

# THE PICARO

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March 16, 1998

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

## Have you seen this Premier?

BY CERI YOUNG

As part of the Liberal campaign trail, Nova Scotia Premier Russell MacLellan visited Mount to shake students' hands and answer questions about his party's education policies.

Students gathered in the link at 2:30 pm on March 10 to see the Premier, but things got off to a bad start when he arrived nearly an hour late.

"If he can't make an appointment on time, I'd be interested to see how he can make his policies go into place on time, as he's promised," said Ron Pottie, Vice President Academic of the Mount Student Union.

"We had very little time to promote this, and we had such a great crowd of enthusiastic people ... You don't keep the people that put you in office waiting," remarked Student Union President Rhonda Coleman, after many students gave up waiting and left the Link.

Opinion on the visit was divided amongst students. "I think it's good that he's keeping in touch with the students, especially since there are so many issues regarding student debt", says Jennifer Arsenault, a student at MSVU. Others, however, expressed concerns.

"I hope he's here to do something constructive, and not just get a good photo opportunity, hugging a student, passing them a five dollar bill

and saying 'There's your money problems all solved'" remarked Terri Roberts.

MacLellan did shake hands with students, but also answered questions. Concerns ranged from cost of tuition, to book costs, student poverty issues, and the Mount's underfunding in the proposed Funding Formula.

MacLellan promised to lobby the federal government to put money back into Nova Scotia

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### Just Between Friends

There is something I want to tell you, my friend, something I want you to know. I have cherished your company, love and support. You've helped my inner strength grow. We've laughed through the good times and cried through some sad. When all is said and done We can both say we've had ... a true friend! - Bee Ewing

A memorial for Lindsay Rogers will be held on Thursday March 19th at 3:00 pm in the Evaristus Chapel

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Student Union

# FUTURES FOR WOMEN - MSVU SUBSIDIZED DAYCARE AWARDS for Women with Special Needs

One academic year of fully subsidized daycare (full day, five days per week) in the Mount Saint Vincent University Child Study Centre will be awarded to two mothers who meet the eligible criteria.

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More information and application packets are available at the Registrar's Office

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### REFERENDUM DAYS

MSVU Student Union has prepared a constitutional amendment.

Referendum days are March 31 and April 1.

Any questions, please see Susuan Dumaresque at the MSVU Student Union.



## News

## The Picaro

Volume 33 Issue 11

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

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

The Picaro is not responsible for or may not share the views of any of the advertisements printed in this paper.

Staff meetings of the Picaro are held every Monday and Wednesday at 2:00 pm.

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## Big Changes in store for Mount Residences

BY CERI YOUNG

A high vacancy rate in MSVU residences this year has led to some drastic changes in residence policies. As of next school year, male students will be allocated residence rooms at the Mount, and students over 19 years of age will be allowed to drink in some residence rooms.

"Normally we have next to no vacancy at all" explains Frances Cody, manager of Mount Saint Vincent's Housing office. "The fact that we had a vacancy, and a fairly substantial one led us to believe that there were changes required."

Normally most of the university's 242 residence rooms are filled during the school year. This year approximately 200 rooms are filled, increasing the normal vacancy rate from an average of 5% to 17%.

One of the major changes will be the opening of one of the 20-room Birches residences to male students, a change that has been a topic of discussion among students for years.

"If they're paying all of the money to come to the Mount, men should be able to stay in a Birch or other dorm rooms in the Mount," says Todd Houston, a student at MSVU.

"It's a good step for the university" agrees Timothea Gibb, a former Resident Assistant in the Birches. "A lot of male students don't want to come to the Mount for their first year, because they don't have anywhere to live... Although it's not for

many, it's a start."

Cody says the reason no male residence was opened before now was that the residences have always been filled. "You try to meet the needs of 85% of your student population first," she says. "Now that we have the room, we can start to meet the needs of the other 15%."

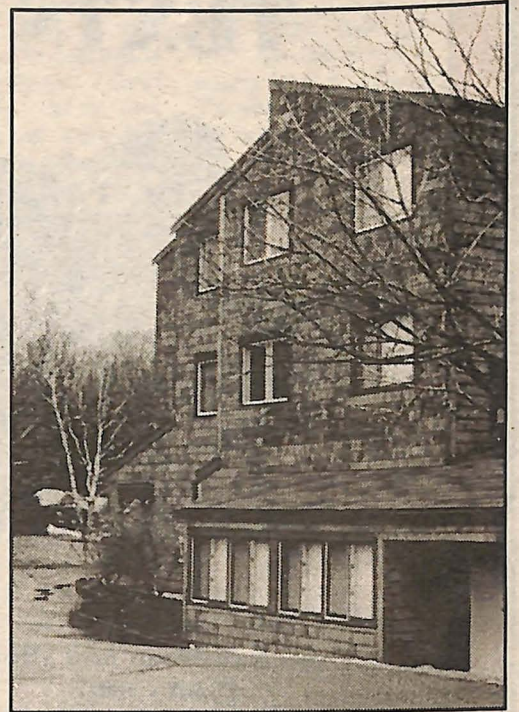
"It's going to be really interesting for the housing staff next year to have to adapt to this, because there's no one on staff who's ever had to deal with this before," says Gibb.

The Residence Assistants for the male Birch residence will be chosen in a slightly different process than the others for this year. "We will probably send around a job description to those interested in the residence, and see if any of the students are interested in the position," explains Cody.

Cody is also considering having two students share the position of Resident Assistant for the male residence, to avoid alienating the "lone male" in the housing staff.

The second major change to residence policy is that drinking of alcohol will now be permitted in the other

Birches. These residence spaces will be set aside only for returning students that are 19 years of age as of September 1. This change to policy was to have been implemented as of January 1, but was held back because of the mix of underage and legal age students now in residence.



Drinking in residences has also been a topic of discussion among students for many years, and is a discussion that Cody has had with many students. She says her response has always been to ask the student to "write a report. Tell me what the pros and cons are, what the potential problems are and how you would solve them." No students ever took her up on the offer, perhaps, she says, because the report smacked too much of a school assignment. "I wanted to see that students were taking this seriously, that they could recognize the consequences," says Cody.

## Going Back To The Table

BY MATT BURNS

Students wondering whether or not to expect their part-time professors to be in classes will have to wait a little bit longer. An agreement has not been reached between part-time faculty and the administration creating the possibility of a strike.

Both sides have agreed to go back into negotiations on Friday March 13, 1998. However, the result of a strike vote could be announced as early as Thursday March 12, 1998.

The last strike vote took place prior to the February break. However, results were not published as less than the required number of part-time faculty were present to vote. An official vote requires 50 +1% of all union members.

According to Mike Earle, secretary-treasurer of CUPE local 3912, the administration did not issue its list of eligible part-time employees prior to the vote. "We didn't know where we were because we had people voting on their list voting as well as those that were not," said Earle.

As it now stands, the vote is ongoing as those who did not vote

are being reached while part-timers that were ineligible have had their votes disqualified.

The administration's offer is a three year contract that will pay part-time professors close to \$6000 per full course credit by the end of the contract. This leaves the administration about \$1000 short of the target set by the union.

"Why should we live in poverty?" said Earle. "We've never had job security or benefits."

In response, CUPE is asking for a deal that is, at least, equal to what was reached at St. Mary's University. The SMU pact means that part-time professors will receive \$7000 in the last year of their contract.

Union demands are being met with skepticism from the administration. According to Judith Woodsworth, vice-president academic at the Mount, part-time salaries in Nova Scotia are already the lowest in the country. She says equating them with institutions like Memorial University of Newfoundland, for example, is unfeasible.

"We believe its only fair that, given the Mount's resource

constraints, we compare our part-time salaries with other universities in Nova Scotia," she said.

The Student Union is sympathetic to both sides in this debate. "Our goal has been to get them back to the table," said Student Union President Rhonda Coleman. "Because of exams and assignments, a strike would create a fear and tension that you wouldn't want."

Woodsworth says that the administration considers students to be its first priority. She says it has a "plan" that will address academic questions in the event of either a legal or illegal strike. She also mentions that the Senate has the power to accommodate the academic concerns of students but would not go into specifics.

Part-time faculty say they are also concerned about students but that a strike may be necessary. "We have a great reluctance to hurt students and hope a strike can be averted entirely," said Earle. "But in the long-term, decent pay is essential to the quality of education."

...Premier?  
continued from page 1

education. It is money he says that our province deserves, because the current means of allocating funding is based on which province the student lives in, and not where they attend university.

"That's costing us \$25 million a year. That's a big, big, hit, and all it's based on is how Statistics Canada determines their information," explains MacLellan. He did not promise a freeze in tuition, saying that "Governments don't set tuition," but elaborated, "What we do is set conditions where universities don't have to raise tuition, and that's what we're going to do."

When asked about the funding formula, MacLellan said that "When the formula is put into effect, we're going to meet with all the universities to explain it, and we're going to talk, and we're going to talk funding formula, and assistance."

Ron Pottie remains skeptical. "It's his government that passed down the funding formula," he points out, adding that "[going] over the funding formula with a fine toothed comb, well that should have been done already, instead of saving it for an election campaign strategy."

Like to write news? Looking for an interesting challenge?

The Picaro is looking for a News Editor for the 1998-99 school year.

For details see page 7



## News

# Potential Solution to Crow Problem Full of Hot Air

BY MARK SITTER

"Droppings and noise," says third-year student, Chastity Dooley. "That's what I hate most about the crows." However, a recently-begun research project—which involves monitoring the roosting habits of crows on campus—may provide the university with a humane way to control this problem.

For a class project, psychology student, Pat O'Rourke, is floating a beach-ball-sized helium balloon at dusk above the footpath that connects Rosaria and EMF. Much like a scarecrow, the balloon is designed to frighten off hundreds of crows, which normally roost in the trees and on the roof of Rosaria.

Large eyes are strategically painted on the balloon—one on top and four around—to ensure crows don't attack perceived weak spots, thus pop it—which would undermine the project. In addition, to make sure crows don't "wise up" to the experiment, O'Rourke slightly changes the balloon's location for each trial.

So far, O'Rourke is pleased with his results. "Not as many crows are roosting here compared to three weeks ago—right before the project began," he says. "Great for the project, but too bad for homes in Clayton Park—that's where [the crows] most likely head to roost."

If long-term results are also positive, the Mount may consider looking further into this project and adopting it on a larger scale. "If there's an environmentally-friendly way of tackling the crow problem, the university would welcome such a solution," says Charmaine Gaudet, the Mount's Public Affairs Officer.

The university has already taken measures to water down the crow population—which is nearly 4,000. "Last year, the university thinned out the wooded area between the library and Rosaria," says Paul Reyno, Director of Physical Plant and Chair of



the Occupational Health and Safety Committee. "The amount of crows which roost in this area has dropped substantially since then."

Regardless, since Reyno doesn't want to remove any more trees, he supports the project—but is suspect of its long-term viability. "Over the years, people have tried to get rid of crows with everything from gunshots to high-pitch noise makers," he says. "But, at the end of the day, the crows always seem to find their way back."

However, Dr. Fred Herrington, the psychology professor who permitted O'Rourke to conduct the experiment, says there is precedence for the long-term viability of such a project: A similar experiment worked in a small Japanese town—which is still using crow-scaring balloons.

One aspect of the project Dr. Herrington likes is its gentle approach. "In the past, the only way to get rid of crows was to kill them. This way is a lot more humane."

Dr. Herrington, however, does not want to see the Mount's crow population totally disappear. "For one thing, the campus is a lot cleaner with them around. They're scavengers, so they eat a lot of the garbage," he says.

## MacDonough visits Mount

BY CERI YOUNG

Students in Michael MacMillan's Political Studies 3306 course were in for a unique lecture on Monday, March 9, when NDP leader Alexa MacDonough and party candidate for Halifax/Bedford Basin, Errol Gaum, visited the class.

"This was an unprecedented opportunity to have a federal party leader speak to us and since she is the MP for this area, I thought it was a useful opportunity for the students," says Dr. Randy Warne, whose Business Ethics class also attended the presentation.

MacDonough answered questions ranging from immigration laws to the NSCHE funding formula. Although one student expressed concerns about a conflict of interest in MacDonough's promoting educational issues and taking up the class' time to talk about her party's politics, for the most part she was well-received.

"I think it's important as this is a women's institution, and she has accomplished many things over her career" said Sheldon Miller, a student in the class.

## CELLULOID TEXTS



a  
retrospective  
of women's takes  
on feminism and film  
1989 - 1997

## Celluloid Text

- an anthology being released

BY JAMES TILLEY

As a part of the ongoing International Women Week the Mount hosted a book launching on March 10th. A small but devoted crowd was in attendance. The book is dedicated to the film-maker Kathleen Shannon. The red anthology is a collection of essays written by Mount students on the subject of feminism and film.

"There is some really great work in it," says Janne Cleveland, Status of Women Officer for the Student Union.

Josette Déléas is the professor who inspired the thirteen women to write these essays. She has been collecting works from students on the subject for almost ten years. The launching was held in the mezzanine of the Art Gallery, Déléas gave flowers and thanked everyone who was involved.

The anthology is wonderful collection of essays. The designer, Monique LeBlanc, who had not seen the films, said that the essays made her want to see them for herself. Déléas was very pleased with the anthology.

"There is passion here and I love it," was Déléas' description of one student's work.

The anthology is not going to remain a Mount phenomenon for long. The day after the book launching, Déléas was in attendance for a special ceremony in Ottawa. The Government was recognizing the life and work of Kathleen Shannon. During these ceremonies the anthology was presented to government as part of the dedication to Shannon.

For those who are looking for a copy of "Celluloid Texts - a retrospective of women's takes on feminism and film" it is available in the MSVU Art Gallery. All proceeds will go to the new Kathleen Shannon Memorial Prize. This 245 page anthology is \$5 for students and \$10 for everyone else.

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## News

## MSVU To Host the 19th Annual Atlantic Undergraduate English Conference in 1999

BY PAMELA WETZEL

The 18th Annual Atlantic English Conference took place at Mount Allison University the weekend of February 6-8. Mount Saint Vincent University proudly sent six English students to

present their papers during the weekend. Two of the students, Jason Cook and Grant MacDaniel, read from their own collection of short stories, while the other students, Fran

Cumming, Elizabeth Eve, Peggy MacKinnon and me, Pamela Wetzel, presented academic papers on various topics from Medieval to contemporary Canadian literature.

The weekend began with a keynote reading by the acclaimed New Brunswick writer, David Adams Richards. After this opening reception we were left on our own to discover Sackville,

so we ventured to the great downtown metropolis for a cup o' cappuccino at Coffeeshop 13. We were all pretty tired after an exhausting week at MSVU and agreed we would go to the Tantramash Club (the Pub) and sing praises to the beer mug Saturday night.

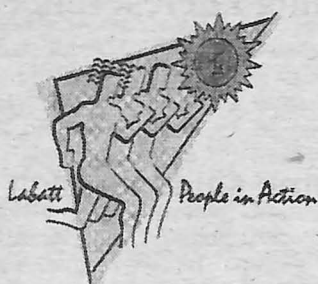
I must admit that the highlight of the weekend was where we lodged: Marshlands Inn. This has got to be the most elegant, relaxing, delicious place to stay while in Sackville. Even the Queen stayed there! Every evening just before ten o'clock, hot chocolate and ginger snaps are served in the parlour room. If you

think that's nice, just imagine what its like to sleep in a place where every morning is like Christmas morning! Believe me, I'll be going back.

At this point, I would like to thank the following people for making this weekend possible: Judith Woodsworth, Vice President Academic; David Furrow, Dean of Arts and Sciences; Dr. Susan Drain, Chair of English Department; and Dr. Peter Schwenger and Dr. Steven Bruhm. Thank you for all of your support and assistance. We had a great time. Also, special thanks goes to Fran Cumming and Peggy MacKinnon for providing drives.

