

WTF P I C A R O

Peace in the Harbour

by Shona Ross

A blue and white banner proclaiming "Nuclear Free Seas" tied to the mast of MV Greenpeace billowed over the Halifax Harbour last weekend.

In an effort to raise public awareness of the potential hazards residents face when nuclear warship carriers enter the port, the 'Coalition for a Nuclear-Free Harbour' of Halifax-Dartmouth collaborated with Greenpeace crew. On Saturday and Sunday hundreds of visitors toured the 190 foot ship, the MV Greenpeace, currently in the middle of its 1989 Atlantic 'Reclaim the Coast' tour.

According to the coalition and Greenpeace, nuclear submarines and warships capable of carrying nuclear weapons, docked in the Halifax port on 21 occasions in 1988. As of August 1989, 10 warships and 5 nuclear submarines have already visited the harbour. "Halifax is the only Canadian port which allows ballistic missile submarines to visit," says David Kraft, disarmament co-ordinator for Greenpeace, Toronto. "These submarines such as the Trident II (which will visit Halifax in December) have an explosive capacity 600 times greater than the Hiroshima explosion. Even when weapons are not fired, a nuclear reactor used to propel naval vessels or an accident involving weapons on board puts Halifax-Dartmouth residents and their environment in extreme jeopardy."

Currently, a public emergency plan in the event of a nuclear accident is unavailable to citizens living in Canadian nuclear visited ports, according to a study by a B.C. based organization.

Research into the regularity of nuclear accidents discovered that 1300 major naval accidents and 3,000 deaths had occurred by 1945. Greenpeace and the Institute for Policy Studies indicates that "approximately 48 nuclear warheads and seven nuclear-power reactors remain on the bottom of the ocean as a result of various accidents."

Sunny Vereen, 20, of Washington D.C., a deck-hand aboard the MV Greenpeace says, "it's difficult to comprehend, especially when this is happening in times of peace. Here in Halifax some of the nuclear carriers allowed to dock are prohibited in the Boston Harbour since they're considered too dangerous."

"People have a right to know and a right to stop what's going on," said Jamie Hubbard, a volunteer member of the coalition. "We need the support of all citizens to write city hall, and express their concerns to politicians, as well as join the coalition."

Those interested contact: Coalition for a Nuclear-Free Harbour, 3115 Veith Street, Halifax, Nova Scotia, B3K 3G9, 902-435-6165.



Sauve Inaugurates Chair

On Thursday, September 7, 1989, Her Excellency, the Right Honourable Jeanne Sauve visited Mount St. Vincent University to inaugurate the Chair for Women in Science.

"The initiative for Women in Science, established to increase support for faculty research in the sciences and encourage student (thus female) participation, addresses a national and international concern. As fewer and fewer young people opt for a scientific career, the scientific and technological demands of our society increase. Science, and indeed the world, face a future crisis yet," Her Excellency said.

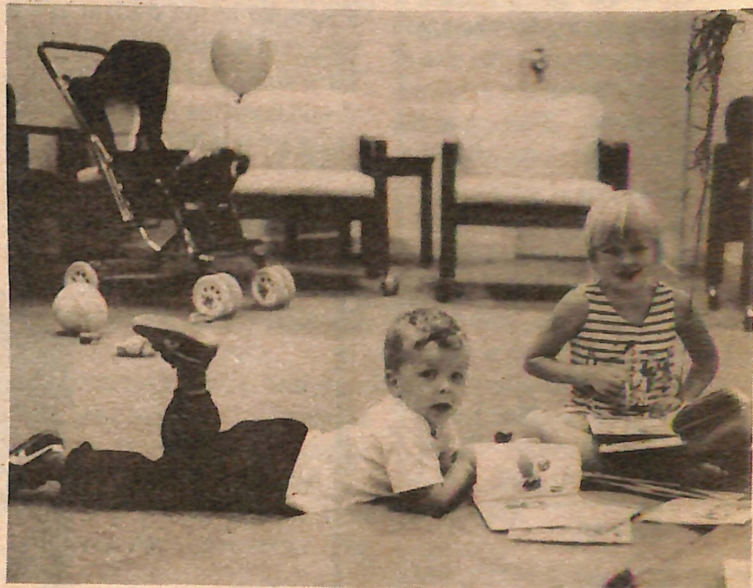
"Unfortunately for the progress of the world, half of the honest servants of truth have never experienced the opportunities necessary to explore their own creative genius...the progress of women in this discipline has been thwarted by a history of popular misconceptions that find their root not in fact, but in cultural biases and patterns of socialization that have systematically discriminated against them."

Her excellency sees the pursuit of science as a noble exploration of the natural world, and as "intrinsically as much a part of culture as in literature, history, philosophy or the arts."

Referring to the awesome power of science, both good and bad," she said.

"It is not implicitly the role of the scientist to dictate how scientific knowledge shall be used within society, nor to censor her independent curiosity out of fear for the implications of where that knowledge might lead."

Sauve believes that women have special gifts to bring to scientific pursuits. She emphasizes that "...the natural intuition and sensibilities of women offer new insights into the world of pure science." by Lesley Hartman



Student Union established a temporary daycare during Orientation '89.

Daycare Needed

by Jean Sloan

The Student Union of Nova Scotia in conjunction with the Child Care Advocacy Association of Nova Scotia held a press conference at Mount Saint Vincent on September 6 to address the lack of quality, affordable child care on Nova Scotia university campuses.

Lara Morris, Chair of SUNS, announced a needs survey for child care to be done on campuses throughout the province the first week of classes and a feasibility study to be completed by the end of the 89-90 school year.

