THE PICARO

MOUNT SAINT VINCENT UNIVERSITY STUDENT NEWSPAPER

Wednesday, February 29, 1984

Volume 19, Number 19

CFS popularity costs principles

OTTAWA (CUP)—In the tense 20 minutes before referendum results were announced, Mark Lenihan thought the Canadian Federation of Students was doomed at the University of Prince Edward Island.

"I think we blew it," the federation's Atlantic fieldworker confessed when polls closed Feb. 8. His fears were based on last minute opposition by student councillors who called the federation's political wing inef-

fectual, non-representative of Atlantic interests and unfocused.

But UPEI students came through. One hundred and eighty-two of the university's 1,700 students voted to join CFS, while 140 voted no. About 19 per cent of the eligible voters cast ballots.

"I'm frankly surprised, but very pleased," Lenihan blurted when he heard the news.

His surprise was not neces-

sary. The UPEI referendum followed a predictable pattern the federation will likely enjoy for the rest of the term. The two-year-old organization has already won four campuses this year—UPEI, Laurentian University in Sudbury, the University of Regina and the University of Alberta.

They will likely win at least five more by the end of the term, putting their full membership at 33. At first glance, it appears the federation is capturing the hearts and minds of Canadian students. Last year CFS was in a very precarious position, with a \$47,000 deficit, an unhappy membership, and a radical image on campus. Students across the country dealt the federation a series of disastrous losses, including the all-important University of Toronto. Now CFS is financially solid, has a strong membership base and faces little internal dissent. Right-wingers still oppose the federation, but at most campuses they don't have enough power to kill a referendum.

On the surface, the federation is operating smoothly.

But, says Ann Travers of the University of Guelph, the federation's recent successes have come at the price of its principles. Travers, vice-president of the left-leaning student council at Guelph, is urging students to vote no in the March 12 membership referendum.

"They don't want to have policy," Travers said after returning from a November general meeting. She ran for federation chair on an activist platform, but lost to Beth Olley, a self-proclaimed moderate from the University of Saskatchewan.

They don't want to discuss other student movements, women's rights or disarmament; they don't want to challenge the status quo," she said. At that general meeting, delegates voted down a motion to condemn the U.S. invasion of Grenada, withdrew official CFS participation in the Peace Petition Caravan, refused to support teaching assistants having a contract dispute with the University of B.C. administration, and referred a motion to abolish all CFS policy on "non student issues" to the federation's central committee.

In a recent interview, Travers said the federation's step away from controversial issues makes CFS more attractive to students. She said she still supports the concept of a national student or-

ganization to defend the interests of students, but CFS is politically dead.

Guelph students are not the only traditional CFS supporters who have turned cold to the organization. University of Trent students will likely go to the polls this term, and members of the student council executive say they will not take an official stand on the issue. Observers say this would be tantamount to a kiss of death for the federation at that campus.

But even if CFS loses some of its traditional supporters, the federation will at least remain stable. Its finances are in order, its, policies—which focus on quality, accessible education—do not offend Canada's increasingly conservative students, and its activities—mainly lobbyting—do not require participation.

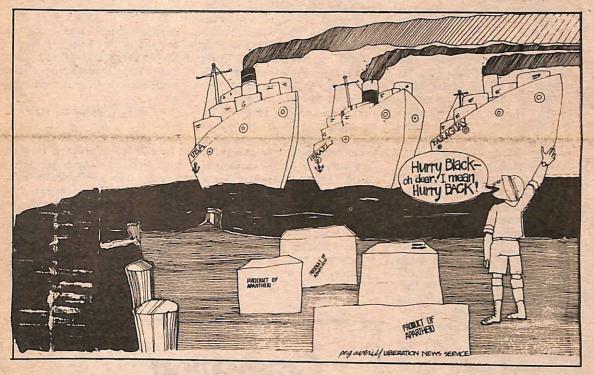
The annual \$4 per student membership fee can often be easily recovered through use of CFS student discount cards, which provide reduced prices at participating stores. Joining the federation is painless.

Other campuses where referenda are scheduled for this year include Lakehead University (Thunder Bay) Feb. 28, University of Calgary March 7 to 8, Fanshawe College (London) March 13, University of Alberta graduates March 14, Mt. St. Vincent University (Halifax) March 14, and Memorial University March 26 to 27.

A referendum will likely take place at Lambton College (Sarnia) but is not yet scheduled. It is also possible Selkirk College (Castlegar, B.C.) and Capilano College (North Vancouver), both members of the federation, will stage pull out referenda this term. It is not clear why they are unsatisfied.

Some members of the University of B.C. student council recently pushed for a referendum this term, but were defeated by pro-CFS councillors who said students know little of the federation's activities.

Apartheid perpetuates cheap labor



MONTREAL (CUP)—Racial oppression made economic sense in the pre-Civil War southern United States. Black slaves were a cheap labor force.

The economics of oppression is a factor common to both the "old south" and today's apartheid South Africa, according to McGill University professor Allen Fenichel.

He told students during Anti-Apartheid Awareness Week that apartheid perpetuates the cheap mobile labor force.

Journalist and United Nations consultant on women and Apartheid, Stephanie Urdang said apartheid policies separate families while ensuring that the white majority has a pliable work force.

Black South African men must register with the government at the age of 16 to be hired as workers anywhere in the country, said Urdang.

Once hired on a one to five year contract, they live in onsite housing in urban centres, miles away from families in homeland reserves. They are not allowed to bring their families along.

Urdang said women too are separated by necessity from both their men and children.

Women were formerly the food providers for black families. Urdang said that ended when the black population was forced into crowded homelands, unarable land far from urban centres where most men work.

Twenty-four million black South Africans live on 13 per cent of the country's land. The five million white population controls the rest.

The government provides no financial relief for people on land like the Transkei homeland. In a good year, Transkei will support only 23 per cent of its black population.

Because their men work, liveand often spend their wages in urban centres, mothers sometimes move to illegal shanty towns outside cities.

Others either farm their meagre gardens and risk starvation or serve as domestic servants in white households, cut off from both husbands and children. Urdang said women often see their children once a week for a few houre

"There are one million domestic workers and five million whites, so virtually every family has a servant at their disposal," said Urdang, herself a white person raised in a South African home with black domestic servants.

The cheap supply of labor available under apartheid is an attraction to foreign multi-national corporations operating in South Africa, said Urdang. It also provides the white majority with an abundance of servants.

While some speakers said divestment from South African companies and the government would only hurt black South Africans, Fenichel supports the idea. "Investment and growth don't force integration."

Urdang, Fenichel and others were part of a campaign to raise awareness of apartheid policies. The McGill Anti-Apartheid Committee is encouraging the university administration to divest from banks loaning to South

Vote to ban military research

MONTREAL (CUP)—Students at Montreal's two English universities will decide in March whether they want military research conducted on their campuses

Project Ploughshares initiated the McGill referendum, while the Quebec Public Interest Research Group fought for the question to appear on Concordia ballots.

Neither referendum will be binding on the university administrations.

Representatives of both universities say all research is open knowledge. According to McGill Research Grants officer B.J. Gick "all the work we're doing here is publishable, every damn bit of it."

The Concordia student association opposed the referendum because the questions were too vague, but a student-initiated petition garnered enough signatures to force the question onto the ballots.

Day camp service

The Mount's Athletics and Recreation Department will be providing a special Day Camp during the March break (March 11-16) for children five to 12 years of age.

The idea is to provide supervised care for children of parents who are working during the time that the schools are closed.

Two groups of children, five to nine years old and 10 to 12 years, will take part in activities in the gym, the games room, including art and crafts.

Fee for the Day Camp is \$25 for the full week, or \$6 per day.
For information call 443-4450,

extension 152.

Residence room information

Residence Applications are now available at the Housing Office, Rosaria 119. Room Draw is limited to students presently living in residence. Residence Applications along with a \$45.00 (non-refundable) room deposit must be received at the Housing Office by Friday, March 9, 1984, to enable you to participate in the Room Draw.

ROOM DRAW DATES:
MONDAY, MARCH 12—
BIRCHES ROOM DRAW (FINAL YEAR STUDENTS)
TUESDAY, MARCH 13—ASSISI
HALL ROOM DRAW
WEDNESDAY, MARCH 14—
LOURDES, EVARISTUS & VINCENT ROOM DRAWS

Lists of final selections for the SPECIALTY RESIDENCES will be available at the Housing Office on Thursday, March 8, 1984. At \$45.00 room deposit must be received by Friday, March 9, 1984, to confirm your acceptance of the room.

Mature students interested in Birches Room Draw should identify themselves to the Housing Officer prior to the draw.

Returning resident students may only participate in one draw.

Individuals who pay room deposit must select a room. Room deposit may not be paid solely to maintain one's name on a waiting list.

Room Deposits are only valid if no outstanding debts are owed to the university.

At the gallery

At the Mount Art Gallery Friday, March 2 at 12:15 and Sunday, March 4 at 2 p.m., the film Two Worlds investigates contemporary North American Indian art and features carver and printmaker Tony Hunt and Haida artist Bill Reid. This is the eighth in a 13-part series produced by TV Ontario.

Also at the gallery is a one-day workshop with Toronto artist Lynn Donoghue, Saturday, March 17 from 10 - 4 p.m. For artists interested in exploring their own portraiture. \$25 Fee. Donoghue has given similar workshops at the Art Gallery of Ontario. The workshop is in conjunction with the exhibit Cult of Personality: Portraits by Lynn Donoghue on until April 8. For further information call 443-4450.

Bursary funds

Mount Saint Vincent Continuing Education Scholarshipawarded yearly to a woman over thirty years of age who is enrolled in any program except education. The award is based on involvement in student and community organizations and class participation. The student's average must be above 70 percent. The award will not be based on financial need except in the case of a tie. Deadline for Applications-March 1, 1984. Applications available at the Financial Aid Office, Rosaria 116.

Mount Saint Vincent University Campus Association of Parttime University Students—The Association will award a credit voucher for the value of a full unit course to a part-time student who has already completed five units of credit in a degree program. This award is based primarily on financial need, but scholastic achievement will also be considered. Deadline for applications—March 31, 1984. Applications available at the Financial Aid Office.

University Women's Club, Saint John, N.B.—Scholarship \$600.00. Awarded to a female student who will be entering her final undergraduate year in September 1984. To be eligible a student must be a graduate of a high school in New Brunswick School District 19 or 20. The scholarship is awarded on the basis of a student's academic standing and financial need. Applications are available at the Financial Aid Office, Rosaria 116. Deadline for applications—March 31, 1984.

