



the PICARO



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MOUNT SAINT VINCENT UNIVERSITY

THE PICARO, January 23, 1992

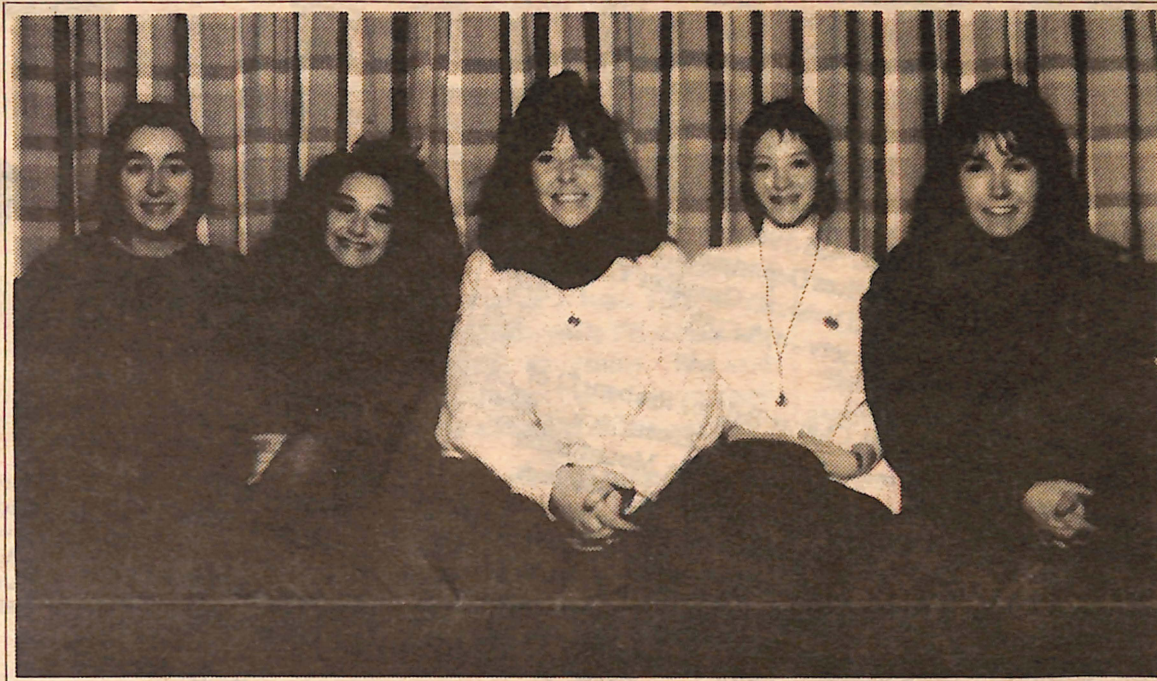
FAB FIVE ARRIVE

By Janet Allen

The Mount's first public relations exchange students arrived from south west England on Saturday -- ready to start classes this week. The exchange program gives PR students from the Mount, and a similar program at Bournemouth Polytechnical Institute, an opportunity to study in a different country for six months.

"The program gives students an opportunity to learn about PR in a different setting, with a different faculty and in a different culture," said Ken Clark, head of the public relations department at the Mount. "English students coming here can learn about PR in North America. And Mount students can learn about PR in a European setting."

Plans for the program have been in the works for about two years, said Clark. Faculty from the Mount and Bournemouth got together to discuss and compare their respective curriculums. Clark said although they felt the programs were a difficult match, they decided the students would benefit from the exchange in the long run.



Bournemouth exchange students from left to right: Jo Wright, Lydia Wright, Tamsyn Sandeman, Sarah Wharton, and Amanda Lambert

Clark said the two institutions are a good match because Bournemouth was the first school in England to start a four-year public relations program -- just as the Mount is the first university in Canada to offer a degree in PR. "We both formed initial teams of five exchange students," said Clark.

"Mount students were chosen on the basis of academic excellence, history of voluntarism and a written evaluation. The Bournemouth students were chosen in the same manner.

"Five of their female students just arrived here in Halifax over the weekend," said Clark,

"and they'll start classes this week." The girls are staying in Birch 5, while taking classes at the Mount.

One of the Bournemouth exchange students, Joanne Wright, 19, is excited about having the opportunity to study in Canada. "I thought it would be good to come away and have a new experience," said Wright. "I

have this great travel ambition. To come to another country to study was a great opportunity I couldn't pass up." Wright, who is in her second year of the PR program at Bournemouth, likes Canada and the Mount so far. "It's been good fun. Everyone's been so nice...I haven't heard one of the English girls complain about anything -- except the cold. It's really cold here." Wright said the classes here at the Mount are much smaller than she's used to. She said it's much easier to answer questions and participate in lectures. The teaching strategy is also different in Canada, Wright said. "At university in England you learn theory in lectures. Then in a seminar class you do case studies to apply what you do in your lectures."

