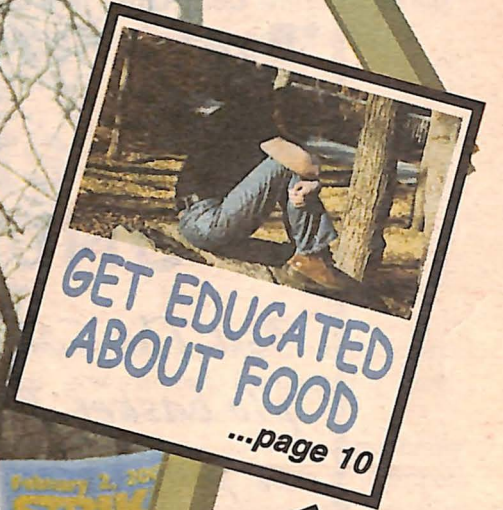
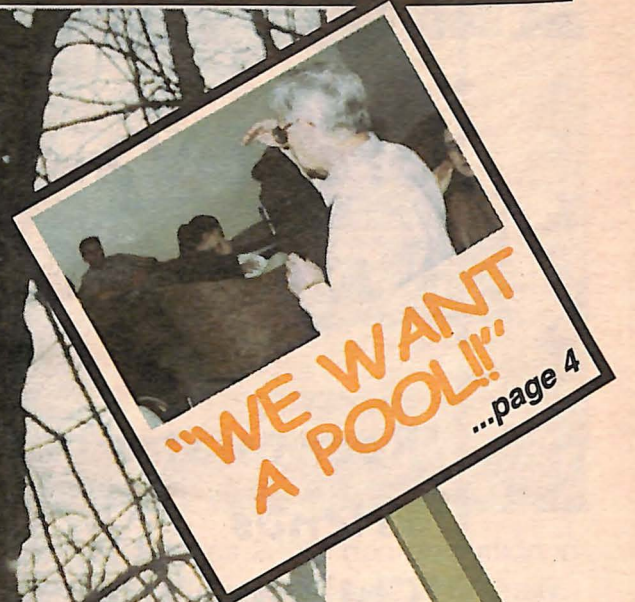


# THE PICARO

February 8, 2000

Volume 35 Issue 9

www.picaro.ns.ca



CFS rally...page 3



# Valentine's



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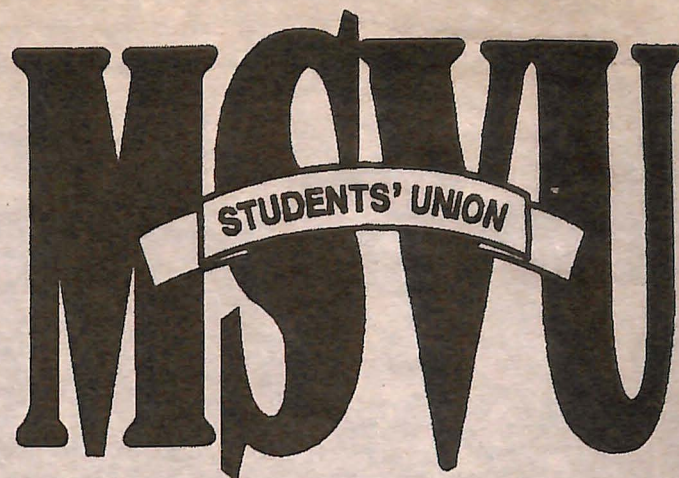


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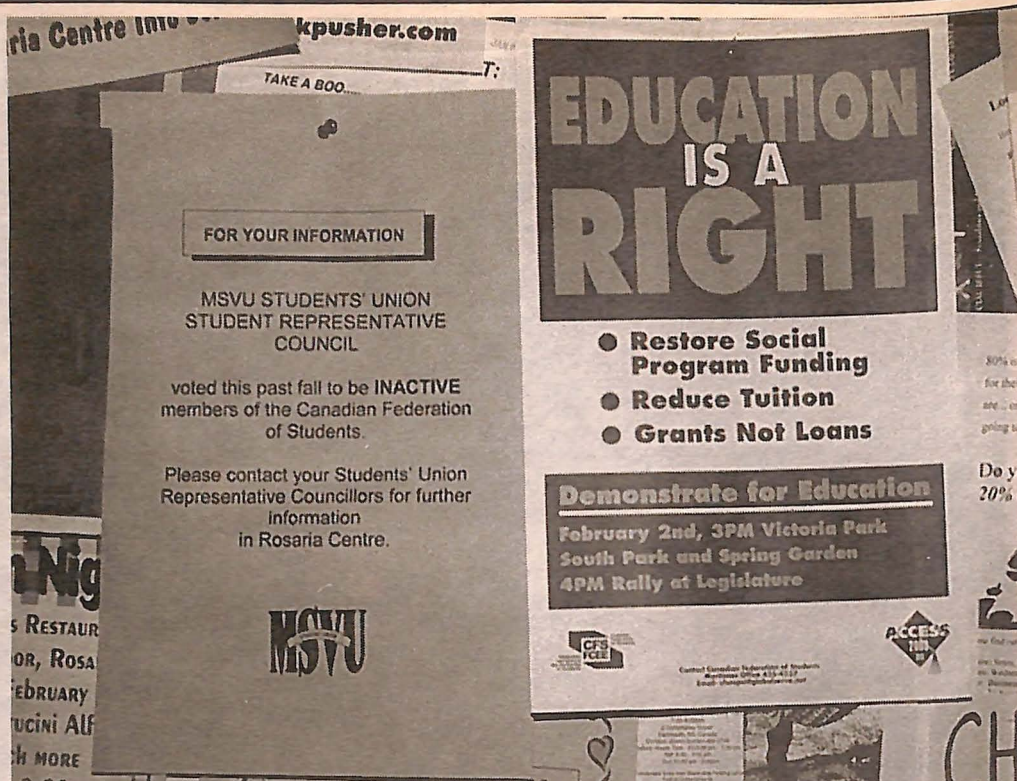
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elections, please contact  
Melis Caha at 457-6105  
or 457-6123.*





500 students attended CFS's national "Access 2000" demonstration in Halifax on Feb 2, 2000. (top left) Mount students enroute to the rally. (bottom left) The event drew many speakers concerned with university education. (above) At MSVU the poster campaign continues.

Photos by Wendy Walters

## THE PICARO

Looking for controversy since 1965...  
Volume 35 Issue 9

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

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# CFS vs The Students' Union

## The drama builds

By Jennifer Henderson

A group that is relatively unknown to the average Mount Saint Vincent student is at the root of a worsening headache for the Students' Union. The Canadian Federation of Students (CFS) is a national organization consisting of member schools across the country. Among other issues, CFS is dedicated to lobbying for increased government funding for post-secondary education. In the Halifax area, Mount Saint Vincent University, The University of King's College and the Nova Scotia College of Art and Design are members.

Of the fee that each student pays to Students' Union as part of their tuition, \$6.40 is set aside to pay CFS dues. In August, the Students' Union sent a letter to CFS promising to pay them the \$36 864 they owed in back fees. The council requested CFS confirm the payment plan by October 30, 1999. CFS did not reply. Students' Union's lawyer advised them to respond by becoming inactive with the organization. External Vice President Manal Mahshi says the decision not to participate in CFS events wasn't based solely on money. She cites the radical nature of CFS's lobbying as being a poor fit with the culture of Mount Saint Vincent.

"They do represent student issues and concerns, but most of their activity is through striking and protesting. It's not a professional approach."

Despite the Students' Union's withdrawal from CFS activities, representatives from CFS recently set up a display in the Royal Bank Link, promoting their annual day of

protest, "Access 2000." Because the display had not been approved by the university's conference office or by Students' Union, security asked the representatives to remove the display. Katy Henderson, a volunteer with CFS was at the display when security arrived.

"They (security) said on behalf of Students' Union we'd have to leave."

Henderson, now a Mount student, volunteered with CFS during her years at the University of Victoria. She feels the average student at Mount Saint Vincent is unaware of the university's membership in the organization. She believes Students' Union is responsible for this lack of awareness.

"They (Student Union) are not letting myself or other students have information about CFS."

Manal Mahshi says that Students' Union is working to inform all students about the Students' Union's status as a CFS member. Posters stating that Students' Union has decided to become inactive with CFS have been placed around campus. The posters refer students to the Students' Union if they would like further information on the issue.

These posters are sharing wall space with ones already put up by CFS volunteers promoting their day of action, Access 2000. Access 2000, held on February 2, is a day of protests and marches held across the

country to draw attention to the lack of government funding for post-secondary education.

Mahshi says the university senate (of which she is a member) voted not to academically penalize students who took part in the protest.

"We believe in freedom," she stated. "Students have the freedom to choose whether they want to participate in the protest or not. We do not believe that they should be

academically penalized for their choices."

Students' Union is considering holding a referendum in March on officially defederating from CFS. According to Mahshi, this could be a lengthy process.

"CFS's by-laws state we can only hold a referendum if we give them six months notice and have all of our fees paid."

For her part, Katy Henderson is confident that MSVU students are receptive to CFS's message. She says that a petition circulated through residence met with a positive response.

"People were really interested in hearing about CFS and signing the petition."

The author is in no way related to student Katy Henderson. This article is an independent review. The Picaro is editorially autonomous from the Students' Union.







Bill Burke gathers feedback on a new Athletics/Recreation facility at a student input session.

Tilley Photo

## Mount seeks student advice

Study being performed to get student's opinions on new facility

By James Tilley

This round of renovations will have some student input as administration has begun the process to survey the campus on health and recreation concerns.

The first stage in this survey is a series of interviews that were performed on Tuesday, February 2. Bill Burke and Cathy Oliver are part of the consulting firm initiating this process.

"The administration needs input from the students," says Burke. "But they wanted input before they get tied up in exams."

It was the Athletics and Recreation Department suggestion to involve the suggestions of student

in the process. That department has also been assisting Burke and Oliver.

"Our office has been working on research in each of our own areas," says Joanne Burns Theriault, Athletics and Recreation co-ordinator. "We are trying to find overlaps between programs."

Student involvement was relatively high for the three sessions. However the real involvement comes when the surveys are distributed. The effectiveness of this study will be determined by the planning committee.

"Given the record I've seen so far student opinion hasn't gone very far with administration," says Scott

Miller, who participated in the info session. "Usually students have to get involved to change things themselves."

The strategy is to interview students and create a survey based on that information, then Burke and Oliver will question members of the community.

"Our goal is to first work on what is needed for the university," says Burke. "Then to look to the general community."

These findings will probably be finished by the end of May. That way the campus planning committee can begin on schedule.

## What's up with that???

News for the very common man, by the lazy man's substitute

Half the Picaro staff goes to a conference and all hell breaks loose while they're gone. What's up with that?

Sign-ins at the computer labs are no longer required. What's up with that? Have students actually gotten more trustworthy?

Lines in cafeteria on Pasta Day rival those for the ladies room during an Academy Awards intermission. What's up with that?

Waiting for a work order to be completed in Assisi Hall is like being on the slow boat to China. What's up with that?



## CASA fiddles while CFS hits the streets

Source: The Gazette  
By Amy Durant

HALIFAX (CUP) - While the Canadian Federation of Students (CFS) is grabbing headlines with its Access 2000 campaign, the leadership of the Canadian Alliance of Student Associations (CASA) is quietly trying to convince students across the country of the wisdom of working within the system.

