3/4 OF MOUNT STUDENTS ON

by Sue Drapeau **Staff Reporter**

Over 75 percent of students at Mount Saint Vincent University are receiving some form of Student Aid this year, the Business Office said. Some 1100 students will pay their tuition with a student loan.

The majority of the loans come under the Nova Scotia Student Loan program, and will be affected by the recently announced \$500 increase in the maximum bursary al-

lowed.

The figure of 75 percent is somewhat higher than other universities in the area. Only 4200 of an estimated 9000 loan applications have been processed to date.

Those receiving aid at the Mount are not without their problems though. The major problems stem from either being denied a loan altogether or not being awarded as much as the assessed need. About 80 have actually gone to Heather Sutherland, student

aid officer at the Mount, to express their problems, and many others have taken their beefs directly to the government Student Aid Office. Still others, who have complaints are just letting them ride, assuming there is nothing they can do about them.

"A lot of students have complained that they are still waiting for their loans to be processed," said Sutherland. 'Loans seem to be slow being processed this year. The bulk of students must have applied

in June to create this backlog," she said.

There are other complaints with the system, including the fact that students who own or are the principal driver of a car will have that counted against them on their loan.

Another source of complaints is the parental contribution requirement. Students whose parents are contributing little if anything to their childrens' education still have their income included when assessing the student's

needs.

"The \$500 increase in the bursary is good," said Sutherland, "but I think the \$1400 minimum loan before any bursary is granted is too high."

As far as students getting enough for a loan, Sutherland said that most probably aren't," but they're not working part time either. Anything over \$30 per week has to be counted as income on their loan so most don't bother working," she said.



came up again in the spring

and we were beckoned to a

At this meeting, one of

several on the topic, Dr.

Fulton, university president,

announced the new fee struc-

ture, Joudrey said. The coun-

cillors present at the meeting

asked if it could be raised from

one dollar to something more

in line with the previous five

dollar figure but were told no.

Moore, on the other hand,

Part-time Union Fee Slashed one on the part of the had been settled. But, "It all

meeting.'

by Francis Moran Staff Reporter

The collection of a Student Union fee from part-time students at the Mount continues to be a bone of contention between the university administration and Students' Council, despite claims by the university's chief financial officer that the matter has been settled.

Union President Dachia Joudrey said the Union's revenue from part-timers has been cut in half by the university's decision to lower the fee from five dollars per student per semester to one dollar per half credit. This represents a cut in the Union budget of more than \$2,000.

The drop in the fee was made in spite of a 1979 referendum of the part-time students which saw those students joining the Union at the five dollar fee.

However, the referendum was not held early enough to allow this new fee to be published in the 1979/80 calendar. As a result, there was a great deal of confusion when the business office of the university attempted to collect the fee last year.

According to Mary Moore, executive assistant to the president for finance, her office was told to collect only five dollars, not five dollars per semester. Once informed of the mistake, she said they tried to collect the balance but came up against a great deal of opposition.

"The president was getting calls, everybody was getting letters and the girls on Accounts Receivable were getting all the flack," Moore said.

As a result, the university

decided not to collect any balance from part-timers and made up to the Union for any lost revenue.

When it came to this year, however, Moore said: "We were not going to collect it (the part-time fee) at all. We discussed it with the Union and they lowered the fee."

Joudrey, however, disagrees with this. She said she heard nothing about the controversy last fall and simply assumed that the whole thing

by Katie Thomsen

Despite concerns about housing shortages in Halifax and the loss of the fourth floor of Vincent Hall, there are no students waiting to get into residence, the Mount's Housing Officer said.

In an interview last week, Heather Sutherland said the only waiting lists are of students in residence who want to transfer to another residence or another room.

The Mount can accommodate 512 female students in different residences. Vincent Hall with triple, double and single rooms is for freshmen; the Birches with single rooms is for upperclassmen; Marrillac with doubles and singles is the French residence and Marywood, Evaristus and Assisi have single and double rooms and accommodate all students.

At the end of each year, returning residents go

through a room-draw which has been creating problems in the past. Sutherland said there would be some definite changes this year, though no particulars were given, except that the room deposits will

have to be paid before April 1 and that the room-draw will be on a Saturday when everyone can attend.

The loss of the fourth floor in Vincent Hall to the Motherhouse was not as grave as anticipated. The 1400 wing was renovated and now houses mostly double rooms. The 100 wing was rearranged, so altogether only 19 beds were lost.

The number of Resident Assistants has gone up from 15 to 19 this year as the student/R.A. ratio was too ineffective before, Sutherland said.

Also new are the quiet floors, 10th, 11th and 12th in Assisi and the wing in Vincent Hall. These are floors more restricted in the noise level than the rest of the residence. The section in Vincent was added as a result of the high demand for quite sections. Sutherland stressed the fact that the quiet sections are not to be considered morgues.

Nominations and elections of executives for residence councils should be finished within the next two weeks. Sutherland said.

... On the question of a men's

said the new fee structure was a compromise, negotiated between administration and council.

"It was a negotiated thing," she said. "We can't set the fee structure for them (Council), they have to agree to it."

Paul McNair, who was Union president at the time of most of the controversy, and is currently academic vicepresident, said the decision to cut the fee was a unilateral

university. "The only negotiation was

if you don't take the dollar, you get nothing'," he said.

As far as collection of the new fee is concerned, Moore said it went "swell. The part-time students accepted the dollar per half-credit."

Joudrey, however, said she would like to see the fee returned to the referended amount of five dollars per semester.

