

the SICARO

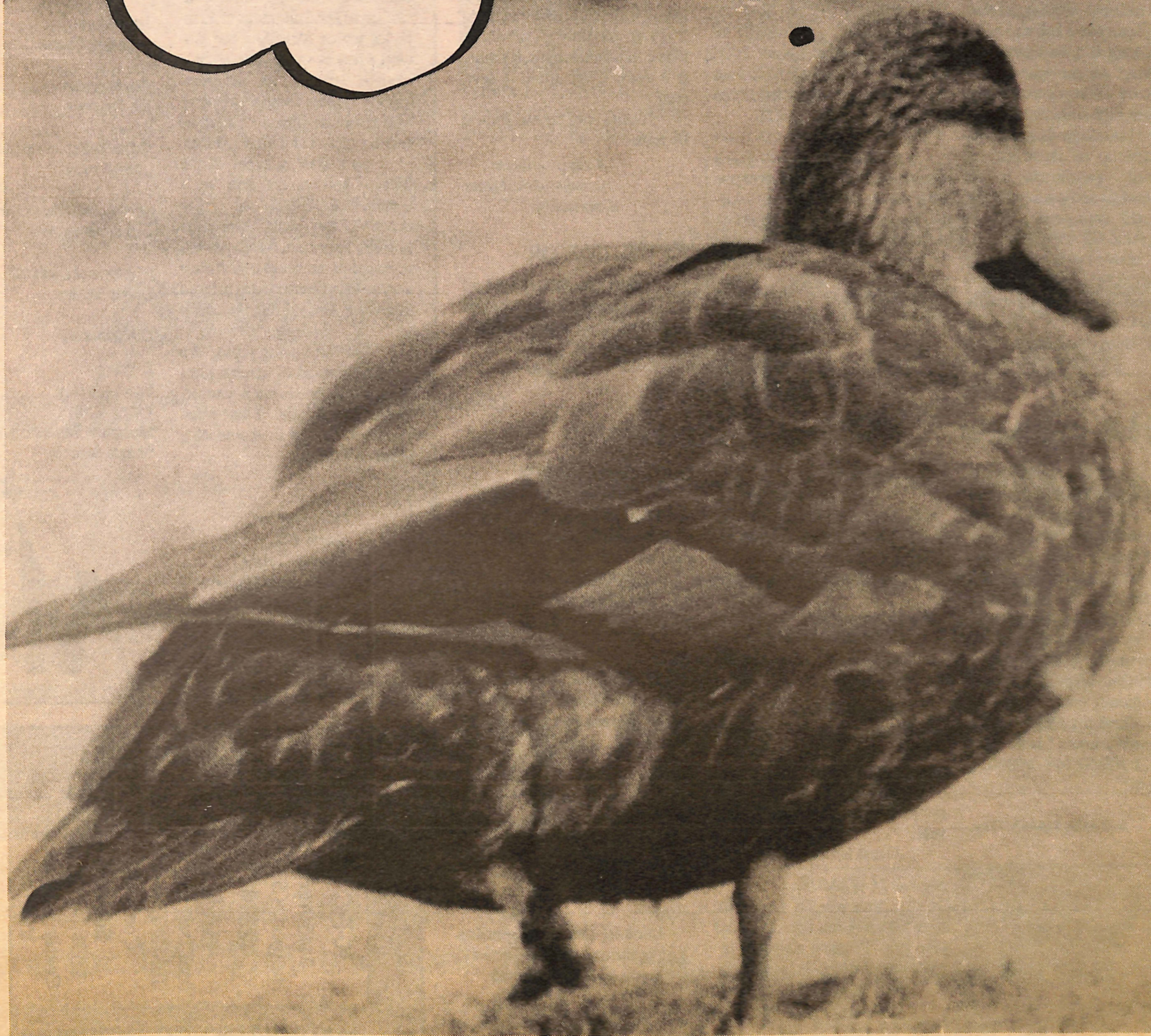


Vol. 27 No.22

Or is it the Duckaro

Wednesday, April 1, 1992

I'm too sexy
for this park.



Opie + Ed

Editorial

As this is the final issue of the Picaro for this year, I would like to take this opportunity to thank the many people who gave us their continuous support.

To the students of MSVU: thank you for your many contributions and non-stop letters of love and support. Your loyalty devastates us. I would especially like to thank the many P.R. students whose constant constructive criticism (although behind our backs) meant so much to us.

Second, I would like to thank

the Mount student union executive for being so generous, helpful and forthright when being interviewed.

Finally, to *The Journal's* Andrew Bowers and the U of King's *College Watch*: we as a paper are forever grateful to you both. You should be so proud of yourselves. You're our mentors for sure.

As editor-in-chief, I believe I speak on behalf of the entire editorial staff when I say: a hearty thanks to all who cared.