CASA National Director Jason Aebig visited Dalhousie University in Halifax to discuss student debt and the Alliance's current "Education Builds a Nation" campaign, which he is promoting all across Atlantic Canada.

The campaign has four main student-oriented goals: increasing core funding for post secondary institutions by \$4-billion over the next two years, lowering interest rates for the Canada Student Loan Program, establishing a GST textbook tax credit and eliminating differential inter-provincial tuition fees.

CASA has a nationwide membership of 17 universities, representing over 275,000 students. Six of these universities, including Dalhousie, are in the Atlantic region. In contrast, the CFS represents over



(top) CFS rallies are a family affair, as one protester brings her child along. (bottom) Protestors march towards province house on Wednesday, February 2.

400,000 students from 60 different colleges and universities across Canada.

Aebig is quick to point out other differences between the two organizations.

"Rather than having a rally from afar, we wanted to get together and

discuss the issues with the people [politicians], directly", said Aebig. "Our theory is that rather than one day of action it's 365 days of action."

To that end, Aebig and student leaders from all over Canada

...see "CASA", page 6



# Austin meets the Admiral.

Watch ATV on Feb. 9 at 9:00 PM.

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# Thousands of students protest post-secondary education cuts

By CUP staff

Thousands of students across Canada took to the streets on February 2 as part of the Canadian Federation of Students (CFS) Access 2000 campaign.

The CFS, Canada's largest student lobby group, is calling on the federal government to restore \$3.7-billion in provincial transfer payments for post-secondary education. Since taking office in 1993, the federal Liberals have cut \$7-billion from post-secondary education and training.

Students in more than 50 communities joined the CFS in their call for more education funding.

In St. John's, Newfoundland, 1,500 university, college and high school students walked out of classes to protest government cutbacks to education. The protest was so boisterous that at one point a reporter from a local radio station asked if there was a party going on.

In Charlottetown, more than 200 students at the University of Prince Edward Island (UPEI) participated in a Kraft dinner lunch. The gathering was meant to highlight the impact high student debt loads have on students.

"We feel it went well," said Stephen Lewis, vice-president (finance) at the Student Union of UPEI. "It's hard to get students out on this campus, so we feel this was a successful turnout."

Out in Quebec, cold weather did not keep students from protesting. About 200 students from Concordia University, McGill University and Université du Québec a Montreal bundled up and marched in minus -15 Celsius weather.

"The government has gone too far and cut too much from our programs. You can see it at McGill, you can see it across the country," remarked Kate Meier, vice-president (external) at McGill's Post-Graduate Students' Society.

Anti-corporate sentiment also echoed from many of the marchers who chanted such slogans as, "We want education, tax the corporations."

The Montreal protest wound through the downtown core for about an hour, culminating near the Mexican Consulate, where students aimed to show their support for Mexican students who recently ended a nine-month strike at the National Autonomous University of Mexico (NAUM).

Various sources on Wednesday reported that students in Mexico City were protesting outside the Canadian Embassy in solidarity with Access 2000. The reports could not be confirmed by press time.

In Ottawa, protest organizers estimated that between 2,000-3,000 university and high school students, as well as faculty, marched downtown

before reaching Parliament Hill.

CFS national campaigns coordinator Pam Frache was very pleased with the turnout.

"I think today shows what we know already: that the majority of Canadians are with us in the fight for a restoration of education funding," she said.

On Parliament Hill, a number of people addressed the crowd - including Federal New Democratic Party Leader Alexa McDonough - while joining student advocates in prompting the federal government to use their budget surplus to reinvest in social programs.

"If the Liberals have the guts, we have the solution!" said McDonough. "Let's reduce tuition fees! Let's phase out tuition fees!"

The federal surplus is estimated at more than \$95-billion over the next five years. According to Statistics Canada, tuition fees across the country for undergraduate arts programs have increased by 125.9 per cent since 1990, resulting in an average cost of \$3,658.

In Toronto, student protestors blocked entrances to York University. Protestors held cars for three minutes while they marched and let drivers know what was going on. Afterwards, they would let two cars in at a time.

The Toronto Transit Commission decided not to send their buses onto campus and were dropping students off at the perimeter of York.

"I think the strike would be more effective if they decided to strike in September or strike when it's registration and nobody decides to register and nobody decides to come to school in September," said Sandra Miller, a fourth-year psychology student at York.

In downtown Toronto, an estimated 2,000-3,000 students and supporters swarmed Queen's Park in an impressive wave.

"I've jumped through hoops long enough," Joel Harden, the Ontario CFS chair, told the crowd. "Today we're taking a different route. Today you have to listen to the thousands of us."

Other notable speakers at the Toronto protest included Buzz Hargrove, president of the Canadian Auto Workers' Union, Ontario NDP leader Howard Hampton and Canadian Association of University Teachers President Bill Graham.

"The province of Ontario provides less to our universities than the private sector," boomed Graham over the loud speaker, pointing to the legislative building. "This government is dedicated to the pursuit of private welfare."

Further west, more than 1,000 students from Manitoba's four major universities walked out of classes.

Following a march through downtown Winnipeg, students went to the University of Winnipeg to listen to speakers and bands. Students played a friendly game of street hockey, the prize for which was the "Chretien Cup."

And at the University of Regina, students started the Access 2000 day of action with a pancake breakfast, followed by speeches and activities throughout the day.

In Alberta, students at Mount Royal College in Calgary raised placards to show their support for Access 2000.

A rally was held at noon at Wyckham House, the Students' Association (SA) building, with speeches from campus leaders.

"I think we inspired and motivated some people today to join the movement and to speak-out about their concerns," said Elsie Kipp, SA vice-president (external).

Mount Royal Students were very supportive of the campus initiative. About 60 signatures were gathered for the tuition freeze petition inside of an hour, and many students also filled out protest postcards that will be sent to MLAs and MPs.

"The key is persistence," said Cherie Strid, a first-year journalism student at Mount Royal. "The government needs to know we care."

Meanwhile, out in British

Columbia, the Simon Fraser Student Society's took students through an education maze before busing protestors to downtown Vancouver.

Throughout the morning volunteers were handing out leaflets around campus for the event, while also encouraging students to attend the "night of celebration" DJ gig held later in the evening at the Commodore night club.

And on Vancouver Island, more than 1,000 students from the University of Victoria (UVic) and Camosun College gathered in front of the provincial legislature waving placards.

"Let's be fair, the money is there, spend the surplus now," they chanted along with the radical cheerleaders, a group of students who waved pom-poms made out of garbage bags.

Earlier in the day, between 8 a.m. and 11:30 a.m., about 200 students from UVic barricaded entrances to the University campus. In the afternoon, the protest moved from the campus grounds to the legislature.

"I think education should be free and at least more accessible than it is right now," said Kim McKay, and a third-year English student at UVic protesting in front of the legislature.

## CASA

...continued from page 4

travelled to Ottawa for five days last October to lobby a number of MP's, student loan officials, and representatives of the millennium scholarships.

According to Aebig the five-day conference achieved many goals.

"It was a tour de force. It was the first time student leaders have actually done the lobbying process and not simply relied on the national organization," he said.

While the results of the Ottawa conference were slow in coming, Aebig says they're beginning to show now.

"At the time of our lobbying [in Ottawa], I don't think things looked good, but as we get closer to budget announcements things are looking better," he said. "Some of the issues that I thought were dead have resurfaced."

Aebig says one example of this is the millennium scholarships, which CASA would like to see become tax deductible. Discussions have recently resumed on this issue.

During their Feb. 2 Access 2000 demonstrations, CFS members also spoke out against the Millennium Fund. Other points on

the CFS platform include a \$3.7-billion increase to transfer payments in fiscal 2000-2001, the replacement of the Canada Student Loan Program with a system of national grants, and discussions between the federal and provincial governments to reduce tuition fees.

Mark Galley, vice-president (student advocacy) at Dalhousie, took part in CASA's Ottawa conference. He says the role reversal - putting the leaders in the front zone and not the CASA executive - was successful for its logic.

"We're the individuals who've been elected by the students to lobby for the students," said Galley.

He says student leaders also have a more direct involvement with student issues than perhaps the CASA executives would.

"Some of the people have been out of school for five years, and they're promoting student issues," said Galley. "We're [student leaders] still in school and connected with these issues."

Student leaders involved with CASA will be back in Ottawa in the middle of February for another conference. The conference is simultaneous with the announcement of the federal budget.



# I wrote this in Marketing class

By Melissa Melanson

I never used the word apathy before coming to the Mount. And now it's everywhere.

As a student body I feel we are a conservative and private group who mostly keep to themselves. Students at the Mount don't seem to want to cause a commotion or take a stand. Nobody's burning things or tying themselves to trees or whatever. Everyone is pretty polite here.

Now I'm not encouraging drastic action for the sake of making a point, but when I hear strong opinions my heart beats a little faster.

For example, in Marketing class when we discussed gender stereotypes and the role of each family member in a household some people got a little tense. When someone suggested that women normally select household goods but use a man's credit card to pay for it, a few words of protest were heard. Protest? At the Mount?

As is the norm, very few MSVU students were present at last week's

CFS rally. However, when the Student's Union openly did not endorse the protest, students were asking questions. The thought must have crossed their minds: why were my profs encouraging me to attend while my student representatives were not? By taking this stand, the Student's Union is forcing students to examine the role of the Canadian Federation of Students (CFS) and evaluate whether or not they want their university to be a part of it.

Only when we question can we reach the answers.

I was pleased to hear a few opinions lately and that a few even landed in the paper. This is what makes the student paper important—because it forces you to question based on others opinions and come up with your own answers. In my opinion. Question it if you will.

If marches or rallies aren't your bag, then write me a letter and tell me what you think. Everybody likes getting mail.

# Hat's eye view: Journalism vs. Politics And never the twain shall meet

By James Tilley

This past week has been a very interesting one. I attended a national Canadian University Press (CUP) newspaper conference in Winnipeg and it was an enlightening experience. I learned that journalists know nothing about politics and politicians know nothing about journalists. I realize this is a "broad sweeping generalization" on my part, for I see myself as the exception to that rule. But these stereotypes can be used positively, those involved can be inspired to reach beyond the restrictions placed on them.

Simply, journalists should not do politics. That became apparent during the plenary of the CUP conference. Every year at the national conference the student newspapers get together to attend sessions on a variety of topics and hold the general annual meeting where policies for the organization are decided. This meeting was held using the principles of Robert's Rules of Order (the rules for the conduct for an orderly session) and the very convoluted CUP constitution. The proceedings were quite humorous because many of the people didn't really know what they were doing, even though some thought they did.

Amendments upon amendments, with things out of order. Most of the time was spent on arguments that were completely counter active to the productivity of the meeting. Journalists try to get to the heart of the matter and when they start going back on their initial ideas it looks like they are compromising their integrity. As a group they don't understand the bureaucracy that is very necessary for the smooth running of a democratic organization. A wise man once said that "Democracy is the greatest form of government other than all of the other forms of government." But at its best it is very convoluted and if the process is to be completely successful all sides must agree and then the end result is a "win" for everybody. To get to this utopian world it may take a very long time. And the journalist's brain is hardwired to worry about deadlines: everything has to be done yesterday.

