

# THE PICARO



MOUNT SAINT VINCENT UNIVERSITY STUDENT NEWSPAPER

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## MSVU celebrates International Women's Day



Craig Photo

Leslie MacDonald, Chairperson of the MSVU International Women's Week Committee

by Elizabeth Finck  
Staff Reporter

International Women's Day is Thursday, March 8 but organizers at MSVU have expanded

the one day event to a week. "Women Face the Future" is the overall theme of the week.

"Instead of looking back to a gray, dismal past we should look forward," said Leslie MacDonald, board of governors representative on student council and chairperson of the International Women's Day committee.

MacDonald said she wants women to look ahead but she added women should also look at how to remedy old problems such as violence against women.

Women in the workforce, women and violence and women and peace are the sub-themes of the week.

"You always want to increase awareness and I think the three themes are all issues people should be looking at," said MacDonald.

An International Women's Day celebration rally will take place on Thursday, March 8 from 12 noon to 1:30 p.m. in the

Seton Academic Centre auditoriums.

The speaker at the rally will be the minister for the status of women, Judy Erola. Doris Mason of the Mason Chapman Band will perform at the rally.

"The rally should be a celebration, we want to keep it on the upbeat but it should also be a time for question," said MacDonald.

Last year two sections of the auditorium were open and were almost full, according to MacDonald.

"We expect the turnout to be better this year. Last year there were a lot of events happening at the same time," said MacDonald.

She said MSVU has the most events of any one group and this year the MSVU committee started planning earlier than last year. MacDonald said she doesn't expect many outside events to conflict with the

Mount's events this year because women's groups were notified as to the Mount's schedule.

Events began Monday, March 5 and will close Thursday, March 8. The events included films and panel discussions on violence, pornography and the future.

Last year was the first celebration of International Women's Day at MSVU. A rally was held and it was a success, according to MacDonald. After the rally

last year President Fulton promised a President's Holiday, the first since she became MSVU president.

International Women's Day originated in 1910 when March 8 was set aside to commemorate women and their struggle for the vote (achieved in 1908), for equality and their struggle against poor working conditions. The day is recognized by the United Nations and is celebrated in many countries around the world.

## New hope for homeless women — Adsum House

by Shelah Allen  
Staff reporter

The March 2 official opening of Adsum House, Halifax's first home for single transient women, represented a dream come true and new hope for the city's homeless women.

Since the house opened its doors at 2421 Brunswick St. on Dec. 14, 1983, 50 women over 16 years of age have sought shelter at Adsum House. This, said Viki Samuels-Stewart, house administrator, is just the tip of the iceberg in terms of the number of women who require this type of service. She said a feasibility study and survey done in 1982 by a student of the Dalhousie School of Social Work revealed that 40 women a month are in need of services not provided by other facilities in the city. Byron House offers shelter to married women and their children who have been physically and emotionally abused, Collins House caters to women with children, and Bethany to pregnant girls and women.

The objective of Adsum House, Stewart said, is to reach out to the single, homeless woman, and offer her short term accommodation in an environment where she can receive the support needed to overcome this transition period in her life. The word Adsum, loosely translated, indicates, "I am here".

"The women who come here,

either on their own or by referral from a social services agency, have a wide variety of problems," said Stewart. Many are unemployed, have low educational and social skills, are suffering from psychological problems, or have recently left institutions.

"We act as a referral service, and through our advocacy worker, the women are put in touch with appropriate services to help them through this period in their lives," said Stewart. She added that workshops in life skills and assertiveness training are sometimes offered.

Adsum House can provide shelter for 10 to 15 women at a time. They are initially taken in for a period of two weeks but already several have stayed for over a month. "There's just no place for them to go," said Stewart.

While at Adsum House, formerly the historic West Hawkins property, the women share accommodations in one of the four bedrooms and have several television/common rooms available to them. The tasks of cooking and cleaning are shared by the residents and staff. The shelter employs four full-time workers, two resident workers, a relief worker, and about 38 volunteers.

Funding for the house is cost shared by the federal, provincial, and municipal governments. However, this is only for

10 residents, and 60 per cent of the necessary funding must be raised through the founding organizations, patrons, and donations. Terry Henderson, president of the board of directors, noted in his remarks at the opening that support and generosity to Adsum House has been very encouraging.

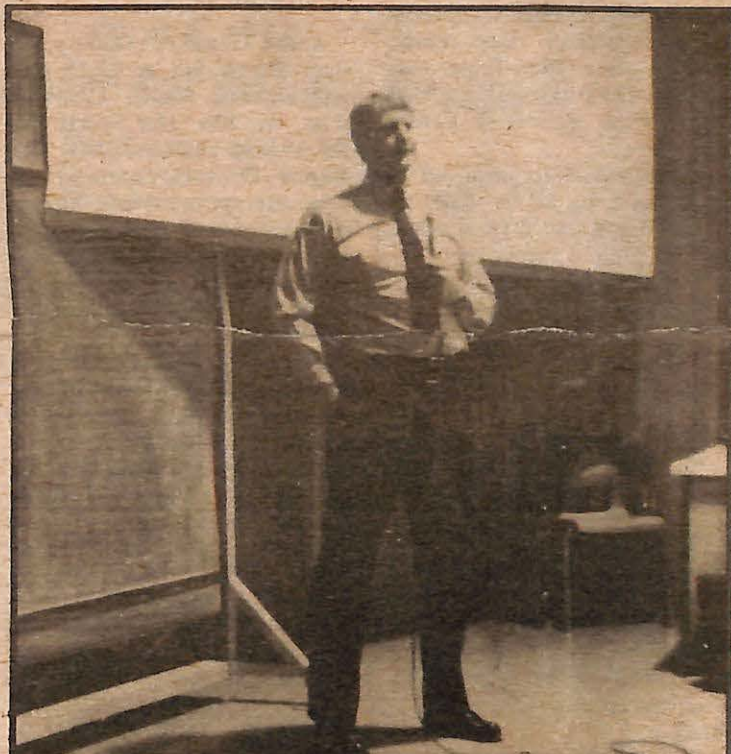
Also present at the opening were representatives of all the supporting bodies, both private and public. All spoke on the value of such a facility and its place in society.

The Hon. Gerald Regan, MP (Halifax) represented the federal government and spoke of the project as "a quest to build a more equitable and caring community".

Mayor Ron Wallace referred to the opening as part of the "coming together" of Halifax and especially of the Brunswick Street area.

Sister Evelyn Pollard, volunteer coordinator of the house made example of Adsum House in appealing for there to "emerge a willingness by those in power to recognize the needs of society".

The staff of Adsum House see this as a very important step. Stewart said that before people can be helped, the problem must be recognized. She said the problem of transient women is not a new one. "People are not aware of the plight of homeless women because they are not visible,"



Representatives from the Halifax Police Department visited campus on Monday to kick off MSVU's International Women's Week activities

Craig Photo

she said adding, "now people are starting to talk and becoming aware."

Stewart does not attribute the problem to any one reason. "Social problems are always affected by the economy, but you have to talk about how the family unit and technology has changed," she said.

When the ribbon was cut by Mavis Buchanan, Carol Regan, and Dr. Anita Dubinsky to offi-

cially open Adsum House an optimism, best summed up by Edmund Morris, social services minister, was felt by many in the room. Morris quoted Edmund Hale saying, "I cannot do everything but I can do something and because I cannot do everything I'll do the something I can do."

Adsum House is doing the something it can do for the homeless women of Halifax.

## Students drinking more

THUNDER BAY, ONT. (CUP)—Canada could suffer a new kind of "brain drain" unless universities cork the flow of booze, according to a recent Addiction Research Foundation report.

The study says 90 per cent of Canadian students drink some amount of alcohol compared to 85 per cent of the normal adult population. At least 70 per cent of university students drink more than once a week com-

pared to a general population figure of 61 per cent.

The 34 per cent of students who drink more than one and a half drinks per day are considered heavy drinkers, while a full 12 per cent are downing 58 to 120 drinks per month.

In conclusion, the report says students are drinking more often and getting drunk more often than their drinking predecessors did 25 years ago.



## Women's Day Rally

An International Women's Day Celebration Rally takes place on Thursday, March 8, at Mount Saint Vincent University. The Rally, sponsored by the Mount Saint Vincent Student Council, will be held from 12:00 noon to 1:30 p.m. in the Seton Academic Centre auditoriums. The Honorable Judy Erola, Minister responsible for the Status of Women, will speak to the theme "Women Face the Future". Doris Mason, singer-pianist, of the Mason Chapman Band will perform.

From March 5-8 there are speakers, films and information sessions addressing the themes Women in the Workforce, Women and Peace, Women and Violence. These events include:

Monday, March 5—Halifax Police Department "Women Alone" program—12:00 noon Seton Aud.

Alumnae International Coffee-house Cabaret—7:30 p.m. Vinnies Pub, Rosaria Centre.

Tuesday, March 6—Panel Discussion on Women Face the Future—8:00 p.m. Seton Aud. Reception following.

Wednesday, March 7—Film "Not A Love Story"—3:00 p.m. Seton Aud. C.

Thursday, March 8—International Women's Day Rally, speaker—Hon. Judy Erola, performer—Doris Mason 12:00-1:30 p.m., Seton Academic Centre Aud.

A bus has been arranged to pick people up for the Rally on March 8 and return them again. The schedule is as follows:

- DALHOUSIE 11:00 a.m. (front of SUB)
- ST. MARY'S 11:15 a.m. (main building on Robie)
- TECHNICAL UNIVERSITY OF NOVA SCOTIA 11:30 a.m. (front of main building on Barrington)
- N.S. COLLEGE OF ART AND DESIGN 11:45 a.m. (on Duke Street)

Many campus and community groups have been invited. Everyone is welcome. For further information, please contact Leslie MacDonald, Mount Saint Vincent Student Council—443-4224.

## Winners

The winning team of the First Annual Vinnie's Shuffleboard Tournament were Mary Coleman and Mike MacLean. The prize money was 24 dollars.

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## Fitness assessments

Are you ready for the summer? For only \$5.00 you can have a fitness test done in the Athletic/Recreation office. We will be testing between the hours of 9 a.m. & 5 p.m. on the following dates—March 20, 21, 22, 23, 27, 28, 29, 30. This special is open to students, faculty and staff of Mount Saint Vincent University only. For appointments drop into the Athletic/Recreation office or phone 443-4450, ext. 152.

## Health insurance

The Health Office would like to remind all visa students covered under the university plan that their coverage terminates the end of April, 1984 unless they are enrolled for summer session at Mount St. Vincent University. For those students attending summer school we suggest that they visit the Health Office sometime before the office closes in May where they can obtain insurance forms to be used during the summer if they should require medical attention.

## At the gallery

At the Mount Art Gallery, Friday, March 9th at 12:15 p.m. and Sunday, March 11th at 2 p.m., the film **The Spirit Visible**—three prairie artists, Otto Rogers, Chin-sek Lam and Ivan Eyre attempt to explore the spiritual essence that is central to their life and work. This is the ninth in a 13 part series produced by TV Ontario. Free admission.