- P. Adamski

EDITORIAL

Entertainment Editorial:

Whew! Another entertaining year has come and gone. From Doug and his band member's "slug" to the slurs of the Journal we have persevered and overcome. I'm so excited!

I would just like to say a few words to all those who so generously contributed to the entertainment section or who said they would (but never did)... I HATE ALL OF YOU!!!!

Havent you people ever heard of DEADLINES!!! I don't care if you don't like my graphics... next time lay the ***!!@* thing out yourself!! Even

if you're the suckiest writer in the UNIVERSE I still ran your articles because I was usually so desperate for copy. Liars!! ALL OF YOU! Jason MacIsaac I want my King Apparatus tape back. Nice review, see you in HELL!!

*a special note to next year's entertainment editor (whoever you are): Don't believe them... they lie! They are evil. They would lie to their grandmothers! They are the devil's children!!! DON'T BELIEVE ANY OF THEM!!!

-L. Purdy
Ent. Ed.

TO THE EDITOR:

I heard Kirk Cameron got married. Is this true? If not, where can I write him?

- Deb

To The Editor

As I write this letter, I have tears in my eyes. The fact that you will not be publishing again until September devastates me as I'm sure it does many others.

For the past year, The Picaro has been a pillar of this university. It is the glue of North American society. It is perfect in every way: a masterpiece.

Will you not consider publishing daily next year? Will you not consider printing an evening edition?

I can only say good-bye to you with this thought in mind: "If I love something, I should set it free. If it comes back, it's mine. If it doesn't, I'm afraid it never was".

Come back to me, Picaro. Be mine.

-A shy prominent member of the Mount Community.

TO THE EDITOR

I hear the Mount student union is honest, fair and can be trusted with my money. Where can I write them?

- Deb

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 laid 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 directly affects you.

The Picaro is a member paper of the Canadian University Press, the oldest student press organization in the world. 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 in papers 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 are in Room 403, Rosaria Centre.

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To the editor:

Personals

I am a male student here at the Mount and the only reason I came here was because I heard the female population here was 85 %. I thought that if I came here it was virtually assured I would find a girlfriend. Now as the end of the year approaches I am as lonely as ever and the Univesity won't give me my money back!!! Please help me. If I can't get my money back I won't be able to afford my Men's Magazine subscriptions (I have 23 of them). I NEED MY MONEY BACK!!!!

A Really Lonely Guy.

Bye Bye
you
sickos

To Rugby Dave:

I apologize for my vulgarity. It's just that when I think of you I melt. Mmmm... See you on April 20th!

- Last Week's Personal Lover

Mr. Flamingo Man:

I lust for you. I'm steaming. Be my ad man of life.

-L.

Dear "Loveshack"

Businessman: I've heard and seen you sing at Vinnie's; had my eyes on you here and there on campus; and at J.J.'s. Now may our paths meet for the rest of this year.

-Great fan of the B-52's

Seamus M. of SMU:

Yes, you do have nice butt-tocks. I can tell. I think I love you. Promise me you'll remain celibate forever.

Sincerely,

Too Sexy for your phone

Baby with the personal ad!

--Me

To Everyone in Bus 333B:

Why did you all laugh when that group said the Picaro only charged \$350 for a full-page ad? Bite us.

-- Angry in 403

P.S: The actual cost for a full-page ad is \$396, you bozos.

Roz:

Call me! I'm still your bud! I like Shaun! He's nice! How's Watson and your family? Please call ...please.

- The Source

To petite blond at Vinnie's last Wednesday night. What's wrong? Don't you know how to use the phone?

Patty:

Look in the mirror, darling. You're the one who's superficial. I give you an F. F for Freak.

One young man marginally good looking seeks a life. Please reply to The Picaro Office.

