

the Picaro

Vol. 22, No. 5

Wednesday, September 24, 1986

mount saint vincent university halifax, n.s.

Parking pains alleviated by 27 spaces?

by Marina Geronazzo

When 27 additional parking spaces were opened next to the University Club on College Road last Wednesday, they were filled by 9 a.m.

"We have gone to great pains to preserve the beauty of the campus while providing adequate parking space for everyone," said the executive assistant to the MSVU president Michael Merrigan. "It is a matter of

having our cake and eating it too. It becomes more and more difficult each year.

"We have tried to deal with the situation," said Merrigan. An additional 58 parking spaces were made at the Motherhouse in September.

Although not as convenient as regular on-campus parking areas, the Motherhouse parking fee is only \$20 for the academic year. Parking elsewhere costs

\$55 for full-time students and \$35 for part-time students.

Over 1,300 parking decals have been issued while only 694 parking spots are available.

"With so many staff and students coming and going at different times, we feel that we can accommodate two decals per spot," said Merrigan.

"Parking is going to be tight," said Ann Eade of university services. "This is the first year that we haven't issued warning tick-

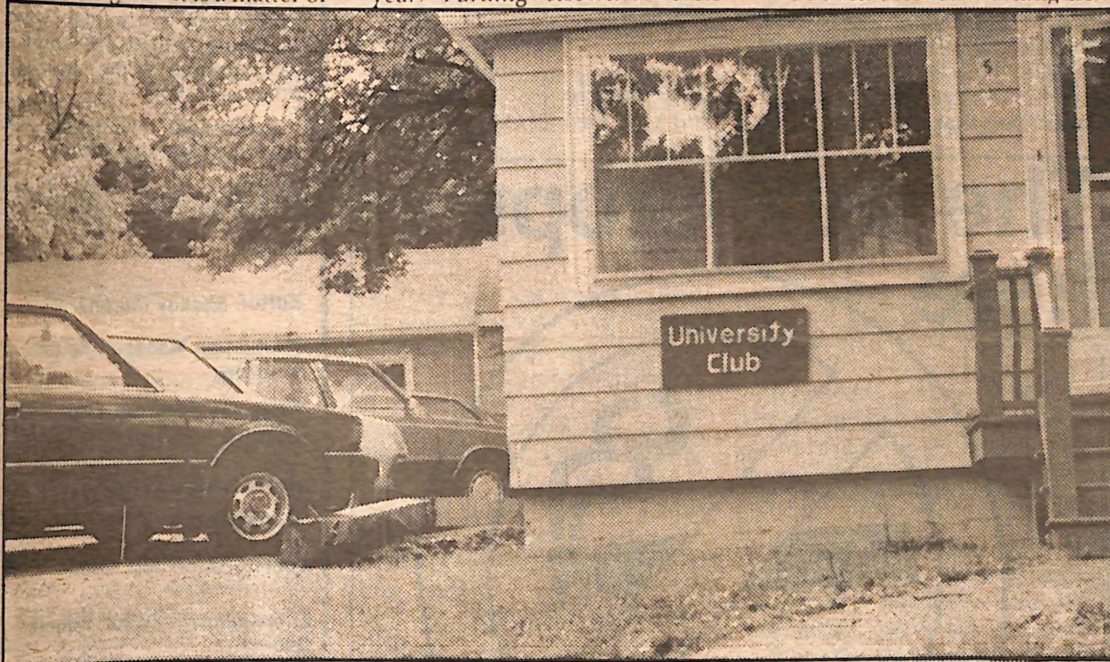
ets before the actual fines. Last year students took advantage of the university's lenience so we decided to issue violation tickets immediately."

MSVU security began issuing \$15 parking tickets on Mon., Sept. 22. By Thursday afternoon, over 500 tickets had been issued.

Chief security officer Bob Laframboise said, "Parking will always be a problem. There is an increase in the volume of cars this year and room is limited."

"We hope to get another parking area cleared for next year," said Eade. "There is no doubt we need it."

Students and staff who receive tickets have either 72 hours to submit a written appeal, or 48 hours to pay the fine to the university services office. The \$15 fine will double after two days if violators fail to contact University Services. Parking stickers can be bought at the information desk in Rosaria Centre.



One of the 27 new parking spaces usually not available next to the University Club, 5 College Rd. Notice the "t" in university.

K. Fraser Photo

MSVU single parent group moves toward society status

by Sharon Campbell

A MSVU single parent group, which has existed for the past two years, is in the process of developing a constitution to become an official society.

The group has already applied to Student Union for a budget, says Diane Gauvin Samoiloff, the group's organizer. "If the budget comes through, we'll have an open house so the community can come and meet the members," she said.

Samoiloff said the group started informally to provide a meeting place for single parents and students to exchange ideas, problems and survival skills.

The group will attempt to take an active role promoting its visibility and improving the university's environment for single-parent students.

Single parents experience problems with housing, child care and financial aid while attending the Mount and other universities. Most single parents are women on welfare or fixed budgets. Welfare provides about \$420 monthly for housing, "which isn't enough," says Samoiloff. It is hard for a single parent to get a place to live and still be close to the Mount she says.

Last year, the group made a proposal to the housing office that the residence at 138 Bedford Highway be used for single

parents. The house is occupied by eight mature students. Samoiloff wanted to put two or three single parents and their children in the house. She also proposed that the women be allowed to pay rent monthly rather than in a lump sum as many would find this difficult.

The housing office refused the proposal saying they couldn't afford it because they had a deficit and the government didn't give special grants to universities for subsidized student housing.

After the first proposal was turned down, the group appealed to the Long Range Planning Committee. However, the committee said it couldn't determine how such a special kind of

housing could be financed. The group hopes to pursue the housing issue again this year.

Child care is another concern for single parents. Child care at the Mount is very expensive and out of most parents' price range, says Samoiloff. "It's a crying shame that an institution whose mission is to promote women in higher education has a child care facility whose cost is prohibitive."

Last year, the Mount offered a bursary to one parent, who fulfilled the requirements to receive free child care. Samoiloff says this was a good step but one bursary is not enough.

Child care is a major problem because of its cost. If children

two friends. When she saw her fiancé-to-be, she went to him and they embraced.

From his pant pocket Blaauwendraat drew a brown velvet Mappins box and opened the lid. Laughing and half crying, Sibley raised the ring box above her head to show the clapping and cheering crowd. Blaauwendraat then placed the three-stone diamond on Sibley's ring finger.

Sibley said she "was really surprised" and that the couple had gone out for "quite awhile."

Director of Physical Plant Marie Kelly said Blaauwendraat asked for her permission to use the P.A. system. "He was very nervous (about asking permission)," said Kelly. "He said he was in love with one of our students and wanted to propose to her in an unusual way."



can't stay at the Mount, transportation costs increase.

"Most, or a lot of single parents, need financial help," says Samoiloff. "But one almost needs to be a genius to figure out what benefits a person can receive." Single parents do receive aid through the Department of Social Services, welfare, family benefits and student aid. Samoiloff says a lot of single parents decide to go back to school because they can receive more benefits than if they worked for minimum wage.

The group meets once a month in Seton Academic Centre. The next meeting is Mon., Oct. 6, 12-1 p.m., Room 307. If interested phone Diane Gauvin Samoiloff at 443-5670.

Sermon on the Mount

Oh the joy of... parking.

It's been nearly two years since I've been able to park in an "indicated" parking space. You know the ones I mean—or maybe you've forgotten too.

But those days are gone—apparently forever.

Yes, gone are the free-wheeling (no pun intended) days when you could park without the fear of receiving a parking ticket.

Well I'm tired of being late for classes because I can't find a place to park after fifteen to twenty minutes of searching.

I'm tired of being forced to park illegally and receiving parking tickets—even though I have already paid for a parking permit (what a farce!).

By this time next month, the university should be able to pave a personal parking space for me from my parking violation fund.

Sorry, but issuing 1,300 parking decals when you only have 694 parking spaces just doesn't cut it with me.

Shelley Murphy
Editor

Letter to the Editor

Support for pro-life proposal

Dear Editor:

Your "Sermon on the Mount" was a brave breath of fresh air in turbulent times when speaking such opinions can lead to alienation from one's peers. Congratulations on a wonderful idea, declaring Mount Saint Vincent University a Pro-life campus! What a wonderful Christmas present, beyond all price, that would make for the Sisters of Charity.

I'm sure this isn't the first letter you will receive, and I'm sure there will be many opposed to your proposal. Let's just hope they can see that it reflects the opinion and ideals of our founders, not just a handful of students. Personally, I would view

opposition to this as selfish, but obviously, it wouldn't be the first time they were "selfish".

The Pro-life people have had to watch Alexa MacDonough on TV recently making a declaration that supports the Pro-Choice movement. I don't think that it would hurt the public to hear a pro-life declaration once in a while as well.

Once again, good for you, Shelley! Please feel free to count on me and countless others for full support of this very worthy proposal.

Gene Bonvic,
2nd Year Business Student

The butt stops here



To The Picaro:

I am pleased to see that the University has finally put forward a policy concerning smoking and non-smoking on campus. Reaction to this policy has been mixed to say the least. The smokers are angry because they are being restricted in terms of where they must go to smoke. The non-smokers are frustrated by the insistence of smokers to continue their habit in non-smoking areas.

I fall into the latter category. I feel that of all the areas affected, the Saceteria remains the biggest bone of contention. If it isn't enough that staff and students continue to go there to smoke, the employees refuse to ask them to not smoke on the premises. To add insult to injury, they insist on keeping ashtrays on the tables so that fellow smokers will not be inconvenienced. This

has reduced this sincere effort on the part of the university to a farce in the eyes of the students. It would also appear that no one on the university payroll is willing to enforce these new regulations. This includes the security force—and who is more obligated than they to see that university rules and regulations are upheld?

The issue of smoke-free environments is continuing to grow—especially in the work force. It is time for the university to begin to prepare their students for the inevitable—restricted smoking in the work place. The buck STARTS here.