As well, two new exhibits will open at the Mount Art Gallery, Thursday, March 15th at 8:30 p.m.—**The Cult of Personality: Portraits by Lynn Donoghue**, a young Toronto artist and **Rags**, drawings, fabric and clothing by Nova Scotian designers, organized by Sandy Miller, MSVU Exhibitions Officer. Both exhibits will run until April 8. Call 443-4450 for further details.

## Drawing exhibit

The Dalhousie Art Gallery is pleased to announce the opening in March of **The Seventh Dalhousie Drawing Exhibition** (March 1 to April 8, 1984). The Drawing Exhibition is a semi-annual event at Dalhousie, in which an artist is invited by the Gallery to curate an exhibition by selecting the artists and the work to be shown, writing the catalogue essay for the accompanying publication, and overseeing the installation of the show. Artist-Curators of past Dalhousie Drawing Exhibitions have been such well-known artists as Michael Snow, Irene Whittome, Greg Curnoe, Carol Fraser, Tim Whiten, and David Bolduc. The guest Curator for this year's exhibition is the artist and critic Robert Berliand.

**The Seventh Dalhousie Drawing Exhibition** is organized by the Dalhousie Art Gallery and has been produced with the generous support of the Canada Council. Catalogues may be obtained by writing to the Dalhousie Art Gallery, 6101 University Avenue, Halifax, Nova Scotia B3H 3J5.

## Student service award

Student Services wants your assistance. Yes you, the students and staff of the Mount. They would like your nominations for this year's 4th Annual Student Services Award. Who better to ask than the people the nominees would have worked with.

Student Services hopes to have a better cross section of nominees; a truer representation of the various areas of student life at the Mount, by asking for your nominations.

The nomination for the Student Services Award is an important one. The following criteria must be considered when choosing your candidate:

—The student must be in no less than their third year.

—They must have made a significant contribution to the overall quality of student life at Mount Saint Vincent University.

—They must have shown leadership and active participation in a wide variety of areas (e.g. athletics/academic achievement, student societies, residence hall council, student council, residence hall staff, chaplaincy team, recreation, Mount Student Assistants, community services, etc.) throughout their university career.

—They must also have demonstrated through actions, concern for the interest and well-being of others. Though the nominations of those students holding office will be considered for this award, the nomination of a student showing leadership qualities while not in a high profile position will receive consideration as well.

Insure the receipt of your nomination by picking up a nomination form at the Student Services Office in Rosaria. Fill it out and return it to Student Services addressed "Attention: Director of Student Services" by March 16.

Show your appreciation of work well done, of leadership and enthusiasm; send in your nomination.

## Appointment

St. John Ambulance, Nova Scotia Council is pleased to announce the appointment of Karen Caldwell, as Development Officer for St. John Ambulance.

Ms. Caldwell joins us with four years experience in the communications field working with volunteer organizations, government and private sector. Previous to her new position, Ms. Caldwell was employed by Maritime Broadcasting Co. Ltd. (CHNS/CHFX Radio) as Promotions Assistant to the Sales and Promotions Department. Her new duties will include responsibility for co-ordinating all public relations and marketing activities surrounding the two aspects of St. John Ambulance—the Association which is involved in first aid and home health care training and the Brigade which is the volunteer side providing free first aid attendance at major events around the province.

Ms. Caldwell is a volunteer member of the Advisory Board, University Children's Centre, Dalhousie University.

## Porn talk

Mary Brown, director, Theatres Branch, Ministry of Consumer and Commercial Relations and Chairman of the Ontario Board of Film Censors will give a talk on **Pornography—Freedom of Choice?** at the Halifax Main Library, 5381 Spring Garden Road on Thurs., March 15, at 7:30 p.m. Mary Brown will give an overview of current aggressive pornography in film, discuss perceived community standards and international concerns and how these relate to current criminal code provisions. The program is provided by Mount Saint Vincent University, N.S. Association of Women and the Law and the Halifax City Regional Library. All Welcome.

## First Aid Courses

St. John Ambulance will be conducting one one-day emergency first aid course in March at their provincial headquarters in Halifax.

**Course:** Emergency First Aid

**Date:** March 24, 1984

**Time:** 8:15 a.m. - 4:30 p.m.

**Location:** 5516 Spring Garden Road

Two standard first aid courses will also be held.

**Course:** Standard First Aid

**Dates:** March 21-22 or March 31-April 1

**Time:** 8:15 a.m. - 4:30 p.m. each day

**Location:** 5516 Spring Garden Road

For more information and registration, please call 454-5826.

## Neptune contenders

With the fifth play of Neptune's 1983-84 season set for opening in two days, Neptune's Theatre Director Tom Kerr is pleased to announce the "long list" of likely plays for his second, and the theatre's 22nd mainstage season. Of his first season at Neptune, Mr. Kerr commented: "Because I have had the opportunity to guest direct at Neptune over the past six years, I have come to know the warmth of fairness and the criti-

cal appreciation of Neptune's audiences. I am overwhelmed by the tremendous reception given to my first season as Theatre Director."

Mr. Kerr hopes to continue this reception by presenting the following list from which the 1984-85 season will be chosen:

**CHILDREN OF A LESSER GOD** by Mark Medoff

**TWELFTH NIGHT** by William Shakespeare

**CAT ON A HOT TIN ROOF** by Tennessee Williams

**CABARET** by Joe Masteroff

**WAITING FOR THE PARADE** by John Murell

**BRIGHTON BEACH MEMOIRS** by Neil Simon

**DON MESSER'S JUBILEE** by John Gray

**THE MYSTERY OF THE OAK ISLAND TREASURE** by Jim Betts

**WAR BABIES** by Margaret Hollingsworth

**A LITTLE NIGHT MUSIC** Music and Lyrics: Stephen Sondheim

**DANCE OF DEATH** by August Strindberg

**A MOON FOR THE MISBEHAVING** by Eugene O'Neill

**HEDDA GABLER** by Henrik Ibsen

**AND WHEN I WAKE** by James W. Nicol

**K-2** by Patrick Meyers

**FALLEN ANGELS** by Noel Coward

The short list of plays which will make up the 1984-85 season will be announced on the day of the preview performance for this year's final production, "Present Laughter", Thursday, March 29, 1984.

## Violin Concert

Halifax Talent Education, the area's only Suzuki Violin School, is planning their spring concert for March 25, 1984. It will be held at 1531 Grafton St. in the old St. Mary's Boy's School, 3rd floor, at 3:00 p.m. The performance studio is run by the N.S. Dept. of Culture, Recreation and Fitness.

The public is invited to attend and admission is free.

## Graduation Portraits

by

*J. J. J. J.*

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# Losing tickets redeemed for Canadian books

by Kelliann Evans  
Staff Reporter

The Writer's Federation of Nova Scotia has joined libraries, booksellers and publishers in endorsing a proposed "Half Back" plan for the Atlantic Provinces. The supporters of "Half Back" will present their brief to the four provincial premiers by April.

"Half Back" is an Ontario program that allows "Wintario" lottery ticket buyers to redeem their losing tickets at 50 cents each towards the purchase of a Canadian-authored book or periodical. A maximum of four tickets can be used towards one

book purchase.

"Half Back is a useful government tool for distributing the funds generated from the lottery system," said Bob Bland, Antigonish bookseller and chairman of the Atlantic Provinces Book Council's Atlantic Half Back Steering Committee. "It has enormous potential."

If "Half Back" is implemented in the Atlantic Provinces, the program could stimulate demand for Canadian books. The consumer, libraries, Canadian authors and Canadian publishers could benefit from "Half Back".

"Libraries could extend their

budgets through ticket drives without a direct cost to the taxpayer," said Bland.

"Now that the ball is rolling, I don't think it's going to stop," said Bland. "We have letters from many libraries urging us to make Atlantic 'Half Back' a reality. Recently, the Nova Scotia Library Association and the Public Library Board of Newfoundland have added their support."

Promotion for Atlantic "Half Back" would draw attention to local authors. As more authors write more books, publishers would receive increased revenues and local authors would re-

ceive greater royalties.

The only problem with Atlantic "Half Back" would be coordinating the activities of the four provincial governments. In Ontario, "Half Back" was relatively easy to establish because the funds generated by Ontario's lottery are received by the Ontario Ministry of Culture. However, in the Atlantic Provinces, ticket revenues from the Atlantic Lottery must be divided according to ticket sales within each province.

Ontario's success with "Half Back" began in 1978. For the first few years, "Half Back" was a three-month program. Last

year, the program ran for seven months, and Ontarians turned in seven million tickets.

A total of \$3.7 million was generated by the "Half Back" program. The provinces libraries accounted for 16 per cent of these sales.

Recently, in Ontario, "Half Back" has been applied to reductions in the purchase of Canadian recordings, tickets for theatre, dance productions, concerts and admittance to museums.

If "Half Back" is implemented in the Atlantic Provinces, similar reductions could be incorporated into the program.

## Women against nuke shelter plans

by Richard Murray

Debert Debunkers (D.D.) Research Associates, of Halifax, want to replace the aged politicians and civil servants that have reservations in A-bomb bunkers, with healthy women of childbearing age. The group believes, its 'Continuity of People Program' would be a better approach to nuclear war survival than, what they term, the craziness of current government plans.

"Women have not only been denied access to the shelters," said spokesperson, Pat Kipping, "they haven't even been considered for survival of the species." It's survival of the species that concerns D.D. Research Associates, all members of The Voice of Women, and not just bunker privileges.

They want to show the ideas of those who believe nuclear war is actually survivable; those who actually plan for survival of the species, after the bombs have fallen, and the dust has settled.

These concerns were delivered to government officials in response to last week's national testing of bunker systems. The survival plan for the species coincided with a demonstration

held at the gates of Nova Scotia's Debert Bunker, when it was turned on, for testing.

Close to 100 women positioned themselves at the bunker's gates, under the banner, "How does it feel to pretend we're all dead, and you're the only ones alive."

The women were dressed and made up in bizarre costumes. They wanted to show what happens to people subjected to nuclear warfare, anyone caught in the open, burned and scarred beyond human recognition by fire storms and radiation.

Kipping says the blast victims received various reactions from the 'fortunate few' filing through the gates into the shelter.

Some kept their eyes forward, refusing to look at the women, some became angry, and others could only look at the ground, as they filed into the safety of the Debert Bunker. Some, even accepted Citizen's Nuclear Survival Kits from the women which consisted of a Band-Aid, tongue depressor, piece of candy, and a square of toilet paper.

Kipping says the survival plan and the demonstration were meant to point out the craziness of bunker plans.

"Anyone who thinks they can survive, has to be set straight," she said. "Bunkers are totally inadequate for surviving a nuclear holocaust."

She said the bomb may miss, and you may survive for awhile, but no one could leave a bunker and hope to live in a nuclear blasted world, regardless of the

plan.

D.D. Research Associates, through the irony of their survival plan, and the bizarre nature of their drama, hope to show that, foolish as their actions may seem, they're mild in comparison to any current government survival plans.

The group believes, money

spent on government survival projects is a waste. The real issue they say, is in preventing nuclear war, and that's where the money should be spent.

"Energy and revenue used for bunker plans have to be diverted to peace work," says Kipping. "We really have to work for peace."