The other side of the coin is also true. Politicians should not try journalism. If they do it starts to sound more like propaganda rather than news writing. The weekend also provided great insight into the minds of extreme politicians. We had an

informal meeting with some of the old student union members of the University of Manitoba. And debate ensued: the journalists vs. the politicians. I won't get into the details of the heated arguments, however it was the perfect setting to be a fly on the wall. Both perspectives on each issue had very valid points. The politicians were constantly trying to create compromises so that they can get the support of the journalists. None of their attitudes were clear and concise (a typical journalist attitude), there were exceptions, things could always be negotiated.

One of the politicians did something unexcusable in my mind. They were looking for the journalist's support in the upcoming student union election. He wanted a journalist, who has to remain unbiased, to personally endorse one candidate over another. He even threatened that the paper may be affected if the other candidate gets in. Journalistic integrity, though shaky in some individuals, is the only thing that separates the journalists from the entertainers. Readers/viewers trust that the journalist is unbiased and that they are completely truthful. Admittedly that isn't always true, but is anyone ever perfect?

The end result is that journalists and politicians should not mix. Even though it has been done in the past, by myself and others. Once someone is doing both, it is possible to remain unbiased but sooner or later a conflict of interest will arise. It happens everyday especially in the student press. For example the issue of CFS has been the hot topic this week and everyone has their opinions. One editor did not want to run the story on the CFS rally. I won't debate the merits or flaws of protests, however if student were involved or it is an issue affecting students, it should be covered by the student press in an unbiased and informative manner. On the flip side when politicians try to influence the content of a news story then it also looks like censorship. And censorship goes against everything that a good journalist should stand for.

Politicians are there to try and make the world a better place for everyone involved. Journalists are there to objectively report the issues so that the general public knows that the world has become a better place.

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## This should be what we brag about in The Coast.

To the Editor:

An article in the Coast entitled "Misogyny at the Mount" by Donna Wawzonek was recently brought to my attention. I too saw the presentations by MSVU professors, Dr. Zuk and Dr. Baker regarding the negative comments in the art gallery comment books. Prior to seeing the presentation in Montreal last November, I contacted these profs and was told to contact the art gallery if I wanted more background information on the issue. Upon contacting the art gallery I was told that this information was being kept quiet, and was not to be seen by the public. I was told that this was to keep people from making a big deal about this and so others would not copy the behaviour and capitalize on the notoriety of it.

Imagine my surprise when a couple of students showed me this article. So much for keeping this information limited to the academic world only. It is one thing that the Student's Union Vice President of Race and Gender Relations was not allowed access to this information on behalf of the student body and in preparation for a conference; it is another problem entirely to open the Coast and see that MSVU students are misogynists enjoying "hostile gender debates" and writing graffiti.

I am not denying the issue of misogyny, or any of the other problems we have on campus. Blaming students (particularly male students) as the only cause of all the on-campus woes is, in my opinion, a convenient solution to a deeper problem. Why not include some of the women students who 'hate feminism'? What about the sexist professors? We have plenty of people in these categories too. Personally, I don't think insulting the very students you should be trying to reach is very productive at all. In

fact, The Coast article proves the very point that the writers of the Art Gallery comment book debates were trying to make. The feelings indicated in the comment books are more than anti-woman, they are anti-feminist. This comes from the misunderstanding that feminists are trying to "convert" people against their will (a la Halifax Bible Church). No one likes to be targeted for conversion. Worldviews don't change overnight, and they don't change by insulting the integrity and intelligence of the very people one is trying to reach. As a feminist, I know better than to believe these stereotypes, but many people do not. We need to explain what feminism really is, and not feed into the negative stereotypes. I would like to work for a change in understanding. Take it or leave it, but let's all at least be talking about the same thing. Change happens via understanding and EDUCATION. Education on these issues requires compassion.

Obviously the article in The Coast did nothing but perpetuate these stereotypes of a feminist and of the Mount. A response (Vol. 7 no. 32 Jan. 20-27/2000) to the article had one citizen of Halifax calling for the government to shut down MSVU because it is a "post-modernist propaganda school". This is not the way to promote ourselves to the community. However, the reasoning that a few bad apples spoil the bunch is not what is foremost on the minds of readers when we receive bad press. I know our students are much more mature and have much more to offer than this article would indicate. This should be what we brag about in the Coast.

Terri M. Roberts  
VP Race and Gender Relations

## Are you sure you want to live off-campus? The ups and downs of life on your own

By Amber Miller

I remember it was about this time last year that there was a buzz around rez talking about moving out next year and how much fun it would be. I remember some of us pairing up in groups of two, three or four so that we could move in with our friends. It was all so exciting and we felt so grown up. Then reality hit.

I was one of those people who decided to move out on my own last year with two friends from rez. We had planned it for months, only for me to be left out on my own. They both decided not to come back to Halifax this year. I ended up moving in with people I had never met before and with whom I had some

conflicts of interest. Roommates are dangerous things to be handled with care. I'm not saying that you're not going to get along with anyone you move in with, I only suggest that you do extensive research prior to moving in. If you are moving in with friends, make sure you know their little quirks and which buttons not to push. You may be the best of friends but moving in together, not knowing what little things really piss them off, can ruin your friendship. If you're moving in with someone you don't know, make sure you ask them specific questions and nothing too

...see "off-campus", page 9

## You don't speak for, or represent me

To the Editor:

One Friday in January, I had the luck of being able to attend a student council meeting. I went to the meeting to express my concern over students at the Mount not having any access to CFS information, as we are all officially still members. The Canadian Federation of Students (CFS) is a nation wide student lobbying forum. Some of the things that the CFS is working on this year, for their Access 2000 campaign, culminating in a nationwide day of action February 2nd are:

- pressuring the federal government to reinstate its transfer payments to the provinces to fund social programs, including post secondary education.
- freezing tuition fees (Nova Scotia has the highest fees in the country — they've risen on average 126% since 1990)
- replacing student loans with a nationwide grants program.

I went to this meeting to state my concern that we, the students, were not given any say and were not informed as to how or why our student union decided to pull out of this powerful lobbying group. I was told, in a most patronizing fashion that it was my responsibility to come to the councillors office to inform myself. So — word up — you better all be heading to the student union

pronto, because no information will be released in any other fashion. I doubt that many students even realize that each of us paid our dues to this organization, and guess what? CFS hasn't received any funds from the Mount, and council has restricted all students access to this valuable information. Wednesday afternoon, the CFS representative and I set up an information table in the Link. We were asked to leave by a security officer, who told us, "On behalf of the student union, I'm going to have to ask you to leave." He did not believe us when we informed him that Mount students were members of CFS.

It's worthy to note that no personal attacks were made on the CFS representative I attended the meeting with. Oh no, those involved in belittling me saved their attack for the lowly, little misinformed student who, just to clarify—they're supposed to be representing. I don't include all council members in this regard, those I'm referring to, you know who you are. You don't speak for, or represent me, and if this is how you treat a dissenting voice, with such patronizing, condescending talk, this council is nothing more than a farce.

Katy Henderson

*Editor's note: The opinions given in these articles are those of the writers, not necessarily the Picaro or its editorial staff.*

## IWK Grace HEALTH CENTRE

### A CAREER IN ORTHOPTICS/OPHTHALMIC MEDICAL TECHNOLOGY

Orthoptics is the clinical science of ocular motility and binocular vision, and related disorders of the eyes. An Orthoptist is an allied health professional who works with ophthalmologists, (eye physicians and surgeons) analyzing and treating patients unable to use both eyes together because of an eye muscle or sensory abnormality. An Ophthalmic Medical Technologist assists the ophthalmologist with a wide range of diagnostic tests and procedures requiring a great deal of technical expertise.

In July 2000, the IWK Grace Health Centre will commence an accredited twenty-four (24) month training program leading to a Certificate of Orthoptics and Ophthalmic Medical Technology. Applications are now being accepted from individuals holding a baccalaureate degree with courses in any of the following areas: psychology, physiology, biology, anatomy, physics, statistics, research methodology. Work/volunteer experience in the health care field will be considered an asset. Candidates should possess good communication skills, sound judgement, emotional maturity and a demonstrated ability to relate well to small children and to adults.

Financial assistance may be available to qualified students.

**Deadline for application is February 28, 2000**

For further information regarding a challenging, interesting and rewarding career in the health care field, please write:

School of Orthoptics/Ophthalmic Medical Technology  
IWK Grace Health Centre  
P.O. Box 3070  
Halifax, Nova Scotia  
B3J 3G9



Off-campus

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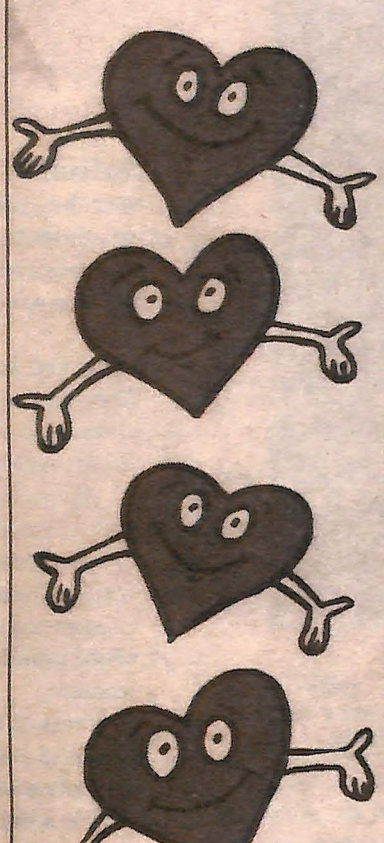

vague. Ask them about any weird habits they might have, and tell them that you have a certain way you like the toilet paper to be put on the roll, for example.

Money. I used to love that word and now it's a huge pain in my, well you get the hint. I work now, so you may think my life

has become one big party, right? Wrong! I'm constantly trying to stretch out my pay check to meet all of those basic needs you'd never think would cost so much. Rent is one major bill that comes monthly without fail. Then you have your power bill, phone bill, long distance bill and for some, the Internet and cable bills. You like to eat, right? Groceries are expensive too. As you can probably tell, I'm slightly bitter about paying my bills. That's because I figured that growing up and living on my own, I would get this massive amount of time to do whatever I felt like. I was so wrong! I have the freedom but no means to do anything I want to do. Not to mention I don't really have the time. Work takes up all of your free time when you're in school. Maybe you're lucky and your parents will be willing to take up some or all of the costs. Be very happy it that's the case. I'm lucky that my parents will help me out in a jam.

Don't get me wrong, there are lots of advantages to living on your own. Within the walls of your apartment you can do whatever you want, provided it's legal. You get to eat real meals and you have a wider selection of food. Plus, if you're hungry at 4:00 in the morning, nobody will stop you from making a pot of KD. You don't have to share a pay phone with fifteen to twenty people trying to use it at the same time. And to top it off you don't have to plan two days in advance to have overnight guests and you don't have to pay twenty-five dollars every time you forget to sign them out.

I don't want to leave you thinking that I hate living on my own. That's hardly the case at all. I just wish that I had known all that awaited me before I went ahead and moved out. I love living off-campus and there is a lot of freedom that I enjoy. Just be aware of what you're getting into.




# DO YOU LOVE FOOD???

## DO YOU NEED A BREAK FROM STUDYING???

If you do, join us for an evening of great food and romance at Vincent's Restaurant next to the cafeteria in the Rosaria Student Centre on February 15th!

Call Deanna for reservations between 5 & 8 PM @ 457-6517!!!

"ROMANCE IS IN THE AIR!"