"If part-timers want to feel they are part of a total university community and part of a Union that represents them as well as full-timers, I think the fee is justified.'

was made to her, she would	Inside
pass it on to Carol Hill, director of Student Services,	
who would then pass it on to -	
the Senior Administrative	
Committee.	
Concerning off-campus ac-	* 10000 M
commodations, the Housing	
Office has bulletin boards	
posted in the Cafeteria and in	
Rosaria Hall with available	
accommodations. Sutherland	Editorial3
said the demand for off-	
campus housing was great as	· 学校的现在分词
only one third of full-time	Southam/Thompson
students and only females can	conspiracy5
be housed on campus.	conspiracy
There is an increased offer	
of rooms ranging from \$30 to	Sex Loes Make a
\$40 per week with or without	Difference3
meals, but the number of	Jillelence
apartments offered has gone down since last year with the	Dunner Teth it
prices ranging from \$350 per	Rumor Hath it
month and up. There is also a	2
good listing of houses with	
prices from \$400,- per month	Barley Bree 7
and up.	
Sutherland said the quality	
of these accommodations is	
good and that she has heard of	
no complaints.	Alexander 10 Although and
ere second construction of the state of the	abodedan idea - intropert.

residence, Sutherland said there would have to be some interest shown on the part of male students. If a proposal was made to her, she would pass it on to Carol Hill, Page 2, The Picaro, September 23, 1980

Literary

with Cartines

Lillian

spirit of not aloneness but the lonely lack of love

l have seen you in eyes that look at noone else has been

down that deep where there dwells a living spirit fast asleep

waking now wanting to know joy again but not sure how

Andrea Currie

Blue Water Calling

Dedicated to TWIT Corner

Blackened walls surround me near air too heavy to breathe There's no place to escape Where time never runs slow.

People shuffle by but silence invades me I walk in a forest of concrete and stone.

The night spills in holding everything in its reach leaving empty taxis and blinking lights to say hello.

The stars reach out to touch my chilling solitude and let me know I'm not alone.

The sound of waves crash in the distance and I see those who I truly know.

I smile for I know my feet shall take me back when the blue water calls

Rvj



Quality Control Report No. 6B73/79

the clockwork of the high-school runs smoothly the gears are in motion that will produce the next shipment of highly-polished well-lubricated grads the industry is booming although there has been some concern about a recent trend towards a decrease in the supply of raw materials

the systems analysts assure that operation of the plant is in order the conveyer belt working and the data being fed consistently constantly continuously into the proper slots of the computer chambers

occasionally a stubborn wire or persistent nut or bolt misplaced in the central control area causes the mechanism to reject a unit the sub-standard then goes into a discard pile from where it is sold as scrap metal into lower class society this is a rare occurence however as the entire system is the result of years of heartless technological research and coldly accurate computer processing

production shuts down once a year to rest the machinery and safeguard against quality decrease as a finishing touch the end product is put through a clinical heart-freeze imagination sterilization and checked meticulously for flaws

the control switch is thrown daily at 3:20 p.m. employees sigh after a day's routine and the plant closes at 4:00 p.m. leaving a bent and lone janitor sweeping up his schoolday nostalgia and burning it in the incinerator with the out-dated files

Andrea Currie

rumor hath it ...

... Gerald started it all.

... Stan has two Policy's ... with no extra pay.

... the hockey team wants cheerleaders.

... free tickets to the palace are coming to the Mount.

... soccer players are going out just for the coach.

... the girl in the corner is a sweet little thing, guess her name and she'll give you a ring.

... Phi Del's party was really something else.

... there is an election coming up.

... a brewery tour will soon be held.

... the Birch's want to trade freezer and microwave for fridge and stove.

... Freddy is single and loving it.

... Mary has some really good pictures.

... Sue had an interesting trip to Fredericton!

Editorial

The Picaro Society, the people responsible for producing this paper, are putting out the 16th volume of the paper this year, a volume which will see a record-breaking 25 regular issues come your way. We have certainly come a long way from the non-typeset, occasionally printed, bulletin-board rag we were just a few short years ago. But our existence is useless if the students of the Mount don't realize our purpose or use their campus press the way they should.

To begin with, **The Picaro** is obviously a source of information; both of general interest and of 'hard' news. It was to make this primary function more effective than we decided to go weekly. But we are much more than simply collectors and disseminators of news and information.

Our mandate, as outlined in our new constitution, is three-fold. Aside from the news-gathering aspect of our operations, we are also responsible for commenting maturely on issues facing the students of the Mount and for providing a forum for the general discussion of these issues. We provide the first through our editorials and the second through our letters to **The Picaro** and our **Podium** columns.

At the same time, we are to run our paper in a democratic fashion, free from the influence of any other organization on campus and in accordance with the Canadian University Press Statement of Principles, which we endorse.

Once all of these factors are bound together, we hopefully have a newspaper which weekly covers the events on and around our campus, commenting responsibly on the more important issues and providing an outlet for the response and opinions of the rest of the student body.

But the flow of information is far from being one-way. Too often we sit up here, closeted with our trench-coats and typewriters, furiously pounding out a student newspaper with little input from most students. At the very best, we have the rather nebulous barometer of how many copies are picked up each week to measure how interesting we are to the student body. For the most part, though, it takes a slashing editorial to provoke many of you to the energy of response.

And the issues are many and varied. Governments—from student to university to provincial and federal—must be held responsible to their constituents. Education—if you can call the present chaotic system education—needs to be restructured and made universally accessible. And social issues—from sexual and racial discrimination to the environment and nuclear proliferation—must be examined and conflicts resolved.

