

THE PICARO

weathering crises since 1965

September 7, 2000

Volume 36 Issue 1

www.picaro.ns.ca



Student Union Exec and Shinerama committee member hangs with mayor Walter Fitzgerald. See inside for picture of Fitzgerald taking a pie for a good cause.

Mount students join the fight

By Melissa Melanson

Led by the Shinerama committee, Mount Saint Vincent University students hope to raise \$10,000 for Cystic Fibrosis this September.

Shinerama is the single largest charity event among Canadian college and university students. Started in 1964 when university students began to raise money for Cystic Fibrosis by shining shoes, Shinerama has become an important part of frosh week at many Canadian universities and a rite of passage for first year students.

"What students will remember about Shine day is the good times they had and the friends that they made," says Viola Selk, director of the Shinerama committee at Mount Saint Vincent University. "But the impact of their actions goes far beyond fun."

Nationwide, Shinerama raised \$600,000 for Cystic Fibrosis research and clinics for those suffering. Cystic Fibrosis is a fatal genetic disease which mainly affects the lungs and the digestive systems. In the 1960s, babies born with Cystic

Fibrosis were not expected to live beyond their fourth birthday — today due to money raised for research, the average life expectancy of Cystic Fibrosis patients is over 30 years.

David Ripley, regional director for the Canadian Cystic Fibrosis Foundation looks ahead to the day when fundraisers such as Shinerama are no longer needed, when a cure is a reality.

"Until that day, we hope it's soon, we need that support and we value that support.

Selk encourages Mount students, especially first year students, to join her on September 9th when shiners will hit all corners of Halifax with their fund-raising efforts.

"Shinerama Day will not only be our weapon of choice for the war against this disease but also a tremendously fun way to get out, meet new people and join the hundreds of other students from the Mount who will be looking to win prizes, and most importantly, lend a hand."

FROSH WEEK

EVENT SCHEDULE

Monday, Sept 4

| | |
|------------------------------------|----------|
| President's Tea | 2:00 pm |
| Icebreakers | 5:00 pm |
| BBQ | 7:00 pm |
| Who Wants to be a Millionaire | 8:00 pm |
| Hypnosis Show feat Micheal Anthony | 10:00 pm |

Tuesday, Sept 5

Extreme Games at 7:30 pm in Rosaria Parking Lot
 *Gladiator * Sumo Wrestling *Adrenaline Rush

Wednesday, Sept 6

CLASSES BEGIN !!!

| | |
|--|---------|
| Open Gym presented by Ath/Rec | 4:30 pm |
| KILT in concert at Vinnie's (Jessica Rhaye opening) | 8:00 pm |

Thursday, Sept 7

| | |
|---------------------------------|---------|
| Back to School Bash at Vinnie's | 8:00 pm |
|---------------------------------|---------|

Friday, Sept 8

"Sex with Sue Johanson" 7:30 pm
 in Seton AudB
 All are welcome!

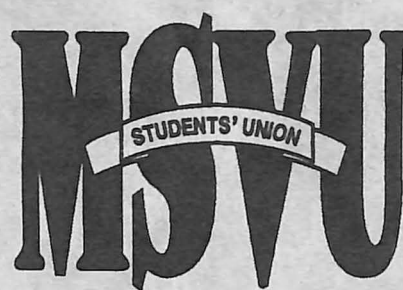
Saturday, Sept 9

| | |
|---------------------------|----------|
| SHINERAMA | All Day! |
| Carol Ritchie at Vinnie's | 8:00 pm |
| Following Carol Ritchie | Karoke |



MSVU
 Students' Union
 Handbook
 NOW
 ON
 SALE !!!

You can
 pick-up your
 handbook at the
 Corner Store for
 only \$4. Get
 yours before
 they're gone.....



Please Note:
 There may be some
 minor changes, so
 please pay close
 attention to your
 Frosh Leaders. If
 you have any
 questions, contact the
 Students' Union at
 457-6123.

Sunday, Sept 10

| | |
|---|----------|
| Motherhouse Tour | 10:00 am |
| Peggy's Cove Bus Tour | 10:00 am |
| (This Event Costs \$10 see AthRec or call 457-6369) | |
| SPLATSHOT | 3:00 pm |
| (DJ & Pizza provided, bring change for Beverage) | |

Run for the Cure

Join in the fun Sunday, October 1st at 10:00am as the Mount
 community runs to find a cure for Breast Cancer.

(look for more information around campus or contact Student Union)

Volume 36 Issue 1

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The Picaro is dedicated to informing, challenging and entertaining the students of MSVU, and to provide 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 of its editor.

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

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Students' Union Searches for General Manager

By Jennifer Henderson

Students' Union lost a long time employee this summer. Scott MacKay who had been general manager for nine years left this past July for undisclosed reasons.

Although MacKay resigned on July 9, the search for a replacement is still under way. Ads have been placed in the Chronicle Herald and The Daily News as well as national outlets.

Students' Union president Colette Nickerson emphasizes the importance of finding the right candidate.

"This situation will not to be taken lightly, for we will be hiring a General Manager that

will hopefully be filled by the successful candidate for many years to come."

Nickerson says that the interview process for a potential general manager is on hold until "a large enough sample size" of candidates has been reached. She didn't speculate on when this could be.

The general manager is not a member of Students' Union but a paid employee who is accountable to Students' Union president. In the past, the General Manager has been responsible for such duties as overseeing the Mount's student health plan.