The Halifax Branch of the Canadian Federation of University Women Bursary \$600.00 to be awarded in September 1984 for the academic year 1984-85. The award is open to a female applicant, a Canadian citizen, 30 years of age or over at the time of receiving the award, applicant must have been out of school or university for at least five years prior to embarking on the present programme of study. Applicant must indicate some potential for academic achievement, based on past university or employment or community service record. Applications available at the Financial Aid Office, Rosaria 116. Deadline for applications-April 15, 1984.

NEXT TRIVIAL PURSUIT MEET IS THURSDAY, MARCH 1, AT 7:30 P.M. IN THE M.P.R.

Food forum

Representatives from Versa Foods and University Administration will be on hand to discuss topics related to food service and meal plan options on Monday, March 5, at 6:00 p.m. in the Multi-Purpose Room, Rosaria Centre. If you have questions or concerns related to the existing service and meal plan or possible options, please make a point of attending.

Open campus days

Open Campus Days are coming up soon! Once again MSVU will open it's doors to high school students across the Province and beyond during their March break, March 12, 13 & 14.

Special workshops will be held each morning from 9:00 - 11:30 featuring a video by the Island Theatre Cooperative "A Light Hearted Look at a First Year University Student". A panel comprised of representatives from the various areas of the university community will also be available to meet with the students at this time.

After lunch, campus tours will take place following which students will have the opportunity to sit in on first level classes and attend other activities organized by athletics and various other groups on campus.

Some of the students will be staying over night in residence. If you wish to play host to any of the students you can contact your Resident Assistant. Please take an interest in our visiting students and make every effort to make their stay interesting and enjoyable.

History society Leone Byrne

On Thursday March 1, 1984 at 7:30 p.m. the History Society will sponsor a seminar on careers for history students. This seminar will be held in the upstairs of the MSVU Art Gallery.

The program will consist of having several guest speakers talk about their own careers and how these careers are related to history.

Guest speakers include Mary Sparling from the Mount who will discuss careers in Museum Studies; Bob Blake who will talk about journalism; Dr. Ken Dewar, who will discuss graduate studies in history; and Allan King who will talk about teaching history in the high school. Sheila MacKenzie from the National Film Board will discuss research and film production.

All history students are strongly encouraged to attend this seminar and others are cordially invited. Refreshments will be served.

Travel to Europe

On March 7th Travel Cuts will be holding a youth travel market place. If you're interested in travelling to Europe this is a must. We'll have films and information on flights and travel within Europe.

Youth travel market place will be held from 7-10 p.m. in the Green Room of the Dalhousie Student Union Building on March 7th. See you there!

Open house

The Board of Directors for The Association For Women's Residential Facilities cordially invites the public to view Adsum House at 2421 Brunswick Street on March 2, 1984 between 2 p.m. and 6 p.m. Adsum House is the emergency shelter for homeless and transient women 16 years of age and over.

Ice capades auditions

Halifax, Nova Scotia; February 21, 1984—Ice Capades, coming to the Halifax Metro Centre from Tuesday, March 6 thru Sunday March 11 features sixteen cast members from Canada. In almost every instance, the skaters were selected following auditions that were conducted during the previous Canadian tour of Ice Capades.

Area skaters will have a similar opportunity this year when try-outs will be held by Ice Capades at the Halifax Metro Centre Friday, March 9 1984. The auditions will begin, at-approximately 10:30 p.m., following the evening performance.

Contact: Robert I. Collins (902) 454-5764

Joe Fahey sings gospel

Born in Glace Bay, Nova Scotia in 1952, Joe was raised in the small community of Reserve Mines, Cape Breton.

He began playing guitar at the age of 11. At 16 years of age he joined a high school band and played at school dances throughout his high school years. He then took three years away from music while attending university. In 1974 he graduated from Dalhousie University in Halifax and began playing professionally throughout the Maritimes and Ontario. He has been writing original material for 12 years and is hoping to have songs published by a major recording company. In 1979 he recorded his first single record followed by an album in 1982. His songs have been played on Maritime radio stations for the past three or four years. He has appeared on the George Hamilton Show and the Andy Winters Show.

Joe is presently playing music in the Halifax area and plans an up-coming single record.

Joe will appear on March 4, 8-10 p.m. in the Rosaria pub. Admission is free.

At the Cohn

Sunday, March 4—Dalhousie Film Theatre (Prince Of The City) Prince Of The City is based on a true story of a federal commission investigation of corruption in a New York narcotics force. Sidney Lumet's relentless and terrifying film will be screened in Rebecca Cohn Auditorium, Sunday, March 4 at 8:00 p.m.

Sunday, March 11—Dalhousie Film Theatre (Night Of The Shooting Stars) Italy's Night Of The Shooting Stars, winner of Best Picture of 1983 from the National Society of Film Critics will be screened in Rebecca Cohn Auditorium, Sunday, March 11 at 8:00 p.m.

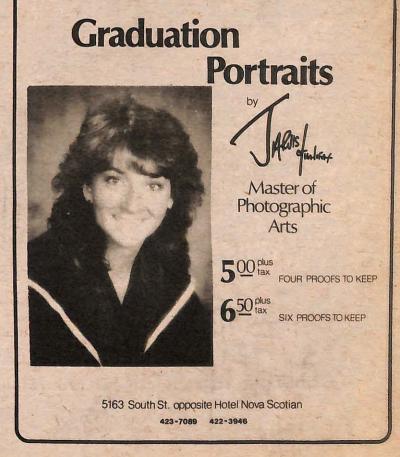
Wednesday, March 14—EL-MER ISELER SINGERS. The internationally renowned Dr. Elmer Iseler, will direct his twenty-voice choir in concert Wednesday, March 14 at 8:00 p.m. in Rebecca Cohn Auditorium.

Thursday, March 15—Travelogue (SCOTLAND FOREVER) Charles Forbes-Taylor will narrate his colorful motion picture, Scotland Forever, Thursday, March 15 at 8:00 p.m. in Rebecca Cohn Auditorium.

Dance classes

DANCE CLASSES FOR ALL AGES—pre-schoolers, children or adults in Ballet; Creative Dance; Highland Dance; Jazz/ Tap Class; Modern Jazz Class, beginners or intermediate levels.

As well, registration now being taken for Social Dance Classes—beginners and intermediate level, scheduled to start the week of March 19, 1984. Spaces also available in Ballroom Dance Class—bronze level. To register for the above classes call the Maritime Conservatory of Music—423-6995. Classes held in Dance Studios at Saint Andrews School, Bayers Road.



Security bill targets lawful Canadians

VANCOUVER (CUP)—Lawful Canadians, not foreign spies, are the targets of the proposed new Canadian security force, says a local civil liberties group.

Bill C-9, now before parliament, is "a blank cheque for the creation of a police force with totalitarian powers," says Don Stewart, spokesperson for the Vancouver Coalition Against the Canadian Security Intelligence Service.

The "security force" could plant bugs to monitor the private lives of anyone. Personal mail, telephone calls, government income tax records, or medical records would all be subject to interception and scrutiny."

Bill C-9 is Solicitor-General Robert Kaplan's latest effort to replace the RCMP security service with a civilian agency. The first try, Bill C-157, was withdrawn early last year amid irate criticism, some from provincial attorneys-general. The senate then held hearings and issued a report in November.

Another coalition member, Craig Paterson of the B.C. law union, says Bill C-9 is "a very quick re-write, with certain specific modifications" to meet senate suggestions.

Paterson says the current security service should be abolished and not replaced.

"The current image is of them trying to catch foreign spies," he says. "But most of their activities are aimed at Canadian citizens, engaged in peaceful, lawful and democratic forms of dissent."

\MP Svend Robinson (NDP -Burnaby) calls the bill "an assault on the privacy of all Canadians" and vows to do everything possible to block its pass-

age. But he admits that without the support of the Progressive Conservatives, who are split on the issue, the bill could become law as early as this summer.

"An intelligence agency that has the power to open first-class mail and examine income-tax forms of law-abiding Canadians has no place whatsoever in a democratic Canadian society," he said.

The coalition launched an information campaign about Bill C-9 with a press conference in January. They plan to continue applying pressure on the government to drop the proposal.

Anti-commie martyr becomes student rep

TORONTO (CUP)—The man who was jailed for three months in 1971 for attacking Soviet Premier Alexei Kosygin on Ottawa's Parliament Hill is now a student representative at the University of Toronto.

Geza Matrai is one of the 117 members of the Association of Part-time Undergraduate Students. He also chairs the Canadian Anti-Soviet Action Committee.

In a recent interview, Matrai said he did not think the political science class that elected him to APUS knew of his past activities

He said his ambition now is to enter politics. Matrai said he would like to be a Progressive Conservative member of Parliament.

He said he voted as a senior delegate to the convention last June at which Brian Mulroney was elected leader of the Conservative Party. He said his anti-Soviet activities are financed by sympathetic individuals, many of whom live in the Miami area.

Matrai studies political science at U of T. His family emigrated from Hungary in the wake of the 1956 uprisings that sparked a Soviet invasion and subsequent repression in the country.

Matrai said he believes war is the only way to stop the Soviet Union "But we may not have to use nuclear weapons," he said.

At the time of his attack on Kosygin, Matrai was a member of the Edmund Burke Society which later split into four organizations including the Western Guard, a racist fringe group.

Matrai said he has never belonged to the Western Guard, although he admitted he knew many members of the group. "Many of those guys helped me out when I was in jail. They stood by me," he said. Matrai said he plans to run for

Matrai said he plans to run for a seat on a Toronto area school board before launching his national political career. He said he wants to prove he's "not just a guy who goes around jumping on everybody."

Matrai said he is not a racist. "Listen, to me some of the best, most dedicated commie-killers, are Asiatics," he said.

Upon sentencing for the 1971 attack on Kosygin, the judge said he understood Matrai's anti-Soviet convictions. "He was apparently a witness to at least one act of horror in which a close friend of his was shot before his eyes, apparently by the Russians," the judge said.

Matrai has completed nine credits on his way to a degree.

Rape crisis centre gets the boot

PETERBOROUGH, Ont. (CUP)

—The University of Trent administration has eliminated office space for the student-funded
rape crisis centre and the campus gay and lesbian organization.

The university recently sold the building which houses the centre, the gay and lesbian group and the student newspaper, Arthur. It has only offered alternative space to Arthur.