All of these issues are your responsibility and should be your concern. It is impossible for any one person to live in a vacuum of apathy, reneging on your function as the conscience of our times.

At **The Picaro**, we attempt to cover many of these issues and their effects on your lives now, and in the future. But without your feedback, we have no way of knowing if the great silence means total concurrence with our point of view or complete bafflement at our incredibly bizarre statements. Either way, please let us know. We can't live in a vacuum either.

Our story this week on student aid confirms the long-held rumour that too many Mount students are relying on government assistance to go to university. Three-quarters of our population relies on the meager, expensive and unrealistic benevolence of politically opportunistic governments, simply to lay claim to a basic human right.

It is obvious the system is not equitable and is not working. Yet the federal government has refused to allow students to participate directly in the process of restructuring the student loan programme. (No student representatives were appointed to the current federal-provincial task force on student aid, despite repeated demands from student organizations.)

The solutions to the problem are often glaringly obvious:

•abolish the loan portion of the programme, which burdens students with crippling debt loads.

•re-evaluate the criteria for the programme, establishing conditions which reflect more the individual's needs rather than the unrealistic and often contrived wealth of the family.

•set a staggered tuition programme which reflects more accurately the genuine but unjust financial and social difference in our country; ensuring that university becomes universally accessible and not simply reserved for the economic elite.

•and, finally, apply a more equitable portion of the national wealth to social services, such as education, ensuring that the costs of these services, are not put out of the reach of every Canadian.

Obviously, these are not all-inclusive solutions to the chaos which is post-secondary education. But together, with our combined talents and energy, we can work to bring the right to education on any level to all citizens. Letters-

President Praises

To The Picaro:

Permit me to use the columns of The Picaro to express my appreciation to the students who participated in the car wash during Orientation Week. I think the organizers and the participants are to be complimented on making such an effort on behalf of the Terry Fox Cancer Fund. I regretted very much that I was not on campus to encourage students and to be involved on that occasion but as you know I was in Calgary fund-raising for Mount Saint Vincent University at the time.

It may interest the students to know that the name of Mount Saint Vincent University is not an unknown name to Terry Fox. Last Spring, Sheila

Swopes and her mother, friends of mine from the West Coast, visited at the Mount. Some of the students on Student Council met Sheila during our Convocation. Terry Fox was at that time crossing from Cape Breton to Dartmouth and Sheila, who had known Terry in high-school at Port Coquitlam, and again at Simon Fraser University, joined him on the highway for a mile or two of his run. It is, then, entirely appropriate for Mount Saint Vincent students to make a contribution which acknowledges the tremendous spirit of Terry Fox.

Your action establishes that students at the Mount are also ready to serve others in the same selfless way that he has run so many miles for cancer patients across Canada. I think the event augurs well for the year ahead for a continuing commitment to others by students of the Mount. Students may also be interested to learn that in addition to the \$600 raised for the Terry Fox Cancer Fund, another \$700 has already come in for the George Cheong Memorial Fund.

May I also take this opportunity to thank the students for coming out to hear the Hon. Lloyd Axworthy, Minister of Manpower and Immigration, and Minister Responsible for the Status of Women, on Friday. It's clear to me that the students at the Mount are getting involved. The 1980-81 academic year promises to be a great one at Mount Saint Vincent University.

Good wishes to all.

Sincerely, E. Margaret Fulton President

-Sex Makes A Difference-----

OTTAWA (CUP)—A college diploma or university degree is still no guarantee that a woman will achieve equality in the work force, according to a Statistics Canada report on sex differences and employment characteristics of postsecondary graduates.

The report, based on a study of graduates entering the work force in 1977, bases its conclusion on continuing salary gaps between men and women in equivalent jobs, and the tendency for women to earn their degrees in "non-elite" fields, resulting in stagnant, low paying work.

The survey shows, that men who graduate from medical and dental programs and found full-time employment earned \$21,330 in their first year of work, compared with only \$15,500 for women in the same situation.

Only one third of the female masters graduates for the survey year were in the \$20,000 -plus income bracket one year after graduation compared with over half of the male graduates in the same period.

Women with bachelors degrees fared even worse when compared with male salary achievements. The median salary for a woman with a B.A. and no previous job experience was \$13,090-not even as much as the \$13,270 earned by a man with one-year college diploma and no work experience.

Male graduates in clerical positions earned as much as \$3,000 a year more than women with equal training in similar jobs, the study shows.

The tendency of Canadian women to enroll in "traditionally female" areas of study has also hurt female salary levels and job advancement opportunities, according to the report.

report. Nearly two/thirds of the 28,000 degrees awarded to women were in the fields of education, fine and applied arts, humanities, psychology and sociology. These fields account for only one-third of the male graduates in the same year.

At masters level, only ten per cent of the 2,280 female graduates earned their degrees in business or engineering, while 40 per cent of the 4,930 male graduates earned degrees in these traditionally high paying areas.

While most education and employment trends for women changed very little over the last decade, the study found a radical difference in the attitudes of female graduates. Women are much less willing to accept salary discrimination on the job and are much more aware of the economic effects of educational decisions.

Although the authors of the report found this increase in awareness a positive development, they concluded that graduation is still the wrong time to discover that your education has prepared you for a little more than a clerical occupation.

The Picaro is the official student newspaper at Mount Saint Vincent University and is published each week throughout the school year by the MSVU Student Union. The Picaro is a member of Canadian University Press.

