work on research projects. But, for whatever reason, our library has limited hours, closed Friday nights, and Sunday mornings. So, how many other students

had the experience of showing up and finding locked doors? It's part of Mount life.

For the students who are new to the city, and living away from home for the first time, the Thanksgiving weekend is a big one. If, for what ever reason they couldn't get home for the weekend, they are set with the ultimate test. Your first holiday away from home, in a strange city. Of course to make these students comfortable, the campus locks up tighter than a drum. Three days of no corner store, no pub, no games room. I had a really hard time finding my way into Rosaria, with all but one set of doors locked. Now, if you own a car, and have lived in the city for a while you can deal with long weekends. You'd know what stores are still open, and where they are. Even if you didn't have a car, you would be used to the weekend bus routes. If you're new to the city, you were really up the creek. The only saving grace is that I know the residence has some city smart R.A.'s who look out for these students.

Fall convocation was another sore point for some stu-

dents. While some told me they were a little dismayed to have years of hard work and financial turmoil capped off with the Sink-na-ma-rinking of Sharon, Lois, and Bram, many were off about the rings. About a dozen years ago, the problem was reversed. Students were upset by having too many variations of the ring available, making a Mount grad's finger no more recognizable than a high school students. Now, the logo that was decided on, has drawn complaints of being anything from just too limiting, to way too Catholic. Dr. Carol Hill makes a very good point of concession on this issue. She says it could have been worse. They could have settled on using the Mount's graphic, which is best described as a universal bathroom symbol.

The other bones of contention are constant ones. The Picaro, Manus, other societies, Student Union, pub crawls, budgets, rallies and the apathy of students, not having enough male sports, residence policy, etc.

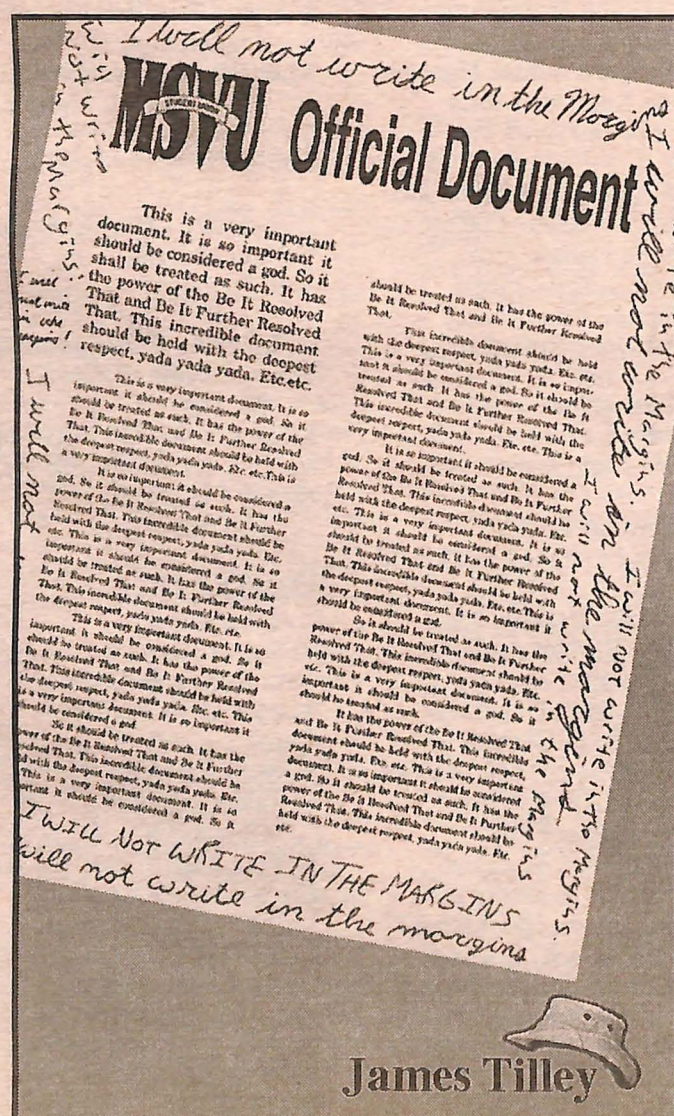
Step back and ask yourself this. "What's really at issue here on a grand scale?"

And, "why have I been so irritable these last few weeks?"

The irritability is caused by the time of the year, because midterms and projects all come up at once. The big picture? Well, it's a perennial problem that arises when you have several people with different tastes and lifestyles, all living and working on a daily basis, in close quarters. Students have to look at the reasons for problems with their campus. Corner Store staff are students, and they probably want to see family on holidays. The library costs big bucks, and those few extra hours would add up. There are reasons, but they are not unidirectional. The university has to constantly take an objective look at itself and say what's at issue and what do the students need? How can we help? Are we making decisions at the cost of education?

I'll bet, the mature, non-traditional students and the more traditional younger students, never realized they had so much in common. The same issues effect us all. Personal wants and needs are butting heads with community living.

Editorial Cartoons

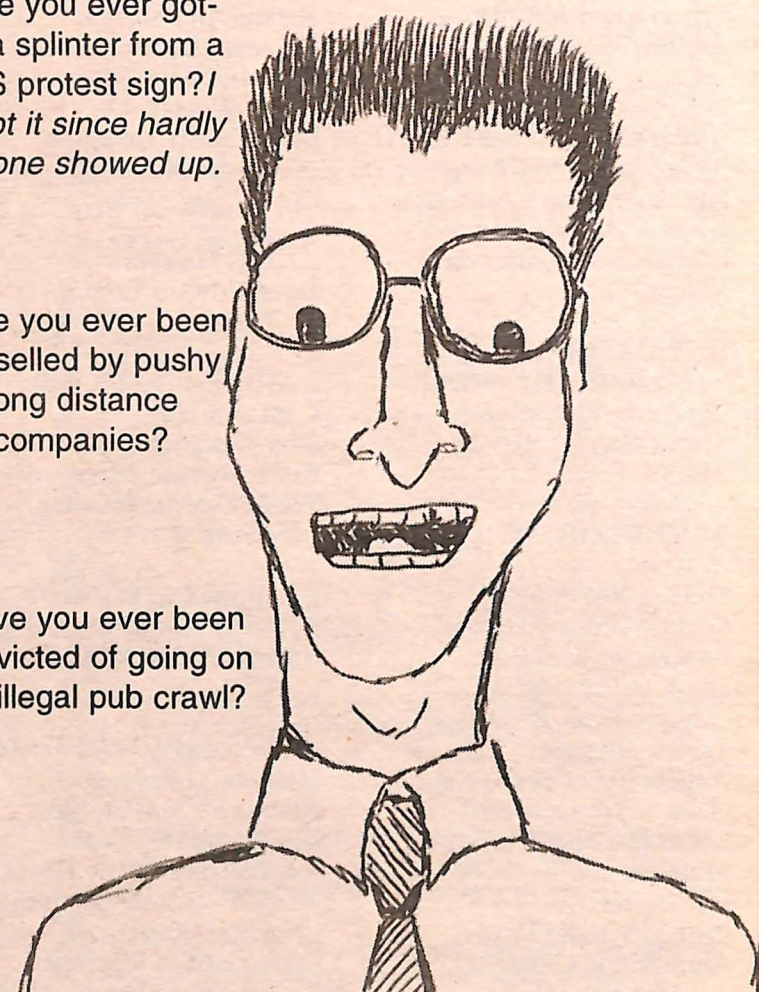


James Tilley

Have you ever gotten a splinter from a CFS protest sign? I doubt it since hardly anyone showed up.

Have you ever been hasselled by pushy long distance companies?

Have you ever been convicted of going on an illegal pub crawl?