Tim Hortons Comes Calling

By Jennifer Henderson with files from Melissa Melanson

Campus coffee fans will no longer have to venture off campus to get their Tim Hortons fix—the java giant has opened an outlet in Seton Academic Centre's Sacateria. Tim Hortons products will replace the flavoured coffees, cookies and muffins that were previously available in the Sac. Aramark representative Wanda Laffin says the process of getting an on campus Tim Hortons franchise was not an easy one.

"Tim Hortons is one of the most expensive franchises in North America. It takes a lot of planning, a lot of research and a lot of money."

The proximity of the Tim Hortons on the Bedford Highway also stalled the arrival of the franchise. Aramark had to prove there was a market for Tim Hortons at the Mount and that the outlet would serve students and not the outside community.

Tim Hortons will be open until 8pm daily and offer a limited selection of coffee, muffins, donuts, and cookies. Product selection and hours of operation may be expanded demanding on customer demand. Like other Aramark vendors, Tim Hortons will accept Mount meal cards as well as cash.

Picture Above
Matthew Gudger, Frosh week co-chair is at your service for frosh week 2000



Selk photo

- Kenneth Cole
- Rockport
- Bostonian
- Timberland
- Teva Sandals
- Clarks of England
- Dr. Martens
- Harley Davidson
- H.H. Brown
- Blundstone
- Sperry Topsider
- Steve Madden
- Nine West
- Birkenstock
- Enzo
- Bass
- Bandalino
- Hush Puppies
- Aerosoles
- Sebago
- Nickels
- Via Spiga
- Me Too
- Frye
- Diesel

We've renovated and expanded!

DJ's Tannery has just expanded. We now have more than twice the space to offer you more men's and women's footwear, leather jackets, luggage, briefcases and small leather goods.

Ask about our Frequent Buyer Program and save 10-25% all year.

Spring Garden Road at Queen St.

429 - 4934



**Splatshot
Paintball Game
4 2 5 - 1 0 1 0**

I am Unoriginal

By Bradley J. MacKinnon (Production Manager)

During the winter, as spring came upon us, a commercial aired on many networks across Canada that just seemed to catch on like wild fire. It was the "I am Canadian" commercial.

This commercial depicted a young man from Truro who went on a stage in front of a blue screen and talked about all the great things that make us Canadian (at the same time taking a few cheap shots at our neighbours to the south). This commercial became a source of national pride for people from coast to coast.

With the success of this commercial, many other companies and people tried to cash in on the sudden wave of popularity and came up with their own version of the "I am Canadian" commercial (such as I am American or I am a Haligonian). Some were funny but all were still done in bad taste; they were unoriginal and simply trying to cash in on the hype. Fortunately as time went on the rest of the commercials seemed to fade and the "I am Canadian" commercial was left alone in its glory. Unfortunately some one else has tried to cash in on the hype once again and I am embarrassed to say it is our school-- good ol' MSVU.

"I am a Mount Student, is an ad campaign that is currently being run

on local radio stations with the goal of promoting the Mount and entice new students to attend our beautiful little school that overlooks the Bedford basin. But it is a sad state of affairs when those individuals in charge of advertising are so lacking in fresh ideas that they can not come up with a cutting edge way to display our school. To me when that commercial comes over my radio it does not portray a school that is among the best in this Province it says "I am Unoriginal"; we couldn't come up with our own idea on how to talk about the benefits of coming to the Mount so we will "borrow" (and I use that word ever so loosely) another popular commercial and hope to ride on its coat tails. Not only are you a day late and a dollar short (by which I mean the hype for this commercial is long dead) but it also displays a lack of class to try and gain new students on the merits of another's work. If a student were to do that in a paper it would be plagiarism, and would result in a F (which what this commercial gets for a grade in my books).

If all that was not enough, there is one other thing that should be mentioned about using the "I am Canadian" ad: it's a beer commercial. Now, I'm not saying that there is anything wrong with beer (I mean, I have been known to have a beer here and there), it's just that I question whether that is the image that we should be putting out to the public.

There is a great deal of stereotypes that we as university students have to overcome when it comes to abuse of alcohol. MSVU, is not really a party school. Sure we have fun but our school has a strong study atmosphere, which helps to keep ones focus. Using a beer

commercial undermines this idea and projects the wrong idea to students,

Do we really want people to come to the Mount just to fool around, drink too much and disrupt the vibe that encourages study? I dare to say no.

In closing, the message that is passed on in the "I am a Mount student" radio commercial has a good message, it speaks of all the things that make Mount Saint Vincent an ideal place for higher learning; the only problem is that it lacked an inventive way of saying it.

People are tired of the "I am" rip offs and are not going to pay attention to another one even if the message is a good one. The key to a dynamic commercial is to be fresh, new, different; and that will make you stand out from the other million ads that a person is bombarded with everyday to sell a product. Hopefully the makers of this year's commercial will keep that in mind when they sit down to come up with next years ad campaign.

I'm Bradley J. MacKinnon and I am a Mount Student and that's what I have to say.

If you have an opinion about this, or any other topic, please email me, [picaro@msvu.ca](mailto:picara@msvu.ca) or stop by the office, room 114 Rosaria Centre. Letters to the editor should not exceed 300 words and opinions pieces should be no longer than 500 words. All submissions must be on disk, in rich text format or emailed in the body of the email. The Picaro reserves the right to edit or reject stories, but chances are, if you have an opinion we want to hear from you.

