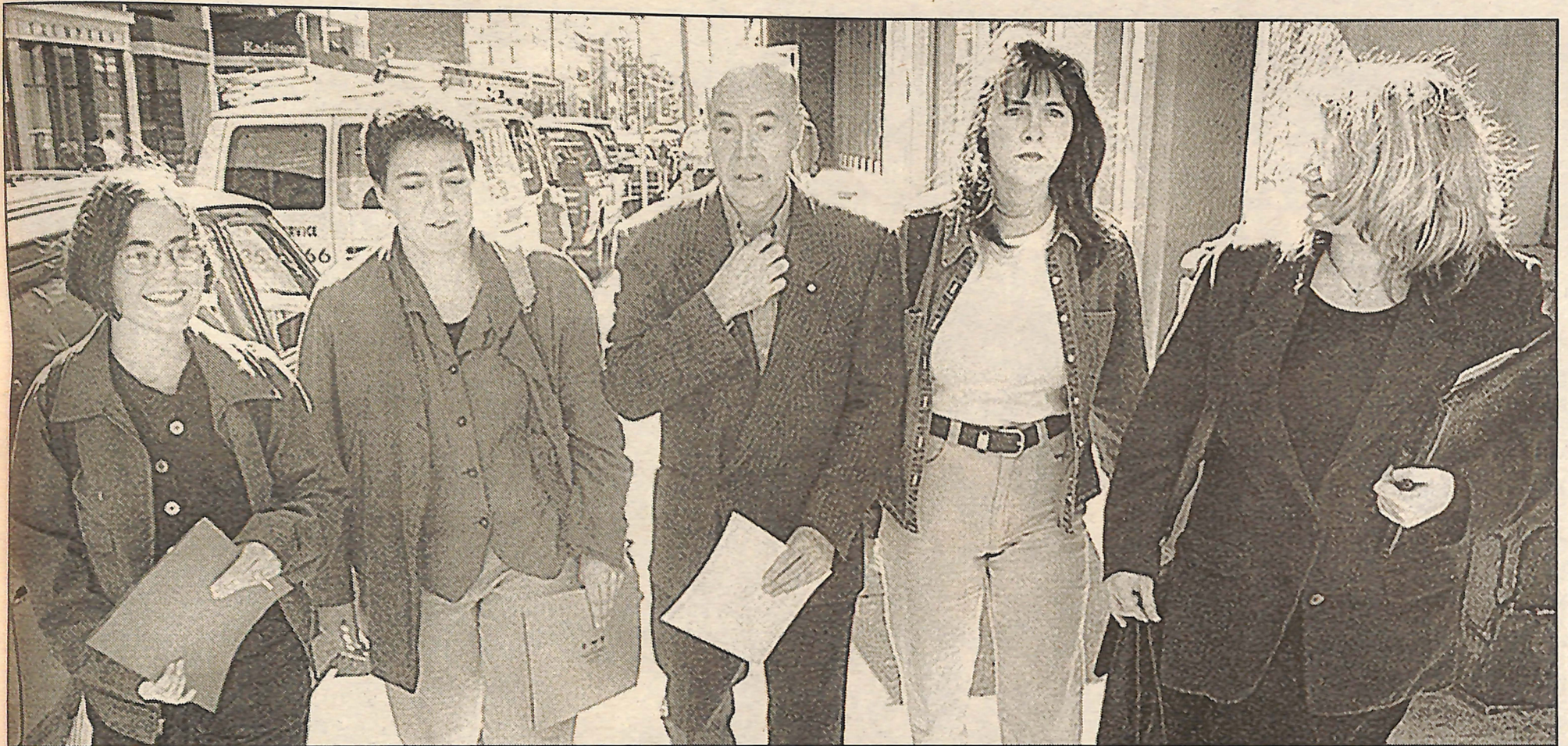


THE PICARO

Volume 32 Issue 4

October 15, 1996

<http://chebucto.ns.ca/Media/Picaro/>



Lisa Morris and Jessica Squires of NSCAD Student Union, on left, walk with MLA Ron Stewart, and the Mount's External Vice President Rhonda Coleman and President Sheri Moore. Coleman spent the past two weeks building lines of communication with Nova Scotia's political figures.

Coleman meets big-wigs

BY: SUSAN GIFFIN

External VP Rhonda Coleman and company met with government officials last week to discuss the role of higher education in the 1990's.

"Each meeting proved to be worthwhile," notes Coleman.

On October 1, Coleman, PR representative Charmaine Lee and Manus executive representative Margaret Rao joined forces with two Nova Scotia College of Art and Design SU members, Jessica Squires and Lisa Morris. They expressed concerns to Halifax West MP Geoff Regan. The Mount and NSCAD are the only metro institutions under the jurisdic-

tion of the Canadian Federation of Students (CFS).

According to Coleman, Regan showed the utmost interest, "He was very receptive to all our ideas."

The effects of the possible tax harmonization on a student's budget was a time consuming topic of conversation. "Regan opposes Paul Martin's combined tax legislation. He realizes a 15 per cent tax would cripple us," claims Coleman. The seven per cent GST tax is currently applied to school books. On October 10 Premier John Savage announced that he would not tax books under the new system.

Student Union President

Sheri Moore accompanied Coleman and NSCAD's duo on October 2, to a gathering with 12 liberal MLAs. Premier John Savage was unable to attend the conference due to a conflict in schedule.

"It would have been nice to speak face to face with Premier Savage, but even without his presence it was the most favourable meeting I have ever attended, in such a setting," says Moore.

Matters dealt with accumulative financial debts via student loans and lowering the age of 21 that government defines essential for independent status. One who claims independent status generally

receives more funding.

"Student loans are a hot topic because they have become such a burden," explains Coleman.

On Thursday, Coleman and Chuck Williams, Student Union Executive V.P., met with the Progressive Conservative caucus to again be adhered to on the importance of education. Provincial opposition leader John Hamm was in attendance.

"We have had great opportunities to be heard. Open discussions like these are great," says Moore. Both expect to attend future meetings with the government leaders.

To coincide with Coleman's stand for education, a letter writing period is tentatively scheduled for Wednesday October 16. Letters are to be sent to the Prime Minister and Paul Martin. Coleman feels that she has accumulated enough valid advice through past meetings for M.S.V.U. Students to effectively lobby Ottawa. "The officials offered good suggestions for us to get our concerns listened to, letter writing being one aspect we plan on acting on."

"Education is the province's largest debt load and yet it receives the most funding. The issue is problematic and needs to be addressed."

What's Inside:

Election Results

The elections / poll went smoothly on Oct. 8 and 9. A small percentage voted, but those who won are looking forward a year of politics.

Cast your ballot on page 4.

Do you have an opinion?

An old column returns with a different spin, a new name and new writers. Take one topic and two opinions until you get *BACKLASH*.

Flip to the top Side of 7.

Travelling Teacher

Hear and see part of one teachers story of traveling to Japan as an English teacher. Learn how he did it and how interesting Japan can be.

Get educated on pages 8&9

Pounding Music

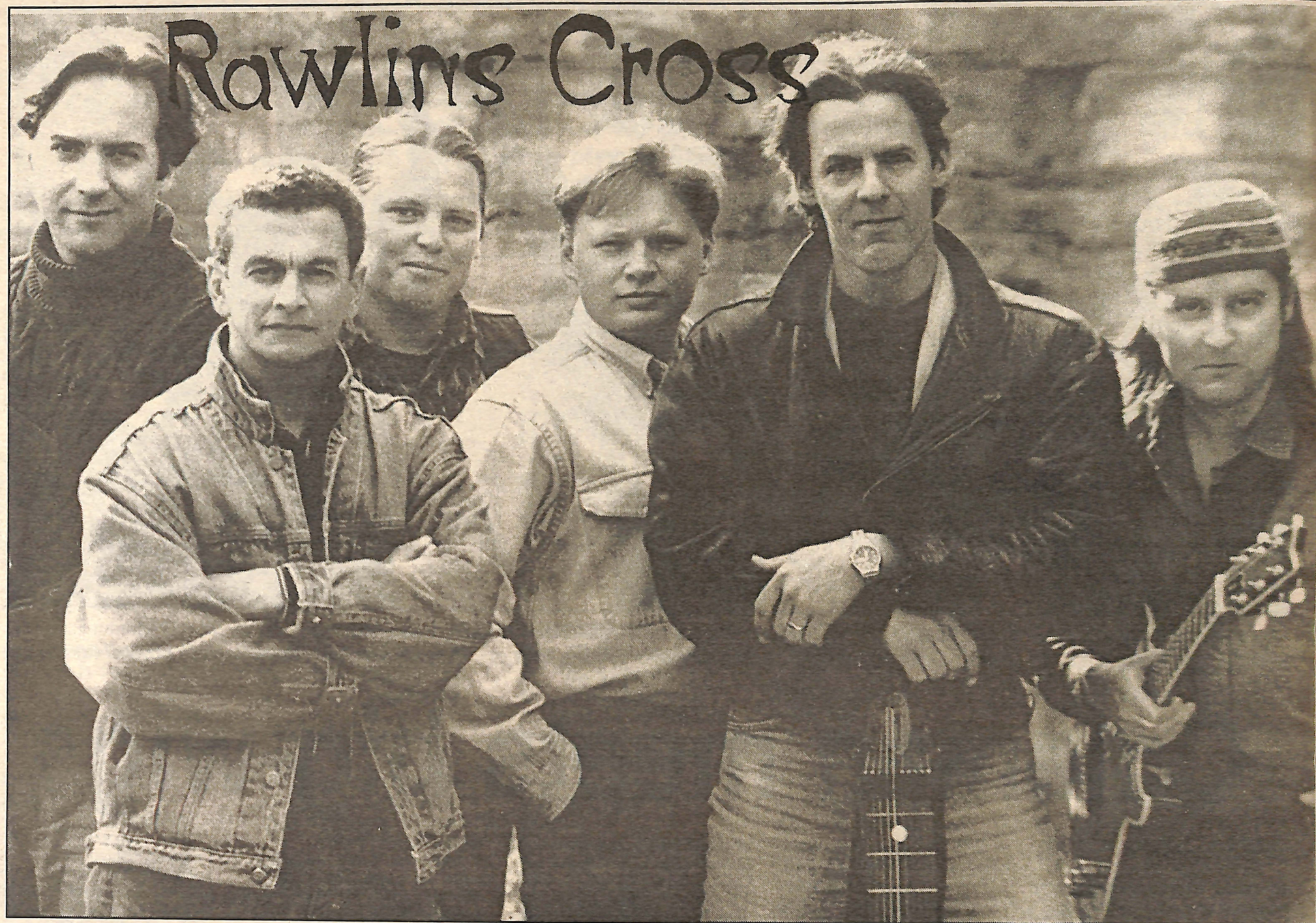
David Pound interviews both Furnaceface and the Grace Babies during a two-in-one concert in September.