There are 2020 government subsidized child care spaces provided in Nova Scotia, while 35,000 children of working mothers - not including the number of children of student mothers - need spaces. The Child Care Centre at MSVU is private and not eligible for government subsidies, therefore unaffordable for students.

Lynn Isenor, Chair of SUNS Child Care Committee and student at MSVU said, "The key word is affordable. A university can have all the child care facilities it wants but it won't mean anything to

students unless they can afford to pay for it. The situation is especially laughable at the Mount since they claim in their calendar that their programs, facilities, and services, are specifically tailored to provide maximum accessibility for women."

Last year Sister Martha Westwater and Kim Howatt, a student mother, began a private babysitting service in Seton. "I recognized the need for such a service when students started taking their children to classes," said Westwater.

The service, by law, is only allowed to have three children present at any one time. If one of the mothers is babysitting, she is allowed her own children plus three others. Parents using the service full time are expected to volunteer three hours per week. A director for the centre has been hired at \$6.25 per hour for Mondays, Wednesdays and Fridays. Howatt and Westwater are trying to convince the university to use practicum for Child Study students at the Mount.

Cheryl MacKenzie, Student Union president, will ask the Student Union September 17 to cover the overflow of cost not covered by the \$25 service fee to parents.

STUDENT UNION HEALTH PLAN

Opt out Deadline Oct. 3, 1989
Students must show proof of coverage from an alternative plan. For further information contact the Student Union Office

20th

ANNIVERSARY

MSV SU '89-'90

My editorial concerns MSVU administration, professors, student union representatives and students who dare to get involved in campus life.

Being decision makers, you are the ones who run the risk of making mistakes and/or unfavourable decisions. Those are the hazards of your jobs. But, be-

cause your decisions affect students, they are news for the Picaro.

I was angry and disappointed last week, however, when a member of the student union thought I wanted to sensationalize a story and did not think I would interview (him/her) to get (his/her) side of the story.

We do not want to be a trashy paper. We want facts. If you want to hide something then maybe you will not like us. If you cannot stand any public criticism or praise we will not be your favourite people.

The article was not printed for two reasons: one, it was not that big of a deal; and two, be-

cause of the first reason, I thought this editorial was more important.

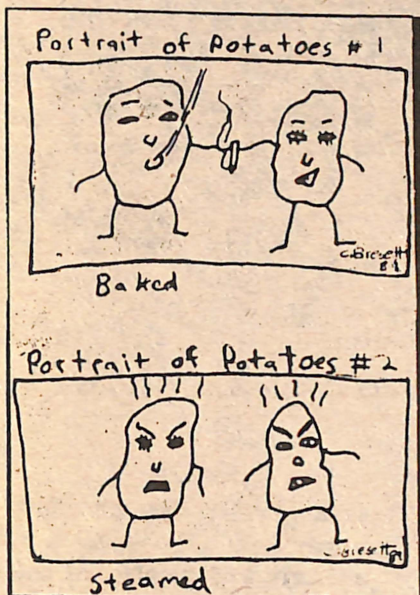
The Picaro is open to your criticisms (hopefully constructive), through letters to the editor.

The old cliché, "We learn by our mistakes," is right on the money. Those who get involved

get lots of experience, but may make important mistakes. If we consider it news, if it concerns MSVU students, we will not sweep it under the rug.

The Picaro is a newspaper albeit a student newspaper. Hopefully it is one to be respected, but not necessarily liked.

Jean Sloan, Editor



Be a picaro too!

In the Spanish literary tradition of the picaresque novel, a picaro was one who lived by his wits as he roamed from one place to another.

A keen observer of life's experiences, his satirical stories stripped off the rose colored glasses and layed naked the unpleasant reality of society.

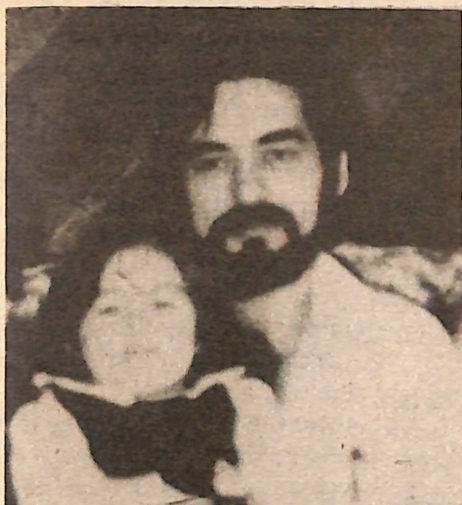
It was from this crafty vagabond character that our MSVU student union newspaper adopted its name. Our small, energetic society provides essential information and the news which di-

rectly affects you.

The Picaro is a member paper of the Canadian University Press, the oldest student press organization in the world. Founded in 1937, 46 newspapers are celebrating the 53rd anniversary of the co-operative. Members are unified by a strong conviction to the Statement of Principles which identifies the student press as an agent of social change striving to advance human rights while working against social injustices such as sexism, racism, and homophobia.

As a staff member of the Picaro, you would also be a member of CUP. Be part of life at MSVU. Be a picaro. You could possibly represent our paper at a regional or national conference and/or have your articles printed throughout the country.

We need your input. We need a shipload of writers, photographers, production people, artists and typists. Don't miss the boat. We're happenin' on 4th floor Rosaria.



Memorial for Mount Student

Rene Karossi, a Mount student who passed away July 20, 1989, is remembered as a very friendly, gentle man. Though many were aware of his previous history of leukemia its threat was not apparent in his calm and optimistic outlook. His sudden death this summer comes as a shock to those he had befriended. His smile to beckon for coffee chat is missing from the Saceteria.