Vice-president administration John Earnshaw said while the newspaper is "an integral part of Trent", the other groups are of "secondary" importance.

"They're pulling the rug right out from under us," said centre collective member Pauline Duffett. "If we lose office space it will totally jeopardize our operations."

The centre was created by the university administration in 1977, after five women were raped on campus. The centre is funded by the Trent student union, colleges and city hall. Until now the administration has provided space.

Centre representative Marilyn McLean says instances of sexual violence have increased since 1977. "If there was a need in 1977, there is more than one now; our crisis calls are increasing all the time."

One collective member said calls have quadrupled in two

years, following the recent upsurge in sexual assults across Ontario.

Earnshaw suggested the groups look more seriously at outside funding sources such as the United Way to get money for rent. But centre representative Colleen Day said, "We could never get money from the United Way, unless we stopped being political. If we don't have a political function, we might as well close down."

Students involved in the evicted groups charge the administration wants to get rid of them because they are involved with contentious issues.

Women involved with the rape crisis centre point to a conflict in views between themselves and a university committee set up to study sexual harassment on campus and recommend grievance procedures. While the centre insists harassment is a labor issue seen in the context of power between boss and employee, the university prefers to deal with harassment as an unfortunate perversion to be dealt with when it becomes too overt.

"What is the difference between professor-secretary relations or even professor-student relations and employer-employee relations?" said the centre's Margaret Johnson.

Coalition for Immigrant Women in Nova Scotia

The Coalition for Immigrant Women in Nova Scotia, which was formed in September, 1983, has been awarded funding by the Secretary of State for Multiculturalism to carry out a study assessing the needs and problems of immigrant women. This project will be carried out in the Halifax, Dartmouth, Bedford, and Sackville area and will reach as many immigrant women as possible. Individuals and multicultural and ethnic organizations will be contacted over the next six weeks to ensure their full: participation in this study

The goals of the Coalition, as

expressed when the group was established, are to determine the needs of immigrant women in Nova Scotia, make immigrant women aware of their rights and ensure the protection of these rights, provide support and encouragement to help immigrant women in Nova Scotia achieve their desired goals, and promote public awareness of issues affecting immigrant women in Nova Scotia.

With the help of individual immigrant women, the Coalition for Immigrant Women in Nova Scotia has grown over the past five months, and it is hoped that

even more interest will be shown now in the group's activities and programs. The next meeting will be Monday, March 5, 1984 at 7:30 p.m. in the International Education Centre, Burke Education Building, Saint Mary's University.

For further information about the Coalition or the needs assessment study, please write to the Coordinator, Needs Assessment Study, Coalition for Immigrant Women in Nova Scotia, P.O. Box 7157, Halifax North, Nova Scotia B3K 5J5 or phone Barb Daniels at 423-9998 or 443-

Campaign spending limited

WINDSOR (CUP)—The University of Windsor Student Council has decided to place campaign spending limits on candidates for the positions of president and vice-president.

Candidates will be allowed to spend a maximum of \$350 on their election campaigns. Candidates who receive 15 per cent of the votes or more will be refunded \$50.

Current council members expressed support for spending limits, and one went so far as to advocate even stricter guidelines. Vice-president Carolyn Ozimek said there should be a no postering rule as well.

Nominations open for alumnae - student union leadership award

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

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

*Students to be considered for this award must demonstrate activity characterized by participation, accomplishment, dedication, and guidance to

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

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

NOMINATIONS NOW OPEN
FOR THE
ALUMNAE—
STUDENT UNION
LEADERSHIP AWARD

All the Wile by David Wile



"Whaddya mean, you're going to hell in a hand-basket?"

Editors' note: In lieu of our own editorial comment this week, we felt the following was deserving of "our" space as International Women's Day approaches . . .

Real feminists eat quiche

Real feminists don't really like being pushed onto a soapbox all the time, but here goes . .

Real Feminists would vote for Maureen McTeer over Mila Mul-

Real Feminists support the neutralization of the English language and know that words like chairperson sound perfectly natural after a little practice.

A Real Feminist hates to see her little sister skip her own swim practice to watch her boyfriend's hockey game.

Real Feminists hate it when they go out with people and run into blatant sexism on a billboard or a movie and all the men turn to them and say, "Well, aren't you mad?"

Real Feminists answer, "Aren't you?"

A Real Feminist has probably heard the line "The women's movement has no sense of humor" a million times and probably won't be impressed when you use that as a comeback when he or she points out that your sexist joke isn't very funny.

Real Feminists wonder why people who would never dream of repeating a racist joke have no such qualms about sexist humor which uses the same generalization process and perpetuates attitudes that are just as unfounded and just as damaging to all of us.

Real Feminists get depressed when they hear that for every dollar men earn, women earn 60 cents, and even when male and female wages in Canada are adjusted for age, seniority and qualifications, there is still a completely unjustifiable gap between 10 and 25 per

Real Feminists get sad when they hear that one out of every five women in Canada will be sexually abused at some point in their life and one out of 17 will be raped.

Real Feminists know enough to be scared in the city after dark.

Real Feminists continually face the criticism that they don't speak for all women-that there are women who don't support and even oppose positions attributed to the Feminist movement collectively. Gosh, even Ronald Reagan has stated, referring to the huge, broadbased US Now, National Organization of Women, that he's not going to let a "few" outspoken women's libbers set the whole agenda on women's issues. But women are exposed to exactly the same socialization and conditioning process as men and being female doesn't grant any escape from the pressures to conform to certain roles that are exerted by the media, the educational process and the social structures we live with. It takes a lot of mental energy to break out of those patterns of thinking. Many of the opinions of this Real Feminist have slowly reversed over the past few years with exposure to more and more information.

The final impact came when a course I was taking studied statistics relating to Canadian women in the welfare system and the labor force. The information came from the 1981 census data from Statistics Canada—not your average feminist lobby group. Real feminists aren't born, they're educated.

In short, Real Feminists are an incredibly diversified group. In any broad-based social movement there will always be an entire spectrum of approaches and responses to the problems being addressed. Martin Luther King and Malcolm X spoke for the same cause. The extremism of the latter in no way discredited the legitimacy of King and thousands like him. It should be easy to see the analogy between the civil rights movement and feminism. What is important to remember is the virtue of remaining open-minded-every person has his or her own story and opinions and they're justified in holding them. Real Feminists don't whine-they react to what they see around them in what they feel is the most appropriate manner. If some of these opinions seem extreme, there may be other versions that are more acceptable and less jarring. What must be kept in mind is that all are variations of the same theme and all contribute to achieving the same end goal-the elimination from our society of all forms of discrimination on the basis of sex.

by Nancy Naylor Reprinted from the Silhouette by the Canadian University Press

Favorite cafeteria recipes

French Fries a la Caf

by Susan Lowe

their own gourmet recipe for French fries. The cafeteria is certainly no exception.

The main ingredient is, of course, French fries-but not just any French fries. They strictly adhere to McCain's frozen shoestring (unless anoth-

er brand is cheaper) which they Although you may not have thaw for approximately four realized it before, everyone has days. At exactly two and one half hours before serving time, the fries are put in a 400° F (200°C) oven for two hours; for the last half hour they soak in the oil skimmed off the peanut butter. When cool, they are served (usually on Friday with deep

Council members speak out

Greetings! We are heading into what is traditionally a busy time of the year for council.

Next week, March 5 to 8, a series of events have been planned to celebrate International Womens' Day. The climax of the week will be the rally held on Thursday, March 8, from 12 p.m. to 1:30 p.m., in the Seton auditoriums.

March 7 is Election Day. Candidates' campaigning continues until March 4. There are various sessions of speeches during which candidates can be quizzed. I encourage you to be aware of the issues and candidates, and to make a point of voting on either March 6, between 6:30 and 8:30 p.m. or March 7, between 9 a.m. and 5 p.m.

One week later, March 14, is your opportunity to vote in the referendum concerning the Mount's membership in the Canadian Federation of Students. This was mentioned last week, and more information will be forthcoming.

Council is sponsoring the Leadership Conference to be held on March 17. The theme this year is Communication and Motivation. It promises to be an

informative day. More information and registration forms are available at the council office.

The Annual Alumnae, Athletics, and Student Union Awards Banquet will be held on Saturday, March 31. Nomination forms and more information are available at the council office until Friday, March 2. Make sure that deserving person you know is recognized. Nominate someone today.

The Alumnae-Student Union Leadership Award will be presented for the first time this year. Nomination forms are also available at the council office. This award will be presented to a student in recognition of outstanding leadership contributing to the quality of student life at the university. Any student is eligible. If you know of someone deserving, complete and return a nomination form by March 9.

I encourage you to get involved in the many activities that will be going on during these last weeks of classes. Your participation will make them successful and memorable

Kathryn Dunster, Treasurer for the **Student Union**

CFS news about Bill C-12

OTTAWA-Canada's national student organization won't be sending hearts and flowers to the federal government on Valentine's Day.

The Canadian Federation of Students (CFS) will instead voice students' concerns about Bill C-12 to the Standing Committee on Finance, Trade and Economic Affairs, at 11:00 a.m., Tuesday, February 14 in Room 308, West Block, House of Com-

mons.
Bill C-12 is the Federal-Provincial Fiscal Arrangements and Federal Post-secondary Education and Health Contributions Act, 1977. The bill separates federal funds for health and education programs, bringing education payments to the provinces under 6 & 5 controls.

Provincial ministers of finance estimate the education sector will suffer a loss of over \$100

million this year, if the bill passes. CFS Chairperson, Graham Dowdell said what that means for students is a continuing downward spiral of both the quality and accessibility of postsecondary education.

In its presentation, the Federation urges:

(1) the deletion of clauses 7-3(b) and (c), which limits funding increases for post-secondary education to six and five per cent over the next two years.

(2) that Bill C-12 be amended to earmark funds for health and education, guaranteeing their use in the provincial health and education sectors.

(3) a national dialogue on postsecondary education, as the basis for the development of a long-term plan for the funding and direction of post-secondary education in Canada.

EURO-TRAVEL MARKETPLACE MARCH 7 7-10 p.m.

GREEN ROOM, S.U.B. DALHOUSIE UNIVERSITY Information booths on:

flights • tours • hostels • trains • work abroad and more about Europe.

Bring your questions to us.