Well I'm your solution. You need an SOB well I'm that SOB. I am Jim "the hammer" Shapiro!

Call me at 1-900-BUREAUCRACY

James Tilley

LETTERS

To the Editor:

For the past few weeks there has been a lot of talk about residence life at the Mount. It has been made out to be something awful, a place where no one would want to live. However, not all residence students feel that way.

Residence life has been made to be a place where there is nothing but rules, not a place to have. It has been said that students in residence are treated as children who are not mature enough to handle the responsibility of living away from home. It has been stated that residence students are tenants who pay rent and yet they do not have the freedom as those who rent in apartment buildings.

This is not entirely true. Yes there are rules in place in residence, but they are not there to "ruin" a residence student's life. These rules are in place solely for the protection of the students. The intent of these rules is not to control the resi-

dent student's life or because it is felt that they are not mature enough to handle living away from home.

When these rules are enforced by the residence assistant it is because it is a part of their job, it is nothing against residence students. The residence assistants are there for the residence students, not to gang up against them.

My next point is concerning current proposals to change some of the residence rules, namely the alcohol policy and male visitation policy. The housing staff has nothing against change. Over the years, many residence rules have changed, as they will continue to in the future. At one time there was no male visitation at all, so yes, rules do change.

With the current proposed changes, the most common complaint is in the way the proposal was written not the changes themselves. One point that should be made at once, is

that the alcohol policy and the male visitation policy are two separate issues and should be proposed as two separate issues. There are many difficulties with this proposal, which if implemented will only cause problems in residence. The changes themselves will not cause the problems in residence. It is how they plan on implementing the changes. When two new but separate residence policies are presented, and the changes have been proposed in a workable manner, then perhaps they will be put in place.

To finish, I would just like to say that residence it actually a really great place to live. In residence you get to meet a whole lot of people you may not otherwise get to meet, and it can be a lot of fun. So although not everyone returns to residence, there are in reality, many who do.

T. Gibb

To the Editor:

Another graduation has come and gone, with graduates purchasing mementoes of this special day. They want rings, and frames to display their hard earned Degrees, Diplomas and Certificates. Sounds simple, right? Well maybe for some, but not for me. Being a part of the fall graduating class, I simply wanted to purchase some of these mementoes, ie frames and a ring, but much to my surprise I could not take my 700.00 dollars in to the M.S.V.U. bookstore and purchase these items. I asked for a set of wooden frames they had in the bookstore, one to display my degree, and a smaller one to match the degree and display a certificate. Easier said than done. I came to find out that they carry every other size in the wooden frames but just not the certificate size. As for the metal frames, well, they carry all sizes in that one. My question is, if they offer a choice, who wants frames that do not match? So that was

roughly 100.00 dollars I could not spend. So after a disappointment with the frames I wanted to purchase a ring. It's easy, if you want that god awful dove symbol. As a male graduate, I wanted to purchase a 14K gold garnet ring with my degree inscribed in the side, as well as the year of graduation. But much to my dismay I could not spend the 600 dollars, because I was told that the dove ring is the only one that is being produced at this time. Where is the choice in that? For those of us who do not like the dove ring what are we supposed to do? So to put it simply I had to leave the bookstore, frameless, ringless, and unable to leave my money behind. And people wonder why this university complains of lack of expendable funds. If half of the 70 graduates had the same problems I did, that is roughly 16,000 dollars the bookstore lost out on. Too bad, maybe next time!

Lance Jay

1996 Fall Graduates

The Picaro's staff would like to congratulate all of the recent graduates and wish them continued success in the future.

CERTIFICATES IN ...

... Business Administration

Elizabeth Benjamin
Wai Kei Edmund Chan
Melanie Lucy Giles
Lance Edward Jay
Juanita Florence MacDonald
Caryn Andrea Leask
Deborah R. Mountenay
Eileen Clare Murphy
Andrew Woodrow

... Gerontology

Bridget Mary Bennett
Ruth Ching Yee Chung
Kimberley Ann Cornelius
Barbara Patricia Darton
Lori Theresa Matheson
Vivian White

DIPLOMA IN...

... Business Administration

Connie Lynn Colford
Scott O'Reilly
Anita J. Peters

BACHELOR OF...

... Arts

Melissa Rae Ainslie
Darlene Marie Astwood
Cynthia Jo-Ann Bell
Tracy Bellefontaine
Gregory Dean Brown
Tressa Chapman
Angela Lois Cory
Heidi Joyce Crawford
Lorna Darlene Crawley-Mulolani
Jeff Dixon
Paul Alexander Dixon
Anne-Marie Grant
(distinction)
Linda Marjory Anne Harvey
Felicity Diana Lipnicki
Bridget Alexandra
MacDougall

Christina Marie MacIntyre

Tina Jean MacLean
Catherine Elizabeth Oliver
Aurea Sadi
Shauna Lea Schnare
Elizabeth L. Sovie
(distinction)

Patricia Margaret Stafford
(with distinction)

Natalie Ann Stewart
Christine Louise Webber
Katherine E. Webber
Krista Wilson

Linda Dawn Youngson
(distinction and highest
aggregate)

... Arts Honours

Jason Edward Brown
(English)

... Applied Arts (CYS)

Lynn Amirault
Janet Tracey Burney
Kimberly Ann Morin
Sheila Darlene Pelerine
Julie Ramey

... Applied Arts (IMD)

Elizabeth Ann Cote (Co-op)
Natasha Elaine McCarthy
(Co-op)

... Business Administration

Michael N. Fawcett
Andrea Foster (Co-op)
Ray Glenn Hamilton
Angela Anne Marie Hayes
(Co-op & distinction)
Chiu Man Kwan
Lynn Victoria MacInnes
(distinction and highest
aggregate)
Jeanette MacKay
James Dale MacKeigan
Krista-Leigh Mae Morrissey

(Co-op)

Josephine Suet Sum Ng
Tamara Dawn Nickerson
Rochelle Michelle Rolle
(distinction)
Colleen Ruth Sherman
Susan Lynn Wile (Co-op)
Lori Elizabeth Williamson
(Co-op & distinction)

... Business Admin. Honours

Adele Kathleen Morar
(Co-op)

... Education (in association with NS Teachers College)

Daphne Isabelle Cox
Pamela Karen Gilbert
Catherine Ann Munroe
Lillian Jane Rutledge

... Education

Carolyn Landry
Elaine Anne Price

... Human Ecology

Juanita Florence MacDonald

... Public Relations

Nadine Bridget Antle
(Co-op)
Heather Lynn Boudreau
Ronald Scott Cheverie
S. Lynn Coveyduck (Co-op)
Nicole Dakin (Co-op)
Kerry Joanne Fraser
Michelle Rae MacLean
(Co-op & distinction)
Corinne Anne MacLellan
Carla MacNeil
(Co-op & distinction &
highest aggregate)
Lynne Sarah MacQuarrie
Lisa Mancor
Diana Lynn Matheson
Holly Ann McCurdy

(Co-op & distinction)

Kimberley Anne McDonald
Jamie W. Niessen (Co-op)
Susan Margaret Zwicker
(Co-op & distinction)

... Science

Eleanor Lee Gilmour
(distinction)
Marina Clare Harris
(distinction)
Michelle Marie Lawrence
(distinction & highest
aggregate)
Daniel Gregory MacDougall

... Science - Human Ecology

Cecilia MacEachern
Ritu Taneja

... Tourism & Hospitality

Wai Kei Edmond Chan
(Co-op)
Melanie Lucy Giles (Co-op)
Lance Edward Jay (Co-op)
Eileen Clare Murphy
(Co-op)

MASTER OF...