Rene came to the Mount last September as a mature student. He gained respect and affection quite readily because of his sincere, disarming manner. He was respectful and considerate of others... regardless of their status or background. He reassured and put others at ease, including and introducing anyone he met. You were made to feel valued.

Even though so very ill in his last few weeks of life, Rene expressed his deep appreciation for the friendship and affection he had been given by so many people. Despite the fact that virtually everything he valued had been taken away from him over the previous months he expressed his appreciation and happiness. As an onlooker I felt caught off guard. It was as if my friend was running a triathlon, his focus intent on this incredible personal challenge that involved his whole being and a vision only he could see.

As a friend I could watch from the roadside and hold out water for brief soothing. As a bystander, though, I was not permitted to interfere, this was his race.

While friendship often falls between the cracks of socially defined roles and priorities, its importance must not be overlooked. Hospital staff query a visitor, "are you a relative?" the password for entrance. "No, a friend," can bar admission or certainly call for further validation. Fortunately my friend could smile and nod at that point, but each new shift brought the same challenge.

It is from my friendship and the trials of the past few months that I felt the need to write this article.

Friends may disqualify their own feelings with the thought that "I hardly knew him. We were just friends."

What needs to be remembered is that friendship gives us so much with such little effort. A

good friend can extend comfort in a crisis, can be encouraging and validate your inherent worth. Friendship enhances well-being, has integrity, and creates a climate that encourages personal growth.

One hopes to develop this aspect of human relating in any close relationship. How fortunate is one who can say of his/her partner (or of a parent, sibling, or child) "we are more...we are friends."

Rene spoke of being a teacher someday. I felt saddened when I realized that he would not have the chance to become one. But as I spoke with others who knew him and felt the warm friendship of this person I realized he had succeeded, magnificently.

Chers amis,

Le destin ne m'a pas laissé le choix de continuer ce long voyage commence avec vous en septembre dernier. Je ne vous ai pas abandonnés, je vous suis dans ce long cheminement que vous avez parcouru. Du haut du ciel, chers parents, chers amis, je demeure toujours près de vous.

Seigneur, vous savez combien j'aimais cette vie ici bas, combien je desirais être auprès des miens pour leur faire du bien; puisque vous m'avez rappelé à vous Seigneur, prenez ma place auprès d'eux, soyez leur ami, leur consolateur.

First Bash A Success

By Shirley Gay

Enthusiasm reached an all-time high for the first Double Decker of the year. Approximately six hundred extremely excited people attended the opening bash, and it was no surprise--the entertainment was none other than Canada's own Alannah Myles, with local favourites (and last minute replacement) The Spindoctors as the opening act. Although a delay in opening the doors did diminish crowd spirit somewhat, the mood was quickly regained when the Spindoctors hit the stage. Their funky, good-time rhythms put the smile back on faces (with the help of excellent bar service!). Originally scheduled opener, Jack Dekyser, had to cancel his entire Canadian tour due to a rather serious dog bite (can't play guitar with your hand in plaster), but the Spindoctors were more than welcome on the Mount stage. Although their set was cut short from 90 to 45 minutes, it was lively and whetted the collective

appetite for great music. When Alannah Myles finally came on shortly before midnight, the crowd was wild. Even her road crew was applauded during the change-over. Obviously, the lady is a crowd-pleaser. Her show rocked from the opening number through to the chart busting finale "Love Is", and still the audience wanted more. Myles demonstrated why her music is a current favourite--her energy level is incredible and her voice just plain powerful. In all, the show was a grand success, due to the performers, technicians (Tour Tech East) and the super crowd. This may have been the best bash yet--but there's a whole year ahead. Let's keep it up!

Orientation Fun

by the Orientation Committee

What a week!! That is what the new students of MSVU are exclaiming. Returning students just can't believe their eyes - three hundred people waiting to get into Vinnie's, 700 people partying in the cafeteria, canoes on the duck pond! What happened? Well, this year a large budget, good organization, and a hard-working committee are what turned Orientation 1989 into the talk of MSVU and the City of Halifax.

Some of the major highlights of the week were the speech by Mike Duffy, an amazing performance by Alannah Myles and the Spindoctors, the Beach Blanket BBQ Extravaganza with Messenjah, and the Grand Opening of Vinnie's Lounge.

While the Mike Duffy speech was delayed due to transportation difficulties, those who were patient enough to wait were well rewarded with an amusing and informative talk. The Alannah Myles and Spindoctors concert was accord-

ing to Campus Police an easy event to handle without one incident taking place despite the 700+ crowd.

The Beach Blanket BBQ Extravaganza was a casual affair that fit the music provided by reggae band, Messenjah. Vinnie's Lounge opened officially during week and at 8 pm when the ribbon cutting ceremony took place, people were lined up out the door.

Another major event that went over well with new students was Playfair. It was good wholesome fun and allowed new students to meet new people and see how much fun life at the Mount can be.

These were only the major events. Throughout the week there were games, parties, and contests with valuable prizes which made orientation week an overwhelming success.

The consensus is that Orientation Week was the best thing the Mount has ever seen, a fitting kick-off celebration to the MSVU Student Union's 20th Anniversary.

That's EntertainMount!

Vinnies - September 15, 1989
Mark Labelle - A "keyboard-playing singer, comedian, motivational, entertainer" who likes to have fun, as his show will demonstrate! One of the most popular acts in the country, Labelle is guaranteed to shake the foundations of our newly-renovated Pub! Be warned--he loves lots of audience participation, so be ready to sing, shout, and dance until you drop. A great kick-off for the weekend!!
Friday - Vinnie's Dance Pub 8 p.m. - close. No explanation necessary.