Going 7-4 TRAVEL Your Way! 1 1 CUTS

The travel company of CFS
TRAVEL CUTS HALIFAX
housie. Student Union Building 902424-2054

THE YOUTH TRAVEL SPECIALISTS



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

PICARO

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

The Picaro 4th floor Rosaria Centre Mount Saint Vincent University Halifax, Nova Scotia B3M 2J6 Phone: 443-4450 ext. 195 or 443-4224

The Picaro consists of any or all of the following: Shelah Allen, Faye Anderson, Rachel Bachman, Janet Bragg, Dan Chamber-lain, Gina Connell, Lisa Courtney, Glenn Craig, Krista Eisener, Kelliann Evans, Elizabeth Finck, Nicholas Hamblin, Beverly A. Jobe, Tina Joudrey, Kim Mac-Donald, Hugh Marshall, Alison McEachern, Margaret McKee, David Wile.

Editors: Elizabeth Finck Beverly A. Jobe Sports Editor: Lisa Courtney Photo Editor: Glenn Craig

Production Manager: Shelah Allen **Business Manager: Kobert Gillis** Distribution Officer: Robert Gillis Advertising Manager: Faye Anderson



MEMBER

Quebec youth protest PQ policies

MONTREAL (CUP)—Students and unemployed youth demonstrated in Quebec City, Montreal and Trois Rivieres last week over the provincial government's inability to solve the problems young Quebecois face.

Protestors successfully occupied the Quebec City Secretariat de la Jeunese (Youth Secretariat) building, but were turned away by police in two other cities.

The Regroupement Autonome des Jeunes, demonstration organizers say, opposes the government's plan to "manage" and not solve youth unemployment.

Formed last summer, the RAJ is a coalition of student and youth groups fighting youth unemployment and welfare problems.

The group demanded the abolition of the government's voluntary youth action program, which pays under-30 welfare recipients an extra \$100 a month

for community work.

This program, said RAJ organizers, is a temporary solution that takes jobs away from full-time workers and pays young welfare recipients half what they deserve.

They also demanded parity for young people on welfare. Quebec pays \$400 to single people on welfare 30 and over, \$250 more than those under 30.

They oppose retraining programs for unemployed youth. "We want jobs not education," said RAJ's Isabelle Drolet.

RAJ was furious with Secretariat officials for not allowing them to enter their offices. "What's (the Secretariat) good for if they won't listen to us?" said Drolet.

But Celine Viau, who has worked in the Secretariat's Montreal office since it was created in May 1983, said she has arranged numerous visits between Montreal youth groups and premier Rene Levesque.

Viau said the dossier on youth problems is now one of Levesque's priorities.

And well it should be. Polls show the Parti Quebecois government has lost much of the support from young Quebecois, support it has traditionally counted on.

Specific job-creation projects for youth will be announced in the next Quebec budget expected this fall, according to Viau.

She hopes that some of the Secretariat's suggestions, including the financing of youth groups like RAJ, will also be included.

Viau said that the voluntary youth action program is misunderstood. It was never meant to be the only job creation program for youth.

University games head for pay T.V.

OTTAWA (CUP)—Canadian university sports could be on pay television by September.

The Canadian Interuniversity Athletic Union has an informal agreement which gives the Action Canada Sports Network the right to broadcast university sports events that are not already under contract to other companies.

The proposal is valid only if the network receives approval to operate from the Canadian Radio, Television and Telecommunications Commission.

"If that happens, then we will start negotiating a contract. But we have sent them a letter agreeing in principal to the idea," said CIAU vice-president John Mc-Conachie.

The network is expected to spend an unnamed but large amount of its five year, \$65 million budget on the broadcast of amateur sports.

"Our first-year programming plans concentrate on CIAU events including Canadian college football, basketball, and hockey," said network president Gordon Craig in his written application to the CRTC.

"As our service matures, Canadian amateur sports exposure will increase through coverage of sports like volleyball, track and field, swimming, diving, and lacrosse," he continued.

The two advantages to the proposal are the greater exposure and financial input university athletics would receive.

"We've felt for a long time that we have a quality product and that it has just been a matter of getting it to the public," said McConachie.

The scheduling proposed for the broadcasts would be gameof-the week format, with games expected to be the most competitive or important getting aired.

1000 teachers killed

VANCOUVER (CUP)—More than 1000 teachers have been killed by the Guatamalan, Honduran, and El Salvadoran armies in the past three years, says a Nicaraguan teacher.

The teachers are killed along with other workers as part of the "undeclared war" the U.S. army is carrying out in those countries, Darwin Juaez, executive member of the Nicaraguan Teachers Federation, told University of B.C. students recently.

At least 80 Nicaraguan teachers have been murdered this year by counter revolutionaries operating out of Honduras, said Juaez.

Juaez is also a representative from FONCA, an association for Central American teachers, which monitors human rights violations against teachers and helps them organize.

Nicaragua is the only Central American country which allows teachers and other groups to organize federations, said Juaez. The situation in Costa Rica and Panama is not as severe as in Honduras, Guatamala and El Salvador, he said.

Nicaraguan teachers also have representatives on the Council of State and are frequently consulted about improvements to the education system, Juaez said.

Since the 1979 revolution the illiteracy rate in Nicaragua has decreased from more than 50 per cent to less than 12 per cent today, he said.

A rising standard of living and improvements in health care and housing have been commended by the United Nations, Juaez said.

"In the period since dictator Anastasio Somoza, Nicaragua's standard of living rose from the worst to the best in Central America," said Juaez.

But Nicaragua remains a country at war, he said. Counter revolutionaries operating out of Honduras make daily raids across the border and kill an average of four people a day, said Juaez. The oil supply in the ma-

jor part of Corrinto was destroyed in a combined air and sea attack recently, and on a number of occasions Nicaragua's airport and only oil refinery have been bombed, he said.

"This is the work of the CIA. We know the CIA was involved in the attacks because the weapons used were new U.S. weapons "he said."

"Students should support the Nicaraguan people and students and the rest of Central America. With that kind of support we will have the peace in Nicaragua that we want."

Students support union at McGill

MONTREAL (CUP)—Twelve McGill University students are circulating a petition to support unionization efforts of their cafeteria and maintenance workers.

The workers are now in court over a dispute with the McGill Student's Society over their union accreditation.

"Working conditions are very bad and we think these people should at least have job security," said Lucy Masse, one of the petition organizers.

The petition was started after the student newspaper, the Mc-Gill Daily, ran a story on cafeteria workers' job conditions and their plans to unionize. Student society lawyers are fighting the request for a union in court.

Workers said they recognize

the student society's financial limitations, but want job security and fair working conditions. The society is \$750,000 in debt to the university administration and just lost a fee increase referendum.

The society will not comment on the situation.

Masse said the petition organizers want the workers to know there is student support for their efforts.

"We thought we should make it clear that even though the student society is supposed to represent us, it doesn't on this issue," said Masse.

In one afternoon, Masse and other students got 75 signatures. They will hand over the petition to the workers.



"There wasn't one aspect of our lives that wasn't regulated in some way by the school. But we were young, and when you are young, everything seems natural. And I still think that my experience there has contributed to gracious living."

Marie Kelly graduated from the Mount Saint Vincent Academy in 1949, when most of our parents were still teen-agers. She laughingly considers herself one of:

The Survivors

by David Wile

Part of the atmosphere of the Mount in the 40's was the nuns who taught and worked there. There was a little sister here that taught elocution, drama, and the proper method of walking. She worked in what was called the Drama Studio where she would give public speaking classes and also tutor some girls privately. Public speaking classes were absolutely mandatory.

This little sister would teach how to walk with a book on our heads to improve posture, how to seat oneself properly, and even how to properly carry a tray of food. Some people may laugh, but to this day I carry my tray of food from the cafeteria over my head on the tips of my outstretched fingers. It may sound funny, but actually it makes good sense. If you carry a tray at your waist anybody can cough or breathe on your food.

We also had a short, husky nun who worked the nuts and bolts of the powerhouse. And it was a big powerhouse. The work was every bit as heavy as any other kind of mechanical work. Everything that had to be done at the Mount was done by the sisters. I can never remember seeing a man with a hammer, like we see maintenance men today. All I can recall in terms of maintenance is seeing the sisters repairing little things like molding at the bottom of the walls. I do remember the beauty and the order of the school.

In between the school and the "farm" there was a large expanse of woods where we had one or two little grottos. Grottos were little shrines, little stone structures with statues in them. The one we see today is beside the mailboxes across from the front of Evaristus. The parking spaces have actually been built around it. Anyway, when we were walking through the woods we were encouraged to stop in front of the grottos and say a little prayer or meditate.

I was recently reading some of my transcribed meditations from when I was fifteen, and I was impressed that they were able to get teenagers to ponder such lofty topics.

I can remember many of the buildings and places from fifty years ago, by positioning them in my mind's eye according to what is on the campus now. Where Evaristus is now used to be called St. Joseph's Hill. That was where we used to ski and toboggan. Where Marillac is now, we used to have a little store that we called the Nibble Nook. It was started in 1947, and it was great for us to be able to buy snacks on campus instead of journeying all the way to the city.

There were people who regarded the Mount as the boondocks. It wasn't part of the city; it was part of the county. We used to refer to part of Rockingham as "the village". In order for us to go to the village we had to have a special permission card filled out by the nums.

From the school, the best vantage point was from the turrets on the top floor. Back then when you looked out at the basin it was filled with ships. To this day I sometimes look out at the basin and am amazed that it is not filled with ships. Of course, this was during the war and Halifax was absolutely booming. The shunting of the trains went on all day and all night because of the troop movements in and out of the city. There is even a story that one of the girls here was a spy and used to signal somewhere as to the goings-on in the basin.

And Dartmouth was just all woods. It looked very plain from here as compared to what the view is now, but it was also very beautiful. There were no lights, and no bridges, and in the winter it looked absolutely magnificent. I'll never forget it. And, of course, it will never look the same.

Take a

by Nancy Worsfold Reprinted from the Gargoyle by Canadian University Press

He's not much on looks, he's no hero of a book But I love him, ye, I love him

Two or three girls has he, that he loves as well as me—but I love him.

I don't know why I should He isn't true, he beats me too, What can I do?

Billie Holliday (My Man)

I get a quick anxious stab of emotion each time the phone rings late at night or any time I hear the beeping of a certain tone. I've been on call for the Toronto deep breath my friend

Rape Crisis Centre too often. It's got a kind of grip over my mind; emotions that can range anywhere from a sense of generosity and affirmation of life, to absolute, paralysing fear.