For all of you English majors out there, I would like to call upon you to help us out next year as we will be hosting the 19th Annual Atlantic Undergraduate English Conference here at Mount Saint Vincent University!!!! For those of you interested, please check the English Society notice board for meetings and further information or you can check out our new web site at "http://www.msvu.ca/english".

# This summer, it pays to be charitable.



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## Work for the PICARO

Details on Page 7

# Ten good reasons

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1. The MAI would give new rights and powers to foreign investors and corporations.
2. It would severely limit our ability to create jobs.
3. The MAI would give corporations more power to fight environmental regulations.
4. It would leave our culture at the mercy of US entertainment mega-corporations.
5. The MAI would open up our health care and public education to multinational corporations.
6. It would threaten our ownership of fisheries, forests, energy and other natural resources.
7. It would give corporations the right to sue our elected governments to protect their profits.
8. All disputes would be decided in secret by trade experts with no public input.
9. The MAI would impose tough, unfair rules on developing countries who aren't even part of negotiations.
10. We would be locked into a bad deal for 20 years!

Canada should not be part of any agreement that grants corporations the same status as democratically elected governments and favours the rights of corporations over citizens. The MAI now being negotiated by Canada and the other 28 countries that form the Organization for Economic Cooperation and Development (OECD) does just that.

**The fight to defeat the MAI isn't over. Ask your MP to say NO to the MAI.**  
**National Speak Out Against the MAI • Thursday March 19<sup>th</sup> 1998**

Actions will continue after March 19<sup>th</sup>. Get involved. Call 613-232-7394 or 1-800-387-7177

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## Opinion

# Be careful what you wish for...

Editor's Notes

BY CERI YOUNG

I have to tell you, politicians are pretty slick. No, this isn't a stunning revelation for me. I've always known that politics was a rather sticky business, it's just that I've begun to see it more and more over the past few weeks. What with provincial elections coming up, the political animal has been bingeing on promises in preparation for the long hibernation of the non-election years. Those being the years when they can safely ignore the voters and get on with more important things, like counting the years until they can draw their hefty pension checks.

The fortunate thing about this election is that the students seem to be getting more consideration than they normally do. We have two parties promising tuition freezes, and even the Premier himself made a visit to the Mount to talk to students. Of course, everything is made up of a lot of lies and double talk, and mostly politicians keep vague on what exactly it is that they are going to do when in power.

So, how much can we trust provincial politicians? Honestly, I don't know. The appalling thing is that a lot of the times, politicians do exactly what they promise they are going to do, which is completely different from what the public expects.

Exhibit A is the removal of the GST. Jean Chretien promised it. And, at least to the maritime region, he delivered. No more GST. Nope. Just the HST, which is even worse. He didn't really get rid of the GST, I hear some people say. He just hid it in another tax. Let me ask you this: Do we stand a chance of getting the GST back? Didn't think so.

Exhibit B is the balancing of the budget. It's gonna bring tax breaks, and money back into education. And so it did. A tiny tax break, and money into education that most of us will never see. Particularly the Millennium Scholarship fund. Am I going to be around when that goes through? Nope. Money back into education, but no money for me, and a lot of my fellow students. No promise of not increasing tuition, no more funding to money-starved universities. Money to education, but not where most would say that it's needed.

Exhibit C hasn't happened yet, but I'm going to outline it for you anyway, based on what's happened elsewhere. Tuition freezes. Okay, so let's assume that this isn't just another campaign promise, and tuition freezes actually are affected. Which, depending on which party is voted in, stands a chance of happening. Will students be paying less? No siree. The University has to make up that money somehow, and if it's not coming from tuition, and it's not coming from the government, where is it coming from? Yes folks, increased ancillary fees. Your books will cost more, it will cost more to graduate, residence rates will probably go up too. Will they have helped education even one little bit? Nope. Will they have frozen tuition? You betcha. That's what they promised after all. They didn't say you wouldn't pay the same amount.

It's all kind of depressing, isn't it? No matter who you vote for, you're not going to get what you want. Or, you're going to get exactly what you want, which may be even worse.

## Will You Respect Me In The Morning?

BY TERRI ROBERTS

I would like to clarify a few misconceptions presented in the column BANG in the last issue of the Picaro. In his column the writer, who is a friend mine, talked about his feelings toward the newly formed Pagan Society, particularly responding to comments I had made in an interview by Sheri Sommerville in the previous issue. My comment about the Pagan Society members wanting to form a community and spread knowledge of our ways, which are not harmful in any way, is accurate, causes my friend no concern. Rightfully so. But my comment that "...we don't want to get lynched..." seems to have put a bee in his bonnet. My friend seems to think that I meant (for some silly reason) that all Christians wanted to lynch all Pagans!

Let me clarify that I never once said anything with the words "all Christians", or "all" anybody else for that matter. I never make "all" statements, on or off the record.

However, my concern for my safety and the safety of my Pagan Society members is no joke. Coming out of the "broom closet" can make some "friends" hate you at the drop of a hat. My friend mentioned that any true christians (by the way christian is not capitalized because my friend did not capitalize Pagan in his article!) would not harm anyone. While that is certainly true, and I believe that whole-heartedly, not all people are TRUE christians. DUH!! I do not make this claim based on assumptions. Many of my friends and I have been verbally abused and physically threatened because of our religious practices by people claiming to be "true Christians".

My friend also mentioned that Pagans snub our noses at, and reject Jesus Christ. Well he certainly didn't hear that from me. If he did hear some Pagan people say that then he must be making an assumption about "all" Pagans. Remember to assume makes an ass of u and me.

Aspects Of Residence Life  
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## Halloween Festivities



## We're Hiring!

The Picaro is now looking for staff for the 1998-99 School Year. The following positions are available:

*Editor-In-Chief*  
*Business Manager*  
*Layout Editor*  
*News Editor*  
*Features Editor*  
*Art & Entertainment*  
*Sports Editor*  
*Photography Editor*  
*Canadian University Press Editor*  
*Advertising Manager\**  
*Classifieds Editor*  
*Online Editor*

Please Submit a resume and cover letter to the Picaro Office (Rosaria room 114) by 5:00 pm Tuesday, March 24th. All positions pay an honourarium (\*the advertising manager is paid on commission)



## Elections

## Student Union Spring Elections 1998

Voting will take place Tuesday March 17th from 9:00 am to 9:00 pm and Wednesday, March 18th from 9:00 am to 7:30 pm. The poll stations will be set up on the first floor of Seton, the fifth floor of Seton and the second floor of Rosaria. Results will be announced after 10:00 pm on Wednesday in Vinnie's Pub. The Elections committee is

still looking for volunteers to work the poll stations. If you have some free time then please volunteer half an hour or more. There is a sign-up sheet by The Student Union Office. There are two contested position, President and External Vice President. The other positions are uncontested, meaning that it is a Yes, No or Abstain ballot.

Each position is on an individual ballot. Every Student can vote for the Presidential and Vice Presidential candidates. Only Full-Time students can for for the Full-time Senate position and only Arts and Science students can for for the Art and Sciences Representative Position.

## PRESIDENT

**Timothea Gibb**

My name is Timothea Gibb and I am running for the position of President. I am currently a third year public relations student with next year being my last here. My first two years at the Mount I lived in residence, and my second year I was on housing staff. This year I am a member of the Student Union as External Vice President. As President I would like to bring the Student Union closer to all students. I feel that the Student Union needs to be more accountable to the students and more closely involved with all students on campus.

**Sheldon Miller**

I am running for President of your Student Union. I am a business student, and this year I was your VP Finance. In my four years at the Mount I have had the opportunity to meet many of you, and this has given me an understanding of the issues that concern students. The Mount is a diverse population with a range of concerns. As your President I will work to address these concerns and increase student involvement and awareness. I will also continue to work to ensure that tuition levels don't limit access to an education, and that administrators are accountable.

**Gin Hing Yee**

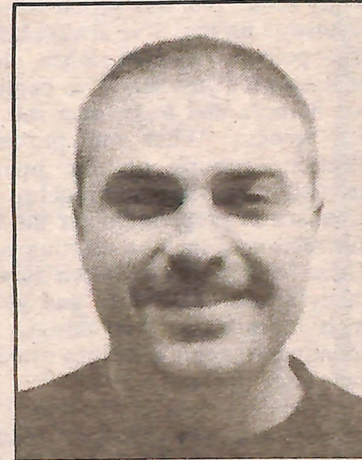
If elected as your President I promise to balance the Student Union budget, reduce our debt, and freeze student union fees. I will endeavour to make the Student Union an inclusive organization by treating each student fairly and equally. I will use my President's honorarium of \$3200 to create a "Dare to Care" scholarship. This scholarship will be awarded to a student who shows they care about the Mount through extra-curricular activities. Every student at the Mount, excluding myself, will be eligible. If I am unable to keep any of the above promises I will resign.

## EXECUTIVE VP

**Alison Druhan**

I'm running for the Executive Vice President. I am a third year Business student concentrating in management and am the current Internal VP. I have taken part in different campus events and have had the opportunity to make many new friends. This year, I worked with various student groups and societies in trying to improve the social atmosphere. During this I have gained these experiences and listen to the concerns other students have had. I would now like to address these concerns on an administrative level, working to ensure that students have a voice in University decisions.

## ACADEMIC VP

**Ron Pottie**

I am a third year Information Management student, and I am rerunning for the position of Academic VP in this years spring election. As your Academic VP this past year, I sat on many university committees lobbying for the continued higher quality and affordable education every student at MSVU deserves. This past year, I have learned much about how the political process works in student government. If re-elected I assure you that the experience gained this year will be an asset in continuing to advocate the importance of all academic matters for students at MSVU.

## EXTERNAL VICE PRESIDENT

**Maragaret Ann McIntosh**

The position of External VP involves representing our students to other universities, community organizations, provincial government, and student organizations which Student Union is a member. The External VP also keeps the students informed of external issues which may affect them. I have always been active in various aspects of residence and I have been a member of the external affairs committee for the past two years. The external affairs committee is coordinated by the External VP. I want to become involved in a broader range of our campus life and this position would enable me to do so.

**Carlee Portolesi**

I'm running for External VP. I'm a residence student from Ottawa majoring in Tourism and Hospitality Management. I am an executive member of MSVU's Student Alumnae Association and I would like to further my involvement with campus activities. The other reasons why I chose to run for this position is because I would like to help re-organize student government at a provincial level and I'd like to help improve Mount Saint Vincent's image throughout the rest of the province and the country. I'm looking forward to an exciting and challenging year as your Student Union External Vice President.

## INTERNAL VP

**Steven Quinn**

My name is Steven Quinn. I am in my 3rd year of a BBA and my 8th year at the Mount. I am currently the Business Society President and have been active in campus life for a LONG time. I am very approachable and I know my way around. Think about it.

## SENATE REP.

**Greg Nepean**

I am running for Full-time Senate Representative. I have been at the Mount for three years. Although I like this university I feel certain issues need to be addressed. As students we have no input into program structure, course changes/scheduling. We have a right to have a voice in what and how we are taught. If elected, I will work towards the following: For any change to program/course it requires that students have a chance to look any changes and make comment/suggestions. That student evaluation of courses be mandatory for all courses. That students be surveyed help select next year's courses.

## ARTS &amp; SCIENCES REP

**Vanessa Turner**

Hi! I'm Vanessa. I am in my second year of what I hope (!) to be a biology degree. This year I am Vice President of the Science Society and I know the needs of the science students. As I already know the needs of science students, I hope to learn those of the arts students and be their voice as well.



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## Features

## Food for Thought

BY GINA WOOD

March is nutrition month and this year's theme is "Make Nutrition Come Alive. It's all about You!". I have to admit, when I first learned of the message I really had to stop and think about what it meant. After much pondering I realized that in every respect nutrition really is about the individual and what works best for them. Everyone has to fit their diet to their lifestyle, tastes and needs. It's about finding out what foods help you to feel and look your very best.

Everyone is responsible for the foods they choose to eat, so being educated and informed about healthy food choices is in everyone's best interest. Canada's Food Guide to Healthy Eating is an excellent tool to help you choose foods that are good for you and your body. Using the food guide when structuring your diet to your own preferences is the best way to stay healthy. Of course, regular exercise is also a must!

Developing your own style of good nutrition is important for a healthy lifestyle so here are a few ideas to help keep you on track!

1) Combine healthy eating with regular exercise. The two go hand in hand and a body can't function at its best without them both.

2) Choose foods that make you feel good about yourself and leave you feeling energized and satisfied. My guess is that a regular diet of fried chicken, or burgers & fries won't leave you feeling like running a marathon. Try whole grain breads, lots of fruit and veggies, low fat dairy

products and lean meats. You'll feel better, I guarantee it!

3) Realize that all foods can fit into a healthy diet and lifestyle. No food is "off limits" although some foods should be chosen less often than others. Eat the following foods only occasionally...

a) Cookies, cakes, pastries and other high fat baked goods.

b) Fried foods such as potato chips, fried chicken, french fries and hamburgers.

c) Candy, sweets and other foods high in sugar.

d) Alcoholic beverages.

e) Oils, butter and margarine. When you use them, do so sparingly!

4) Realize that healthy eating is a fun and enjoyable experience. Food shouldn't be boring or routine so choose a wide variety of foods from the four food groups. Here are some tips to help you vary the foods in your diet.

- Try one new food every week or every month. Go ahead; you won't know what it's like unless you try it!

- Try foods from different cultures. New spices, flavours and textures are exciting.

- Rules are made to be broken. Feel like having a sandwich for breakfast and cereal for lunch? It's O.K., who's to say it's wrong?

- Try new recipes regularly. Magazines and newspapers often have tasty, low-fat recipes that are inexpensive and easy to prepare.

Here's one I found in the January issue of Canadian Living. You have to give it a try, it's truly amazing.

## ORIENTAL NOODLE SALAD

## Ingredients:

12 oz. vermicelli pasta or Chinese chow mein noodles.  
2 tsp. vegetable oil  
3/4 cup chopped red onion  
1 tsp. minced gingerroot  
1 clove garlic, minced  
1/2 cup low-sodium soy sauce  
2 tbsp. brown sugar  
1 tbsp. rice vinegar (regular vinegar can be substituted)  
1 tbsp. corn starch  
1 each green and red pepper, thinly sliced  
1 carrot, thinly sliced  
1 cup sliced mushrooms  
6 canned baby corn cobs, halved lengthwise  
2 tsp. sesame oil  
2 tsp. sesame seeds

## Method:

1) In saucepan of boiling water cook pasta for 5 minutes (noodles for 3 minutes), or until tender but firm. Set aside.  
2) Meanwhile in skillet, heat vegetable oil over medium heat; cook onion, ginger and garlic for 5 minutes or until softened.  
3) Add soy sauce, 1/4 cup of water and rice vinegar. Bring to a boil. Boil for 5 minutes, stirring often.  
4) Mix cornstarch with 1/3 cup cold water and add to skillet. Cook, stirring for 30 seconds or until thickened.  
5) In a bowl toss pasta (or noodles) with sauce. Add peppers, carrot, mushrooms, corn and sesame oil. Toss to combine. Sprinkle with sesame seeds.

## Eating Disorder Week is Every Week for some...

BY GINA WOOD

Although Eating Disorder Awareness Week has passed, it's never too late to talk about what we can do to help those we love. Eating disorders often develop as a way for a person to cope with problems which are rooted more deeply within them. These problems are often very difficult to deal with directly and eventually manifest themselves in disordered eating patterns. People who suffer from eating disorders often come from families with a history of alcoholism or abuse. However, this is not always the case. The role of the media must also be taken into account. The portrayal of extreme thinness as desirable often encourages people to try to achieve a size or weight which is unnatural for them.

Anorexia Nervosa, and Bulimia Nervosa, two of the most common eating disorders, are characterized by an extreme fear of weight gain, low self-esteem, low self-worth, and obsession with body image. Eating disorders are most common among females aged 14-25 but are becoming more common among women & men of all ages.