Have your Questions

Answered on pages 11 - 13

VINNIE'S PUB

Where the weekend starts on Wednesday



Thursday, October 17th
Doors open at 8pm
\$12 cover charge

NEWS

A change in lifestyle

BY AMY FISHER

Residence students at the Mount have had long standing grievances concerning school policies. The results of a public opinion poll held last May mark the start of changes dealing with the issues of alcohol in residence and weekday male visitation.

The Student Union recently finished preparing a proposal that was voted on by resident students during last week's bi-election. The proposal is to change the male visitation and alcohol policies now in place. Their view is to alter the rules that now exist to achieve more relaxation, so that students living in residence feel 'at home'. The proposal was passed last week with a resounding yes. Seventy-seven percent of students who voted, were in favour. The proposal was voted on during last week's bi-election as an opinion poll.

Contents include allowing males to visit their female friends in their rooms Monday through Friday from 12:00 p.m. to 12:00 a.m., still having to sign them in for security purposes. Most students feel that this is a step in the right direction, seeing how 15 per cent of the student body is male, and at some point in time students will have a male within a class work group. This will

make it easier to work in groups for classes.

Cindy Bourgeois a first-year business student living in residence says, "The rule makes me feel like the university doesn't trust us, as young women to be responsible with our male relations."

Sherelle Franks a second-year Child and Youth Studies student also living in residence notes, "It's a step in the right direction, although it will still be an inconvenience for those of us who have males travelling long distances."

Current policy prevents males in dorms from Monday through Thursday. Weekend visits are permitted providing students obtain a sign-in slip from a Resident Assistant before Thursday night at 9:00 p.m., and sign in their guest accompanied with personal identification at the Assisi front desk upon their arrival. As far as alcohol in residence is concerned it is strictly forbidden. The only area on campus where alcohol is allowed is at Vinnie's Pub.

A final decision will be reached once all inclusive factions have their say. If passed the plan is expected to take effect for the academic year of 1997-98.

Poll proposals put on waiting list until spring

BY SUSAN GIFFIN

Residence students who cast their bi-election ballots last week voted not only for representatives of their academic constituencies but for their rights to independence.

The poll conducted last week was initially supposed to enable full-time students to contemplate three proposals. Up for student body input was an added dental plan coverage on Mount health plans, a social fee payment permitting students to attend all of Vinnie's events for free, and permitting alcohol usage and male visitation for residence students.

At the Student Union meeting held on October 4, Councillor Gin Hing Yee made a motion to delay the voting on

the health plan and social fee matters. His motion was passed.

"There is not enough information out there for Mount Saint Vincent students," he claims. "The majority of the student body do not fully understand what these questions are about, if they even know they exist at all."

SU Business Representative Tracy Ward governed functions associated with the poll. She is hesitant of council's final decision.

"I believe that if we put these issues off until the spring election, there will not be enough time for us to implement them for the next school year," says Ward.

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Mount Saint Vincent Student Paper

The Picaro

CUPE 1281

NEWS

Mount students barely meet quorum

BY SUSAN GIFFIN

Last week students were given the opportunity to vote. Eleven per cent of the Mount student body cast ballots, just meeting the 10 per cent quorum level needed to validate election results.

Brian "Sanchez" Leahy obtained a seat in the senate, outweighing his nearest opponent Heather Brewster by 30 votes, and Andrew Clattenburg by 90.

Sanchez noted in his candidate speech that he could represent students by lending an ear, "I will listen to everyone who approaches me with their concerns."

Charmaine Lee just edged Kristen Donaldson in her quest for the PR seat. Only 13 votes separated the two.

All other positions fulfilled were uncontested. Tawnya Zwicker was voted in as Arts Rep., Adam Bowser will sit on Student Union on behalf of Information Management, Rhonda Lee Kirk is the Rep. for Child and Youth Study and Brent Bartlett was elected Off Campus Rep.

Kirk comments that everyone on campus deserves fair representation, "We all deserve a right to be heard. I



BRIAN KERRIGAN

Charmaine Lee, newly elected P.R. Rep., gets congratulations as election results are announced at Vinnie's.

will do my best to represent those in my field."

Accompanying candidate voting was a public opinion poll directed to residence students. The proposal was to

allow male visitation and drinking in residence buildings. Students favored the proposition 77 per cent to 14 per cent.

Universities rejoin Maclean's survey

BY DAVID COCHRANE

ST. JOHN'S, Nfld. (CUP) — Three more universities have decided to rejoin Maclean's controversial university issue, which ranks schools across Canada.

Memorial University of Newfoundland, the University of Regina, and the University of Manitoba will participate in this year's survey.

This means all English language universities in Canada will take part in the rankings for the first time in five years.

A number of universities chose not to participate in the survey after 1993, criticizing Maclean's for shoddy research practices and an arbitrary ranking system many said were misleading.

Memorial ranked eighth out of 12 schools in the comprehensive university category in 1992, the last year it provided data for the survey. That same year the University of Regina ranked one spot behind Memorial while the University of Manitoba ranked last among the 15 medical/doctoral universities.

All three schools said they were concerned with the magazine's methodology, not their own rankings.

"They were taking raw

unverified data and running it through their secret formula to come up with rankings," said Memorial spokesman Peter Morris.

Morris said Maclean's responded to the criticism universities levelled at it and changed its methods, prompting universities to rejoin.

Maclean's will present information in a "transparent" manner this year, allowing students to read the raw data and form their own opinions, rather than just ranking the schools, says Morris.

"We have seen some changes in the methodology and, although the methodology is not perfect, at this point its better to participate than not to participate," said Don Barnard, vice-president of the U of R.

"It gets more information about the institution to people across the country."

Morris admitted that promoting the university across Canada was a factor in the decision to rejoin.

"Memorial is looking further afield to attract students, (we're) looking to other regions of the country," he said.

Victor Dwyer, Maclean's education editor, said the magazine is delighted to have the universities back in the survey, which he says

makes schools accountable.

"There is a full spectrum that gives you a picture of all universities. I think that is good as students are becoming more finicky about where they go (and) as universities are asking them to pay more," Dwyer said.

But while universities may feel the survey is better, Canada's largest student organization is still calling it a farce.

The Canadian Federation of Students was opposed to the survey from the beginning because of its arbitrary and artificial nature, said national chair Brad Lavigne.

"All it does is benefit those institutions that do well in the criteria that the Maclean's editorial staff have described as being important while harming others," Lavigne said.

"These rankings have to be taken with a grain of salt. They mean very little and they help push a particular agenda," Lavigne said.

"It is a very American based, American style of looking at it."

Maclean's ranks school in three categories: Universities with medical schools, schools with a variety of programs, but no medical school, and smaller institutions.

STUDENT UNION SOCIETIES 1996-97

BY MARIE HAYNES

The coming year promises to be great for the Student Union societies. With 25 societies in existence, there will be a variety of fundraisers and events happening on campus all year round.

Among these 25 societies there are a few adventurous individuals who have, at their own initiative created new and exciting opportunities for Mount students. One of these new societies is M.O.S.S.- Mount Outdoor Students Society. Keith Freeman, a third year tourism student is co-president with Sarah Hawker, a third year Child and Youth Study student.

"The idea of M.O.S.S. was created to give students an opportunity to get away from campus and the city and relax, and also to show people around the province who may not have had an opportunity to travel. It is open to everyone who has time to spare. The next event will be a trip to McNabs Island in the next couple of weeks. Charges are very minimal and will be pay as you go" Freeman says.

Anyone interested can contact Keith at 445-2832.

Society budgets should be in soon, and that is when the university will start bustling with extra-curricular activity. Society representatives should keep checking their mailboxes for further information.

Anyone looking for any information about the various societies on campus can contact the people below. Each society has a mailbox in the Student Union office, and messages for society reps can be left in these mailboxes. The reps are listed below.

ACE
Athletics & Recreation
Black Student Society
Business Society
Can Studies Society
Child & Youth
Computer Science & Math
DNSA
Education Society
English Society
Gerontology Society
HESA
History Society
IMD
M.A.R.S.
M.O.S.S.
MCF
Prof Develop Career
Psychology Society
P.R. Society
Residence Society
Science Society
Single Parents Society
SAA
Tourism Society

Stacey Langley
Timothea Gibb
Vendia Carvey
Barb Kyle
Michelle Bellefontaine
Tracey Warren
Corey Bateman
Sandra Laforge
Karen Lander
Lori MacDonald
Alanna Mason
Candace Melbourne
Michael Johnson
Danny Baldwin
Roy Dunphy
Keith Freeman
Sally Tinkham
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OPINION

The Picaro

Volume 32 Issue 4

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

The Picaro reserves the right to edit or reject any material, particularly material of libelous, racist, sexist, or homophobic nature. The views expressed are not necessarily those of the Picaro or its editors.

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

The Picaro

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Contemplating Christian contemplation



Editorial

Brian Kerrigan
Editor-in-chief

Christianity. O.K. How many of you now have, somewhere in the back of your mind, an alert going off? Is there a voice saying, "Oh well! I guess I won't read the editorial this week. The guy's a Christian sympathizer or something." Take a minute to think about the word Christianity and how you react to it in a sentence like: "Christian contemplation" or "Models of Christian Contemplation: Teresa of Avila and Friendship, John of the Cross and Darkness, Thomas Merton and Zen."

The Elizabeth Seton lectures went again this year, the topics being as above and also including a lecture on Zen Meditation. The lectures were quite full, but not with university students. Of all the lectures offered the only one that I heard other students showing an interest in was Zen meditation.

I attended the Wednesday evening opening lecture on Christian Contemplation. Here's what I saw. Myself and the Picaro's business manager were the only students in attendance. If I'm wrong please accept my apologies, but by a visual scan of the audience I would say the average age of the room was around 50. James is 19 and was at least 15 years under the next youngest group, excluding myself.

So where were you and were you deterred by the Christian theme? One other interesting note is that there were three students at the Zen lecture. I would have expected more, but it was during class hours.