Union. The Picaro is a member of Canadian University Press. Deadline for all copy, advertising and editorial, is Friday noon of each week. No unsigned material will be accepted but names may be withheld upon request. By-lines will be normally awarded for original material. Letters-to-the Picaro and articles for the Podium column must be typed. Letters should not exceed 200 words in length. The staff of The Picaro reserves the right to edit all material for length or for legal reasons.

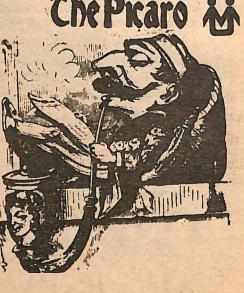
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Francis Moran Editor Page 4, The Picaro, September 23, 1980

Thomson, Southam SplitNewspaperPie

by Micheal McEvoy of the Canadian University

usiness people preach the gos pel of free enterprise and many members of the public swear by it.

The underlying theory supposes that the lifeblood of Canada's economic system is the fierce competition between businesses which gives the consumer the best possible product at the best possible price.

University text books call it the model of perfect competition.

However the recent arrangement between the Thompson and Southam newspaper chains, which saw two daily journals close, has cast doubt upon the creed of free enterprise.

Because of their deal, Thompson and Southam no longer compete with each other in any Canadian city. It

also means Toronto, Edmoton and Calgary are the only cities in which there exists rival daily newspapers.

The federal government has already established a commission to examine monopoly control of newspapers and media critics fear that democracy is imperilled by the growing monopolization of information sources.

He says comics and features were packaged in Toronto and sent to publishers. If the paper wanted to run a local feature they were bluntly asked "How many readers will it add?"

Lamb spent over twenty years most at the Thomson owned Orillia Packet and Times, and says most of the newspaper's energy was spent on meeting profit quotas established by the head office in Toronto. Reporters spent so much time writing "boilerplate'' (stories which are complimentary to advertisers), they had little time left for doing news reporting.

Lamb finally left the Packet tell is that at one Thomson and Times when he was paper, women employees disgusted by a head office attempt to squeeze more profit of the paper by cutting the commissions of the carrier

"Thomson groups were the greatest money-making organizations in the country outside of the Canadian mint," he says. "The idea of this newspaper colosus wrest-

But if Thomson cares little about his news product and

were told to use less toilet

nate closed the Ottawa Jour-

nal, putting 375 people out of

work he simply said, "Each

one has to find their own way

When the newspaper mag-

paper to cut costs.

in the world".

"Thomson groups were the greatest money-making organizations in the country outside of the Canadian mint."

ling some grubby-faced kid for another half-cent of his meagre earnings struck me as enormously funny.

When it was clear management meant serious business. Lamb quit.

One story journalists often

the workers he employs he does pay close attention to the bottom line of the balance sheet.

Thomson's newspaper profits last year totalled \$65 million. This was up from \$56.5 million in 1978. Profits for the first half of this year rose to \$34 million from \$29.3 million in the previous year.

Many analysts were surprised when Thomson bought FP publications for \$130 million earlier in the year because of his lust for money. Several of F.P.'s papers were ailing. The Calgary Albertan was faltering badly, the Ottawa Journal was in poor financial condition, and the two FP papers in Victoria were not exactly making money hand over fist

It was clear, nowever that, Thomson had a very specific game plan when he took over FP. He quickly sold the Alberto the Toronto Sun corporation. His next move was to merge the Colonist and the Times in Victoria and as a result over 100 people were put out of work. Then, Thomson was able to do what Southam and FP were never able to-an arrangement was made to simultaneously shut Southam's and Thomson's money losing operations in Winnipeg and Ottawa.

In Winnipeg, readers of the ill-fated Tribune were asking whether the "Trib" really had to be shut. The paper had increased circulation by 50 per cent over the past five years and had increased advertising revenue. Southam publishers admit that if more money had been invested in the paper it may have been profitable in the future. Such an investment, however, would have proved costly and reduced Southam's profit margins.

Rather than raise the ante in the competition with Thomson, the Tribune was closed; a move made more appetizing for Southam when Thomson, by coincidence, shut down the flagging Ottawa Journal. This left Southam with the only newspaper in Ottawa;

Cornorate co-operation is now more in style than competitive capitalism.

Thomson's (owned by Lord Kenneth Thomson) strategy in the newspaper business has always been to operate in towns which have just one paper. With no competition the paper is not forced to put resources into doing full news coverage and at the same time it can extract high advertising rates.

Thomson controls methods of papers are fast becoming legend in the annals of the journalism trade. People who have been employed at one of Thomson's papers (he now controls well over forty Canadian daily and weekly journals) call them clones. The papers are stripped of their individuality and made to look like the others in the Thomson fold

"By 1971, one had to read the mast head banners to tell them apart'', says James Lamb in his recent book, Press Gang: Post-War Life in the World of Canadian Newspapers.



"There are nov one-newspaper towns every place in Canada except Toronto, Edmonton and Calgary."

Thomson was following his corporate game plan to a tee. He owns only four of the original eight papers acquired from FP, all of which have a newspaper monopoly in their cities

Bill McLeman, national director of the newspaper guild. said it was obvious the two companies "carved up the country into spheres of influence.

"There are one newspaper towns every place in Canada except Toronto, Edmonton and Calgary, and I don't think either of the chains really regards the Sun papers in these cities to be real competition", he said.

Other arrangements made between the two chains saw Thomson give Southam a newspaper monopoly in Vancouver by selling them the Vancouver Sun. This has led to speculation Southam may close the weaker Vancouver Province which they also own. Thomson also sold his 30 per cent interest in the Mo Gazette to the majority owners, Southam.