It is hard for those of us who have never had to deal with an eating disorder on any level to comprehend why a friend or family member is experiencing these difficulties. We must, however, realize that this person has to take it upon themselves to make the decision to get help to overcome their problems.

If you believe someone you know has an eating disorder and you decide to talk to them about it, you may be met with anger or rejection so do not try to force them to talk to you. Just knowing you care may eventually prompt them to come to you for help, but they have to take this step on their own.

- If they do approach you then allow them to talk freely with you. Try not to ask questions that invade their privacy.

- Do not comment on the person's appearance. She is already very concerned with how she looks.

- Do not argue with the person about food or her eating habits or patterns.

- Do not place any blame on the person, as she did not cause her problem. She is, however, ultimately responsible for herself

and any treatment she seeks.  
- Have patience. Overcoming an eating disorder is a long and slow process.

If you think someone you know may have an eating disorder but you don't know for sure, here are some of the physical signs and symptoms you can look for...

Anorexia Nervosa

Bulimia Nervosa

- severe or rapid weight loss  
- cracked and damaged lips  
- wasted muscles  
- broken blood vessels in face  
- dry, brittle hair  
- swollen neck or face  
- hair loss  
- tooth decay  
- misshapen fingernails  
- overuse of laxatives  
- dry skin  
- bruises on the neck

For support or more information about eating disorders please contact:

The National Eating Disorder Information Centre:

COLLEGE WING 1-211  
200 ELIZABETH STREET  
TORONTO, ON. M5G 2C4  
Phone: (416) 340-4156  
Fax: (416) 340-3430

## Discussions about Feminism

ANDREA BALDWIN, TERRI ROBERTS, LINDA DAVIES, JUDI GAVIN, HEATHER DONALD, MARTA LEWIS, KAREN HENNIBERRY

*This week's question was: Do you think women today can express their sexual needs to their partners?*

## STUDENT RESPONSES:

"Yes, some women can. Most women aren't comfortable enough with themselves to communicate what they need to their partners." Raie

"No, I believe women are afraid of spoiling the moment, or insulting their partner, or might be afraid of what their partners may think of them. These things get in the way of women's pleasure." Val

"It depends on the person. A lot of people are scared to talk about what they want." Sherry

"Some women are uncomfortable with the appearance of their bodies. I think it depends on the partner and whether they've been intimate or not. You should tell them what you want that's for sure." Kerianne

"I don't think so, because people tend not to communicate very much. Some do, but most don't. I think you're with someone for a while you should just know, but people don't, they're not perceptive." Dawn

"Definitely!" Nick

"Women still occupy the submissive role and they can't articulate their needs." Anon

"Definitely - I wouldn't be in a relationship with anyone I didn't feel comfortable enough to express my own desires." Tara

"I don't feel comfortable at all expressing my sexual needs. I think the greatest part of sex is affection. I want my partner to express affection - not just sex on demand." Lisa

## OUR DISCUSSIONS:

Linda: I asked two girls who I knew were in relationships. One girl had been in her relationship for two years and she said she wanted affection not just sex and I asked her if she had told him and she said yes but it didn't make any difference.

Marta: I think it is very hard for men to discuss that.

Linda: Men don't seem to think the way we do.

Marta: They don't understand it - I don't think it is a couple thing, I think it is a male trait.

Heather: I think it's probably the way they are brought up and maybe the younger ones aren't as bad now. Marta: I really feel that there is a great deal of difference between men and women. We approach things differently - well men don't discuss.

Linda: I know but that's because they've been privileged and don't have to discuss. I think they are learning to discuss.

Marta: Do you know what it is? It's the male ego. Men's egos gets in the way.

Judi: It's that macho thing - I'm a man, I know how to please a woman.

Andrea: I don't think it's just a man thing because I know lesbians that are like that too. I don't believe that men and women are essentially different but I think we are socialized to be different but I've seen women who occupy the same role that you guys are discussing.

Marta: But you always have a male and a female whenever you have a couple. You always have a specific role, whether it's two males or two females?

Linda: I agree and we aren't just talking about sex. You will find it in any relationship - one person might give more and the other person take more.

Terri: You aren't looking at male/female roles you're looking at passive or aggressive so that's the more dominating person.

Marta: But in couples you always have one more dominant than the other wouldn't you say?

Heather: But if you look at a male/female relationship it's not always the man.

Andrea: I think the ideal situation is when you are together doing intimate things is to have an open talk so people can find out what's working.

Marta: I think though when you get married and you've been together for a certain period of time you lose the dialogue.

Judi: Most women aren't comfortable enough with themselves to communicate what they need and that's the key.

Heather: But why are we like that in the first place? I think it's because of the way we were brought up.

Karen: I find we are supposed to give men pleasure - we don't ask for it.

Marta: Some people are just shy.

Heather: I don't think too many men are too shy. They don't have too much problem voicing what they want. Even men with little or no experience seem to know what they want.



Features

The Caribbean: Food to Curry your Favor

BY KEITH FREEMAN

The first thing you notice about The Caribbean is the large neon palm tree in the front window. Upon entering, you notice the large mural on the wall and the music - reggae, not too loud and not too soft. I sat down with my friend, who was waiting because I was late as usual. The owners, Michael and Lee-Anne presented us with a pineapple-mandarin drink (\$2.50). It was a really tasty, tall glass of frothy pineapple juice with a little umbrella and it made me feel like I was on the islands.

I was there to eat. I was super hungry. The menu is varied and there is a great choice of items to indulge in. We were fortunate to have a little bit of most of the main items. The main items include: curry - goat or chicken, jerk - chicken or pork, roti - vegetable, chicken, or shrimp, and ox tail. Additional items on the menu are: beef patties, fried dumplings, soup of the day, pineapple drink, and a jerk chicken Caesar.

The sampling of all the different items was amazing. Jerk chicken is one of the traditional dishes of Jamaica (1/4 chicken dinner \$5.95, 1/2 chicken dinner \$7.50, or pork dinner \$6.75). The meats are marinated overnight and baked in the oven. They appear to be very hot, but are actually prepared to a medium temperature for most people, unless they would like it otherwise, and extra hot is available. Be careful - they know how to spice it up. If you want, there is always a small vial of hot sauce on the table that you are welcome to put on. This is not Tabasco sauce - proceed with caution. It is Grace's - hot as hell, gonna burn the lid off, and keep you crying for more - hot sauce. Just dash it. The jerk (as well as the roti, ox tail, and curry) are all served with coleslaw and rice. Yeah, yeah I know, you can't do a whole lot with coleslaw and rice. Wrong. The crunchy

coleslaw is cut thick and mixed with not too much sauce, the way it should be. The rice is plain or mixed with red peas. It comes with a curry sauce that can be mixed into the rice.

The curried chicken (\$6.75) or goat (\$7.50) is fabulous. Chicken is chicken, but goat is a little different for most. Michael tells me that they have been selling a lot more goat than they figured. The goat is served with a nice gravy and a heap of rice and crunchy coleslaw. It is a little more gamy than most meat. Sara says it tastes a little like moose. It was very tasty when mixed with the rice.

The final selection was roti. Roti comes in three varieties: chicken (\$6.50), vegetable (\$5.75), and shrimp (\$7.50). It is a beautiful flatbread wrapped up with sauce, vegetables and choice of meat if desired. It sounds quite simple and it is, but ohhh so tasty. Again the coleslaw and rice are not far behind. Actually, my first taste of The Caribbean's food was a takeout chicken roti. The one word I would use to describe it was: heavy. There was so much roti, coleslaw and rice. I could barely finish it all.

So, when you are a little stressed around exam time, make a point of avoiding McDonalds and have a real meal. The service is great too. I saw a customer come in while we were eating and order a meal. His order was ready in less than five minutes. He was a repeat customer, much like most of Lee-Anne and Michael's clientele.

Important info: The Caribbean Clayton Park Shopping Centre 278 Lacewood Drive Ph# 445-0868. Hours M-W 11:30-9:00; Th-F 11:30-10:00; Sat 1:30-10:00; Sun Closed. Free Delivery on Orders over \$13.00 (within CP, Rockingham, Fairview, Chain Lakes areas after 5pm). Catering is available as well as takeout.

Nancy's Noodles: Beautiful Sinister Delight

BY KEITH FREEMAN

The food at Nancy's is fresh. The reason for this is that she makes a lot of it herself. Recently, I was fortunate to sample many of her delights while sitting at a table overlooking the Sackville River. How many places in the city can you sit and enjoy a nice meal by the river? If you're lucky you might see some ducks too. The shop restaurant and take out currently has two tables, but has room for expansion. The setting is very bright and smells pleasant; it feels like walking into the cottage on a summer's day.

The setting is perfect, now let's see about the food. We tried a little bit of everything. First, are Nancy's Mescalero Baked Beans (\$2.75 small, \$3.95 large). They are vegetarian and sweetened with apples. Do not forget the small mini-loaf of bread for \$0.75. Yes, she makes the bread there too.

Next, was the soup of the day which happened to be Cream of Mushroom (\$2.75 small and \$3.95 large). It was rich, filling, and light. It seems tough to make a light and rich creme soup, but she does this by using a lighter creme. Bread would be nice right about now, wouldn't it?

The main meals are what I really enjoyed. There is a nine-foot deli case in her shop and it is always full and varied. There are about a million things that can be done with pasta, and Nancy tries to complete a minimum of 50 per cent of them. When we arrived, the ravioli (\$3.75 a bowl and Sara's favorite) happened to have ricotta, parmesan, mozza, and spinach. The pieces were

big, bright, and mixed into a beautiful tomato-based sauce. Chef Boy ar who? Nancy also has pita wraps, but didn't have any when we stopped in, so she made a pasta sauce that consisted of pesto, sundried tomatoes, and provolone cheese. She will actually make pasta sauces upon request and it only takes about ten minutes. One of the tastiest dishes I tasted was the orozzo con pollo (similar to Spanish paella, \$3.50 small and \$5.95 large) It is a mixture of italian sausage, fresh chicken, red and green peppers, and rice with saffron. Hot sauce is available if desired.

Stuffed does not begin to describe the way we felt at this point, but there were a couple of things left to try. Nancy makes her own salsa and it is amazing. Read the ingredients on the side of your favorite bottle and ask Nancy what she puts inside her bottles. There will be a difference, I guarantee.

Nancy has a split personality - much like the famed "Dr. Jeckyl ad Mr. Hyde". After all these healthy concoctions we are presented with a piece of chocolate fudge cake. When asked if it was low-cal, she gave a sinister laugh and walked back into her laboratory. This cake would leave Betty Crocker weeping in her cake mix. It was an excellent way to finish off a beautiful meal.

Nancy's Noodles is located at 1480 Bedford Highway (across from Canada Trust - look for the big sign and big yellow doors on the side). Ph. 832-6220. Open Monday - Saturday 10 am - 6:30 pm. Catering is also available.

Physio Phacts: Massage Message

Are you stressed by the thought of exams? Does your back ache from endless studying? Does your neck feel stiff from hours of typing term papers? If so, The Physioclinic in Assisi Hall may be able to help you get through this demanding period of the school year. Read on.....

The Benefits of Massage Therapy

Massage therapy, once seen as a luxury, is now widely accepted as an integral part of a healthy lifestyle. In fact, a New England Journal of Medicine estimated that massage therapy is the third most prevalent type of alternative treatment sought by adults.

Physically, massage therapy:

- ... stretches and loosens muscles.
- ... facilitates blood flow and removal of metabolic wastes throughout the body.
- ... increases the flow of oxygen.
- ... stimulates the release of endorphins, the body's natural painkillers,
- ... reduces anxiety.

Mentally, massage therapy:

- ... provides a relaxed state of alertness
- ... reduces stress
- ... enhances our capacity for calm and creative thinking.

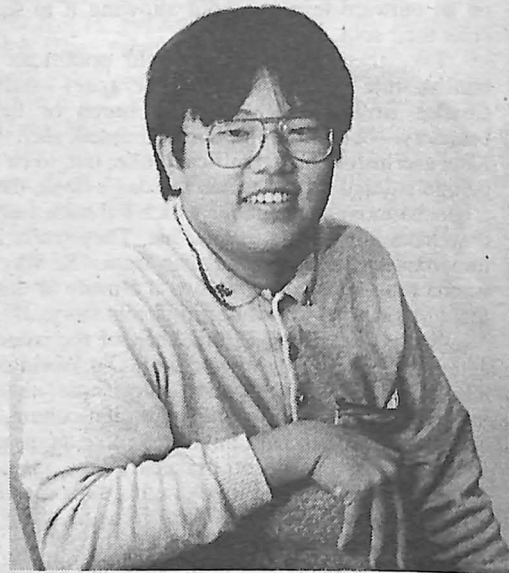
The Physioclinic, located at Mount Saint Vincent University's Health Office (second floor of Assisi Hall) has massage therapy services available for the MSVU and outside community. The services are provided by Registered Massage therapist, Andrew Caissie. Andrew is a graduate of Foothills College of Massage Therapy in Calgary, Alberta. He practises Swedish Massage, a technique which incorporates long strokes and a kneading and friction technique to target superficial and deep layers of muscle.

The fees for massage therapy are covered by most insurance plans. The Mount Saint Vincent University student insurance plan covers this service partially.

For more information on massage or to book an appointment please call The Physioclinic at 457-6471.

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Details on Page 7

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## Features

## SEXPERIENCE AND SELF-DEFINITION: A Traveler's Moral Misadventure in Praha

Journal Entry 88, Revised

BY MARK SITTER



Mark (left) and "Texas" Drew (right), nowhere special, just outside of Praha (Prague)

On the train, somewhere between Praha and Wien, 14:43, Friday, 16 June 1995

Ya wanna know what types I really hate? Aesthetic Travelers (ATs) and their untellable stories. ATs are the folks who travel around the world to see and photograph all the touristy stuff in order to brag about it when they get back home. They never tell tales about stuff they did or felt on their travels, only about stuff they saw or heard. (I wonder what the beatific Jacky K wooda said about these types?) Grandparents aside, does anyone really care about cliché descriptions of Renaissance art in Firenze, broken walls in Berlin or romantic streets in Paris? Whoop-dee-shit. Sure, such things are Kool to observe—eye candy-ish, I guess—but they really don't give ya many insights into the in the self-definition/life-experience department. ATs capture and imprison travel on an outward level, without allowing it to seduce and enter their soul...

Like them AT types, I could pontificate about a buncha stuff I just saw in Praha (Prague)—stuff like the Charles Bridge, St. Nicholas' Church or the Jewish cemetery—but I wouldn't dare. Granted, such things are Kool and historically significant, like; but, to be perfectly belligerent and selfish, when the day's done, they're just a buncha monuments about which I'll soon forget becuz they have no direct effect on me. They really ain't that important in the context of who I am. So why would I wanna brag about 'em? (Now, if I made or destroyed a few of them, that would be a different story...)

Since flying over to this neck of the woods a year ago, I've been so blitzkrieged with Old World shit that it all seems to have morphed into some never-ending kaleidoscope of almost-familiar foreign culture, spinning and spinning around my mind's eye like an insane, shell-shocked carousel with no brakes. (Wow, man, that last sentence is all Pink-Floyd-singing-to-some-Gulf-War-vets-in-Room-101 style.) What I'm really trying to say is after a while a church is just a church. At any rate, it's time to "new paragraph" the sitch and get down to business.

To cut thru all this introspective circumnavigation, the way I see it, the Kooliest part of being a traveler is all the misadventurous life experiences you get to go thru. That's what makes the front page of your life's newspaper... That said,

lemme recount a fun-ass/self-defining life experience of the sexual variety that took place in my favorite velvet-checked town...

So, there I was with my travelmates in Praha at some low-life discotheque—as usual, none of us could find a happening joint at which to hang. We were sitting down at a table, pounding back a few dirty-cheap pints of courage, preparing to dive into the fish bowl of life experience. In the midst of our imbibition, the DJ dude started spinning some good-time tuna. With a groov-a-licious house mix permeating the room, I started bobbing my head in the air, tapping my fingers on the table. Bob-tap-bob-tap-bob-tap... Almost like a sixth sense, I realized it was time to TCB; time to cut a rug.