Clark said the pilot exchange program will run two years -- this winter and next. "We'll evaluate it at that time and either can it or change it. We may even expand it into a year abroad, so students can go to Bournemouth to study for a whole year." Ultimately, Clark hopes to have faculty exchanges.

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And much,
much
more

Residence Rule Changes

by Jannine Shave

Males sleeping in residence? If everything goes well, this phrase might not seem like such an odd thing to say here at the Mount.

In the last two months, each residence has had a forum to discuss the problems they face living in residences. Evaristus held their forum on January 21.

Almost all of the residents agree they want to implement over-night male visitation as soon as possible. A petition was circulated by the Evaristus council, and was signed by all residence students.

The Evaristus residents,

also, presented a proposal to Dr. Elizabeth Parr-Johnston, president of the university; Dr. Carol Hill, dean of student services; Karen Casey, president of the students' union and Barbara Crocker, financial and housing officer. This proposal, which suggested over-night male visitation be implemented on Jan. 24, the night of the Annual Charity Ball.

"The presidents group felt there wasn't enough time to look at all the surrounding issues to implement it for the ball," said Crocker. "However, the expectation is that there will be a change in the near future."

"I feel pretty positive about

everything," said Lynn Wambolt, president of Evaristus residence council. "We wanted it for the Charity Ball because there are a lot of guys coming for the event with no place to stay. It's too expensive to stay in a hotel, and if people want to drink, we have to worry about who is going to drive. Basically, it's just easier if we could have guys stay over."

A subcommittee of student affairs has been formed, including Suzanne Campbell, Don of Assisi Hall; Lisa Pinhorn, Don of Vincent Hall; Andrea Mailman, resident assistant co-ordinator, as well as, Crocker and Casey. They will be presenting a proposal to the president's com-

mittee.

"We've given ourselves a month to write the proposal," said Mailman. "After that all we can do is hope. Everyone must be positive."

Another issue discussed was the upcoming construction on the old library in Evaristus. Students were worried they would be disturbed because of the noise, especially during exam time. Paul Reyno, director of the physical plant, said he would try to postpone construction until after final exams.

Overall, the forum seemed to be well-received and all resident students are optimistic for the future.

Classifieds

The Halifax YWCA, 1239 Barrington Street:
offers Aikido. Aikido is a gentle, but vigorous and non-competitive martial art designed to neutralize an attacker by harmonizing with the aggression. Classes run from January until April, 1992. Drop by to watch a class any Monday, Wednesday or Friday evening from 6:00 p.m. to 8:00 p.m.

Mount Saint Vincent University
Bursary Applications: Available at the Financial Aid Office, Rosaria Centre, Room 110. DEADLINE: January 31, 1992

Planning for your children's March break? For games, crafts, music, movies and field trips, consider Day Camp at Mount Saint Vincent University for girls and boys Grades Primary to Five. Athletics/Recreation offers the Camp March 16, 17, 18, 19, and 20. Children may be registered by the day or week. Register beginning February 1 in person at the Athletics/Recreation office, Rosaria Centre or call 443-4450 ext. 420 for more information.

The Halifax YWCA, 1239 Barrington Street:
offers a duplicate Bridge Club. Weekly Bridge for the dedicated player. Non-Smoking premises. Pre-Registration required. January 9 - April 30, Thursdays, 7:30 to 10 p.m., \$10.00 yearly membership, plus \$2.00 night played.

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"Living with Cancer", an information and support group program for cancer patients, their families and friends, meet on the first Wednesday of each month from 7:00 p.m. to 8:30 p.m. at the Cancer Treatment and Research Foundation of Nova Scotia, Dickson Building, University Avenue, Halifax, Nova Scotia. For this month only the next Living with Cancer Meeting will be held Thursday, January 2, 1992 at 7:00 p.m. For more information, please contact Rosemary Kuttner, 861-4785; Harvey Seasons, 455-1943; or the Patient Services Department, Nova Scotia Division, Canadian Cancer Society - 423-6183.

A Charity Ball for the benefit of the Canadian Cancer Society is being held by the Mount Saint Vincent University residences. The ball will be held on January 24 in the Multi-purpose room of Rosaria Centre from 9 p.m. to 1 a.m. Tickets are ten dollars each. For more information, please contact Jannine Shave at 457-9939.

"Travel Nite" - CHA Nova Scotia presents New Zealand - with world traveller Piet Mars. Includes slide show with commentary, refreshments. January 16, 7:30 p.m., Maritime Museum, Lower Water St., Halifax, Thursday, Jan. 16th. Admission Free. All Welcome.

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The views expressed through the Picaro are not necessarily shared by Mount Saint Vincent University, the Student Union, or its publishers.

The views of the Gringos (page 7) are not necessarily the views of the Picaro, but are quite possibly the views of the SU External Vice President.