Sincerely,
Carol Goodwin Hatt
BSc Student/MSVU Staff

Ten Penny Club without catering

Dear Ms. Editor:

We would like to respond to the Student Union President's comments of last week concerning our rumoured pending catering operation. We would just like to say that we are not at liberty to discuss this topic at this point in time. However, if by some chance we can negotiate with our backers to make this subject public knowledge, you may rest assured that the Picaro shall have exclusive access to such information as it becomes available.

We would also like to take this opportunity to bring to the public's attention a very serious concern of ours. Last Wednesday Nite's Pub and Friday Afternoon's Matinee met with a fate worse than a Constitution Com-

mittee Meeting—there was a shortage of that golden elixir, that ambrosia, Ten Penny Old Stock Ale. While we are sure this is a simple oversight on the part of Pub Management, we are taking steps to form a Ten Penny Club. The accepted members will be issued Ten Penny Identification Cards thereby restricting Ten Penny consumption privileges to members only. We feel this will solve the Ten Penny Dilemma. Any interested parties should contact any of the Founding Fathers.

Tactfully submitted,
Garfield Hiscock,
External Vice-president

for Paul Card,
Senator

Jeff Whittman,
Board of Governors

the Picaro

Once upon a time, Picaro was a little man who tore through the Spanish countryside proclaiming the news to the people. Today, it is the student newspaper of Mount Saint Vincent University, published weekly by the Student Union. The Picaro is a member of Canadian University Press, and subscribes to its statement of principles.

The Picaro staff positions are open to all Mount students, and contributions are welcome. All copy and/or graphics must be submitted by Friday noon, the week preceding publication. Please type all copy double-spaced. Letters to the Editor and Hyde Park Corner must be signed, but names can be withheld by request. The Picaro staff reserves the right to edit all copy for length or legality. We regret that copy cannot be returned.

The Picaro office is tucked away on the fourth floor, Rosaria Centre, in room 403. Drop by to contribute to the paper, or bring us coffee.

Newspaper meetings are held every Monday at noon.

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Production Manager: Katrina Aburrow

Business Manager: Lisa Bugden

News Editor: Marina Geronazzo

Sports Editor: Jeff Mann

Entertainment Editor: Robert Caume

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Photos: Photopool

Office Manager: Cindy Coffin

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And this week...

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Donna Lafave
Debbie Unicom
Dave Hallworth
Natalie MacLean
Sandy Harrison
Robert Oyler
Tina Murphy
Kevin Fraser

Liseanne Gillham
Paul Paquet
Scott Verret
Sue LeBreton

and P.D.'s little Sis.

Andrew Damien McLeod
Robert Moffat
B.J. A'ssaff

SWAP provides an indepth look at Japan

by Robert Moffat

Canadian university students wishing to live and work in Japan will soon be able to do just that through the Canadian Federation of Students (CFS) Student Work Abroad Program (SWAP) in early 1987.

Japan is SWAP's most recent addition to its acclaimed travel program which has sent thousands of Canadian students to work in Britain, Ireland, Belgium, New Zealand, and Australia for almost 11 years.

"SWAP is essentially a working holiday for students," says Peter Murtagh, CFS Representative for Nova Scotia.

SWAP will assist Japanese students to work in Canada next year, but not on a one-for-one exchange basis.

To enter, SWAP participants must first pay a registration fee. In return they will receive a 6-month work visa and guaranteed employment within five working days of arrival. SWAP co-ordinators also help students find affordable accommodations in hostels, local houses or apartments.

"SWAP students working in Britain (SWAP's most popular host country) usually find jobs in pubs, hotels or clothing stores. We expect the same type of jobs will be made available in Tokyo," Murtagh says.

Murtagh states that some participants may also teach English to the Japanese. "We hear that there is a great demand for English language teachers in Japan. This job in particular could pay as much as \$8(CDN) an hour."

Since most Japanese and Canadian students will find working

in each other's countries to be a "culture shock", SWAP has prepared orientation lectures. Japanese participants will also be given English lessons if desired.

To qualify for SWAP work in Japan or elsewhere, Murtagh says participants must be CFS members, full-time university students between 18 and 25 years of age, and must pay their own return air-fare and living expenses. Students are also required to prove they have sufficient "support funds" before travelling abroad. According to Murtagh, the amount of these funds vary depending on what host country is visited.

SWAP is administered by CFS-Services and Travel Cuts. For the last 11 years it has provided Canadian students an indepth look at foreign countries by actually living in them.

IABC portfolio award now offered

by Terri Cormier

The International Association of Business Communicators (IABC), has established a \$100 award for the best portfolio by a MSVU public relations student to be presented at the end of the school year.

IABC has offered the award to promote good organizational skills before entering the work force. A portfolio is a file that contains a student's best work samples drawn from material prepared for outside projects and/or class work.

Most students realize they should work on their portfolio,

but they may not recognize that it is one of the most vital marketing tools for a prospective employer. "A student's portfolio is their passport to employment within the public relations field," says Dr. Chitra Reddin, director of the IABC Atlantic Chapter. She believes the award will provide incentive for PR students to upgrade their work. The portfolio requirement has been in effect since September, 1984.

Portfolios present what has been learned in a way that displays quality and professionalism. A variety of articles is needed to show diversity and ability. Newsreleases, articles,

posters and photographs are some materials that can be included.

To build a good portfolio, the PR department encourages students to perform public relations tasks for organizations outside the university.

The requirements for the IABC award are in the planning stages and eligibility rules will be established by the end of October. The deadline for submission is likely to be the last day of classes.

For more information about the award or IABC, students can contact Reddin in Seton Annex.

New CFS Fieldworker appointed

by Andrew D. McLeod

Canadian Federation of Students' representative for Nova Scotia Peter Murtagh, recently announced that Amanda Maltby of Guelph, Ontario, will be the new fieldworker for Nova Scotia and Newfoundland.

"I'm looking forward to working in one of the most active areas of the country," said Maltby. Maltby is a graduate from Carleton University with a B.A. in history and political science. She has served as the executive vice-president and special co-ordinator for the Carleton University Student Association. Maltby started orientation training on

Sept. 15 with the national CFS office in Ottawa.

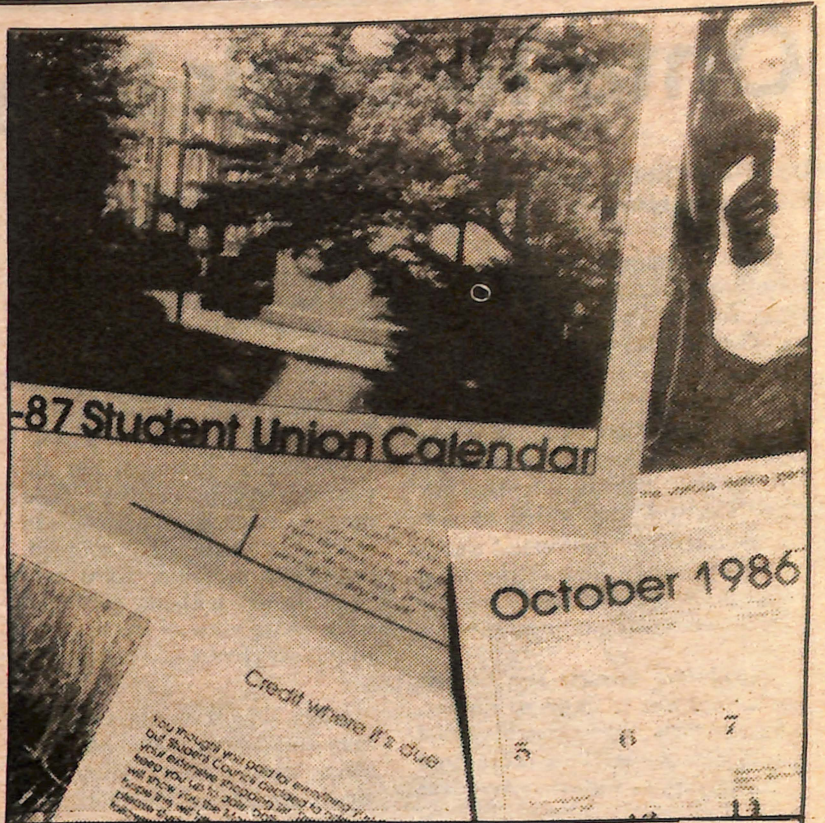
"Being a fieldworker requires a lot of hard work," says Murtagh. The fieldworker is the link between CFS and various post-secondary schools in Nova Scotia and Newfoundland. A fieldworker must be bilingual, have a knowledge of constitutional and news writing and have a good sense of organizing all types of student organizations in a post-secondary setting.

CFS is an organization that represents approximately half a million post-secondary students in Canada. The federation is concerned with accessibility to,

and the quality of post-secondary education.

"Amanda has a great personality, is full of energy, and is an expert on constitutional writing and drafting," says Murtagh, who feels Maltby will be a welcome member to the federation's team. The position opened when former fieldworker Phil Savage returned to school at Simon Fraser University in Ontario.

Maltby's first task will be to help the Trades and Technical College in St. John's Newfoundland organize a referendum that will allow them to officially join CFS.



K. Fraser Photo

MSVU calendars on sale

Calendars now on sale . . . while supplies last

by Shona Ross

MSVU Student Union's 1986/87 academic year calendars, produced to inform students and staff of on-going events, went on sale Sept. 22.

Calendar producer Katrina Aburrow, a third-year P.R. student said, "This calendar will keep students up-to-date both on and off the campus. It will show the Mount in a monthly perspective." The calendar runs from September 1986 through to August 1987 and has reminders of events and activities highlighted throughout. There are also photos of students, faculty and activities inside.

The calendar was MSVU student council president Susan Smith's idea. The council hopes to make a profit and put the money back into Student Union funds.