On the psychedelic dance floor, I fancied myself as a mango Jello-fish, jiggling and swimming with a multitude of other tasty, tropical-flavored marine life around the backdrop of phallic dance towers, gyrating strobe lights and big-ass super woofers. For this Pisces, it was good times in the sea of dancing flesh, baby. Unawares, a school of shark-like, sexually carnivorous, Japanese-tourist-type women viciously encircled me. "You can handle this," my lecherous beer stein told me. "It's all Do-minori-gato, Mr. Roboto..." So, with a smile on my mug, I "Ko-nee-chee-waa-ed" my way around the hungry school. Together, the Japanese sharkesses and I began to jerk our gills to the music. And much to my delight, the head sharkess took liberty to shake her sushi by my side... Raw, raw, raw, baby... For about an hour, it was all boom-boom-boom music. Then, outta the deep blue, the DJ mixed things up by playing a little Stair Way to Heaven: my favorite rub-up-against-a-girl tune of yesteryear. In a bizarre flashback moment, I felt like I was at a high-school dance and this was the last song of the night; the last chance for romance... It was definitely time to sting my prey. Emboldened by nostalgia and supersaturated with courage, I swept the head sharkess close, and we began to slow dance, all Kenny Rogers style.

Tightly embraced, my insecurities forced me to make perfunctory conversation with the sharkess. However, after many slurs of broken English on both our parts it was obvious that this talking thing was goin' nowhere. What to do; what to do? I mused. Well, since I couldn't talk with this comely little minx, my id decided to skip to step two and kiss her. The next thing I knew, her salty, wet tongue was playing toothbrush with my teeth. A n d seconds later,



much to my surprise, she had the chutzpah to, well, in keeping with the Japanese imagery, pick at my bony chicken with her chopsticks. And just like with the Borg, resistance was futile. So, I went with the flow. (Hey, why jump outta a roller coaster when you can enjoy the ride, right?) In spite of my inexperience, I had the feeling it was time for step three: find a bedroom. Using creative, if not suggestive, sign language tag-teamed with slippery English, I was able to convince the sharkess that we should head back to her hotel—it's gotta be a class up from my stingy hostel bunk, I reckoned. So, off we raced...

Running down the narrow, wet, nether streets of Praha, we were sweating and pulsating—red-hot passion was coursing thru our stiff, swollen sinews. Our limbs were pumping hard and fast; we

Continued on page 14

CLIMAX

## Sex Lives of the Poor and Undistinguished

BY JENN PARKER

\*names have been changed to protect the not so innocent

"You don't need no wax job. You're smooth enough for me. If you need your oil changed, I'll do it for you free. Oh, Baby. The pleasure'd be all mine. If you let me drive your pick-up truck, and park it where the sun don't shine... Dirty World, Dirty World, it's a fuckin' Dirty World."  
—Dirty World  
Travelling Wilburys, Vol.1, 1988

A good chunk of society is obsessed with the sex lives of the rich and famous, right? You found out pretty quickly that Gwyneth had stopped spending the night at Brad's. You got a kick out of the news that Pamela Anderson Lee (I'm a big fan, of course) had conceived a child with tattooed hubby Tommy. We love this stuff don't we?

Here is what I am proposing: How about the dirt on what real people are doing in their bedrooms (or apparently just about anywhere else they can get their pants off)? You may be asking yourself, why you should care about how, when, where and with whom other people are having sex? Basically, it comes down to perfectly natural human curiosity. A little perversion goes a long way too.

You can pretend that you don't follow this stuff, but I'm going out on a limb here by being the first to admit to being on the nosy side of curious. I have a hunch that I'm not the only one who reads People Magazine with enough ritual to know who's sleeping with whom before Entertainment Tonight. Every Thursday, when the latest issue of the Coast comes out, I can't be the only one who grabs one hot off the stand and turns to the last page to check out Savage Love. This is the spot in every issue where Dan Savage offers up witty, if not slightly brutal, answers to people's queries about sex. (Anyone catch February's discourse on the clitoris? Interesting stuff.) Oh, shit. Now I've gone and said the C-word. We're in

big trouble. If your ears turned red when you read that line, you might as well stop here—or get a cold drink and go somewhere private. I'm about to tell you everything I was able to find out about the sex lives of Mount students. My assignment is to get the dirt on when, where and how safely we students are having sex (this is a tough one) despite everything that adults (and elementary students for that matter) of the nineties know about the risks of sexual activity.

I'm going to start by fessing up. The truth is I didn't hunt down a random scientific sampling of Mount students. I spoke mostly to students I know. (It is hard approaching a complete stranger in the link and casually asking "So: Where is the weirdest place you've ever had sex?") Unfortunately, my life as a heterosexual woman in a monogamous relationship and the fact that my group of friends happens to be heterosexual, made it hard for me to think of anyone with an alternative lifestyle, who I know well enough to interview. I apologize if this article doesn't address your situation or preferences more formally. I hope you'll find it interesting and informative all the same.

To be a little more formal about my research, I contacted the Mount's Health Office and spoke to Nurse Diane Tinkham to find out what she tells patients who come in to discuss their concerns about becoming sexually active and what advice she gives them. Diane really impressed me. In the short conversation I had with her, she made me completely comfortable and gave me the impression that she is an extremely competent woman who takes her work at the Health Office very seriously. Anyone out there needing advice on this issue should go visit her. She knows her stuff. Diane considers her biggest responsibility in these cases to be her ability to

adapt to the situation of the patient she's talking to and give them support in any capacity she can. This includes information in the form of brochures and conversation, and an examination and birth control consultation by one of the office's doctors.

Here is what Diane told me about the advice she gives out on sexual activity:

"There are two different issues a person has to consider before becoming sexually active: birth control to prevent pregnancy and condoms to prevent the contraction of STDs. We don't have any agendas here about particular means of birth control, we just want to give people all the information they need to make their decision. Sometimes we even talk to patients with their partners and then allow them to go off and decide what method(s) will work best for them." Told you she was good at this.

To paraphrase all these warnings, consider these lyrics from Salt 'N' Pepa: Let's Talk About Sex (1991). "But anyways, ready or not, here he comes, and like a dumb son-of-a-gun: Ooops! He forgot the condom. 'Oh, well,' you say, what the hell, it's chill, I won't get got; I'm on the pill. Until the nurse piers and stuff pours down your drawers, he gave it to you, and now it's all yours."

A little graphic? Perhaps. But it's good advice. Personally, I hope when you reach university, you know enough about these risks and are ready to make an informed, adult decision before leaping (or not leaping) into the sack. A caveat is obvious here: a lot of the people having sex out there are neither adult nor informed.

Everyone I talked to relies predominantly on their friends for information and advice. This advice can run the gamut from "What is the best brand of spermicide?" to "Why can't I come when I'm on my back?" These are quotes.

BY MARK SITTER

Shit, I thought, I'm gonna be late. The people down stairs told me she's on the third floor. Why the frig is it so tough to find room 312? All these corridors with



CLIMAX

white walls and tiled floors look exactly the same. What did that receptionist tell me to do? Follow the green stripes? Or was it the blue? Or am I thinking of another floor? Ugh. I hate my short-term memory—where did I read that cigarettes stimulate retention? I have that PR exam next week; gotta pick up some smokes before then... Man, I was supposed to be there 15 minutes ago. It's almost noon. I hope Catherine didn't leave to grab a bite. She's gotta be hungry... Hmm, maybe one of these green-backs can help me out...

"Excuse me, mizz," I asked a nurse, who was casually glancing at an X-ray. "I'm looking for room 312. Do you know where I can find it?"

"Yes," she responded with a Texas-sized smile. "Just go down to the end of this

hall and take a left. It'll be the first door on your right. You must be excited?"

"Uh. Yes. I am... Tremendously!"

"Is this your first?"

"My first what?... Time in the hospital?," I asked back with a pseudo-sincere tone, squinting and pretending I didn't know what she really meant.

"Oh. Aren't you the father?"

"What? Me? No. No. Just a friend. That's all." Man, I'm being way too defensive, I thought. Gotta recover.

"Not that being the father would be a bad thing," I said, widening my eyes. "I'm just not he. Or him. Or however you say that." What the hell did I just say? I thought, as a confused smile formed on my countenance. She must think I'm an idiot. Gotta bail.

"Uhm, anyhow, thanks a ton. I should get goin'. Bye," I said as I turned and headed down the hall.

"Ba-bye," she replied to the backs of my boots. Okay, that whole sequence was foolish, I thought. Oh well... End of the hall. Three twelve. Three twelve. Ah. Here we go. Good, the door's open. Should I knock? Nah, I'll walk right in—like gangbusters.

"Catherine?," I said, crossing over the threshold, looking right at her. She was sitting upright on a messy bed in a tiny room, reading a People.

Stacey, 21, says school explained the process, but friends and experience taught her "the real stuff". "Nothing from your parents?" I inquired. "I'm from a strict Catholic family. I'm not even sure my parents have sex," was the bewildered reply.

Jessica, 20, credits her parents with her original knowledge on the subject. "My parents were pretty open about that stuff. I learned a lot from my mom."

Rob, 20, credits the media and his upbringing by a single mother with a lot of his enlightenment, saying everything from sitcoms to movies covers the subject to some extent.

Jason, 29, agrees. He says pornography taught him a great deal about the process. One thing the interviews revealed is that sex gets better with age and experience.

Stacey remembers her first time, at age 16, as "very short and a little uncomfortable". "I was very nervous, but my boyfriend and I had planned it out, it was his birthday present actually...It wasn't what I thought it would be, I expected the romance," she admits.

Chloe lost her virginity at age 17, also to a boyfriend (who remains her only partner). Unlike Stacey, Chloe's first time was a bit more spontaneous. "We sat and planned it for a couple of hours one night. We talked about how we wanted things to go when the time was right - you know, the typical romantic evening with dinner and candles. Talking about it kind of stirred things up, and a couple of hours later, we just ended up doing it. I remember being so excited and thinking: I can't believe I just did that. My next thought was how I was going to look my mother in the face. I thought they (my parents) would be very disappointed."

Jason describes his first sexual experience, at age 16, as "not great". "I was drunk on a beach in Florida



RESOLUTION

Continued on page 14

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"Mark! How ya doin', guy?," she said emphatically, getting up to hug me.

"I'm top drawer. One-hundred per cent. But who cares... Congratulations, again. How you feeling, mum?"

"Ah, tired. I have to attach some suction-cup things to my nipples every four hours in order to extract breast milk, which then gets stored in those plastic bottles," she said, pointing to a shelf full of about 30 empty plastic, pint-sized bottles. "So, haven't slept much in the last few days."

Should I make fun of those suction cups? I considered. Yeah. That Catherine's a joker. And even if she weren't... "Man," I began, "you're like a cross between a Madonna video and a milk commercial... You could probably mass sell that stuff. Catherine's Lactation Creation. I could see it now. Frig..." We both chuckled.

"Anyhow, you hungry?," I queried.

"Naw, had a quick bite right before you came."

"Kool..." There was an uncomfortably long pause. I might as well ask, I figured. "... So, I dunno, how was it: giving birth? Did the complications make it difficult, if I may ask?"

"Well, who really plans on being three months premature? Here's what happened: A few weeks ago, my water broke, and they flew me in a helicopter from Charlottetown to the Grace. The whole flight, I was freaking out. A medic stuck a big needle in my stomach to inject steroids into the baby's lungs... to make sure the lungs would be strong enough to survive birth... I thought I was going to give birth right there in the air. 'Air born,' get it?" I rolled my eyes and smiled.

"Kent was in the helicopter, too. He really helped calm me down. We landed safely; but nothing really happened in the first few days. And since Kent couldn't take much time off work, after two days, he had to go back to Charlottetown. So, I was alone in the hospital..."

We headed down the hall towards the intensive-care unit in the maternity ward, which looked like a happy place. Everyone around there—nurses,

After a couple more nights of waiting, I was induced. So right before that happened, I called Kent and told him to get his butt over here, ASAP. He drove down, and got here during the final push. And, you'll love this one, after watching the baby come out—'things' were really messy, understand?—he said he didn't know if he'd ever be able to have sex with me again. Joking, of course..." We both tied on a good mischievous laugh and proceeded to make a variety of school-yard allusions about what happens 'down there' during childbirth.

"Anyhow, since she was only 2.6 pounds, and since I got an epidural needle, the actual birth wasn't that painful. It took about four-and-a-half hours."

"Wow! We're you worried that she wasn't gonna make it?"

"A little, but, all the doctors were very reassuring. I was too shocked about everything to be worried..."

As I sat across from Catherine in that little room, she looked very calm—a little haggard, but that was to be expected. She seemed to have an unhidden motherly joy and pride in her eyes that wasn't there two months ago—the last time I saw her... Or maybe she just wasn't wearing as much makeup this time... But seriously, considering how responsible, loving and patient she is—not to mention that she has a great husband and a secure career, to boot—she's definitely ready for motherhood, in my books...

"Well, Mark, do you want to see little Jamie?"

"Can I?," I asked with big eyes and an open mouth—like a kid at Disneyland. "Really? Do you think she'd be, ugh, up for it? I mean, I don't wanna, I dunno, hurt her. I'm no good with babies—I like kids when they're about six or seven. When they believe everything you say. When you can horse-play with 'em. But babies, especially fragile ones, they make me nervous—in that bull-in-a-china-shop kinda way... But, if it's okay with you, yeah, I'd really love to see her. Lead the way."

We headed down the hall towards the intensive-care unit in the maternity ward, which looked like a happy place. Everyone around there—nurses,

Continued on page 14



## Features

All stories continued from pages 12 and 13.

## SEXPERIENCE AND SELF-DEFINITION:

*A Traveler's Moral Misadventure in Praha*

were desperately exerting all our efforts to penetrate the warm, inviting entrance of her hotel... Okay, enuff with that allusion... So, we made it to her room, unscathed. Without further ado, we began ripping each other's clothes off with the ferocity of a coupla raccoons in a garbage can. In no time, we were lying on her bed like Adam and Eve, coiled by the serpent of lust. Forget Stairway to Heaven, Slap-'n-Tickle was definitely our song, baby. There was panting, moaning, laughing; sweet jeezes, you'da thunk the camera was rolling... All right, maybe that's a slight exaggeration, but, c'mon...

At any rate, I quickly realized I had to "protect" my interests before delving any further into the sitch. However, as I rolled on my tubular friend, my bloody superego had a moral aside that went like something like this: "Ego, at this point in your life, it's not your style to be one-night wonderboy; so why go against who and what you are?... Quit being so anti-Taoist, you guilt-ridden Catholic... You gotta parachute your ass outta this cock pit, like, now." And, believe it or not, that thought alone was enuff to make me exit, stage left, without Snaggle Puss. So, in a state of naked moral righteousness and apathetic phallusy, I gave the sharkess—whatever her name was—some limp story about having to leave immediately to catch an early-morning train, or something. After quickly getting dressed, I skedaddled like a vampire at first light.

There ya have it. Good ol' life experience. In retrospect, I'm pretty proud of myself. Not becuz I think the aforementioned skeddaddle—I'll call it the "Praha Skeda"—turned me into an ethical superhero. (Lemme tell ya, when something doesn't go my way, I can ride the ethical subway and be a wicked bastard—it's that youngest-child thing.) Nor becuz I

think sleeping with the sharkess woulda been "morally wrong," per se. Who am I to judge? Sure, the one-night special isn't a dish I serve; but, in theory, as long as nobody gets hurt, I have no problem with it. (However, it seems someone usually does get hurt in that business.) Anyhow, what I'm proud of is that I didn't go against what I believe; what I'm about. I didn't do something just cuz I coulda... Goodness, that sounds popcorny. Let's try this again: Basically, the fact I turned down a sure bet with the sin of skin proves to me that at this point in my life—circa 16 June 1995—I don't play one-night roly-poly; that I have fairly strong will power; that I have the "cojones" to stand up—or get dressed, if you will—for my convictions; and that, much to mum and dad's delight, all those years of Catholic school haven't gone for naught... Yup, definitely a self-defining experience.