... Education

Rowena Avery
Vera Elizabeth Avery
Mary Louise Berghuis
Carol Budgell
Eileen Cantwell
Margaret Elizabeth
Colavecchia
Debbie Anne Connors
Elizabeth Jane Cook
Judith Vivian Denison
Janice Marie Dykeman
Doreen Alice Fraser
Angela Lynnelle Fubler
Shelley Elizabeth Greene
Shirley G. Harris
Karen Johnston-Hutchins
G. Kathleen Keating

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Clare Elizabeth MacNeil
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Karen Louise Parnell
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Kathryn Ann Sainsbury
Anne Elizabeth Shannon
Cheryl Julie Smart
Kimberley Ann Veinot
Maryann Antonia Whalen
Cheryl Mae Varlo Whytock
Pamela Jessie Williams
Judy Ann Willson
Anne Louise Wilson

... Arts in Education

Marilyn M. Cerar
June A. Gravel
Helen Agnes Radford

... Arts in Human Ecology

Margaret Marlene
MacLellan
Munyati Mass
Elizabeth Tembo

... Arts in School

Psychology
Lilly Gleich
Elizabeth Ann Hornibrook
Joseph Kelly Joudrie
Margaret Ann Nelson
Lisa Sellars
Kerri Suzanne Stuart

HONOURARY DEGREES...

... Doctor of Humane Letter
Myrna Slayter
Sharon Hampson
Lois Lilienstein
Bram Morrison

FEATURES

BY LESLIE REID

If you were not in attendance at Tuesday's walkout, you should have heard about it by now. For those who attended the demonstration, I must wonder, what were your reasons for attending? I am strongly opposed to the education cuts and will do my part to stop any more cuts. However, is walking out of class the answer? If you didn't have a class at the time of the walkout, and you went, then I support your actions. But if you left a class to protest the education cuts, I can not support you.

We protest education cuts because we do not want to lose our chance to get an education. If the cuts are made, then we have to realize that tuition will rise and a direct result would be fewer people being able to afford an education. We could lose services that we now rely on, and even worse, we could lose programs at the university we can no longer afford to keep.

If you walked out of class to protest the cuts and demand better education, did you send the right message? I believe you sent the wrong message to the government. You just told them that you value your education so much, that you were looking for an excuse to leave class. I was told before the walkout that some people were going, not because they wanted to protest education cuts, rather they didn't want to go to class. If you care so little about the importance of that class and the knowledge you would have received by going, then how can you expect the government to take you seriously when you say you value your education?

I strongly support the actions of those in attendance whom did not miss class for this protest, however, I will never support anyone that missed class and used this protest as the excuse. There are other ways to voice your opinions, ways which would not affect your education.

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BY MARK DARROW

On October 22, the Student Walkout organized by the Canadian Federation of Students took place. They protested government funding cuts to education and rising tuition costs.

The turnout was, to say the least, disappointing. I realize many people had their reasons, however, when I hear someone say that walking out of class to promote education, it is contradictory; two words come to mind: cop out.

Missing one or two classes will not greatly affect your future, cuts to education will. A protest can be a very effective tool for social change. This tool cannot be effective, however, if only a very small minority participate. It can be written off as unrepresentative of the student body.

Why protest during class time? Two reasons come to mind. First, a walkout is a profound statement to the powers that be that we will not take it anymore. What better way to say this than by sacrificing class time to express your outrage at government policy? Secondly, a protest against the government, banks, and corporate institutions would hardly be effective if it occurred on, say, Sunday morning. Who would be there to hear your message? It would be pointless marching on Province House and chanting slogans at an empty building. A protest against government cutbacks has to be done when the government is in session, and that happens to be during class time.

A large student movement can be a catalyst for change. Only when the silent majority becomes vocal can this be achieved. As the old saying goes "united we stand, divided we fall." To remain silent and come up with excuses such as, "It is contradictory to promote education and walk out of class" achieves nothing. Our education is being degraded and our future is at stake, so missing a few classes is a small price to pay for the greater good of ours and future generations.

So, the next time the opportunity arises, get up, walk out the door and make your voice heard. It is in your own best interest to participate, after all, cuts to education affect all of us.

The Student-Parent: Separation Anxiety

BY JENNIFER DEVENNE

Recently, I babysat a friend's 1-year-old, Luc, while she attended class. Reluctantly, she left for Rosaria. Puzzled, Luc cried for a few minutes, then found a marathon run around the University was more interesting. I know from conversations after that mum had a harder time with separation that day than Luc did.

Separation anxiety is a term used to describe children's feelings of being separated from their parents/guardians. However, parents can experience separation anxiety just as seriously as kids. When my son started daycare, I was a mess. He cried a little, I cried a lot. He settled in, I hung around. The teachers almost had to carry me out sometimes. I even skipped class to pick Nathan up early. Panic stricken, I even calculated the hours he was with me compared to his hours at school each week (down to the minute!). Crazy? No. Parents with kids of all ages experience confusing feelings every day. For example:

Guilt "I feel guilty because I'm not caring for my child/children" or "I'm not there when he/she falls."

Selfishness "I feel selfish that I'm taking time away from my

child for my own purposes, like furthering my education."

Anxiety "Is my child being cared for properly while I'm not there?"

"If I stay to chat after class will my child feel abandoned?"

Bonding "I simply want to be with my child."

Until Nathan was 2, I rarely even let him sleep over at Nanny's because I felt empty without him, and I felt that he would not know who I was when he came home. In fact, deep down, my feelings were more selfish than that. I feared that if he loved someone else he would love me less. After talking to parents, teachers, reading, and pure experience, here is what I have learned:

✓Personal growth is important to both parent and child. If I do not get a better education, expand my creativity, and have quiet time, than Nathan cannot achieve his full potential either.

✓Yes, parents want to be part of a child's love, but children benefit from loving others too. Just because Nathan loves other people does not mean he loves me any less. Love depends on trust, mutual sharing and mutu-

al respect which is not lost overnight.

✓I tell Nathan "I missed you" when we reunite. It fosters a sense in both of us that we are thought about during our absence. When he independently says those words to me it makes my heart smile.

✓Last but not least, if Nathan cries as I leave, he almost always stops the minute the door closes. He knows exactly how to play me! I use my instinct to tell me whether or not he truly needs me to stay.

Granted, there are days (Mondays!) when I'm glad to leave Nathan at school, but I don't love him any less. I still bolt the last 10 meters with outstretched arms when I pick up the smiley, or grumpy, faced boy. Parents will always worry about the quality of care their kids receive in their absence. Worry is awareness, and awareness lessens risk for the kids.

Well, Luc was mighty pleased to run into mummy's arms when we met up with her. Obviously the hour away from each other did nothing but reaffirm trust between mum and babe and made me sleep really well that night!

Wally's Lists

BY WALLY NOWLAN

If you have had to park up on the hill lately you may have noticed that Marywood is vacant. This seems to be a waste of valuable campus space. Here is my list of possible uses for Marywood:

1. Demolish it to make way for increased STUDENT parking. Hello? Is anyone listening to this?
2. Use it for classrooms. Many students have to park up the hill anyway, we may as well take classes up there.
3. Turn it into a movie theater with great big comfy seats, like the Oxford.
4. We could turn it into a Tim Horton's franchise so the Mount could have lots of students high on caffeine...just like SMU.
5. Give it to MANUS. Everytime I walk through the link to the cafeteria, MANUS students stare out at me from their glass room. It's kind of unsettling. This way we could both have more privacy.
6. We could turn it into the 1st Frat house on campus. I see visions of National Lampon's Animal House. Now, if only John Belushi were still alive...
7. We could rent it to the Liberal Party. I hear they aren't too popular right now and need a place to hide. No one will find them up there.

Later.

FEATURES

Breaking Free of Racial Barriers, Searching for Self



Cristiane switches from textbooks to storybooks entertaining her sons Mickey, age 5, and Daniel, age 3.