"Its main purpose is to provide an information outlet on

university activities. It is good to keep assignments and social events in order. It would even be great to send home to friends," Aburrow said.

Aburrow agreed in August to produce the calendar. She had one month to lay out the calendar, choose the pictures and write the credits. Kevin Fraser, photopool director and second-year business student, produced the photos for the calendar. Tanya Davison, summer secretary for Student Union and a professional office administration student found advertisers.

Danny McKinnon, manager of the Rosaria Corner Store said the calendars have received favourable response, even without advertising. "It is inexpensive for a calendar and well within a student's budget," McKinnon said.

The calendars are selling for \$1.50 each at the Corner Store, the MSVU Art Gallery and the Student Union office.

Public relations director resigns

by Shelley Murphy

MSVU's Director of Public Relations for seven years Dulcie Conrad resigned Sept. 22.

The president's office issued a memo to the president's advisory committee, department chairpersons and members of the administration on Sept. 23 to inform them of Conrad's resignation.

This year at the annual conference of the Canadian Council for the Advancement of Education

(CCAE), held in Vancouver, Conrad received a special achievement award.

The award recognized her outstanding service to the Public Affairs Council for Education (PACE).

Conrad is credited for ridding the Mount of its "finishing school image."

The public relations office is located in room 205, Evaristus Hall. Ruth Jeppesen is the executive PR secretary and Pat Cope-land is the information officer.

Ontario chair like a cool cloth to cover eyes

by Michelle Lalonde
Canadian University Press

With temperatures rising in new-found debates on censorship, Ann M. Jones is as soothing as a cool cloth over your eyes.

Jones is the new chair of the Ontario Film and Video Review Board, better known as the censor board. She is surprisingly cheerful and unguarded as she steps into the uncoveted shoes of Mary Brown, one of the most unpopular personalities in the Canadian culture community.

But Jones doesn't see herself as a solution to Brown. Rather, she praises her controversial predecessor as "an able and courageous woman who was very dedicated to her job."

Jones' background may worry those who call for a more tolerant—or enlightened—board. Raised on a farm, she is a religious woman active with volunteer organizations including the Boy Scouts and the Big Sisters. She is also past chair of the Visiting Homemakers' Association.

She is also proud of her 25-year history in politics. "You meet so many kinds of people in politics. You can't be involved, especially in senior roles as I have been, without getting a very broad view of the community," says Jones.

Jones, who served as an alderman and deputy mayor of Hamilton, doesn't describe herself as a feminist—"I'm not sure what the word 'feminist'

means"—though she has been involved in many women's organizations. This year, she was named 'Woman Of The Year' by the Hamilton Status of Women Committee, which she helped found.

"I was brought up to believe that a woman could do whatever she wanted to, if she worked at it," Jones said. "I have never felt in any way limited because I'm a woman."

Jones recognizes the arguments against censorship, but believes the censor board would not exist if people didn't want it.

"There will always be arguments," Jones said. "But in this province the government feels the community has certain standards and there are certain kinds

of films that they don't feel should be shown in local theatres where they show sex films.

"Sometimes we get what we call a 'sex film' in here, and that would be dealt with differently," she said. "But even in a sex film there are certain things we don't allow."

Jones is hesitant to define pornography. "It is, I suppose, a judgment call in every case. I think if you saw the pornography, you'd understand a little better," she said.

Jones said the censor board is most concerned about gratuitous violence, violence towards women, and the use of children in explicit sex scenes or nude scenes.

"But these things are things that you see in just an ordinary film. Pornography is much more of a perversion," she said.

A normal day at the censor board consists of two or three panels of five members each screening three films. The 25-member board works in shifts, each member working a few days each week and receiving \$85 a day.

"I know that sounds like a lot of money, but it's a very difficult job," said Jones, who does not sit on any of the review boards, but sits on the appeal board that judges a producer's appeal.

"Sometimes it's very stressful if you're watching violent films all day. Seeing certain scenes over and over can be very stressful psychologically," she said.

Jones doesn't worry much about interfering with art and artists through censorship. "Something that's true art sometimes comes through," she said.

"I've seen movies that were supposed to be artistic movies, and they were boring, really boring, and they claim it's art. Others are so magnificent that you can recognize it right away," she said.

She also defends the principle of censorship. "If I said to you, 'Do you want to see blood and gore and nothing else of any consequence', you'd say, 'That's not my kind of movie,'" she explains.

Jones, who's been a movie buff since childhood, and lists *Out Of Africa* and *Gandhi* as her favourite films, relates a personal tale of work on the job. "The other day, I saw a movie that I thought would have been really exciting for a young person," she said. "It was a really intriguing film, but there were two really horrifying scenes, and these may have disturbed young children. 'It's not that I'm opposed to horror—there can be a little horror,'" said Jones, adding the film, originally aimed at a teenage market, is now restricted to adults in Ontario.

Ann Jones is authentically wholesome. It's somehow difficult to imagine this sweet-faced, grey-haired grandmother of two actually watching films with an eye peeled for sex, violence and gore.

But someone has got to do it, and it is not going to be the people of Ontario....

Bambi strips council of funds

EDMONTON (CUP)—University of Alberta student union funds were used to pay a stripper who performed at a council party in April, says a former student executive.

"We were having our year-end (student council) change-over party and everything was going smoothly," said former vice-president academic Connie Uzwyshyn. "Suddenly, I noticed the men at the party were disappearing. Somebody told me they were in SUB basement, so I ran downstairs to see what was happening," Uzwyshyn said. "I barged into the room to find Bambi rubbing ointment all over herself."

Bambi, who will not give her real name, has acknowledged she performed a striptease at a function in the Students' Union Building Apr. 29. She confirmed she was paid \$130 cash by "the president or vice-president" of the student union after her performance.

"What really perturbed me was that this stripper was paid for with SU funds," said Uzwyshyn.

Student union administrators could not produce a cheque requisition for the money used for the stripper, but a remittance stub was on file. The stub, which bears no names or signatures, indicates former vice-president internal Scott Richardson received \$130 on April 29 for "party expenses, re: change-over".

The student union finance manager said he signed the cheque on executive orders.

Ryan Beebe said as finance manager, he is responsible for signing cheques and keeping books, not for making decisions about how the money is spent. "If (the cheque) is signed by an executive member, I don't have any choice," Beebe said.

He said former president Mike Nickel provided the executive signature on the cheque to Richardson, but Nickel has refused to comment on the issue.

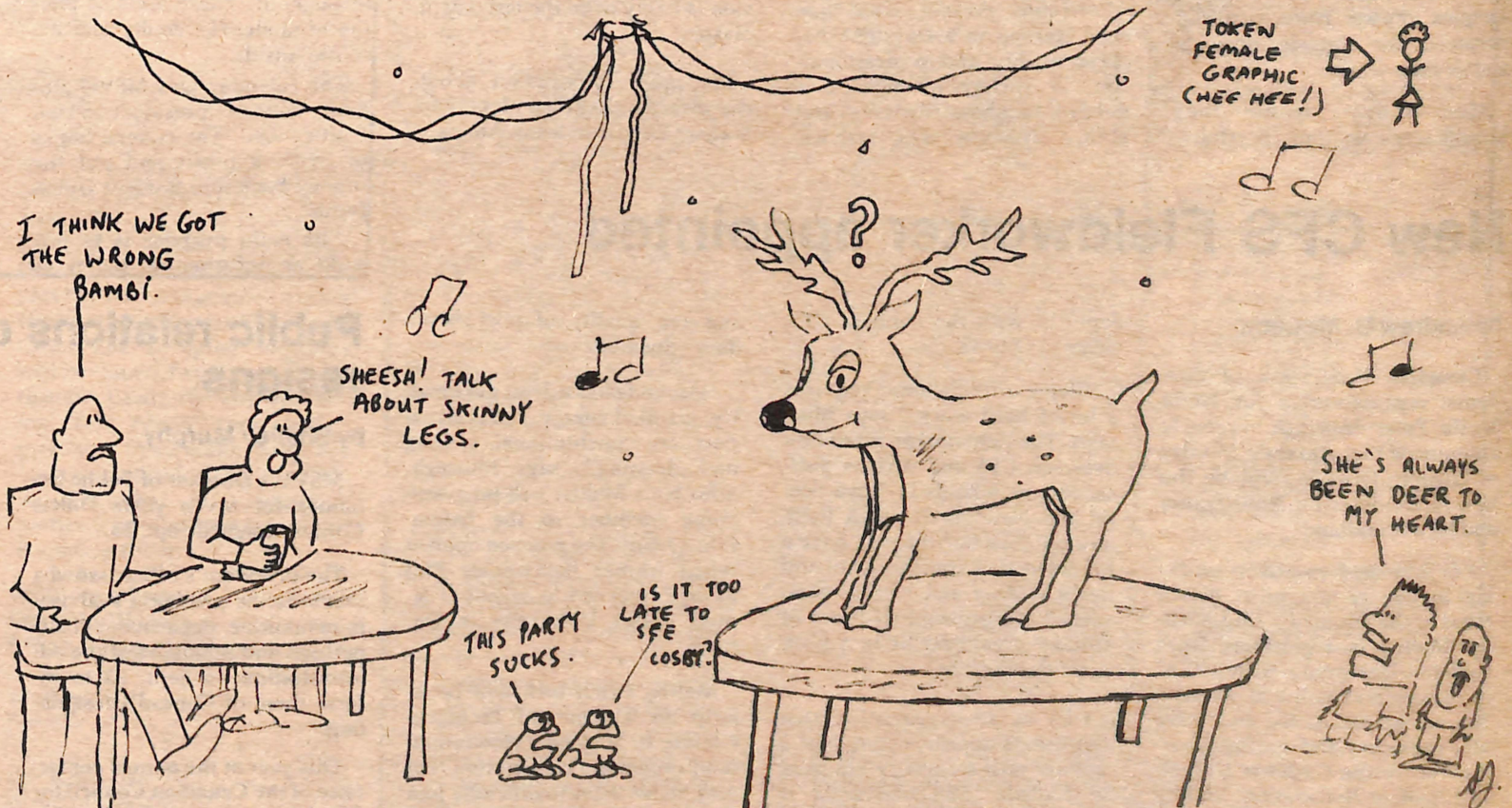
Last year's vice-president finance Rob Splane, says he knew about the strip show at the time of the changeover party, but did not attend. However, Splane said he "was not aware of a \$130

cheque voucher."