Reacting to public concern. the federal government has called an inquiry, headed by former journalist Tom Kent, to examine the effect of monopoly ownership of newspapers.

Ten years ago the federal government spent many thousands of dollars to investigate that very thing. The Senate inquiry into the mass media, headed by Keith Davey, came

down with many recommendations including one which said the federal government should set up an agency to monitor any mergers or takeovers in the communication industry. However, the suggestion fell on deaf ears.

The Senate commission concluded that corporate concentration was having an extremely negative effect on the quality of news especially in towns where only one paper existed.

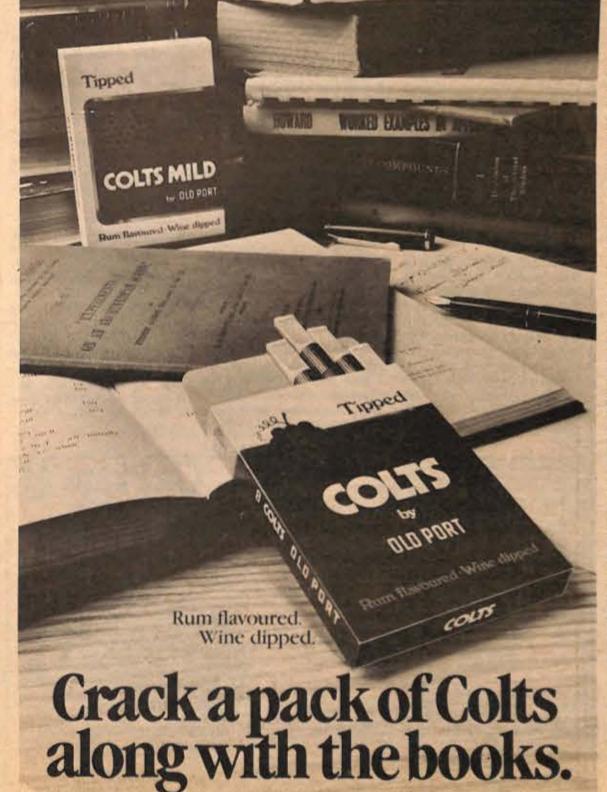
"Newspapers are pulling the maximum out of their communities and giving the minimum in return." the report states. ""this is what in contemporary parlance, is called a rip-off.

of advertisers.

Ten years later Davey says press concentration in Canada has become a very critical issue "which must concern any thoughtful Canadian who cares about press freedom". As newspapers become part

of large corporations the chances become more doubtful that corporate decisions affecting people will be critically examined.

For example, is it possible a Thomson paper would criti-



Page 5, The Picaro, September 23, 1980

HOUSING CRISES

VANCOUVER (CUP)-A se- nology in Burnaby. The stranded thousands of B.C. shower facilities. students without permanent . Two Douglas College stuaccommodation.

be found.

shower facilities have been provincial government "would pressed into emergency use to assume no responsibility for house an estimated 10,000 student housing." students unable to find . At the University of B.C., homes.

Across the province:

in Simon Fraser University residences to house an estimated 1,000 homeless SFU students. Other students have with those still looking. Some lived in tents on Burnaby of those students were among Mountain and some are re- the 2,600 who applied unsucported living in treehouses on cessfully for residence accomthe side of the mountain.

· The University of Victoria Student Society has petitioned the Department of National Defence for the use of barracks.

 Three trailers capable of the B.C. Institute of Tech- them to live.'

Hilk and Wilk Pr

697

vere housing crisis here has trailers have no cooking or

dents hired by the college's University and college hous- student society canvassed ing officials are warning the 2,000 homes this summer and crisis has not eased because found few landlords willing to permanent homes still have to rent to students. When they wrote of the situation to Tents, army barracks and universities minister Pat Mctrailers without cooking or Geer, he replied that the

some students have been temporarily placed through an Mattresses have been set up emergency "help a friend" program started during registration week, which asks students with homes to share modation at UBC.

"People are finding a place to stay, but just barely," said Steve Shallhorn of the B.C. Students' Federation. "People are not being choosey and still we face the fact that some housing 44 students are being people are not able to return to used as temporary housing at school there is nowhere for

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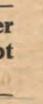
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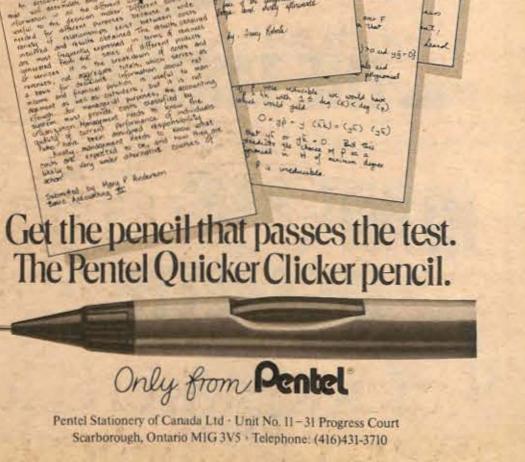
Jones who depends mainly on readership subscriptions for In Canada there are very few papers or journals of broad appeal to the public which are free from pressure

Rumours are circulating

In Canada there are very few papers or journals of broad appeal to the public which are free from pressure

federal government may establish and fund a national newspaper. It is reported that such a newspaper might work autonomously, much the same as the CBC currently does.