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NEWS

PANDORA: THOSE WHO OWN THE PRESS

by Mary Jardine

The Trafalgar Room at the Lord Nelson Hotel was the venue for the Human Rights Commission Inquiry, Jan 16-17, which examined a complaint of sexual discrimination against Pandora, a local feminist newspaper.

The complaint was initiated by Gene Keyes, a divorced father, whose letter to the editor was rejected because he is a man. Keyes said he suffered sexual discrimination as a consequence of Pandora's "women only" policy.

During the course of the hearing, Pandora lawyer Anne Derrick presented numerous expert witnesses who testified in support of the volunteer grassroots women's newspaper.

Among those who appeared on Keyes's behalf were the Reverend Daryll Gray and Charlie Phillips, a divorced father who successfully contested the Nova Scotia government's policy

of "mothers only" social assistance payments.

During Thursday's proceedings, Pandora witness Sharon Fraser underwent four hours of questioning by Anne Derrick and Human Rights Commission lawyer, Randy Duplak. Fraser, a former editor of Atlantic Insight and a well-known journalist, told the inquiry that Pandora is an example of alternate media, a woman-centered publication which seeks to promote the equality of women.

She described the newspaper as being one which seeks to change the status-quo in society. Fraser testified that the prevailing viewpoint of mainstream media assumes "women's issues" are only of interest to other women. By contrast, she stated, what is of interest to men is of interest to everybody.

According to Fraser, the white male bias of mainstream media is not seen to be a bias. It is

presumed to be the premise at which we all start.

During questioning, Fraser was asked whether Pandora shouldn't be required to "print the other side". Pandora is "the other side", Fraser said. A person who owns and directs a newspaper has the right to set an editorial policy, she said.

Commission lawyer Randy Duplak questioned her for a definition of "freedom of the press". Fraser said: "Freedom of the press belongs to those who own one".

Duplak said freedom of the press is a basic right to all individuals, while Fraser said it is an ideal, not reality. She said "one cannot freely express one's views where they are not welcome".

Final arguments in the Pandora Human Rights Inquiry will be presented in March. It is expected that a final ruling in this unprecedented tribunal will be released in several months.

Headlines in History

January 27, 1973

Vietnam Peace Treaty Signed Today

After four years of negotiations, a peace agreement was signed in Paris today providing for a ceasefire in Vietnam and the withdrawal of U.S. troops.

The agreement, which promises to "end the war and restore peace in Vietnam", was initiated on January 23 by U.S. Secretary of State Henry Kissinger and Le Duc Tho of the North Vietnamese delegation. The treaty received full signatures today from representatives of the Republic of Vietnam, the Provisional Revolutionary Government of South Vietnam (Viet Cong), the Democratic Republic of Vietnam and the United States. The four parties agreed to cease fighting while establishing means for the Vietnamese people themselves to settle the political future of South Vietnam.

The ceasefire is to take effect today at 2400 hours Greenwich Mean Time. United States and other allied troops have 60 days in which to dismantle their

bases and withdraw. The agreement makes no provision for the pullback of North Vietnamese forces in the South.

Eight other governments acknowledging the agreement are China, Canada, the Soviet Union, Great Britain, Poland, Indonesia, Hungary and France. An international Commission of Control and Supervision (ICCS) will oversee the ceasefire, it's 1,160 members drawn equally from Canada, Indonesia, Hungary and Poland.

The Paris treaty calls for the establishment of a National Council of National Reconciliation and Concord, a body on which the government of Saigon, the Communists and undefined "neutralists" are to have equal representation. Decisions on upcoming elections in South Vietnam are to be based on unanimous agreement of the three factions.

The United States became directly involved in the Vietnam

war in 1950, when President Harry Truman made the decision to support France financially in its war against the Viet Minh. The United States sought not only to aid France, but to save South Vietnam from a communist takeover. In the fall of 1969, President Richard Nixon introduced a policy of gradual but steady withdrawal of American combat troops from Vietnam along with continual peace talks. Between 1963 and 1973, 2,600,000 Americans served in Vietnam.

As a result of the Paris agreement, U.S. and other anti-communist foreign combat units left South Vietnam. The last American troops withdrew at the end of March, 1973. However, the Paris treaty failed to bring an end to the killing in Vietnam, with an average of 180 Vietnamese losing their lives for each day since the fighting was supposed to have stopped.



All you need is a buck!

The first condom vending machines on the Mount campus were installed Wednesday. The machines are located in both the male and female washrooms across from Vinnie's in Rosaria Centre. Condoms can be purchased for \$1 each.

"It's about time," said Karen Casey, president of student union.

The Picaro staff was unable to determine who made the final decision to install the machines, as the Health Services staff was unwilling to comment.

Letter to the Editor

TO THE MEMBERS OF THE STUDENT UNION:

As I travelled through Europe during the holidays, I was concerned by the number of times the validity of my student identification card was questioned.