It can kill you, but it could also make you a lot of money

By Melissa Melanson, Editor-in-Chief

A former Picaro staff member once told me that as a student newspaper we were in the desirable position of not having to turn a profit. All we have to do is break-even. We can base our paper on content and not advertising. But because we are grossly underfunded, advertising is our only chance to get ahead. Sadly, the phrase "full-page colour ad" gets us almost as excited as "Students' Union President impeached". For every story that we put out, we need the advertising dollars to pay to print it.

So when our Managing Editor was approached to sell major ad space for a cigarette campaign, dollars signs flashed in front of my eyes, but warning bells also went off. My first instinct was no. It's wrong. We don't want any part of it. But then my logical side spoke up, the part of you that thinks in terms of cost and benefit. That's a lot of money to pass on, and we don't have much money.

With a higher income, our paper could afford better equipment and we could produce a better quality publication. And I couldn't help but think about other editors in the country who get their tuition paid or even make five-digit salaries. Wouldn't it be cool to know someone in my position who makes less than I do? And wouldn't the staff be more productive and driven

knowing that they were being compensated for their work.

But at what cost?

We print a paper, run copy and sell ads because someone is going to see it. Those are the people that we work for and those are the people that must be considered when making decisions about the paper.

Smoking is the single greatest addiction worldwide. Period. If you choose to smoke that is your decision, but would you want the responsibility of encouraging someone else to do the same? And if you don't smoke, or perhaps you're adamantly against smoking, then wouldn't it be hypocritical to accept money for its promotion?

Yes, most university students have probably either already started smoking or have chosen not to smoke, but we have to consider that we have 17 year old students in September. We also have to realize that we can't control who sees our publication.

And yet my practical side thinks of the money, and tries to convince my emotional side that students know better, that they can think for themselves. And I have to ask myself why I would never, not for a minute, have given this a second thought if it was an advertisement for alcohol. Would anyone question a beer ad in the school newspaper? Or say, a beer ad that popped up on the front of a t-shirt "out of the blue"?

The Canadian College of Naturopathic Medicine

offers Canada's only recognized four-year, full-time professional program educating doctors of naturopathic medicine, licensed general practitioners in natural medicine.

Naturopathic medical students receive more than 4,500 hours of instruction in basic medical sciences, diagnostic medical sciences and naturopathic therapies.

Program requirements: Candidates must have a minimum of three years of study (15 full-year credits) at an accredited university including: general biology, general chemistry, biochemistry, organic chemistry and psychology.

Application deadline for the January 2001 program is September 30, 2000



The Canadian College of Naturopathic Medicine
1255 Sheppard Ave. E., North York, ON M2K 1E2
(416) 498-1255 / info@ccnm.edu / www.ccnm.edu
Robert Schad Naturopathic Clinic: (416) 498-9763

NABRSQ

(never asked but really should be questions)

Everything you ever wanted to know but were too afraid (or embarrassed) to ask

For the standard questions, ask the registrar's office, ask admissions. For everything else, ask us.

When I say I'm going to the Mount next year people look at me weird. Why?

Well, the strange looks are probably rooted in the fact that we have so many girls. I mean when you put a whole lot of girls together people tend to get "ideas". They're probably just jealous that you're going to a school with so much potential for militant lesbian feminist action. I think it was a Seinfeld episode or something. Actually, a lot of our students like boys and never wanted to go to Dal in the first place. Or maybe it's the whole nun thing.

University food is always made out to be lethal and/or disgusting. Is the caf food at the Mount really that bad?

Short answer: no. But anything that you have to share with 500 other people everyday isn't going to come with its own sprig of parsley, slice of lemon or that special homecooked feeling. Word to the wise: anything with the word "bake" at the end (ie.

Pasta bake) is what you've eaten for the last week thrown together. 'Nuff said.

What are the chances of me finding a man at the Mount?

It's really going to depend what you're looking for. If you you're looking for a guy to serve you a drink at Vinnie's, then I'd say your chances are very good. Or if you're looking for a man to walk you to your car, most of our security officials are male and often very pleasant. However, if you're looking for true love and all that jazz then you're going to have to venture off campus. (Hint: the 18 bus passes Dal and SMU)

I think that the basketball team is hot. If I came in to the Picaro office would the staff let me go through back issues for pictures for my scrapbook?

Yes. But several members of the staff would probably mock and/or heckle you. (NOTE: this happened twice

last year so it's not that ridiculous)

Is Economics really as boring as people say it is?

I liked Economics. A lot. But everybody thinks I'm a freak.

Now that I'm in university can I ask the teacher questions?

First of all, that person at the front of the room is called a prof, not a teacher, and it varies from prof to prof whether you address them as Dr. (Insert name here), Mr./Mrs./Ms. (Insert name here) or by their first name. You'll pick up on it because more than likely there is someone in the class who has taken it before and has already figured all this out. Also, this person will probably ask questions because they've gotten beyond that fear. Follow their lead.

If I have the flu and go to the health office at the Mount will they make me, you know, get in the stirrups?

Contrary to rumour, every visit to the health office (located on the second floor of Assisi Hall) does not include a complimentary pap smear. But be forewarned that if you do plan to go to the doctor for birth control you will probably have to get one. The doctors at the Mount are used to young women going through this for the first time and make it a relatively stress-free experience.

I've heard such great things about the campus newspaper but I'm afraid that I'm not funny, brilliant, attractive or cut-throat enough to fit in with that crowd. How do I get the cool kids to notice and accept me?