# Mirror of lies: a look at eating disorders

by Charity Baker

Eating disorders are a cruel reality in this day and

age. Every day, more and more people turn to starvation or self destruction in order to reach a standard of beauty that has been set by the media. Unfortunately, this standard is nearly impossible to reach, with only a small percentage of the world's population actually having the body type to achieve what advertisers would have most believe is the norm. Because of this many people find themselves dieting in order to have something that is unobtainable.

Dieting is something that people have been doing ever since the idea that "thin is in," started. It is no surprise that the diet business is a booming industry that makes billions every year. It is also no surprise that diet books are constantly on the bestseller list. People will try anything to achieve perfection, even if it means denying themselves the basic necessities of life. It is when dieting and exercising go too far that the real problems start. When people start starving themselves for days on end, or bingeing and then purging they have real problems.

Many people start off slowly. They skip a meal here, they work through lunch. Then, when they start to notice the pounds slip away, and people start complimenting them on their new appearance they begin to feel that what they are doing is really working. They don't believe they are sick. In fact, many people feel that denying themselves food is actually a form of self control and that the weight they lose is a way to show the world how much will power they really have. But it isn't will power or self control they have, it is anorexia nervosa, a dangerous and sometimes fatal eating disorder.

Anorexia nervosa consists of simply not eating, or just eating enough to keep yourself barely running. It is hard to notice if someone around you has this disorder as they will spend most of their time trying to look normal. Subconsciously they realize that starvation is not normal, but to achieve that perfect figure they will do anything necessary. Anorexia is very common among university students, especially first year students. The well known myth is that first year students are guaranteed to gain somewhere between 10-15 pounds their first year. The "freshman 15" can cause

a lot of stress for some students. To many students the last thing they want is to return home in the summer and not be the perfect child that Mom and Dad sent away in September. Many will begin a strict regiment of exercise and dieting in early September in order to stay in good condition.

Unfortunately, most students cannot keep up a full class load and an exercise routine. Soon they find themselves without enough time to exercise and this is when they feel that they are beginning to gain those unwanted pounds. They begin to talk to their new friends and more likely than not, one will be anorexic and will suggest that cutting out meals is the best way to stay thin. Naturally, every student is comparing themselves to their new peers and will come up with the idea that they are the fattest person at the school. Many will start to think, "Surely if it works for her, it must be working for everyone, so it should work for me too." Believing that everyone is "skipping meals" will create a sense of normality for the student and they will decide that the best way to fit in would be to join in. Within time contests begin to see who can remain the longest without any food. People will push themselves further and further to obtain the goal of being the best.

However, in some cases anorexia can begin long before university. With remarkable speed, more and more young people are attempting to become more like the media "norm." Girls as young as eight are starting to diet to be thinner and more like the people they see in magazines and on television. It only takes one person telling a young girl she is fat, than her self-esteem plummets and she begins to see herself as a freak, something undesirable that can't please anyone. Soon they start to "watch what they eat." While parents may be pleased that their child is no longer eating junk food they need to look deeper to see what has caused their child to turn to dieting and self destruction. Because in most cases, people who worry about their weight as children turn to

## Anorexia Nervosa

- Abnormal weight loss of 25% or more with no known medical illness accounting for the loss.
- Reduction in food intake, denial or hunger and decrease in consumption of fat-containing foods.
- Prolonged exercising despite fatigue and weakness.
- Intense fear of gaining weight.
- Some exhibit bulimic episodes of binge eating, followed by vomiting or laxative abuse.
- Turn away from food to cope.
- Introverted.
- Avoids intimacy.
- Maintains rigid control.
- Denies illness.
- Moments of dizziness or blackouts.

## Bulimia Nervosa

- Exhibit concern about their weight and make attempts to control weight by diet, vomiting or laxative and diuretic abuse.
- Eating patterns may alternate between binges and fasts.
- Raw, red knuckles on one hand. This is the hand they use to force vomiting. The knuckles are often red and sore from the acids in the stomach.
- Some, or irritated throat. The throat becomes irritated from the stomach acid as well as the constant scrape it often receives from fingernails.
- Food consumed during a binge has a high caloric content.
- Depression may occur.
- Turns to food to cope.
- Spends a lot of time in the washroom, especially within a half hour of eating.

**WARNING SIGNS**

some sort of eating disorder. Whether it be anorexia, or its twisted sister, bulimia.

Bulimia nervosa is an eating disorder which involves bingeing and purging. What this means is that the person will eat large amounts of unhealthy food to satisfy their hunger cravings only to use self induced vomiting to get rid of the food before it has a chance to get into the body. Despite the idea of purposely making yourself sick, bulimia is a growing problem among young adults. Like anorexia there is the motivation of thinness coupled with the idea of self control and will power. The person believes that they are not harming their body until the bulimia spins out of control. People suffering with bulimia are very sneaky. They know exactly how long they have between ingesting the food and when it has to be purged from their system. They will often run water in the washroom so that people cannot hear them getting sick. To most people they appear healthy. Their eating habits look normal if not even a little overwhelming. They seem to be able to eat forever and whatever they want without gaining a pound.

Normally, anorexia and bulimia remain separate, with people staying with one disorder or

self control. To this end they will try and change from bulimia to anorexia but in most cases the person ends up with a deadly mixture of both disorders. In that case they are rarely eating, and when they do it is an overwhelming amount of unhealthy food that they purge from their body immediately after eating. This denies the body what it needs to survive and it is normally at this point that the person will start suffering with bouts of dizziness or blackouts. These are the body's way of warning that it is about to shut down completely. The same can happen when an anorexic notices that some of their friends who are bulimic seem to be able to eat whatever they want and still lose the weight. For this person they will often try to make a quick change from anorexia to bulimia. This is difficult for the body to handle as it has become accustomed to no food and is now being forced to handle more food than it is able.

Anorexia and bulimia may seem to some people to be good ways to obtain society's ideal body shape but in reality it is a dangerous way to treat your body. These two disorders can lead to severe illness, hospital stays and even death. It is

the other. However, in some cases a person may begin as a bulimic and hate having to throw up all their food and may see anorexia as a better statement of

only recently that people have begun discussing these disorders in open forums. Up until then, very little was known about why people were turning to such dangerous behaviour simply for image. Now schools are beginning to educate children about the dangers of these disorders and the media seems to be accepting the idea that most people come in different sizes. With a little more work, perhaps anorexia nervosa and bulimia nervosa can become a thing of the past.

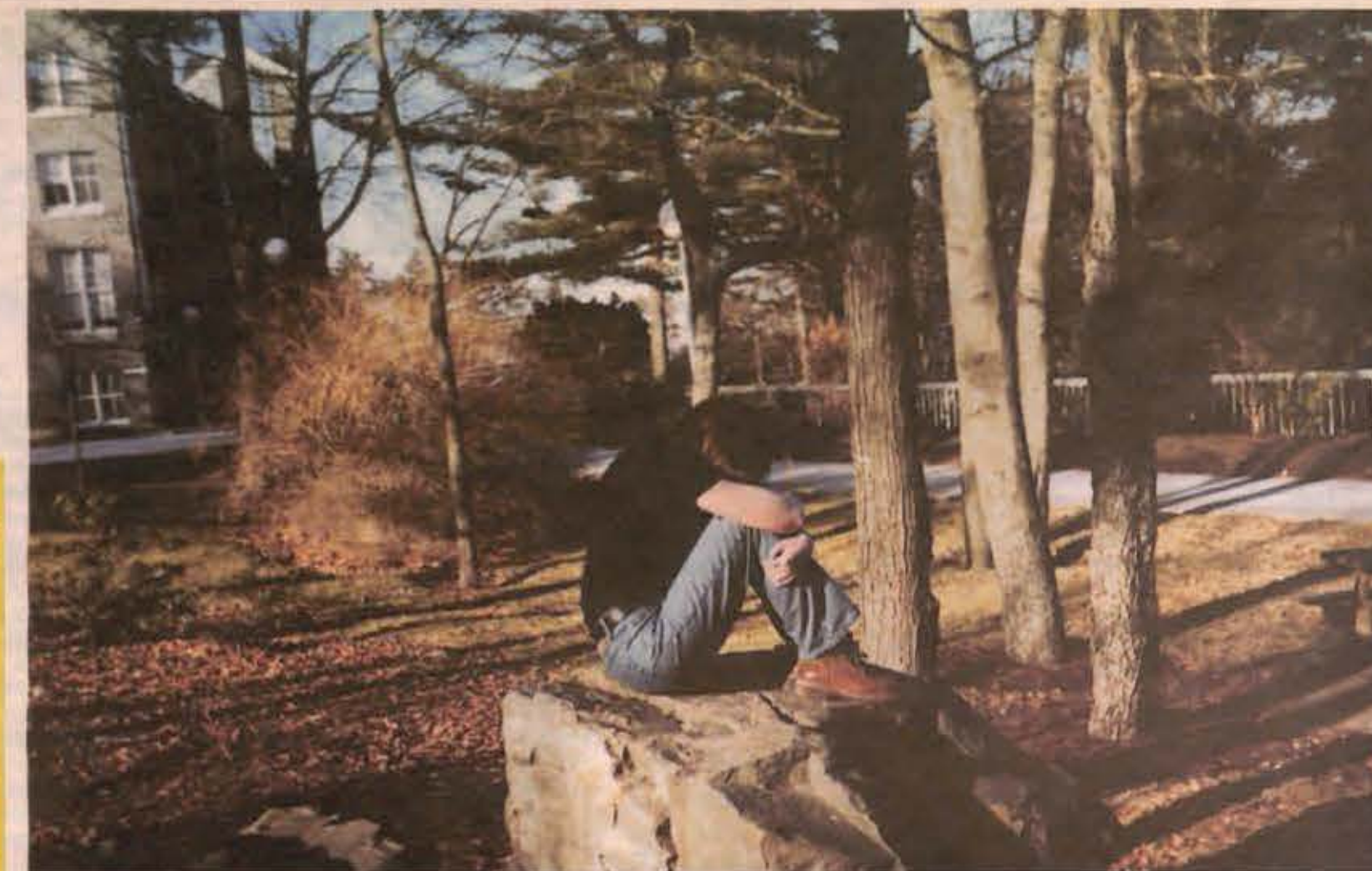
For more information the Eating Disorders Action Group is holding a community event: "Speaking Out on Eating Disorders: A Public Forum on the Impact of Eating Disorders in our Community." The forum will be held on Tuesday, February 8th from 11:30-1pm at the Loyola Building, St. Mary's University in the Private Dining Room. Speakers include individuals who have experienced an eating disorder, family members and professionals who work in the area of eating disorders and volunteers from the Eating Disorders Action Group. For more information on this forum and the Eating Disorders Action Group contact Shaleen Jones, Eating Disorders Action Group, (902) 469-0650 or lamworthmyweight@hotmail.com.

## Suggested readings

- Wasted by Marya Hornbacher
- Fasting Girls by Joan Jacobs Brumberg
- The Deadly Diet by Terence J. Sandbek, Ph.D
- The Secret Language of Eating Disorders by Peggy Claude-Pierre
- When Girls Feel Fat by Sandy Friedman
- Hope, Help and Healing for Eating Disorders by Gregory L. Jantz, Ph.D

## Information Sources

- Eating Disorder Awareness week pamphlet distributed by the National Eating Disorder Information Centre.
- Quick Facts on Anorexia Nervosa pamphlet distributed by the National Disorder Information Centre.
- An overview of Eating Disorders published by the National Anorexic Aid Society, Inc.