SANDOR FIZLI

BY BRENDA CHISOLM

Survival throughout one's life entails a winding path of hurdles, and Christiane Fizli has had more than her share. Christiane, married and a mother of two, has been separated from her native mother since the age of eight, living a life veiled from the native heritage that she so rightly deserved.

When Christiane's mother married off the reservation, she lost her native status and rights. The new couple was disapproved of by her family, the native community and the reservation as a whole. "I don't think it would have been as much an issue if mom's parents or family were more accepting of it...there were a lot of women who lost funding but were still able to keep community ties."

Even though anger and resentment transpired between Christiane's mother and the native community, attempts were made to keep her daughter and son's native culture alive. There are the few childhood memories of which Christiane's mother attempted to expose the children about their native culture. "It was an inner battle for my mother; it was never talked about, and then all of a sudden she was dragging us to friendship centres and we'd be going to pow-wows...she had a lot of animosity about the whole experience."

Christiane's brief time with her mother was spent in London, Ontario; not far from her mother's reserve. "...we maybe went there five times, and my native grandparents did not acknowledge us, even

thought we were their first born grandchildren." Then, with the reinstatement of 1985, Christiane's mother won back her native privileges, but she did not return to the reservation. "...I don't think she will ever get over it."

Christiane's mother lost custody of her children when they were of a young age. They lived most of their life with their father. "We barely saw our mother; she moved to North Carolina and we moved to Chatham, New Brunswick. There was limited contact." Christiane wasn't angry at her mother over the separation, though. She in fact, empathises with her, "We were too young to understand the significance of what she was going through. We never realized how hard it must have been."

Christiane describes some inner battles of her own, in regards to living with her father. "We were raised in a white culture...I can really see a difference in treatment from when we lived with our mother to when we lived with our father. It was totally different, like the way we were looked at walking in a mall; you could see the difference. And, sometimes I was embarrassed about the fact that my mother was different. There was a real soul searching throughout my life."

Today, Christiane attends Mount Saint Vincent University and is looking forward to graduating with a Bachelors Degree in Political Studies. Yet, she still has unresolved issues with her native heritage on whether or not she

deserves the education she is receiving. "I am always thinking that *legally* I am entitled to an education, that I should take advantage of it. Who I am is a result of my experiences, it has a lot to do with the fact that my mother was native."

Many do not see Christiane as native because she doesn't "look" native. Christiane shares her views. "Other children are born with darker skin, and they have one native parent and one white parent. Here I am born with the colour of skin I have and your treated so much differently, inside and outside of your culture. I sometimes feel discriminated against in the native community because I am not dark enough, but I would like to know my mother's experiences and her culture. I feel that I have as much right to that as any native man who married a white woman and never had their status taken away from them."

Christiane's choice to go to university was not an easy one. "When you are dealing with other family members and you say you would like to go to university, you have to consider what is right. My family felt it wasn't right to go, and also it wasn't right to put the children in daycare. But they have come around and they are really supportive now. I have also had to overcome a lot of guilt." These are just some of the obstacles Christiane and other mothers have to overcome in our society today.

Christiane likes going to the Mount. She feels com-

fortable as a student. "I really like the atmosphere, and the fact that most students are female. I think that was really important for me coming, it helped the insecurities I had with going to university. It also helped me to see other mature students with the same problems I had."

Things for Christiane are going great now, "...it was difficult at first, but now I am used to it and my marks are good. The professors understand that I find it hard to study with children around, the whole family has to accommodate my schedule; we all have to help each other."

So, what does the future hold for Christiane? Her plans involve attendance to law school after graduation from Mount Saint Vincent University. She states, "I want to go to law school, preferably Dal, but I will go to Fredericton. I plan to write my L-Sat exam in February and I hope to pass."

There is a native law school that Christiane would like to attend, but she has mixed feelings about going. "There is a native law program in Saskatchewan that is held over the summer for eight weeks, I was thinking maybe I'd go there, but I have to put a bit more thought into it. I don't know if I will be accepted, or that maybe I might take the place of someone else who is more of a visible minority than I am." Hopefully, with a lot of determination, Christiane will be attending law school next fall.

So, how does her family feel about her plans? "They are all very excited, when my husband tells everybody that I am going to law school. They are all supportive, especially on my husband's side of the family." But Christiane's father is not so supportive, "My father feels I am wasting my time and that I am married with two children and my place is at home."

What about Christiane's mother? How does she feel about Christiane's plans? "My mother is more supportive than everyone, even though I only get to talk to her twice a year. She is very interested in what I am doing, and she encourages me, and she actually helped me get the funding because I was having problems. It is extremely important to her that we take advantage of our status. She wants us to get a university education."

Overall, Christiane has overcome the many, obstacles life has thrown in her path. She managed to break free from the racial barriers that have kept her away from the native heritage and rights she possess; but the decisions she makes are not easy ones. She has lived through a series of soul searching and battled many inner demons that has held her back from finding herself, her true identity. Hopefully, her future plans will fall into place and her inner struggles will have come to an end.

Good Luck on the L-Sat exam Christiane.

FEATURES

The silent killer



BRIAN KERRIGAN

Shelley Joyce-McNeil is on the winning end of her battle with ovarian cancer.

BY CARRIE WARNER

Cancer is the second leading cause of death among Canadians, and cancers of the reproductive organs make up a large percentage of these deaths. Following breast cancer, cancers of the cervix and ovaries are among the most common cancers that plague women. But because testing results in early detection, the death rate of these cancers has been drastically reduced.

The cervix is the neck of the uterus. Most cervical cancers however, occur at the area where the vagina meets the cervix. There, during adolescence, two types of cells meet. Because this is a "transformation zone", it is a venerable place for cancer to develop. During late adolescence, all of the cells at the junction have changed, thereby making the area less vulnerable.

Because of this transformation period during puberty, girls who engage in sex before the age of 17, or before the change from columnar cells to squamous cells is complete, are at a

higher risk for cervical cancer. During the 1980's, the average age of women who developed cervical cancer was 40. The disease was rarely found in younger women. In the 90's, however, more and more younger women are developing cervical cancer. While no concrete reason for the increase has been found, it is widely believed that sexual activity at an early age is at least partly responsible.

The best way to detect cervical cancer is through a pap test. Using an instrument smaller than a tongue depressor, the gynecologist removes cells from the surface of the cervix which are then sent to a laboratory to be examined under a microscope. It is a painless procedure that is usually done once a year, and can detect cervical cancer or other problems early enough that they can often be completely curable.

A 1991 study showed that only 38% of women in Nova Scotia went for a pap test in that year—a scary statistic because of the importance of the test. Every health professional will

insist strongly that every woman who is over eighteen, or sexually active, should go for an annual Pap test.

Unfortunately, a pap test alone cannot detect every abnormality. A pelvic exam is often necessary to expose other problems, such as ovarian cancer. "Ovarian cancer does not show up on a Pap test", says Shelley Joyce-McNeil, an ovarian cancer survivor, "You need to make sure a pelvic examination is done every time you go in for a Pap test."

Shelley Joyce-McNeil was an energetic woman in her 20's, working on a promising career in Country music, when she developed ovarian cancer. Before being diagnosed, Joyce-McNeil had been experiencing pain in her abdomen, which became progressively worse, until it hurt her to even sit down. Once she was examined, it was determined that she had fluid on her ovary. It was drained and she was sent home. For two months things were fine, but then the pain came back.

"They weren't going to test

me as extensively this time because they had just done it six months before," said Joyce-McNeil, "But I had a really good [General Practitioner] who was really aggressive, and got me in to be tested." Joyce-McNeil said she also developed an aggressive side. "This was my body, and I knew something was wrong."