In addition to all this situational-psychology crap, the "Praha Skeda" is a great story for posterity. For instance, I could use it in a machismo debate with my blokes: "Oh yeah, you think you're Kool?," I could retort. "Well get this, I'm so Kool, I turn wanton women away. Lemme tell ya a story about some Japanese sharkess..." Ah, the possibilities are endless.

To "big picture" the sitch and bring it back to traveling, lemme say this: Going thru a Krazy-ass, learning experience with other people, whether it involves sex and Japanese or not, is a heckuva lot more valuable to a traveler than seeing an aesthetic, dead, forgettable monument. In context of self definition, the former is priceless, the latter replaceable. In other words, if someone were to ask me about Praha, it's safe to say the first thing I'd think of wouldn't be the price of admission to the National Gallery of Bohemian Art...

## Sex Lives of the Poor and Undistinguished

with a girl four years older than me. I was pushed down on the sand, stripped and screwed.

These first-time encounters may have left something to be desired, but their sex lives ever since have been improving in leaps and bounds, according to my evergenerous "sexperts", who also dished on their current sex status. For one things, their having it more often. Everyone I talked to, whether in a relationship or single, has sex on a regular basis.

Jason has slept with 80 women over the past 12 years. He maintains that while some of these encounters have been of the one-night variety, he gives women he sleeps with something to remember. "There's sex, and then there is intimate sex". "I get drunk, I'm downtown, I'm horny, and that's that," he replied when I asked how he meets women. Jason is not in a relationship at the moment, but he still has sex at least once a week.

Aside from women he meets in bars, many of whom are already acquaintances, he also gets a free-flowing of sexual satisfaction from women he refers to as "bum-buddies". He defines these women as "somebody you can have sex with, be intimate with, but not have a relationship with". He calls them, they call him and sometimes they meet downtown and know it's safe to go home with each other. Jason says that alcohol is often a factor in his sexual activities. He was also nostalgic about the great times he used to spend having sex whiled stoned, when he was younger. "It would just go on for hours."

Jessica has had 24 partners. Currently in a long-distance relationship, she has lots of sex but in spurts. Jessica agrees sex improves with experience, but attributes her comfort with her sexuality and her increased enjoyment. She also feels that while alcohol is not usually a factor for her, it can improve it. "It makes it better when I'm drunk, because I'm hornier. It increases your desire. When I'm having sex with my boy friend all the time, alcohol livens it up and makes it new again".

Stacey is happy about the way sex has improved since she first started "doing it". "Sex has gotten a lot better over time. I can honestly say I've already had the best sex of my life," she told me.

We've established that we are all having pretty good sex, but are we having safe sex? None of the women I spoke to use condoms on a regular basis. All three rely solely on oral contraceptive to prevent pregnancy. "The only time we use a condom is when I screw up with my pills and forget to take them for a few days," says Chloe.

Stacey, has sex two to three times per week, on average. Aside from oral contraceptives, she does not use protection. "With my first partner, we used a condom every time, since then, I've never used protection. I don't like the sensation and neither does he," she explains. Stacey has had three partners.

As for the guys, Steve and Jason are regular users, but Rob doesn't rely on them, since he and his girlfriend are concerned only with preventing pregnancy. While Steve is also in a monogamous relationship, he and his girlfriend use a combination of oral contraceptives and condoms to prevent pregnancy, which Steve says is simply "not in our plans right now".

Finally, I asked everyone why they do it. This seems pretty obvious of course, but the reasons really differed depending on each person's situation.

Jason answered simply "to get off". Stacey agreed, saying a rush of raging hormones usually does most of the convincing.

Rob was more philosophical about his reason. "It's an expression of the level of intensity you feel for someone, but you don't need to do it to say you love someone," he feels.

Steve, 21 says the reason he has sex now is the same reason he started four years ago: physical attraction.

Basically, we are a pretty sexy bunch here at the Mount, and I only covered a little cross section of heterosexual people whom I know. To end off, here are a few fun facts I found out about where people have done it: 6th floor Seton, Rosaria washrooms and gym changing rooms, secluded areas of the exterior campus, and in a car while driving. We are talking intercourse here, not oral sex- I didn't learn any strategies for that in defensive driving.



## The Miracle of Life

doctors, patients, families—was, in one way or another, taking part in the miracle of child birth, the miracle of life. The job satisfaction of working there must be tremendous. Maybe mum was right: Maybe I should've stuck with Sciences and become a doctor. Then again, knowing my luck, I'd have probably ended up a coroner—just like Quincy...

In no time, we arrived at the ward. But, before we entered the actual incubator area, a pink-clothed nurse instructed us to scrub down. So, as if I were preparing for a little pugilism, I rolled up my sleeves and began washing my hands—finger tips to funny bones—fastidiously with some super-disinfectant, high-powered soap. Then, I hopped into a baby-blue gown and tied on a white mouth mask. At any second I was expecting Doctor Green to page me to the OR to perform emergency surgery. (And furthermore, I was secretly hoping Nurse Hathaway would assist...) I was obviously ready for baby Jamie.

Catherine and I proceeded to the appropriate incubator. Carefully protected under glass, there she was: beauty, nay, perfection incarnate. Wow. I was feelin' it—I dunno exactly what, but definitely something. Baby J was in a deep, fairy-tale-like sleep. At this point in time, she was a little over three pounds—not much bigger than a

Cabbage Patch Kid. What impressed me the most were her tiny, perfect, little hands. They had every ridge, fold and print adult hands have. But, unlike the latter, hers' were clean: They had yet to feel the filth and corruption that gets pressed under society's fingernails everyday through questionable, hidden-agenda handshakes... Oh, oh, my poetic wax has melted...

Anyway, the most amazing moment occurred when I actually touched Jamie. After getting the nod from Catherine, I eased my arms through the incubator's portholes, and gently stroked her small back. At first, as bad as this sounds, the stroking made me nostalgic of my long-dead dog, Reneau. But, quickly, the touching motion became much more than that. Inexplicably, as my hand touched hers, I felt some weird, swooning, interpersonal connection with Jamie—it was almost Michelangelesque. For me, this sensation personalized the realization that life is sacred and shouldn't be taken lightly; that everybody enters into the world the same way, regardless of who they become; and that 22 years ago, I was an innocent baby, just like Jamie...

Yeah, I must say, life truly is miraculous. And hopefully someday, when the time's right—and when my shit's together—I'll have some miracles of my own.



A &amp; E

# Pop spirituality

*The Celestine Vision* - by James Redfield - Warner Books \$24.95

BY TIM BOUDREAU

In case you are not aware of it, a few years back author, and spiritual thinker, James Redfield, was made famous by his first book entitled *The Celestine Prophecy*. I read Redfield's first book, after having heard about it from a friend, and found the ideas expressed about human spirituality to be quite enlightening. The most interesting aspect of *The Celestine Prophecy* is the fact that the book is meant to be a sort of handbook for gaining higher spirituality, but the format is that of a fictional story. As you read the story of a man on a perilous search for an ancient manuscript you are also exposed to many interesting insights into the dynamics of human interaction and spirituality. *The Celestine Prophecy* was actually quite an imaginative, creative and illuminating book with an interesting notion of how collectively the human race is moving to a higher plane of existence. Unfortunately, none of the characteristics which made Redfield's first book such an enjoyable read are present in *The Celestine Vision*, and I can see no reason why he wrote it other than to cash in on the huge success of *The Celestine Prophecy*. *The Celestine Vision* is a terribly sterile book devoid of any imaginative power, or spiritual insight.

After I finished reading *The Celestine Prophecy* I felt that Redfield's unique vision about the spiritual world was complete. However, shortly after Redfield's first book became so popular he came out with a second book *The Tenth Insight*, which was meant to build on the nine insights developed in *The Celestine Prophecy*. I never did get around to reading *The Tenth Insight* but I have heard that it was nothing extraordinary. When I heard that Redfield was coming out with yet another book about his spiritual insights I remember asking myself, "Is there really anything new that he can possibly say on this topic?" The answer to that question is "no". There is very little new material in *The Celestine Vision* that was not talked about within *The Celestine Prophecy*. I was quite disgusted to see that Redfield actually had the gall to take many of his insights from his first book, rewrite them, and attempt to sell them as brand new ideas.

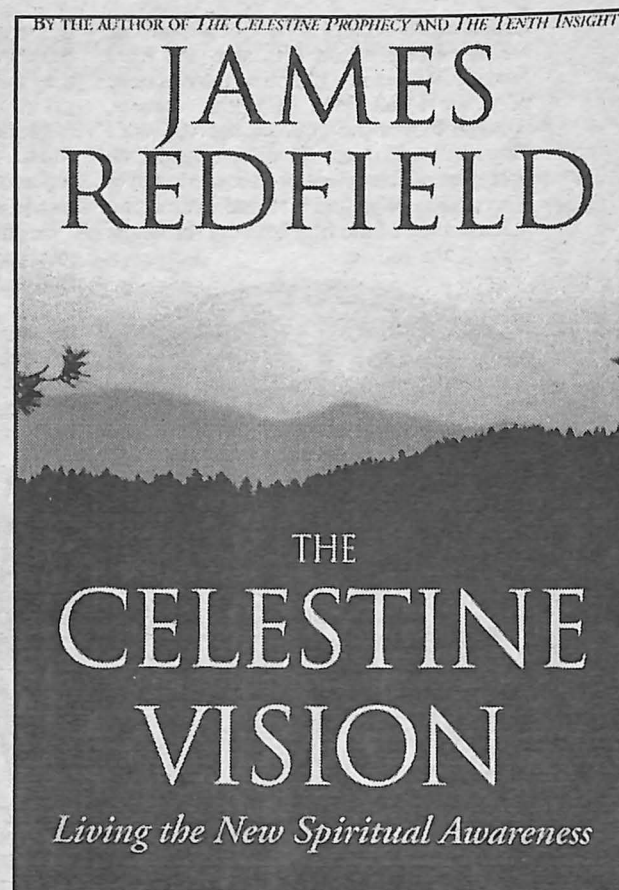
So what we have here in *The Celestine Vision* is Redfield going over a lot of old ground, only this time instead of presenting his ideas within a simple, yet

appealing story, he presents them within a stale and flavourless non-fiction format. It's disappointing enough that Redfield decided to write an entirely different book using much of the material from his first work, but to see his insights shoddily explained, using scads of faulty reasoning is deplorable. Let me explain what I have just said. *The Celestine Prophecy*, as I have said, was a fictional story, and Redfield's interesting spiritual insights were portrayed in such a way that a person could interpret what he was saying in a figurative or symbolic way, which is the way that I chose to read the book. I don't completely buy into Redfield's spiritual beliefs, but when I read them in *The Celestine Prophecy* I at least believed, under a certain interpretation, that they contained an element of truth. However, in *The Celestine Vision* Redfield attempts to clarify his beliefs, but ends up undermining them, using logical argumentation structure. This poses a slight problem for Redfield's spiritual insights. How should I say this? In *The Celestine Vision* Redfield's beliefs on human spirituality come off as just plain flaky, half baked, vaguely explained nonsense. Do you need an example, fair reader, to justify such harsh criticism? Very well then. On Redfield's belief about the afterlife he has this to say:

*Movies have further disseminated this information about the Afterlife and made it seem more real. Who for instance, wasn't totally suspended in the realism of the movie Always, a love story about a Forest Service flier who saved the life of a friend but lost his own in a fiery airplane explosion... Another good example is the movie Ghost, a story of a man who was killed in a robbery attempt... These movies represent fascinating themes that reflect an emerging knowledge about what we can expect after death. (189)*

I've seen many things in my years of reading, but one thing I have never seen is an individual trying to base a belief in the afterlife on mainstream Hollywood films. Much of the book contains similar examples of Redfield basing spiritual beliefs on incredibly shaky grounds which serves the purpose of weakening his position on spirituality rather than strengthening it.

Redfield points out that for a while now people in the west have been moving away from spirituality, and



replacing it with a more secular existence. But soon, Redfield predicts, people will become more interested in spirituality and start moving back to a spiritual existence. This may or may not be true, but one thing is for sure, if people are going to start becoming more interested in spiritual matters it certainly won't happen because of *The Celestine Vision*. Do yourself a favour: if you read and enjoyed *The Celestine Prophecy* don't ruin the whole experience for yourself by bothering with this piece of pop spirituality.

## Breathes new life into an ancient play

BY TIM BOUDREAU

I'm sure that all of you english and psychology majors out there already know about the character of Oedipus. For the rest of you out there unfamiliar with the works of Sophocles, Oedipus is a character from Greek tragedy who was doomed by fate to kill his father, and have sex with his mother. After Oedipus lives out his unfortunate fate his mother/wife kills herself, and he plucks out his own eyes, after which Oedipus is sent into exile by his own sons (who also happen to be his brothers since they were born from his mother). Oedipus then travels to the holy gardens of Colonus so that he may find a peaceful place to rest before he dies. Sounds like a fairly depressing premise for a play, but in actuality the Lee Breuer adaptation of the Sophocles play, Oedipus at Colonus, is a lively and uplifting theater experience certain to perk up even the most dejected of spirits. *The Gospel at Colonus* is a musical which takes this ancient Greek tragedy and turns into a vibrantly colourful performance with a whole lotta soul.

*The Gospel at Colonus* is a very interesting interpretation of Sophocles' famous text. The most impressive element of *Gospel's* presentation was the fact that Lee Breuer, and composer Bob Telson, have taken the original play and put it to the upbeat sounds of Black Pentecostal Church gospel music, hence the title. The play begins with an introduction by a church pastor, played brilliantly by Walter Borden (whom I also saw perform in Neptune's rendition of *Romeo and Juliet* a few years back). Borden's character puts the events of *Gospel* into motion by giving a sermon to the audience from *The Book of Oedipus*. The Pastor relates to the audience the unfortunate tale of Oedipus, the doomed king, and the story is under way. Next thing you know, the stage backdrop is illuminated revealing a chorus (a dramatic device typical of greek theater), only this chorus relates its story with hand clapping, soul shakin', gospel grooves. The 28 member choir were dynamite, their song was rich, and their robe like costumes vibrant and colourful, containing deep purples, royal blues, scintillating golds,

and creamy whites. The story of *Gospel* is not told to the audience, it flows through sonorous, harmonious melody.

Such a delightful theater extravaganza is to be had from experiencing the grandeur of *Gospel*. Witnessing the music, as it is forged from the burning soul of the performers was uplifting, and enlightening. I took those songs, absorbed them through my skin, poured them in my belly like milk and honey and let them fill me up with their warm silky presence. The grooves of the musicians were funkytastic, the moves of the actors were joyful, playful, and masterful. *The Gospel at Colonus* is spiritually substantive soul food, and there was a mighty heaping helping for all in attendance.

The jubilant flavour of *Gospel* shifts briefly as Oedipus is confronted in the sacred gardens of Colonus by his son, Creon, who wishes to bring Oedipus back to his hometown of Thebes. Conflict arises between father and son during which Oedipus' daughters are taken captive by Creon's henchmen. The despair which flows through Oedipus' song when he learns of the disappearance of his daughters rivals the intensity of the earlier songs of rejoicing. As the drama unfolds, Oedipus must face his destiny, deal with the temporary loss of his daughters, who serve as his eyes, and finally come to terms with dying as he finds himself in his last moments upon this earth.

It's hard to start mentioning the marvelous musicians and performers who brought *Gospel* to life without leaving out someone who was an integral part of the musical's dramatic power. In the singing department, Jeff Jones as Oedipus is virtually unmatched in his skill, but his performance is made whole by the two songbirds who played his daughters, Jeri Brown as Ismene, and Jackie Richardson as Antigone. Frank MacKay, as Creon, Jeremiah Sparks, as Choragos, and Kim Sherwood as a Balladeer rounded out *Gospel's* performance with their varied voice talents. I cannot mention everyone who deserves to be mentioned, the cast is simply too large. All I can do is try and leave you with the impression that there



is not a mediocre performance to be seen, or heard, in *Gospel*.