Frequently, I had to show my I.D. in order to benefit from some services, and I got a similar response every time - I'm sorry, this is not satisfactory, do you have anything else? - or in extreme cases, I was greeted with a very frustrating look of amusement and scepticism on the employee's face. I had to carry my university calendar around with me, to prove that the school really did exist.

In addition, the words "Student Union" on the card seem to be misleading, since I was told on several occasions that being a member of such a 'club' did not entitle me to any student privileges...

The worst adventure, though was probably the day that I showed my card at a VIA Rail station in Montreal to get student reductions, and the employee took out a list of Canadian universities...where he never found Mount Saint Vincent. I

was not amused.

Let me therefore make some suggestions for, as a non-student of a non-existing university, I am concerned and angered at the situation.

First, why not use cardboard that does not look like the back of a pantyhose package? Better yet: use plastic! Use some coloured logo, to make the card more difficult to reproduce on a simple photocopier, as it has been done before; and maybe fancier typesetting would do the trick, instead of your old typewriter.

Oh, and last thing: try to take pictures that are focused and close enough for the person on it to be recognisable.... Think you could give it a try?

I pay fairly large fees to have my rights as a student respected... So please respect my right to be recognized as a legitimate student anywhere I go, because there is a world outside the Mount, and I like to be part of it.

Thanks, I'm looking forward to getting my new I.D. card soon.

Caroline De Bie
2nd Year BPR

Entertainment

The Gringos

Slamma-Jamma in Bedford

by J. Wingo

Picture it: a small, secluded basketball court hidden miles from humanity. Tumbleweed glides across the asphalt as a light wind picks up and gently plays with it. This would be a place of destiny for us Gringos. A treasure awaiting us to discover, and subsequently plunder!

A few days before 'the discovery', Tevin was acting unusually unresponsive. His soul seemed elsewhere, perhaps in another dimension. At first, I thought that maybe he was visiting friends we had made years back in the sixth dimension (a quest that I will uncover at another time). When I had asked him about, all he could say was that something was calling out to him. A few days later, we all were experiencing similar mystic feelings. Simple everyday events like eating, sleeping, and bull fighting were no longer possible. We could no longer wait, what we needed was swift action!

After a group prayer, asking the Gods for strength and wisdom, we hopped in 'The Machine' (my car) and began our journey. None of us at the time knew what or where we were going, only that something was beckoning us to come. Our first stop was China. There, we did find treasures of vast wealth. Alas, our yearnings continued. We then travelled to Vulcan, where a certain pointy-eared person told us to seek out a land called 'Bedford'. After we thanked him, we returned to Earth.

We could sense that we were closing in on our destination, and our anticipation grew. After weeks of searching, we had finally come to know our destiny. There in front of us stood the answer.

We walked towards what could only be described as paradise personified. There were two perfectly planned basketball rims, untouched by the sands of time. Since we carry the essentials for survival at all times, we were prepared to stay a good long time. Necessities such as a grippable basketball for kickin' 720 degree reverse power jams only can begin this list. For a quick energy burst, we have a trunkful of marsh-mellow fluff, Cheerios and left over donair meat.

"The Machine" was positioned geometrically as to provide an optimum sound from my

boomin stereo system (which has been ranked in the top five in this solar system). Only the newest, freshest jams are played. Anything from New Jack house beats, to pure funk allow us to become dunking demons!

Tevin began the show with a simple two-handed Charles Barkley style throwdown. Oko then proceeded to demonstrate his version of a bird as he 'flew' some 15 feet in the air, ending with a windmill-reverse slamma-jamma! Ande. G, who is short in height, more than makes up for it with his legs of steel. He took a handful of Cheerios and proceeded to blow us away with a 360 degree funk in your face dunk. As for myself (Wingo), I decided to try my patented around the back, smack your mamma on the back, power-slam. It was incredible! Indeed, we put on a clinic on this day.

In the following weeks, all that we could think about were those rims. We returned soon af-

ter, this time with spectators. Colourfully named the "Bedford Babes", these honeys provided the incentive to push our abilities to ridiculous proportions.

The Bedford Babes include: Marcie, Nicole, Jill, Susanne, and Chantel.

We, however, prefer to call them: Hyper, Smirnoff, Peaches (B's), Citadel, and Rythm. The Gods must have been watching, as we were blessed with warm, breezy days.

As EMF would say, it was, "Unbelievable!"

After days of craziness, we had to leave, for our marsh-mellow fluff supply had run out. We came away with an adventure which I can only attempt to put into words. We were proud Gringos before, and still are.

Until the next words are spoken...

P.S. -- Miami Dolphins and Harry Connick Jr. will both live forever!



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Jan 29 Wednesday \$5 The International Development Association (IDA) of Dalhousie University kicks off International Development Week '92 with this benefit featuring Banna Afrique, Big Picture and Modern World Thang.