Current president Dave Oginski, who said he attended the strip performance while drunk, believes the stripper was paid by a collection taken by Richardson after the event. "I assume that is why he took money from everyone there."

But finance manager Beebe said no money was paid back into union funds to compensate for the \$130 cheque.

Oginski gave no indication the student union will investigate what happened to the money or how the stripper was paid.



For the run of it is also for the fun of it

by Jeff Mann

At 10 a.m. on Sun., Oct. 19, many Mount students and members of the surrounding community will hopefully meet at the starting line of the fourth annual "For the Run of it," a road race to support Ad Sum House.

Participants can run, walk, or jog either a 10 km race, or a five km fun run. Each runner must pay a \$5 entrance fee, or have at least five dollars in sponsorship. All proceeds from the run go to Ad Sum House, and the Mount's athletic and recreation department.

Athletics officer June Lumsden gave three reasons why a person should participate in the

run. "Ad Sum House is a great cause and the race is a good way to promote competition in the school. We're (the A/R department) hoping it will become a tradition at the Mount."

This year's "For the Run of it" already has some people filling in sponsor sheets, and preparing for the run. Lumsden said, "I'm hoping we'll raise \$3,000 this year." Last year \$2,400 was raised.

Student council president Susan Smith and Picaro editor Shelley Murphy have issued a challenge to the Mount Student Assistants (MSAs). "I think we should challenge the MSAs because they are an active group on campus. If anyone would take a challenge seriously, they

would," said Murphy.

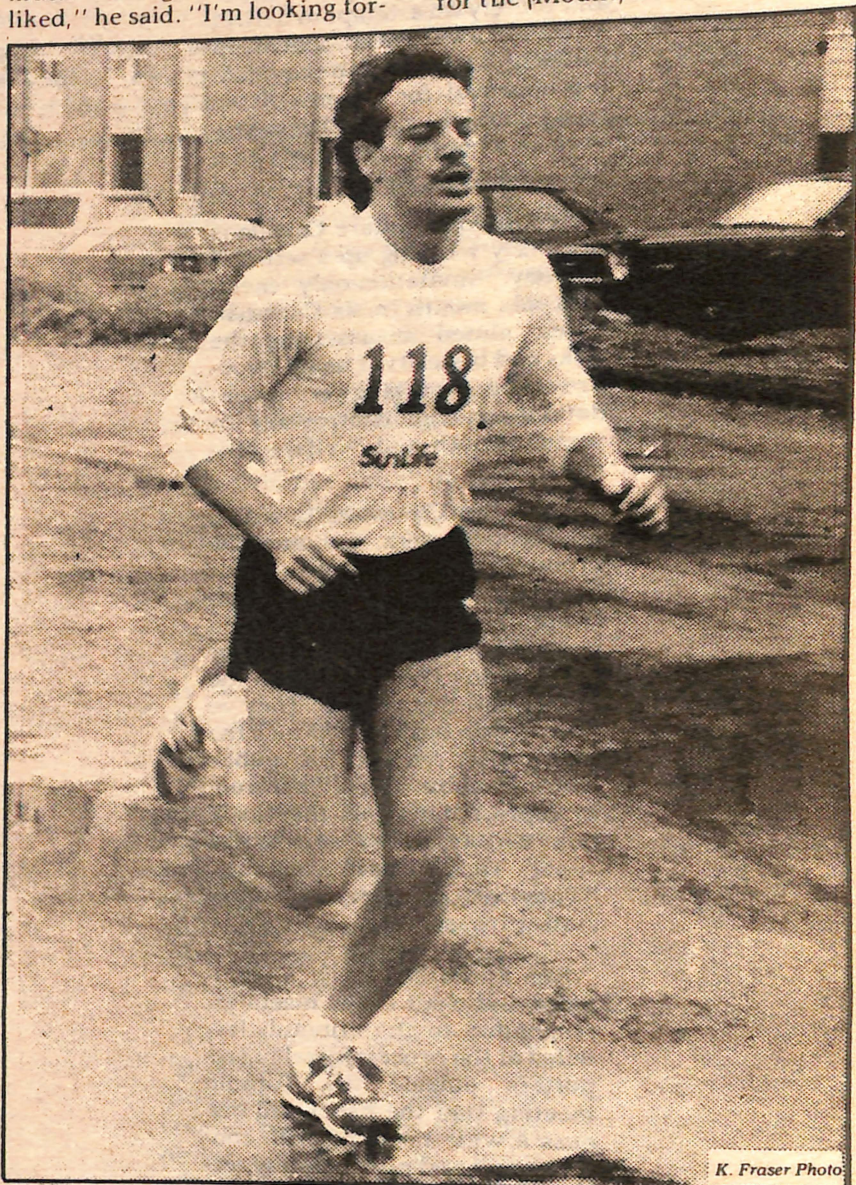
All athletes on Mount Inter-Collegiate sports teams are participating in the run, and rumors of a residence challenge are floating around, said Lumsden.

"For the Run of it", is also becoming a major race off-campus. The Run Nova Scotia series, a circuit of road races held province-wide, will include "For the Run of it" in their program this year. The Nova Scotia College Conference, the inter-collegiate governing committee, will also include the race in this year's cross-country running season.

Last year's 10 km winner Rob Burchell, a Mount student, is taking a different approach to this

year's event. "I haven't done as much training as I would have liked," he said. "I'm looking for-

ward to the fun aspect this year and I want to raise some money for the (Mount) hockey team."



Last year's "For the Run of it" champion Rob Burchell shown here en route to victory.

Player of the Week

Ray Bourque has been chosen the Picaro Player of the Week. He earns this honor for strong play in goal in intramural floor hockey action, last Sunday

Bourque's team, despite a good effort, went down to defeat against worthy opponents. The final score was 12-8.

Intramurals are a big part of Bourque's life. After floor hockey on Sunday nights, he plays volleyball in mixed competition. He played for the men's basketball team last year, and also works for the Athletics and Recreation department on a part-time basis.



Ray Bourque

Fall fitness schedules

Early Bird, Wednesdays—7-8 a.m.

Get a head start on the day! Join the Early Bird fitness class. Includes aerobic conditioning, flexibility and coordination.

Fit Break, Monday, Wednesday and Friday—9:30-10:30 a.m.

This class gives a balanced routine for overall fitness, stretching, flexibility and cardiovascular exercises. Low impact aerobics will be emphasized.

Walk With Aerobics, Tuesday and Thursday, 10-11 a.m.

This introductory course promotes a variety of fitness activities frequently conducted in the outdoor environment. It offers counselling on proper exercise techniques, along with warm up and cool down activities.

Noon Fit, Monday-Friday—12-1 p.m.

A fun way to get in shape with a variety of instructors. Tuesday and Thursday classes will have a low impact approach.

Soft Aerobics, Tuesday and Thursday—2-3 p.m.

A carefully designed fitness program for the beginner or the older adult.

Rush Hour, Tuesday and Thursday—4:30-5:30 p.m.

Trade in the traffic for an hour of fitness! Warm up 15 minutes, aerobics 20 to 30 minutes, cool down with floor work 15 to 20 minutes.

Trim and Tone With Tubing, Monday and Wednesday—4:45-5:30 p.m.

This non-aerobic class concentrates on body toning and muscle strengthening. A warm up and cool down is also provided.

Evening Energizer, Sunday, Tuesday and Thursday—7-8 p.m.

Revitalize yourself after a hard day. The class intensity will increase as the participants' level of fitness develops.

Fitness Assessments available by appointment—\$20.00.

Fees: Student Special—(a) Full-time students, \$25 per term or \$40 per year for choice of any number of classes per week. (b) Part-time students, faculty and staff. Same fee as above with membership fee of \$15.

Community Package—Two classes per week \$48 per term. Unlimited number \$60 per term. If paying daily \$3 per class.

Program: Sept. 15-Dec. 5. Registration: Sept. 8-Sept. 12, 9 a.m.-5 p.m. Rosaria Centre, Room 223.

You can feel your heart rate

Many of us just starting aerobics must consider how to assess our physical condition.

The target "heart rate zone" is the heart rate that must be reached to improve aerobic fitness. The upper unit of an individual's target heart rate zone is identified by 200 beats per minute minus their age. The lower limit is identified by subtracting 30 from the upper limit. For ex-

ample, if you are 20 years old, your upper limit would be 180 beats per minute. Your lower limit would be 150 beats per minute. To be beneficial the heart rate should be kept between the upper and lower limits for 12 to 15 minutes.

The best place to check the pulse while exercising is either the neck (carotid pulse) or the wrist (radial pulse). If your heart

rate is below the target heart rate zone, you should be working a bit harder. If your heart rate is above the target heart rate zone you should slow the activity down to an easy jog. For a safe and efficient aerobic workout, your pulse should be kept within your target heart rate zone at all times. To get the most out of your aerobic workout you should be participating in an aerobic activity three times weekly.

Upcoming tryouts and games

Women's Basketball Tryouts

Thurs., Oct. 2, 5:30-7:30 p.m.
Mon., Oct. 6, 6-7:30 p.m.
Wed., Oct. 8, 6-7:30 p.m.

Women's Volleyball Tryouts

Tues., Oct. 7, 5:30-7:30 p.m.
Thurs., Oct. 9, 5:30-7:30 p.m.
Tues., Oct. 14, 5:30-7:30 p.m.