*The Gospel at Colonus* left me feeling uplifted, which is not something you get everyday at the theater. The feeling swept through the audience synchronistically as all those congregated rose to express their full appreciation of the experience. There were none, I believe, who could have enjoyed the performance more than the elderly man who worked his way up the centre aisle dancing to the groove as the *Gospel* crew bade us farewell with the power of their song. *The Gospel at Colonus* is a fantastic, invigorating performance with a lot of heart. *Gospel* is playing until March 29, and I want to know why you're still here reading this paper instead of rushing out to hear the music.



A &amp; E

# Gunfight at the OK Corral - I mean Replacement Killers

BY JAMES TILLEY

Replacement Killers stars Chow Yun-Fat, a Hong Kong action film star, and Mira Sorvino, who is in a bunch of movies none of which I can think of at the moment. Antoine Fuqua (he directed the "Gansta's Paradise" video) was the director and John Woo was an executive producer. However it seems like Woo had his hand in directing at least some of the film because the whole look of the movie

figure this out also. There is a big huge gun fight and the bad guys die, but not before they trash all of her stuff. They are able to get away but there is one problem the boss has called in people of Yun-Fat's calibre to finish the job. He has hired the replacement killers, hence the title of the movie (clever huh!).

Characters: Yun-Fat plays the gunslinger hero who is an assassin. But we find out that the only reason he is killing people is because the gangsters have threatened his family. And he is very good at what he does yet he has only killed a few targets. Sorvino plays the forgery expert who does all of the stuff with the funky cool computer gadgets, but she can manage to slap something together with a knife and glue. The cop is played by Michael Rooker, who looks familiar but I have no idea where I've seen him before, is a more experienced cop who eventually is able to sort out the good guys from the bad guys. The more junior cop who works with him is constantly asking too many dumb questions and is questioning Rooker's decisions. Everyone else is pretty much the stereotype of their role. There are the cool looking replacement killers who have this awe about them that make the crowds around them just turn and look. One however does something really cool in the end, watch for it. That is all that I can say without revealing the ending... of an action movie where the good guys always get the bad guys (oops I have said too much). All the punk skinheads

look like

your typical punk skinheads hanging out in some alley with barrels which are on fire. The gangsters all wear dark clothing with sunglasses and slicked back hair. The boss in his expensive suit and the assistant is a whiny, cowardly little man who deserves to get shot.

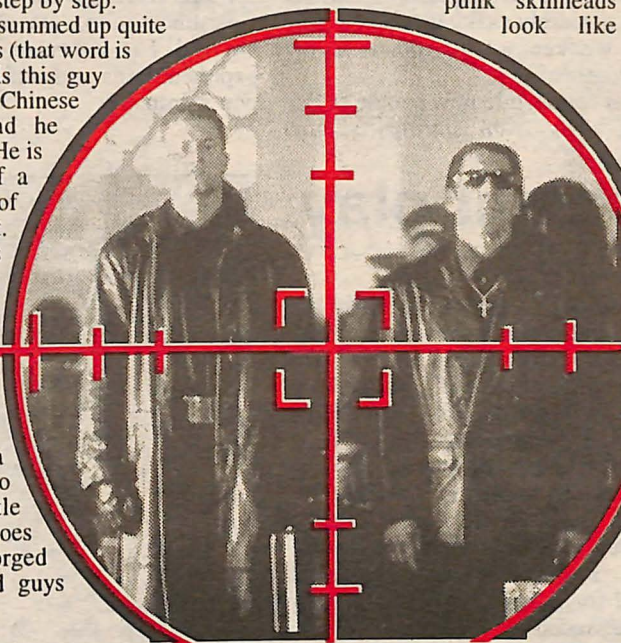
Atmosphere: You know the general feel or look of the movie. It was one huge ad for the NRA and their constitutional right to bear arms. But everyone in the film was a lousy shot. It took Yun-Fat the entire clip if his gun to kill one or two people. If he is the professional that he claimed to be then it should of taken one bullet, two at the most. But this lack of accuracy doesn't effect the effect the movie at all though. How is that possible? you ask, well I will tell you. He always manages to have one more gun holstered somewhere and is able to pull it out to shoot some more people. At one point I swear he has got probably 6 or more guns beneath his jacket alone. The overall look of the movie is where the Wooian style comes shining through very clear. Almost everyone has got a long trench coat and they all flow really coolly in the wind. Everyone, Yun-Fat especially, over emphasized every movement. Instead of simply pulling out a gun he has to draw the gun while spinning dramatically so the jacket flows with him. The bad guys could have shot him several times over during his theatrics. Because I work for DUET and I am doing the Electronic Media class, I notice the camera

shots too much in movies. And the shots in this movie looked really cool. Sometimes it was hard to follow who was shooting who, but it looked different. They tried some weird angles that you don't expect. The music is also pretty good, I will probably buy the movie soundtrack.

Overall Impression: The movie was really good, and am really not saying that because I like every movie I see. But if you can try to catch it while it is still on the big screen, the general action, cool music and great cinematography makes it more than a video movie. The empire theatre in Bayers Lake will probably have it for a while so check it out.

just screams out JOHN WOO. That fact alone could define it as a good action film. But let us break it down step by step.

Plot: It was actually summed up quite nicely by all of the trailers (that word is still just wrong). There is this guy who works for a big Chinese mafia/gangster type and he kills people for a living. He is asked to kill the kid of a cop, but in a moment of morality he can't do it. This however really ticks off the boss so he wants to kill Yun-Fat. He needs a passport to get out of the states, but most of the good fake passports are made by people working for his boss. Enter Sorvino, a freelance "designer" who is known to be a little different. So our hero goes to her to get "forged documents" but the bad guys



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## A &amp; E

## Speed Garage Classics Vol. 1

BY GLENN HARRINGTON

To clarify the title; this has nothing to do with metal, or anything classical. This is a hit single booster for Satellite Records. Now that this has been established, Speed Garage Classics are Satellite Records biggest techno jams for 1997. Such songs like "Ripgroove" by Double 99. I felt slightly jaded for what it lacked in Trance it had in R & B induced trash

and Euro garbage suitable for Chris Sheppard's Pirate Radio Station.

Well a'hoj mates, make me walk the plank huh!

With relatively the same number of beats per minute in every song for the duration of an hour I began wonder if I was brain dead. In principle this is a scam by Satellite Records to give you a product that

was once hot, now not. Don't be a slave to the music industry.

If your a downtown groupie like Petula Clark and shake your ass at the dome with an inner belief of groove-on then by all means don't take what I'm going to say personally. I take the trash and garbage out to the garage.

## Pearl Jam- Yield

BY TIM BOUDREAU

Ah, memories. Does anyone else out there get all nostalgic about high school days whenever a Pearl Jam song is played? I remember those crappy high school dances, freaking out when they played "Jeremy", and moshing when they played "Evenflow". Of course there was always those times cruising around in my friends car, all the while singing along to "Black" or "Release". Those were the days. Pearl Jam has managed to show staying power over the years, which is more than one can say for most bands in the fickle nineties. Seven years since the debut of their first album, Ten, Pearl Jam has released another album of hits entitled Yield. Even though the "grunge" scene has more or less moved into the realm of the obsolete, this five man

music machine has managed to keep the magic going as they transcend the music trend which they helped to establish.

Some things will change, while the best things remain the same. In a nutshell this statement describes the progression of Pearl Jam's style represented on Yield. Pearl Jam has managed to keep their music familiar to avid fans, but has avoided rehashing the same old stuff. In some ways the music on Yield is heavier then past albums, in others its softer, but one thing they have managed to keep is the faint air of mysticism in their music, and in their lyrics. Conventional the songs are not. There are some familiar sounding moments on Yield, but predominantly Pearl Jam consistently forges forward with fresh

characteristic sounds of their own. Two things remain virtually unchanged on Yield. Lead singer, Eddie Vedder's voice is one of them- that distinctive resonance that so many have attempted unsuccessfully to imitate remains. And of course, something that never seems to change about Pearl Jam's music, you can sit down, put Yield in the CD player and listen to it start to finish.

Perhaps Pearl Jam's latest album will not provide as much pleasure for the casual listener who hasn't been a fan of the band since their inception back in 1991. However, Yield is a good solid album that contains a lot of terrific tunes that should appeal to anyone who enjoys the rockin' and the rollin'.

## Sebutones - 50 / 50 Where It Counts

BY GLENN HARRINGTON

Haltown's Hiphop scientists, Buck 65 and 6/2 have a next level look in the future with their new album 50 / 50 Where It Counts. In an extension of their second release Sebutonedef, 50 / 50 is all together different. Very dark and twisted with ample scratch treatment and skillful vocal elements, they've slowed down the pace for intensity purposes only.

This album is defining Hiphop as we know it. The samples are obscure lines from movies and old military journals, and production is impeccable. This is the most substantial release from Halifax next to their own solo projects. Available on cassette and compact disk this is big for Haltown's underground Hiphop scene.

This is the future of our art form as Buck 65 and 6/2 are pioneers of the one two s. As the Kings of Cuts they'll be taking over the upcoming provincial election. The premiers of production, The Sebutones. (As a note; the album cover featured is not the actual album cover. Props due to Nic Recha for the dope painting used for the real album cover.)

## Groovy-Crap

BY SEAN F. HAMILTON

Released on February 14th, Canadabis is definitely a unique album. Groovy-Religion has two previous albums since their formation in 1982. With a nine year lull between their first two albums this is a welcome album to fans. Groovy-Religion is an interesting band with interesting ideas, and not a distinct sound.

The first single "Dimebag (Owed to stooges)" sounds like a Headstones B-side. It has distorted vocals, strong guitar and a aggressive tone, all pleasing to the ear. We have a few slow tunes with little variety. They all have the same monotonic voice and pretty much the same beat. From here we hit rock bottom with a somewhat country-style ditty that sounds like a rejected cereal commercial jingle entitled "Honey-O".

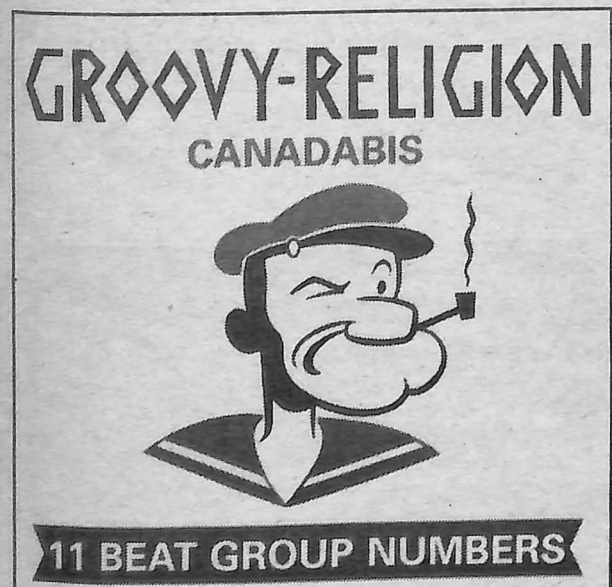
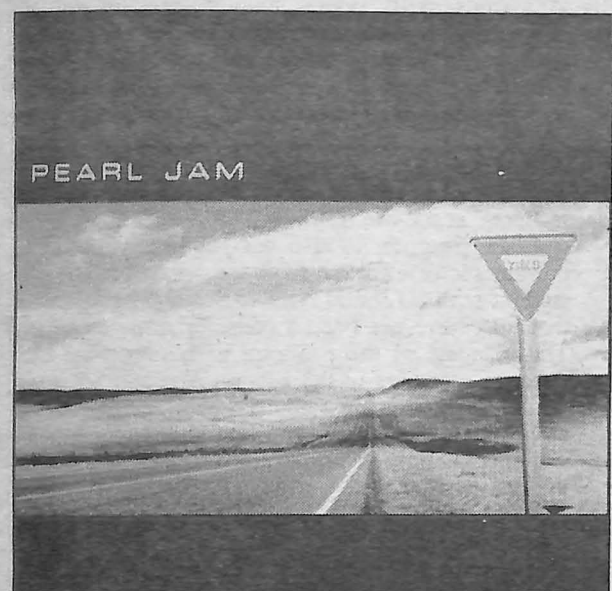
While the music is nothing special the lyrics are something to listen to and understand. In the eleven songs featured on the album we find

references, be they obscure or yelled out, to canadian heroes and cannabis. Which is pretty much the point of the album, thus the name Canadabis (Oh, what clever wordplay).

While the album is trying to sell the music and theme it does offer us a few incentives to purchase the album (if you call them that). When you buy the CD not only do you get a free (Hey free. That's good.) smokeable hemp product, but you also get a ballot to win (Yes that means free also.) "The Miraculous Bong". What the hell is "The Miraculous Bong" you ask. Well, I just happen to be given a actual definition for the review. It reads....*Mirac'ulous Bong adjective, noun supernatural event; a smoking device (esp hemp products); supernatural smoking device approx. 3 feet in length made from glass, green & black in colour crafted by renown artist, glass blower John Robinson.*

Sure it's an interesting item. I'm sure it would be a great conversation piece at parties, but I'm not about to rush out and buy the album because of this.

Overall (I'm going to be blunt because the album is beginning to annoy me), there is nothing special to the album. Sure, it may start a trend of free things that come with CDs but that's about it. They attempt to sell an image and way of life with their album instead of their music. They try to further a cause which has had more help from a certain canadian olympic snowboarder than they could ever hope to produce. On that note I have a great idea for Groovy-Religion. How about a song on that certain snowboarder? He is everything you guys want your album to be. He's now a great Canadian hero and smokes your free hemp. So how about you guys give him a call and see if he can fit you into his schedule.





## Classifieds

## CAREER

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R**Summer Positions:**

Partners in the Labour Market Deadline, March 26  
Student Applications now being accepted, see Career Centre

Office Administrator  
Deadline March 31

Links Multi-Cultural  
Deadline, ASAP  
Facilitation Program  
Available for Aboriginal Students  
successfully completing school year

Franchise Managers  
Deadline, ASAP  
University Painters

Camp Danbee Camp  
Counsellors Deadline, ASAP

Various Positions  
Deadlines, April 30  
Debert Military  
Community & May 30  
Resource Centre

**Part Time / Temporary Positions:**

Various Caregiver  
Positions See binder,  
Career Placement  
Centre

Retail Auditors,  
Deadline, on-going  
Mystery Shoppers  
The Linkage Group Inc.

**Permanent Positions:**

Support Staff  
Deadline, March 20  
University of Alberta

Communications  
Associate Deadline,  
March 18  
Sisters of Charity of  
Halifax

International Youth  
Internship Deadline,  
ASAP  
St. Mary's Univ., Dept.  
of Foreign  
Affairs & H.R.D.C.  
Canada

Notice to all potential and recent graduates: Put your resume on line! Visit the Career Placement Centre to make an appointment to put your resume on the National Graduate Registry (NGR). Your resume will have the potential to be seen by potential employers across the country and possibly the world!

**Students Need Summer Jobs:***Career Placement Centre responds with valuable new program*

BY KIM BOUDREAU, CAREER RESOURCE ASSISTANT

A new program has been initiated this year at Mount Saint Vincent University which will assist in finding much needed jobs for our students this summer.

The program is called "Partners in the Labour Market" and has been developed by the province of Nova Scotia. Jill Curley, Coordinator of the Career Placement Centre here at the Mount, has adapted it to fit the needs of the Mount student body.

The program is a partnership formed between the Mount, the Department of Economic Development and Tourism, and private sector project applicants. The objective of the program is to provide needed job experience to students in the Liberal Arts and Sciences who do not have a practicum or co-operative component to their programs. The program contributes to the strategic direction of the Mount to strengthen and enhance offerings in these programs.