Barrington at Spring Garden • info 420-1051

BRYAN ADAMS

By Jennie Johnson

The crowds were on their feet as Canadian Superstar Bryan Adams rocked the Halifax Metro Centre last Tuesday, January 16, 1992.

Adams, who hadn't performed at the Metro Centre since January 1985, put on an energetic show. He told the crowd he was going to "make up for the lost time" and he did. He played everything from "Cuts Like a Knife" to his latest release "There Will Never Be Another Tonight," from his new album "Waking Up the Neighbours."

About halfway through the show Adams announced that he was about to sing a song which he describes as his "lucky accident". Before he could even announce the title, the crowd were raising

screams. The song was, of course, Adams' smash hit single, "Everything I Do, I Do It For You" from the Robin Hood Soundtrack. The song, which was responsible for his amazing musical comeback and which hurled him into super-stardom, hit #1 in 33 countries.

Adams and his band played for 2 and a half hours. This included playing a wide range of music and the crowd, being so hype, called him back for three encores.

It's been a while since the Metro Centre has rocked like it did last Tuesday, and everyone seemed to have a rockin' time. The stage has been set for next summer when Adams is supposed to return to Halifax. I predict another knock-out, box-office smash, hit concert.

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Entertainment

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in aid of the Canadian
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Friday, January 24, 1992

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in the Multi-Purpose Room,
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Shuttle bus to downtown available after the ball.

Tickets available Wednesday, Jan. 22,

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FREE JACK

by Leah Purdy

Warner Bros. latest flic Free Jack is a great sci-fi action movie for anyone interested. Free Jack stars Emilio Estevez (Young Guns 1 & 2, Stakeout), Mick Jagger (of Rolling Stones fame), Anthony Hopkins (Silence of the Lambs) and Renee Russo (sorry no creds.)

Estevez plays a race car driver who is stolen from the past just moments before his death and projected 18 years into the future.

Jagger plays the techno wizard body snatcher who gets hired by the rich to take people from the past. The reason: so that when they die their mind can replace that of the person from the past. Get

it? A "Spiritual Switchboard" at the top of a 200 floor building keeps the human mind alive even though the body is dead. WEIRD!!

So anyway, Estevez escapes the clutches of Jagger and is on the run in New York city 2009 AD, where everyone carries guns, shoot people for no reason and all look like freaks. So... not much has changed there.

Estevez looks for help from his girlfriend from the past (Russo). He finds she is now an executive vice-president of the largest and most powerful company in the WORLD! With her help Estevez barely escapes death about a zillion times with loads of guns and near misses, action and

the occasional naked breast for depth.

The climax has some interesting twists in plot that add to the intrigue and has some really freaky special effects (that are best when experienced from the front row.)

The conclusion is a little too pat and tucked in for my personal taste, but it doesn't elude to a sequel. (knock! knock!) At Free Jack's premiere last week, comedian Howie Mandell said the film was the feel good movie of January. However, it had some laughs, lots of action and special effects to earn a respectable 7 out of ten from me. (and that really means something!)

Whale Sighs

by MATT

The telephone is ringing, is that my mother on the phone?

The telephone is screaming, won't she leave me alone?

The telephone is ringing, is that my mother on the phone?

- The Police

Last week I wrote about the tragic separation from that special woman in my life, without whom I am not complete. This week the subject of my soul searching is about another special woman, without whom I wouldn't be here at all. My mother.

Coming back to school and detailing my vacations to all foolish enough to ask took all of two sentences. "Great. Spent it with Rachelle." No mention of my siblings (next week you get the dibs on that), or friends and most sadly, no mention of time spent with my mother.

My mother and I are close. We go out grocery shopping together. I'm her first choice when she needs someone to drive her to work. We get along, and that has always been something that I've taken for granted. Now it seems I'm taking her for granted.

A wise red bearded fellow once explained the offspring - parent cycle to me. At first there is complete dependence. Then as children grow they slowly distance themselves from their folks. Treasured rituals and childhood games are discarded for other rituals and games (usually having to do with the opposite sex) The teen needs space, the gang needs privacy, the couple need each other. And maybe mom isn't needed as much anymore.

Parents bear it, knowing that their children will one day come back into the fold. Don't kid yourself. We all need to go home once in a while. It's just the time between loving your folks because they're your folks, and loving them for who they are, that can be hell.

Long distance conversations with my mother over the phone follow roughly the same format. They begin with greetings, endearments and comparisons of the weather. Next she tells me how my brothers and sister are doing. Then she gives me THE REPORT. Picture a newscast of all the day's calamities, accidents, needless deaths and murders. Not sensational-

ized mind you, just the grisly facts. Next picture getting this in a matter-of-fact tone from your mother. Every time I call she hits me with THE REPORT.

It got me to thinking. Maybe I should cherish every second I have with my mother. Lord knows I didn't do the greatest job while I was home. Maybe I should call more and write more. Maybe something's wrong with me. Maybe I should thank God that I wasn't slain by a defective whoopie cushion. Maybe. I often wonder if my mother has ulterior motives for giving me THE REPORT. Perhaps you can relate.