## Canada must prepare for future—Johnston

by Cathy McDonald

"We are emerging into a different world," said the Hon. Donald Johnston, minister of state for economic development. Johnston, also the minister of state for science and technology, was speaking to a group of about 50 students, professors and press who were scattered throughout an auditorium at MSVU, Friday, March 2.

Johnston said the world has changed and we cannot go back to where it was. The recession has brought about several changes in demand and supply in the country. These changes in demand and supply range from textiles and materials to a change in the supply and demand of resources. For example, with regards to resources, the

Third World is now emerging as a high competitor with Canada. There is a change in growth with the international debt and the technological revolution is rapidly changing supply and demand patterns.

Canada must recognize this world is going to be a highly competitive one. Therefore, Canada should be preparing itself for this competition. It should have a full range of supporting skills to support the industrial needs.

Thus, the important role of universities should be recognized. Universities create intellectual capital and centres of excellence attract intellectual capital. He said that from this intellectual capital, the industries of tomorrow will spring.

"We (Canada) need to attract manpower and we have to keep them in Canada," said Johnston.

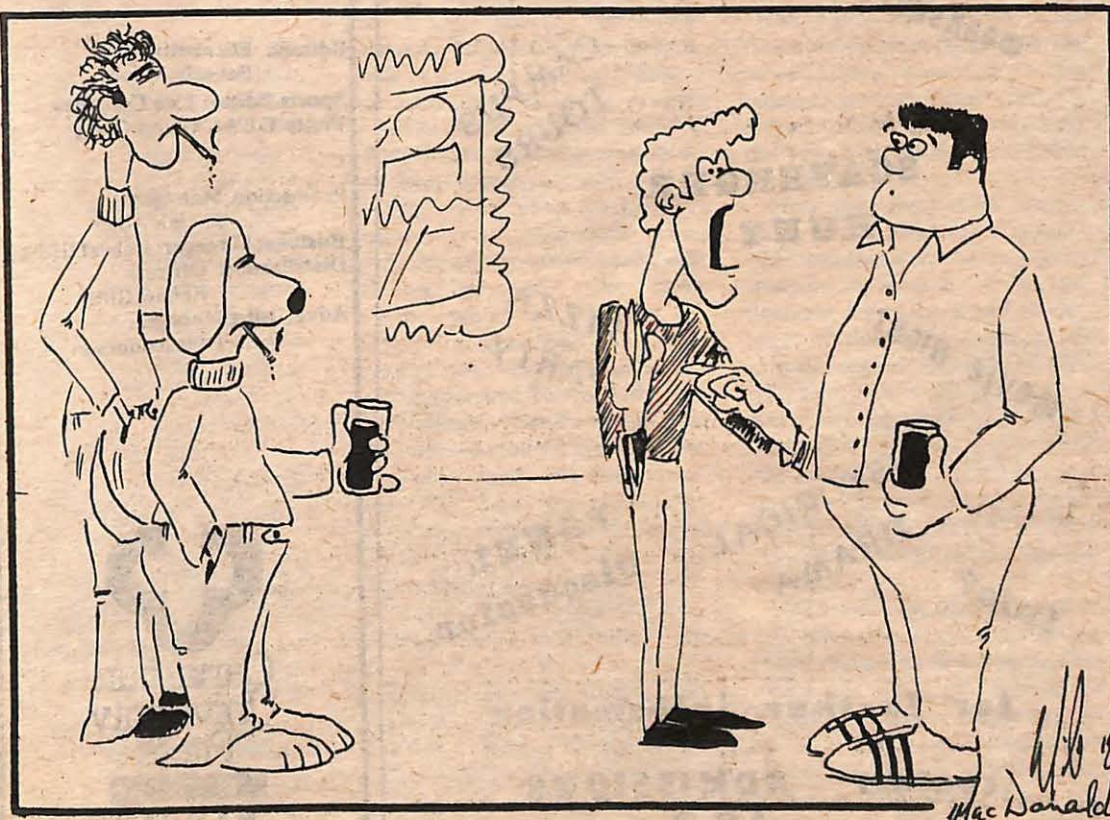
The Americans recognize highly trained people, but Canada wants to keep these individuals. It also wants to attract people to Canada to contribute to social development.

Johnston said having women in the workforce is a major issue which needs to be dealt with. He feels women should be included as part of the social and economic development.

"I'd like to see politics consist of 50 per cent women", said Johnston.

The event was sponsored by the Mount Saint Vincent University Young Liberals.

## All the Wile by David Wile



See, I told you. Throw an open party and everyone and their dog shows up.

## A collection of slides by women artists

by Lori Ryan

In the spirit of International Women's Day Week, the Art Gallery will have its Slide Registry of Nova Scotia Women Artists available for viewing all this week. The registry, formed during International Women's Year (1975), is a collection of approximately 550 slides by more than 90 women artists who were born, or are now living in Nova Scotia. Curated by Elizabeth Shatford (BFA, NSCAD, 1975) who is an artist herself, the slide registry undergoes an annual updating which provides a dynamic collection of the artists' most current works. The artists loan the registry six slides of their most recent artwork (there is no membership fee) and provide professional and biographical information to complete the file.

The registry of women artists has been used by numerous Art Gallery Associations, individual art galleries, and universities

and businesses across Canada.

While viewing the slides I was impressed by the volume of artists and the striking diversity of their works. An inclusive file book containing pertinent information about the artists allows one to read about the artist while viewing her work and is a helpful reference tool for finding a particular artist in one of the slide carousel. Painting, sketching, pastels, collage, fibre, and photography are included in contemporary and traditional art forms. There is no limit to the variety of artistic talents possessed by the women artists of Nova Scotia.

Continuing this week at the Art Gallery until March 11, are the Conibo-Shipibo hand painted wall hangings from the Upper Amazon—Art done exclusively by women.

Come and celebrate women and their art, this week at the Art Gallery.



## Politics and the media

The media in Canada, especially television, seems to be assuming another role other than the role of reporter and entertainer. This new role appears to be one of electing prime ministers for Canadians.

I do not know why the media seems to think Canadians are not capable of analyzing objective coverage of political candidates. Sometimes it appears the media tries to point out one candidate as better than another.

Just take a moment and think of the Joe Clark massacre. Remember how the media perpetrated the Joe Who syndrome, remember how camera shots were taken to emphasize his weak chin, remember the big joke the media made about Clark losing his luggage (as if he had any supervision over the baggage cargo)?

We can take a look at a more recent example of the media seemingly trying to push one candidate into the spotlight—John Turner. The man has not been in federal politics for years and has not even decided to run for the position of Liberal Party leader but all we have heard is John Turner this and John Turner that. One night on the Journal they did a special on him for about 15 minutes. Talk about free advertising!

The television medium has much influence over its audience. Many people believe television news to be unbiased and therefore do not readily recognize slanted coverage. One of the real problems with biased media is oftentimes when people think one candidate is more popular than another they jump on the bandwagon because they do not want to support a loser or a wimp.

In my opinion the media has no business making one candidate look better or worse than another and as a Canadian living in a free country I would appreciate it if the media left it up to me to decide who to vote for instead of trying to make one candidate look better than another.

E.F.

## Letters

To Sister Geraldine Anthony, c/o the Picaro,

We would like to thank Sister Geraldine for her enthusiasm and continued support for the Mount's theatre trips.

The most recent one was to New York City on the February break. We (the Mount women who invaded the city for seven days) would like to thank Sister for all her preparations, organization, and unforgettable tours through subway cars and major sights of New York City.

The trip was enlightening, cul-

tural, imaginative and most of all fun. I'm sure we all came home with unforgettable memories and stories of our adventure, and a little broke and exhausted from our continuous shopping excursions.

Again, many thanks to Sister Geraldine for all her hard work and continued success of the Mount's yearly theatre trips. It was fantastic and we recommend it to all Mount students.

The Mount's  
New York  
Adventurers

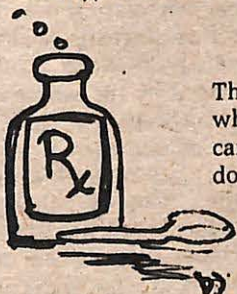
## Video screen—donations and fundraising

Campus Police	\$150.00
Athletics	50.00
Professional Office Admin. Society	30.00
Circle, Square, Triangle	31.00
Donation Boxes Around Campus	113.83
Assisi Hall	60.00
Senate Collection	6.25
Bake Sale	49.05
Door Profits from Wed. Night Pubs (Jan. 25, Feb. 1, 8, 15)	257.40
Four Weeks' Video Game Proceeds (Jan. 25, Feb. 1, 8, 15)	133.00
	<u>\$880.53</u>

Many thanks to all who contributed!!!

## Weekly Gross Indignity:

Everyone seems to be suffering from a cold this week... this one's for the Hypochondriac:



The way he groans and moans when he gets a slight cough, you can't decide whether to call a doctor or a drama critic.

## Council members speak out

How are ya now?

Continuing with our weekly reports from Council, I am pleased to take this opportunity to report on what is happening in the Entertainment Department.

First of all, I want to mention that on March 23, the X-men from Montreal will be appearing in the Multipurpose Room, and a hot new metro band Crossfire, featuring Trudy Mairs, will play Vinnie's.

In keeping with the somewhat prevalent Irish spirit of the Mount on St. Pat's Day, Irishman Fran Doyle will keep us happy at Vinnie's from 9 p.m. to 1 a.m.

This year at the Mount saw an increase in participation, especially this second term. Both dances during Winter Carnival were sell-outs. The first term was rather sluggish but things

certainly picked up after Christmas. I am hoping the increase in the calibre of entertainment was a prime reason.

Just a brief note on Vinnie's. Council has worked hard on improving the Pub for the entertainment and enjoyment of all and it is a success. I am especially pleased we have been able to afford to keep the video screen. Wednesday nights are as popular as can be, and for those of you who haven't dropped in, the door is open!

The biggest news for me is that there will be a surplus in the entertainment budget at the end of the year, which in turn is good for the funds of student revenue; Beauty eh?

If we don't see ya 'round, we'll see ya square!

Henry Moulton,

Entertainment Director

## CUTS FROM COUNCIL

The MSVU Student Union's Third Annual Leadership Conference entitled Motivation And Communication will be held on Saturday, March 17, from 9 a.m. to 5:15 p.m. in Rosaria Centre, MSVU. Many interesting workshops directed by highly qualified leaders are being offered. Registration is limited, so pick up a registration form as soon as possible at the Student Union office, fourth floor Rosaria Centre. Cost \$10.50.

Nomination forms for the Alumnae-Student Union Leadership Award are now available at the Student Union office, fourth floor Rosaria Centre. This is your opportunity to nominate someone who you feel is worthy of this award. Closing date for nominations is March 9.

Election dates for this spring's MSVU Student Union Elections are March 6, from 6:30 to 8:30 p.m., and on March 7, from 9 a.m. to 5 p.m. Please have your MSVU I.D. with you when you vote. Applications for positions open Monday, March 12, and close Friday, March 16. For more information, contact the Student Union office. (443-4224)

Awards Banquet tickets are available at the student union office. \$6 non meal plan, \$2 with meal plan. Table may be reserved for teams, societies, and residences—contact the Student Union Office.