It's a kind of sad reality. We had a world class lecturer in our midst. He was speaking on a topic that should be of interest to all university students. The problem is that most didn't realize that contemplation is the Christian form of meditation, and that, regardless of your religious holdings, meditation or contemplation is a great form of stress relief and can actually be used in studies. It doesn't necessarily have to do with any organized religion.

Father Robert Faricy specializes in Contemplative Prayer, and is a professor at the Pontifical Gregorian University in

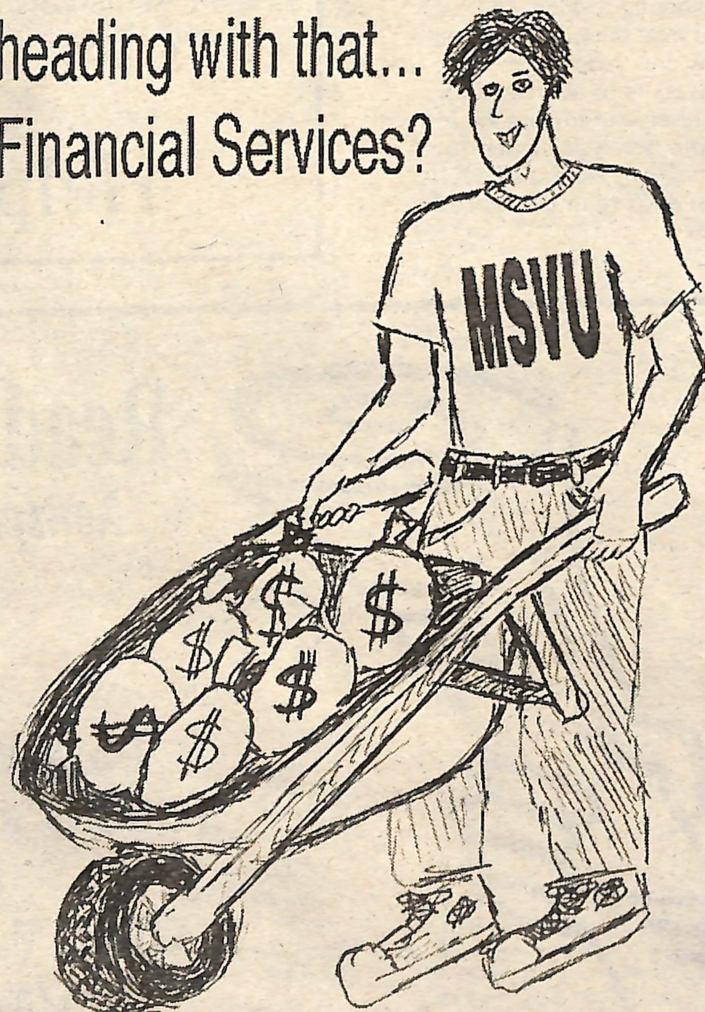
Rome. YES ROME!!! Now even if you're completely repulsed by Roman Catholicism, you have to respect this man's credentials. He is an expert on contemplation, having travelled around the globe studying different forms of meditation and contemplation from masters and common people.

So you're saying to yourself, "What's your point Kerrigan!!?" Well my point is this: If you're like most students then at this point of the year there is a lot of noise in your head. You're having a hard time focusing. You're not able to *contemplate* the more complex ideas put forth in class.

We're university students. We're here to open our minds to new things. But sometimes we let ourselves get tripped up on trendy taboos and titles. Some of the most important learning experiences of our lives come from taking a fresh look at something that's always been around. If you can get past preconceived notions on what organized western religions are about, you may actually find something useful. Who couldn't use a clearer mind or more balanced soul during tests, essays and exams?

Editorial Cartoon

So where are you
heading with that...
Financial Services?



No the Cafeteria!

James Tilley

Across Canada's
Campuses

Veggie mascot banned

BY CARL WARREN

CALGARY (CUP) — Officials at two Alberta elementary schools barred Chris B. Carrot, the mascot for the animal rights group People for the Ethical Treatment of Animals, from preaching to children about the virtues of vegetarianism on school grounds.

School board officials say the message brought to children by the mascot was not appropriate to their schools' educational mandate, but

Michael McGraw, public relations director for PETA says the campaign offers students essential information. He says children are not well-informed about vegetarianism as an alternative food choice, especially in elementary schools.

PETA has sidestepped the ban by sending their mascot to speak to children outside of school property. So, Carrot continues to greet children handing out buttons urging kids to "Eat Your Vegies, Not Your Friends."

Classes conducted on internet

BY DAWN XAVIER

OTTAWA (CUP) — Going to class may soon become a state of mind if professors follow the lead of Saul Schwartz.

Students in Schwartz's graduate seminar never have to set foot in a classroom. Instead, Schwartz teaches the class over the Internet.

Schwartz's class, a graduate seminar composed of approximately 10 people, communicate regularly through computer discussion group. His latest assignment demands students research and compile a project over the Internet. The assignment will then be verified by the professor and the other students entirely over the Internet.

Governments across the country have started looking to 'cyber-classrooms' as a possible way of saving money. Schwartz doesn't think the idea will provide the great savings that governments are looking for.

He says it takes at least twice as long to teach a course like his given the time he must spend reading students' messages, following up their research and responding to their queries. He says it feels as though he keeps "constant office hours," and the pay doesn't reflect the time invested.

"Having professors and students in the same place is the best possible arrangement," he said, "but it's not always feasible."

OPINION

The Mount does not treat resident students like adults

By Karen White

Last year, as a Resident Assistant at the Mount, I was reminded daily about how much resident students hated the rules. Rules such as male visitation on week-ends only, and absolutely no drinking in residence are the two that have students especially riled. Although it was my job to enforce the rules, I did not agree with them.

As university students, we are working adults who are striving to achieve our career goals. By the time we leave university, we expect to have obtained many valuable life experiences. Residence life at the Mount provides very little opportunity for life experiences. Why? Because we are treated like children. "The only benefit in living in residence is the location," says Sheila Hawley, a first-year, mature student, "I am 24 years old, why should I be treated like a 16 year old?"

Sheila expresses how many other resident students feel. We are mature individuals who are here to get our education. The Mount should not be monitoring if we have male visitors or if we are drinking. These are decisions that we should be making for ourselves. If students choose to drink, party, or sleep around, then that is their business. Even if students were allowed to drink and have male visitors, I do not believe they would neglect their studies. We are paying too much for our education to party all of the time.

A Mount officer who I spoke with believes there should be drinking allowed in residence because it could cause problems. "Drinking can get violent. The university

doesn't want to responsibility of people getting hurt when they are drinking. We are only looking out for the student's safety."

I do not agree with her statement. Students may not be able to drink on campus, but they are allowed to come home drunk. Drinking can cause just as many problems when students come home drunk after a night of drinking downtown, or at a friend's place. One of the reasons the Mount does not choose to allow drinking on campus is that they would be required to hire more security officers. With an increase in the number of students drinking and partying, they may also be required to have more security guards on duty during shift. It is not fair that the student's freedom to do what they want in their own homes is restricted because the Mount does not want to pay for the salaries of extra security officers.

The legal drinking age in Nova Scotia and throughout most of the Canadian provinces is 19. If government legislation recognized that a 19 year old, young adult, is responsible enough to drink, I do not understand why the Mount does not feel the same. At the Mount, we pay for rent, food, and are tenants. Yet, we do not have the freedom that most other tenants renting spaces in apartments have. The Mount is dictating to us what we can and can not do in the privacy of our own bedrooms.

During my training as an RA, the idea of creating community spirit was strongly pressed into my mind. But in my experience there is no real sense of community because

students feel like they are living in a prison.

Students may not have a curfew at the Mount but at 7pm on the week-days the lights are shot off in the hallways and quiet hours begin. If students get a little too noisy and others begin to complain, then they can expect fine of at least \$25. In other words, in my position as an RA, I was almost like a police officer, I was supposed to issue fines to those who break the prison-like rules of the residences at the Mount.

Of the 249 residence students living on campus, over half were first-year resident students. Most of the resident from the year before had moved into apartments, where they had more freedom then they would ever have hoped to have at the Mount. I do not think that the Mount realizes how these strict rules affect them. Many students who live in residence for only a year have no desire to return. For example, in my Birch there were 19 girls. Only four of them have returned to residence this year. If students had more freedom in residence, then more students would likely return. Resident students are mature individuals who are able to handle the responsibilities of drinking in their rooms, having guests over or even being quiet when they are asked by others.

The Mount needs to stop mothering resident students and treat them like the adults they are. None of us came to university to be treated like children, but to gain the respect of our peers, professors, and ourselves. We are all adults who deserve to be treated like one.

I am not a resource!

By WALLY NOWLAN

Anyone who has been reading *The Journal* of late, may have been inclined to assume that I met my doom. Thankfully, the rumors of my death have been greatly exaggerated. I do however seem to have developed a phobia towards Catholic nuns. (hmm...?) Anyway, I'd like to discuss a more serious topic that has been weighing heavily, on my mind lately.

Has anyone heard the phrase "Children are our most valuable resource"? How about "Students are a future resource"? Well, I have, many times, with all the debate around education cuts. My feeling is that many people use these phrases without a real understanding of what is implied. Webster's dictionary defines a resource as "a source of aid or support which can be drawn upon if needed, once available capital or assets are used." Hello? Does this bother anyone besides me? I certainly hope so. I do not think we ought to be viewing children and students in this way, and when I hear these phrases it makes me cringe.