Mount Art Gallery - Quilt '89
running until September 17.
An exhibition of traditional and contemporary Nova Scotian quilted pieces, in conjunction with the Mayflower Handquilters of Nova Scotia. Tourism and Culture N.S. declared 1989 the Year of the Quilt, and this is one of the finest exhibits celebrating the designation. Don't miss it!

Off-Campus Best Bets

Galleries: Eye Level Gallery - "Black Wimmin: Where and When We Enter," until Sept. 23.

Anna Leonowens Gallery - "Tapestries - Barbara Falkowska," Sept. 12-16. "Photo Essays" Sept. 19-23.

Films: Wormwood - Sept. 15-21: Slaves of New York; 84 Charlie Mopic; I Will Not Make Any More Boring Art; The Dog That Stopped the War. Playing in rotation, call for times: 422-3700.

Empire 4 Cinemas: When Harry Met Sally
Park Lane 8: Licence to Kill
Penhorn 5: Lethal Weapon II
Oxford: The Abyss
Hyland: Parenthood

Atlantic Film Festival: Sept. 26-30. More details to come.

Clubs:
Misty Moon: Sunday Matinee with the Backstreet Boys
Crazy Horse: Wed-Sun Champions (classic rock)
New Palace: Until Sunday
Rick Spyder
My Apartment: Sept. 18-23
Youth in Asia
Flamingo: Sept. 13-14 The Second City Comedy Troupe
Sept. 15-16 Sunsplash (reggae)

Bizarre is Beautiful

by Simon Kennedy

A review of one of my favourite watering holes--The Seahorse. Mentioning my affinity for Halifax's oldest tavern always elicits the most bizarre responses. In a city of dance bars, yuppie bars and plush chair bars, the Seahorse defies categorization. It's a bar where just about everyone can hang-out. It isn't unusual to see a couple in their mid-forties next to a young punk-rocker in ripped jeans next to a girl in a \$500 evening gown. The place is an anachronism. Considering its main features--enough smoke to make your eyes water, a crummy pool table and long, wooden benches--I'm surprised there isn't sawdust on the floor. Even the music is out of date (thank God!)

But when you're there, you know you're in a bar. You aren't at a dance--there's no dance floor. You aren't in a meat market--there's no drunks swinging their pelvis to the beat of "Push It". You aren't in a yuppie hangout--there's no one arguing over food processors.

No, instead you're in one of those rare places where no one gives you points for wearing Ralph Lauren. You're in one of those few bars where--get this--the

bouncer doesn't let in a 15 year-old girl in a Neoprene tank-top and then tell you to take off your hat because it's uncouth to wear a hat indoors. You're in one of the few bars where yuppies and punks can be seen together. And best, of all, you're in one of the few places left where you can still hear Led Zeppelin's "How Many More Times?"

Of course, this isn't to say Halifax's other night spots don't have their own features. After all, Lawrence's has awesome pizza, the Flamingo's got incredible live music, Rosas' has an enormous bar, and the Thirsty Duck has stout.

But if some night you get sick of dressing up to hit downtown, or you get sick of constant offers to be sixty-nined, or you get sick of waiting in line, then come to the Seahorse. Put on faded jeans (or a \$500 evening gown--your choice), pull up a bench, buy a brew, and be sure to scream, bang tables and have a good time. If you don't, you will look out of place.

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**THE CANADIAN
ARMED FORCES**

REGULAR AND RESERVE

Canada



Myles - One of a Kind

by Karen Bliss

(reprinted with permission from Music Express #136 89).

"I'm told there's not another woman in the same category as myself in the world," says Alannah Myles, the Toronto singer who feels no sense of competition with any of rock's big voices. Ann Wilson, Joan Jett, Pat Benatar don't serve up rock n roll the way Myles does. "They're not the same. Mine is more ensconced in the blues," Myles says. "AC/DC meet Leonard Cohen." The result isn't as scary as it sounds.

Myles' self-titled debut on Atlantic (she's an American signing) reflects the temper of today. Working within the boundaries of rock, she and writing partners David Tyson and MuchMusic veejay Christopher Ward (the album's producer and executive producer, respectively) tried to address the all-important issue of monogamy without becoming overly preachy.

"Women in music should be challenging themselves more," says Myles, "saying something that is not expected of them; something that is intelligent and feminine, and makes other women say, 'She's got a point. I should respect myself.'"

"Women can be women and not offend other women with their sexuality while singing rock n roll. I get so bothered by women artists who don't set themselves apart from men and say something lyrically of any importance."

Now Myles has the opportunity to set the course straight. While the groovy single *Love Is* introduces Myles and her upfront thinking to radio, the sultry ballad *Black Velvet* is the album's highlight, aching to be heard.

Myles, a determined woman, never took no for an answer in her search for label support. Somehow she had to convey to the bigwigs that she wasn't just a singer but a *performer*.

"We have a very serious strategy," explains Myles. As far as our lawyer was concerned he said, 'Do not take this face and this performer to the States without describing what she does on stage. It will answer all the questions and open all the doors.'"

With the help of Deborah Samuel-directed video demo (Samuel is also responsible for the *Love Is* video and the stunning album cover). Atlantic was sold on Myles without ever having seen her.