Bruce Chisholm,  
Communications officer

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

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

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# 1984 MSVU Student Union election competitive

by Bruce Chisholm

Last spring Mount Saint Vincent University students realized how competitive and exciting student union elections can be when only ten votes separated the two candidates running for council president. As the 1984 MSVU Student Union elections draw near, students can, once again, look forward to a competitive and exciting election.

For the first time in the history of the MSVU Student Union, three people are running for the position of student union president. The candidates are Teresa Francis, Karen MacDonald, and this year's student council president, Mike MacLean. Francis serves on the Student Council as the Residence Representative

and MacDonald presently holds the position of Executive Vice-President.

Mike MacLean is the first MSVU Student Union president to run for re-election. MacLean is finding this year's elections interesting and feels good about running for a second term.

"I am excited about this spring's elections and am very glad that I decided to run again for president. The competition is tough and it is going to take more than just a good poster campaign to win," said MacLean.

In addition to the three presidential candidates, ten other students are running for council positions. Six of these ten candidates are uncontested in the elections. Those positions being

contested are executive vice-president and non-residence representative.

This year's Returning Officer, Dale Rushton, Chairperson of the 1984 MSVU Student Council Elections Committee, said that the students heightened interest is due to increasing competition for council positions.

"There has been a definite rise in interest of Mount students in their student council over the last three to four years," says Rushton. "I think they are becoming more aware of the opportunities that exist for getting involved in the student council. This, in turn, is making council elections more competitive and exciting."

Despite the increase of interest and involvement of

Mount students in council elections, only 11 percent of the total MSVU student population voted last year. This was an increase from the 1982 voter turnout and Rushton is optimistic that turnout for council elections will continue to increase.

Campaigning for this spring's elections began on February 13

and will end on March 5. Elections will take place on Tuesday, March 6, from 6:30 p.m. to 8:30 p.m., and Wednesday, March 7, from 9 a.m. to 5 p.m. Students with questions concerning the elections are encouraged to contact the Student Council Office, located on the fourth floor in Rosaria Centre.

## Bondar to be Canada's first woman astronaut

HAMILTON (CUP)—At 38, Dr. Roberta Bondar, a neurologist at McMaster University, will soon begin a new career as Canada's first woman astronaut.

Bondar describes the excitement of being one of the six candidates chosen from 4,300 applicants to the astronaut program as comparable to "making the cut" for the high school basketball team.

The Canadian astronaut crew is divided into two teams of three people. The first team, which includes Dr. Bondar, has a medical background and will research human adaption to space and motion sickness. The second team will concentrate on engineering research.

At the moment, two Canadian-operated flights using an American space shuttle are planned, the first scheduled for the fall of 1985 and the second for the following year.

These orbital flights, which average from five to seven days, will take up only one team mem-

ber, who will carry out the experiments.

Dr. Bondar is hopeful that "if the program gets expanded probably all (team members) will go up."

One area of research which Canada could seriously consider, according to Bondar, is space medicine. As the human element in space is seen more frequently, space medicine and the study of human physiology in zero gravity is increasingly pertinent.

Bondar described the complications of surgery in space. "With zero gravity, make one slip and the blood is in little globules all over the place."

The medical team will develop experiments to examine the human body's reaction to a gravity-less environment during the orbit, as well as eye movements under particular conditions, Bondar said.

As the only woman in the astronaut program, Bondar has been questioned about the lack

of female participation. Women, especially in her age bracket, Bondar explained, have not had the same opportunities for involvement in medical or technical fields, the way men have had.

"They probably aren't as free. How many single women are there? Because most married women don't look at rushing off to take a job in space when they probably think a little more about looking after the children than the men do, who have a wife to look after the children."

She does not believe that her status as a single woman was a consideration in her selection to the program.

Worries that women will drop out of a program due to marital stress, is a far lesser concern than in previous years, Bondar believes.

Within twenty years time, it is likely that a far greater number of well-qualified women will take part in such a space program, she said.

## Natives not receiving media coverage says Williams

MONTREAL (CUP)—The commercial and student media ignore coverage of native peoples, allowing negative stereotyped images to persist, charged a member of a Montreal native community centre recently.

Native people moving to cities face problems of alcoholism, unemployment, and finding adequate shelter, but the situation is reinforced by prejudiced public attitudes.

"Your average typical person seems to think that every Indian is a drunk," said Ida Williams, a director at the Native Friendship Centre of Montreal. In reality, alcoholism rates are lower among native peoples than in the rest of the population, she said.

In the cities, the rate of alcohol and drug abuse among native people is higher than average, reflecting the difficulties they face there.

But the media is not helping to change the situation.

"There are native people at

McGill (University) and it seems to me that they have been neglected. They never get any publicity," Williams said.

The centre promotes native culture and helps native people

### Capilano College to prioritize

NORTH VANCOUVER (CUP)—Government cutbacks have forced Capilano College to prioritize admissions based on academic standing, say college officials.

Registrar Dave Woolly said the change is needed because the college is facing high demand and a shortage of seats.

But he said admission to the college will remain open. "This will simply make registration less arbitrary."

"Because of cutbacks, universities will fill up and the overflow will come here," said Humanities co-ordinator Mark Battersby. "As well, we will have fewer classes."

The system, adopted in principle by the board of governors

moving to the city, to find jobs and shelter.

The centre, which is one of 49 in Canada. About 400 of Montreal's 2,400 native people use its resources.

recently, would classify students into categories based on marks and origin. The highest priority would be returning students, the lowest would be students from other regions.

According to Battersby, academic standing "is the best indicator of how well you're going to utilize your education. Basically we're reserving a few seats at the front of the class for those who will bring inspiration and motivation to class. As it is now, early risers have priority. Being a late riser myself, I don't think that's fair."

"It's not a perfect solution," he said. "The only solution is more money and fewer students."

## Environment group appeals to students

by Ruth K. West

Saving the environment by eliminating the use of herbicides and sprays is the aim of the Association of Citizens for Justice. The lobby group was started by businessman, Sajjad Mian. Mian is appealing to students for financial support and involvement.

"We must restore the dignity of the common man and protect the exploited" said Mian.

Mian proposes that rather than spray the woodlands, his group, aided by the forest industry and the government, would organize and fund a program of hand cutting the underbrush.

John Sampson, the Public Information Officer of The Nova Scotia Department of the Environment said, "Clearing the underbrush will do nothing to control the budworm, they don't live there."

Sampson explains that there is little danger to neighboring lands from herbicide spraying. "One of the infinite regulations regarding the use of herbicide spray is that no spraying would take place if the wind reached 8km per hour (5mph). Any spraying crew must constantly

measure the wind speed. The spray is heavy like the spray from a gardenhose, not a fog that would drift," said Sampson.

Scott Paper and the Department of Lands and Forests did a study on the safety and effectiveness of clearing the underbrush versus herbicide spraying and will review the results in August. "Clearing the underbrush is not effective" said Ed Bailey of Program Planning in the Nova Scotia Department of Lands and Forests. He explained that the fear of herbicide spray is not supported by any evidence his department or the Department of Health are aware of.

Neither Sampson nor Bailey has been approached by Mian or any member of the Association of Citizens for Justice.

Mian claims to have approached the United Way for funding for his group. "He came in without an appointment to make inquiries but has not applied" said Elizabeth Mills, Director of Planning and Allocations for The United Way.

The group does not yet have a charity tax number. Mian said that the R.C.M.P. has stolen his application from the mail.

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## South Africa:

## Race separation starts in the classroom

by Sheyali Saujani

Reprinted from the Charlton  
by Canadian University Press

The aim of the educational system in South Africa is to inculcate the values of the dominant white elite," said Elsa Hatting, a white self-exiled South African studying at Carleton. It is done, she said, in order to perpetuate the system.

The system she speaks of is the South African government's policy of institutional racism called "separate development", more notoriously known as apartheid.

According to a spokesperson from the South African embassy the separate development policy evolved because it is felt that different races live most peacefully in a country when they are kept apart.

This segregation policy is brought out most clearly by the differential educational system. There are four distinct school systems in South Africa for what the government defines as the four basic racial groups in the country—whites, Indians, coloureds (people of mixed race) and the blacks.

Hatting said the basic reason for the differential education system is that "... blacks must be educated to be subservient to the white master".

But she adds that all the racial groups in the country are socialized to accept and take for granted the values of the system and its manifestations of discrimination.

Hatting is a self-professed "victim of the system". She attended a white public school in South Africa, which she said was subjected to the "state-indoctrination". It was later, when she attended what she calls a more progressive private school that had weekend exchanges with a black school that she realized the difference between white and black education, which she said "... is inferior in every way".

The government's rationale behind the inferior quality of education for non-white races is that children should receive instruction tailored to the role they will later play within the community.

In 1953 when the segregated education system was being formalized the Minister of Native Affairs told parliament: "... natives will be taught from childhood that equality with Europeans is not for them ... what is the use of teaching the Bantu (the name for the tribes in South Africa) child mathematics when it cannot use it?"

This type of attitude has maintained a vicious circle of denial from which the blacks in South Africa cannot escape. So concludes a recent study of the education system done by the International Defence and Aid Fund for South Africa. The study points out: "The other part of the circle justifies the exclusion of Africans from (semi-) skilled jobs, and even from civil rights, on the grounds of their educational backwardness."

The South African government has spoken out about the gains which have been made in the area of education for non-whites since the mid-seventies. A government Department of Information brochure stated: "In standard and scope the education programmes for South Africa's non-white peoples have no equal on the African continent. The day is not far off when there will be a place at school for every non-white child of South Africa's various Bantu nations, the coloured nations, and the Asians. Illiteracy will be wiped out within this generation."

Yet for all the government's claims the changes which have taken place in the educational system are little more than superficial.

Education of non-whites is no longer regulated by the Department of Native Affairs, but now falls under the jurisdiction of the national Department of Education and Training.

Even though education for whites and blacks is now governed by the same body, discriminatory principles and practices are still institutionalized in the educating of non-whites.

Though the blacks in South Africa make up over 70 per cent of the population, they still receive less than 20 per cent of the nation's educational resources.

A study done by the International Defence and Aid Fund found that for every dollar the government spends on educating a black child, it spends thirty educating a white one.

A 1982 survey done by the South African Institute of Race Relations revealed that 85 per cent of the teachers in black schools did not have teaching certificates and were under-qualified. And by the end of primary school, three-quarters of the black children who originally started had dropped out.

The realities of the educational system insure the continued subservience of the blacks in South Africa to the ruling white society.

It is this situation that made Khan, a self-exiled black South African now living in Canada flee his homeland some years ago.

Khan, who was a teacher in South Africa, said lack of proper funding was not the only burden placed on education for blacks. He describes the school system as heavily regulated and restricted. "The system is so strict that any deviation from the prescribed syllabus can put a teacher in jail or have him dismissed. Teachers are very careful," he said.

Black education has a different emphasis than that structured for white children Khan said. It concentrates on the natural sciences and environmental studies, but not applied sciences. "A child is taught only what is within his immediate environment, but later he will write the same exams as the whites, while receiving less preparation for it than the whites."