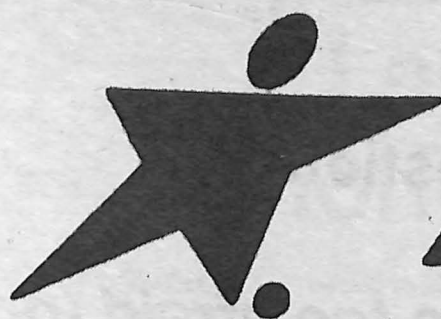
Well, funny you should ask that, I'm sure a lot of students are asking themselves that very same question. We love inferior new comers and with hard work and determination you will be as (insert all those adjectives here) as us. Or at least you'll think you are.



Selk photo

The Photo above This is the Rosaria Center inside you will find Vinnie's Pub, The Corner Store, Student Union, Athrec, the school's lone bank machine and last and certainly not least the Picaro Office.

Splatshot
Play Free on Your Birthday
4 2 5 - 1 0 1 0



ARAMARK

CAMPUS SERVICES

Grand Opening

Tim Hortons & Refurbishment of the Sacateria

ARAMARK is pleased to present a Tim Horton's Kiosk located in the Sacateria. Join us for the ribbon - cutting ceremony Tuesday Sept 5th 10 am (see below for store hours).

Rosaria Food Court, Rosaria Centre

What we have to offer!

Hours of Operation

Monday to Friday

Breakfast 7:30 am to 9:00 am

Lunch 11:15 am to 1:15 pm

Dinner 4:45 pm to 6:15 pm

limited services 7:30 am to 6:30 pm

Saturday to Sunday

Brunch 11:00 am to 1:00 pm

Dinner 4:45 pm to 6:00 pm

limited services 11:00 am to 6:15 pm

Theme Nights: Every Wednesday is designated as a theme night featuring various cuisines. All major Holidays and Special days are celebrated, watch for our flyers around campus announcing dates.

Traditional Sunday Dinner: Sunday night is special with the Traditional Sunday Dinner at the Rosaria Food Court.

Display Cooking: Lunch Tuesdays and Thursday - Allegro Pasta; Lunch Wednesday - Stir Fry.

Wrap Bars: The newest food trend! check Weekly menus outside of Rosaria Food Court for details.

Vegetarian Entrees: At least one vegetarian meal is presented during every meal break.

Nutritional Counselling: Please e-mail our dietician at: dietician@aramark.ca

Sacateria

Seton Academic Centre

Hours of Operation

Monday-Thursday: 7:30 am - 7:00 pm

Friday: 7:30 am - 3:00 pm

Saturday - Sunday: closed

What's New

Tim Horton's

Mon - Thur 7:30 am - 8:30pm

Friday 7:30 am - 3:00 pm

Employment

Opportunity

ARAMARK CAMPUS SERVICES is now hiring part-time kitchen staff, frontline cashier, and catering/banquet staff. While experience is an asset, we seek energetic, out-going, and responsible individuals. Training will be provided for all staff. Positions will be required for the Rosaria Food Court and the Sacateria. Hours are flexible.

Please submit a resume and a class schedule to the Aramark Campus Office, Rosaria Centre R303B.

First Year for Dumbies

How to Survive the Next Eight months in Style

By Jennifer Henderson

You will get lots of advice this year. Some of it good (register for classes early), some of it bad (Economics makes a great elective!) and some of it indifferent (get involved in a campus society). I'm here to offer you more, but mine comes with a twist. I've been there, done that, and taken notes.

If you live in rez, get to know the people on your floor. You'll have to share a fridge, a payphone and a maximum of three shower stalls with them. You don't have to paint each others' toenails and discuss your favourite Backstreet Boy, but a simple "hey, what's new?" as you're waiting for the elevator can ensure you're not the only who doesn't get a Valentine's day card or a Christmas candy cane taped to your door.

Go to class. I know it sounds downright parental but my reasons are anything but. I don't care if you fail and neither does anyone else here at Good Ol' MSVU. You (via the government) or your parents are probably paying for this education. Whether or not you go to class the

have to walk the walk. Sucking up to profs and other administration is not only ineffective it's a waste of the time you could spend using your brain for a purpose other than scheming for popularity and a position as a teacher's pet.

There is no in crowd at the Mount. Either we're all cool (my pick) or none of us are (probably the reality) You can be a vegetarian, bisexual, tree-hugging communist and that's fine. We're too busy with our lives to notice you. Be what you want, just don't expect praise or shock value. It ain't gonna happen.

Don't sell out your values. I've seen it happen and it's pretty sad. Whether you're a born again Christian, an avid environmentalist, a sworn non-drinker, waiting for marriage to have sex or just an upfront, speak your mind person don't tone yourself down to fit in. The most interesting people here are the ones with the strongest grip on who they are and the confidence to take a joke about it. Don't worry about being left out. If the Mount was a 24 hr booze-soaked, slut

plus it's a very attractive, magnetic quality. Everyone is drawn to someone who can laugh at life's weird twists. They've done studies on this, trust me.

Call it "the caf" (it just sounds hipper) and get there early on Pasta day. The line-up is always long . Unfortunately if you've only got a few minutes between classes you're going to miss out on one of the few personalized entrees offered. Arrive early for cheesecake night too. It goes fast and so do the fruit sauces.

You're going to gain weight. No way around it. You didn't think you could eat poutine every day without consequences did you? You can live in the gym and examine yourself for cellulite every morning but why bother? The weight gain happens to everyone and if you have the motivation to do it you'll drop the extra pounds in time. Hint, it's never an even 15 lbs either. You'll either gain less than 15 or more. Sorry, but life is cruel.