## FACTS

- Anorexia and bulimia affect about 5% of young Canadian women. Another 10-20% have many of the symptoms of these problems.
- While many believe that eating disorders are limited to women, approximately 5% of people suffering from eating disorders are men.
- The development of eating problems is strongly linked to socio-cultural pressures. Thinness is associated with beauty, happiness and success.
- 90% of women have some degree of dissatisfaction with their bodies.
- In the Halifax Regional Municipality an estimated 26,000 women struggle with disordered eating.

## MYTHS

- Eating disorders affect women of all ages, classes, ethnic backgrounds and abilities.
- 95% of people who diet will regain any lost weight, and sometimes more.
- Many researchers now believe weight like height, is inherited. This inherited weight range is called your "set point" weight.
- Thinness will not guarantee happiness and success.
- Dieting perpetuates food and weight preoccupation. Food and weight problems are not because of an "addiction" to food.
- Eating disorders don't "go away." Experienced help is needed to overcome an eating disorder. Much like alcoholism, people are recovering from anorexia or bulimia.

## How can you help?

- Let them know you are concerned and there to help.
- Find out where they can go for help and support and encourage them to seek it.
- Read as much as possible about eating disorders and the dangers of dieting. (See suggested readings)
- Provide information to help them understand the dangers of anorexia, bulimia and dieting.
- Be patient; overcoming an eating disorder takes time.
- Don't force or tempt them to eat.
- Don't focus on their appearance.

## The Eating Disorders Action Group

Formed in September of 1999 this group began as a group of women who had been affected by eating disorders. They had come together in the fall and winter of 1998-1999 to discuss the lack of support and resources for individuals who struggle with disordered eating, including bulimia, anorexia and compulsive eating. Over the next ten months they listened to people who were affected by eating disorders either directly or indirectly. This included parents, teachers, health care providers, psychiatrists and people who and experienced an eating disorder.

## Eating Disorders Awareness Week

Commemorated each year in Canada as part of an international campaign to raise awareness around eating disorders and food and weight preoccupation. Eating Disorders Awareness Week runs from February 6-12.



# Horrorscopes: the final frontier

By Charity Baker



**Aquarius: 1/20 to 2/18**  
Who knows what the future holds for you? Be prepared for big changes and new perspectives. Keep your eyes open for everything.



**Pisces: 2/19 to 3/20**  
Look for big things coming your way. Most of the time they will resemble pianos and elephant stampedes, but they are certainly big. Trust friends a little more, if you don't how are they going to disappoint you?



**Aries: 3/21 to 4/19**  
Remember that your family is the best thing in your life. Isn't that depressing? Just think about that for awhile.



**Taurus: 4/20 to 5/21**  
Watch out for gossip, it can only get you in trouble. Especially the gossip that is going around about you. Seems you already are in a little trouble. You might want to check around to find out what you've been up to.



**Gemini: 5/22 to 6/21**  
It's time to even the score. Since life keeps knocking you down, you need to start hitting back. Since it's your life you need to deal with, maybe you should really teach a lesson and just end it. That should solve all your problems...well, except for a small one.



**Cancer: 6/22 to 7/23**  
I know you work hard, and you know you work hard but no one else does. There must be some problem here. Perhaps it is the fact that you really don't work and I am a pathological liar. So everyone else is right, and you're wrong. Wow, there's a change.



**Leo: 7/24 to 8/23**  
You may be ignoring me, but I'm not ignoring you, and we both know that is a change. Perhaps you need to listen more and stop complaining about how no one is talking. Open your ears instead of your mouth for once and see what a difference it makes.

These horrorscopes are purely for entertainment purposes. Mainly my entertainment, but I suppose I'll let you guys read them too. So read them all and enjoy, because despite what you may think, the universe doesn't revolve around you, other people have funny problems too. You can put any spin on reality that you want.



**Virgo: 8/24 to 9/23**  
You need to stop letting your personal life get in the way of everything else. It's not like you have that much of a social life as it is, so why does it seem to take up so much time? Get back to the more important things and remember that loners get more work done because they don't know the meaning of fun.



**Libra: 9/24 to 10/23**  
You know, most people think I pull these predictions out of my butt. I don't think so, because if that's all I did all day long, I'd be you.



**Scorpio: 10/24 to 11/22**  
A great person once said some words of wisdom. It obviously wasn't you, because the person was great, and the words were wise. It wasn't me either, because it was only once, and I've passed that mark. So, your duty is to figure out who it was, what the wise words were, and apply them to your life, because if they're so great it has to make sense somehow.



**Sagittarius: 11/23 to 12/21**  
It took too much effort typing out Sagittarius, I cannot make any predictions. Why is Sagittarius such a long word? Is the abbreviation of Sagittarius Sag? What does Sagittarius mean? How many times can I put the word Sagittarius in this prediction, Sagittarius? You need to rename your sign, Sagittarius, because the word Sagittarius is annoying. See what I mean?



**Capricorn: 12/22 to 1/19**  
It is time to collect your thoughts and write them down. Then, take that sentence and give it to everyone you know. After they finish laughing, ask them what they think. Remember though, that you should only do this if you are looking for mocking criticism, otherwise, just keep your mouth shut a let people assume you're quiet, not stupid.



## Christine's Cuisine

Winter is all about "comfort food." This issue's recipe is sure to please both vegetarians and carnivores alike. It is a delicious and healthy choice, guaranteed to warm your tummy on a cold, snowy day. Minestrone is on the menu and here's how to serve it up!

### Minestrone Soup

3 medium	carrots
3 stalks	celery
2 medium	onions
1 large	potato
1/4 lb	green beans
2 medium	baby zucchini
1/2 lb	cabbage
1 medium	garlic clove
OR	
2 tsp	garlic powder
1/3 cup	olive oil
3 tbsp	butter/margarine
3 1/2 cups	beef or vegetable broth
1 1/2 cups	water
1 can (28 oz)	Italian plum tomatoes
1/2 tsp	salt
1/2 tsp	dried basil
1/4 tsp	dried rosemary
1/4 tsp	pepper
1	bay leaf (DO NOT EAT!!)
1 can (1 lb)	cannellini beans

### Helpful Hints

-If desired, you can sprinkle soup with grated Parmesan cheese.

- To get the most flavour from meats and veggies when making soups and stews, start with COLD water.

- Vegetables, like onion, celery, carrot and garlic will enrich the flavour of the broth. As will herbs like parsley, bay leaf, thyme, basil and peppercorn.

*This soup can be frozen and stored for up to 3 months. That way, you will be able to have a quick and easy meal whenever you need one. Enjoy!*

1. Peel carrots and chop coarsely. Chop celery and onion.
2. Peel potato and cut into cubes.
3. Trim the green beans (chop off the ends) and cut into 1 inch pieces or just snap in half.
4. Chop zucchini in to cubes or slice.
5. Shred cabbage coarsely using a knife or a grater.
6. Mince garlic (if using fresh).
7. Heat olive oil and butter in a large pot over medium heat.
8. Add onions, stir occasionally while sauteing until soft and but not brown.
9. Stir in carrots and potato, saute for 5 min.
10. Stir in celery and green beans, saute for 5 min.
11. Stir in cabbage and garlic, cook 1 min.
12. Add broth, water and liquid from tomatoes to the pot.
13. Chop tomatoes coarsely and add to the pot.
14. Stir in salt, basil, rosemary, pepper and bay leaf.
15. Bring to a boil.
16. Reduce heat to low and simmer, covered for 1 1/2 hours, stirring occasionally.
17. Rinse and drain beans, add to soup.
18. Cook, uncovered, over medium-low heat for 30-40 min or until soup is thick, stirring occasionally.
19. Remove bay leaf.
20. Serve and enjoy.

## SPIRITUALLY SPEAKING...

by Martha Martin, MSVU Chaplain

### Does God expect me to go to church?

It is often much more desirable to pull the covers up over one's head than to think about getting up and going to church on Sunday morning - especially if one has been up late the night before. Perhaps that's why many denominations over the years have developed alternate services on Sunday evenings, or even on another evening of the week. Those of us who work in a traditional church setting find that on Sunday mornings we are competing with many activities - not just sleep, but hockey, soccer, dance, even birthday parties.

Those are just the logistical arguments against going to church. In previous columns I have suggested other factors that keep folks away - outdated or exclusive music and language, doctrines that preach hellfire and damnation instead of love and liberation, and a general perception that much of what goes on inside those doors has very little relevance to the realities of people's lives. So why bother at all?

It's a tough question. I often get asked "Isn't it just okay if I'm a nice person, and don't hurt anybody? Do I really have to go to church to prove I'm a good person?" or "I think I can get close to God on the golf course (substitute beach, park, woods ...) than in church. Isn't that possible?" Well, I can answer yes and no to both questions.

...continued on next page



# DAMHNAIT DOYLE RETURNS A LITTLE "HYPERDRAMATIC"

By Nicola Hanson

I met with Newfoundland's Damhnait Doyle at the Westin last week when she came through Halifax on a tour promoting her new album, "Hyperdramatic", that is set to be released in March 14. The first few minutes of our interview we reminisced about the different musicians that we've seen in Toronto. As it turns out we had met previously through a mutual friend at a "Prince" show at the Warehouse in Toronto. This turned into another conversation about another mutual friend who used to play in her band a few years. I love how small the East Coast can be.

As this interview was supporting her new album, we decided we should turn the conversation around to talk about that. Doyle's new album is a very personal record. Many of the songs began as entries in her journal. Just after the album was finished, Doyle had a moment of trepidation, "holy shit, what have I done... But as a performer I had to draw something different from each song or else it just gets boring and repetitious," said Doyle.

"I kinda feel like I am out there, but after my last record I decided that if I was going to do it (continue as a musician) I had better put myself out there, that it was the real me out there... I don't see any veils, I don't see anything concealed, for me that's the only way I can put myself out there."

Doyle says that no one will really know the specifics behind the songs. "I will never reveal to anybody what the true meaning of each song is, and people will always have their own impressions of what a song is, and that is based on so many factors like, where you were when you first heard it, who you were with, and they become different things for different people."

It has been a few years since Doyle's debut album, in that time she has been practicing, learning and writing. "There is so much Canadian music that I just love, contemporaries in the Canadian music scene, who is making better records than Canadians right now? Did you hear the Matthew Good record... Big Wreck, Bran Van 2000 and Big Sugar."



Publicity Photo

*"I kinda feel like I am out there, but after my last record I decided that if I was going to do it (continue in the music industry) I had better put myself out there, that it was the real me out there... I don't see any veils, I don't see anything concealed, for me that's the only way I can put myself out there."*

In such an amazing period in Canadian music, "Hyperdramatic" is going to be the first domestic release by EMI Music Canada in the new millennium.

Doyle sets herself out there by comparing her new release to Garbage. She doesn't look at it like a singer song writer record but rather a composite of all the musicians on the record.

**Damhnait Doyle's  
Hyperdramatic will be  
released March 14, 2000 on  
EMI Music Canada**

**Damhnait Doyle played at the  
East Coast Music Awards in  
Sydney, Cape Breton this  
past weekend.**

...Spiritually Speaking

It's true that we deepen our relationship with the Divine when we open ourselves to individual reflection, meditation, and prayer. It is also true that this doesn't only happen in church. In fact, a valid criticism of church experience is that often there isn't enough silence or time for individual meditation. I believe that the presence of God in and through creation can be experienced and celebrated in many different ways and in many different places.