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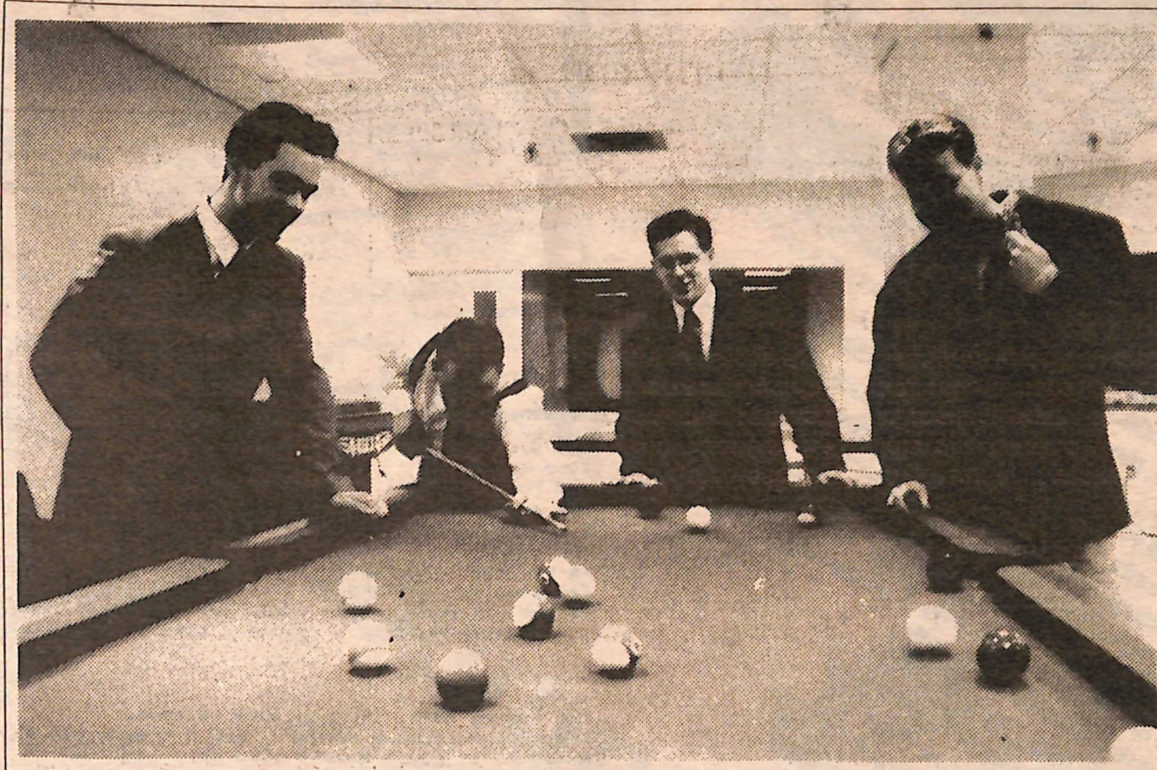
Hardware and Software

Farewell from The Gringos

Well fellow Gringos, this will be my final installment for the year, but oh what a year it has been! Our travels have taken us to a plathora of locals, and adventures that this writer (and Gringo) can only admire. Our times spent in the land called, "Bedford" could only begin to describe a year in which time seemed to stand still. New Year's Eve 91' is yet another example of us Gringos having a "funked up adventure" in which both kisses and alcohol were in abundance. Yes, this year had to be one for the yearbooks.

Before I can continue, I must take the time to mention some of the thousands of demi-gods in which our paths have led us to. For example, Johnny.Mosh is a soul-full and dynamic entity who joined us on more than one adventure through time and space.

Who could forget his mastery of the dance floor or his insashable appetite for pizza. Yes, our dark skinned friend has been a valued alli to the Gringo core. Along with Mosh, there have been pockets of she-gods which I am obliged to mention now. The group of



Sackivillites have both style and grace, and were party maniacs during New Year's Eve 91'. Casper's dwelling was the site for a party of monstrous proportions. Our games of, "airborne" pool is just an example of our Gringo fun. Blonde and Jugs were not

with us on this night physically, but they joined us on a spiritual plane. God how we partied!

Our list could not be complete without mentioning, "The Bedford Babies". Comprised of Smirnoff, Peaches, Hyper, Sobey, and Vibe, they provided us with

monstrous fun that I can only begin to fathom (i.e. Smirnoff's Lounge chair). Be assured that we will once again travel to the sacred basketball rims in abundance this summer.

Finally, I must pay homage to two females who have

become Gringo standouts over the year who have not been mentioned in this fine publication as of yet. L'na and S'rah

Their names are known throughout the universe as extraordinary beings of sound and light. Their contributions have not gone unnoticed (especially L'na's wedding dress!).

As for us Gringo's, being: Oko, Tevin, Ánde.G, and myself (Wingo), we will continue to seek out and contribute to any and all parties, wherever they may be in the universe. We have decided to show ourselves at this time on the front cover of the Picaro this week so that our faces can be forever known to our faithful followers whom we love. I will, of course, return to my column next year to continue my writings on our adventures. In the meantime, we want you to follow the Gringo codes so that you to can one day come know what it is to be a Gringo. As for myself, a humbled writer of Gringo stature, I give you a funky fresh Gringo salute and bid you Gringo-y peace of mind. Until the next words are spoken.....

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Top News of 1991-92 at MSVU

Student Union begs Doug and the Slugs for repeat performance
"... the exposure would be good for the university."

Mount PR students finally accepted in BJ program at King's
PR program cancelled for lack of interest

Angry NSCAD students hijack Dal-Mount shuttle

Mount Mystics logo found to be ancient Pagan demonic symbol

MSVU female football team created. Tryouts begin Fall 1992.