Since she's been away from the stage some three years to get this record written and released, Myles is looking forward to returning to the spotlight. All I really wanted to do was make a record that was great enough that I could go out and perform for arena-sized crowds because: a) my character can withstand the attention, and b) I love people. I love to play for people. It's like a party.



...and Myles to go Before We Sleep



Alannah!



Spindoctors Strut their Stuff

On a Musical Note

by Shirley Gay

Music is a very subjective art form - ideas on what constitutes good music are vastly different, according to taste. Some prefer rock and roll, some funk, and the list goes on. The Halifax music scene is very indicative of this diversity, and this column is dedicated to exploring the many different aspects of our own musical community. This week's featured artists are a group of musicians with vastly different backgrounds and tastes, they call themselves the Spindoctors.

The name has been around for a few months now, yet the band who opened for Alannah Myles at the Mount last weekend has only been together for a few weeks. Lead singer Bruce Vickery (the Hopping Penguins; Bruce Vickery and Friends) explains: "We recently added three new members to the original lineup so we're just coming together as a band, really. We've all had experiences in the industry, and it's working out really well. There are a lot of differences in the members, as far as musical taste and background go, and that's contributing a lot to what we play." The Spindoctors sound is actually a combination of many influences, from jazz, to calypso, to reggae, and beyond. Rhythm is the key--the blending of styles gives a new twist on some standard material - Clapton's "I Shot the Sheriff" falls into the 'best of the worst'

category, and yet to hear this band play it, the song could finally gain some respect.

Currently, the band is focusing on playing live and gaining an audience, as well as developing their sound further. They plan to incorporate more and more original music into their set, and their immediate goal is to have their original material as favourably received as the cover tunes that serve as a foundation for their live act, although Vickery states that occasionally people can't tell the difference. "Often we'll cover a song and give it our own twist, and someone will come up and ask if we wrote it--that tells me that our sound is becoming more popular. All of our songs reflect the cover tunes we play. It's just a natural evolution of the sound--this is the music we like, so it's the music we create."

The Spindoctors sound, together with the energy of their live show makes them a formidable force on the local music scene--one that is going to gain more popularity as time goes on. Band members believe that music should be primarily be fun, and they are masters at creating a danceable atmosphere. As a band, they have made a permanent place for themselves in the industry, and that's definitely good news.

campus recreation

I Like Mike!

by Jean Sloan

Orientation guest speaker, Mike Duffy, told students on September 5, 1989, that he favours Brian Mulroney's policy change to get the Federal government more involved in the education system.

"I applaud the Prime Minister for venturing into this minefield," he said. Duffy referred to a speech given by the Prime Minister on August 25.

"I would like to see a collective study of our education system, its relationship to Canadian competitiveness and its relevance to the international challenges of the year 2000."

However, Duffy is skeptical because education is under the Constitution as the domain of the Provinces.

"The lesson of history is Canada's provincial governments will take Ottawa's money, but won't play when it comes to allowing the feds to get into the guts of the system," he said.

Duffy's only criticism of the federal government was that they handed away power to the Provinces. Duffy says, "now, they will protect provincial turf."



Mike Duffy spoke to MSVU students on September 5th.

Consider what's involved in writing a textbook.

A textbook is like a long essay that would take you at least 1,500 hours to write. That's the equivalent of researching and writing eight hours a day, five days a week, starting in September and continuing, without a holiday, until the end of the school year.

And then consider not getting paid for it.

While your book makes a contribution to education, as an author, your reward also depends on your book being bought. Instead, a lot of people take advantage of your work by photocopying it - illegally. It makes you feel like you've been ripped off. Well, you have been.

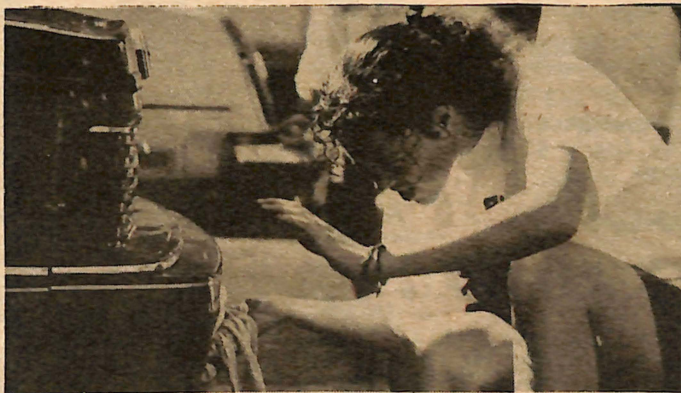
Photocopying textbooks is intellectual exploitation.

A message from the College Group of the Canadian Book Publishers' Council and the Canadian Reprography Collective.

Orientation Fun



Stroke! Stroke! Stroke!



A Mount Student Earns Her Keep.



Messenjah; A popular Reggae band.



The Glimmer Twins; Together Again



Go Ahead, I Dare You!



We won't even attempt a caption!

GET MOVING, GET FIT THIS FALL

by Lisa Boudreau
Athletics/Recreation
Assistant

If you have let your fitness slide through the lazy, hazy days of summer, or you are looking for a new, exciting program to keep you on the move, the Athletics/Recreation Office has just the program for you. This Fall, we will offer 22 fitness classes

per week with everything from low-impact aerobics, strength and tone, walking and high-impact aerobics. Three great new classes are being offered this Fall. On Tuesdays and Thursdays from 12:10 - 12:50, "Lunch Crunch" will focus on strengthening and toning the hip, abdominal, thigh area; and you will even have the chance to keep moving on Saturdays with our "Aerobic Shaper" at 10:00 a.m., followed by a "Great

Body Sculpture" class at 11:00 a.m.