Women's Soccer Games

MSVU vs UCCB, Sat., Oct. 4, 1986, 3 p.m. on Westmount Field

MSVU vs NSTC, Wed., Oct. 8, 1986, 4:30 p.m. on the Commons

Women's Volleyball

Low-level competition for fun and recreation. Everyone plays. Instruction provided during the first two weeks.

Mondays, 4:30-5:30 p.m.
Sept. 22-Nov. 10
Wednesdays, 1:30-3 p.m.

Men's Ball Hockey

Organized league play. Sticks are provided.
Sundays, 5-7 p.m.

Sept. 21-Nov. 23

Co-ed Pick-up Basketball

Drop in any time between 2 and 4 p.m.
Fridays, 2-4 p.m.
Sept. 19-Nov. 28

Co-ed Volleyball

Any team of six or more players can play. At least two males and two females must be on the court at all times.
Sundays, 8-10 p.m.
Sept. 21-Nov. 23

Billiards Tournament

Singles. Pre-registration required. Register at the A/R Equipment Room
Mon., Nov. 24, 4:30 p.m.
Wed., Nov. 26, 4:30 p.m.

4th Annual Low-Organized Games Day

Events include relay races, obstacle courses and surprise events. Any team of six may enter. Register at the Equipment Room.
Monday, Nov. 17
4:30-5:30 p.m.

Depo-Provera informa

by Michelle Lalonde
and Melinda Wittstock
Canadian University Press

The federal government has been holding a series of closed door meetings on contraception which critics say are a "sham" and merely an attempt to deflect attention away from a demand for public hearings on the pending approval for the use of the controversial drug Depo-Provera as a contraceptive in Canada.

Health and Welfare Canada is presently winding up a series of one-day, "invitation-only" meetings this month in six Canadian cities, aimed at assessing the risks and benefits of using Depo-Provera and making recommendations on the controversy to senior Health and Welfare officials.

And, the Canadian Coalition on Depo-Provera, an umbrella group of 75 organizations across the country opposed to the certification of the drug, has criticized the federal government for not opening the meetings to the public and the media. "They've been set up only to sidetrack the Coalition's request for public hearings about Depo," a Toronto representative of the Coalition told reporters outside the Sept. 15 Toronto meeting. "They're a mockery of democratic process."

But Karen Kennedy, co-ordinator and chair of the meetings, responded to the criticism levelled at the process by telling reporters outside the Toronto meeting that the panel will discuss a wide range of birth control issues and not make any recommendations to the government. "We're looking at the whole area of fertility control, not only Depo-Provera," the Health and Welfare consultant said.

Depto-Provera, a synthetic hormone manufactured by the U.S.-based multinational Upjohn Co., is currently used in over 80 countries and has been given to over ten million women in the Third World for birth control, with the approval of the World Health Organization (WHO) and the International Planned Parenthood Federation (IPPF).

But the U.S. Food and Drug Administration (FDA) disallowed the drug because tests on animals over the past 15 years indicate the drug causes cancer. That the drug is fit for the use of Third World women but not white women in the U.S. has led many critics to the conclusion that women in underdeveloped countries are being used as human guinea pigs to test new contraceptive technology.

"After refusal in the U.S. on the grounds Depo is unsafe, says Deborah Van Wyck of the Canadian Coalition, "Upjohn is treating Canada as a Third World dumping ground. It's hoping a well-funded, well-

cloaked lobby will result in the certification of the controversial drug here, where it failed in the U.S.," she said.

Used by doctors in Canada since the '60s to treat endometriosis and cancer, as well as to stop the menstrual bleeding of mentally handicapped and physically disabled women, Depo-Provera boasts a myriad of adverse side effects. Temporary or permanent infertility, anemia, diabetes, uterine disease, permanent damage to the pituitary gland, lowered resistance to infection, deformities in offspring, severe mental depression, as well as cervical, endometrial and breast cancer are some of the reported long-term effects of the drug.

A 1981 study by Dr. Donald Zarfas, a professor of pediatrics and psychiatry at the University of Western Ontario, found that the rate of breast cancer was 25 times above average in the institutionalized handicapped women in Canada who had been given the drug—"usually without their informed consent," he wrote.

Short-term effects include weight gain or loss, abdominal discomfort, nausea, headaches, loss of hair, limb pain, disruption of the menstrual cycle, vaginal discharge and the spotty darkening of facial skin.

The drug also causes a loss or decrease of sexual libido and/or orgasm. While a loss of libido would probably not be tolerated by most men, population experts and Upjohn managers—predominantly men—are willing to inflict this on women. Male sex offenders who have been administered the drug as a "cure" have called Depo "chemical castration".

Depo is administered by injection every three months and works similarly to the Pill. It inhibits ovulation by suppressing hormones to the pituitary gland. After discontinuation of the drug, a woman's body takes from six to eighteen months to become fertile again. The injections last for three months so if any negative side effects arise, a woman must suffer through them until the injection wears off.

Worried the drug would be quickly and silently approved without adequate research or consultation, the Coalition presented four demands to federal Health Minister Jake Epp last year. The Coalition wanted information in the hands of Health and Welfare Canada and Upjohn to be made public, public hearings on the drug composed of medical as well as consumer representatives, and a guarantee that the safety of the drug be firmly established before its certification in Canada.

But the Coalition's demands fell on deaf ears. Not only have the meetings been closed, but concerned groups also expressed disappointment that there had

"We'd like to see a more open process for meetings and the release of information, in which the government hopes to get more consumer input and consumer participation," the DAWN submission states.

"Too many have been premature in the past after being told by drug companies," Wyck, pointing to the Advisory Committee on Productive Phosphates, has recommended the use of Depo two people on it".

"We don't need
We don't need
mide," says D
sion. "And the
doesn't either."

But Dr. Jack
wa a gynecologist
the Advisory C
women oppose
"overreacting"
scientific data
says, the drug
Pill.

The vice-president of Up with Walters. "The drug is Douglas Squires. "I'm not sa occur—they absolutely coul not be appropriate for som has side effects . . . Hell, the celibacy can increase the in some women."

Squires says that if proved, it will be by women who use the Pill because they don't drink and/or smoke.

Walters thinks
"good contraceptives
for women who

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Depo is a
ve method"
are "unedu-

cated". For instance, he says,
there are "very few black wom-
en in South Africa who would
understand how to take the
Pill".

But black women in South Af-
rica have charged that the drug
is being forcibly administered to
them by government-funded
family planning agencies. Dr.
Nthato Motlana, a black South
African physician, told the To-
ronto magazine **Healthsharing**
in the fall of 1982 that Depo-Pro-
vera shots are being given to
young black girls "without even
asking their consent".

Meanwhile, at an IPPF-spon-
sored clinic in Thailand, 60,000
women have received Depo in-
jections. "Each woman was giv-
en the time to make her 'free
choice' and have her injec-
tion—60 to 90 seconds. At the
Khao I Dang refugee camp,
women who agreed to be in-
jected were promised a chick-
en—a powerful inducement in a
camp where refugees are fed
about four ounces of meat a
week," the article in
Healthsharing pointed out.

**The closed meetings in Canada are perhaps a symbolic
reminder that agencies such as the IPPF and WHO and
companies like Upjohn are not properly informing
women about the drug. Many women users of Depo are
not even told they are being given the drug, let alone
what its possible side effects are.**

Over Our Dead Bodies docu-
ments many cases of handi-
capped women in Canada that
have been administered the
drug without their consent.
Carolyn Colbourne, a member
of DAWN who was on the drug
for four years, says they never
told her anything about the drug
or its side effects. "I didn't have
any choice about taking it. How
was I going to stop them? I expe-
rienced all kinds of side effects
while on the drug—depression,
loss of appetite, kidney haemor-
rhage...."

Colbourne said most of the
women at her institution had
been put on the drug to "stop
their menstruation for the con-
venience of the caretakers"
without their informed consent.
"It's wrong to put these women
on a dangerous drug when they
have no choice. It is wrong to
use people as guinea pigs, which
we were."

As DAWN's submission to the
panel points out, women who
have used Depo do "not even
get the same opportunity male
sex offenders do to give in-
formed consent." A copy of the
consent form rapists are asked
to sign before being admin-
istered Depo contains a lengthy
explanation of all the possible
side effects of the drug. The con-
sent form was printed in the
Feb., 1985 issue of **Modern
Medicine of Canada** and lists
such adverse effects as "inabili-
ty to concentrate, depressed
mood, loss of hair, inflammation
of the veins" and "the possible

development of cancer and
blood clots."

**Notwithstanding, doctors like Dr. Malcom Potts, the
present director of the International Fertility Research
Programme and former IPPF medical director, insists
the drug must be given to millions of women over the
course of decades before its carcinogenic effects can be
judged. "We are not going to know whether Depo-Pro-
vera is safe," he explains, "until a large number of wom-
en use it for a very long time."**

But as the DAWN submis-
sion says, "there are enough
causes of disability already.
Much as we like ourselves,
we don't wish to see our
numbers increased."

A drug company's capacity
to use underprivileged wom-
en around the world as "hu-
man garbage cans" depends
on the maintenance of peo-
ple's ignorance. Closed and
unpublicized meetings along
with a
dearth of information about
the drug, serve that purpose.
As the Advisory Council on
the Status of Women points
out in a news release, "the
open participation of con-
sumers and interest groups
and others is essential for the
balanced consideration of
ethical, psychological and so-
ciological issues" with re-
spect to the pending decision
on Depo-Provera.

Dr. Squires says he has
"problems with people who
intermix sociology and medi-
cine". He says doctors are
better qualified to judge
whether a woman should use
Depo—"should we listen to
the experts or special interest
groups who have some socio-
logical reasons for feeling this
drug is not appropriate for
women to use?" he asks.

But because of the "poten-
tial for the drug to be mis-
used," says Dr. Marion Pow-
ell of the Toronto Bay Centre
for Birth Control, "it is far
too important an issue to be
left in the
hands of the medical profes-
sion."