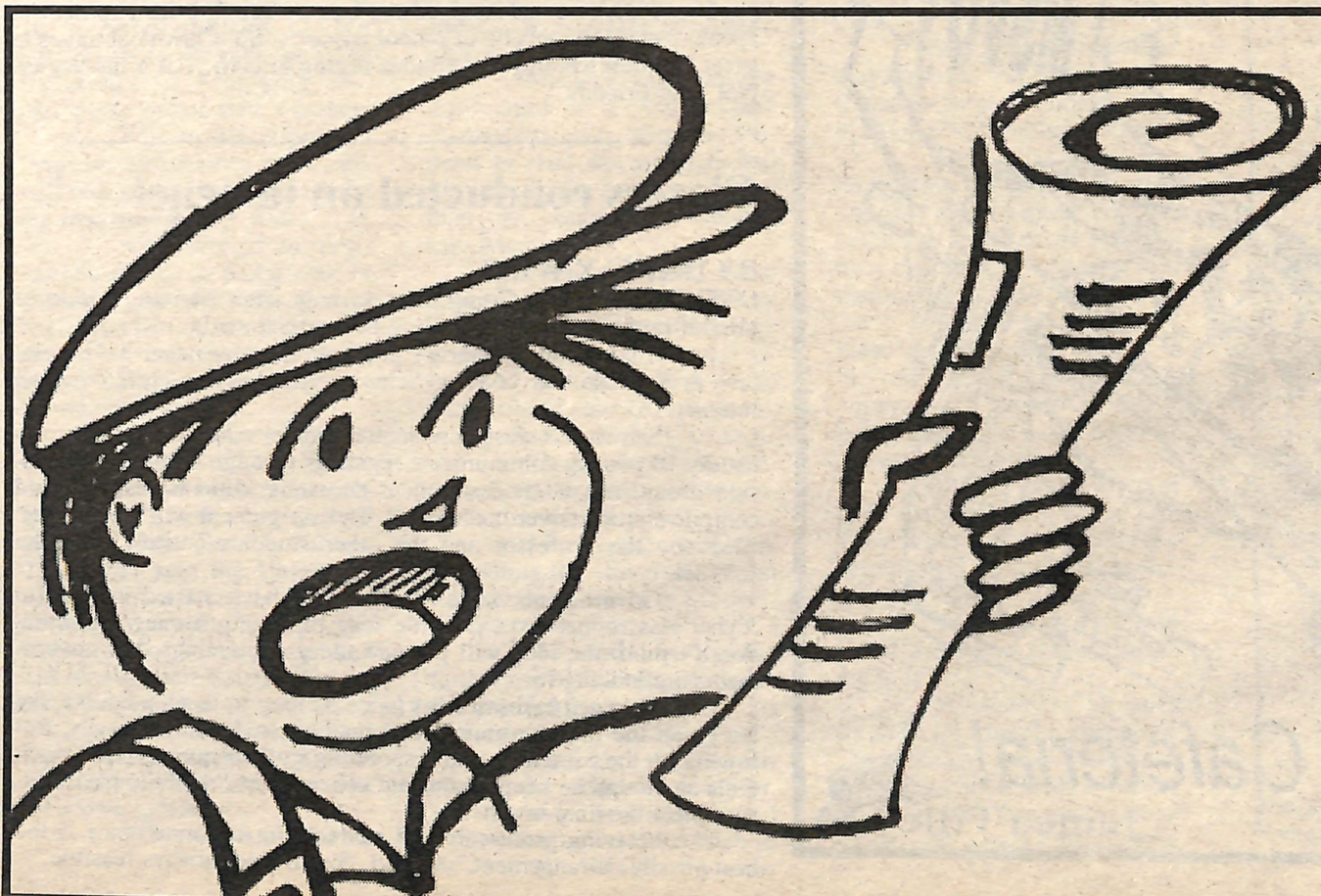
Karl Marx said almost 150 years ago in his essay entitled *Capital* that capitalism would, in fact, end up reducing people to mere resources to be used by the owners of capital. I fear Karl may have been right. Children are indeed the future but we ought not to view them as resources or commodities to be used. Do you hear me Baby Boomers? This is Generation X calling...hello? How do you expect us to support you in our retirement years when you have left us nothing but "McJobs" which hardly support us? Some people may say I am taking the word resource out of context and being too literal, but I understand the word as it is defined. If you mean something else, use a different word. So, the next time you hear someone refer to children or students as a future resource, ask them "Would you like fries with that?" Later!

The Picaro

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FEATURES

BACKLASH...

on underage drinking, and Vinnie's.

BY LESLIE REID

Lately, I have heard several people voicing their opinions about what should be done to keep underage students from getting alcohol at Vinnie's. Some people seem to believe that these students should not be allowed in the pub at all, or should be forced to leave after a certain hour. However, I think that things should stay the same at Vinnie's.

Vinnie's Pub has already established a system to help stop minors from getting alcohol. Patrons must show identification at the door at night, and any underage patron receives a dry stamp, and are required to leave their Student ID (which sometimes doubles as a meal plan card) at the door. Legal age patrons get a band for their wrists. While inside the Pub, anyone seen with an alcoholic beverage may be asked to show I.D. again.

Since the staff already has a system to deal with any problems, there is no reason to make Vinnie's off limits to any underage students. If students were asked to leave the pub after a certain hour or not allowed in at all, a significant portion of the student body would miss out on events.

There is another problem eliminating these students from the pub. If the Pub decided to change its policy, minors who now go to the Pub would be told that they are no longer allowed inside. If I had been going there for a few months, maybe a year, and was suddenly told I could no longer go in or would have to be out by a certain hour, I would be very upset. As students we pay enough money to go to this school, so we should have all the privileges associated with the university and not lose one because of our age.

Obviously, minors should not be able to get any drinks at Vinnie's. Anyone caught drinking underage can be fined. If you buy a drink for a minor you can also be fined, and Vinnie's could lose their licence if caught serving alcohol to anyone under nineteen years old. So think before you buy.

BY MARK DARROW

There is a spectre of underage drinking that looms over Vinnie's.

Vinnie's differs from other bars in metro, in that underage Mount students are allowed into the pub without the accompaniment of someone of legal age. This can create a unique problem for Vinnie's on how to control the sale of alcohol to minors.

As it stands now, ID is shown at the door for both underage and legal age patrons. Underage patrons, however, produce their Mount Student ID's at a separate entrance from the legal age patrons. At this point the underage students sign over their ID's to the pub. When exiting the pub, the underage students sign for their ID's. If they were drinking, their ID's are sent to the Chief of Security. While inside the pub, underage students are identified by a "dry" stamp and legal age patrons wear an ID bracelet. But is this really enough? I think not.

When underage patrons are, for all intents and purposes, mixed in with the legal-age crowd, control could quite possibly fail. While I am not accusing all minors of drinking, those that intend to "pull a fast one" on the bar staff are let into the pub. This creates a security problem within the pub and an extra effort by the bar staff to control the sale of alcohol to minors.

The consequences of underage drinking are severe, to say the least. It could result in fines, suspension of liquor licence or even closure of the pub. This would take Vinnie's away from *all* students.

The solution is simple. Vinnie's should be run like any other bar in metro. Liquor laws in Nova Scotia have relaxed somewhat in the past few years anyway, so minors could be allowed into the pub until a certain point, say when food service stops. After which, proof of age would be produced at the door and only legal age patrons would be admitted. For special events, such as frosh week, the entire bar could be designated "dry".

Whether we like it or not, Vinnie's Pub comes under the scrutiny of the Provincial Government. If laws are violated, we all stand to lose Vinnie's for our enjoyment.

The Student Parent

A new column on the trials and tribulations of raising a family and your marks

BY JENNIFER DEVENNE

The Parent-Student Schedule Recipe

Mix these major ingredients:
1-5 university courses
2 or more family members
a source of transportation (no matter how rotten!)
a reasonable number of meals
enough study time
a pinch of quality family time
a few dates, months, hours and minutes
a care giving situation

Add these extras if available:

1-2 jobs/volunteering
a dash of social life
extra curricular activities
bouts of sickness
student loans
a dirty bear (oops, that's my son's bear!)

After the ingredients are mixed add a little flexibility and stir very gently (flexibility is a delicate substance). Pour batter onto a big platter, harden in the fridge and read the results the next day.

Chef Parent Student, now you have a schedule...follow it!

This is what my schedule is like. A little of this, a little of that, a lot of my son... But you know what is amazing? It's 6 weeks into school and I am adapting to this schedule. I do every year no matter how horrendous life seems at the time (and how many night courses I have to take!).

Who am I? I am Jennifer - one of many students who are succeeding at attending classes at Mount Saint Vincent University at the same time as raising a husband... oops, I mean, raising a family. I have shared stories with all kinds of wonderful, brave parent-students who are juggling a number of activities this school year. One student has a one year old son, a job, commitments with her local church, and is taking a course towards a Masters degree; another student is taking the last two courses of a degree, has two children (4 and 6), and has a home based business; a third parent I have shared notes with is a single parent with two children (9 and 11), finishing a degree, has a demanding job,

and finds time to take her children for their after school activities. Commendable. Myself, I have a son, Nathan, who is 4 1/2 whose daycare is half way across the city (I don't have a car), I volunteer during the week, I have four courses this semester and I finish my Human Ecology Co-op degree in April.

What's a typical day?

1) Getting the "devil in disguise" up in the morning, 2) the "top and tail" procedure, 3) the "you have to eat" bribe sequence, 4) "counting backwards from 10 with clenched teeth" ritual while he dawdles, 5) the "big rush" to put on shoes, find bear, and get to the bus, 6) everything in between like school, meetings, work, 7) a return to "the big rush" to pick Nathan up, to get dinner ready at a decent hour so he can go to bed and I can study... 8) The struggle not to be a couch potato. All this makes my day complete, and I wouldn't give it up for anything. When I have my degree in my hand I will be proud to say "I did it"! And I will also be able to say with pride, "I can gobble my food down faster than anybody here!" (Where's the Maalox?!)

Wally's Lists

SCHOOL SPIRIT...

BY WALLY NOWLAN

The question, "How can school spirit be improved here at the Mount?", was recently posed to me. After I thought about it, and bounced ideas off some friends and peers, I came up with this list of ideas...

1. Dump the Mystic logo, no one knows what a Mystic is anyway. What we need is a really cool logo and mascot. Everyone knows that schools with exciting logos and mascots have high morale and spirit!
2. Change residence to co-ed. Hey—the convent is up the hill.
3. Give out free beer vouchers to all students over 19 who pass their course load. Mmm...beer.
4. Add a football and hockey team to our athletics programs. Everyone knows these are the really cool sports anyway.
5. Think about changing the school ring. I know, I know, the dove with the blue triangle is nice, but how about something more easily identifiable. Say a big V for Vincent, or something like that.

Well, there they are. They may not all be popular suggestions, but at least I tried. Do with them what you will. Later.

FEATURES

Teaching in Japan:



STORY AND PHOTOS
BY MIKE SIMON

In every university in this country you can find advertisements which boast of great opportunities for teaching English in Asia. How realistic are these ads, where would you want to go, and what constitutes "good pay"? I was in Japan this summer, for only 3 1/2 months so I am no expert on anything Asian, but perhaps I have some sense of where people might become badly misled, and I think I may also be able to share some sound, basic experience which may be useful to those with the itch to travel.