Everything one learns about the coloured races, specifically the blacks, reinforces that they are inferior, less than human.

Khan adds that there are blatant efforts made to demote the national spirit of the blacks. "Whites avoid teaching history where the heroes are black and where they performed things indicating that they have a more superior nature than they are taught. Blacks are depicted as killing Boers for petty things; as barbarians and thieves," he said.

To maintain the unequal structure of apartheid, whites as well as blacks must be molded and controlled by the educational system.

Ian Fairweather, a white South African woman living in Canada, describes the school system as very authoritarian. Of the South African white youth she said: "They are very polite but very controlled. They (Afrikaners) are almost Victorian in their attitude towards young people. The young people are not allowed to have opinions of their own."

Lorne Howe, who was also educated in South Africa, calls the indoctrination process pervasive and ef-

fective. "In the home I learned informally that it is necessary for people to live apart because they are different; that whites need more food and a higher standard of living and that blacks like to live in huts on the countryside."

Her perceptions were reinforced once she entered school, Howe said. In history classes she studied about the brave Afrikaner heroes who developed the country in spite of the wild savages they encountered.

A study done by the International Defence and Aid Fund found that in South Africa there are "... serious and basic distortions in the approach to education which seriously limit both black and white intellectual development."

The study states that most history text books perpetuate errors of fact and interpretation which modern historians have corrected. It cites the erroneous belief which is widely fostered in South Africa that the Dutch settlers entered and colonized an almost empty land, from which immigrant Africans from the north and east later tried to dislodge them with violence and treachery.

Howe said, "Everything one learns about the coloured races, specifically the blacks, reinforces that they are inferior, less than human." Since there is little interaction among the races these perceptions are never tested, Howe added.

Jan Martin, a Canadian teacher who worked in South Africa for fifteen years said the apartheid system is maintained because the structures within it socialize people to accept without question.

In the schools the attitude is "... memorize this or I will beat the hell out of you," Martin said. The question "Why do you think this?" is not one that is readily asked the South African schools. "It is not an exciting educational system, it is not an experimental one," she added.

Anyone asking difficult questions is regarded as a threat to the state. Howe said, "It is hard for whites or blacks to ask questions because of intimidation by Special Branch, a division of the police which deals with subversion. Questions about the justice or validity of apartheid are not welcomed," she said.

## Women's plight two-fold in South Africa

by Charles LeBlanc

Despite facing lifelong hardships in their struggle for freedom and equality, South African women continue to protest the policy of their country's apartheid government.

Dr. Jane Parpart, Assistant Professor of History, visiting Dalhousie University, is an expert on the women's role in South African affairs. In a one-hour lecture at the Halifax Civic Library entitled: Woman and Resistance in South Africa, Dr. Parpart said that for over a century, the South African government has maintained a vice-like grip on the country's non-white population.

White rule has dominated the country's social, economic, and political structure since the late 1800's. During the formative years of racial segregation, which still exist today, blacks were forced to reside in rural settlements called homelands, while whites or Afrikaners, live in the urban areas.

Because homelands are of no agricultural use, men must leave their wives and families in search of work. When away from home, all men are required to carry government sanctioned passes. When the government began this pass system, women were also offered passes but refused in fear of losing their freedom.

Dr. Parpart sees the women's plight as two-fold.

"Women live in a parochial

society. Besides suffering from racial discrimination, African culture makes the assumption that women are supposed to be homemakers ... not leaders and decision-makers."

Since the 1950's, women have been more politically rebellious than men. Dr. Parpart points out that in 1956, over 20,000 women marched to the South African capital of Pretoria and presented the Prime Minister with a petition denouncing the pass laws. Women felt that all forms of passes must cease to exist to end discrimination. The prime minister rejected the proposal but the women's movement became a force throughout the country.

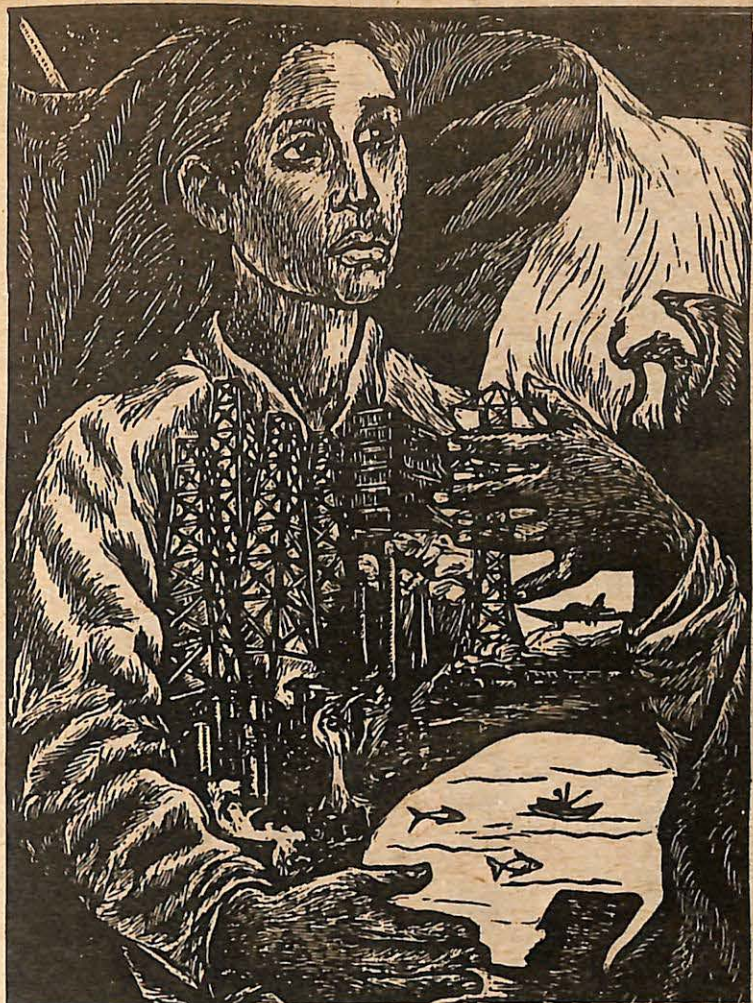
"Since women had no rights anyway, they felt that they could protest the pass laws because the men were too scared to lose their jobs if found protesting," said Dr. Parpart.

The women's movement declined during the Sharpsville massacre, when 60 women and children were shot dead by police during a public protest, however, rebellion still continues to flourish. Women and men of all races are challenging the government to change their abuse of human rights.

Dr. Parpart suggests that countries such as Britain and the United States should stop supporting South Africa by cutting the amount of investment in the country. Although this action would not bring South Africa to its knees, it would certainly cripple the economy.







## North, Central and South American natives part of one struggle

by Sandy Hamelmann  
Reprinted from the Muse  
by Canadian University Press

Movements may come and go, but Vern Ballancourt represents a movement more than 490 years old, spanning the North, Central and South Americas.

Ballancourt is a member of the central committee of the American Indian Movement (AIM), or as he introduced himself to a St. John's audience Feb. 1, "a representative of one of the most misunderstood and distorted movements around today."

Dressed in traditional clothes with his hair in two long pony tails, Ballancourt said many AIM members have rediscovered their old tribal religions and rituals, and are struggling to keep them alive, despite pressure to conform to North American mainstream society.

It's important to resurrect the past, Ballancourt said, especially since native history is distorted in American history books. There is little mention of the his-

tory of Indians, a history that is thousands of years old, but only the limited history of colonial exploitation, Ballancourt said.

Ballancourt retold the story of Columbus's discovery of America. A disoriented, starving, sick man "floundering in the seas" landed by a stroke of luck on what he thought was India. When the natives discovered him on their beaches, they fed him and his crew and nursed them back to health. In gratitude, hundreds of natives were sold into slavery.

People ask why AIM doesn't just forget the past. But Ballancourt said "We can't forget this past. It shows us where we stand today, because the war is continuing."

Guatemala is one country where the war continues. Between 30,000 and 40,000 have died in Guatemala since 1980, most of whom are full-blooded Indians, who comprise 65 per cent of the population.

In Nicaragua, AIM supports the Sandinistas despite the relo-

cation of 10,000 Misquito Indians. Ballancourt said the move was necessary because of the danger of counter-revolutionary attacks at the Honduran border supported with military aid and personnel by the United States.

Nicaragua has more respect for native rights than most countries, such as Canada, where land rights are constantly being extinguished, he said.

As with any oppressed people, Ballancourt said Indians are "subject to one of the largest behaviour modification programs ever undertaken. From sovereign nations we have become so-called dependent wards of the federal government."

In the United States, Navaho and Hopi Indians were relocated from their reserves to desolate land at Big Mountain, Arizona. Now that coal and uranium deposits have been discovered there, Indians are once again due for resettlement in 1986. But the Big Mountain Indians will resist the move from their sacred land, Ballancourt said.

## The Dene nation—Canada's fourth world

by John Morton  
Reprinted from the Arthur  
by Canadian University Press

Contrary to popular belief, the most interesting political scene in Canada is not that of two Montreal lawyers vying for the country's leadership. In Canada's north, a far more basic struggle is occurring.

Few people are familiar with the concept of fourth world nations. The term describes an ethnic entity surrounded by the geo-political boundaries of one or more sovereign states. Canada contains several examples of fourth world nations, with the two most active and vibrant in the Northwest Territories. The two indigenous groups striving for self-determination there are the Inuit, traditionally residing north of the tree-line, and the Dene, occupying lands south of that natural boundary.

These two groups are struggling against the paternalistic attitude of white technocratic society. This socio-cultural war, marked by the introduction of small pox and rubella plagues and the conversion to a wage economy, has steadily eroded Dene culture and social values.

And this erosion is accelerating.

The problems confronting the Dene people stem from a basic difference in societal structures. The imposed European system of government is hierarchical, with authority resting with those in power. This system, whether communist or democratic, is characteristic of cultures that have tamed and regulated their natural environment through technology. In contrast, the Dene people have an anarchistic structure; a system that evolved in an untamed, harsh environment where mutual support and individualism necessarily exist without conflict.

For the Dene people, the loss of traditional values and the imposition of alien values has produced some grim statistics:

- \* the rate of deaths due to accidents, violence and poisoning among the Dene currently runs between 20 and 30 per cent, more than twice the national rate;
- \* between 1978 and 1981, total social assistance payments to Inuvik region residents went from \$605,000 to \$1,118,000 while the population remained between 7,300 and 7,500;
- \* in 1981, the incidence of confirmed cases of gonorrhea for Dene was 25 times that of the national average;
- \* in 1982 about 36 per cent of the Inuvik region population were Dene or Metis, but 64 per cent of all sentenced inmates were Dene or Metis.

Attempts to find solutions to social problems has caused the Dene people more harm than good in the last twenty years.

The Canadian government's relationship to the Dene people has always lacked understanding. This attitude stems from an inability to distinguish simplicity from ignorance in Dene people, and from the assumption that what is 'good' for southern Canadi-

ans is 'good' for all people within Canadian boundaries.

Characteristically, the federal government each year supplies the city of Yellowknife with fireworks to celebrate July 1st. And each year the city protests that fireworks are a waste of money as there isn't any 'night' as such at that time of year to make the fireworks visible.