Joyce-McNeil's aggressive attitude is probably the reason she is alive today. When she went in for more tests, a tumour the size of a peach was discovered on one of her ovaries. After further testing, it was determined that the tumour was cancerous. She quickly underwent a massive hysterectomy, and was then tested all over her body to make sure the cancer hadn't spread. But the cancer had spread into her stomach. Months of intense chemotherapy followed Joyce-McNeil's already nerve-wracking ordeal.

Ovarian cancer is a tricky illness. Joyce-McNeil notes that she was actually lucky she had physical symptoms, because women with ovarian cancer often do not have symp-

toms. It is for this reason that it is often referred to as a "silent killer". It also develops more quickly than cervical cancer. While cervical cancer can take years to reach a critical point, ovarian cancer can be deadly in a matter of months.

After eight years of health, Shelley Joyce-McNeil is getting her life back on track. She is getting back into the country music scene, is a part time Business student here at the Mount, and is building a house with her husband. She is also returning as a volunteer with the Canadian Cancer Society, where she talks to people who are going through experiences similar to her own. She knows that there will always be a chance that the cancer will return, but is taking it all in stride.

If it is caught early, there is a greater chance that cancer can be adequately treated. The key is to go for annual tests. It isn't the most pleasant experience in the world, but life is definitely worth a small amount of discomfort once a year.

**NEXT PICARO DEADLINE IS
NOVEMBER 4TH!**

A&E

Canada's Newest Rising Star: Phil Reynolds



BY CARRIE WARNER

Matthew Good, vocalist of the Matthew Good Band, arrived in Halifax on September 27th for a show at The Grawood, a bar at Dalhousie University. Good, hailing from British Columbia, stopped for the Halifax show as part of a nation wide tour, which includes a couple of dips into the northern US. This is a new and improved version of the band according to Good, and one has to only listen to his new album to hear the difference.

"That band was completely different", says Good, "It was way more." Such words could not be spoken about the new version of the band, which includes Good, Geoff Lloyd, Dave Genn, and Ian Browne. This time the music is harder, and louder. They've lost the cello and piano, in favour of driving drum beats and a wailing guitar.

Their music is very expressive of the lyrics in the songs. When asked if this is intentional, or if it just seems to work out that way, Good replied, "It works out that way completely. You don't go in writing lyrics that aren't important. I'm not a big fan of bands who write songs without putting a lot of thought into the

lyrics. Even if you're just saying 'the walls are yellow', say it like you really mean it."

Good's lyrics are very personal. "More so lately, in the fact that they're so personal, people don't understand them", laughs Good, "But in music it's sometimes good to be widely interpretational."

The Matthew Good band is currently playing bar tours and small venues across Canada. When asked if they would like to play larger venues, Good answered, "We're comfortable playing for six people, or six hundred people." He went on to say that it doesn't matter to him because a band can have a good or bad show in front of an audience of any size.

When asked with whom Good would most like to tour, his answer was Talk, Talk. "They're one of my favourite bands. Them or Kiss. I would love to tour with Kiss!"

The Matthew Good band is certainly a band that knows what it wants, and where it wants to go. They played to an appreciative crowd in the intimate setting of the Grawood, and showed everyone just how "Good" they can be.

BY LISETTE WITWER

For Phil Reynolds, singing seemed like a perfectly natural thing to do. He grew up surrounded by music. His father was a member of a folk group, and he was encouraged to sing from an early age. He began taking lessons in his early teens. His love of singing led him to university, where he received a degree in music.

As he was growing up, Reynolds looked up to singer/songwriters. "I could kind of see where I was going", he said. He wrote all of his own songs on the CD except for "All People", which was a collaboration with lyricist Fred Elrich. He writes only from personal experience. "It has to touch me in some way in order [for me] to put pen to paper." This gives his songs a personal touch, as if he is revealing a piece of himself with each song.

Although he began singing long before he actually started his writing career, he says he's a writer at heart. "Personally I like watching an artist who has created the scene, created the song and performs it; it's solely his."

Phil Reynolds describes his music as "melodic pop songwriting. So if you're into lyrics, vocals, harmonies and pop tunes, you'll like what

I do." This really shows through on his debut CD, Big Front Door. The emphasis is clearly on his voice and lyrics, instead of just the music.

Reynolds got his first

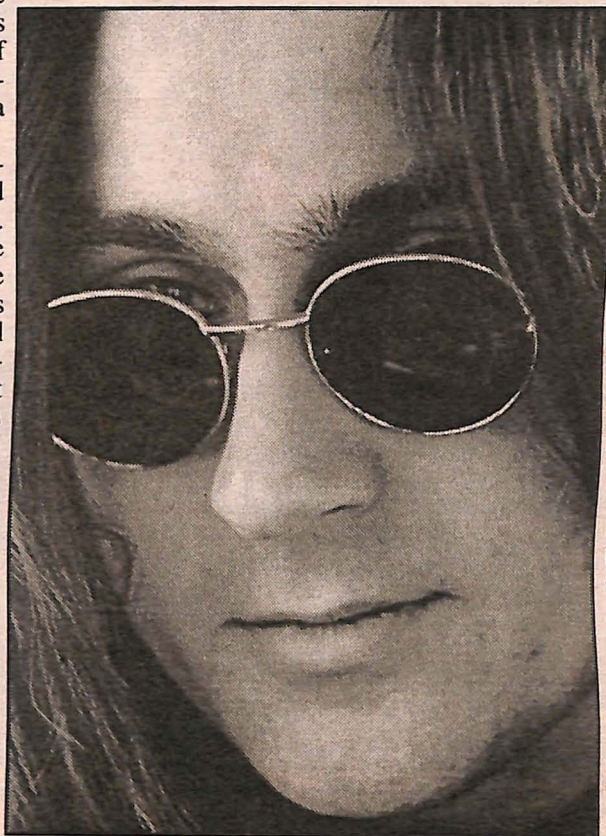
This honour helped him get some very important air-time.

Phil still remembers what it was like to hear himself on the radio for the first time. He was having dinner on a friend's boat, when the last song on his CD, "Lost and Found", came on the radio. "I started doing somersaults!", he said, "Just because I'd been waiting so long for that day to come."

Phil Reynolds will be travelling around the country to promote this album until the end of the year. "I love the tour out east; we'll be doing new songs I've written to try them out in front of a live audience." Those new songs will be appearing on his second album, which he will begin recording next spring. "I'm anxious to start playing some new stuff."

If his second album sounds anything like the first, I'm sure he will be well on his way to musical success. "I'd like to be here for the long haul, and have my audience grow with me."

If you'd like to hear Phil Reynolds' powerful voice, he'll be appearing at Vinnie's Pub on Tuesday, October 29/96.



big break in 1993 when his first single, "Island Song" won him a FACTOR (Foundation to Assist Canadian Talent On Radio) government grant. This song also appears on one of FACTOR's promotional CD's.

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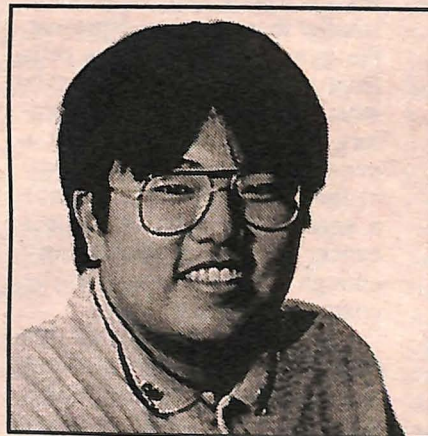
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A&E

Trek Kon beams down to dal

BY JAMES TILLEY

I walked into the semi-crowded Dalhousie Student Union Building on October 19. "Here we go again," I thought to myself, "Another one of these conventions." I admit that I have never been to a pure science fiction convention but I have been to several that included both fantasy and sci-fi.