First, let me say that the experience of teaching in Japan has been terrific. I arrived at Narita airport (Tokyo) on April 22nd, just a few days before a week-long national holiday known as Golden Week. Golden Week was a colourful, noisy, celebratory introduction to Japan. Almost every community or "basho" (area) has its own celebrations and customs. In Hanamatsu, where I was, Golden Week coincides with a very old celebration known as the Kite Festival. This festival is held in honor of new-born boys, so families who have boys fly windsocks (koi no-bori) before and during the festival of kites. There is a festival

earlier in the spring for girls as well, but I had missed that. At the end of Golden Week, everyone needed to get back to work just to catch up on rest.

The path I travelled to Japan had been pioneered by two women from Halifax, both ex-cooks at Satisfaction Feast. Not able to do much more than keep us on their wages, they decided to go for the big Yen. My first work opportunity was as a substitute for Susan, who had been there a year. Why did she need a substitute? The answer to this question is one key to understanding a fundamental difference between our cultures, which you will be affected by if you go. Susan had been teaching for one year; as such she wanted to come home to friends and family in Toronto and Halifax, take a walk in Print Pleasant Park, drink Tim Horton's coffee, that kind of thing. The problem is that holidays are expected to be a week to ten days long, even after a one-year contract has been faithfully completed, even if you have a great boss. One month - which is what Susan wanted (and got) - is frowned upon. She got the time she wanted by arranging for a substitute. I qualified by being a "native English speaker",

having a degree (any degree will do) and by being known. So the personal connection was really what made my luck shine. Before making you sick with jealousy with the story of how I got the next job, I would like to comment on the money issue, which is obviously of great concern.

\$25 000 US a year, or \$1 500 to \$1 900 US a month. This translates to about \$2 000 to \$2 500 Canadian a month, which, in my opinion is not worth leaving Tim Horton's coffee for, unless there are no options. And there are options.

On the whole, the picture seems brightest in Japan, with earnings stable and very uniform across the country. The average monthly salary for an English "conversation" teacher is Y 250 000 per month, Y 80 000 is roughly equal to \$1 000 Canadian, so you can count on \$3 000 plus per month, and this is just the beginning. If you stay for a year, and most contracts are designed that way, you can usually pick up private tutorials (even private socials), which pay about \$50 - \$75 an hour. So it is quite possible to earn \$50 000 Canadian per year. Why would you settle for less?

Now to make you sit & with jealousy, here's how lucky I was in Japan. I finished the first job as a substitute teacher, had a weekend off and started a new job in Kakegawa. Kakegawa is on the Pacific Coast in Shizuoka Prefecture, the prefecture that has Mt. Fuji

as its dominant landmark. Why do I tell you stuff to make you jealous? Partly because it's fun to do; I still enjoy wallowing in the unusual luck of this last summer (usually I'm scrounging for log-house building work, or anything to stay alive) and partly because the story illustrates something which seems incredible to us here in the maritimes: young people with degrees are in hot demand in Japan.

If you're thinking about going to Japan, you should also consider that Japan is quite different from Canada, socially speaking. Something that was quite alarming to me was realizing that Japan's water and air are in trouble. Even more alarming is that the general awareness about this is almost nil. I met some very fine people and some were very concerned; one man who had been farming all his life pointed out to me with pride that a small prefecture had just a plebscrite about the construction of a new nuclear power station. The people of that prefecture had made history by being the first in vote against the construction. But in general, Japan is busy with industry and shopping. The environment gets only lip-service attention.

If I had a wish for Japan, I'd wish them a good dose of Canadian winters; it might help things a lot if they

simply slowed down. In many ways, the Shinkansen, or "Bullet Train" is symbolic of Japan. They have built and industrialized it an incredible pace, but there is a great stress on the environment as a result. Perhaps winters protect us from a similar crisis.

I can't end this without talking on a note of caution. My experience of Japan was unforgettable, and I personally have no regrets. Far from it. But the experience was not without its disturbing elements. I felt quite isolated, even on "good" or "average" days. Partly this was due to being cut off from family and friends, and yes, even good coffee. But it was more often about some basic attitudes. In some ways, going to Japan was like taking a giant step backwards in terms of issues like environmental awareness or the ways in which women are treated. This last issue is of special concern if you are a woman who is considering going to Asia on your own. Not that everything is rose here either. And you may find that no amount of paternalistic-sounding advice sounds good, even, but I offer the usual anyway. So, before jetting off to Asia, you should definitely consider the cultural differences.



FEATURES

A Perspective



A travelers journal

April 28th

Sunday afternoon — a few days after arrival in Japan

Reading and dozing. I can hear the drumming and the chirping of the whistles, steady with the saucy trumpets bleating the theme that sounds like an air force training song:

Sergeant _____, be's our man;
He's the finest in the land!...

And they all wear the "happis" — blue smocks with the symbol of the "cho" on the backs, so everyone is in a light-material smock-shirt, blue with a red circle on the back, and the symbol of the cho in white kanji on the red circle back-ground. They move with a kind of shuffle, stamping in time with the drumming and chirping, the trumpets sounding happy and silly and bright. They all move together behind the leaders who have flags and banners: large coloured symbols of the cho and the cho's kite symbol. "Yoi cho, yoi sho, yoi cho, yoi shu..." They're chanting, the chant punctuated by shrill whistle blasts. I ran over Susan's balcony to watch them come down the road past the Pacinko palace.

This must be to rally the neighbourhood ("cho" is neighbourhood), for the coming kite festival, so they stamp along in time; relentless and impressive with their formation and their arms at their sides half-raised, bouncing in time to the chant. Like an army, but not serious, all in fun — serious fun: "Yoi cho, yoi sho..."

June 7th

Trying to book a return flight. "There are no seats available for July or August. Sorry." "Daiju-hu" Don't worry!

It is hot now every day, sunny and hot, and then clouds roll up around the mountains in the inland direction. Kakegawa is close to the coast — the Pacific coast. The other coast is the Japan Sea, facing China and Korea. The clouds look full of rain and the wind feels heavy with rain promise, but it doesn't rain. Not yet. When I first arrived in Hamamatsu everyone told me that the rainy season is June and July: "Tsuyu". I wonder what it will be like. And now you can feel it coming closer. When the Shinkansen goes by, the ground trembles and I imagine the rumble of the train as a rumble in the sky instead. A rumble of rain-clouds that have waited and gathered. Waiting to pour on the tile roofs of houses, on the poor dry rivers and streams, filling the stinking sewers. For now, the rivers are weak and shallow, their beds of rocks are dry and waiting.

The train from Hamamatsu to Kakegawa goes over five dwarfed rivers like this, where storks wait for fish and the water creeps along weakly. And in the cities the sewers run a foot wide under flagstones beside the roads, between the houses and the roads, the flagstones forming part of a sidewalk. Japan is full of smells: fish and ramen soups, misosuru and ginger, tonsoba and ebisoba and unagi, at noon and suppertime and late into the evenings; flowers everywhere, banks and hedges and gardens for almost every house and business and every city street.

The air at night can be so beautifully sweet with food smells and flowers, but right now the sewers are competing in a most undignified way. And now, a new smell, not so great a little undignified — a drunk, his reath sweet with sake and his eyes heavy with liquor. He has sat and muttered next to me on this park bench for a while — maybe half an hour; muttering, then "Sumimasen". Finally he goes off, unsteady. He gets a bicycle off its stand and mounts up with a shaky move but rides quite gracefully away. He seemed quite kind, his muttered tones very gentle and almost musical.

The sewers, yes, a reminder perhaps that we need water always. We all need to get clean. We need water here soon. There are a few mosquitoes at night now; small, delicate and careful.



Some ads that I see on the bulletin boards at St. Mary's or the Mount describe job earnings in Korea as paying anywhere between \$18 000 and

Spanish Gypsy, Sorrowful Birds

BY CARRIE WARNER

The Royal Winnipeg Ballet danced into town to put on an incredibly varied and entertaining performance at the Rebecca Cohn on October 3rd and 4th. The Halifax dates were two out of a three week, ten stop tour of the Atlantic provinces. The evening consisted of bits from four different ballets, which went from the traditional *Paquita* to the very modern *Miroirs*.

Paquita is the story of a Spanish gypsy and her love for the son of a French General. This ballet was originally performed in 1846 in Paris, and is a beautifully choreographed piece with lots of fluid movements and expression.

Pas de deux romantique followed *Paquita*. It was a dance for two, in which the dancers are both on stage for the entire ten minute performance. They each take turns dancing solo, and then they dance together.

Sentinel was an inter-



esting piece, performed by four male dancers. All four were dressed in white, and they per-

formed a moving piece in which they both struggle and reach out for one another. It

was a masculine side of a dance often thought to be for women only.

A *Tarantella* is an Italian dance that is very lively and upbeat. The Royal Winnipeg Ballet's version is no exception. The two dancers were dressed in brightly coloured clothing, and each had a tambourine in hand. It was a fun dance that was full of life.

Miroirs was my favourite ballet of the evening. It was presented in five parts, to a black backdrop and black costumes. It was very dark and gothic, and also very beautiful. The piece was choreographed by Mark Godden to a piano composition by Maurice Ravel. It was certainly a divine conclusion to the evening.

The Royal Winnipeg Ballet demonstrated its ability to dance traditional pieces, as well as the skill needed to dance more modern ones. They make years and years of hard work and determination look as effortless as walking down the street. It is truly a treat to watch them perform.

Wild Strawberries Take the Stage

BY REBECCA DAWSON

The Booming Airplanes and Wild Strawberries played to a 3/4 full Vinnie's Pub on Thursday, October 3rd. The concert was supposed to start around 9, but with the bar being only about half-full at 8:30, Booming Airplanes didn't take to the stage until almost 9:30. Attendance-wise, it probably

was a good move; the crowd about doubled in size between 8:45 and 9:15.

The Booming Airplanes were enthusiastically welcomed, but support for them died down a bit once they started playing. Their sound was way too loud for Vinnie's size; the drummer should have taken that into account when providing the bass beat for the band. Microphones were giving enor-

mous feedback a couple of times during the show as well.

The vocals for The Booming Airplanes were however, were a different story. The acoustic guitarist, Mark, and the mandolin player, Ruth, alternated vocal duties throughout their show, and it was definitely successful. Mark's attempts to humour the audience were not as successful, however, so in a sense it is good that he's a singer and not a comedian.

The Wild Strawberries took to the stage near 10 o'clock. As with any band, and crowd, the songs by the Wild Strawberries that has received air and video play went over better than the ones that didn't - this was obvious when the second song, which have received air and video play, went over better than the first. The Wild Strawberries had a very interesting rapport with the audience

- it is not often that bands at Vinnie's bring floor cleaners up onto the stage. Also, after an open invitation to dance before the band performed "Bet You Think I'm Lonely", about 10 people went up in front of the stage. More people came and went as popular songs were performed.