The goal of the project is to employ a potential of 15 students this summer. The positions will begin in May and last for a minimum of 12 and a maximum of 15 weeks of full time employment.

In order to be eligible for the program, students will have to fulfil specific requirements such as: students must be enrolled full-time at MSVU and/or returning to full-time studies here in the fall; must be enrolled in an academic discipline that does not offer co-operative education or practicum work experience; must be in good academic standing; must have a demonstrated financial need; and must have already completed two years of full time study, or equivalent.

As well, students must demonstrate such skills as problem solving, the ability to think critically, personal management and a teamwork attitude.

Students submit an application as well as a

resume to the Partners in Labour Market Program, Career Placement Centre. The applications are then reviewed by a University selection committee. Once reviewed, qualified applications will be forwarded to private sector businesses, who have also been approved to participate in the program. The ultimate decision to hire lies with those private sector business applicants approved for the program.

Jill Curley, Coordinator of the Career Placement Centre, coordinates this program and says, "Positions will be selected upon the criteria of providing students with the best possible exposure to various skills which would normally not be attainable in a classroom setting. It is important for students to acquire skills relative to real-work situations as well as transferable skills so that they will be prepared to face the challenges of the future job market." She feels this initiative enables students to gain valuable work experience that will, no doubt, be viewed as an enhancement to the students' academic training.

The program is also designed to educate the private sector employer on the value of hiring a student with a Liberal Arts or Science background that may have not been a consideration otherwise. The mandate of the program is to strengthen and enhance offerings in the Liberal Arts and Sciences while contributing positively to the work environment, demonstrating the abilities of Mount students to compete and excel, academically and in the real work world.

For further information on the Partners in the Labour Market Program, please visit the Career Placement Centre, Evaristus Room 218. Deadline for all applications is March 26, 1998.

**Volunteer Opportunities****VOLUNTEER OPPORTUNITIES - OFF CAMPUS:**

Volunteering is a great way to gain practical experience while contributing to our community. The Volunteer Resource Centre matches people interested in volunteer work with non-profit agencies looking for help. Listed below is a sample of the current available opportunities. For more information, please call their office at 423-1368.

**RECEPTIONISTS**

Be part of the team! The Volunteer Resource Centre is looking for people to work as volunteer Receptionists. Enjoy working in friendly non-profit environment and gain valuable skills for the workforce. Monday mornings only. Call us!

**PIANO PLAYER**

Do you love to play the piano? How about putting your musical talent to work for others? A Halifax organization is looking for a Piano Player to entertain seniors during luncheons and other special events. You may be asked to sing along, too!

**SKATE VOLUNTEERS**

Fun on ice! A Halifax organization is putting together an indoor skating party and are looking for Skate Volunteers with first aid training and/or skating skills and/or public speaking skills. It's going

to be a good time - why not be a part of it!

**LUNCHEON ASSISTANT**

What's cooking? A Halifax organization needs a Luncheon Assistant to help out with preparing and serving a dinner meal on Saturdays. You should enjoy working on your own or as part of a team. Training provided.

**ENVELOPE STUFFERS**

Envelope Stuffers are needed by a Halifax organization until the end of March. This position is a great chance to acquaint yourself with non-profit volunteering. Look into it!

**DRIVERS**

Do you have a valid driver's license and a willingness to help? An organization in Halifax county needs Drivers to deliver hot meals to area residents and check on their well-being. Feel better knowing you're helping

someone live independently and happily.

**STORE MANAGER/INVENTORY MANAGER**

A Halifax agency needs a Store Manager and Inventory Manager to help run their local gift shop and to order and send supplies to other areas in the province. Organized, professional manner required. Training provided but relevant experience is an asset. Call to find out more.

**ADMINISTRATIVE ASSISTANT**

Put your office skills to work! A Halifax agency is looking for an Administrative Assistant. You should be good at working with the public, and be able to work independently. Must be able to use WordPerfect 6.1, other computer skills an asset. Call us and see if it's for you.

**ROOTS of OUR FUTURE***A Learning Circle in Global Equity - August 18-28, 1998***Trent University**

Roots of our Future (ROF) is a ten day, intensive international seminar (or learning circle) uses the lens of environmental sustainability to explore connections with culture, democracy, gender, race, economics, indigenous and social issues. Participants will explore dimensions of global equity for the new millennium through presentations, speakers, film and video, and participatory workshops.

ROF seeks to strengthen long-term commitment to international cooperation and cross-cultural diversity as well as investigating youth participation in a changing world.

ROF welcomes undergraduates from post-secondary institutions across Canada and encourages international student participation, especially from Latin America.

For more information, contact Linda Slavin, INSTRUCT Manager, Trent International Program, Trent University, Peterborough, ON, Canada, K9J 7B8. Tel. 705/748-1314, Fax 705/748-1626; E-mail: tip@trentu.ca; web page: www: <http://www.trentu.ca/tip/instruct>. Applications are available at the INSTRUCT web site or by mail.

Sponsored by INSTRUCT: Inter-American Networking for Studies & Training in (Natural) Resource Usage for Community Transformation with funding from Trent University, INSTRUCT Partners, and the Canadian International Development Agency (CIDA)

**Volunteers Needed**

Frontier College Students for Literacy, MSVU Chapter is looking for returning students (1998-1999) to fill positions.

Student Tutor Co-Ordinators  
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Resource Co-Ordinator

If you are looking for a challenging and rewarding place to volunteer some time, call 457-6174.



Classifieds

## FOUR SIMPLE STEPS TO EMPLOYMENT - PART 2

BY KIM BOUDREAU, CAREER RESOURCE ASSISTANT

Your self assessment is complete, your resume is perfect and you are now ready to job hunt. The next steps are the application procedure and the actual job interview.

Did you know that only approximately 20% of jobs are advertised in newspapers? Because 80% of jobs are not advertised, you must spend 80% of your time searching for these non-traditional or hidden opportunities. Using such tools as the Career Resource Centre, the Internet, networking, volunteer work or information gathering interviews can and will help you with your search for employment.

After you find the positions you are interested in, the next step is to make sure your resume fits. If you are aware of any qualifications and skills that your potential employer is looking for, highlight them in your resume and ensure that they are clearly demonstrated.

Make your cover letter fit too. Address it properly and spell all names correctly. Traditionally, a cover letter has three main sections, an opening, a body and a conclusion. The opening introduces you and tells the employer how you found out about the position. Use the second paragraph to mention why you are interested in the position and the company, and why you are the right person for the job. In the final paragraph, indicate your desire for a personal interview and some closing remarks. Make your cover letter no more than one page long.

Make sure you note all instances of contact you have with organizations. Keep a log of all conversations, and information sessions you have had with perspective employers, as well as names dates, and generalities of the conversation. Note the date you drop off your resume and cover letter. That way, you can do a follow up call. Be timely and polite but not too aggressive in your pursuit. Don't nag potential employers, but be consistent with contact and follow-ups.

Next, you have to make sure that you are well prepared for the interview itself. Do research on the company. Be prepared for any type of interview question you may get. If you go into an interview with more information than all other applicants, it will certainly give you an edge over the competition.

You may be interviewed by a panel of people, or by only one person. As well, there are an infinite number of possible questions that your interviewer may

choose to ask. There are, however, some more common questions that may be more likely to surface such as, "Tell me about yourself", "What are your strengths?", "Your weaknesses?" or "Why should we hire you?"

Keep in mind that this is an opportunity to identify strengths that you know apply to the position. How do you know these strengths? Because you have done your research on the position and the company. Then, you are able to apply this information to various questions that you think could be asked during the course of your interview and you are able to practice answering these interview questions before hand.

You can have a friend or family member ask you questions and practice your responses, or you can write out your answers. What ever works for you. Keep in mind when answering your questions to always turn a negative into a positive.

Some interview tips include: Stay focused and try to relax. Make sure you arrive at least 15 minutes early for the interview. Familiarize yourself with your surroundings. Be courteous to EVERYONE. Dress up for the interview. Make sure you look organized and neat in appearance. Polish your shoes. Do not chew gum. During the interview, make eye contact with your interviewer. Don't be afraid to take notes to help organize your thoughts. You may need to pause slightly before answering a difficult question. The object is to appear confident in your abilities, but not over confident. Last but not least, it is O.K. to be nervous, employers expect it, to some degree. In fact, they may be nervous too. Keep in mind that in all job searches, a little work goes a long way. Some people consider job searching a full time job in itself. Organization and preparation are important steps. And be prepared for anything.

The Career Resource Centre has valuable information such as employer files, occupational classifications, and access to the internet for job searching. As well, we have information on self-assessment, resume writing, cover letters, job searching and interviewing tips. So, if you are in the process of looking for a part-time, summer position or something permanent, stop at the Career Placement Centre and take the simple steps to find employment.

### Kelly Services - Look no further for a great summer job....

You've almost made it - summer will soon be here. What does this mean besides no more classes, essays or exams? Unfortunately, it is also time to find a summer job.

You could try the usual student employment centres, classified ads and even bugging a relative or family friend for some work....but why waste your time? Why not let someone find a job for you?

How does working flexible hours at some of Canada's biggest and best companies, earning between \$10-\$15 per hour sound? These kinds of jobs really do exist.

Kelly Services, a leading Canadian staffing services company, currently has a database full of call centre positions ready to be filled. No, these aren't telemarketing or phone sales positions - they range from providing technical help desk support in leading technology companies to providing financial and insurance advice and product information or taking orders and customer inquiries.

A job through Kelly Services is more than just another summer job. You will earn good money and work decent hours in some of the leading companies in Canada. And as an added bonus, these positions could actually lead to something after graduation.

## Aspects Of Residence Life - brought to you by Versa Foods

### Residence Christmas Dinner





## Classifieds

# Calendar of Events

**Monday, March 16th**

11:00-12:00 pm, Nurture Group Meeting Sponsored by the Mount Christian Fellowship Evaristus Chapel

12:10-12:45 pm, Lunch-time Intramural Program Rosaria Gym

2:00-3:00 pm, Nurture Group Meeting Sponsored by the Mount Christian Fellowship Evaristus Chapel

3:00 - 4:30 pm, Pick-up Indoor Soccer Rosaria Gym Free for students & gym members

7:00 pm, Christian Meditation Mount St. Vincent Motherhouse, inquire at main entrance

**Tuesday, March 17th**

12:00 pm, Lunch & Learn Lecture Series Topic: Forces for Change Alderney Gate Public Library, 60 Alderney Drive, Dartmouth

3:00 pm, History Society Meeting Seton Academic Centre, Room 552

3:00-4:00 pm, Nurture Group Meeting Sponsored by the Mount Christian Fellowship Evaristus Chapel

5:00-8:00 pm, Vincent's Restaurant Presents... "Irish" For reservations please call Paulette @ 457-6517 Cost: under \$12

9:00 am - 9:00pm, Student Union Election. Poll Stations in Rosaria and Seton.

**Wednesday, March 18th**

12:10-12:45 pm, Lunch-time Intramural Program Rosaria Gym

12:15 pm, Organ Recitals By James Burchill Cathedral Church of All Saints, 5732 College Street, Halifax

2:00 pm, History Society Meeting Seton Academic Centre, Room 552

2:00 pm, Picaro Staff Meeting Rosaria Centre, Room 114

2:00 pm, MARS-Mount Alternative Recreation Society Meeting Vinnie's Pub, Rosaria Centre

2:00-3:00 pm, Nurture Group Meeting Sponsored by the Mount Christian Fellowship Seton Academic Centre, Room 504

2:00-3:00 pm, German Conversation Group Seton Academic Centre, Room 307

3:00 - 4:30 pm, Pick-up Indoor Soccer Rosaria Gym Free for students & gym members

3:45-5:00 pm, Women's Studies Seminar Series Janice Graham, Queen Elizabeth II Health Science Centre "What Becomes of Older Women?" Dalhousie

University, Killiam Library, Room 5105

9:00 am - 7:30pm, Student Union Election. Poll Stations in Rosari and Seton.

10:00 + Election Results Announced in Vinnie's

**Thursday, March 19th**

2:30-4:30 pm, Alpha Course Sponsored by the Mount Christian Fellowship Rosaria Centre, Room 414

**Friday, March 20th**

10:30-12:00 pm, Exam Anxiety Management Please sign up at Student Affairs, Evaristus Hall Room 218 or call 457-6567 to register

12:00 pm, SAA Meeting Evaristus Hall, Room 108

12:00-1:00 pm, Free screening for anxiety and depressive disorders Student Affairs, Evaristus Hall, Room 316

3:00 pm, Student Union Meeting Rosaria Centre, Room 106

3:00-4:00 pm, MSVU Saints Band Practice Seton Academic Centre, Room 308

7:00 pm, Public Relations Soiree Tickets on sale outside Seton Room 304 \$15.00 in advance

8:00 pm, Sun Room Reading Series Joint Reading By: Ross Leckie and David Manicom The Sun Room - The Oaks, St. Mary's University

**Saturday, March 21st**

7:00 pm, "Rebels with a Cause" Gala - Silent Auction and Dinner Hosted by the Elizabeth Fry Society Sheraton Hotel Ballroom, Halifax

**Monday, March 23rd**

11:00-12:00 pm, Nurture Group Meeting Sponsored by the Mount Christian Fellowship Evaristus Chapel

12:10-12:45 pm, Lunch-time Intramural Program Rosaria Gym

2:00-3:00 pm, Nurture Group Meeting Sponsored by the Mount Christian Fellowship Evaristus Chapel

3:00 - 4:30 pm, Pick-up Indoor Soccer Rosaria Gym Free for students & gym members

6:30 pm, CFSEA Charter and Banner Presentation Mount St. Vincent Motherhouse, inquire at main entrance Contact Linda Mann by Thursday, March 19 at 457-6134

7:00 pm, Christian Meditation Mount St. Vincent Motherhouse, inquire at main entrance

**Tuesday, March 24th**

12:00 pm, Lunch & Learn Lecture Series Topic: Strategies for Change Alderney Gate Public Library, 60 Alderney Drive, Dartmouth

3:00 pm, History Society Meeting Seton Academic Centre, Room 552

3:00-4:00 pm, Nurture Group Meeting Sponsored by the Mount Christian Fellowship Evaristus Chapel

5:00-7:00 pm, Graduate Students Association Presents an intellectual encounter with Dr. Kate McKenna "Taking Feelings Seriously: Attending to the Emotional Text(ure) of Research" Faculty Lounge, Seton Academic Centre, Room 405

**Wednesday, March 25th**

12:10-12:45 pm, Lunch-time Intramural Program Rosaria Gym

12:15 pm, Organ Recitals By James Burchill Cathedral Church of All Saints, 5732 College Street, Halifax

2:00 pm, History Society Meeting Seton Academic Centre, Room 552

2:00 pm, Picaro Staff Meeting Rosaria Centre, Room 114

2:00 pm, MARS-Mount Alternative Recreation Society Meeting Vinnie's Pub, Rosaria Centre

2:00-3:00 pm, Nurture Group Meeting Sponsored by the Mount Christian Fellowship Seton Academic Centre, Room 504

2:00-3:00 pm, German Conversation Group Seton Academic Centre, Room 307

3:00 - 4:30 pm, Pick-up Indoor Soccer Rosaria Gym Free for students & gym members

3:45-5:00 pm, Women's Studies Seminar Series Graduate students in Women's Studies present their work in progress Dalhousie University, Killiam Library, Room 5105

**Thursday, March 26th**

2:30-4:30 pm, Alpha Course Sponsored by the Mount Christian Fellowship Rosaria Centre, Room 414

4:00-6:00 pm, "Open-Mindedness Revisited" Presented by the Graduate Student Association and Dr. William Hare Faculty Lounge, 4th Floor Seton Academic Centre

5:00-8:00 pm, Vincent's Restaurant Presents... "Italian" For reservations please call Paulette @ 457-6517 Cost: under \$12