When you hear the title "TREK KON IV," do you automatically think that there will be people dressed in their Star Trek uniforms or Klingon costumes, running around quoting the television episodes and movies word for word? If you thought that, you would be wrong - or at least partially wrong. There were some people dressed in Klingon garb quoting scenes from episodes and debating who was better, Kirk or Picard.

In truth Trek Kon IV was an interesting event for all science fiction enthusiasts, no

matter what shows you like. The convention presented a sample of almost everything in science fiction. In the main lobby there was the dealers room, which was a jumble of local stores, artists, and collectors selling their goods. They were selling everything from T-shirts, to collector cards to pencil sketches, to your own set of Klingon leather goods.

Down in the cafeteria was the games room. It didn't have pool tables and pin-ball machines, instead it had elaborately painted miniatures battling over a terrain of insulating-foam and fake trees. While I was there, they were preparing to start the first game at three that afternoon.

The societies were located in the Green Room, a room named for its beautiful carpets. While there, you could join one

of the many maritime societies for sci-fi lovers. The source for the Klingons was KAG (Klingon Assault Group). You



have probably seen them at various fund-raisers; they definitely grab your attention. Other Maritime conventions were also

represented: Kingcon (from St. John, NB) and Wolfcon (from Wolfville.) The Fantasy Field Trip Society, a local group who loves to live-action roleplay both science fiction and fantasy adventures, was also there.

Most of the action, however, was happening on the 2nd and 3rd floors. There was a movie room showing movies and television episodes from a variety of science fiction sources. If you had never seen or heard of a specific movie it was given a "Coolness Factor," to rate the production. The model room had a large display of carefully created plastic models made from existing kits or made from scratch. They were on display only, but when one person asked a price, the artist estimated over \$200.

There were a large number

of guest speakers on hand as well. The all-star cast included authors, a puppeteer, a local newspaper columnist, a historian and even a philosophy professor. They talked about modern computer animation, using foam in costumes and puppets, writing, and everything between.

If any of this makes any one of the hard-core science fiction fans out there want to go, it is too late. The Trek Kon was a one-day event. Don't get too upset, though. Next year's convention is expected to be better than ever. So my suggestion to you is to wait another year, and go to one of the other conventions. Halifax's Novacon is during the Remembrance Day week-end. You can find the information in most games and comic stores throughout metro.

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A&E

Vinnie's Reels

Rawlins Cross Reeled and Rolled into Vinnie's Pub on Thursday, October 17 to put on an electrifying performance for an almost packed house, with opening act Ken Driscoll entertaining the crowd with covers.

It was after 10:00 p.m. when Rawlins Cross took to the stage at 10pm, with non-stop fun from that point. They opened with "Living River", and kept up the pace with hits spanning all of their albums. "Reel and Roll" was the biggest crowd pleaser, and marked the end of the band's first set.

PHOTO BY CHRIS MOONEY



I'm Sick of Tough Guys!

BY: TIM BOUDREAU

Are you sick of tough guy movies? I certainly am. You know the type, with lots of guns, lots of sex, and limitless killing. Oh, and don't forget about all of the witty catch phrases uttered whenever somebody gets blown away. You can't have a good tough guy movie hero without a skill for fast talk. This type of movie includes winning titles such as *Pulp Fiction*, *Reservoir Dogs*, and *Natural Born Killers*.

You've all seen a movie like this, the films that shamelessly glorify violence, where the thin line between good and evil is drawn only by who has bigger guns, more women, wittier catch phrases, and the highest kill score.

No one ever thinks about the people who do get killed in these films; they are just two dimensional "bad guys" who have no purpose other than to be offed by the "good guys". Basically the underlying theme (if you can call it that) of this sort of movie is, "It pays to be tougher than the other guy". If you are tough enough you get the respect, you kill the bad guys, you get the women, and live happily ever after. This isn't exactly what I would call a worthwhile movie theme, especially when you consider all the real life tough guy wannabes, who idolize these movies, thinking that being like Mr. Blonde is the ticket to success.

Sleepers is a tough guy



movie. It is the story of four guys who hail from "Hells Kitchen", New York, in the late 1960's. *Sleepers* is the tale of the four guys' lives: how they got started on their road of toughness through poverty, domestic abuse, and the lure of organized crime. The real point of no return occurs for this foursome when they are sent to a boys correctional center. Here they become embittered for life by the hardship and sexual abuse imposed upon them by the guards of the boys home.

You can probably guess how the story goes from here. Four unlucky kids, abused by tough guys, who grow up to be even tougher guys, with more

charisma, who will kill and publicly humiliate the bad guys. Same old movie, isn't it?

I am happy to say that the answer is no, *Sleepers* is much different from the carbon copy tough guy movie. I didn't lie about the story; it flows much like I stated above, but the treatment of the familiar material in this movie is much different than that of other installments to the tough guy genre. It is quite obvious to me that the creators of this film went through great pains to distinguish *Sleepers* from other tough guy movies. Not only is the shameless glorification of violence absent, the movie actually tries to downplay the tough guy

lifestyle.

Now don't get me wrong here: I'm not saying *Sleepers* is non-violent. When I say there is no "glorification" of violence what I mean is that the violent acts are not depicted in a way that seems appealing to the audience; it's not "wicked", in other words. There are many violent scenes in this movie that are both frightening, and highly disturbing. Some people may even want to pass this movie by if they are easily disturbed. It would be a shame not to go see the movie because of this, however. I really enjoyed *Sleepers*; it does quite a good job at showing the empty and small minded pursuit of being a tough

guy. The reality is that when you are a tough guy in the real world your actions have consequences. The world isn't full of two dimensional people we can push around without even thinking about it. People have lives, families, dignity, and feelings, all of which are hurt when some testosterone-pulsating moron decides that he wants to be tough. This is the reality that *Sleepers* tries to show to the viewers. I like what this movie says to me. It seems much more worthwhile than a garbage movie, like *Pulp Fiction*, for example.

Besides the value of the movie's theme, *Sleepers* also contains many other factors that make it quite worth seeing. The star studded cast is quite impressive, featuring such big names as Robert DeNiro (my personal fav), Dustin Hoffman, Kevin Bacon, Jason Patric, and, of course, The Pit. Commendable efforts by each of these big name actors made for an impressive execution of excellent movie material. The movie, as I stated before, is quite violent, but as a result it is also a very exciting viewing experience. There is never a dull moment in *Sleepers*.

So, to sum up, go see *Sleepers*. If you can get past the disturbing violence you will find the movie to be exciting, and action packed, but more thought provoking than most tough guy movies. And if you're sick of seeing tough guys always win, like I am, you will enjoy the movie much more.

A&E

True Lies in "Here Lies Henry"

BY TIM BOUDREAU

When I first read about *Here Lies Henry*, I was a bit skeptical. I have seen dramatic monologues before, but I have never seen one that was an hour and a half long. I wasn't sure what to expect from a play in this format. One would think that a play that only had one actor in it might be a little boring, but one cannot let skepticism get in the way of trying new things. After I got over my initial uncertainty I was quite excited to see *Here Lies Henry*, and I am quite pleased I gave it a chance. The play is a new production in Neptune's Studio series, written by Daniel MacIvor and Daniel Brooks, and performed by MacIvor. My skepticism was unwarranted.

The lack of a large cast and detailed sets was more than made up for by brilliantly written material and an intense atmosphere achieved through skillful lighting and sound techniques. The fact that Daniel MacIvor is a wonderfully

skilled actor with a tremendous amount of creative energy is also a favorable point.