It has become clear from the quality of Thomson's newspapers and the findings of the 1970 Davey Commission that the public cannot depend on profit orientated newspapers to report on all the events which effect their lives.

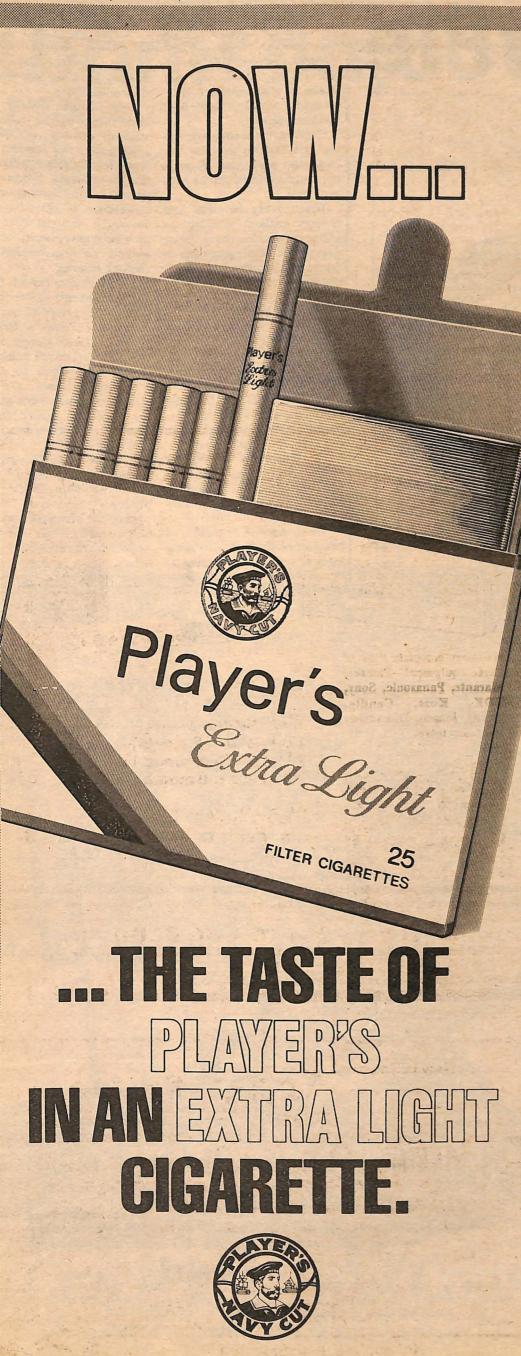


effects of ocean oil drillings when Thomson has a large investment in North Sea oil projects? (Ironically his oil earnings helped to finance his newspaper purchases.)

Most corporate exposes written recently have come from publications which are not profit oriented and which do not depend on advertising dollars. Two good examples are the cases of the deadly Ford Pinto and the company whose distribution of defective contraceptive devices caused many deaths. Both companies were exposed by Mother survival.

of advertisers, and corporations

through out Ottawa that the



EATING IN THE CAFETERIA

by Francis MacKnight Nutritionist

Eating in the cafeteria can mean different things to different people. There is nothing worse than having to take food you don't want because you have already paid for it—except perhaps being a working mother, planning meals for a fussy family at today's inflated prices! (Boy do those meals in the cafeteria look good—all planned, prepared—and no dishes!)

But that doesn't lessen the fact that cafeteria meals get monotonous. How good the home cooked meal sounds! Somehow, though, there has to be a happy medium between being overly accepting of non-appealing food and being too critical when reasonably good food is being offered. There are two sides to every issue and when it comes to food—we are all experts.

What has your cafeteria got going for it—anything your way? Let's look at it.

First it aims to please a large number of students' tastes and demands; therefore, unlimited pop, bread, ice cream, desserts. This is great for skinny minnies, piggy wiggies, and athletes. (No offense intended).

Most of us can't consume unlimited carbohydrates without it showing. But this is a very generous policy if used in moderation. Perhaps if you don't abuse the privilege of unlimited selection, the cafeteria could afford to offer some healthy stuff like cheese cubes, crusty whole wheat rolls, more appealing vegetables and real juices, a little more often.

The term "heavy" is a common complaint of cafeteria lunches. Some of the lunches are indeed "heavy", but if you want a lighter choice, it's there to choose, i.e., soup, salad, slice of bread, pat of butter, fresh fruit, skim milk . . .or have the main entree. salad, and milk. Skip the extra bread, dessert, pop, ice cream.

We tend also to criticize menus heavy in pastas, rice, and pastry. These, however, are complex carbohydrates and actually better in your diet than simple sugars (sucrose) as in pop, desserts, ice cream, candy. Better in what way? Complex carbohydrates requires more chewing, provide more bulk, and take a longer time to digest-all better for a more healthy digestive system. They are really no higher in calories if eaten moderately and offer more basic nutrition-B vitamin and iron.

Another concern expressed is "too greasy". Fat is generally happily consumed if well concealed—ever heard of a Big Mac? 540 calories, a serving of fries 210, and a shake 360—mainly because of the fat! Considering the prevalence of heart disease and obesity in our society, it is wise to occasionally pass up the fatty choices, the gravy, sauces and fries!

Am I condoning poor food or being unsympathetic to your daily doldrums about cafeteria food? No, really I am not, but as students you need to meet the cafeteria half-way. In the final analysis you have to make the choice of what to eat from a wide selection. Are you making the wisest choice for your personal needs. Is it really not meeting your requirements and tastes if you eat sensibly?