The Wild Strawberries' sound was better in quality than that of Booming Airplanes; the sound crew probably had all of the bugs worked out of the equipment by then. The Wild Strawberries did have something that the Booming Airplanes didn't, however - a keyboardist. The synthesized sounds worked well in some songs, but the artificial saxophone was grossly overrated, and the shooting lazer sounds in the Strawberries' cover of the Fine Young Cannibal's hit "Johnny" hurt the ears.



All in all, it seemed everyone had a really good night. The audience came for alternative sounds with a bit of flavour, and despite small imperfections, that is what they received.



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Collection - The Rankin Family
BY REBECCA DAWSON

The Rankin Family has finally fulfilled its fans' desires - after five incredibly successful albums (The Rankin Family, Fare Thee Well Love,

North Country, Grey Dusk of Eve EP, and Endless Seasons), The group has finally released a greatest hits package, appropriately titled *Collection*. The album contains 13 tracks, all of which are well-loved favourites.

Collection contains a relatively good mix of songs from each album, although only one of the songs is from their *Grey Dusk of Eve* EP, "Grey Dusk of Eve (Portobello)". Liam O'Maonlai from the band Hothouse Flowers takes control of the helm where vocals are concerned, and does a really nice job of it. The last song, "Mull River Shuffle", is actually a live version, that was recorded in Vancouver, and the first song is a remix version of

"Roving Gypsy Boy".

The CD itself is a multimedia CD; it can be run on both Mac and PC computers. It contains different segments on the Rankins and on their music. The enhancement was certainly a nice little present for listeners of the Rankin Family and will no doubt influence sales.

As far as greatest hit albums go, *Collection* is certainly a good one. It spans all five albums, and gives listeners a mix of popular tunes and some that aren't so well-known. I'm sure the next question on the lips of Rankin Family lovers will be pertaining to when the Rankins are going to release an album of new tunes. Hopefully fans won't have to wait too much longer.

A&E

I Love "That Thing You"

BY CARRIE WARNER

Coming out of *That Thing You Do* was like getting off of my favourite fair ride. I had laughed a lot, cried a little, and just felt good all over. It took me a little time to realize that I had just watched a movie in which there was no swearing, nobody got shot or stabbed, and there was no sex or nudity. I thought it odd for such a movie to be captivating, but it was.

Tom Hanks has successfully ventured into new territory with *That Thing You Do*, his first big budget attempt at writing and directing a movie. The film opens with scenes of what could be any small town in 1960's America. It's the summer of 1964 in Erie, Pa., and Guy Patterson (Tom Everett Scott) is selling new fangled appliances (updated washing machines, clock radios, etc...) in his family's struggling appliance store. That is, until he is approached by three school acquaintances who need him to play in their garage band. Their drummer has had

an unfortunate accident involving a parking meter, and the guys need Patterson to sit in as drummer for their stint at a local talent show. Patterson agrees, and so begins life for The Oneders (pronounced "wonders", but often mispronounced as oneders).

Thanks to a more peppy version of their song "That Thing You Do" set by Patterson, the group is soon on their way to stardom in the often fickle world of teenage America. After a few gigs in Pizza joints, the boys are picked up by a "Playtone Records" bigwig,



played by Tom Hanks, who sweeps them off on a tour playing state fairs. He changes their name to "The Wonders", and fits them with new suits. He

also gives out trademarks, like Patterson's sunglasses, which he wears all the time. It's during this tour, and once their song reaches the top ten, that the band begins to have problems. The end of the movie is both touching and funny, and gives the film a wonderful sense of closure.

One of the best things about the movie is how different the guys in the band are from one another. The frontman of the group is a brooding soul named Jimmy (Johnathon Schaech), whose main concern is getting into the studio to record new music. His girl-

friend Faye (Liv Tyler) is along on the tour as a "costume mistress", and their relationship provides an interesting and intricate sub-plot. Patterson is a pop music kind of guy, who is just happy enjoying the ride. Providing the comic relief for the band is Lenny (Steve Zahn), and Ethan Embry is the quiet bass player who just wants to join the marines.

The music in this movie is the main focus. The theme song is the group's big hit, and is played constantly throughout the movie. It's a catchy tune, but a viewer won't want to hear it for a few days following the movie.

This film may not be Oscar material, but it is a fun movie. It's the first good movie in a long time that people can watch with their kids, or their parents, without worrying about awkward moments. Be sure not to miss the movie that has everyone wondering what exactly Tom Hanks *can't* do!

Furnaceface Interviewed@Anyspeed



BY DAVID POUND

On Friday, September 27, I had the chance to talk to both Furnaceface and The Grace Babies, before their awesome show at the Birdland. The following is an interview with Patrick Banister, guitarist for Furnaceface, that was conducted while The Grace Babies did their soundcheck.

Picaro: So how was Wednesday's show at the Oasis bar?

Patrick: Actually, there was no Oasis show. There was an ad for it, but we were not even in town that night. What happened was, our booking agent made the Oasis an offer and they said they would think about it and

then went ahead and advertised the show. We just started our tour in Saint Johns.

Picaro: How was that show?

Patrick: Great! It's always fun to play The Rock. The audiences really get into it over there.

Picaro: So what exactly is Furnacefest?

Patrick: Furnacefest is a thing that started 3 years ago. We had a friend that worked for MCA concert promotions and they booked the acts for this week-long event in Ottawa. This event is kind of like the 'X' in Toronto. Anyway, they would

have major acts every night, such as Aerosmith or the Beach Boys, but the Friday night slot was open, so our friend approached us with the idea of putting together our own dream concert for that night. We thought the idea was great and decided to put together a concert with a bunch of Canadian independent bands. So far we have had two Furnacefests. We had to cancel the third one last week because of the rain from the hurricane. We are planning to have it again in November.

Picaro: You guys have been going for seven years, how do you keep the enthusiasm up for that long?

Patrick: Artificial stimulants! Ha! No, actually it's just really fun to do. I wouldn't call this a job, a job you make money at, but it's more fun than working for the government or something. We all have jobs at home.

Picaro: What made you guys decide to take The Grace Babies on tour?

Patrick: We have the same booking agent and I had seen them at the North by North music festival and thought they were excellent. They are great guys.

Picaro: What do you think of the local Halifax music scene? Any bands interest you?

Patrick: Well, there's so much

good stuff. We are friends with Colin Mackenzie, who is involved in the local scene, so we feel like we know a lot about this scene. All the bands we hear about from here are really good, really "pop" sounding, which is cool. Halifax seems to have a sound of it's own, I guess it was the influence of Sloan.

Picaro: Have you seen many changes in the Canadian music scene over the last 7 years?

Patrick: Pretty huge changes. When we first started, it was really hard to get booked if you were not top 40. Now it's easier and we can get booked at places like the Redline Sportsbar in Kingston, where Glass Tiger is playing over the p.a.. It's cool that bars are booking more bands.

Picaro: Any interest from the U.S.?

Patrick: We had a big screw up with the last album. It was supposed to be out on Cargo U.S., but they had a big fight with Cargo Canada and our record got lost in the battle. We are looking at a couple of options for the States. We really want to get it out there.

Picaro: So what happened with your old Keyboardist, Marty Jones?

Patrick: Well, Marty runs a studio in Ottawa called "Sound

of One Hand", where we recorded all our albums. We are still friends and if he wasn't working there, he would be with us.

Picaro: How do you like the trio format now?

Patrick: It's not bad. When we first started, we were a three piece. Our first cassette was recorded as a trio. We can't do some of the stuff I'd like to do, but that's just a matter of us needing to be a bit more organized. The sampled stuff can still be done live by our drummer, it's just a question of organizing that stuff in practice. In that way it's a drag, because you don't have a fourth member to do other things with.

Picaro: What are you listening to lately?

Patrick: A lot of stuff on the Ninja Tune label. They are a label from England, who have such stuff as D.J. Food. It's sample heavy, beat based music and a lot of jungle type sounds. That's kind of what I'm into, I D.J. as well.

Picaro: Thanks for the interview. I'll let you get to your gig at Cafe Ole.

Patrick: Thank You. The Cafe Ole gig should be cool. The kids really get into it. Then after the show, we are back here at the Birdland, so I'll see you there.

A&E

Dining with The Grace Babies



BY DAVID POUND

After The Grace Babies finished their sound-check, we preceded to a local restaurant for the all day breakfast and a little interview. The Grace Babies were really nice guys and were still eager to talk, even after the interview was over, which is rare when interviewing bands. The following is some of the conversation that took place with Chris(drums), Damion(guitar and vocals) and Stu(bass):

Picaro: How are you guys enjoying your visit back home to Halifax?

Damion: Great! Fresh air, no smog.

Chris: It's great playing here again. We haven't been here since August, so it will be interesting to see what the crowd is like.

Picaro: What made you guys

move to Toronto?

Damion: We moved to Toronto, because we felt it was time for the band to be playing a lot of shows. Halifax is difficult to tour out of and you can only play so many dates in a town this size. There is really only one venue for independent music here. In Toronto, you have Toronto itself and also hundreds of towns within a few hours drive. Also along the way, we got ourselves a new bassist.

Picaro: That was my next question, how did you hook up with Stu?

Chris: Traffic Accident!

Damion: We went to see a Commodores tribute band and he was the only white guy in the band, so we knew we had to hire him.

Stu: Actually, they put an ad in the paper. I had just started a new job and had been fired the next day for leaning on a wall, so I called the guys up and now I am on day 16.

Picaro: How is the tour going so far?

Chris: Great! Furnaceface are great guys.

Damion: As a band they are so, so. Ha! No, they are really good live.

Stu: I was surprised at how good they are live.

Damion: And they even siphoned their own gas for us, because we ran out. Actually we didn't run out, but Chris was too paranoid to drive on empty.

Picaro: The Kiss tribute night that you guys put on, how did that come about?

Damion: Well, it was put on the night before the big Kiss show in Toronto and we were all going to the show, so our manager suggested us doing a tribute night. At first we thought it was a dumb idea, but the more we thought about it, the more we thought it would be cool. Hype really feeds on itself, and we had a packed house.

Picaro: Did you wear the makeup?

Chris: No, that's the funny part, we dressed up as the Bay City Rollers.

Damion: That was the master stock.

Picaro: Did you enjoy the official Kiss reunion?

Damion: It was amazing!

Chris: It was awesome. They were so screwed up. They are so old and run down and it was so cliched and so pathetic, that it was awesome. It was just one cliché after another and I just lapped it all up.