Understand APA style for papers. Know it, use it. Enough said.

Some people like to discuss assignments and marks with their profs. Others, like me, would have to have him or her write really profane death threats across the top of my paper before I'd go to their office. It's an individual choice.

Sing karaoke at least once. Preferably sober.

If you live close enough, go home occasionally. Relax and take a break from the Mount.

Change your mind. Change your goals. Change your hair colour. Change programs. People who knew they wanted to be vets since they were 4 and a half are boring and quite frankly creepy. Don't feel like a failure and don't

be too proud to admit the idea of life as a biochemist just doesn't turn you on anymore.

Always dilute your chocolate milk with skim, unless you don't mind prissy YM cover model types looking at you like you're eating Crisco out of a can in the middle of the caf.

Peer pressure is rarely verbal (unless you're starring in an afterschool special) You see everyone acting a certain way or doing a certain thing and the devil on your shoulder asks why you aren't doing it too. Ignore him. Sometimes he needs his ass kicked. You have to look at yourself in the mirror every morning.

If you feel guilty it's because you did something wrong. Guilt isn't evil. Live with it and try to avoid it next time.

Get off-campus at least once a week. Volunteer somewhere, get a job, go to SMU or Dal or just go to the mall and browse. If you don't you'll go crazy.

The fiction section is in the basement of the library. Don't laugh: I didn't realize this until December.

Get a hotmail account. Your MSVU account has a nasty habit of flatlining.

Learn to think for yourself. Ideally you should have started this when you were about five but some people are late bloomers.

Keep a diary. At the end of the year turn it into a screenplay and sell it to a major Hollywood studio.

Find an outlet for your feelings - kickboxing, poetry, temper tantrums etc.

Try to find yourself admirers. They are much easier to handle than actual boyfriends. They are

"You can be a vegetarian, bisexual, tree-hugging communist and that's fine. We're too busy with our lives to notice you."

Mount admin still gets your money. You might as well get something in return for the cash. If that something happens to be three hours of psych lectures a week so be it.

Charm, good looks and the habit of batting your eyelashes will get you nowhere here. If you cruised through high school on your ability to talk the talk be forewarned here you're gonna

party we'd be in FOX's primetime line-up not stuck on the Bedford Highway.

Develop a sense of humour if you don't already have one. If you can't laugh at yourself you can't hack four years here. It's that simple. Laugh when you spill chocolate milk on your shirt in the caf or when you trip over a chair while passing in a paper. A sense of humour will help you cope

Give your address to your friends
Thifty Business Cards for students

As little as \$.03 each

Name, Major, Degree, Address, Phone, e-mail
Mail Box Etc.

10-118 Wyse Rd, Dartmouth

461-0500

Splatshot
Paintball Game
4 2 5 - 1 0 1 0

Log on.

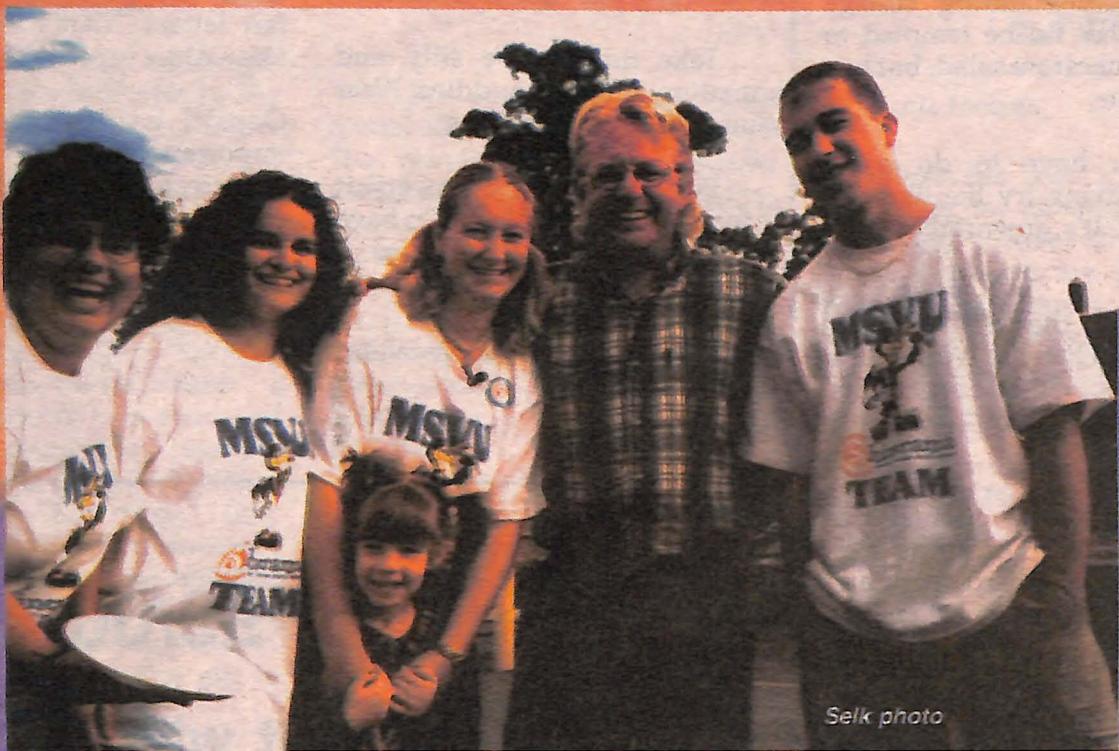
Hang on.