It's important to recognize how violence against women forms a basic element of society. But too many women either deny the reality they see and hear, or fall off the other extreme and are crippled with fear. A vital part of feminists' current role is to find an understanding of violence, especially against women, and from that analysis facilitate change in our lives and relationships to men.

Having heard so often the stories of women's lives, I feel sad when I hear the usual chorus of "Why does she stay? How could she be so stupid as to marry

someone who had already done that?"

Many women don't like to see themselves reflected in the lives of battered women. Yet we are all subject to male violence in some form, to some degree. I believe we could make the lives of all women, especially our own, easier if we admit it and start to deal with it.

The violence comes in many different ways. There is the fear of it—the nagging worry while walking home and the split second paralysis when things go bump in the night. There's the embarrassment as we get harassed on the street, the mirror of violence held up in every other TV show and magazine, the horror of the statistically staggering reality of violence; and the quiet, creeping implicit violence.

It's the implicit violence that never gets talked about, that makes us feel crazy. Many times in the course of talking to a woman about her rape, I have been told that the first time she had sex she was formed.

The number of women who end up having sex in the back seat of a car when they don't really want to is not a rape statistic, but what is it? There is no word for an implicit rape—seduction sounds too sexy, too legitimate. So what do we call the experience with no name? Surrender? Giving up or not bothering to fight? Not wanting to fight because you love him and want him to love you but you know and I know that it's no good when you don't want to do it?

So women stay in violent marriages, like women stay in coercive sexual relationships, bad jobs and apartments with tyrannical landlords. How can I support the kids without him? women ask. Where can I go? He'll kill me if he finds out I'm planning to leave.

. . And after years of constant beating it's so hard to muster the confidence and strength to go, to believe that she's worth it.

The expression 'rule of thumb' comes from an old British law that said men could beat their wives with a stick as long as it was no thicker than their thumbs.

Violence against women has long been a part of this culture, but when it is lumped in with the general body of crime statistics, the specific violent history of male-female relationships is denied. Feminists need to be aware of this history, before we can successfully change history's path.

This is the time that women must be aggressive and assertive—a time when there are growing networks for doing so, such as rape crisis centres. Changing a few laws is not enough—we, as feminists, must resolve to alter the course of history by changing the exploitation within relationships, starting with ourselves.

Love yourself first, my friend. Take a deep breath and say no.

Silenced leather— Husband keeps grip on porn star

by Kathleen Gilbert Reprinted from the Gauntlet by Canadian University Press

CALGARY—I thought I met John and Bo Derek the other weekend, or was it Hugh Hefner and his newest personal playmate? No, they seemed more like the Dereks; he answered almost all her questions and told her when to speak. She raved about what a good husband he was, yet he said nothing complimentary about her. Her name is Bo, and he uses her body to make money.

Every night, Bo gets on stage dressed scantily in black leather. She pretends to whip a younger woman dressed in white, then chains her to a wall, beats her some more and squirms around the floor in orgasmic convulsions. She then releases the chains, puts a dog collar around the younger woman's neck, and parades her around stage. Finally, the younger woman submits, they make love, the chain is removed and the show is over.

The show, Leather and Spice, has been the target of considerable protest in Calgary. It has captured much unfavorable media attention, and even nightclubs with their own strip shows have joined the chorus of protest. I wanted to ask the two women how they rationalized their participation in the promotion of violence against women, so I set up a meeting.

I knew it would be a tough interview the moment I walked into the Hourglass restaurant and lounge, where the show takes place. Bo's husband/manager—whose name is actually David Stevens—closely guarded Bo with another man. The other woman (Spice) was nowhere to be seen.

Before the interview I was asked to submit a list of questions. When I arrived, my questions were returned, answered by Mr. Stevens. He also gave me a press release and a porno photo. The press release, I was told, would tell me everything I needed to know.

But after persuasion, Stevens agreed to a 15 minute interview. They would not, he stressed, talk about their personal lives nor comment on the opposition to the show. Stevens answered most questions and when Bo did speak, her reply was well rehearsed.

"We are being labelled as pornography and we do not want it or like it," she said. "It's theatre, it's an illusion and (the press) have no right to group us with

the rest of the trash."

"The people in Calgary are complaining about the violence. But there is no violence, it's just a damn good illusion that took a long time to learn. Believe me, if I really did hit her she would not be performing the next day—I'm very proficient with the whip."

The reasons people are so upset over the show is because they do not understand it, she explained. "The show is a statement that inner beauty is more important than outer beauty. I am nearing 30 and in the strip industry 30 is washed up; the market is a youth market . . . I guess what I'm doing is taking a pot shot at the industry and the way peoples' minds work . . . I find a lot of hypocrisy in this business."

Stevens said that for centuries actors have been able to portray the hypocrisy in society . . . "We're just like everyone else. We're making a statement and that's all."

The statement, according to a press release, is that vanity can become a destructive weapon. The show is warning us of the dangers of over-extending our ego and lust.

Not everyone gets the message.

"I was very offended by it," said a 19-year-old man after he saw the show. "Everyone should be, not just women—I was." Fifteen customers interviewed outside the show said they had no idea what the story line was, but only four found it offensive.

"It wasn't as violent as the A-Team," said another young man. "I wasn't offended at all," When asked to explain the story, he said, "It's about a girl who thought she was something and so an evil woman put her in her place."

Two women in their fifties said they did not enjoy the show, but were not offended. One of their escorts, a man in his sixties, said he could not understand the story but enjoyed the performance.

Several Calgary groups have united to oppose the show.

"Any portrayal of violence towards women perpetuates the attitude that this behavior is acceptable. We become desensitized to the level of acceptance," said a spokesperson for the Sherriff King Home for Battered Women, during a protest outside the Hourglass in late January.

Max Surgandinata, coordinator of the Presbytery

Social Ministry, said the act is "intolerable. It cheapens and devalues sexuality." He said he is not opposed to the explicit sex or lesbianism, but the relationship between sex and violence.

Eighty people attended the protest, but Stevens wrote it off. He said people are unfairly using Leather and Spice as a scapegoat. Whenever Bo started to comment on opposition to the show, she was quickly and sternly silenced by Stevens.

I did not leave this interview with a better understanding of the woman involved, but I did leave with the knowledge that behind this show is an aggressive, self-serving, manipulating mentality. I was not surprised.

As long as most unpaid work is done by women, their status in society will be adversely affected.

—Gertrude Laing

I often lament that in the rearing of women so little attention should be commonly paid to the exercise of the bodily organs; to invigorate the body is to invigorate the mind, and Heaven knows that the weaker sex have much cause to be rendered strong in both.

—Frances Wright, 1821

Did anyone ever tell Toscanini, or Bach, that he had to choose between music and family, between art and normal life?

—Elisabeth Mann Borgese, Ascent of Woman, 1963

International Women's Day is March 8.

The stage performance: Stripped to the bare realities

by Joan Sullivan Reprinted from the Medium II

by Canadian University Press

It looked like most bars: wooden tables, soft lighting, a sound system that pumped out the latest hits-Thriller, Let's Dance! The first thing you notice is a large sign on the wall, Please do not touch the dancers. The music starts again, and a woman comes out onto a stage in the middle of the club. She begins to turn, to take off her clothes.

Most of the customers are men. Some are playing pool, but many sit at their tables, drinking, watching. Often, a woman approaches them to see if they want some table dancing-minimum five dollars. Some of the women get rude answers, but most get to earn their five dol-

Strip clubs have come under fire recently, as the public is growing more aware of pornography. But few people have an accurate idea of what strippers and strip clubs are like. The image of strippers is lost, immoral women who took a wrong turn at some point. They make a lot of money, but give most of it away to managers or lovers, who control them.

A closer look reveals women who find it difficult getting a job. The pace of life is fast.

Sara is a twenty-year-old woman from a small town in the Atlantic. She is the youngest child in a religious family who left home three years ago and moved to Toronto.

Although she has not finished high school, she is articulate and expressive. A smoker, she constantly waves her cigarette in the air to emphasize a point or describe an incident.

She is very aware of herself and her movements. She is used to being on stage. She is a strip-

Q: How did you become a strip-

A: I had been out of work for three months and I think I had less than two dollars in my pocket. I didn't have many job prospects because I didn't want to work in a shop or a restaurant-I wanted to do something different. Well, I didn't know where my next meal was going to come from, and I bought a paper and saw this add: Strippers wanted, will train. So I called the number and made an appointment.

Q: Could you describe your audition?

A: When I went down the manager didn't think I was "the Type" and he wasn't going to let me audition. I had to chase after him for two weeks-at one point we arranged for an audition and then he didn't show up. He later admitted he was trying to see how determined-how desperate I was.

When it was finally arranged, I was there with another girl, and she went first. She was very bizarre. I thought what she did looked good, but it was primitive, not sexy.

Q: Were you scared?

A: No. Taking off my clothes didn't bother me. I felt fairly comfortable with this guy (the manager). I was embarrassed because I wasn't a good dancer and I knew that. But I wasn't embarrassed to take off my

Q: You hear a lot of stories about strippers being raped by their managers, or having to hand over a lot of their salaries. How true is this image?

A. This is the image a lot of people have of the stripping scene. Another misconception is that you have to let the manager fuck you or you don't get paid. People who don't go to strip clubs think of the stripping scene as a really ugly place.

I hear some rotten stories, but this image is really not true. Most strip joints are like most bars-some are nice, and some are not so nice. And most managers are just like most other managers—out to make a buck. If they can draw people in by paying a stripper \$100 an hour, they'll do it. But if they can get people in by paying a stripper \$5 an hour, they'll do that too.

Q: What do you think of the men who come in to watch you? A. They're not there just to see naked women. Some are. A lot of different kinds of men come in. I don't think that most of these men are looking for something-they're wanting something. Attention. Well, people in general are looking for that. They want to be liked, appreciated. Strip joints are not the only places they go. If they want to listen to a good band, they go to one bar, if they want to see a good strip act, they go to an-

Q. What are the women you work with like?

A: Strippers are nice people on the average. There are all different kinds. Were all pretty normal-with one exception. We al

tend to have a masochistic streak.

Q: Could you elaborate on

A: We have more money to blow-and we usually do. We let a lot of opportunities slip through our fingers. More than most people do. We realise the rut we're in, and yet we stick

Q: Could you describe your work?