If fitness classes are not your thing, we have open gym time that can be used for self-directed physical activity... things like pick-up basketball, badminton, volleyball and all kinds of other activities.

The facility is also equipped with a weight room where you will find universal weight equipment, free weights, hydra-gym

system, stationary bikes and rowers. We will be holding weight training clinics on September 18th, 19th, and 21st so you can get the low-down on the equipment and get help setting up a program that is just right for you.

So you see, there's no reason why you can't get moving this Fall. Come down to the Athletics/Recreation Office in Rosaria Centre, and check us out for all that we have to offer this Fall.

as Head Coach for the women's basketball team. Lindsay and Assistant Coach Patsy Pyke are looking forward to a strong year with a number of players returning from last year. "We are pleasantly surprised and excited about the calibre of players we see coming into the Mount this year. The basketball here at the Mount is going to be very exciting this year."

Rick Plato, returning for his second year as Head Coach of the men's basketball team, is looking forward to a very competitive season this year. He has a whole crew of new and talented players coming to compete at the Mount. The team is going to be "big and strong" in the College Conference.

Sherry Parks will return to the Mount for her second year as Head Coach of the badminton team this year. She has a few players returning from last year and is looking forward to meeting and working with new players.

All in all, the Mount should be very competitive this year. Tryouts begin this week. Check out the schedule. Soccer and cross country seasons start right away.

Get Involved! Try out for a Mount team or be a Mount supporter! Check out the Intercollegiate Schedule available at the Athletics/Recreation Office in Rosaria Centre.

FOR THE RUN OF IT

On October 15 at 10 am runners, joggers, stroller pushers, walkers and all sorts will line up at the starting line of the seventh annual "For The Run Of It" fun run in support of Mount Athletics and Ad Sum House.

This year's event also kicks off National University Week.

Each year the Mount Athletics/Recreation Department sponsors For The Run Of It with proceeds from the run going to the Mount Athletics and Ad Sum House. Ad Sum House (which means "we are here") is a specialized residence for women which offers shelter, short-term programs, counselling and referrals for women in need.

Participants are encouraged to seek sponsorship. The \$5 registration fee can be waived with a minimum donation of \$5.

Get Moving! Support a good cause! Join us For The Run Of It Sunday, October 15, 1989, at 10 a.m. Registration forms and sponsor sheets are available at the Athletics/Recreation Office.

MOUNT ATHLETICS GEARING UP FOR 89-90 SEASON

Mount Saint Vincent University sponsors a number of intercollegiate teams: women's soccer, women's and men's cross-country running, women's volleyball, women's basketball, men's basketball, and coed badminton.

These teams compete provincially in the Nova Scotia College Conference with teams from NSTC, NSAC, KINGS, TUNS, UCCB, CCGC, and nationally in the Canadian College Athletic Association.

In the past the Mount has remained very competitive in our conference. Last year Mount teams captured three provincial banners for cross-country running, badminton and volleyball.

Members of the badminton and volleyball teams travelled to national competition.

We are very fortunate this year to have a strong staff of coaches returning to lead the Mount teams.

Patsy Pyke, in her second year as Athletics/Recreation Assistant, will be leading the women's soccer team.

"The team looks good this year with a lot of new young talent coming into play. We will, of course, miss a number of strong players who graduated last year, but I think we have a lot of potential this year," said Pyke.

The cross-country team is fortunate to have Bill Bent, once again, at the helm. Bill brings an enjoyment of life and running to his athletes. He is looking forward to seeing some of last year's runners return and "fine tuning" some new talent.

June Lumsden, Coordinator of Athletics and Recreation, is looking forward to the 89-90 season with her women's volleyball team. "The players are young," Lumsden said, "but we are looking forward to a positive year."

Anne Lindsay is returning



M.S.V.U. CAMPUS INTRAMURALS FALL PROGRAM, October 10- December 7, 1989

SUNDAYS	MONDAYS	TUESDAYS	THURSDAYS	FRIDAYS
Men's Ball-Hockey 5:00-7:00	Women's Volleyball 4:30-5:30		Co-ed Badminton 3:30-4:30	Co-ed Basketball 2:00-4:00
Men's Volleyball 7:00-8:00		Book the Motherhouse Gym for any Tues. or Thurs. and host your own Special Event!		
Co-ed Volleyball 8:00-10:00		Co-ed Badminton 7:30-10:30	Co-ed Volleyball 8:00-10:00	

WHAT ARE CAMPUS INTRAMURALS?

CAMPUS INTRAMURALS are sports and games which are played at the recreational level with the emphasis placed on fun and participation.

WHO CAN PARTICIPATE IN CAMPUS INTRAMURALS?

All Mount students, living both on and off campus, are encouraged to participate in CAMPUS INTRAMURALS. Friends who are not Mount students, are welcome to play for a \$2 drop-in fee, or they can purchase a community membership.

WHAT IF I DON'T KNOW HOW TO PLAY ANY SPORTS?

For anyone who has forgotten how to play a particular sport --or never knew-- you can and should participate in CAMPUS INTRAMURALS.

Intramurals are great because you can learn while you're having fun. Sport skills can be mastered just by participating. Each time you come to intramurals your skill level will improve and the game will become more exciting to play. To brush up on any of the intramural sports, copies of the rules are available from the Athletic/Recreation Office.

HOW CAN I GET INVOLVED?

CAMPUS INTRAMURALS run on a drop-in basis, so anyone can join in at any time. To keep things interesting, participants are organized into different teams each time they come. Friends who wish to play on the same team may request to do so.