If you have complaints or suggestions you'd like me to pass along, I'm willing to hear you out. Bring them to me. We want you healthy, happy and not too hippy!

One other point. If you are trying to get unwanted pounds off, you don't have to face those tempting desserts going through the meal line—they are off to one side and you need never go near!

ATHLETICS. •RECREATION NEWS

The Recreation Council, which will be planning activities for you will be meeting

as soon as all the residences pick representatives. We need to have volunteers to this Council from the off-campus population and from faculty and staff. Will you VOLUN-TEER? Phone the Athletics / Recreation Office extension 152.

JAZZ DANCING—This is a very popular dance style. If you like a sense of freedom when you move you will enjoy this. Instructor: Mary Turnbull. Time: First lesson Tuesday, Sept. 23, 7:00-8:00 p.m. 10 weeks. SOCIAL DANCE—Learn how to waltz, tango, cha-cha and disco. Instructor: Rae O'Neil. Time: First session Thurs., Sept. 25, 7:00-8:00 10 weeks.

EXERCISE TO MUSIC— Get yourself moving and get in shape with this exercise programme. Instructor: Deborah Denny. Time: Every Monday & Wednesday, 4:00-5:00 p.m.

FITNESS DROP-IN—Be responsible for your own fitness. Learn how to exercise aerobically. Instructor: Pat De-Mont. Time: Every Mon., Tues., Wed. and Thurs., between 12:00 noon and 2:00 p.m. Come during that time when you are free!

BARLEY BREE WILL PLAY M.S.V.U.



by Sue Drapeau Staff Reporter

Barley Bree, the popular Halifax based Irish singing group will be performing twice in the next month at the Mount.

The group, from Donegal, Ireland, have done previous Canadian Tours and since March 1979, have been working out of Halifax.

They are scheduled to play at the Mount on October 3 for a pub night and then again on October 24 for a community concert.

The pub night, hosted by the Student Union, will be held in Rosaria Cafeteria and will provide students the opportunity to see them in a casual pub atmosphere.

The concert will give the

CAMPUS COMMITTEE

community a chance to see this group perform.

Barley Bree got their start in Ireland in the same way most other bands do, struggling and growing, never a static picture.

Barley Bree are enjoying working out of Halifax. "The people of Atlantic Canada are amazingly aware of their heritage. I was surprised at some of the requests we got for Irish ballads that we didn't figure people around here would know," said group member, Tom Sweeney.

Barley Bree leader, P.V. O'Donnell said they came to Canada because "a group singing Irish music can't make it in Ireland. Country and Western is more popular there."

Barley Bree sing a wide

variety of Irish music including songs of love and war, work and play, a sprinkle of Irish good humour and songs for the audience to join in on.

The group is made up of the Sweeney brothers, Jimmy and Tom from Tyrone, Ireland, both of whom worked as performing artists before they joined the group. The sweeney brothers are the vocalists, and

Anthology of Children's Literature, Fifth Edition, \$17

Responsible and Effective Communication, \$10

Au Jour Le Jour, \$9 Language AcQuisition, \$14 Contact: Edith d'Entremont, Birches

The Sound and the Fury, \$3

4, Room 3-4, Phone 443-9917.

The Horse's Mouth, \$2 French Lyric Poetry, \$3 La Grammaire a l'Oeuvre, \$8

Books For Sale

the instrumentals are taken care of by Seamus O'Hagan, also from Tyrone, and Donegal's O'Donnell.

The members of the group emigrated to Canada in March, 1979. Before they came they knew they had to work at the Black Knight Lounge, where they played for 40 weeks.

"The chap who owns the Black Knight gave us the break that we needed here, and we are grateful to him for that," said O'Donnell.

Drive Wanted

Would like a drive to and from the Mount Monday to Friday from the North End area. Phone 454-9472 after 5:30 p.m. Since that time they have gained popularity in the Halifax area to the point where they have released an album, are performing concert tours in the area and have a half hour TV show on ATV this fall. The show, taped live at their summer concerts, reflects the wide variety of Irish music performed by Barley Bree.

Books To Buy

Religion in Canadian Society Contact: Edith d'Entremont, Birches 4, Room 3-4, Phone 443-9917. Change and Continuity Responsible and Effective Communication Contact: Shirley Baker, 443-2471.



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by Heather MacDougall

MEETS

Do you see any problems that a co-ordinated student effort may be able to handle? Do you want more information on certain issues? Are you willing to devote some of your spare time to a committee that is willing to appease problems and gather information?

If your response is "yes" to any of these questions, be aware that the Mount's Campus Committee is presently being formed. The first meeting will be held tomorrow (Wednesday, September 24) at 6:00 p.m. on the second floor of Assisi Hall.

No agenda has been prepared for the meeting, as it will be made when interested students present problems, situations or any matter they want to discuss or approach. Being educated to the is-

ideas. Hope to see keen students at the first meeting! sues is an underlying theme the group should consider. Inviting various resource people in to enlighten us on certain issues may be a course of action. Organizing presentations for the student body is another alternative.

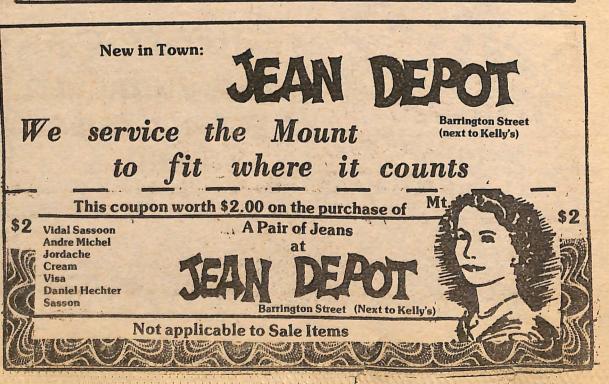
External student issues include student aid, (un)employment, housing, government funding and the activities of the Students' Union of Nova Scotia (S.U.N.S.) and the National Union of Students (N.U.S.). The Mount is a member of both organizations.