Depo-Provera critics say
women must be better in-
formed of contraceptive
methods and consulted in de-
cision making, as they are the
ones most affected by drugs
like Depo-Provera. Although
men control most informa-
tion on Depo and regulate its
use throughout the world,
women are calling on the
government to heed their
concerns, and to put more
time, money and energy into
finding safer, surer methods
of birth control.

But is the government lis-
tening?

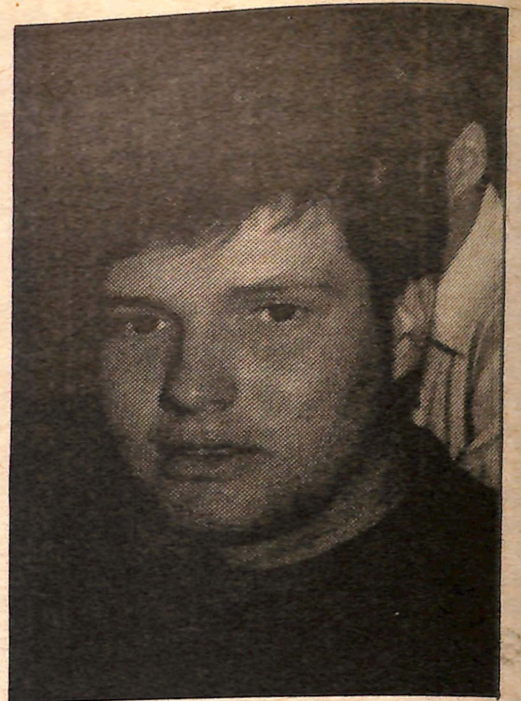
Vox Populi



Angela Manders, second-year BPR—"I don't think we should have to pay such high parking fees for such terrible parking facilities. I also didn't like the ticket I received last week."

QUESTION:
How do you feel about the parking problem at the Mount?

by Kevin Fraser
and Liseanne Gillham



Alex MacIsaac, third-year BA—"I think the cost of the parking permit is too high, and there definitely isn't enough space. Because of this, the students lose respect for the administration."



Donna Hiltz, third-year Office Administration—"Personally, it sucks."



Scott MacKeigan, second-year BA—"It is annoying having to wait around for other car drivers to let you out because they triple parked."



April D'Alosio, fourth-year BA—"I am just appalled by the whole thing. One day there was a large funeral going on at the church, and after paying \$55.00 for a permit, I ended up having to drive around for half an hour to find a spot."

Nothing in Common with two talented men

by Sherry Hassanali

Nothing in common with the rest of films now playing in Halifax??? Hardly.

This hilarious, fast-paced film could in fact be a story everyone has seen ten times over with the exception that the two main roles are occupied by two extremely funny and talented men.

Directed by Garry Marshall, the film stars Tom Hanks (Splash) and Jackie Gleason

(Smokey and the Bandit). Hank portrays wise-cracking David Basner, a creative director for a major advertising agency. Gleason, who portrays David's father, is known for his super salesman abilities.

The film begins with David at home, entertaining one of his many female friends. He then gets a phone call from his father who simply states that David's mother has left him after thirty-six years of marriage. From here on, the normal every-day life of

David Basner is interrupted as David's dad realizes how helpless he is without his wife Lorraine (Eva Marie Saint).

David also has to put up with his mother's antics. For instance, she doesn't know how to recover after one date with another man. Her "problems" soon become David's problems.

At the same time, Basner Jr. tries to win a new account with Colonial Airlines and prove he is a "bonafide adult". He admits

his ideas are childish, immature and foolish, but he really doesn't care because he gets paid a lot to think that way.

During the entire crisis, David turns to his long-time friend and high school sweetheart, (Bess Armstrong) who acts as his emotional pitstop.

The turning point of the movie is near the end when David notices his father's feet turning blue.

Max has diabetes and needs a

serious operation. David stays with him during the operation, jeopardizing his entire career, and loses a friend/lover with whom he has worked closely on the airline deal.

The end of the film is not what you would expect which is a surprising change.

This true-to-life film was well done despite the familiar theme. However, to find out what happens at the end of the film I suggest you go see it.

Teenies go Haywire at the Cohn

by Katrina Aburrow

Haywire's lead singer, Paul MacAusland dripped with perspiration at a performance at the Cohn Sept. 26. But unfortunately only the dry ice provided smoke on the concert stage.

When I first saw Haywire I was not only impressed by their music, but also by MacAusland's non-stop explosive energy which pulled me out of my seat. However, it seems that this kind of energy can only be sustained in a one hour set before a Paul Young concert.

Maybe he felt he didn't have to exert as much for an audience full of screaming teens. But there were those of us in the audience who saw Haywire with-

out drooling and can remember them as an unspoiled band on their way to the top.

The first hour was filled with old and new songs which were close enough in sound to bore anyone trying to enjoy a good show. I was moving to the music all night long, but after three songs I was tired of a synthesizer beginning, building to a hard rock beat.

The show improved after the first hour with a very moving slow song and their two commercial hits "Bad Boys" and "Standing in Line". A delirious fan clutched to MacAusland as he sang his love song with her. After the song he declared, "Now, that's the way a slow

song should be sung," and I would have to agree.

Haywire is as good in concert as they are in your front room on compact disc, but they could vary their music more. For once, I wasn't mesmerized by a per-

I'm sure the teenagers felt they got their money's worth just because they could admire the band from the front row and

formance. It wouldn't take much effort on the band's part to achieve a great performance.

centre aisle, but they couldn't appreciate the polish that Haywire's sound has gained. The production sound has been reproduced to make Haywire one of the best bands I've heard, but the climb to the top is hardly over.

Caume Opinions . . . Big Country—The Seer

by Robert Caume

With the release of their new single, "Look Away", Big Country's new album, *The Seer* should make quite a splash.

When Big Country re-emerged on the live scene back in March, with the release of a new single imminent, there was considerable doubt about the group's future among the British music papers. This was understandable since there were unfounded rumours following the release of their vastly underrated second LP *Steeltown*. The subsequent cancellation of a North American tour opening for Hall and Oates also reinforced the uncertainty about which direction they would take.

As it turned out, one reason for their low profile was their work on the soundtrack for a film called "Restless Natives". Another was that the wife of lead singer Stuart Adamson had had another baby.

In any case, they are back and stronger than ever. The title track includes the incredible vocals of Kate Bush, and resembles an Irish folk-ballad. Also included is an up-tempo drum arrangement from the band's own Mark Brzezicki.

"Look Away" has a nice lilt and provides some great guitar hooks, but Big Country's latest UK release "One Great Thing" is probably the best song on the album. "Remembrance Day" also deserves special mention for its great harmonies. Unfortunately, it is a little hard to distin-

guish some of the songs because they sound alike. This is a problem that continues to plague the group. There are however, enough well-produced tracks to pull the album through with relative ease.

Judging from the initial immediate success of "Look Away", it appears as though the nine months Adamson spent writing the songs, secluded in the Scottish Highlands, were well spent!

Classic Tony Quinn crowds Vinnies

by Robert Oyler

About one hundred and fifty people filled Vinnies Pub last Friday afternoon to see Tony Quinn, as the Pub held its first afternoon of entertainment this year.

"It was a good and lively crowd," said Quinn. He had most people in the place laughing and tapping along with his music.

It was classic Tony Quinn (if that is possible). A lot of quick wit and several slightly altered song renditions. If you have ever seen Tony Quinn before, chances are you know most of his material. However, there was a lot of new material in addition to the crowd favorites.

With the assistance of a local writer, Quinn has developed many new tunes and has pol-

ished up the rest of his comedic act.

"I'm starting to do more and more universities and conventions now, and not as much of the six-night-a-week bar scene," said Quinn.

Public relations student Krista Renner, had never seen Tony Quinn before. "He's very funny and he seems to get the crowd involved quite a bit," she said.

Assistant bar manager and DJ Keith Davis was pleased with the large turnout and thought everyone enjoyed the show. There will be live entertainment in Vinnies this year, probably on a bi-weekly basis.

Friday afternoons, like Wednesday evenings at Vinnies, seems to be a Mount tradition. A tradition that will hopefully never fade.



Shades of Jackie Vautour! I've been expropriated from the masthead!

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The decision process made easy

by W.J. A'ssaff

Decisions, decisions, and more decisions. You make many of them everyday. Some are simple, like whether or not to wear the blue top with your denims, while others are more difficult. Should I drop this elective for a harder one that may be more valuable to me once I finish school?

Some are good decisions, while others are mistakes. However, no matter who you are, or what you do, you have probably had difficulty making a good decision at some point.

"People have trouble making decisions because they haven't learned how," says Charles Ingram, a counsellor and child psychologist at Camp Hill Hospital, Halifax. "Sound decision making takes nothing more than a skill that people haven't yet developed."

Mount PR grads become CPRS accredited practitioners

by Donna LaFave

The Canadian Public Relations Society is the professional association representing the interests and development of public relations practitioners in Canada. It is concerned with the training and professional development of its members, in addition to maintaining a code of ethics.

CPRS offers an accreditation designation (APR) which can be achieved by writing an exam. In order to take the exam a public relations practitioner needs five years experience in the field, recommendations from five society members, and submission of a written work.

On April 18, 1986, Michelle Gallant and Janet Thompson successfully passed the exam to become the first graduates of the Mount's public relations program accredited by the society.

Michelle Gallant, who graduated in 1982, is now a management supervisor with Corporate Communications Limited, Halifax's foremost public relations and advertising agency. She recently received an award from CPRS for her work on the Purdy Wharf opening ceremonies.

Janet Thompson, who graduated a year earlier, is now director of public relations and development at the Izaak Walton Killam Hospital for Children. She is also vice-president of the local chapter of the CPRS, being one of the first Mount public relations grad-

Take time to make a decision Ingram urges. "Don't push yourself or let anyone push you into making a decision before you're ready. If somebody pressures you for an immediate decision, don't give in. Sleep on it, and think about it in the morning with a clear mind," he says.