A: Right now, I'm mainly table dancing. This means you go up to different men in the bar and ask them if they want you to dance for them. The minimum is five dollars a show, although sometimes you can get up to twenty dollars, and very rarely fifty or one hundred. Your show lasts for one song, which is about three minutes. I usually wear either a t-shirt or sweatshirt, panties, and either a belt or scarf as a prop.

For a strip show, I pick my own music and costumes, and choreograph my own act. This usually lasts about fifteen minutes, or three songs. I like to dance to new wave-David Bowie or The Stranglers.

Q: How much money do you make?

A: In Toronto, with stripping you can make three to five hundred a week. Table dancing, you can make anywhere from three hundred to one thousand a week, depending on how hard you hustle.

Q: Would you describe stripping as erotic or pornographic? A: There's a big difference between pornographic and perverse. I do think it's pornographic, I don't think it's perverse.

Q: So you feel you've gained something from stripping?

A: Definitely. I've gained a lot of confidence. I've really been able to use my creative abilities. The stage, whether it's striptease or theatrical, has very loose boundaries. When you strip, you can be romantic, or bizarre, or sexy and seductive—it's an acting job. Q: Have you lost anything from

A. Naivete? You learn to be very cautious of people. You have to develop a good sense of charac-

ter judgement. Q: You mentioned that you were trying to stop stripping, to make a move into a different

A: I'm not learning anything from it anymore. I'm starting to regress, not progress. The only thing that would keep me interested is if I got to work with a partner-male or female, it wouldn't matter. That would be more theatrical, more challenging. But that doesn't seem likely. It's time to leave-I feel station-

Q: What are your feelings, overall, towards your job?

A: Stripping is basically a farce. Men are much more willing to accept this farce than women are. Women are much more realistic than men. It's a conditioning. Men find it easier to escape than women do. They do this by going to see things like strip shows. And stripping is a



Campus Comment

by Glenn Craig and Kelliann Evans

Question:

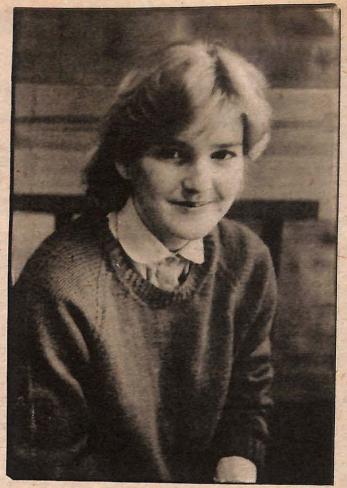
What is the purpose of International Women's Day?



Carolyn Boutilier: "To make women aware of their rights and opportunities."



Tanya Levy: "To unite the forces of women for their rights and status."



Cathy Priest: "To give women a chance to express themselves to the public."



Lynsie Morris: "To get people to think more about equality for women and women's issues. Also, to get women to think about their sisterhood."

"The Right Stuff" — a trivial pursuit

by Catherine Mayo

Although the media depicted them as flying saints supported by devoted wives, or as robots controlled by NASA engineers, they were neither. The seven Mercury Astronauts were dedicated pilots first and daredevils second.

The Right Stuff, directed by Philip Kaufman, chronicles the story of the Flying Fraternity and stands to win eight Oscars, including best picture. It will appeal most to the space buffs who can remember the "astromania" of the 50's and 60's.

Despite the galactical theme this picture is not another engrossing **Star Wars**. Set in the past and not the future, the technology depicited seems primitive. The plot does not race or even hurry along. In fact, like most three hour movies, this one

is simply too long.

Cumbersome plot aside, this is a solid effort to portray the drama and adventure of the space race. The Americans vie with the Russians (and are repeatedly upstaged); pilots compete with other pilots, and finally the famous seven are pitted against one another. Each man is in pursuit to be the first to 'punch a hole in the sky". At the story's conclusion one wonders if this is not a trivial pursuit. Certainly, for a film that is brimming with famous names, dates and records, coupled with the docudrama approach, The Right Stuff is a haven for Trivial Pursuit enthusiasts.

The tale begins with Chuck Yeager's historic flight which broke the sound barrier and marked the dawning of the space era. This gum-chewing stoic is naturally at ease on horseback or in the cockpit of his rocket plane. The symbolism abounds. Yeager looks and acts like Clint Eastwood but is played by Sam Shepard. Shepard, incidentally, has been nominated for Best Supporting Actor and does deliver an impressive performance. His determined passion to "stay at the top of the pyramid" sets the tone for the movie.

With the selection of the seven Mercury Astronauts, the story shifts to Florida and Texas. NASA's quest for the right stuff involves subjecting over fifty men to a barrage of tests that would make the SPCA stand up and scream in horror. Among the chosen is Gordon (Hotdog) Cooper, a slap-happy army pilot

with a truly boyish smirk. Alan Shepard is the cool and comical navy pilot who is somehow endearing despite his fiendish grin. And, of course, there is John Glenn, the Clean Marine. Glenn is the epitome of the baby-face patriotic American image. (He is not described here as "cleancut" because everyone in this picture is cleancut.) Always "forthright, gracious and magnanimous,' Glenn, played by Ed Harris, wooes the audience and makes a loyal team out of the seven rookies. His tender consideration of his stuttering, shy wife is poignant and one of the few emotional moments this movie of-

As each man rises to his brief moment of triumph, Glenn propels himself into the stars and simultaneously subjects his wife

to the harsh realities of earthly stardom. It is hard to determine which spouse has a rougher ride to fame. As an attempt to recreate history, The Right Stuff, borders precariously between fantasy and reality. The cinematography is vivid and the file film is expertly integrated. Paradoxically, what is unrealistic is that Vice-President Lyndon B. Johnson is a bumbling idiot; the press is overdramatized and belongs in a zoo with lion tamers; and the NASA scientists are all Germans who seem to have kept their wartime grudges.

It is easy to see why this movie is a winner in the United States. Stars and stripes practically decorate every frame. This is an intriguing orbit around memory lane, but this Canadian prefers authentic American fiction.

Caribanza: a celebration of culture

by Susan Brennan

The Caribbean student societies of MSUV, Dalhousie, and Saint Mary's universities are presenting their annual Caribbean mini-festival, Caribanza, this weekend at Saint Mary's University.

During the March break Caribbean students were running between MSVU, DAL and SMU everyday; practising for their three day celebration.

"Preparing this celebration brings us together once a year to enjoy our music, food, and people. This evidently reduces our feeling of loneliness and desire for our family and country", says Carolyn Flax, president of MSVU Caribbean Society.

The festival opens with an art exhibition on Thursday, March 1 from 11 a.m. to 4:30 p.m. in the SMU collanade; this exhibi-

tion will be introduced by the SMU Registrar, Elizabeth Chard and will enable non-West Indians to "catch a glimpse" of West Indian life. A cultural show is slated for Friday, March 2nd at 8 p.m. in the SMU Theatre Auditorium; this show will feature, among other things, the Carimuda singers rendering a variety of Caribbean melodies, and a short skit and cultural dancing.

The annual dinner-dance is the highlight of the Caribanza celebrations which is held on Saturday March 3 at 7:30 p.m. in the SMU multi-purpose room. Dr. Kenneth Ozman, president of SMU, and other dignitaries are expected to be at the V.I.P. table. Diane Morris, MSVU registrar and other MSVU professors usually represent MSVU at the V.I.P. table.

The dinner will be followed by a dance, featuring Full Force—a newly formed reggae, calypso and aska band composed mainly of West Indians.

Admission to the culture show is \$2 while admission to the dinner-dance is \$9 for members of the respective student societies and \$10.00 for non-members. Tickets are available at MSVU and SMU student unions and at the door.

This is expected to attract not only many West Indian students from various universities but also Nova Scotians interested in learning about another culture. Caribanza was initiated by the West Indian students at these universities primarily to foster the rich cultural heritage of their homelands and to share some of its experiences with other nationalities.



Caribbean students from metro universities (L-R) Fred James, Andy Knight, Maira Periera, George Butler, Debra Rwetsiba, Edith O'Reilly, Ed Mansour, Rudolph Davis, Carolyn Flax, Paul Walter.

"Top Girls" at MSVU

Hundreds of "trekies" enjoy Roddenberry's lecture

by Frank DeMont

On Thursday, Feb. 12, Dalhousie had the honor of a lecture from the distinguished creator of Star Trek, Gene Roddenberry.

Roddenberry spoke on a number of topics including computers, space travel, the creation of Star Trek and it's production to the life of an alien on earth.

Six or seven hundred "Trekies" filed into the McInnes Room at Dal for the lecture. They were greeted with a six foot Enterprise hanging from the ceiling. Incidentally, the Enterprise was made by a local fan.

Roddenberry received a great round of applause as he came to the podium to speak. He spoke for 15 minutes before the audience viewed a reel of Star Trek bloopers. After the reel Roddenberry came back on stage and congratulated the audience on their reaction to the "bloopers".

After such memorable statements such as, "Canada, my favorite civilized country" and "military is a shitty reason for going into space", (which met with more applause from the crowd) the audience saw another roll of bloopers.

After the bloopers the floor was open for questions. Roddenberry said his favorite episode is "City on the Edge of Forever".

A young viewer presented

Roddenberry with a hand-drawn picture of Captain Kirk and Mr. Spock.

After the question and answer period the audience was treated to a screening of the pilot for Star Trek entitled "The Cage" which was later used in the two part episode "The Menagerie". After "The Cage" there was a screening of Star Trek II, Wrath of Kahn.

All in all it was a memorable afternoon for the hundreds of people in the audience:

A mockery of jealousy

by Catherine Mayo

Director Howard Zieff must take comedy seriously. Unfaithfully Yours is a deliberate and successful attempt to make a mockery of that burning emotion; jealousy. Dudley Moore exudes confidence and suave style as Claude Eastman, an internationally renowned symphony conductor. Like Shakeeare's Othello, his is reduced by the power of suggestion into an irrational, raving, jealous husband. The insecurities of this middle-aged man married to an Italian beauty, nurture a minor anxiety which snowballs with exhilarating momentum into a nightmare. Despite his frenzy, Claude is capable of devising a keen and intricate plot for the ultimate revenge. But, if there is a profound statement in this picture, it is that jealousy cannot only be destructive and futile but incredibly funny.

Moore, as Claude, out performs Moore as Arthur. This part (which was originally promised to Peter Sellers) is more suited to Moore's talents. The funny accent, face or walk are not overplayed. Instead, the actor is more subtle and relies on his comedic sense of timing, and a clever script. Only in one scene does he resort to the humdrum predictability of raw buffoonery by tripping over a telephone wire and battling with falling furniture.