I used to drive my mother to work while I was home. As I said I was her first choice. Now she's learning to drive. She's been in the process of learning to drive for the past 10 years. You can imagine I was less than optimistic. I chuckled to myself when she got her beginner's permit. I chortled as she explained the road signs to me as we sped along in the jeep. The laughter died in my throat when my dad bought her her own car.

Now what will happen to me? I used to be her first choice.

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Do you have erotic dreams about being called "Scoop"? Write for the Picaro and make your dreams a reality.

Sports

Mystics Soccer Win Indoor Tournament

On the weekend the Mystics Soccer team competed in the first NSCAA Indoor Soccer Championships emerging victorious with a clean record of four wins and no losses. In their first game the Mystics defeated the Nova Scotia Agricultural College 6-2. Shelley Snair scored twice for the Mystics, Jennifer Golding, Darcie Moore, Shelly Eichel and Jennifer Ayotte each added a marker.

In their second match

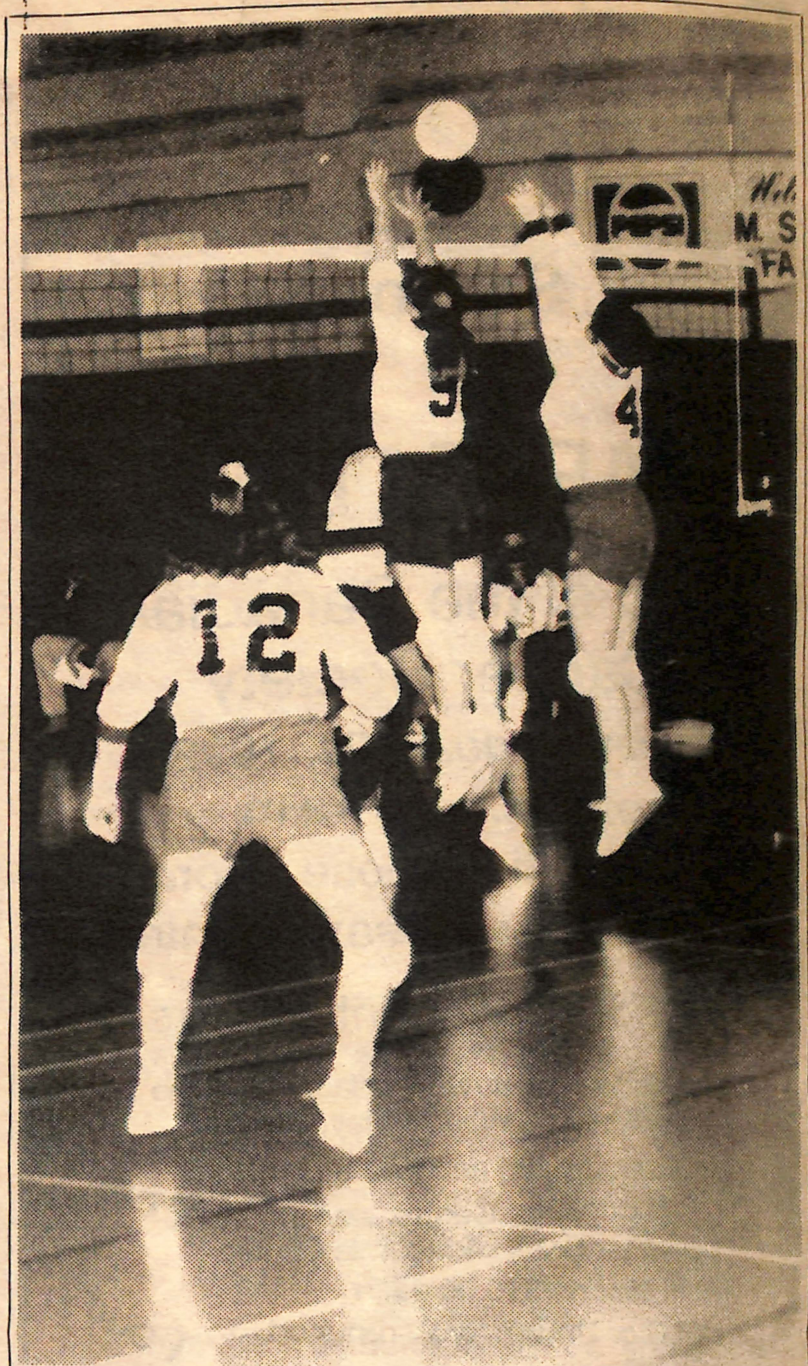
against Technical University of Nova Scotia, the Mystics went the distance finishing the game with a score of 3-0. Shelly Eichel scored twice and Shelley Snair added a single.

The Mystics then went on to defeat University of Kings College 2-0 to finish the round robin section of the tournament in first place. Shelly Eichel and Shelley Snair teamed up again to score the two goals.