Another way to make the right choices according to Ingram is to make lists. If you find yourself going back-and-forth in a yes-no routine, this could help you. Here's what Yvonne, a Mount student, did.

Yvonne got a piece of paper and drew a line down the middle. On the left side she marked "pro", and on the right side "con". She had to decide if she should move in with her boyfriend or not. On the pro side she listed: steady sex; he's a great cook; shared expenses; won't feel lonely. On the con side she listed: he's very de-

manding and possessive; have to give up my own apartment and privacy; it seems like a real commitment and I'm not ready. "Just putting things on paper can help you see things better," said Yvonne. "Having made this list I realized I just wasn't ready for something like that."

Ingram also advises people not to procrastinate. "Give yourself the time you need, but don't keep putting decisions off. Procrastination can cause you as much trouble as rushing your-

self." Here is a concrete example.

James received an assignment paper during the first week of classes and had five weeks to complete it. He kept saying he'd complete it next weekend. Four weekends later he still hadn't chosen a topic. The paper was turned in two days late and was a complete flop.

Ingram also suggests that people evaluate the risk and cost of certain decisions. Judge for risk and cost and ask yourself such

questions as: 'How important is this to me?', 'What is the worst thing that can happen?', 'Can I live with that?', and 'What alternatives do I have?'.

Each day you make dozens of decisions and although you may not need a list of pros and cons, these suggestions may help in certain situations. Practice may not make for perfect decision-making, but if you realize just how often you make up your mind, you may decide that you're a better decision-maker than you thought.

Housing pleases students for once

by Sandy Harrison

Unlike last year, there is no housing shortage at MSVU. In fact, there are residence rooms and Clayton Park apartments waiting to be filled.

Housing and financial aid officer Barbara Crocker says this is the first time in years the Mount has been in this situation, and she is happy about it.

Last year there was a city-wide housing shortage and students going to Halifax universities had problems finding places to stay. Crocker feels that many students, anticipating another year of problems, found apartments and boarding houses in the summer so they wouldn't

have to worry about accommodations in the fall.

This year, there are even more places to live at the Mount. A new wing of rooms was added to Vincent Hall. Crocker believes this is one of the reasons the waiting list for residence rooms is rapidly disappearing.

According to an article in last week's *The Gazette*, Dalhousie's student newspaper, the most recent vacancy rate data for the Halifax area comes from a survey done by Canada Mortgage and Housing (CMHC) last April.

These data show a 0.5 per cent vacancy rate for the Peninsula South area of Halifax since October 1985.

The vacancy rate for the metro area increased to 2 per cent for April 1986, from 0.6 per cent in October 1985.

The Gazette quoted a CMHC market analyst as saying, "the vacancy rate has increased due to demand changes. People have been moving out of the region for economic reasons, reducing the demand for rental apartments."

The housing office encourages all new and returning students who do not have a place to live to come to the office. They are eager to fill all rooms in residence. The housing office is on the bottom floor of Rosaria Centre.

Let's talk money

by Barbara Crocker

As your Financial Aid advisor I hope to provide you with information on a regular basis

through a series of articles in the *Picaro*. In addition to keeping you advised of Mount Saint Vincent University Awards and Scholarships/Bursary Programs I will also inform you of awards from outside sources. If you have problems with your student loan or would like more information about applying for one please see me. Our office is in Room 119 Rosaria. If possible call ahead and make an appointment (443-4450 ext. 355).

Please read your student loan information carefully and become familiar with the procedures if you should withdraw from university or should change your course load.

The Financial Aid office has information and applications on the following external awards:

Rhodes Scholarships:—tenable at the University of Oxford, England in 1987. Application deadline is Oct. 24, 1986.

Orville Erickson Memorial Scholarship Fund:

Students pursuing a career in the field of conservation are in-

vited to apply. The OEMS is awarded to full-time students registered at a recognized Canadian educational institution. Scholarship applications may be submitted anytime throughout the year.

The MacKenzie King Travelling Scholarships:

The scholarships are open, on application, to graduates of any Canadian University who propose to engage, either in the U.S. or the United Kingdom, in post-graduate studies in the field of International or Industrial Relations (including the international or industrial aspects of law, history, politics, economics). **Deadline Feb. 1, 1987.**

The MacKenzie King Open Scholarship:

Open to graduates of any Canadian University, a scholarship is offered in competition for full-time post graduate studies in Canada or elsewhere and in any field. **Deadline is Feb. 1, 1987.**

uates to take an executive position.

"The achievement of APR designation marks a milestone in a public relations person's career. It demonstrates one's dedication, ability, and accomplishments in the field," said Thompson. She believes that "accreditation is a requirement if public relations is ever to achieve professional status."

This belief could become reality as the CPRS also shares this feeling. Especially with their plans to make accreditation mandatory in the future.

Council doors open with positions

This is your opportunity to get involved with the Mount Saint Vincent Student Council. The experience is great, and beneficial in the long run.

If you are interested in a position listed below, pick up a form at the Student Union Office, 4th floor Rosaria.

Positions available on Council 1986/87 Elected Positions

- Part-time Senate Rep.
- Part-time Rep.
- Residence Rep.
- International Student Rep.
- Education Rep.

- Tourism/Hospitality Mgt. Rep.
- Non-Residence Rep.
- Nominations open Sept. 23, 1986, 9:30 p.m.; close Oct. 7, 1986, 4:30 p.m.

Appointed Positions

- Yearbook Editor
- Winter Carnival Chairperson
- Corner Store Assistant Manager
- Senior Class President
- Applications open Sept. 23, 1986; applications close Oct. 24, 1986

Melissa Sparks
Executive Vice-President
1986/87

Heading for the future with a slight twist

Students Heading for the Future is this year's theme for the 6th annual leadership conference.

MSVU Student Union will host the conference which is for both university and high school students.

"It's going to be slightly different this year," says Lisa Courtney, co-chair of the conference. "We've added a twist, a sort of play on words. After the conference everyone is invited to Vinnies for a free astrology or tea leaf reading."

The workshops will focus on three different time spans: the student's past, present and future. Workshops will deal with "How to Make Decisions", "How to Handle a Professional Interview" and "Making a Budget".

A \$10 (\$8 for meal plan students) conference fee covers attendance to the four workshops, lunch by Chef Rene and a speech by Dr. Naomi Hersom.

Anyone interested in registering for the one-day conference or for further information should contact Student Union office, 4th floor Rosaria Centre. Registration forms are available at both the Seton front desk and Rosaria information desk. Completed registration forms and payment must be returned to the Student Union Office by Wed., Oct. 14.

Oxford summer school

Soon there will be flyers posted throughout the Mount, announcing the **4th Annual Summer School at Oxford**. We hope these will attract Mount students to spend a summer in England, which will provide many wonderful experiences and also gain for them one full credit in English. The requirement is that they will have taken and passed one **University course in English** before July 1987.

Last year, 10 MSVU students attended this six-week summer course on "Wordsworth and the Romantic Poets" (Eng. 311), or "Special Author—Wordsworth" (Eng. 401). The courses were held at St. Catherine College, Oxford University, England from July 7 - Aug. 15.

Those interested in attending the 1987 summer session, please contact Sister Geraldine Anthony, Room 513 SAC, local 220, or Jean Frost, secretary of the English Department, Room 303 SAC, local 346, or Jean Hartley, Summer School Director, Room 107, Rosaria Hall, local 324.

For further information on the trip (from the student viewpoint of one who attended this past summer), please contact Janice Pisko, Student Union Office, local 123.

Friends of Schizophrenics

One in 100 people are afflicted by schizophrenia. FOS is a self-help group for friends and relatives of schizophrenics providing education, information and support to help cope with this disease. Meetings are held on the 3rd Wednesday of each month (excl. Dec., July and Aug.) at 8 p.m. at Hancock Hall, Dalhousie Campus, corner of Coburg and Oxford Streets.

Friends of Schizophrenics (FOS)—P.O. Box 172, Mount Uniacke, Nova Scotia B0N 1Z0, phone 425-1641.

Assertiveness training workshops

Assertiveness Training Workshops just for women. Women's Employment Outreach in conjunction with Veith House is offering a series of FREE workshops for women interested in learning how to:

- say "no" without feeling guilty
- feel good about getting personal needs met
- accept criticism or compliments
- stand up for, and feel comfortable with beliefs and ideals
- feel good about themselves
- be heard

Workshops will run for five (5) sessions between Oct. 28 and Nov. 13, on Tuesday and Thursday **evenings** between 7 and 9 p.m.

Space is limited to 10-12 women, and pre-registration is necessary. Contact Veith House at 453-4320.

Child Study Society report

Caesar salad, macaroni salad, lasagna, veggies and dip... to name just a few of the fabulous dishes enjoyed by Child Study students and faculty at last Thursday's Potluck supper.

Enthusiastic first-year students and some old faithfuls attended the feast, which included a talk and slide presentation by Mr. Bryce Merrill, chairman of the Halifax chapter of the Canadian Association for the Mentally Retarded. Merrill spoke on behalf of the Halifax Developmental Preschool. Our society is sponsoring the Centre this year, and asking for fund-raising suggestions and **volunteers!** Any ideas may be submitted to the society, in person or via the bulletin board. All suggestions will be greatly appreciated!

Logo Contest! We need a new one! Please submit your entry soon—last chance is October 3, 1986. There is an envelope on the bulletin board (4th floor Seton) waiting to be filled! The winner will receive a FREE T-shirt! An order list is also on the board, so sign up now!

Future Events: There will be a Beach-Bash Pub night on Thurs., Oct. 2, 1986. It will be wet/dry so everyone can participate.

The Child Study Society will sponsor a Formal Dinner and Dance on Sat., Oct. 18, 1986. Tickets will be on sale lunch-times in the Seton Academic Centre and Rosaria Centre. The price is \$21 per couple. Cocktail Hour begins at 7 p.m. Dinner will be served at 8 p.m. Remember to keep an eye on the bulletin board for more upcoming events.