**FREE INSTALLATION
FREE FIRST MONTH
LIMITED TIME ONLY**

SHAW

Shaw @ Home

High Speed Internet



To the left
Scott Boyd of Breakfast television is all
smiles after taking a pie in the face for
cystic fibrosis.

To the Left,
Mayor Fitzgerald taking a pie in the
face for a good cause.



**Splatshot
Students Play
\$5 per hour
4 2 5 - 1 0 1 0**

content to worship you from a distance and not interfere with your groove. Sure being constantly showered with anonymous flower deliveries may get tedious but it's good for the ego.

Remember that although you may get fed up and frustrated with university life but you won't miss high school.

Develop one outstanding characteristic (like biting sarcasm or multiple piercings) This will help distinguish you from the crowd. It's especially helpful if you have a very common first name.

Don't cheat or plagiarize. Sure you probably got away with it for the last three years but they have dogs to sniff out that sort of stuff here. Besides, everyone loves seeing a cheater take a fall (picture major humiliation and academic suicide) don't give them the opportunity to take their sadism out on you.

When people tell you that you don't look 19 take it as a compliment.

Envy is pointless. Of course you'll still feel it but that doesn't make it any less energy wasting.

Realize how great being a young, confident, educated, unattached chick is. Advertisers love you, unfortunately so do construction workers. Too bad, you can't have it all.

These are not the best years of your life. Laugh at anyone who tells you they are. They are the shortest and the freest.

If you can afford it, get a computer. The labs aren't worth the stress.

Telling too many "back in high school" stories can make you look like you live in the past or an episode of "Saved by the Bell"

Don't use youth as an excuse. Unless you're 85 and have Alzheimer's blaming your mistakes or stupid actions on your age is spineless and selfish. Grow up and take responsibility.

Life at the Mount is not like an episode of Felicity. The hunky guy quotient is much lower here and few of us have the hair to pull it off anyway.

Your high school reputation does not need to follow you unless you want it to. You have a clean slate. So if you keep your mouth shut you don't have to be known as the girl who got drunk and

chair danced at the prom for the rest of your life.

Say please and thank you to the people who work in the caf and the sacateria. If I had to deal with rude, demanding college kids everyday I'd be tempted to spit in the macaroni salad, but hey that's just me.

If you have to do some serious studying try the library's quiet room. It's downright tomb-like.

Pick a theme song for yourself. Tom Petty's "Won't Back Down" is cool but Britney Spears' "Oops! I Did it Again" will work in a pinch.

It is possible to maintain your scholarship past the first year. It does take hard work and the ability to focus on what you want though.

Guys are few and far between at the Mount and any potential Mr. Right is worth a couple hours of your precious time. Forget the fact that he isn't your "type." Your type is probably enrolled at SMU chasing perky co-eds.

Don't buy stuff from the vending machines. The Corner Store is cheaper.

If you do what you're supposed to when you're supposed to do it you won't need to pull all-nighters, unless you want to.

Choose your electives very carefully. They will save your sanity and if you're particularly clever your GPA too.

Get enough sleep. Unless you're superhuman 5 hours just ain't enough.

Eat vegetables. Scurvy is so 1998.

Buy your books secondhand or sell your new ones back to the book store at the end of each term. It's as good as paying half price. If you're really lucky your textbook will be on reserve in the library and you can just drop in occasionally and do the readings without buying at all. Warning! This loophole isn't for everyone. It requires a great memory and the ability to take decent notes.

Find someone who's been where you are now. Latch on to them for dear life. Getting an upper year buddy who can advise you on classes to take and how to avoid common pitfalls is invaluable. Most second, third and fourth year students feel very

their brain.

Walk up to the Motherhouse at least once. You don't have to go in, just take a minute to acknowledge the people who are bankrolling this fine institution.

Take time to be silly and immature. Jump in puddles. Wear Winnie the Pooh pyjamas.

Put off buying a powersuit as long as possible. If you do have one in your closet don't wear it unless forced too. Life's too short.

I make no guarantees about

the preceding advice. You may scoff at it and decide running an escort service out of your dorm room really is a good idea or you may cut out the entire page, tape it to your bathroom mirror and write me gushing, praise-filled fan letters. That's a chance we Dear Abby types take.

Oops, I nearly forgot the most important hint of all - Wear sunscreen. Even if you disregard everything else I've told you you can at least avoid skin cancer.

Best of 99/00

A look back at what made headlines at the Mount in the past year

September

For the first time in over eight years, Mount Saint Vincent University participated in the annual university fundraiser for cystic fibrosis. Shinerama as it is more commonly known, was a great success. The university's goal was \$3000 for the campaign. When the last penny was counted the total was over \$4000.

October

As of October 1, the Mount will have achieved the highest enrollment in its 125 year history. "Last year, the Mount had a 5.8 percent increase in enrollment—the highest of any university in the Atlantic region," says Judith Woodsworth, Academic Vice-President. "More than 3770 students are attending classes at the Mount this year. We have had an additional increase of about 5 percent."

A theft in Birch one and a roaming stranger left residence students uneasy, although the two incidents appear to be unrelated, says campus security.

November

The provincial government denies the Sisters of Charity a license to provide healthcare services for the general public at the Motherhouse. The license would allow the Mother Berchmanns Centre, which provides care for the Sisters, to fill any empty beds with any individuals in need of health care.