Claude's nubile wife, Daniella, is so intensely energetic that Holly, Bess and Arlaine, the trendy trio of the "20 minute workout" appear dull by comparison.

Daniella is played by Nastassja Kinski, perhaps better known (and easier to pronounce) as Tess in Roman Polanski's epic romance by the same name. The mesmerizing Kinski has made a smooth transition to romantic comedy although her hysterics are mildly irritating, and she can be overpowering. Her sheer strength as an actress is revealed in the final frames, capping the movie and evoking the audience's spontaneous applause.

Armand Assante is Moore's romantic foil: a rakish violin virtuoso, Max Stein, whom Claude suspects is fiddling around with his young wife. Maestro and protegé duel in an unforgettable scene fraught with tension and competition. Claude vents his hostility through his music and Max plays with equal venom. In fact, the classical music infiltrates the plot and carries the mood throughout.

Ironically, Claude's loyal Ital-

Actor Barrie Dunn, well known to Neptune Theatre-goers, is directing a production of Caryl Churchill's "Top Girls" at

Mount Saint Vincent University.
The play will be presented on
March 9, 10, and 11 in the Seton
Auditorium at 8:00 p.m.

Dunn has, for the time being, changed his lifestyle from that of professional actor to full-time student at the Mount where he is enrolled in the Public Relations degree program, taking six courses.

Professor O'Neill, of the Mount's Speech and Drama Department, is producer for the Top Girls is full of wit, irony and humour and takes a penetrating look at what women do with success and what it does to them.

This will be the first time that it has been presented in Canada east of British Columbia. The show played on Broadway with great success.

Dunn's co-director is Caitlyn Colquhoun (also of Neptune) with Kathy Collicott and Ann Kernohan as stage managers.

Tickets will be on sale at the Mount Art Gallery from March 1 at \$4 for general admission and \$3 for students.

ian valet, Guiseppe, is the inadvertant catalyst to this comedy of errors and even incites the murder revenge. Guiseppe's lovable character is played by Richard Libertini and it is regrettable that the part is not a large one.

If there is a legitimate criticism it is that the pace is too breakneck. At times the dia-

logue is so feverish that one misses what might have been the best lines. The caption on the promotional material for Unfaithfully Yours reads: "See it with someone you trust". Not necessary. If there is someone you can't trust, you'll forget about him or her the moment this picture starts.

for executive vice-president . . .

Ken Coolen



An executive vice-president has three main responsibilities. One is to be chairperson for the elections committee. The second responsibility is to carry out the duties of the president when she or he is unable to do so. The third responsibility, which I think is the most important is to be a liaison between student council and all the student clubs, recourse and societies on computer.

groups and societies on campus. This past year I have been the president of the Sociology/Anthropology Student Society. I have also been involved with the History Society, the Psychology Society, the Religous Studies Society, the Caribbean Society, the Student Choir and the Student Christian Movement. Earlier this year I also ran for non-residence rep. but was not fortunate enough to be voted in. The reason I am running for this position is I really want to do something and get involved with the student body of MSVU. Having the experience I have had with the different societies I feel that I have the knowledge of what the needs and goals are of the societies on campus and hopefully as executive vice-president would be able to help them accomplish their goals.

So even if I don't get the position I hope to still be involved and if I do get the position I hope to fulfill it to the best of my ability. Thank you for reading this Editor's note:

Due to our oversight, Ken Coolen's campaign address did not appear in the Feb. 15 issue with the other candidates. We apologize Ken!

for president ...

Mike MacLean



The beginning of my term went relatively slow for me as I had to learn much of the job myself. This year, however, I know the position and if re-elected I have many plans for the summer and following year.

Few people realize the job of student union president is a 12 month a year task. Plans are always being made and issues confronted. Presently I am in negotiations over rent of student union office space; a direct tele-

phone line from MSVU to the Travel Cuts Office at Dal.; and a SUNS conference, here at the Mount for sometime in late April.

Some issues I am involved with are: the implications of Bill C-12, which was recently passed; differential fees; the dual nature of Canadian Federation of Students (CFS); and our SUNS submission on post-secondary education in Nova Scotia.

All these areas are important! The one basic benefit for me is, I already have 10 months experience ranging from MSVU Student Union to The Nova Scotia Board Representative of CFS. I have much of the information necessary to confront the upcoming plans and issues and the established contacts to ensure in their success.

In closing I would like to say I have proven, I could both run the union efficiently and reach my stated objectives. Therefore, if you like what I have said, show your interest! Participate! Come out and vote March 6-7/84.

Thank you for your time and interest.

Sincerely, Mike MacLean

Committed to the cause: Mike MacLean for MSVU Student Council President 1984-1985.

*a paid campaign advertisement

The military-

Students vote on research

VANCOUVER (CUP)—A referendum which called on the University of B.C.'s student society to request the administration to ban military research failed to reach quorum after three days of balloting.

The referendum, which urged an "unequivocal ban" on research directly applicable to nuclear, biological, chemical or space warfare, needed 10 per cent of full-time students to vote yes for quorum. It fell short by about 800 votes.

But of the 2,876 students who did vote, 58 per cent supported the resolution, which also wanted sources of research funds disclosed and an ethics committee to screen research to prevent military involvement.

Referendum organizer Gary Marchant said the campaign created awareness despite its failure to reach quorum.

"I think we've at least helped to scare (military research) away from coming here," he said.

Marchant said he is pleased with the percentage that voted yes, but added he is "somewhat puzzled" by the result.

"There were over 3,000 students who signed the petition (calling for the referendum). Why didn't they get out and vote?"

Although students failed to show enough support for the recent referendum calling for a ban on campus arms research, peace groups vow to pursue the organizers' goal.

Mathematics professor John MacDonald, involved with the Educators for Nuclear Disarmament, said members of END and Science for Peace gathered about 60 signatures to support the referendum proposals.

"We wanted to have more

people support the student initiative," said MacDonald, adding he is pleased with the response so far.

Concordia University, McGill University, Universite de Laval and the Vanier Snowdon Colleges in Quebec, plan similar votes this spring.

UBC has received \$650,000 from National Defence Canada.

Noble to give lecture

Two relatively unknown Canadian composers of the eighteenth century, who could be considered precursors of Mozart and Rossini, will be the subject of the next MSVU public lecture on Tuesday, March 6 at 8:00 p.m., Auditorium "B", Seton Academic Centre.

Dr. Willis Noble, Mount Allison University, will illustrate his lecture on Joseph Quesnel and Henri Glackmeyer with slides and music.

A composer himself, Dr. Noble has made a special study of Canadian Renaissance and baroque music. He won the Heintzman Award in Performance from the Royal Conservatory of Music for four consecutive years and during the 1970's attended the Academia Di Musica Italiano. His compositions include Mass for Choir, Organ Sonata, Psalm for Children's Choir and Mass for Choir and Congregation.

Since 1945 Dr. Noble has been engaged in research into organ composition by Canadian composers and is at present also researching church music in Cana-

His lecture will be of particular interest to teachers and students of music, as well as those who are music-lovers.

Plaza Europa 6021 Lady Hammond Road 453-4248

CLAMS & CHIPS
CHICKEN FINGERS
FRENCH FRIES
SUB SANDWICHES

pizzas.

DONAIRS
LASAGNA
TORPEDOES
FISH & CHIPS

Thursdays
1/2 Price SPECIALS on small

EAT IN, TAKE OUT ONLY.

Fridays \$1.00 OFF any order of fish and chips.

EAT IN OR TAKE OUT FREE DELIVERY on

Pizza & all orders from our menu over \$6.00

OPEN 4:00 P.M. DAILY

Fatal if swallowed.

Did you know one third of the people in the world cannot read this simple warning?

Over half the school-age children in the world have never attended school. In these fast-changing times, illiteracy has become the single most crippling barrier to progress. For the over 800 million adults and children who are unable to read or write, the door to opportunity is closed.

The Canadian Organization for Development through Education is working to open that door. For 25 years we've been providing books and educational supplies to over 90 developing nations. But we need your support. Share the gift of knowledge. It will make a big difference to someone's future.

CODE — THE CANADIAN ORGANIZATION FOR DEVELOPMENT THROUGH EDUCATION

Yes, I'd like to m	nake a difference to	someone's future!
--------------------	----------------------	-------------------

☐ Enclosed is my contribution of \$ _

I am interested in the work of CODE. Please send additional information.

Name

Address

City Town

Province

Postal Code

Please mail coupon to: CODE

321 Chapel Street, Ottawa, Canada KIN 7Z2, Telephone (613) 232-3569

We are a registered charitable organization (no. 0369876-29-10). All donations are tax-deductible.

Day camp for public school students

Our university break is over but the other major break approaching is for public school students. If you're a university student, the Athletics and Recreation Office may need you. If you're a parent, you may need

The March Break Day Camp needs staff for the week of March 12 to the 16. The camp will run on a daily basis between 9 a.m. - 5 p.m. The working schedule is flexible, working mornings or afternoons as well as various days. The rate of pay is minimum wage. The major qualifications are working experience with children and a background in arts and crafts or organized games. The deadline for applications is March 5, so don't delay, apply at the A/R Office.

The A/R Office has organized this day camp for those students and staff that are parents, who will need child care services during the week of the March break. We are accepting children between the ages of 5 and twelve. The maximum number of children is twenty per group. The first group is for children between the ages of five and eight. The second between the ages of nine and 12. The activities organized for this camp range from sports, arts and crafts, outdoor activities, trips, movies, dance and movement. The fee per child is \$6 per day or \$25 per week. Register your child in the camp as soon as possible. Contact Jenipher Ritchie at the A/R Office, 227 Rosaria Hall, phone 443-4450 ext. 420.

Mystics defeat NSTC

by Lisa Courtney Staff reporter

MSVU scored the first point of a match against NSTC to defeat them 15-3, 15-7, 16-14 in volleyball action Tuesday, Feb. 14.

Going into the game June Lumsden, team coach, was nervous as TC had greatly improved and the Mystics were under extra pressure from mid-

MSVU started off with a strong controlled game throwing TC off balance, but at 5-3 for the Mount, Lumsden called a timeout noticing the girls were getting sloppy.

Her advice was to settle down

and play their game. Taking her advice, the Mystics scored 10 consecutive points to win the first game 15-3.