Missing!

One brand new Minolta 35mm camera and film. In a small khaki green zippered bag. Lost Wed., Sept. 17 in Rosaria Centre (or thereabouts). **Sentimental gift.** Those having any information regarding its whereabouts are asked to contact Marina at 443-4450 ext. 195, or 443-9916.

Talk to Your Kids —It Works

The Dartmouth Regional Library presents a three-part series on educating children about sex beginning on Wed., Oct. 8 at 7:30 p.m. at the Woodlawn Branch.

Anne Bulley, Education Co-ordinator of the Planned Parenthood Association of Halifax, Dartmouth and Halifax County, will give advice on how to talk to children about sex.

The theme of Planned Parenthood Week and of this series is "Talk to Your Kids—It Works!" and Ms. Bulley will concentrate on communication skills.

The first workshop emphasizes the emotional and psychological development and needs of children from tots to teens.

The second workshop at 7:30 p.m. on Wed., Oct. 15 is about **Sex in the Home** and deals with privacy, nudity, and attitudes in the home.

Part three at 7:30 p.m. on Wed., Oct. 22 entitled **Talking to Teenagers**, will discuss what to say and how to say it to adolescents.

The themes in this series are taken from "The Parent Kit", an aid for parents in sex education, which will be available for viewing during the session.

These programs are free of charge and open to the public.

Come join the Public Relations Society

Over fifty enthusiastic students attended the first general meeting, last Thurs., Sept. 25. Chairpersons were appointed to five committees that met after the meeting to plan this year's activities.

For those members who are interested in joining a committee please contact the society executive. Come join us!

Science Society pizza party

The Science Society will have a Pizza Party, Fri., Oct. 3, from 3:30 p.m. onwards in the Coffee Shop, Rosaria. All members—It's FREE. Non-members—only \$1.00. All are invited to attend.

Women's employment outreach

Women's Employment Outreach in conjunction with Veith House, is offering **Just For Women**, two free workshops on upgrading opportunities and job search techniques.

Upgrading Opportunities—Tues., Nov. 18, 1986.

Job Search Techniques—Thurs., Nov. 20, 1986

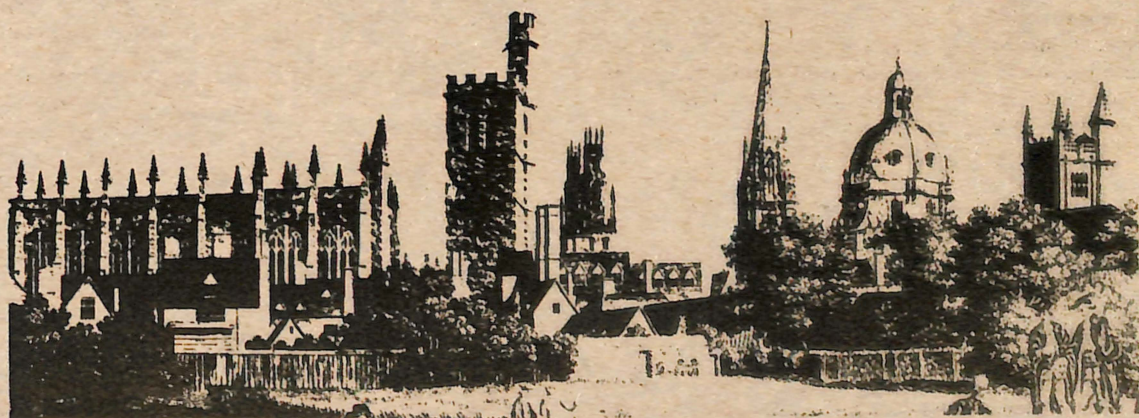
Both sessions will be held from 7 to 9 p.m. at Veith House, 3115 Veith Street, Halifax.

Space is limited, and pre-registration is required by contacting Veith House at 453-4320.

OXFORD UNIVERSITY SUMMER SCHOOL

For faculty, students, staff, alumnae and friends

Sponsored by Mount Saint Vincent University English Department



Sports Illustrated—food for thought with armchair athletes or junkies

by Jeff Mann

Sports Illustrated (SI)—sustenance for the armchair sportsman. A magazine designed especially for athletes, or athletes at heart, a breed most people thought to be illiterate. Something between the covers draws millions of readers every year into Donald Barr's world of sports (Barr is the publisher of SI). What is the secret? What could possibly lure a 19-year-old Public Relations student from Regina, Saskatchewan to weekly ignore his studies, and read a magazine about a variety of competitive games?

SI is a specialty publication, and for this reason, not all people will enjoy reading it. However, the combination of weekly features, fantastic photography, regular departments, and interesting sports trivia are the reasons I enjoy SI on a regular basis.

The process of finding a particular magazine on the shelves of a drugstore newsstand, can be aggravating, at best. SI is easy to locate because of its colorful cover, photographed by some of America's best photographers. The periodical's trademark title always appears across the top, and is as recognizable as Time Magazine's red border.

One setback of being a SI junkie, is the cost. Non-subscribers may pay over \$3 at some Canadian newsstands. Being a weekly magazine, SI could cost a reader over \$150 a year.

The meat of the August 25th issue was seven feature stories. These features covered topics ranging from the upcoming America's Cup in Australia, to the life and rough times of pro baseball's Glenn Davis. The length of these stories varied from two pages (Phil Gleaves—race horse trainer), to

11 pages (1986 pro golf sensation, Greg Norman). SI's features vary in length because a feature must keep the reader in-

terested, and when a feature ceases to be interesting, there is no more written.

Features are only one component in SI's success. The copy for every feature is wrapped around action photographs linked to the story. In most cases the pictures cover half of the page, while copy and cutlines fill in the rest. SI's trained photographers are always looking to catch an athlete at their best (Canadian Reuben Mayes seemingly walking on air in an NFL football game against New England), or at their worst (Pro golfer Greg Norman attempting to swallow his golf club after hitting a poor shot). The photographs add to the features what leaves add to trees, the color and external beauty on the basic structure.

SI offers a variety of regular departments aimed at keeping readers up to date on their favorite sports. Departments with names like "Scorecard", and "For the Record", give standings, as well as the latest in technology and trades in many sports. Another department, "the 19th hole", affords readers the opportunity to write to SI, and comment on anything in the world of sports.

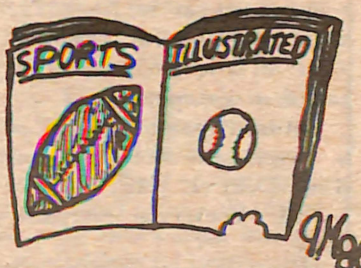
SI, like most commercial publications, has its drawbacks. The manner in which SI handles advertising, bothers me. I realize the importance of advertising to SI, but at times it becomes difficult to decide what is, and what is not, advertising. In the August 25th issue, the U.S. Tennis Association ran an ad in the centre of the magazine. At the top of each of the eight pages, in small letters, it read "special advertising section". The ad consisted of colorful photographs of pro tennis players, and a story which read as one of the other features would have. The whole idea was aimed at drawing crowds to the upcoming U.S. Open, in New York.

SI being an American magazine, sometimes overlooks important international sports

events, and runs stories on less important American events. The World Cup of Soccer was played this June, and SI ran only one, four-page story at its conclusion. The World Cup is considered to be the second most important sports event on earth, only the Olympic Games rank higher. Baseball and other American sports filled the remaining pages of that particular issue.

Canadian events are often ignored as well. When the B.C. Lions won the Canadian Football Championship last year, SI announced it in the "For the Record" department, allotting it two paragraphs.

Overall, SI is an enjoyable, informative specialty magazine. Despite the few complaints I have, I will, no doubt, continue to read SI until my grades drop so low that I feel compelled to crack a textbook.



MSA introduction

Introducing the Mount Student Assistants! Each week two of the MSA team will be introduced to you. If you have a question—ask them. If you need directions—ask them. We are the MSAs and we're here to help.

All year we'll be sponsoring events and extending invitations to all of you to join in with us. The Remembrance Service in November, the caroling at Christmas and the semi-formal in February. It's all a part of what we do. So grab a friend and tag-a-long with the MSAs.

Heather Elliot



Heather Elliot is also from Riverview, N.B. and graduated from Riverview High School. She's a third year student at MSVU and is taking a Bachelor of Arts with a major in psychology.

Heather is a second year member of the MSA team and she sees the MSAs "As a team working to better the campus."

Busy with the science society, aerobics and studies, Heather still feels she has the time to be a friend, or a resource for anyone who needs a question answered.

With the completion of her Arts Degree Heather plans to work towards a Ph.D. or M.D. in psychology.

Janice Oickle



This is Janice's first year on the MSA team and she's enjoying it. "I've had a lot of fun."

She described orientation as a week filled with crazy events. "Being an MSA we could help

first year students get rid of the fears of university. And help did." Janice was pleased with the turnout at the MSA sponsored events. "More students than I thought turned out for events."

Involvement in the MSA program has given Janice a chance to expand her horizons. "I've been involved in things I wouldn't have done normally. Being an MSA is great."

Richard Collins



Once a student of Coburn Educational Centre in Truro, Richard Collins is now a third year science student here at MSVU.

Richard hopes his B.Sc. degree will lead him to chemical engineering. In the meantime he enjoys the campus life.

President of the Science Society, member of campus police and the men's hockey team, Richard found that the MSA team has given him many new opportunities. "I've met a lot of new people and I've gotten to know even more."

"Being a MSA is hard work," says Richard. "Getting up at 7 a.m. for orientation was hard but I guess early mornings are all a part of the week."

For Richard, the MSA program, the Mount and being a C.P. are all great, but classes have a tendency to get on his nerves.

Froeh + frosh
Double trouble

Art's Pond

by Steve Jenness