To date, federal initiatives have completely missed their mark. For example, the need for educational facilities was met with the creation of boarding schools from which an estimated 90 per cent of Dene students never graduate.

Dene children are taken from the close kinship of their communities and isolated in centralized schools where they are exposed fully to white society, and where they have no access to the community support so important in such high stress situations. They leave as soon as they can, return home, and find they have neither enough southern education for participation in a wage economy, nor enough traditional skills to live off the land.

The subsequent poverty is dealt with through social assistance. A traditionally proud and self-reliant people now find themselves on welfare. Personal value to the community, once measured in active contribution, is gone, and in its place is passive acceptance of foreign values.

Of late there has been some progress in rectifying the problems caused by cultural imperialism. Elected Native representatives in the Territorial Assembly have begun the decolonization of Territorial politics.

Dene band chiefs and sub-chiefs may be given a legitimate political voice if an ordinance introduced this fall passes in the Assembly. It would also legitimize representatives from Native political organizations and the Hunters and Trappers Associations.

Elections held in September for the Dene national executive saw the defeat of Herb Norwegian, who some associate with the bureaucratization of that

group, in favour of Steve Kakfwi, who favours decentralized and stronger community input into decision making. These and other developments should help speed present land claims settlements, leading to the eventual partition of the Northwest Territories into two distinct political entities. But if political developments have been promising lately, economic developments have been anything but.

Northern oil exploration and development is receiving massive federal aid, and it's obvious the needs of the Dene people do not rank high on the government's list of priorities. While \$3 million was granted to social and economic programs initiated by the Dene in 1981 and 1983, federal incentives to the petroleum industry operating in the Beaufort Sea during the same period was almost \$400 million.

The government is also helping step-up oil development through highway construction.

Another example of blatant contradiction is the \$1 million allocated for community alcohol and drug abuse programs in 1982. This was \$500,00 less than requested, while the Territorial government's net income from liquor taxation was over \$8.3 million that year.

The completion of the Mackenzie Highway to Inuvik, expected by 1990, will directly and irrevocably link the isolated Mackenzie Valley communities with southern society. If the future repeats the pattern of the past, the sorry tale of Pond Inlet will be the story of the last traditional Dene communities:

- \* 1972, Pond Inlet per capita alcohol consumption is 2.2 ounces per month;
- \* 1973, Pan Arctic Oil arrives and recruits labour;
- \* 1974, per capita monthly alcohol consumption reaches 30 ounces;
- \* 1975, a jail is built in Pond Inlet.

Unless the Dene people are given the opportunity to manage their own lives in their own way, their culture will be destroyed by the century's end.





# Campus Comment

by Shelah Allen and Glenn Craig

**Question: What are your prospects for a summer job?**



**Michael Harper**—"I've been lucky because I've worked all through school. I'm going to summer school then to Quebec for French immersion. I'll keep the part-time job."



**Marina Kleyn van Willigen**—"I'm going back to Europe and will probably write free lance for a magazine. My priority lies in travel."



**Kelly Smith**—"I'm graduating in May and I've secured a job to buy some time before I get a 'real job'."

Craig Photo

## Student Union, Athletics & Alumnae

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sl



## Women and success examined in "Top Girls"

by Marie-Louise Ryle

To celebrate her rise to the position of managing director of the Top Girls Employment Agency, Marlene holds a dinner party. Her guests include Isabella Bird, a 19th century world traveller; Lady Nijo, a courtesan who, on the orders of her owner became a Buddhist nun; Pope Joan, a ninth century pope; Dull Gret, who clad in armour and apron headed a female brigade through hell in Bruegel's painting "Dulle Griet"; and Patient Griselda of Chaucer's "Canterbury Tales."

Over dinner these women discuss and bemoan the sacrifices they have made to live and succeed in a "man's world".

This witty and unusual opening scene is from British born, but Canadian raised, playwright

Caryl Churchill's play "Top Girls" which is to be performed in the Auditorium on Friday, Saturday and Sunday evenings this week at 8:00 p.m.

The unique style in which "Top Girls" is written: simultaneous conversations, frequent interruptions and flashes of humour make this play interesting to follow on the surface. For those who wish to dig deeper, Churchill's deviations from the run-of-the-mill women's movement versus male dominance present many opportunities for thought. This play is not only intended for women, but raises many questions that have a concern for men as well.

Playwright Churchill, in an interview with drama critic John Simon for Vogue Magazine, said "There was an idea in my head about women and success, and

the fact that Margaret Thatcher was Prime Minister was not an achievement for women because she is right wing.

Top Girls is full of wit, irony and humour and takes a penetrating look at what women do with success and what it does to them.

Actor Barrie Dunn, now a student at the Mount, is directing the production. Dunn's co-director is Caitlyn Colquhoun, with Kathy Collicott and Ann Kernohan as stage managers.

The women in the production are played by Katherine McLeod, Vita Marie Clark, Pat Goyeche, Alena Alberani, Dilly MacFarlane, Karen Toupin and Mary Knickle.

Tickets are on sale at the Mount Art at \$4.00 for general admission and \$3.00 for students.



"There was an idea in my head about women and success . . ."  
—Caryl Churchill, creator of "Top Girls"

## Film festival to celebrate women

by Arlette Zinck

Two new releases by Canadian women film makers, **On Our Own**, and **Dream of a Free Country**, will have their Halifax premiere at the "In Celebration of Women" film festival to be held March 7 through 10 as part of International Women's Week.

Dr. E. Margaret Fulton will open the series at Wormwood's Dog and Monkey Cinema, 1588 Barrington St. with the films **The Long Chain** and **You Have Struck a Rock** which

deal with women's factory work in India and political resistance in South Africa. Kathleen Shannon of Studio D, producer of **Not a Love Story**, will comment on the evening's third film, **Dream of a Free Country**, the studio's newest release on the plight of Nicaraguan women.

Showings are at 5:30 and 8 p.m. each evening, and admission is free with the exception of March 8, when \$2 will be charged. Each showing will be followed by discussions and will

include a community group exhibit of materials relating to the films. The series is intended to be entertaining and informative for both female and male audiences.

Sophia Loren starring in **A Special Day**, a feature on a woman's experience in fascist Italy, and the premiering Canadian docu-drama, **On Our Own**, dealing with the need for women to plan for financial and emotional independence in their later years, will be at the Worm-

wood Theater on International Women's Day, March 8.

On March 9 and 10, the series moves to the North Branch Library, 2285 Gottingen St.

On March 9, it's **Size 10**, a provocative and funny film on how women see their own bodies; **Thriller**, an analysis of women in fiction, and **Willmar 8**, a documentary on unionization attempts by eight female bank tellers.

Local film maker Lulu Keating's film **City Survival** is com-

bined for the last night of the series with **Don't Call Me Stupid**, about a group of Toronto women struggling to change their lives through adult education, and **The Story of Adele H.**, a French feature film about Victor Hugo's daughter's trek through Halifax in quest of her beloved.

The series is jointly organized by the MSVU Women's Studies faculty, Dalhousie Women's Faculty Organization, and the Saint Mary's Women's Caucus.

## Punk: Angry kids and bad attitudes

by Erin Mullan

reprinted from the Emily by Canadian University Press

*Like the rest of the western world, Canadian cities have spawned their very own punk sub-culture. Angry kids popping up all over the place, with cropped hair and bad attitudes.*

The whole mess began in England about six or seven years ago. An entire generation on the dole, left jobless by one of those downward lurches capitalist economies are prone to. All pissed off and no place to go, the young people of Britain took the rebellion route.

Except this time it was ugly. Safety pins piercing flesh, slashed clothing, violent music and the Sex Pistols barfing in airports were more than enough to send the good citizens of the free world into shudders of disgust. The no-future generation, sprouting like mushroom clouds in the fertile nuclear imagination, brought their message home. The lies you've taught us are meaningless crap, so don't expect us to behave, don't expect us to conform, the punks told their parents.

"I know I'm artificial/but don't put the blame on me/I was reared with appliances/in a consumer society. When I put on my make-up/the pretty mask not me/thats the way a girl should be/in a consumer society," sang Poly-styrene and legions of kids agreed with her.

Punk hit a nerve. It's a mixed bag of anger, frustration and despair with a touch of hope through fighting back.

No wonder many women found a place to vent their

spleens in punk. The parallel between punk and "the personal is political" is hard to miss. Living the revolution now instead of living for it is the common ground. It goes against the "join us and we'll fix you up once we're in control" attitude of much of the Left.

In more specific terms, punk resulted in a breakdown between the performer and the audience. Musical ability often took a backseat to inventiveness. With small independent record labels springing up everywhere, new avenues opened up for many people, including women. You didn't have to be a rock veteran to pick up a guitar and bang out a song. It became possible to take lyrical content beyond the monogamous monotony of true love ditties.

"I'm not a pretty package/to titillate your prick/stuff your revolution/your insults make me stick/you've had your final warning/we've all run out of time/better get a lead lined jock strap/of the very best design."

—Vi Subversa of Poison Girls.

All female bands or groups with women taking the lead are becoming more and more common. The Raincoats, Crass, the Au Pairs, Moral Lepers, X-ray Spex, Poison Girls, Penetration, Nina Hagen, and Siouxsie and the Banshees are a partial list of artists from Europe and North America.

These groups are dealing with sexual politics in a fresh and gripping fashion. When Crass sings "In my red highheels I've no control/the rituals of repression are so old/you can do what you like, there'll be no reprim-

sal/I'm yours, yes I'm yours, it's my means of survival," their anger is palatable. They mean business.

Women's punk bands don't isolate sexism from the other evils of the world. Alienation, nuclear annihilation, powerlessness and the nature of consumerism, capitalism and the state are re-occurring themes. The philosophy of questioning everything is one shared by punks and rad feds alike. No wonder so many feminists have found a haven in punk rock. One example of this is Vi Subversa, a U.K. activist who, in addition to possessing one of the most clever names ever invented, is responsible for the slogan "take the toys away from the boys", and is the lead singer for Poison Girls.

Punk goes beyond the music. Take the clothes for instance. The anti-fashion fashion allows women to have a bit of fun, dressing for comfort and to outrage, all the while mocking the cripple clothes considered stylish. The days of sticking pins in one's face have passed; now it's outlandish hairdos and second hand specials. There is still some conformity—plenty of black and leather—but the amount of room for individuality cannot be denied.

The band The Slits decided to do what they considered an erotic cover for their album *Cut*. The result is a photo of the three women standing defiantly in front of some very English roses, dressed only in loincloths, mud and warpaint. I find the effect marvelous, although I suspect most men would think The Slits

rather frightening, not at all like the porno images of women one sees everywhere.

The fear of strong women does create tensions within the punk world, the same as anywhere else. The North American hardcore punk scene is particularly male-dominated, with the boys in the bands slam-dancing at the front while the girls sit on the sidelines. It's just more of the same stuff in a new package; you tell yourself you're rebelling against everything yet you never question something as basic as gender roles.

Much of the women's music is reviled by male punks as not good enough or hard enough or not whatever enough.