However, there is also a public aspect of any faith. Human beings are not meant to live in isolation, but in community, and in communion, with one another. A public worship service is a time to come together to stand collectively for our beliefs, and to celebrate publicly the presence of God in one's life, and in the life of the community. I can only speak from the Christian context, but my experience tells me that as a Christian I am called to be part of a larger community to work to build a better world. Yes, I am expected to nourish my individual spirituality, but then I am expected to act in the world with others. My

knowledge of other faith traditions is limited, but I believe that the expectations on other faith communities are quite similar.

So, I guess I would say that God does expect folks to go to church, but not just to participate in a ritual that may feel meaningless, or to attend out of guilt or duty. I believe God expects us to search out a community where one will feel welcomed, challenged, nurtured, renewed, and moved to action. A tall order? Absolutely .... for the individual - and the church.

This term, the Chaplain's office offers an opportunity to come and explore matters of spirituality through a Video Series entitled "Everyday Spirituality". Begins Friday, February 4; 12:00 pm in Evaristus 219E (Writing Resource Room). Also, join our Women's Spirituality discussion group which meets bi-weekly on Tuesdays. The next inter-faith dialogue will take place Friday, February 18 at 12:00 pm in Evaristus Chapel with guests from the Hindu community.

Call Martha Martin, Chaplain, for more details on these programs.  
(457-6446; email  
Martha.Martin@MSVU.ca)

## "If a man can build a better portfolio..."

...the world will make a beaten path to his door"

(or something like that)  
-Ralph Waldo Emerson

As experts (or so we like to call ourselves) in the publication industry, the Picaro can put your words into print for the rest of the world to see. This is your opportunity to impress your professors, friends, parents, siblings, grandparents, aunts, uncles, cats, dogs, and pet rock (and maybe even a few employers).

**Next Deadline: Wednesday February 16, 5pm**  
Rosaria Centre, 114 -- 457-6386

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## A Sneak Peek at Sons of Maxwell

By Nadine Naas

If you haven't had the chance to check out the Halifax based band Sons of Maxwell you are missing out on some great music. I have seen Sons of Maxwell four times in the past year and each show was unique. Don and Dave Carroll (they are brothers and their Dad's name is Maxwell), Sons of Maxwell, are nominated for two East Coast Music Awards this year - Group of the Year and Country Group of the Year. Their latest CD, *The Neighbourhood*, was recently profiled in *The Coast* as the fifth best CD released by an East Coast artist(s). Tracks that I personally recommend from *The Neighbourhood* are "Will You Come Home", "Oceanside Again", the title track, "So Many Things" and, my personal favourite, "The Lighthouse". However, the best way to get a real taste of Sons of Maxwell is to see them sing live. The guys will be playing at The Velvet Olive on February 11th so check them out!

I had the chance to sit down and chat with Don Carroll a few weeks ago at The Fife and Drum.

**Why did you choose the name Sons of Maxwell?**

Our first name was The Don and Dave Show. We used to do pretty well with that (name) but when we started to become more serious about it (singing) we had to come up with more of a legitimate name. The big push came when we were playing at Carleton University a couple of years after we started. They have a comedy night one week and a music night the next. People came one week and thought we were a comedy act because of our name.

**What sets Sons of Maxwell apart from other bands?**

What sets us apart is mostly our original music and when we do cover songs we don't really worry about making them sound like the album. We put in our own interpretation. That, and the fact that we do a lot of harmony based things. Any time you start dealing with harmonies there is going to be a uniqueness as compared to a solo voice.

**Who are your musical influences?**

Ours are all over the map. Mine primarily come from the traditional based and my brother's are more folk-based so when we started doing our show we got kind of an urban-folk-Celtic sound I guess. We listen to a lot of stuff and it all ends up filtering into the show sooner or later. (As far as East Coast bands go, The Rankins were the first group Don really enjoyed. His favourite East Coast band now is Highland Heights.)

**Do you have a favourite venue? If not, do you have a favourite type of venue?**

Favourite type of venue would be a live theatre show where we are doing more of a performance. But we enjoy everything that we do. If you are looking at venues within the city, outside of the concert venue, The Fife and Drum would probably be the nicest because it has elements of everything — the free access of a pub and a comfortable atmosphere. It has a blend of everything.

**You and Dave are from Ontario. Why did you decide to move to Nova Scotia?**

Nova Scotia was a natural choice for us. This is where we were working a

lot anyway and we always enjoyed being here. The majority of our fan base, even in Ontario, was from the Maritimes. Between 60 and 80%, at the time of our moving, were Maritimers coming to see us. Everybody else were invited guests. It (the show) always seemed like kind of a Maritime party in Ontario.

**Do you consider Nova Scotia or Ontario home? Why?**

I consider Nova Scotia home because we feel most at home here. Growing up in Northern Ontario was an isolation thing. Timmons is about the size of Fredericton - 45 000 people — and not really close to anything. We just always wanted to be here. When we finally got a chance to take up residence here there wasn't any second thoughts.

**Congratulations on being nominated for two ECMAs this year -- Group of the Year and Country Group of the Year. Besides the obvious, winning, why do you think it is important to attend this event?**

Winning is gravy, if you get to win. Most people that go don't win. It is good just to get in to meet the industry people. The whole reason for the ECMAs initially, I think, was to take East Coast music and put it before an audience of national and international buyers. Which is why I think it should be in held in Halifax permanently. Halifax is the city best able to house international audiences... Halifax should be the permanent host and they could have provincial delegations hosting the conference (in Halifax) every year.

**What is your favorite song and why?**

My favorite song that has just been

released is *The Lighthouse*. I think it tells a neat story. It plays with a dodgy issue in that there is a relationship between a prostitute and somebody who is not literally said to be a customer. It could just be a relationship. It forces a person to listen to the song. Different critics have said they don't like the song because it mentions a hooker or whatever. They have to actually find an interpretation into it and it has got the whole God thing in it and redemption. It's a well written thing. It doesn't spoon feed you and it's a very pretty piece of music too. (Dave Carroll wrote *The Lighthouse* and seven of the other songs on *The Neighbourhood* CD)

**When will you be releasing your next CD?**

We are working on that right now. New tunes are being recorded, demoed and played live. I would anticipate releasing at least a song off the new record by the end of the summer. As far as the full album, hopefully this year (it will be released).

**Tell me a funny story that happened on the road or in the studio.**

We were playing in Timmons one afternoon for a Canada Day concert. We were living in Ottawa at the time. Following that we went to a place called Cochrane for an evening show. It was suppose to be an outdoor family concert in a parking lot. We got there and it was a flatbed truck with two floodlights. Everybody had to work the next day so all that was left were these kids that didn't have to work any day and they hated our music. In between sets all they had to play was an Eddie Arnold tape. It was sending people around the bend so the crowd was getting really ugly. At the height of it the power went off in the whole city and the crowd was getting ready to throw beer bottles from the beer garden at us. I was sitting in the car with the bright lights on and the horn, threatening to drive through the beer garden at the first sign of a beer bottle being thrown. We had to be escorted out of town by two police cars.

**Do you have any advice for musicians just starting out?**

Believe in yourself. Everybody else will say no.

**Is there anything else you would like to tell readers?**

Come out and see the show anytime and drop us a line. We write back to almost every letter we get. (You can e-mail the guys at [look@sonsofmaxwell.ns.ca](mailto:look@sonsofmaxwell.ns.ca) or check out their website at [www.sonsofmaxwell.ns.ca](http://www.sonsofmaxwell.ns.ca))





Publicity Photo

# Brandt Tells the Truth

By Nicola Hanson

Calgary born Paul Brandt is making waves in country music circles once more. His new album, *That's The Truth*, is proving that Brandt has what it takes to compete in a very competitive international country music industry circles.

In a telephone interview from Nashville, where Brandt and his wife currently call home, Brandt says the most amazing thing about his career is that he is able to keep a hand in helping people. Before his music success, Brandt was a nurse at a children's hospital in Calgary, helping people is part of who he is. Two years ago he was able to help even more when he began working with World Vision. "I saw all the same commercials that everyone else did, and I didn't get either, until I saw it first hand. I just couldn't change the channel anymore."

During the recent crisis in Bosnia, Brandt was invited to play for the troops. Before his trip to the war torn country, he performed at a Gala in New York City where he had dinner with John Glen. Brandt says this was an amazing experience. "But what do you say to John Glen...SO HOW IS SPACE? \*laughs\* still it was incredible."

Brandt's philosophy of life is

'seize the moment,' and his collection of songs on his latest release celebrates this idea. His favourite song from this release is called "The Sycamore Tree." Steve Rosen, the co-writer of this song, told Brandt the story of a little boy from Tennessee who was abused, and to get away from the abusing parent, he climbed a sycamore tree in the yard. When Brandt heard this story he instantly thought of a story from the bible about Zacharias; this led directly to the lyric, "from high above in the strong arms of the sycamore tree you could hear forgiveness in the wind."

"Every song on the album says something about me," says Brandt. He performs a diddy by Brian Setzer called "Let's Live It Up," which enables him to play with big band in a country style. The first album Brandt purchased for himself was a Harry Connick Jr. album. I asked him this because I was excited to see the Brian Setzer song...my first album was Stray Cats, "Built For Speed," Brian Setzer's former band.

Brandt is currently in the midst of a Canadian tour that takes him from coast to coast in two months. "I love Canadians who are not afraid of touring in the winter" The tour will bring him to Halifax on February 25.

## L'ARCHE THE UNIVERSITY OF THE HEART

L'Arche Cape Breton is a community for men and women who are mentally challenged and those who share life with them. We are a community committed to equality, solidarity, and simplicity, and since we began in 1983, hundreds of people have come to share this way of life with us.

We have welcomed many volunteers from Cape Breton, and from the UK, France, Austria, Germany, Granada, India, the United States and all over Canada. The experience in L'Arche has not only changed the way we see people with disabilities. It has changed the way we see the world.

We are always accepting applications from energetic, open-minded, and committed people. We provide room and board plus a monthly stipend, and will consider covering your student loan payments. There are even programs available for people interested in volunteering overseas, as there are over 100 L'Arche communities throughout the world.

Not sure what you are doing? Why not consider volunteering with L'Arche? Contact us for an information package.

L'Arche Cape Breton  
Whycocomagh, NS B0E 3M0  
Ph: (902)756-3162 Fax: (902)756-3381  
E-mail <larchecb@atcon.com>  
WEB SITE <www.phk.auracom.com/~larchecb>

## Paul Brandt

### "That's The Truth" Warner Music Canada

By Nicola Hanson

Paul Brandt is one of those toe tappin' Calgary cowboy types. With those eyes that smile...even that slightly contrived souther drawl, you can't help but love him. I'm not a big fan of contemporary country music. I'm more of a Willie, Waylen and the boys kind of country fan. Johnny Cash, well let's just say he is GOD in my world. That being said, something has always struck me about Paul Brandt. Perhaps it is his total down to earth view of the world. He has no misgivings about his place in the great food chain of life. This view shines through in his music and his lyrics.

Brandt comes from a very religious background. The cornerstone of his whole life is family and friends. Brandt's favourite song from this recording is based on a true story about a child who hides from his abuser in the sycamore tree, which Brandt connected to the story in the bible about Zacharias; who in order to see Jesus when he walked through the town, climbed a sycamore tree. Even if you don't fully understand either story connected with the song, the truth and strength in the lyrics reign heavy on the heart.