The championship game

saw the Mystics pitted against the team from Kings again. The Mystics scored their first goal within the first minute setting the pace for the game quickly. The team went on to score another eight goals for a final score of 9-1 to win the first NSCAA Indoor Soccer Tournament. Shelley Snair score five times for the Mystics joined by Jennifer Ayotte who scored three goals and Shelly Eichel who added the ninth goal.

Find out
Wed Jan 29
at the
MYSTICS
Basketball Games



Let's Get Ready to Rumble!

by Marco Tejada

The Mount badminton team engaged in a tournament this past 18th of January. The competition, held at TUNS was but a sample of bigger and better things to come from this talented group of athletes.

In ladies' doubles action, the combination of Wendy Skeard and Karrie MacDonald proved too overpowering for any team

to handle. With final victories of 15-5, 15-5, they left their opponents looking like, "...used bingo cards." In men's singles play, Corey Beals staggered the opposition 15-6, 15-9 to take top single's honours. In men's doubles action, Troy Locke and Marco Tejada threw heat of such intensity that the opposition withered 15-3, 15-7 before their onslaught. Unfortunately, the Mount's mixed duo combo of Shawn Leeman

and Gail Nash succumbed to the legacy of an ancient Gypsy curse and could not come up the victory that would have also put them in first place.

In total the Mount placed an overall second behind St. Anne's University. Cudos to coaches Carl Lingley and Mike Kingston for a job well done!

The next tournament will be held at NSAC on January 25th.

High School B-Ball Tournie

The Annual Mount Saint Vincent University AA High School Girls Basketball Tournament is set to go here at the Mount on January 24 and 25. This will be the 11th year the Mount has hosted this tournament. In the high school basketball circle this has become known as one of best AA Girls Tournaments in the province.

"The tournament gives teams a chance to play each other before playoffs begin," says Tournament Coordinator Patsy Pyke. "It also gives these high school students an opportunity to experience university life first hand. We have actually had a number of student-athletes come to the Mount who have participated in this tournament. The members of the Mystics Women's Basketball team act as hostesses for the tournament and many of them work with their former high school coaches and teams."

Teams competing this year include Digby (last years champions), New Glasgow, South

Colchester, Ste Anne du Ruisseau, Chester, Strait Area Education Recreation Centre, Hants East and Oxford. The participation of these top AA teams in the province assures that the tournament will be a very good, high calibre tournament.

Play gets underway Friday January 24 at 3pm when Digby

takes on Chester. At 4:45pm Hants East plays New Glasgow. Ste Anne du Ruisseau plays Oxford at 6:30pm and Strait Area Education Recreation Centre takes on South Colchester at 8:15pm. Play continues through the day on Saturday with the Consolation Game set for 4pm followed by the Championship game at 5:45pm

Pepsi Athlete of the Week



This weeks pepsi Athlete of the week is Cory Beals. Cory is a member of the Badminton team and is currently in first place

in the men's singles division of the NSCAA. He defeated a member of l'Universite Ste. Anne badminton team over the week to earn the first place ranking. Cory is a first year bachelor of Public Relations student from North Preston, where he went to school at Cole Harbor High. Congratulation to Cory Beals on being selected as Pepsi Athlete of the Week!

Women's V-Ball Defeat NSTC in Two

by Nadine Hines

The Women's Volleyball team defeated the Nova Scotia Teachers College one Wednesday in two matches.

In the first match, the team defeat NSTC in three sets 15-9, 16-14, and 15-2. They had a harder time in their second match, losing the first set 10-15 and third

14-16 but winning the second, fourth, and fifth sets 15-1, 15-7, 15-10 respectively.

Assistant coach, June Lumsden, sees improvement in the team but stated "they need to be more mentally tough," and described the teams serving as "a good weapon." In league standings the Mystics are ranked first.

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V-Ball Tournie A Smashing Success

by Katie Robson

Four teams of spirited Mount students gathered on Friday afternoon in a battle of the nets, and the team "Hunka Hunka Burnin' Love" emerged undefeated in six games with the coveted title of Winter Carnival Volleyball Champs.

The captain of the winning team, Ray Elvis Side Burns, summed up the atmosphere of the event.

"The tournament" gives everyone a chance to have fun, and everyone has a fair chance at playing. It's competitive but not really hard".

The Diggers, the Come-a-Boarders, and the Student Union (interesting name, guys!) were

the other team contenders and although each team had the other team contenders and although each had their share of people who had played before, some had hardly ever played.

"It's Really fun to get out like this" said Beth Hadley of the Student Union team. "Everyone just gets together and has fun."

The teams were vying for the title of champs in the paths of past winners, such as Team Ferguson last year, "the Un-Naturals" in 1989 and the 1988 champs, "No Names, No Brains".

Many students who may enjoy playing volleyball often don't have the time to play intramur-

als, and the tournament offers a chance to get onto the court again - and a good time.