For many punks, the chances of eventually conforming are probably pretty good. Being an outcast gets tiresome; just ask any conscious woman or openly gay person. Patti Smith the punk poet who came with great lines like "Spare the child and spoil the rod/I have not sold myself to God" is now a born-again Christian housewife.

Poseur is term used to describe those who adopt the style of punk but miss the boat on the politics. "I'm a poseur and I don't care/I like to make people stare" sings Poly-styrene.

For those who get burned-out, or those who are just posing, it's a few short steps back to normal city. But for the young women who have begun to question the values of society, and what place those values have in their lives, the road back to numb acceptance and conformity is not so easy. Once the questioning process begins it's hard to halt, as

most feminists know.

Emily is a woman in her early thirties, an artist with two children. She has been around the punk scene longer than most. Her definition of punk is simple: it's an attitude. It's not the clothes you wear or the music you listen to so much as the way you look at the world.

I think Emily's definition is a good one. The ability to laugh loud an harsh at genuinely terrifying realities, like possible global death, is perhaps the finest quality of punk. Feminists are often accused of having no sense of humor. The people who make this charge obviously never listened to the Au Pairs or any of the other new women's music.

Punk will change, and probably pass into something else. If it remained static it would become boring, which is the antithesis of what it's all about. But the countless women who've come into their own through punk are not going to go away. We're a whole mess of brazen shit-disturbers who'll be raising hell and rampaging 'til our trashing is through. What could be better?

This is a conclusion, not an ending. It comes from the back cover of *Total Exposure*, an album by Poison Girls. They write "invisible people, show yourselves. People in hiding, come out. Say what you want. Show who you are. Reclaim the life that is left. Those who desire peace and freedom must create a new economy. The economy of peace will depend on a currency to trust. Invisible people, show yourselves. There are more of us than you think."



# The age of the McSchmuck

by Bob Armstrong  
reprinted from the Gauntlet  
by Canadian University Press

History, so one interpretation goes, is made by great men who grasp the reins of destiny firmly in hand and reshape the world in the image of their personal visions.

As a result then we have The Age of Charlemagne, The Age of Napoleon, The Age of Newton, and . . . The Age of the Schmuck.

Few indeed could have guessed 30 years ago that a major chapter in history would be written by a failed Florida real estate agent and milkshake machine seller whose method of conquest was neither the cavalry charge nor the armada but a string of 7400 outposts guarded by nothing more than a pair of yellow arches.

None could have foreseen this for none could have foreseen Ray Kroc, whose recent death was, as Howard Cosell might have eulogized, "inevitable."

Kroc not only built a \$7.8 billion empire but almost single-handedly ushered in a new age—the Age of the Schmuck, and with it the Schmuck Interpretation of History.

In the Age of the Schmuck individual brilliance is less than unnecessary baggage: it's an impediment. Ray Kroc, who owned and built the McDonalds empire, serves as a perfect role model for the Age of the Schmuck.

By the time he started building his chain, he was 52 years old and had had several undistinguished careers. The idea that ultimately made him one of the richest men in America was not even his own. The original McDonalds restaurant was owned and operated by two brothers in California who had already applied the Henry Ford principle of assembly line production to hamburgers and french fries when Kroc had his illumination.

His idea was simple: keep the menu simple, keep the place clean, keep the product standardized and identical, and strip down production to its simplest components. Kroc bought out the McDonald brothers and started putting his ideas to work.

It worked so well that now dozens of imitators have sprung up and every town large enough to have a traffic sign boasts an assortment of assembly-line burger restaurants.

The man who started all this is gone now, but the restaurants live on as his legacy. Even more ominous, he has millions of heirs: people who grew up working in McDonalds and were indoctrinated in the principles of fast food.

It will probably take decades before we can fully comprehend the impact Kroc had on North American culture.

His heirs, who carry on the tradition at Burger King, Wen-

dy's, McDonalds and countless other fast food restaurants will see to it that his impact is a lasting one. And in a sense, we are all his heirs, whether we have worked at fast food spots or merely patronized them.

Kroc ushered in the age of diminished expectations. We do not go to a fast food place with any expectation of culinary delight: we want a simple fast food fix. We would rather go with the certainty of inexpensive, bland, but digestible food than take a chance in the big frightening world.

And this has affected every aspect of our popular culture. Our newspapers serve up bland, but digestible servings of Parliamentary news, announcements on school board taxes, and "think pieces." Our television stations program fast food entertainment, guaranteed not to offend. Pop music heard in Newfoundland is as identical to that heard

in Victoria as a Big Mac bought in Calgary is identical to one bought in Montreal.

Tom Selleck is a Whopper. Michael Jackson is a Big Mac. Flashdance is an order of Chicken McNuggets.

That's the message of McDonalds and the legacy of Ray Kroc. You don't need to be brilliant. You don't need to worry about anything beyond making it through Hamburger High and into a manager trainee program. All it takes is a gimmick, solid merchandising and adherence to the marketing plan. It worked for Kroc and Schmucks from Patagonia to Baffin Island are still making it work.

As an aside, it is worth noting that Kroc went to school with another man who became one of the giants of the 20th Century: Ernest Hemingway. Hemingway blew his brains out the same year that Kroc bought out the McDonald brothers.

## Increase in reports of sexual harassment on Ontario campuses

by George Cook  
Ontario Bureau Chief  
Canadian University Press  
TORONTO (CUP)—Sexual harassment—including violence and threats of violence—has become a virulent disease on Ontario campuses.

At the University of Toronto, McMaster University in Hamilton and Wilfrid Laurier University in Waterloo there has recently been a marked increase in reports of harassment.

And some students and university officials believe many incidents go unreported, making it difficult to assess how widespread the problem is.

But wherever incidents have

been reported, women say they feel less secure than ever in residences, libraries and on university grounds.

The most recent reports come from the University of Toronto, where a reporter has uncovered at least seven incidents of a man harassing women in the St. Michael's College library.

The reports are similar. The man waits until he can sit opposite or beside his victim, then masturbates in her presence.

But so far only one person—a member of the library staff—has lodged a formal complaint. In an effort to curtail the problem, the college's chief librarian has urged students to report all such

incidents.

"We want to stop it cold," he said. "To make a report is to better the place. It is an unselfish act which protects the people in the library."

Other incidents have been reported in the women's residences at U of T's University College.

In one, a woman was interrupted during a bath by a strange male. In another, a woman's room was robbed of about \$110. And in yet another, a male was discovered lurking in a women's washroom.

Following these incidents a man whom campus police would identify only as Matthew was arrested and charged with trespassing. Despite the arrest, however, several women have said Matthew is not the man they saw in the washroom, creating fears the incidents may not have been perpetrated by the same person.

The gravest incident of sexual violence took place Jan. 6 at Hamilton's McMaster University. Two men accosted a female student who was waiting for a

bus and dragged her into a nearby parking lot.

She was thrown to the ground, threatened with a knife and her clothes were torn. The assailants fled when they heard a car in the parking lot. The woman went to the campus emergency medical centre for help.

No arrests have yet been made.

The assault followed an incident of violence in which a McMaster University professor was murdered in her office. A St. Catharines' man has been charged in connection with the incident.

The increase in campus violence against women has provoked calls for increased security. The McMaster University Nursing Society asked for more patrols, especially during the early morning.

The nurses have also asked the municipal community services department to help them run a safety awareness seminar for students.

"Our main focus is on what students can do themselves," nursing society president Susan

Askin said in a recent interview.

At Waterloo's Wilfrid Laurier University an 18-year-old man was convicted of trespassing and fined \$103 recently after he was discovered lurking in women's washrooms.

Reaction to the small fine was critical. One woman said it will not prevent the man, or others like him, from returning to campus.

Women have also expressed shock and fear. "All of a sudden you realize that you do not have to be walking home alone at night for something like this to happen," one student said.

Despite the Wilfrid Laurier incidents and others like them around the province, some WLU students still will not admit there is a problem.

In a recent interview with the student paper, a candidate for student council president said he doesn't see the need for specific measures to protect women's interests on campus.

"There isn't any noticeable discrimination against women at this school," candidate Kevin Dryden said.

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### Nominations open for alumnae - student union leadership award

This award is presented to recognize outstanding leadership contributing to the quality of student life at the University.

\* Any student in any year or program of study, part-time or full-time, is eligible.

\* Students to be considered for this award must demonstrate activity characterized by parti-

cipation, accomplishment, dedication, and guidance to others.

The Cash Award will be presented at the Annual Awards Banquet on March 31.

Deadline for nominations is Friday, March 9. Nomination forms available at the Student Union office.

NOMINATIONS NOW OPEN  
FOR THE  
ALUMNAE—  
STUDENT UNION  
LEADERSHIP AWARD

### PR Society news

by Charlotte Martin

The Public Relations Society elections will be held Wednesday, March 28, for the positions of president, vice-president, secretary, treasurer, and two representatives for second, third, and fourth year students.

The Society will be hosting an Alumni Reception on Friday, March 23, in the Don McNeil Room, Rosaria Centre, from 8-10 p.m. This year the reception will be open to all students, first through fourth year.

P.R. Society meetings are held every Monday, at 4:30 p.m., in Seton room 304. All students are welcome to attend.





# Volleyball team to nationals

by Lisa Courtney  
Staff reporter

The Volleyball Mystics are off to the nationals after a serve from Jackie Coyle gained the final point that won the game and match against TUNS.

At the Nova Scotia College Conference Volleyball Championships held this weekend at MSVU, the Mystics downed NSTU 15-7, 15-6; UCCB 15-3, 15-8 and TUNS 15-5, 15-4 in round-robin play to advance them to the championship game where they met TUNS.

"I'm really pleased with the way they are playing," said June Lumsden, Mystic coach. "But TUNS never give up so we're

ready but not over-confident."

Both teams were really nervous going into the first game of the finals. They missed easy bumps and netted serves. But the Mount regained control and with nice blocking from Nannette Elsinga and powerful over-heads from Danielle Surette, the team won the game 15-6.

The second was a much more controlled game for both teams. TUNS kept up with the Mystics matching point for point. The tension was reaching a peak with TUNS leading 12-11 but strong serving from Surette put the Mystics ahead 14-11.

TUNS regained the serve and edged closer, 14-13 but Coyle

served a powerful shot into the back court winning the final point and ending the game 15-13.

TUNS still were not ready to give up and they started the third game off with a bang, scoring six points throwing the Mount off balance. The Mystics

first point came from a tap from Elsinga. From there the Mount came up to take the lead, 11-7.

TUNS closed the gap to 11-10 but they could not hold their serve and the Mount scored four more points to win 15-10 and advance to the nationals.

"It feels great," said Elsinga.

This will be the Mystics' third year at the nationals and Lumsden feels they have a chance to place anywhere from sixth to second. Elsinga, a veteran, feels the team has really improved both with their skills and attitude. So look out Montreal, here come the Mystics.

## Upcoming level 1 coaching clinic

by Marthe Boissonnault

Have you often wondered what it's like on the other side of the fence? You've been active in sports as an athlete, a fan or maybe a parent. You've wondered what it takes to be a coach. The Athletics and Recreation (A/R) office is offering you a chance to understand the role of the coach in sports today. It's offering a Coaching Level 1 Clinic (Theory). The clinic is certified through the National Coaching Certification Program (NCCP).