HOW DO I JOIN?

CAMPUS INTRAMURALS all take place in the Gym, Rosaria Centre. Drop in for one of the scheduled times (above) or call the Athletics/Recreation Office for further details.

GET MOVING!

Athletics/Recreation Office
Mount Saint Vincent University
443-4450, Ext. 152 or 420

MSVU TEAM TRYOUTS

MEN'S BASKETBALL

Sept 25 4:30-6:30
Sept 26 5:30-7:30
Sept 27 7:30-9:30
Sept 29 4:00-6:00
ROSARIA GYM

WOMEN'S BASKETBALL

Oct 2 6:00-8:00
Oct 4 6:00-7:30
Oct 5 6:00-7:00
ROSARIA GYM

WOMEN'S VOLLEYBALL

Oct 3 4:30-6:00
Oct 4 4:30-6:00
Oct 5 4:30-6:00
ROSARIA GYM

CO-ED BADMINTON

Oct 10 Team meeting
7:30 Exercise Room

Badminton Club 8:00-9:30

Oct 12 8:00-10:00
Rosaria Gym

MOUNT SAINT VINCENT ATHLETICS/RECREATION

OFF AND RUNNING

The motto of the Athletics/Recreation office is "Get Moving."

We are in high gear already. Tryouts for the Mount teams have begun, fitness programs are in full swing with room left for those of you who are a little "late", and intramurals are underway with residence "Kick-off Nights."

The Athletics/Recreation program has lots to offer everyone. Check us out in Rosaria Centre. We've got something to "get you moving!"

T'ai Chi

Beginners' Level
13 weeks, Sept.19-Dec.5
Tuesdays, 5:15-6:45pm
Vincent Hall Gym
Fee: \$35.00



Register at the MSVU Athletic Recreation Office, Rosaria Centre.

GET MOVING!

Athletics/Recreation Office
Mount Saint Vincent University
443-4450, Ext. 152 or 420

Athletics/Recreation Upcoming Events

Sept. 20 Womens's Soccer
Sept. 25-27 Men's Basketball Tryouts
Oct. 2,4,5 Women's Basketball Tryouts
Oct. 3,4,5 Women's Volleyball Tryouts
Oct. 10,12 Co-ed Badminton Tryouts
Oct. 15 For the Run Of It - 10 a.m.
Oct. 21 Intramurals Vincent Hall Kickoff Rosaria Gym 8-10 p.m.
Oct. 24 Intramurals Evaristus and Lourdes Hall Kickoff, Rosaria Gym 8-10p.m.
Oct. 28 Intramurals Assisi Hall Kickoff Rosaria Gym 8-10p.m.

50
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Rick Popel, CA
Winnipeg, Man.

"The office atmosphere is informal and personal. I work with some very dynamic and outgoing professionals."
Lisa Howard, CA
Edmonton, Alta.



Mount Saint Vincent University

Athletics / Recreation Office Program Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 - 9:30 Open Gym	9:00 - 9:30 Open Gym	9:00 - 9:30 Open Gym	9:00 - 9:30 Open Gym	9:00 - 9:30 Open Gym	9:00 - 12:00 City Of Halifax Children's Gymnastics
	9:30 - 10:30 ++Fit Break	9:30 - 10:30 ++Aerobic Walkers	9:30 - 10:30 ++Fit Break	9:30 - 10:30 ++Aerobic Walkers	9:30 - 10:30 ++Fit Break	10:00 - 11:00 Aerobic Shaper
10:00 - 12:00 Intercollegiate or Open Gym	10:30 - 11:30 Child Study Play Gym	10:30 - 12:00 Open Gym	10:30 - 11:30 Child Study Play Gym	10:30 - 11:30 Child Study Play Gym	10:30 - 11:30 Child Study Play Gym	11:00 - 11:45 Body Sculpture
	11:30 - 12:00 Open Gym		11:30 - 12:00 Open Gym	11:30 - 12:00 Open Gym	11:30 - 12:00 Open Gym	
	12:00 - 1:00 No-Bounce Aerobics	12:00 - 1:00 Noon Fit	12:00 - 1:00 No-Bounce Energizer	12:00 - 1:00 Noon Fit	12:00 - 1:00 No-Bounce Energizer	12:00 - 2:00 Intercollegiate
	12:10 - 12:50 Walkers' Club	12:15 - 12:50 Lunch Crunch	12:15 - 12:50 Walkers' Club	12:15 - 12:50 Lunch Crunch		
12:00 - 5:00 Intercollegiate or Open Gym	1:00 - 4:30 Open Gym	1:00 - 2:00 Open Gym	1:00 - 4:30 Open Gym	1:00 - 2:00 Open Gym	1:00 - 2:00 Open Gym	2:00 - 4:30 Intercollegiate or Open Gym
		2:00 - 3:00 Soft Aerobics		2:00 - 3:00 Soft Aerobics	2:00 - 4:00 Co-Ed Intramural Pick-Up Basketball	
		2:45 - 3:45 Child Study Play Gym		3:00 - 3:30 Open Gym		
		3:45 - 4:30 Open Gym		3:30 - 4:30 Co-Ed Intramural Badminton		
	4:30 - 5:30 Women's Intramural Volleyball	4:30 - 7:30 Intercollegiate	4:30 - 10:30 Intercollegiate	4:30 - 8:00 Intercollegiate	4:00 - 6:00 Intercollegiate	
5:00 - 7:00 Men's Intramural Ball-Hockey	5:00 - 5:45 Strength & Tone Exercise Room	5:00 - 6:00 Multi-Level Aerobics	5:00 - 5:45 Strength & Tone Exercise Room	5:00 - 6:00 Multi-Level Aerobics		
		5:15 - 6:45 T'ai Chi Vincent Hall Gym				
	6:00 - 8:00 Intercollegiate	7:00 - 8:00 No-Bounce Energizer Vincent Hall Gym		7:00 - 8:00 No-Bounce Energizer Vincent Hall Gym		
7:00 - 8:00 Men's Intramural Volleyball						
8:00 - 10:00 Co-Ed Intramural Volleyball	8:00 - 10:00 Women's Volleyball League	7:30 - 10:30 Badminton Club		8:00 - 10:00 Co-Ed Intramural Volleyball		