Picaro: Any changes to the local scene, since you left?

Chris: There are a lot more bands. Bands seem to have a shorter shelf life now.

Continued on next page

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A&E

Grace Babies cont.

Damion: I can't wait to see Avengers 7, who are opening tonight. I hear they are like a surf, punk band. They have an organ, so they must be cool.

Picaro: Is the Grace Babies sound much different now, than when you first started?

Chris: We started out much heavier and went from playing oriented to song oriented. The total focus is on the songs now, as opposed to trying to be heavy or get a certain sound.

Picaro: Where did you get the title "Igor", for the e.p.?

Chris: Igor was our ex-roommate in Toronto. He's from Poland and speaks very little English and he would always give a one line review of our show. All he does is watch Star Trek. He was unemployed, so he would watch tv and sleep.

Damion: Hey! His dad lives here, so if he reads this, he is gonna kick his butt.

Picaro: So how did you get Ian from Change of Heart, to help with the e.p.?

Damion: Our manager asked us if we wanted to work with Ian

and we jumped at the chance. We love Change of Heart, so it was cool.

Picaro: Change of Heart put on an awesome show at the Halifax on Music festival.

Chris: We missed that show, but they are great live. They have been around for so long.

Picaro: You also worked with Fred Mahler who produced Lou Reed and Matthew Sweet. How did that come about?

Damion: Again, our manager lined it up. Fred liked the band

and wanted to help out. He took our demo around to a few places.

Picaro: The last time you played Mount Saint Vincent at Vinny's, you were opening for the Pursuit of Happiness. What was it like touring with them?

Damion: They became really good friends of ours, and when we moved to Toronto they became our friends away from home and showed us around the city.

Chris: The funny thing about the show at the Mount was the

guy that reviewed the show for your paper totally shot us down. It was like the worst review ever. We want a copy of it, because we want to use it as a backdrop. We want to project it up behind us on this big screen.

Damion: It was in a November issue of the Picaro, from last year. If you guys could send us a copy, that would be cool. We were kind of hoping to meet the guy that reviewed the show.

Chris: He must really have a hate on for us.

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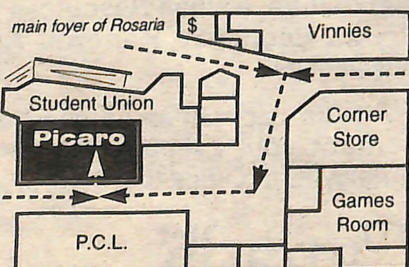
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We have meetings on Tuesdays at noon, in the Picaro office on the main floor of Rosaria Center.



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University News

Women's Spirituality Group meets every Wednesday, 2:00pm in the MSVU Art Gallery for discussion, support and inquiry. If you have questions contact Martha Martin MSVU.Chaplin.

Community Events

On Sunday October 20th at the Shearwater Airport come and run 3 km, bike 15 km, and then run 3 km again to help raise money for air quality issues.

Everyone is welcome, individuals and teams can participate. Registration is \$15, entry is free with pledges over \$50. It is a great opportunity to get some exercise and at the same time support the Lung Association.

Hope to see everyone out, enjoying a great Runnin' not Puffen' Duathlon to support air quality and the Lung Association of Nova Scotia.

For more information please contact Sharon Heading at (902) 443-8141 ext. 31.

Halifax-Suppliers-Don't miss the opportunity to showcase your product to over 500 buyers from the Tourism/Hospitality Industry! The Tourism Industry Association of Nova Scotia (TIANS) and Maritime Tel &

Tel are pleased to present the 1996 Tourism Conference and Trade Show, "Expand Your Horizons - The Global Challenge", on November 3-5 at The Westin Nova Scotia Hotel.

Becoming an exhibitor at this year's Trade Show will provide your company with the exposure to the Nova Scotia Tourism/Hospitality Industry which encompasses over 6000 business and employs over 42,000 Nova Scotians. For trade show information, call TIANS at 423-4480/1-800-94TIANS.

Trees are needed in many parts of the world, for they provide food, shelter and oxygen, and are planted alongside crops to help the earth retain moisture and nutrients. Sponsor the planting of trees in Africa in honour of a loving one by calling 1-800-263-27-27.

IABC is hosting a workshop called **New Media Basics** to be held on Wednesday, October 23, 9am to 12pm. Prices are: students \$15, members \$30 and non memners \$40. Call 454-2306 to register.

Other University News

Attention dynamic, creative women. The Dal Women's Centre is looking for volunteers from the greater community to add to its present compliment. Ideas and energy are particulary

needed to plan the upcoming WEEK OF REFLECTION, for the end of November.

If you have a special interest or just want to get involved, call 494-2432 or drop by 1229 LeMarchant St. (The entrance is in the parking lot behind the Student Union Building). We are open Mon. To Thurs. 9 to 5.

Security Alert

Parking is has become a major issue on campus and security would like to point out that there are plenty of spaces available in Marywood, the Meadows and other appropriate places on Campus.

There as recently been fire alarms going off on Campus and security would like all students and faculty to adhere to the alarms and immediately evacuate the building. When an alarm sounds, it sounds for a reason.

Society News

The Computer Science and Math Society provides a wide array of utilities for use on the schools VAX computer. In order to access these utilities, you need to have the society's setup in your account. This can be added by the following command: copy disk\$usersl : [cmp-

socex.tools.com] loginII.com login.com followed by @login. Once this is done, the setup will run automatically when you login to your account.

To see what's available, type menu general. This will bring up several categories which you can then access depending on what your looking for. For example, the menu download lists all the related programs dealing with uploading and downloading to the VAX over the modem lines.

This provides you with all the information you need to use the society's utilities. If you have any questions, you can contact the Computer Science and Math Society at CMP-SOCEX on linden.

Jobs

Student workers needed for convection at M.S.V.U. On Sunday 20th of October. If you are inrerested please contact Cathy Haller in Professional Studies in Seton 302 between 8:30-4:30.

London Life is looking for a Financial Representative and if you are interested please drop off a resume to the Career Centre.

The Foreign Service is is looking for people to join the Mangement Trainee Program and if you are interested please see the Public Service Commission Folder in the

Career Placement Centre.

Ca firms are looking for new recruits here are the address:

Deloitte and Touch
Chartered Accountants
P.O. Box 2087
5161 George St Safe 800
Halifax Nova Scotia
Canada BeI BB7
Deadline Oct 18

Donne Raymond
P.O. Box 426
2000 Barrington St.
Halifax, N.S.
Can. B3J 2P8
Atten Robert L. Bean Ca.
Deadline Oct 3rd 1996
Interviews Oct 16th
Coopers and Lybrand
600 - 1809 Barington St.
Halifax N.S. Can
B3J 3K8
Atten Andre Bouderoau
Deadline October 4th
Interviews October 15th

K.P.M.G.
Peat Marwick and Thorne
Purdui's Warf
Tower1 Halifax N.S.
B3J 3N2
Atten Trish Belliveau
Deadline October 4th
Interviews 17th

For all the Ca postions a resume and all appropriate documentation can be picked up at the Career Corner.

The Picaro is looking for a ad manager and a distrubition manager. Interested persons can drop off resumes at Rosaria Rm 114.

The Benefits of Getting Involved....

BY JODY

MACARTHUR

Career Placement Assistant
Student Affairs

For graduating students the final year of a degree program can be filled with mixed emotions. Relief that the end is near. Anticipation to see what the future holds. Fear about what is just around the corner. As a student who will graduate in April from the PR program my future is increasingly on my mind.

One alternative to dealing with stress of the impending job search is to put off the inevitable until later in the year. This will only breed anxiety and stress (as tempting as it may be). The best way to combat fear is to dive right in. Start your career planning and development now! That's what I did last year. I volunteered at the Career Resource Room and became a member of the Professional Development Career Club on campus and it has made me aware of the importance of planning.

As a result of the knowledge and experience I gained as a volunteer, I was employed with the Canada Employment Center for Students this summer. This year, along with Tara Duffy, I

am a Career Placement Assistant. We are ready to assist students in various areas of their career exploration including resume critiques and educational information.

The opportunity to volunteer is available to students who want to explore their own personal career development and options. Why should YOU become a volunteer???

V aluable work experience
O ptimum exposure to a career field of interest
L earn new skills
U nderstand by doing
N etwork with employers, faculty and fellow students
T rain in a new environment
E ncourage new initiative
E xciting extracurricular opportunity
R esume enhancement

If you are interested in volunteering a few hours a week drop by the Career Resource Center and pick up an application.

The Professional Development Career Club (PDCC) is another way for students to become more career-oriented and involved in the MSVU community. The society promotes career related

events, forums, and the importance of career education. Members of the PDCC can also be involved in delivering workshops related to career planning and this year be a part of the new Mentorship Program together with the Student Ambassador Association. President Tara Duffy encourages any interesting to students to drop by the Career Resource Room in Evaristus 218.

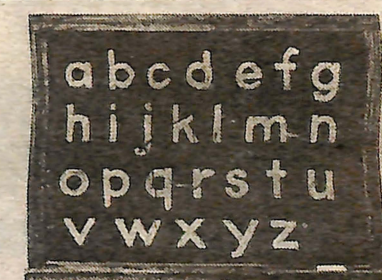
The Career Placement Center and Resource Room is filled with information that will help you get started in the hunt for the much anticipated first job. We have information about employers, job search techniques, resume writing, and interview skills.

If you're one of the many students who are still not sure what career path to follow, the Career Resource Room can also be of benefit to you. Information ranges from the occupational to the educational. A series of career planning workshops ranging from self assessment to decision-making are offered to you as well. The center is open 9 a.m. - 5 p.m. Monday to Friday. Drop by anytime during those hours. Hope to see you soon!

**Most people think
there's only one way
to help the
developing world.
We have 26.**

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job opportunities because they can provide
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NS LINKS

Student Internship - Investment Pays

Eager to put your skills to work? Worried about obtaining career-related work experience? Interested in earning tuition money?

NS Links can help. **NS Links** is an internship program that gives post-secondary students the chance to gain practical work experience through wage-subsidized work placements with employers throughout Nova Scotia.

NS Links is a partnership among the Department of Education and Culture, Human Resources Development Canada, Nova Scotia Economic Renewal Agency, and Nova Scotian businesses.

For more information on how you can earn while you learn, contact your campus Student Services Office or the Employment Office today.