"We look forward to these (tournaments)," said Alanna Mason, a player for the "Hunka Hunka Burnin' Love".

Prizes are also a tradition of the annual tournament, and this year there were t-shirts, mugs, tickets to the Andrew Cash concert, and much more.

Congrats to the members of the winning team, "Hunka Hunka Burnin' Love"- Ray Elvis Side Burns, Rodney Fougere, Simon Hurd, Liam Clancy, Deborah Colvin, Alanna Mason, and Cindy Fanning.

Congratulations also to the second place team, "The Diggers", made up by Sherry Devanny, Dennis Sheen, Jason Winthrop, and Jennifer Dusenfeld.

Thanks to Joanne Burns-Theriault of the Athletics and Recreation Council for setting up the tournament and also to all who participated - see you next year!



DO YOU:

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

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

WRITE FOR THE PICARO.

We're in Rosaria, room 403.

Healthy You in '92

Wellness has come a long way. Only a few short years ago, those who used the term generally received puzzled looks and raised eyebrows from people who saw it as another buzz-word that would be here today and gone tomorrow.

Well tomorrow has come and gone and wellness is hanging in. Some people still don't particularly like the word, but the concept of taking responsibility for life of health, well being and fulfilment is now deeply rooted in our culture.

Start 1992 by building a bridge to Well-Being by joining the Mount's Athletic and recreation programs. Our programs are

designed to encompass the concept of making connections - internal within ourselves to connect body, mind and spirit. Try an aerobic class or weight training or how about co-ed volleyball and badminton. Minimize your stress level with Tai Chi. The diversity of programs is such that there is something for everyone.

Wellness is your responsibility, it is more than taking care of your bodies, it involves challenging our minds, nurturing our spirits and learning to live in harmony with our environments. There's something in it for everybody. If you want to do something for yourself in '92, consider joining the Athletic/Recreation Program.

Lunch and Learn

What's happened to your New Year's Resolution... Getting active and fit in '92? Join Anne Bulley and Ruth Vesterback and find out how you can get going on the road to an active and healthy lifestyle. Have thought of all the excuses possible for not going

out and getting physical, or being a healthy eater. Well, let us help you put together a realistic plan of what to do, where to go...etc. Taking that first step, and put your shorts on, January 29, 12-1pm in the Royal Bank Room, second floor, Rosaria centre.

F.I.T. Principle

Becoming fit may appear to be a large commitment, although it is easier than some people think. Fitness does not take time that you do not have, it is not necessary to be an athlete with special ability, and also for the amount of energy you put into it you will get much more energy out of it.

To help you out with fitness the F.I.T. Principle should be kept in mind. F.I.T. stands for

Frequency, Intensity and Time. Frequency: 3 times a week. Intensity: within your target heart rate zone. Time: at least 30 minutes. Each component is equally important.

If F.I.T.'s principles are followed they will form the foundations for getting into shape and staying there. If the commitment to fitness is hard to make, follow F.I.T., it will help you through.

AIR CANADA TICKETS WON

AIR CANADA graciously gave the Athletic/Recreation Office two tickets anywhere AIR CANADA flies in Canada to sell tickets on as a major fundraiser.

June Lumsden, Coordinator of Athletics and Recreation feels the ticket sales were high and will help a great deal toward covering costs running an athletic program such as ours. The winning ticket was

drawn on December 6 and the winner is... Ann Marie. Ann Marie is a member of the Mount Mystics Volleyball team. She has recently become engaged and will use the tickets to take the honeymoon trip she was not expecting to be able to take right away.

On behalf of all our athletes and the Athletics/Recreation Office, THANK YOU AIR CANADA!

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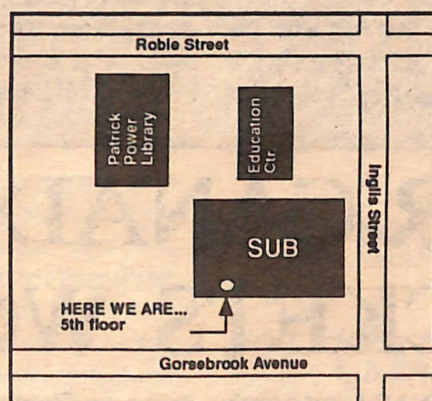
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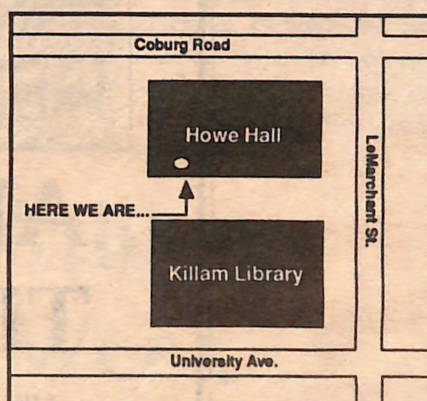
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