Evaristus Hall is evacuated on November 9th after the MSVU

switchboard received an anonymous call claiming that a bomb would go off between 2:15 and 2:45 that afternoon.

In Maclean's annual survey Mount Saint Vincent falls four places, from 9 to 13, in the undergraduate category.

January

Cafeteria service slows down considerably after Aramark's debit system is stolen.

February

Students' Union ends up at odds with the Canadian Federation of Students when they attempt to leave the student lobby organization.

Residence students raise \$1500 for Phoenix House at the annual Charity Ball.

March

Spring marks the time for Students' Union elections and only two positions are contested. Students must choose their next President, Executive Vice-President and vote as to whether or not they want their university to remain a member of the Canadian Federation of Students.

According to the Students' Union 1999 budget, Vinnie's Pub operated at a loss of around \$32,000 last year. It is unusual for campus bars to turn a profit, defends Students' Union President.

The Cell, A Must See Movie Hit?

By Bradley J. MacKinnon

The last summer hit to get movie-goers come in droves is The Cell. This Science-Fiction Master Piece starring Jennifer Lopez and Vince Vaughn seems to be a deep movie on the surface but in reality is a typical summer scare fest.

The basic plot of the movie is: a psychiatrist played by Jennifer Lopez enters patients minds threw a mechine and tries to help them deal with saver psycological trauma. When a FBI agent played by Vince Vaughn (from cult movie fame, Swingers) finds his leading suspect in a murder kidnapping case suffering from this same affliction; he turns to Lopez for help. He tries to get her to find out were the missing girl is before it is too late.

This movie has many great special effects that will catch the eye. The blending between computer animation and real life is outstanding. The only thing that prevents this movie from being perfect is the acting. At times during the film the acting was a little over the top and took away from the story. On screen it seemed that Vaughn and Lopez had little chemistry which did not help things.

To put this all into a nice neat package, if you want to see a movie with great special effects, it's worth seeing. If you want good acting or a deep story than try something else. I give this film a score of 5 out of 10.

Summersault.....I finally saw Dave Grohl!

By Nicola Hanson

Music has been a major part of my life for as long as I can remember. I love all kinds of music. I connect my past easily through the music that was popular. I remember the first time I had heard Nirvana. I was working at a Sam the Record man store in 1992. It was Christmas time and it was busy, but the new Nirvana CD Nevermind was had just been released. As in many cases you can tell what kind of music is going to explode onto the scene by asking what record store employees are listening to. The same was true here. Bleach had introduced many record store employees to Nirvana and they waited patiently for Nevermind to be released.

My first year in Toronto was the first year I took notice of the Smashing Pumpkins. Siamese Dream became one of the most popular albums in 1994. My first year in Toronto I saw as many bands as I could. Lollapalooza had Smashing Pumpkins head-lining at Molsen Park in Barrie. This was the first time I saw, what would become one of the greatest and best bands in the 90's.

Earlier that same year, Nirvana released In Utero. After which they embarked on huge tour that brought them to the Maple Leaf Gardens. I had not been able to get tickets for the show and I debated spending my pay-cheque on scalped tickets. After much debate, I decided no. I believe the thought, "they'll be back," crossed my mind. How could I have known that exactly three months after they played that show Kirk Cobain would kill himself.

Lollapalooza had several other bands on the main stage as well as a smaller one, this lead to major debates in groups of friends, and an internal debate in me. Tool and Arrested Development were playing in the same time slot on

two different stages. So I spent a large amount of time running between the two.

When it comes down to it, I've seen most of the bands that played at Summersault this summer. So why would I care to go? Foo Fighters. If I would never get to see Nirvana, then I would at least see Dave Grohl. And what a show it was! The crowd was the most excited I've seen a Halifax crowd. The moshers were moshing and I had the best seat in the house, with a perfect view. The music filled my mind, my heart and my soul.

Foo did not disappoint. They played all of their radio friendly hits that got the concert-starved people screaming and they sprinkled their other tunes amongst the hits. This made the true-blue music lovers happy. Half way into the set, Dave Grohl slid behind the drum kit and pounded away like no other drummer can and all of the Nirvana fans in the crowd got a sense of what they had missed.

A Perfect Circle were on before the Foo Fighters. A Perfect Circle were on the stage when I arrived. I strained to see the who the guy was with the long blond hair flailing about on the stage, he has a very distinctive voice but the hair was throwing me off. Maynard James Keenan has the most incredible voice. Their CD had garnered a lot of attention in a really short time. Many of the concert goers went specifically to see A Perfect Circle and they were not disappointed.

At the end of the day, Summersault swooped into town and made a giant splash in the humdrum concert life that is Halifax. I still cannot believe it was here!

Arlibido All the world's America

This hometown band will be hitting the University circuit soon. They are playing both Dalhousie and St. Mary's in the first two weeks of September. Come-on guys, the Mount would love to have you! They are always a favorite at the Marquee and the Attic when the play.

Red Hot Chili Peppers is one of their clearest influences. Their songs have a fun and offbeat quirkiness to them, that will be sure to get you bopping. Stand out songs include Nervous, All the world's America, and Bulshat.

Tristan Psionic Mind the Gap

The founding fathers of Hamilton's Sonic Unyon, Tristan Psionic never fail to put out amazing CDs. They have translated that early nineties indie sound to a 2000 sound that captivates all listeners of good music.