One of Brandt's musical influences was Harry Connick Jr and Brian Setzer (formly of The Stray Cats). Brandt has a lot of fun covering Brian Setzer's 'Let's Live it Up'. "I love to surprise people," Paul explains, "I like to go against the stereotype. I love Clint Black's voice, and Dwight Yoakam. And I think Willie Nelson's 'Crazy' is probably the best song ever written. But I also love Harry Connick Jr. and Brian Setzer, and wanted to put some country on that king of swing."

Other songs include the title track 'That's The Truth' which, has been doing well on both Canadian and American country charts, and 'Really and Truly' performed with Deana Carter. Even if you are not a huge country fan, Brandt may win you over with his deep voice and his heart felt lyrics.



# HMV VIBES



## TOP TEN CLUB HITS

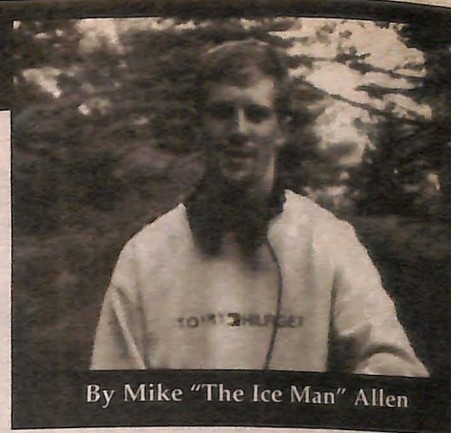
- 1 **Get Get Down**  
Paul Johnson
- 2 **Better off Alone**  
Alice DeeJay
- 3 **Don't Stop**  
ATB
- 4 **Sun is Shining**  
Bob Marley / Funkster  
De lux
- 5 **Jump n' Shout**  
Basement Jaxx
- 6 **All I Really Want**  
Kim Lucas
- 7 **Don't Stop**  
Freestylers
- 8 **Faded**  
Soul Decision
- 9 **Will2K**  
Will Smith
- 10 **...Is Calling**  
SM-Trax

The second month of 2000 has quickly arrived bringing with it, the artists who will make some waves this year. The top ten for this issue gives Paul Johnson some credit for the club mover "Get Get Down" while "Sun Is Shining" is beginning to set in the western skies. Eiffel 65's new hit "Move Your Body" is number 44, but prepare for it to rocket up into the top ten. Last issue it was mentioned that "Faded" by Soul Decision would make the top ten and look where it stands this week. And last years leftover "Will 2 K" is making an exit from the forefront after receiving a lot of airtime in the beginning of the year.

There are a couple of albums featured this week which deserve some credit. Chris Sheppard's Club

Cutz 303 is a jam packed album of club excitement and deserves full credit for good programming. John Digweed's new Underground album "Bedrock" can only be described in one understated word- miraculous. Finally, Sasha's recent single "Xpander" which also features "Belfunk" and "Baja" provides the kind of passion that the world of music lacks so much of these days. Sasha and John Digweed are among an elite group of electronic artists who are world renowned and do more than merely play music. "Many DJ's want to be DJ's. Very few become DJ's to share the exuberant passion for music that boils in their blood." - Ultra Records.

Coming up on the calendar is



By Mike "The Ice Man" Allen

the lovable rave entitled "Reach -A Valentines Day Affair" Tickets will be on sale at HMV Spring Garden, with in-store DJ performances the day of the rave. Don't forget to take a look at this weeks Pool East chart to see what's hot and what's not. Till next time, keep on jammin'!!

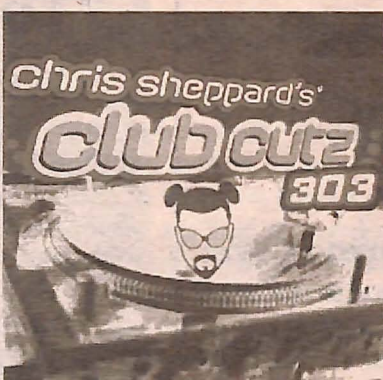
- THE ICE MAN

## KLUB KUTZ MIKE'S MILLENNIUM MIX DOWN



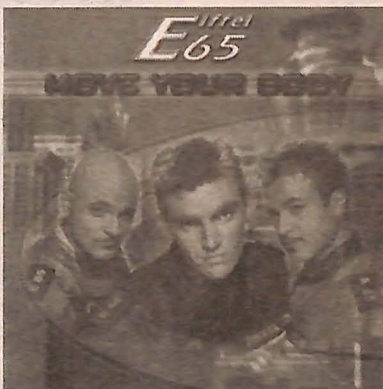
**Xpander - Sasha**  
Ultra Records  
Mike's Rating 9.4

Xpander is a recent single from Sasha which aspires to "xpan" your musical horizons. Two versions of Xpander appear on the CD along with "Belfunk", "Rabbitweed" and "Baja." Several of these tracks are largely without a beat as they allow the listener to float freely into the depths of thought, reflection, and relaxation. (Mike's footnote: this is good exam preparation material)



**Club Cutz 303 - Chris Sheppard**  
BMG  
Mike's Rating: 9.0

This latest edition to the Shepp family of releases is jam packed with explosive dance tracks that are sure to rock the house. If it's been in the top ten, it's on this album - Lou Bega, Bob Marley, Basement Jaxx, ATB, Eiffel 65, they're all there. Not only that, but the brilliant mixing abilities of Chris Sheppard are displayed in fine style. Two words - get it.



**Move Your Body - Eiffel 65**  
Popular  
Mike's rating: 8.5

Well, well, well, the latest top 40 craze Eiffel 65 plan on staying a while. This new single conforms to their highly electronic style, but appeals to those who love a song with a good hook. For those who desire creativity there are seven versions of the song to add a little spice to the plate. Either way, this song will make some waves.



**Much Dance 2000**  
Sony  
Mike's Rating 8.0

Much Dance 2000 is an all encompassing compilation (man that's hard to say) of Top 40 hits from '99. It features artists such as Britney Spears, Blackstreet, Len, Will Smith and The Vengaboys. This album goes a bit more radio than other compilations, but it is still a good collection of last years top hits and is worth picking up.

## The New Palace



**Bedrock - John Digweed**  
Ultra records  
Mike's Rating: 9.5

This latest album from John Digweed features many creative house songs ranging from 122-126bpm. It's not high energy, but rather, timeless art which needs to be analyzed by a sophisticated ear in order to enjoy the sheer brilliance of the songs which are presented. This is an album for true music lovers who enjoy soft medulous sounds gently blended with dance beats.



## MOUNT COMMUNITY

Are you being harassed on campus? The MSVU Students' Union is your connection to help with any problems you are having on campus. If you are feeling pressured or threatened by anyone or any group, please contact a member of the Students' Union executive for information on where to find help. The executive representatives are available from Monday to Friday, 9-5 in Rosaria Centre.

Ring Days Sale-Save \$20.

Tuesday and Wednesday. February 8&9. 11:00am to 3:00 pm. Rosaria Terrace.

**NOMINATE a STUDENT for the Women's Recognition Award.**

Forms are available at the SU Info. desk Rosaria Center.

Deadline: February 15th, 2000. Return forms to Brenda (VP academic) or Terri (VP Race and Gender Relations). Students' Union office 118A, ext. 558.

### "VINCENT'S NIGHTS"

The department of Tourism and Hospitality Management Program would like to invite everyone to another term of Vincent's Restaurant nights. The following is a list of dates and themes of Restaurant Nights to come:

February 9-Nova Scotia Cuisine.

February 15-"Romance is in the Air"

February 17-French Cuisine

Reservations are available between 5:00-8:00 p.m. during restaurant nights. These meals are of great value; under \$12.00 for an appetizer, entree and dessert. For more information or a reservation, call Deanna Doucett at 457-6517.

Sell your Books and CD's. Find Used Books, Used CD's, Rides, Apartments. Submissions to the Picaro classifieds may be forwarded to Wendy Walters, Classifieds Editor at the Picaro office in Rosaria (fax 457-0444).

## METRO COMMUNITY

A free ECKANKAR presentation entitled "A LOVE SONG TO GOD" will be held on Saturday, Feb. 19th at 1:00 PM in the Helen Creighton Room, Alderney Gate Library in Dartmouth. Members of all faiths can use this method to contact divine love. For more info, contact 464-1348 (recorded message)

The Urban Farm Museum Society and Nova Scotia Organic Growers Association invite you to SEEDY SATURDAY on February 19 from 2:00 to 5:00 PM at the Golden Age Social Center, 212 Herring Cove Road, Spryfield. This is an opportunity to buy, trade, sell and share seeds. There will be heritage seeds, non-hybrid vegetables, flowers and native plants. There is no admission fee but donations to the Urban Farm Museum Society would be gratefully accepted.

Winter Workshops at the Center for Art Tapes:

Join the growing number of people making videos and animation. The Winter Workshop program features classes in video, audio and computer animation for beginning or advanced students. Registration is on a first come basis. Graham Pilsworth and Julie Lapalme take you from start to finish as you create your first work in Computer Animation, an 8 week course starting February 24. Cost, including tax, is \$220.

Larry Hackman introduces a new three-hour course, Advanced Avid Techniques, for those who have used the Avid Media Composer 900 system.

Political Videomaking, will be taught by documentarist, Deedee Sly. Part One, the Context, runs on February 15 and 22, 6-9 PM. This course focuses on video and film as tools for social and political change. For more information on any of these programs, call 420-4580.

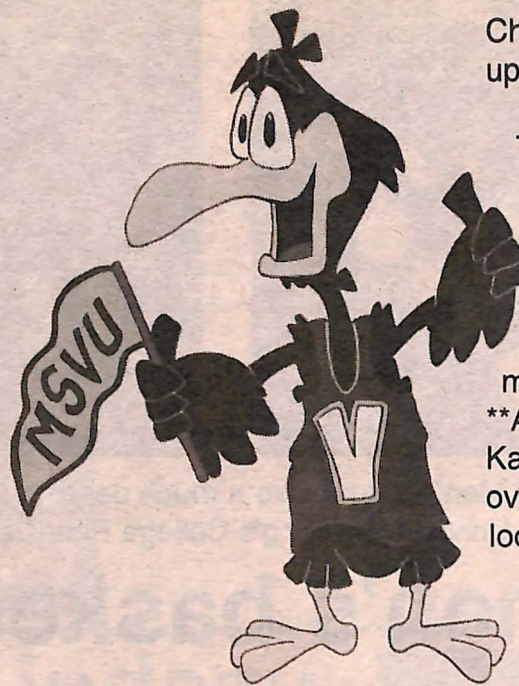
## Illegal Human Alien (Continued)

I am the Illegal Human Alien.  
They tell me I am in a state of paranoia,  
But I find myself in the State of Paranoia.

Strange, don't you think?

Have I the infected mind?  
Yes, says the media and the government seconds the motion.  
They all support the Bill.

- Jonathan Hall



Check out Vinnies for these upcoming events!

**THURSDAY, FEBRUARY 10: KAHLUA DRINKS ON SPECIAL**  
Brown Cows  
Mudslides  
Toasted Almonds and more

\*\*Also walk away with a Kahlua shot glass. There is over 100 to give away, also look for T-shirt give aways

**FRIDAY, FEBRUARY 18: POLAR ICE VODKA ON SPECIAL**

Come on down before you go downtown. Save yourself the trip up the hill on Friday afternoon.

**FRIDAY, FEBRUARY 25: LONG ISLAND ICED TEA**  
The buckets are back!

\*\*Don't forget, the Pub is on the way to the bus stop, so if you are heading home, stop in and get your prizes on Friday night first!