Internal issues at the Mount may include anything from a men's hockey team and vending machines to the quality of education.

Education is the tool in creating awareness of the issues. The campus committee needs people who are willing to create awareness in the student body and be active investigating student issues. We need your problems and

The first meeting of the Mount's Campus Committee will be held Wednesday, September 24 at 6:00 p.m. on second floor Assisi Hall. ARGYLE TV SALES AND SERVICE

2063 Gottingen St. (one block North of Cogswell). Parking behind store or Gottingen Street Merchants' parking lot.



The Back Page

Wednesday, September 24

The Mount Gallery's Wednesday lunch hour film program shows the film **Christo's Running Fence**, September 24 at 12 and 1 p.m. Call 443-4450 for further details.

Thursday, September 25

All aspects of stress will be discussed by a panel of professionals at a program on Thursday, September 25, 8:00 p.m. at the main branch of Dartmouth Regional Library, 100 Wyse Road.

Saturday, September 27

The Mount Gallery's weekend film program shows the film **Christo's Running Fence**, September 27 and 28 at 2 p.m. Call 443-4450 for further details.

Sunday, September 28

Movie "Midnight Express" 8 p.m. Evaristus 112 Admission: \$1.50 for all Sondra MacLeod, Dartmouth will give step-by-step presentations on her Gobelin Tapestries in conjunction with her exhibit Floral Tapestries Sunday, September 28 at 3 p.m. and Monday, September 29 at 12:30 in the Mount Art Gallery. Call 443-4450 for further details.

Tuesday, September 30

Mme Linda Madore, ècrivain, mère de famille nombreuse, Edmundston (N.B.): La famille acadienne (projection d'un film), le mardi 30 septembre 1980, à 18h30 (6:30 p.m.), salle SAC 305.

Micmacs in the Maritimes before 1500 will be the topic of the open lecture series The History of Ethnic Groups and Minorities in Nova Scotia at 12 noon at the Halifax City Regional Library 5381 Spring Garden Road on Tuesday, Sept. 30, on Wednesday a discussion of Tuesday's lecture will be held. All welcome.

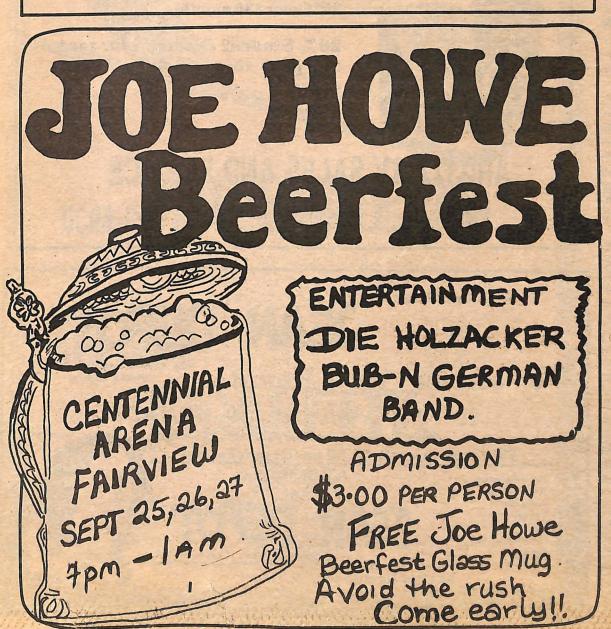
Movies for pre-schoolers, Little Red Riding Hood, The Mole and The Telephone, and The Beast and Monsieur Racine, will take place on Tuesday, September 30 at 10:00 a.m. at the main branch Dartmouth Regional Library, 100 Wyse Road.

Dartmouth Regional Library has resumed regular Sunday hours and will be open every Sunday afternoon from 2:00 p.m.-5:00 p.m.

Beer and Chips Rosaria Cafeteria Still tentative: Watch for posters

Barley Bree Friday, October 3 Rosaria Cafeteria 9 p.m. - 1 a.m. Wet/Dry \$4.00 Advance tickets go on sale at Stru-Council office Monday, September 2.

All Beer & Chips will be held in the back of the Rosaria Cafeteria until the Lounge in Rosaria Hall is available for use. The Entertainment Committee apologizes for the inconvenience caused by the construction of the new building. In the meantime, let's not let the inconvenience dampen our spirits.



CHAPLAINCY

Masses in university chapel 7:00 p.m. every Sunday 12:10 noon every Thursday Celebrants Rev. Terry Prendergast Rev. John Driscoll

NEW FILM COURSE

Anyone who is interested in The Fine Arts 294 "Aesthetics of Film" to be offered second term on Thursday evenings from 6:30 p.m. - 9:00 p.m. is urged to sign up for this course before the end of September as the course will be conditional to enrollment. Sister Patricia Mullins is

concerned about ordering

films for a course whose enrollment would not warrant the cost of rental of the films. The films planned for this ½ credit course are: "Citizen Kane", "Death in Venice", "The Sleuth", "Les Dames du Bois de Boulogne", and "Sunday, Bloody Sunday". If you are interested, please contact Sr. Mullins' office **soon**.