What was so interesting about this play? Despite its simple format, is undoubtedly one of the most interesting and complex plays I have ever seen. The plot was very intriguing and mentally stimulating. But what was *Here Lies Henry* about? Well, as the title suggests, Henry Tom Gallery is dead. He is presented to a room full of people; some he knows, but most are strangers. He must tell them something they don't already know. You don't find out this little piece of information, however, until the play is almost over. This enhances the shroud

of mystery that surrounds Henry.



character because he is constantly lying to the audience.

Several elements of the story are either later revealed as lies, or you just know right away that he is lying - as when he says he did not take a job as a politician because he is allergic to air conditioning. He makes up excuses and stories because he is so afraid to face his real self. This contains a very interesting underlying theme: people in society, all of us, are constantly telling untruths - for all sorts of reasons, according to Henry. We tell them to be considerate, to promote ourselves, or simply just to be funny. All in all we tell them so that we can survive, and because we are afraid of truth.

Here Lies Henry is an incredibly pessimistic work, but

one cannot deny the wisdom of the theme. It is true that people are constantly walking around enveloped in lies.

There were, of course, some positive aspects to Henry. There is a visible progression in Henry's character as he slowly drops his shroud of lies, and accepts the person he is. Initially, saturated with lies, Henry is extremely nervous and edgy. As the play progresses, he dips further into himself, faces more of his lies, and confronts his personal delusions. There is a somewhat happy ending as Henry accepts the truth of his life.

Next time Neptune Theatre decides to run a show that only has one actor, don't be misled by the play's simple format. If every one-person show is as entertaining, thought provoking, and intense as *Here Lies Henry*, I'm sure you will not be disappointed. And that's no lie.

Henry is such a mysterious

HELP WANTED

**The Picaro is still looking for two positions to be filled:
Advertising Manager and Distribution Manager.**

- The Advertising Manager is responsible for selling advertising space to local businesses. 20% commission paid for every advertisement sold.
- The distribution manager must be someone with a vehicle who is responsible for dropping off and picking up the papers from the printer (in Bayer Lake) and delivering them across campus and to other local universities (an honourarium is paid)

**Interested: Drop off a resume to the Picaro office
(Room 114 Rosaria Centre)
Deadline is November 6th, 1996**

COMMUNITY

University News

You are invited to the 7th Anniversary Open House of the EMF Communications Centre on Tuesday, October 29, '96 12:00-2 p.m. EMF 130. Cake cutting at 12:30 p.m. There will be a raffle, book sale, and area displays. Come and celebrate with us!

Applications are currently being accepted for admission to the Business Administration and Public Relations co-op programs. Second year students interested in co-op should have their applications in by Wednesday November 13. See Sharon Higgins in Seton Annex 37 for more information.

Society News

Professional Development Career Club is holding a Career Game Show on October 29th, 1996 from 11-12 a.m. in Rosaria Terrace. Two societies go head to head in a competition to see who is the "Best". Lots of fun and prizes and if any society is interested call 457-6567.

The Professional Development Career Club is having a Career Night on November 4th from 6-9 in auditorium D. There will be various professionals from all disciplines. Volunteers needed; please call 457-6567.

The Professional Development Career Club is having an Entrepreneur Fair on Oct. 30th, 1996 from 11-2. Learn how to open and run your own business. There will be professionals from Business Service Centre, N.S. Economic renewal Agency, Open for Business, ACOA, Centre for Women in Business.

IABC invites all business and public relations students to a free Wine & Cheese. Monday, November 28 at Vinnies Pub from 4pm to 6pm. Come and find out what IABC has to offer you!

Security Alert

Just a quick note to inform you of the new scam with stolen bank cards. Lately we have had several incidents of wallets/purses being stolen and the perpetrator calls up the victim passing himself as the bank stating that several weird transactions have been noticed on the victims account. They then proceed to ask the victim for their P.I.N. (Personal Identity Number) saying they will be cancelling the card. The victim concerned about these problematic transactions, gives out the P.I.N. to the suspect, who is usually on a cellular phone next to a bank machine. By the time the victim realizes what has transpired, the bank account has been accessed and money's taken out.

Thank you

Michel Bujold
Director of Security
Concordia University

Career Corner

Permanent:
Management Trainees
Enterprise Rent-a-Car
on-going
Financial Representative
London Life
on-going

Manager Trainee
NB Tel
Oct 25
Information Session
(Customer Service
Rep./Banking Officer
*Mandatory Attendance
Royal Bank
Nov. 5
3-5pm

* Look for Nova Scotia Community College Human Resources continuous postings in the placement center (Evaristus Room 217). Also, Department of Human Resources- Provincial Government Employment Opportunities is posted continuously.

Part-time Positions:

Care Givers
Sitters 'R Us
on-going

Waiter/Waitress
World Trade &
Convention Centre
Deadline Oct 22

Childcare
Various

Summer Positions:
Parliamentary Guides
Human Resources
Deadline Nov. 12/96

Federal Student
Work Experience
Program
Defence Research
Federal Student Work
Experience Program

**For more information and to apply for job listings visit the Career Placement Centre in Evaristus 218.

Canada Career Week:
It's Time for ME Inc.

BY JODY MACARTHUR, CAREER
PLACEMENT ASSISTANT.

With midterms barely over and exams on the way, it is difficult to think of anything other than school work. It is important, though, to plan for the future now. One way to do this is to take part in MSVU's Career Week from October 29th to November 4th. Students need to take charge of their careers and take advantage of the opportunities in the world of work.

It's Time for ME, Inc., is the theme for this year. This theme reflects the dramatic changes taking place in businesses, offices and factories across the country. To adapt to these changes in the workplace, students must start to look at themselves as ME, Inc., a small business that offers solutions to employers. Ask yourself questions such as 'What problems can I solve?' 'What can I deliver?' and 'How can I improve the company's bottom line?' So think of yourself as your own business with one product to sell-YOU. For more information about Canada Career Week at MSVU pick up the latest edition of the Job Journal.

Career Week Calendar

Tuesday, Oct. 29	Career Game Show
Wednesday, Oct. 30	Entrepreneur Day
Thursday, Oct. 31	Workshops
Friday, Nov. 1	Explore the Career Resource Room
Monday, Nov. 4	Career Night

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SPORTS

Get F.I.T.

BY RUTH VESTERBACK

You don't need to get up at 6am and run 5 miles. Use the "F.I.T." principle to set your goals.

F - Frequency - This is how often you exercise (how many days or sessions per week). To achieve cardiovascular benefits, the American College of Sports Medicine (ACSM) recommends exercising 3 to 5 times per week with a training heart rate of 60% to 85% of your maximum heart rate (intensity).

I - Intensity - This is how hard you exercise, the pace at which you run or walk, the amount you lift in the weight room, or your heart rate.

T - Time - This is how long you perform an activity. "Time" can also refer to the number of sets or repetitions of weight. ACSM recommends strength training two days per week (frequency) performing one to three sets of 10 repetitions of 8 to 10 different exercises at approximately 70% to 85% of your one-repetition maximum (intensity).

While the above guidelines will help you attain fitness benefits, even a little exercise can make a difference for your health.

What to expect once you start:

Don't expect to improve your fitness level overnight.

While physiological improvements associated with cardiovascular training usually take eight to twelve weeks, effects should start to occur in as few as 12 to 21 days.

While it is important to exercise regularly to see physical gains don't feel you can't take a day or two off. You need rest to perform your best! Muscles generally take 48 hours to repair and rebuild themselves.

Once your exercise program is up and running:

What should you do when you are ready to progress? Change one variable (Frequency, Intensity or Duration) at a time in progressive increments. Gradual Progression is the Key!

Every little bit counts! 10 minutes of walking three times a week can be your first step to a happier, more healthy you!