++ Free Babysitting provided with these classes

classifieds



PICARO

YOUTH HELP LINE: The Youth Help Line (YHL) needs volunteers to work on the telephones. Volunteers must be between the ages of 16 and 21; be willing to participate in a 40-hour training program; and be able to commit one evening per week to working the lines. Deadline for applications is September 20, 1989. Contact: Sandy Spencer at 422-2048 (days) and 465-3342 (nights).

SEXUAL ASSAULT VICTIMS: September is volunteer recruiting month for Service For Sexual Assault Victims. To inquire about Sept. training program which begins Friday, Sept. 22, 1989, call 445-4240.

NOVASCOTIA FRIENDS OF SCHIZOPHRENICS: Provincial Conference "Schizophrenia - These are the Facts" to be held Tuesday, Sept. 19, 1989, 8:30 am, Hugh Bell Centre, Nova Scotia Hospital, 300 Pleasant St., Dartmouth. For information call 464-3456.

RED CROSS: The Canadian Red Cross is offering the following courses: Preschool Emergency First Aid - Sept. 9 and Sept. 30. Standard First Aid - Sept. 16 and 17. Heartsaver Plus CPR - Sept. 23. Basic Rescuer CPR - Sept. 29 and Oct. 1. For more information, contact Kim Adams, at 423-9181 ext. 455.

HEALTH OFFICE: The doctors are available for appointments starting Monday, Sept. 11, 1989. The clinic hours are: Dr. Ellen McKeough, Monday and Tuesday 9 am to 9 pm. Dr. Joan MacVicar, Wednesday, Thursday, and Friday, 9 am to 1 pm. You can make an appointment through the secretary, Sylvia Fraser in Room 116, Rosaria.

VEITH HOUSE: Veith House Headway requires volunteer help for its literacy program. Tutoring with adults on a one-to-one basis. Opportunities are available with flexible time. For further information please call Mary at 453-4320.

TERRY FOX RUN: Halifax Terry Fox Run will be held Sunday, Sept. 17 from 1 - 4 pm, starting at the Dalhousie Arts Centre, corner of University Avenue and Seymour Street. Pre-registration will begin at noon and pledge sheets are available at the Canadian Cancer Society, Canada Post, K-Mart and Scotiabank. For more information on the ninth annual Terry Fox Run, contact Dalplex at 424-3372 or the Provincial Office for the run, 423-8131.

AMNESTY INTERNATIONAL: Thursday, Sept. 21, 1989, 8 pm Amnesty International Group 15 regular monthly meetings, Room 318, SUB, Dalhousie University. For further info call Sarah, 454-5819.

YWCA: A Confidence Building Course for Women is being offered by the Halifax YWCA, 1239 Barrington Street., and Women's Employment Outreach on September 19, 21, 25, 27, and 28. Fee: \$10. For more information please call 423-6162.

The Halifax YWCA, 1239 Barrington Street is offering a PMS Workshop on Wednesday, September 20, 7-9 pm. Fee: \$5. For more information please call 423-6162.

BUILDING PEACE...BY PEACE: Friday, Sept. 15, and Sunday Sept. 17, 1989, a conference will take place at the McInnes Room, Dalhousie SUB. Registration costs \$10. For more information call 463-4387.

UNICEF: Friday, Sept. 15, 7:30 pm, McInnes Room, Dalhousie SUB. A benefit concert for UNICEF in honour of the International Year of the Rights of the Child. Cost: \$5. For information please call 422-6000.

GAMES ROOM: Grand re-opening Monday, September 18, 1989, 12:00 to 1:00 pm, Rosaria Centre. Check out the new improvements made to the Games Room. Drop by for a game of billiards or ping pong. Refreshments will be served between 12:00 and 1:00 pm.

WANTED: Gymnastics Instructors to work Saturday mornings from 9 am to 12 noon at Rosaria Centre, teaching Preschool, Red, White, and Blue Levels. Classes are scheduled to start Saturday, Sept. 23, 1989, so respond now. Contact Jo Ann Cameron at 421-7601.

Also require instructors/leaders for the following programs: preschool program (6.0 - 22.5 hours per week), fitness, Xmas crafts, preschool gymnastics - Tuesday afternoons, small project quilting, pottery, photography, preschool gym and crafts, preschool gym and swim.

WANTED: Make a few dollars here and there. Reliable stand by, back-up babysitter required Tuesdays and Thursdays. Must be sensitive and caring towards children. Call 443-9028.

MSVU INTRAMURAL ICE HOCKEY TEAM: Meeting at Games Room 4 p.m. Sept. 15, 1989.



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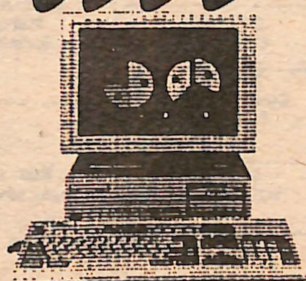
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