The first time I saw them play on a small stage during the CNE in Toronto in 1996, I knew they would be under appreciated for their musical talents. I was not far from wrong. Their new CD has that raw

indie sound even after years of recording. The first track Promise lingers on, not allowing you to let go. The melodic Helicopter is very reminiscent of early Sloan.

Similar to Sloan, they can be compared to a lot bands but yet they have a sound that is distinctly their own. If you like great indie music and you have never heard Tristan Psionic, you are missing out!

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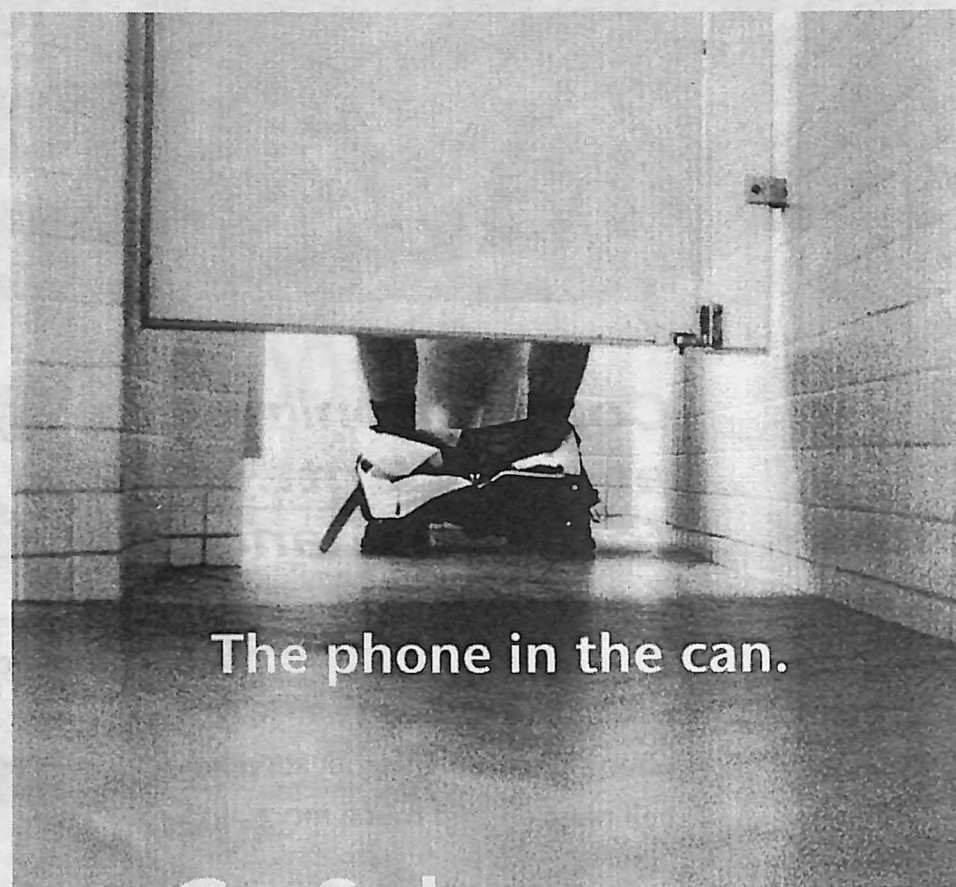
No Cover for MSVU Students with MSVU ID

Michael Pickett Conversation With the Blues

Michael Pickett has been a major force on the Canadian blues scene for thirty years. His talent both as a singer/songwriter and harp player is acknowledged by his peers and recognized by the industry.

His gritty, true to the blues vocals and razor sharp harp are captured on his latest recording *Conversation With the Blues*. This CD is full of great original tunes steeped in an eclectic bag of roots music: r&b, soul, blues, and delta. Each song has a distinct personality and Pickett delivers everything from a solo performance on resophonic guitar to a full band production with strings on the title track. His vocal and harmonica performances are extraordinary.

If you are into the kind of music you hear when you are sitting at Bearly's with a draft in one hand and you foot tapping to the beat, this CD will get your head swaying to the rhythm.



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Hey sports fans, are you missing high school sports? Interested in women's soccer, women's basketball, men's basketball, women's volleyball or coed badminton? Then check out these dates and try out for your favorite sports.

Women's Soccer
Wednesday, September 6,
4:30 - 6:30 pm

Thursday, September 7,
4:30 - 6:30 pm

Friday, September

8, 4:30 - 6:30 pm

Women's Basketball
Monday, September 11,
6:30 - 8:30 pm

Wednesday, September 13,
6:30 - 8:30 pm

Thursday, September
14, 6:00 - 7:30 pm

Men's Basketball
Tuesday, September 19,

6:00 - 7:50 pm
Wednesday, September 20,
8:00 - 10:00 pm

Friday, September 22,
4:00 - 6:00 pm

Women's Volleyball
Monday, September 25,
7:00 - 9:00 pm

Wednesday, September 27,
4:30 - 6:00 pm

Friday, September 29,

4:00 - 5:30 pm

Coed Badminton
Friday, September 29,
5:30 - 7:30 pm

Sunday, October 1,
3:30 - 5:30 pm

Wednesday, October 4,
6:00 - 8:00 pm

So come out, give your best and good luck.

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Please send your resume to The Picaro located in the Rosaria Student Centre Room 114. Please have your resume in by September 18, 2000.

If you wish to contribute an article please drop it off at The Picaro. We would appreciate your contributions to your Student Newspaper.

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If you have any question please contact The Picaro at 457-6386.

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