**Friday, March 27th**

12:00 pm, SAA Meeting Evaristus Hall, Room 108

12:00-2:00 pm, Getting Accredited Instructed by Andrea Anderson and Gina Connell McArthur Thompson & Law Boardroom 1300 Hollis Street, Halifax

3:00-4:00 pm, MSVU Saints Band Practice Seton Academic Centre, Room 308

3:00-6:00 pm, Intramural Party Athletic/Recreation Department

**Monday, March 30th**

11:00-12:00 pm, Nurture Group Meeting Sponsored by the Mount Christian Fellowship Evaristus Chapel

12:10-12:45 pm, Lunch-time Intramural Program Rosaria Gym

2:00-3:00 pm, Nurture Group Meeting Sponsored by the Mount Christian Fellowship Evaristus Chapel

3:00 - 4:30 pm, Pick-up Indoor Soccer Rosaria Gym Free for students & gym members

7:00 pm, Christian Meditation Mount St. Vincent Motherhouse, inquire at main entrance

**Tuesday, March 31st**

12:00 pm, Lunch & Learn Lecture Series Topic: What Lessons Can We Learn from the South? Alderney Gate Public Library, 60 Alderney Drive, Dartmouth

3:00 pm, History Society Meeting Seton Academic Centre, Room 552

3:00-4:00 pm, Nurture Group Meeting Sponsored by the Mount Christian Fellowship Evaristus Chapel

**Wednesday, April 1st**

12:10-12:45 pm, Lunch-time Intramural Program Rosaria Gym

2:00 pm, History Society Meeting Seton Academic Centre, Room 552

2:00 pm, Picaro Staff Meeting Rosaria Centre, Room 114

2:00 pm, MARS-Mount Alternative Recreation Society Meeting Vinnie's Pub, Rosaria Centre

2:00-3:00 pm, Nurture Group Meeting Sponsored by the Mount Christian Fellowship Seton Academic Centre, Room 504

2:00-3:00 pm, German Conversation Group Seton Academic Centre, Room 307

3:00 - 4:30 pm, Pick-up Indoor Soccer Rosaria Gym Free for

students & gym members

3:45-5:00 pm, Women's Studies Seminar Series Lorri Neilsen, Mount Saint Vincent University Re/Searching Inquiry, Writing Lives: Women's stories and the Art of Inquiry Dalhousie University, Killiam Library, Room 5105

**Thursday, April 2nd**

2:30-4:30 pm, Alpha Course Sponsored by the Mount Christian Fellowship Rosaria Centre, Room 414

**Friday, April 3rd**

12:00 pm, SAA Meeting Evaristus Hall, Room 108

3:00 pm, Student Union Meeting Rosaria Centre, Room 106

3:00-4:00 pm, MSVU Saints Band Practice Seton Academic Centre, Room 308

**Monday, April 6th**

Classes end

**Tuesday, April 7th**

Reading Day

**Wednesday, April 8th**

Exams begin

## Summer Camp Jobs in the U.S.A.

### Visas Arranged

Lakeside Residential Girls Camp in Maine

**Counselors.** Combined child care/teaching. Gymnastics, tennis, swim, sail, canoe, water ski, arts (including stained glass, sewing, jewelry, wood, photo), dance, music, theater, archery, wilderness trips, field sports, equestrian. Visas available to all qualified applicants.

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Non-smokers. June 22 to Aug 27. Send resume (C.V.): Kippewa, Box 340, Westwood, Massachusetts 02090-0340 U.S.A. kippewa@tiac.net; voice (781) 762-8291; fax (781) 255-7167.

**GET INVOLVED!**  
The Picaro is now hiring for the 1998-99 school year. See details on page 7



## Sports

## CIAU awards first-ever womens' national university hockey championship

BY MATT DWYER - SOURCE: THE MUSE

MONTREAL (CUP) — Following the success of women's hockey on the international stage, the sport has awarded its first national university championship. On March 1, after a six-team round-robin tournament, the Concordia University Stingers defeated the University of Toronto Varsity Blues 4-1 to capture the Golden Taft — the Canadian Intercollegiate Athletic Union women's hockey trophy.

For Concordia players, the victory was especially sweet as it was the first of a kind. "It's incredible," Mai-Lan Li, the Stingers' second-line left winger, said. "After the Olympics, this is the biggest female hockey event. It's a big step for women's hockey, and for women in general."

Team captain Kari Colpitts agrees. "We're so excited to be the first ever to win the gold medal," she said. "Everybody remembers the first one. To be able to host the tournament, put on a good show and then win it is something that no one will ever take away from us."

For some of the sport's veterans, the championship is vindication for the years when women's hockey was often ridiculed. "It puts a stamp on our sport,"

Concordia coach Les Lawton said. "Nobody took it seriously 15 years ago. Even the players themselves didn't."

One of the biggest obstacles the sport has encountered over the years is the inevitable comparison to men's hockey. Women players have had to endure discrimination and sexism because they were not viewed as capable of playing such a male-dominated sport. "We had to struggle through a number of things to get on par with the men", Lawton said. "There's a lot of trailblazers who had to dress in their own dressing rooms and get picked on by the boys, and stuff like that."

Regardless of past problems, the sport is now booming. Player participation is increasing steadily and fan support is flourishing — the Stingers and Varsity Blues played to a sell out arena in the championship game.

Tom Allen, president of the Canadian Intercollegiate Athletic Union, says after years of discussion and planning, recent growth in Canadian women's hockey aided in the decision to initiate the national championship. He added Canada's success and popularity at the World Championships and other

international events influenced the union's decision. "It was certainly prudent for the [union] to jump on women's hockey as quickly as we could," he said.

Karen Hughes, head coach of the Varsity Blues, says she is looking forward to the sport's continued success and growth. "I think you're going to see it grow, hopefully at the university level and club level in Canada," she said.

There is talk of establishing a professional women's hockey league in Canada, but both Lawton and Hughes say they have concerns about the viability of such a venture. "I think you may see some start at these professional leagues, but I'm not sure how successful that will be yet," Hughes said. "Women's hockey is not like men's hockey. We don't have a junior draft where they go to the NHL," Lawton said. "The women have other lives. Either they are students or they're working. I think you're going to have a tough time having players giving up either their academics or their careers to play hockey."

With files from the Concordia Link

## First medal ever won by Mount athletes:

Congratulations to Chris White and Grace Kinney. The pair won MSVU's first medal ever when they took silver in Mixed Doubles at the CCAA National Badminton Championships. The team won the ACAA Championships en route to the national tournament at the Northern Alberta Institute of Technology in Edmonton, March 5-7. Chris, playing through a bout with the

flu, and Grace, avenged last year's fourth-place finish by defeating the Ontario representatives in the semi-final match to ensure a medal. In the final, the duo could not find the answer to the Douglas College team of Chantal Jobin and Raymond Tsoi and finished second, the highest finish ever by an Atlantic College team. Way to go!

## Double Mystics Final:

The MSVU Women's Basketball Team won the Atlantic Colleges Athletic Association (ACAA) Championships March 1st at the Nova Scotia Agricultural College in Truro. The team defeated St. Thomas 47-46 in a close game on Saturday. In the other semi-final, Mount Allison played tough defense to hold off King's College 45-39. This set up a rematch of the last year's loss in the final to Mount Allison on Sunday. The Mystics made a run with five minutes remaining in the first half to go up by eight. Not to be out-done, Mount Allison chipped away to take a two-point lead heading into the locker room at half. However, an outstanding defensive effort by the Mystics shut down the Mounties offense. This let MSVU gain a five-point advantage with a few minutes remaining to take the game 56-46 in an emotional final to capture their first title since 1991.

Sheila Murphy was named the league's Most Valuable Player, and Erin Meisner was a first-team All-Star. Angie McLeod was named Coach of the Year.

The team travels to the CCAA National Championships at Seneca College in Toronto, March 12-14.

In the men's semi-final, the Mystics came out flying to take a big lead early and went on to defeat the home team NSAC, 69-59 on Saturday. St. Thomas defeated Mount Allison by three points in the other semi-final. However, the Mystics lost their bid to become League Champions for the fourth straight year when they dropped a 78-67 decision to St. Thomas in the final on Sunday. MSVU showed great character by chipping back every time the Tommies tried to break away, but couldn't contain their shooters.

Craig Sampson and Jason Brunt were well-deserving picks for the All-Conference team.

The fans this year were loud and loyal, and showed up in force at the Championships to share in a great day for the Mount. Thank you to the fans, and congratulations to both teams for an outstanding season!

## GRADUATE STUDIES AT MEMORIAL

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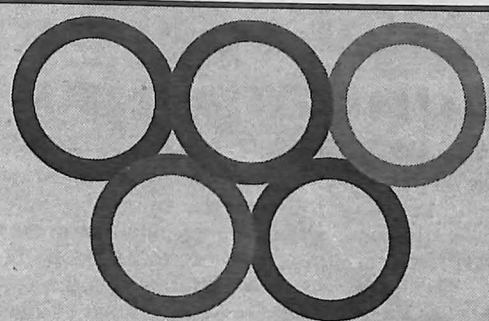
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## Olympic Wrap-up

### 1998 Winter Games - Medal Standings

Total Medals				
country	gold	silver	bronze	total
Germany	12	9	8	29
Norway	10	10	5	25
Russia	9	6	3	18
Austria	3	5	9	17
<b>Canada</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>15</b>
United States	6	3	4	13
Finland	2	4	6	12
Netherlands	5	4	2	11
Japan	5	1	4	10
Italy	2	6	2	10
France	2	1	5	8
China	0	6	2	8
Switzerland	2	2	3	7
Korea	3	1	2	6
Czech Republic	1	1	1	3
Sweden	0	2	1	3
Kazakhstan	0	0	2	2
Belarus	0	0	2	2
Bulgaria	1	0	0	1
Ukraine	0	1	0	1
Denmark	0	1	0	1
Britain	0	0	1	1
Belgium	0	0	1	1
Australia	0	0	1	1

### Canada

#### CURLING:

- MEN: Silver
- WOMEN: Gold

#### FIGURE SKATING:

- MEN: Silver - Elvis Stojko

#### ICE HOCKEY:

- WOMEN: Silver

#### BOBSLED:

- TWO-MAN: Gold - Lueders & MacEachern

#### SNOWBOARDING:

- MENS GIANT SLALOM: Gold - Ross Rebagliati

#### SPEED SKATING:

- MEN 500 METERS: Silver - Jeremy Wotherspoon  
Bronze - Kevin Overland
- WOMEN 1000 METERS: Bronze - Catriona Lemay-Doan
- WOMEN 500 METERS: Gold - Catriona Lemay-Doan  
Silver - Susan Auch

#### SHORTTRACK SPEED SKATING:

- MEN 1,000 METERS: Bronze - Eric Bedard
- MEN 5000 METER RELAY: Gold
- WOMEN 3000 METER RELAY: Bronze
- WOMENS 500 METERS: Gold - Annie Perreault

## Sports

# Mystics Varsity Standings

As of February 22nd 1998

## Women's Basketball Conference Standings

RANK	TEAM	MP	MW	ML	POINTS
1	<b>MSVU</b>	<b>21</b>	<b>17</b>	<b>4</b>	<b>34</b>
2	MTA	21	17	4	34
3	Kings	21	15	6	30
4	STU	21	13	8	26
5	NSAC	21	12	9	24
6	UNBSJ	21	6	15	12
7	DalTech	21	2	19	4
8	NSCC	21	2	19	4

## Men's Basketball Conference Standings

RANK	TEAM	MP	MW	ML	POINTS
1	STU	18	13	5	26
2	NSAC	18	13	5	26
<b>3</b>	<b>MSVU</b>	<b>18</b>	<b>12</b>	<b>6</b>	<b>22</b>
4	MTA	18	11	7	18
5	Dal Tech	18	6	12	12
6	Kings	18	5	13	10
7	UNBSJ	18	3	15	6

## Women's Volleyball Conference Standings

RANK	TEAM	MP	MW	ML	POINTS
1	UStAnne	18	18	0	36
2	NSAC	18	12	6	24
3	Kings	18	12	6	24
4	STU	18	12	6	24
<b>5</b>	<b>MSVU</b>	<b>18</b>	<b>6</b>	<b>12</b>	<b>12</b>
6	UNBSJ	18	2	16	4
7	NSCC	18	1	17	2

## ScoreBoard of Past Games

### Women's Basketball

February 18, MSVU defeated NSCC: 64 - 31

February 20, Kings defeated MSVU: 54 - 49

### Men's Basketball

February 20, MSVU defeated Kings: 90 - 58

### Women's Volleyball

February 18, NSAC defeated MSVU: 3 - 0

# ATTENTION SPORTS FANS!

The Picaro is looking for a Sports Editor for the 1998-99 school year. Get involved!

*For more information see page 7.*



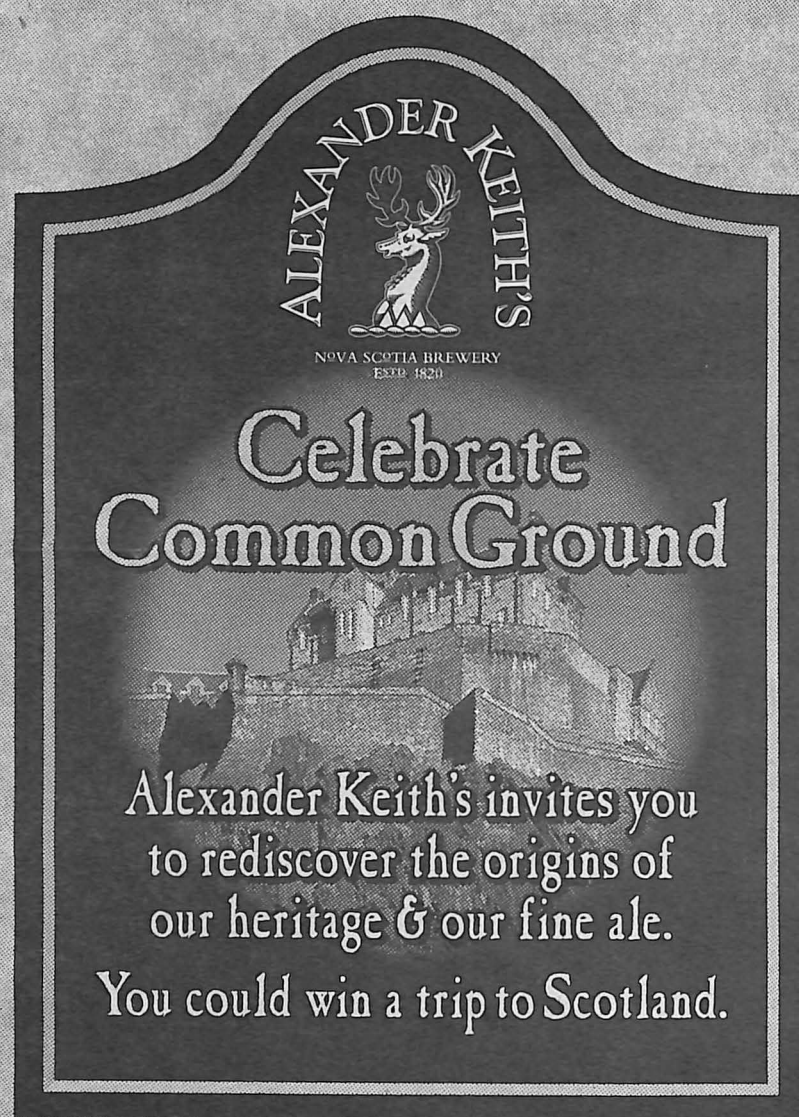
# Travel to the place where Nova Scotia's great brewing tradition started.

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SUDBURY, LAURENTIAN UNIVERSITY, MARCH 27 • MONCTON, CHEVY'S, MARCH 30 • HALIFAX, NEW PALACE, MARCH 31/APRIL 1  
FREDERICTON, U N B., APRIL 3 • ANTIGONISH, ST. FX, APRIL 4  
DATES AND VENUES SUBJECT TO CHANGE



MUST BE 19 AND OLDER