Canada

NOVA SCOTIA

SPORTS

PEPSI

Athlete of the Week

**Jazmine Hayden**

Each time you pick up a *Picaro* you will find in this space the Mystics Pepsi Athlete of the Week. Pepsi Athlete of the Week recognizes a player who through their hard work, attitude and determination, has helped their team accomplish their goals.

This week the Pepsi Athlete of the Week goes to rookie soccer player Jazmine (with a "z") Hayden. Jazmine, a first year BPR student who hails from Berwick NS, scored three times on Oct 6 to lead the Mystics to their win over TUNS 3-1.

Head Coach Patsy Pyke says, "Jazmine has been a terrific addition to the Mystics with her upbeat enthusiasm for the game and her teammates. She works very hard from opening kick off to the final whistle."

Congratulations to Jazmine Hayden, this week's Pepsi Athlete of the Week.

Mystics soccer in first place

BY MELANIE BEATON

Depth and an incredible rookie performance has given the Mystics Soccer team sole possession of first place. Rookie striker Jazmine Hayden scored the first hat trick of her career in a 3-1 victory over TUNS.

"It's not very often a player gets a hat trick in soccer, especially on this team," says head coach Patsy Pyke.

"We have so many players who have scored and have the potential to score that they do not depend on one player to put the ball into the net," explains Pyke. "Sheila Murphy, Tara Kinch, Heather Hennigar, Jennifer Tummonds, Cindy Wilson, Jackie MacLeod, Erin Atkinson all have tallied for the team so far this season."

Depth like that will help the team especially after a season ending knee injury to Erin Atkinson, one of the most dominant scorers for the Mystics.

"There is no question we do miss Erin, but fortunately we play as a team and in my mind each goal is a result of a team effort," says Pyke. "The players who start the play deserve as much of the credit as the player who puts it behind the keeper."



FILE PHOTO

Former ACAA All Conference Keeper Wendy Spence is another reason the team is in the lead. Wendy has made some great saves already this year. She has come back with a renewed sense of confidence which shows when she is able to stop penalty shots like the one against NSAC.

The Mystics have five games left in the season. Their record after five outings stands at 4 wins and 1 tie. Their next home game is Oct 15 when they play host to NSCC at Tremont Park.

**None shale pass!**

The Mystics practices their famous Maginot Line defense. The team will battle for the first time in the season opener on November 9th.

Get your Hockey Pool Today!

The ACAA Hockey Pool is a fundraising venture by the Mount Saint Vincent University Athletics Office in partnership with Nova Scotia Agricultural College and Nova Scotia Community College (formerly NSTC). Mount Athletes have participated in numerous fundraising events to support our teams. These efforts help pay for team travel, uniforms, facility development etc. In times when fun-

drasing and sponsorship are important to offering a quality program, we have decided to be more creative, have some fun and sponsor a Hockey Pool. It's easy...pick 30 players and watch their points accumulate as the season progresses. You don't have to be a hockey buff or even watch a game. Just watch for the results each week in the Chronicle Herald...and win some great prizes! **This is just too much fun to miss!**

Campus Recreation Update:**St John Ambulance CPR "A" Course Offered**

Friday, October 18, 9:00-2:00pm. This course is designed for anyone who wants to learn adult Cardiopulmonary Resuscitation skills. Cost is \$20 for MSVU students, staff, and faculty. \$25 for community. Please register at the Athletic/Recreation Office Rosaria or call ext.369

Christmas Craft and Bake Fair

Sound too early to be thinking about Christmas?, think again. Christmas is only 2.5 months away. There is still enough time to put together some crafts and make yourself some extra Christmas cash. Anyone wishing to book a table is asked to contact Joanne at 457-6369. There is no charge for tables but groups are asked to donate a portion of their profits to a charity of their choice.

Co-ed Volleyball

Every Thursday night from 7:30-9:00pm in Rosaria Gym. Everyone is welcome and MSVU students play for free; guests can play for \$4. Drop by some fun and activity. No sign-up is required.

Indoor Soccer

Come to Rosaria gym every Monday and Wednesday from 3:00-4:30 for a game of indoor soccer. No sign-up is required and MSVU students play for free.

Recreational Badminton

Every weekday at lunch individuals can drop by Rosaria Gym for a game of recreational badminton. Every Tuesday night from 8-11pm the Badminton Club meets at Rosaria Gym. New members are always welcome. Equipment is provided. MSVU students play for free, guests can play for \$4.

Mystic Band

An interest meeting will be held on Wednesday October 16, from 12:30-1:00pm. Anyone interested in starting a club is asked to drop by the Ath/Rec Office Room 223 Rosaria. This new club is also looking for an individual interested in coordinating the group. Please call 457-6369 for more information.

Athletic/Recreation Society

The Athletic/Recreation Society continues to welcome new members. The society needs students who are interested in helping to organize student activities. Anyone interested in getting involved is invited to drop by during one their meetings. Meetings are held every Wednesday from 4:30-5:00pm in Vinnies Pub. All are welcome!

Gym Bookings

Student groups interested in booking the Rosaria gym for a special event are asked to contact Joanne at 457-6369. There is no charge for events organized for Mount students.

Fitness and Health Hints

BY RUTH VESTERBACK

WHY IS IT SO IMPORTANT TO DRINK WATER IF YOU ARE PHYSICALLY ACTIVE?

The body's need for water exceeds its need for any other nutrient. Water provides the medium for transporting nutrients and hormones throughout the body and for removing wastes from the body. One of the most important functions of water, particularly for the active individual, is the regulation of body temperature. Water is the major constituent of sweat, and through its evaporation from the surface of the skin, it can help dissipate excess body heat.

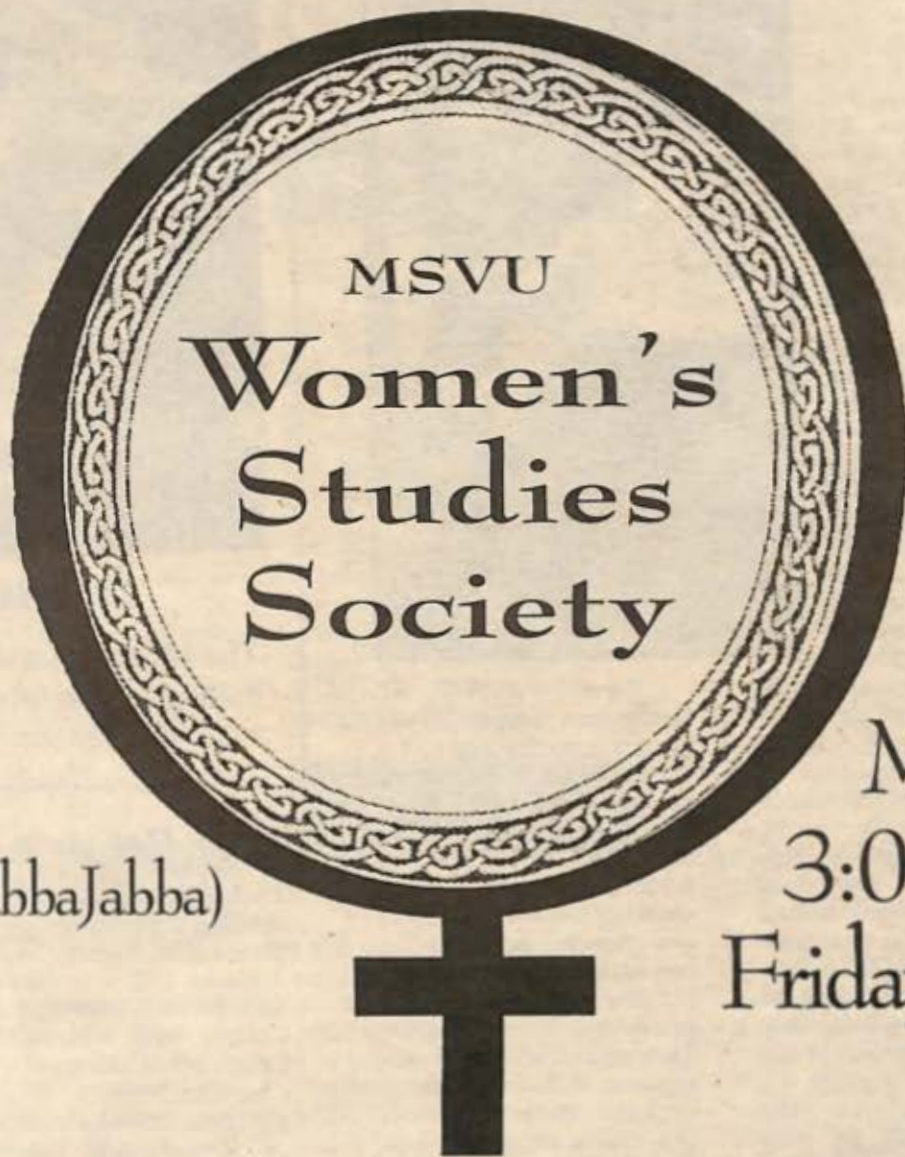
IS DEHYDRATION A SAFE AND QUICK WAY TO REDUCE BODY WEIGHT?

Dehydration is a useless way to reduce weight and it can be very dangerous! If you feel thirsty your body has signaled that you are dehydrated... Drink 8-10 glasses of water per day and avoid excess caffeine as it tends to dehydrate the body.

WHAT ARE SOME SOUND GUIDELINES FOR MAINTAINING WATER BALANCE DURING EXERCISE?

Excessive loss of body water by dehydration will decrease endurance capacity. Active individuals should consume enough water or other fluids to keep their weight constant during exercise. Thirst is not an adequate measure of fluid needs because the sensation of thirst does not develop until you have dehydrated about one to two percent of your body weight. A rule of thumb is to consume about two cups of fluid about 15 minutes before you exercise, this is referred to as hyperhydration. Follow up by consuming one cup of fluids every 15 minutes thereafter. Plain cold water is the optimal fluid due to the fact that it is absorbed faster since it passes through the stomach unimpeded and rushes to the tissues that need it. If you have any fitness or nutrition questions or just want more information on active living, please come up and visit the Athletic and Recreation Department.

Women's Herstory Month COFFEE HOUSE



Refreshments

coffee supplied by GrabbaJabba)

MSVU art gallery

3:00 pm - 6:00pm

Friday, October 18th

EVENTS

Performance - cultural/historical

Poetry - from the minds, hearts, and mouths of women

Songs - of our experience

Speakers - commentary on our journey to date

Poster Art / Presentations

All Welcome Free Admission (donations accepted)

contact: Christine Terris (902) 443-6196