It begins in the Don MacNeil Room, Rosaria Hall on Friday, March 9 between 6 p.m. - 9 p.m. and continues through to Saturday beginning at 9 a.m. until 8 p.m. The WHY of coaching is stressed at this clinic. Topics to be discussed range from leadership, communication, growth and development, psychology of sports, skills and analysis, sports safety and training. The clinic places an emphasis on communication: you as a coach, and the athlete as a person.

Dr. Peggy Gallant of the Physical Education department from Saint Francis Xavier University and Pat DeMont from the Mount A/R office have planned an involving and interesting schedule with films, discussions and lectures to help you better understand coaching.

This clinic can offer you a broader awareness of the impact that you as a coach have, on athletes, officials, fans, parents and others involved in sports. It can

offer you much, much more too. It can increase your self awareness, your ability and motivation to learn. You'll feel comfortable taking leadership where necessary, to solve problems and make sound decisions in and out of the sports environment.

Come learn about coaching and more. There is a \$5 registration fee to cover the cost of materials. Register with the A/R office as soon as possible.

## Mystics down NSAC

by Lisa Courtney  
Staff Reporter

All the Mystics' hard work and determination finally paid off Wednesday night when they won their first league basketball game against Nova Scotia Agricultural College (NSAC), 59-48.

NSAC opened the scoring 45 seconds into the game with a rebound shot by Jane Duivenvoorden, forward, but Kathey Naugler, one of the high scorers with 15 points, came back with a keen shot from the top of the key.

The play was matched basket for basket but with 14 seconds left in the first half, Naugler sunk another basket to pull the Mystics ahead and end the first half 30-29.

They are playing good controlled ball said Sue Terry, assis-

tant coach. "As long as they keep their cool, I know they can do it."

Fifteen seconds into the second half, a shot from Duivenvoorden put NSAC ahead but a steal by Naugler set the Mystics back on track. Good outside shooting from Naugler, Kathleen Hernon, top scorer with 17 points, and Andrea Brinton, guard, and overall smart playing by the team kept them ahead of NSAC with an eight point margin throughout the whole last half. With two minutes, 57 seconds left in the game, NSAC put on the press but the Mystics retained their lead and captured their first league win. "It feels so good," said Brinton as she finished shaking the opponents' hands.

## Fit tips from Tricia

by Tricia Cameron

As recreational running has gone from being a fad to becoming a permanent institution, a question has arisen as to how to define jogging versus running. A few years ago, people would say that if you could run a mile in under eight minutes, you were a runner; if you took longer than eight minutes, you were a jogger.

Now it is said, that the difference between the two is a question of technique, style and attitude. Joggers tend to jog on their heels and once they feel they have exercised enough, they revert to a poorer posture. Because of this they may sustain damage to ankles, knees, hips and the

lumbar areas of the spine. People who started jogging three or four years ago, have had to resort to other types of exercising because of injuries.

Although there are many differences between running and jogging, there are also a few similarities. For example, there is little difference in cardiovascular improvement and there is also little difference in the apparel worn for each.

If you decide to take up running for exercise, make sure you are doing it properly. Ask around or even watch other runners to see the different styles. Remember to start off slowly and start off by doing it right!!

## CIAU nationals approaching

by Gina Brown

The CIAU men's national championships, hosted by Dalhousie University are now less than two weeks away.

The top four teams in the nation will compete in the semi-finals, March 15, with the consolation and championship games scheduled for Saturday, March 17.

The event promises to be a spectacular show with only the top four teams in the country competing.

The format is different from recent years which saw eight teams competing in the CIAU championships.

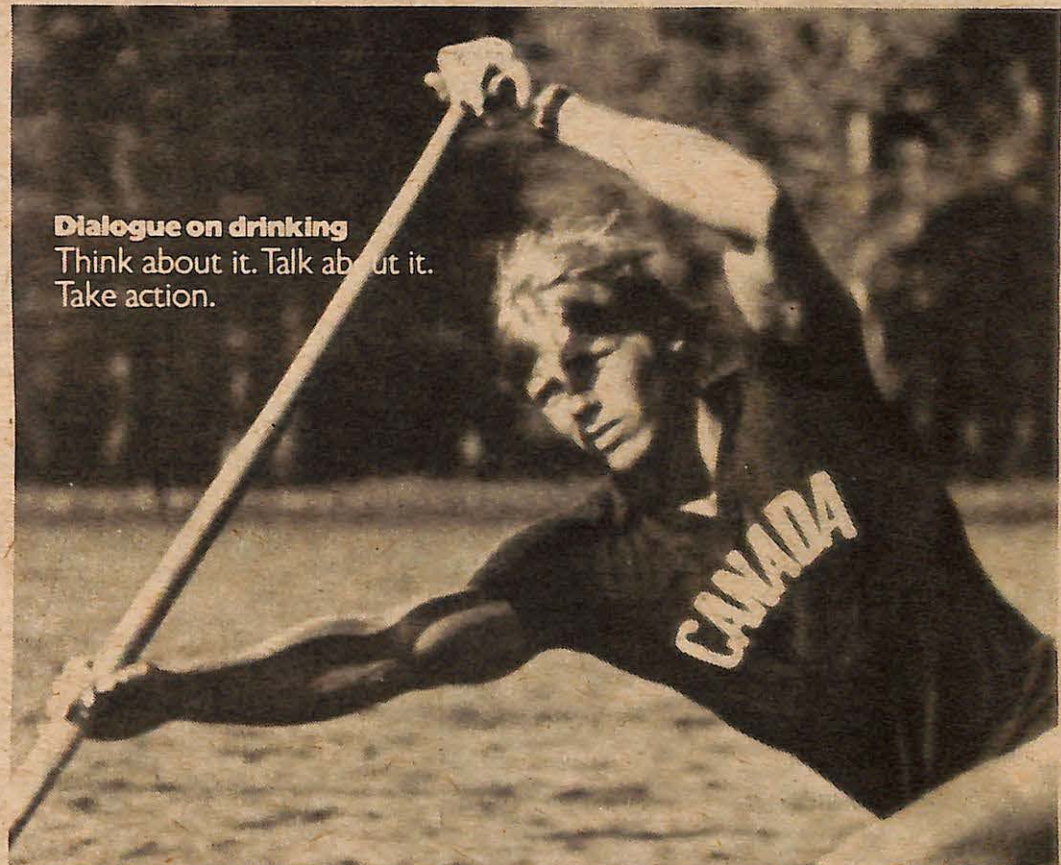
The five conference winners,

along with the four regional hosts, advance to the regional play-offs. The other places will be filled according to CIAU national rankings.

Regional play-offs will take place March 9-10 at Calgary, Waterloo, Ottawa and Fredericton, which will decide the top four teams.

Halifax hosted the CIAU games in 1979 to a full house. The only other game to sell-out at the Metro Centre was the Canada-Russia hockey game in January of this year.

Tickets are on sale at the Metro Centre and all ATS ticket outlets.



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

# TAKE ACTION ON OVER-DRINKING.

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

JOHN WOOD  
OLYMPIC SILVER MEDALLIST

Canada



Health  
and Welfare  
Canada

Santé et  
Bien-être social  
Canada



## Most runners pains begin with their feet

by Alan Montgomery  
reprinted from the Martlet  
Canadian University Press

Hobbling behind the ever-increasing number of runners is a growing horde of people who experience severe pain due to sore knees, shin splints, and various other lower body ailments.

These problems may transform light exercise and healthy fun into an exercise in masochism.

According to University of Victoria physical education Professor Richard Backus, most of these problems begin with the feet.

"Upwards of 80 per cent of all people have feet which are

either too flat or are prorated, that is, twisted so that the outside of the foot strikes the ground before the inside."

This twisting motion most often puts stress on the knee of the runner, but it may also be a prime cause of shin splints and lower back pain.

As Backus puts it, this is "a very common, very significant problem."

Runners experience their environment entirely through feet via a complex series of movements. Prorated for flat feet may lead to a knock-kneed effect, thus putting a tremendous diagonal stress on the knees.

This problem may be rectified

by the use of orthotic inserts. Orthotic inserts are rigid plastic insoles which fit beneath the heels and arches. These devices act to modify the relationship of the bones in the feet.

Backus custom fits runners with inserts which, depending on the feet, may act to cushion the heel, raise the arch, and twist the foot.

Before going through this process, however, Backus suggests that runners should look closely at the shoes they wear with their problems in mind. He recommends to about 90 per cent of his patients that they throw out their shoes and replace them.

Manufacturers are developing

a wide line of shoes which are designed for the 80 per cent of us who do not have perfect feet.

As well, Backus says the amount most people spend annually for shoes is far out of line in relation to their importance to the runner.

If shoes alone do not cure the problem, one may purchase orthotic inserts at several local stores. These commercial inserts are quite effective; but, for the more serious athlete, the custom-fitted variety are far more likely to rectify the problem.

In the past, orthotics were bulky and heavy, incorporating leather, foam and plastic. While they were reasonably effective,

their weight was a serious drawback for the athlete.

But during the past five years, however, the field of sports medicine has developed in quantum leaps. Today's inserts are extremely light and very effective in comparison.

At about \$125, the cost may seem high, but as many a runner will testify, it is a small price to pay in order to be able to run without pain.

It is likely that the runner with sore knees will be advised to begin some weightlifting or therapy to strengthen the supporting muscles around the knee—done under the supervision of the physiotherapy department.

## A/R Update

by Marthe Boissonnault

This is no April fools. The Athletics and Recreation office is organizing a "For The Run Of It" 5 kilometer fun run on April 1st. It's a run that anyone can do at their own pace. You can even walk it if you like but the run will be clocked for those who want a little challenge.

With your help "For The Run Of It" will raise money for two special causes. Half of the proceeds will sponsor the Mount's fitness and recreation programs through Project 1. The remaining proceeds will be donated to AdSum House, an emergency shelter and long term residential facility for homeless and transient women. You can help both these causes by being sponsored for the 5 kilometer fun run or paying a \$5 fee to enter or by sponsoring someone running.

"For The Run Of It" will be a lot of fun but not without you! Watch for more details about the run throughout the month of

March.

The March Break is less than a week away. That means the March Break Day Camp is in less than a week. It starts Monday, March 12th at 9:00 a.m. The whole week is packed with activities that are sure to keep your children busy.

If you're planning to register your child in the day camp, remember that the age limits for the two groups are between 5 and 8 years of age and between 9 and twelve years of age. The fee is \$6 per day per child or \$25 per child per week. You can register with Jenipher Ritchie at the Athletics and Recreation (A/R) office, or phone 443-4450 ext. 420.

The A/R office has organized the day camp with fun for the children in mind and as well, for the parents' comfort. The responsible day camp staff have experience working and playing with children.



Basketball Mystic breaks away from a Capers player during recent league play.

## Peoples History...



## MARCH 8: INTERNATIONAL WOMENS DAY!

Since 1910, International Women's Day has commemorated the struggles of women in the workplace, in the home and in society the world over.

MSVU Students CELEBRATE! Don't forget the RALLY, Thursday, 12 noon in the Seton Academic Centre auditoriums... let's "Face the Future" together!