Want something romantic to do on Valentine's Day? Why not stop by Vinnie's Pub and enjoy a quiet drink with someone special?

## Frontier College

### Students For Literacy At Mount Saint Vincent University

Approximately five million adult Canadians cannot read, write or use numbers well enough to meet the literacy demands of everyday life.

### Become a tutor!

To volunteer or for more information, call 457-6174, or visit our office in Rosaria 103B on Mondays at 2:00.

**Don't just read about it!**





Simser Photo

Women's and Men's teams take a much deserved break against the University of King's College Blue Devils.

## Mount men's basketball team walks all over King's

by Rhonda Simser

Having just recently taken over the Sports Editor position on the Picaro, I never really had the time to check out our men's and women's basketball teams play. Well, I was glad I stopped by on Feb 2, 2000 to take some pictures, because I was welcomed with a few screaming fans, and a couple of good games.

The night started with the women taking on the University of King's College Blue Devils. It didn't look to promising, and for a while I

thought the Mystic Women would pull through and show us that they had it in them to beat the highly favored Blue Devils. But alas, the Blue Devils held, and won the game. High scorers for the Mystics were Nadia MacDonald and Vicki Veinotte with 11 points, and Tara Kinch with 8 points.

Then after the Moosehead Leadership Awards (seepage 19) were given out, the men's game got underway. Right from the beginning it looked promising for the Mystic

men. They took the lead early in the game, and kept it until the end, winning by an impressive 48 points, the final score being 109-61. Congratulations goes to Peter Turnbull, who was the player of the game from the Mystics, and also high scorer with 39 points. Rounding out the high scorers of the Mystics were Jayson Taker with 13, and Ian McRae, Allan Williams, and Trevor Langille with 10 points. Congratulations to the Mystics for games well played.

## Oh, what a thrill!

by Stacy Parsons

With temperatures above freezing, 112 anxious Mount students and guests set out early Sunday, January 30, for what would be an excellent day of skiing.

Due to the rainy week prior to the trip, the Athletics and Recreation office was swamped with calls and inquiries as to whether the trip was still on. Joanne Burns-Therault, Recreation officer, and staff advisor for the trip, was constantly checking Martock's ski cam on the NET for a view of the latest conditions.

With a clear weather report for the weekend, and news that the conditions at Martock were still good, numbers of those registered quickly increased.

"This has been the first year that

we have had to order two buses!" said Mrs. Therault, in response to the almost 90 participants who chose to take the bus provided by Athletics, rather than find their own transportation.

Martock was very busy that day, with at least three other large groups eager to get their day of skiing started. Martock staff were very efficient all day, from getting those who needed it, equipped with rentals, to directing the lines at the lifts.

Conditions on the hill were superb! Lessons were offered in beginner and intermediate skiing and snowboarding.

The day was enjoyed by all that attended, and from what I was hearing, there is definite interest in



Parsons Photo

Amanda Swales, Joanne Burnes-Therault and Melis Caha at the hill.

possibly organizing a second trip.

For those of you that woke up with sore legs and butts, remember, skiing and snowboarding is NOT sledding, so try to keep you butt off the hill!

## News from Ath/Rec...

### What's going on?

Campus Recreation is planning a fun filled February, with hockey games, rock climbing, and hiking adventures being organized by the Outdoors Club. Read on for details on all these great events!

**MOOSEHEAD HOCKEY vs THE CAPE BRETON SCREAMING EAGLES**  
Friday, February 11, game time 7pm. Purchase your discounted tickets from the Athletics office by Wednesday February 9.

Ticket prices: \$10/adult, \$6/student, and \$5/youth.

**INDOOR ROCK CLIMBING** at the "NEW" Indoor Adrenalin Rock Climbing Wall in Bayers Lake Business Park. Sunday, February 20. Call Joanne at 457-6369 for pricing and further details.

The Outdoors Club is also planning a HIKE AT DUNCAN'S COVE in Spryfield on Friday, March 19. For further information, call Joanne at 457-6369, or stop by the Ath/Rec office.

**A SPECIAL NOTE:** The Recreation Office makes every effort to take advantage of group rates on various events in the Metro area. If you have any ideas that may be of interest to others, give us a call and we can investigate the possibility of a discounted rate for the Mount Community. Call Joanne at 457-6369.

### Summer Camp Jobs in the U.S.A. Lakeside Residential Girls Camp in Maine Visas Arranged

**Counselors:** Combined childcare/teaching. Must be able to teach or lead one or more of the following activities: gymnastics, tennis, swim, sail, canoe, water ski, arts (including stained glass, sewing, jewelry, wood, photo), dance, music, theatre, archery, wilderness trips, field sports, equestrian.

**Service Workers:** Maintenance, laundry, office, kitchen.  
Non-smokers. June 18 to August 24. Attractive salary (US) plus travel allowance. Send resume (C.V.) including phone number to:

Kippewa, Box 340,  
Westwood, Massachusetts, 02090-0340, U.S.A.  
e-mail: kippewa@tiac.net | tel: 781-762-8291 | fax: 781-255-7167

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# Moosehead honours student athletes

by Rhonda Simser

Some of the Mount's top athletes were honoured at a ceremony held between the men's and women's basketball games on Wednesday, February 2. The Moosehead Leadership Awards recognize the contribution student athletes make to university life.

The purpose of this award is to provide financial assistance to student athletes who, on recommendation of the Department of Athletics/Recreation, exhibits leadership skills, commitment to their team, and demonstrate good academic standing.

Moosehead Breweries Ltd., and Mount Saint Vincent University Athletics/Recreation, as well as the Mount Community, would like to congratulate the following award recipients:

**Gillian Costello**  
Women's Soccer  
3rd year, BA

**Andrea Daniels**  
Women's Volleyball  
2nd year, BAA IT

**Nicole Dugas**  
Women's Volleyball  
4th year, BBA

**Tanya Hudson**  
Coed Badminton  
1st year, Education

**Tara Kinch**  
Women's Basketball  
4th year, BA

**Ian McRae**  
Men's Basketball  
3rd year, BA

**Leanne O'Hanley**  
Women's Soccer  
3rd year, BA

**Peter Turnbull**  
Men's Basketball  
4th year, BA

A look at...Player Profiles, Compiled by Rhonda Simser



## Devon Day

Age: 18  
Astrological Sign: Taurus, Grrrr  
Graduated from: Charles P. Allen  
Year/Program: 1st, Tourism  
Sport: Volleyball  
Position: Middle  
Marital Status: Single and ready to mingle  
Favourite Song: "You Can Do It," by Ice Cube and Miss Toie  
Favourite Movie: Happy Gilmore  
Favourite TV Show: South Park  
Likes: Food  
Dislikes: Math, or anything relating to math  
Notable Achievements: Ummm...yes  
Quote: "That's my jam"

## Amanda Lindsay

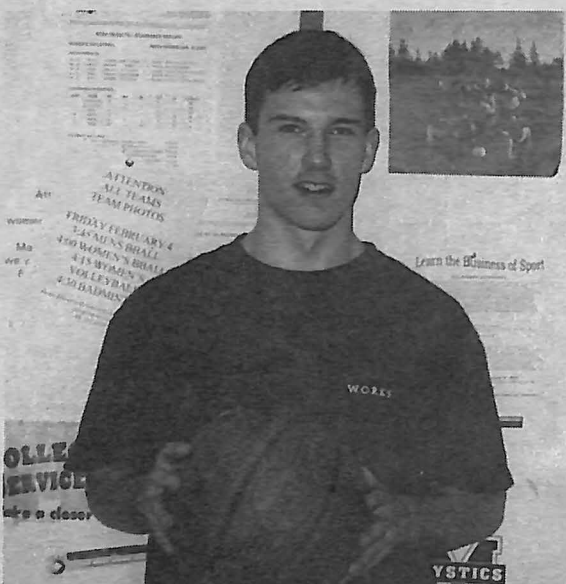
Age: 20  
Astrological Sign: Sagittarius  
Graduated from: St. Patrick's High  
Year/Program: 2nd, Bachelor of Public Relations  
Sport: Volleyball  
Position: Off-side  
Marital Status: Single  
Marking or Tattoo's: Tazmanian Devil on left ass cheek  
Favourite Song: Faded by Soul Decision  
Favourite Movie: Usual Suspects  
Favourite TV Show: Law & Order, Jeopardy  
Likes: crack, J.Bruce, GAP  
Dislikes: GOSSIP!! Todd Houston, drunk Forrest  
Notable Achievements: most school spirit, grade 7 fashion show. I also met Barbie and the Rockers!  
Quote: "Knock Knock....Who's there?....Interrupting cow...Interrupting...? MOO!"



## Jonathan Hall

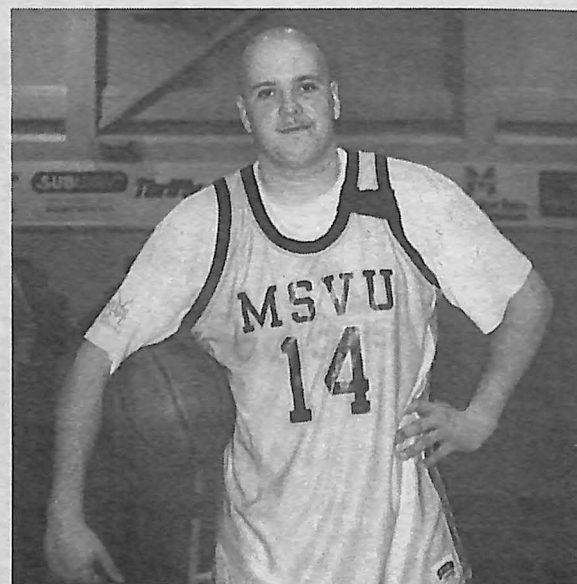
Age: 19  
Astrological Sign: Libra  
Graduated from: Charles P. Allen  
Year/Program: 1st, B.Sc  
Sport: Basketball  
Position: Guard  
Marital Status: Not married  
Marking/Tattoo's: —  
Favourite Song: "Shame", Smashing Pumpkins and "The Gambler" Kenny Rogers  
Favourite Movie: The Matrix, Stigmata, Lost Highway  
Favourite TV Show: Late Night with Conan O'Brien; Kids in the Hall  
Likes: People  
Dislikes: Shallow waters  
Notable Achievements: Ask Me  
Quote: When I followed what seemed the bright light of learning, I saw that I had only turned aside from the real question. However alluring and clear were the horizons unfolded before me, however alluring it was to plunge into the infinity of these kinds of knowledge, I saw that the clearer they were the less did I need them, the less did they give me an answer to my question."

-Tolstoy



## Allen Gordan Williams, Jr. AKA: A-Train

Age: 22  
Astrological Sign: Gemini  
Graduated from: Halifax West  
Year/Program: 1st, Arts  
Sport: Basketball  
Position: Point Guard  
Marital Status: None  
Marking/Tattoo's: Left Arm, Gemini 05.06.77. Right Arm, A-Train  
Favourite Song: "Who shot ch'ya", by Biggie  
Favourite Movie: Scarface  
Favourite TV Show: Law & Order, Dukes of Hazzard  
Likes: Bom Bay, Crown Royal, Colt 45, Jack Daniels, Krista Murray, and Bingo  
Notable Achievements: I graduated from High School on time.  
Quote: "I don't even care," and "SMA"







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