In the second game the Mount was down 2-0 but a powerful spike from Nancy Woodington got them back on track. The final score was 15-7 but it was rough going as TC surprised everyone with their ability to get an arm in at the last minute.

The final game provided even tougher competition but the Mystics kept ahead and won 16-14. They represent the university on March 3 in the provincials being held at MSVU so come cheer them on.

Mount downs local team

by Johanne Arseneault

On Friday, Feb. 17, the Mystics women's basketball team faced APS, a team from the city league, in an exhibition game which finally put the team in the winner's circle. After winning 62-32, Sue Terry, the assistant coach of the team, commented that the girls played a "smart game of basketball" exhibiting good control throughout the entire game. It was a repeat performance of the teamwork that was displayed in their last home game against T.C. on Feb. 10. Kathleen Hernon lead the scoring with 26 points taking shots at any open spot on the court. An-

drea Brinton and Kathy Naugler were also in double figures with 15 and 13 points respectively. Judy MacNeill, Camilla Doyle, and Joyce Veinot also added points to the score.

After a long trying season for the young team, it is finally coming together in their last few games. The Mystics are hoping for a second win under their belt on Tuesday, Feb. 28, when they meet up with Acadia University. The game will be in Rosaria gym at 7 p.m. and promises to be a real battle as the Mount is out to make up for a previous onepoint loss to Acadia.

Athletics/Recreation brief

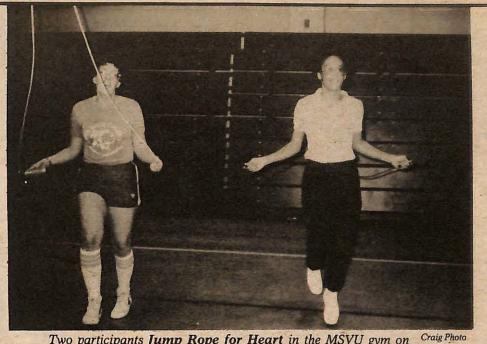
by Marthe Boissonnault

March is nearly here and so is the Women's Floor Hockey Mini-league. No need for major equipment, just regular gym wear will do. You can organize your own seven-player team from residence or societies. If you're short a few players or want a team to play on, leave your name with the Athletics and Recreation Office. The first game is scheduled for Monday, March 5th between 4:30 p.m. 5:30 p.m. The mini-league will run every Monday during the month of March, same time. Team names and individual names should be left with the Athletics and Recreation Office as soon as possible. Come have

Wendo self-defence classes will start Thursday, March 1st between 7 p.m. - 9 p.m. There is still space available in this popular program. Here's your second chance to learn self-defence. Register at the Athletics and Recreation Office.

The "Freedom From Smoking Clinic" is being offered a second time. This clinic stresses the buddy system to help you quit smoking. Come, bring a buddy or meet one on Wednesday, March 14th between 7 p.m. - 8 p.m. For more information and to register, contact the Athletics and Recreation Office at 443-4450 ext. 152.

You've played the game but you want more. The Athletics and Recreation Office is offering you more through their Coaching Theory Level 1 Clinic. This clinic will run on Friday, March 9th between 6 p.m. - 9 p.m., and all day Saturday, March 10th between 9 a.m. - 8 p.m. The fee is \$5.00. Register at the Athletics and Recreation Office and come learn more about the game!



Two participants Jump Rope for Heart in the MSVU gym on Valentine's Day. Over 100 people attending exercise classes that day jumped rope in this second annual event-the Mount is the only Canadian university to hold the event, which allows sponsored participants to raise money for heart research.

March is nutrition month

Hi! I'm Mighty Vity and I'm here to tell you that March is nutrition month. I bet that sounds dull after a week of Mom's best cooking, but we have lots of interesting information to give you and even a few prizes to give away. No, nutrition month doesn't mean you have to give up beer or live on salads for a month-it means you learn more about eating well on a budget, cooking for one person, watching your weight, eating foods from every food group, and getting enough of all the right vitamins and minerals without relying on that bottle of multi-vitamins Mom carefully packed in your suitcase. In the next few weeks, my friends and I will be focusing on several different topics-and we'll keep you informed!

Every week in this column we'll outline the coming week's activities. Check here and on posters displayed around campus-you'll be reminded of nutrition every time you see me, Mighty Vity, peering at you! Join in; I have a wealth of knowledge to share and I promise not to turn you into a potato-footed, pear-legged creature!

This week in Nutrition month: question box at the library (all month). Answers will be provided by Home Economics Faculty near question box or in The Picaro.

scales in cafeteria (alll month). Check your weight and compare it to what is recommended for your height.

Feb. 27-March 4-Bulletin Board at the library, outlining the month's events.

Friday, March 2-Food Facts and Fallacies. Relevant Pursuit of Nutrition game, Rosaria prize-dinner for two at the Old Spaghetti Factory.

Next week:

March 5-11-Bulletin Board at the library-Fast Food Display

March 5-10-Nova Scotia Dietetic Association and Nutritional Councilling Services—Halifax Shopping Center.

This week's topic is food facts and fallacies-be sure to try our nutrition game (no charge)you'll be surprised at some of the answers! Help me explode a few nutrition myths and start Nutrition Month off with a bang!

Nutritionally yours, Mighty Vity

Nutritionally yours, Mighty Vity

Ask the nutritionist

DO GRAPEFRUITS BURN FAT?

A grapefruit before your meal is a good source of Vitamin C. It can take the edge off your appetite so you eat less before your stomach tells your brain that it is full. However, grapefruit has no magical potion that will burn up

DO ONE-FOOD DIETS WORK?

A diet of just bananas or steak or any other single food will probably help you lose a few pounds but only because it is difficult to eat too much of any one food. Basically you just eat fewer calories (you can only eat so many bananas). On these diets you do not give your body the nutrients that it needs to stay healthy and the effects are very short term.

IS WEIGHT WATCHERS A GOOD PROGRAM FOR WEIGHT LOSS?

Weight Watchers is a nutritionally balanced diet which can allow you to take off weight very successfully. Group meetings and weekly weigh-in's are very supportive for people wanting to reduce. Unfortunately, the cost is high. Often your existing food habits are not retrained so you slip back into the eating practices that cause you to gain weight originally. IS A LIQUID DIET LESS FATTENING?

The form in which you eat the food has no relationship to the calorie content. Canned meal drinks are generally a more expensive but less satisfying way to lose weight.

DOES STUDYING BURN CALORIES?

Mental work does not increase your calorie need over doing the same activity without thinking. If you need to eat when you study, it is probably because you need a break or it's a habit, not because you have burned more calories.

The safest and surest way to lose weight is a low-calorie balanced diet combined with a sensible exercise program.

What is the Obesity Cycle or Yo-Yo Syndrome?

Many people lose weight only to regain it. They become experts at "dieting" on all types of diets but then put the weight right back on again.

Why Does This Happen?

People tend to diet by skipping breakfast, eating a light lunch and a large dinner. The number of calories eaten is less than the

number of calories burned, so they lose pounds. Unfortunately, the body adapts to one large meal a day and becomes more efficient at storing fat. Because the total calories are less, the dieter loses weight. However, once this weight is lost and more calories are introduced, the body does not immediately reduce its' fat storage capability. So the dieter gains weight again.

The cycle looks like this: Overweight

> Resumption of normal eating patterns

No breakfast Light Lunch Large dinner

Weight loss

How Can You Stop the **Obesity Cycle?**

You must not allow the body to become too efficient at fat storage. Eat three small to medium meals a day. Follow Canada's Food Guide and (for most women) keep the energy level to 1200 calories a day. Retrain your eating habits. Don't get caught in the obesity cycle.

by Alex Hargrave

The XIV Winter Olympics at Sarajevo, Yugoslavia are now history, and once again Canada's Olympic hockey team did not bring home an Olympic medal. This is quite disheartening to many Canadians who believe we are still the best hockey country in the world.

Canadians reinforce their precious hockey beliefs by the action of the International Olympic Committee (IOC). It ruled that players from the National Hockey League (NHL) are not eligible to compete in the Olympics for they are professional athletes. Many Canadians feel that Russian and Czechoslovakian hockey players are professional athletes, for their governments place them in the Armed Forces and pay their salaries. Their only militant action is shooting hockey pucks.

Another Canadian opinion which would enable us to defeat the Europeans handily, would be uniting our very best players on one team. Of course, we would have to train as a team for more than the usual two months (Canadian hockey players train two months before each Canada Cup tournament). This would give Canada the required time to

form a close knit hockey team. Canadians received this impression by viewing touring Soviet teams barely defeating NHL teams who had athletes playing together during the course of a

On the other side of the coin, Canada's best professional hockey players have not won a tournament involving the other hockey powers since Canada defeated Czechoslovakia to win the 1976 Canada Cup. To bring back some more Canadian tears, it was during the 1979 Canada Cup, the Russians humiliated the Canadian All-Star team 8-1.

It should also be recalled that it was the European style of hockey which revolutionized Canadian hockey. Remember, it was just one decade ago that the Philadelphia Flyers bullied their way to the Stanley Cup. Canadians should be thanking the Europeans for returning Canadian hockey back to the game of grace and skill.

Canadians can continue to make excuses of why they do not dominate the game as they once did. Until we beat the Russians, we cannot claim to be the best hockey country in the world.

AUAA party slated for Dal sub

A pre-game party for the AUAA Men's Basketball Championships will be held this Friday afternoon at 3 p.m. in the Dal Sub. The event, which is sponsored by Dalhousie Sports and the Student Union has been designed to give students the opportunity to celebrate the start of the AUAA basketball games at the Metro Centre that even-

The slate of games is an exciting one. At 7 p.m., St. Mary's tackles the University of Prince Edward Island while at 9 p.m. Dalhousie takes on St. Francis Xavier. The AUAA championship game between the winners of Friday evening's match-ups is set for 2 p.m. on Saturday after-

The party in the Green Room will feature a variety of events, including prizes for best noise maker, best banner, and best group cheer. Door prizes will also be awarded to lucky participants who wear black and gold. The festivities will also include presentations to the Dalhousie Athletes of the Week since the Christmas break. Admission is free and refreshments will be available with the proper identification.

Following the party, at approximately 6 p.m., a march to the Metro Centre will take place for Dalhousie fans going to support the Tigers in their guest for the AUAA and CIAU titles.



The scorekeepers-those unsung heroes on the sidelines who manage to keep track of all the points, penalties, shots etc., etc.