BY MELANIE BEATON

The Women's Basketball team has been selected and they are hard at it in preparation for the upcoming season. They begin regular season play in only weeks but the ladies insist that they are ready for the challenge.

The twelve woman roster includes a lot of fresh talent from the high school ranks as well as seasoned veterans such as Melissa Stevens and league MVP Pam McCulloch. Although the team has a relatively equal balance of rookies and veterans, coach Patsy Pyke remains optimistic. "This is one of the best incoming groups I've seen yet, the most talented group as a whole," explains Pyke.

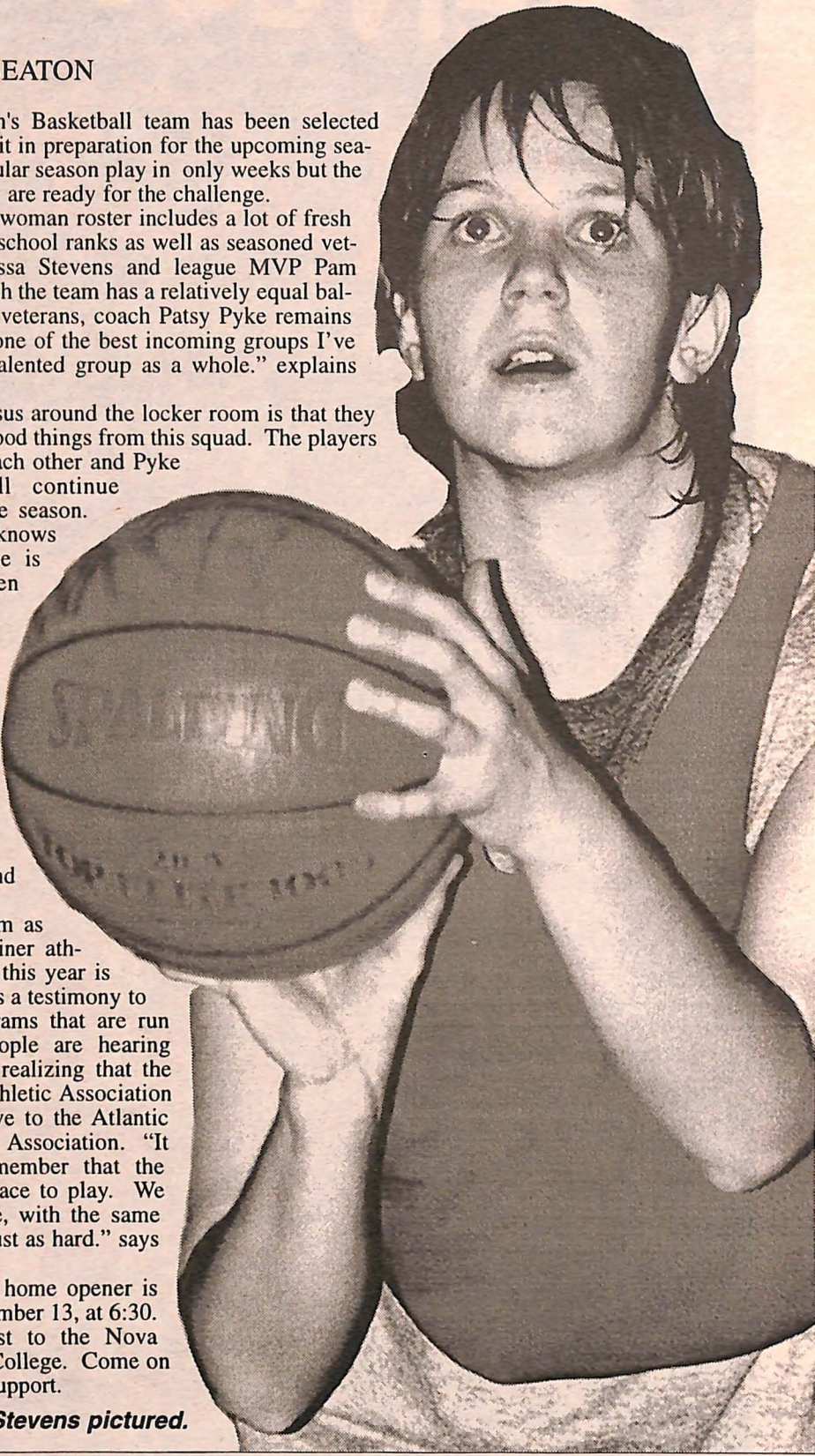
The consensus around the locker room is that they expect nothing but good things from this squad. The players really compliment each other and Pyke hopes that it will continue throughout the entire season.

"It seems everyone knows where the other one is going to be, even though a lot of us are playing together for the first time," says fourth year player Melissa Stevens. After narrowly missing the final playoff spot last season to Kings, the Mystics hope that a fresh start this year will lead to bigger and better things.

The program as a whole is seeing finer athletes coming in and this year is no exception. This is a testimony to the quality of programs that are run here, and more people are hearing about it. They are realizing that the Atlantic Colleges Athletic Association is a viable alternative to the Atlantic Universities Athletic Association. "It is important to remember that the ACAA is a great place to play. We play the same game, with the same rules, and we play just as hard," says Pyke.

The team's home opener is on Wednesday November 13, at 6:30. They will play host to the Nova Scotia Agricultural College. Come on out and show your support.

Captain Melissa Stevens pictured.



Campus Recreation Briefs:

Bleacher Creatures Club
The start-up of the Varsity Booster Nights means it is once again time for the Bleacher Creatures to get in gear. The Bleacher Creatures are responsible for creating school spirit at varsity games. We need student leaders to make posters, lead cheers, blow a horn, run half-time events and work the door. The first meeting will be held on Wednesday, November 6, from 12:10-12:45 in the Ath/Rec Office Rosaria. Everyone welcome!

TGIF Events
Calling all students, faculty and friends! TGIF events are open to everyone.

TGIF Bowling:
Friday November 1, Bayers Road Shopping Centre Bowlarama, \$4/person. There will be unlimited bowling from 1-6pm, MSVU tournament will run between 3:30-5:30pm.

TGIF Badminton Tournament:
Friday November 15, 3:15-5:00pm. Singles and Doubles, Recreational and Competitive Divisions. \$2/player covers snacks and prizes.

Indoor Soccer Tournament:
Sunday November 3, 12-5pm. At least 3 females/team but more are welcome. Teams of 6-10 players, \$20/team.

What the heck is a Mystic?

BY JUNE LUMSDEN

A number of years ago the Athletics/Recreation office held a contest to create a nickname for the athletic teams. After carefully considering many of the suggestions, the selections committee chose the Mystics as the team name. At the time, it was felt that they wanted to get away from the traditional animal logo.

The question at the University's Public Relations office was "What the heck is a Mystic anyway?" They wanted to avoid superstition, witches, and merlin-type magicians.

This is what they came up with: *MYSTIC: Down through the ages a Mystic has been a seeker of truth. Our athletes seek that same truth through athletic excellence.* The stylized M represents the athletes here at the Mount reaching for the stars. Our athletes do reach for and achieve greater heights. Win or lose, they are determined, committed, and work hard together. They have in the past, and will continue to be ambassadors for the University. The Mount Mystics have earned the respect as did the Mystics of old.

Pepsi Athlete of the Week



This week the Pepsi Athlete of the week is Heather Hennigar of the Mystics Soccer team. Heather is a second year BA student. She is the leading scorer on the team and is a valuable asset as they head towards the home stretch of the season. According to coach Patsy Pyke, Heather is the fastest player on the team and is probably the fastest in the conference as well.

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- HALIFAX, NS, DALHOUSIE UNIVERSITY, OCT 31
- ST. JOHN'S, NFLD, MEMORIAL UNIVERSITY, NOV 2