Condom machines installed in Assisi Hall elevators

Dave Wynn: what was his name before the election?

Keith Campbell's shoe found on deserted island in Pacific Ocean

Assisi Hall changes name to Asleazy Hall Bed & Breakfast

Student Union goes legit

Connie Phillips, 2nd year BSc
won the 1992 \$100 text book gift
certificate provided by the Halifax
Chapter of the MSVU Alumni.

Dear Dave Wynn:
Be nice to the Picaro next
year or you'll get yours.



by Jannine Shave

style of basketball is defined by professional teams, then the most basic form is played out daily on urban streets across the United States. "White Men Can't Jump" is based in Los Angeles.

Woody Harrelson and Wesley Snipes, both gifted athletes in their own right worked out with the Lakers' former trainer from mid-April to July. The amount of work these actors put into this film is certainly evident as the two show all their amazing basketball skills throughout the film.

If you like basketball and seeing Woody Harrelson and Wesley Snipes sweat, then this is the movie for you! However, if you don't like corny plot lines and a lot of swearing, then I wouldn't suggest you go to this one.

"White Men Can't Jump" is about two basketball hustlers, not NBA--street basketball, where there is more arguing done than playing, but nevertheless, that's what makes the movie so funny. Sidney Deane (Woody Harrelson) on a public basketball court. At first Sidney thinks the goofy-looking newcomer is an easy mark, until he finds out that Billy's droopy socks and baggy shorts are just part of the con. So he proposes a partnership and Billy accepts. And look out, cause the two are about to try to clean out every chump in town.

Along with the spectacular basketball skills that are shown throughout the film, the audience has to laugh at the women in Billy's and Sidney's lives. Both women are extremely tough and want to get out of the life they are leading. Therefore, money is extremely important to them, so when Billy keeps losing his girlfriend's money to basketball games, she leaves him again and again.

Although this film is about basketball as an arena where male egos lock horns, there are actually two smart women at its core. The Director, Ron Shelton, says "My movies are just a bunch of guys messing around while women get on with the real business of life." If the most sophisticated

WHITE MEN CAN'T JUMP



HOROSCOPES

Sorry ... only came up with a few this week. You get to pick your favourite!!! Isn't that exciting?

Your unsightly body hair can be eliminated easily; or you can braid it up pretty or let it blow in the breeze for that "natural" look.

Horoscopes are a drag. Read cereal boxes instead.

Seek professional help. A plumber will do.

To the VOX IDIOT who doesn't like horoscopes.... yours for this week is complete hair loss!!!

This is your

by Buckwheat FRAMPTON

Upon this page I write a note. if not my mind my soul to vote. My thought today the plane inclined. to ask you to be my valentine.

Your eyes like the morning dew. Profound beauty there may be only one. with a smile so bright it can shade the sun.

Squander, ponder, quibble, quote. At times I hit a sour note. All and all I hope you don't mind. That I have sent this valentine.

And if I should leave before you find the one who sent the valentine. Time will pass the world will turn. and for you still my heart will yearn. But as my heart is brittle as wafer. I can only give you my heart on paper.

As you read the poem that I did make. The poet you believe must be a flake. Yet in all your years you'll find so true. A valentine's poem as one I gave to you.

FIN

And now, my dear. Who says anonymous are not much fun? And even if you shan't like me. There's always work at card companies!

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the PICARO



VOL 27. NO. 22

MOUNT SAINT VINCENT UNIVERSITY

Wednesday, April 1, 1992



RECEIVED
MSVU ARCHIVES
APR 1992



OP/ED



To The Editor:

I have recently heard a few things about the student union at the Mount which I am really angry about.

First of all, why does the president of the student union feel she can use our student fees to rent herself a car for the weekend for personal use? Rumor has it she did this in September.

Second, is it true that a certain other student union executive member had her hotel room paid for in Toronto while she was there for a future job inter-

view -- the room paid for by student funds?

And last of all, I have heard from a few people who know that some student union members have taken out large loans from the student funds and have not paid it back yet.

I'm sick of all the crap going on in that office. Who do they think they are and who do they think we are that we should take it? Get them out of there!

I hope next year's executive can take their responsibilities more

seriously. It's too bad a responsible person like Lynn Isenor didn't get in this year. Let's hope Dave Wynn can set things straight.

-- A concerned student

P.S.: By the way, I also heard that at Saturday night's student union party at Vinnie's, they all danced on the tables and broke three of them. Apparently they think it's quite funny.

Will we as students be paying for those as well?

To the Editor:

I'm writing this letter for two reasons. The first part I'd like to address to Shelley Hines and Rebecca Moore regarding their letter which was published in last week's Picaro. It is unfortunate that we (the candidates) were unable to answer questions from you and your fellow residents. The decision to "cut things short" was made by the Chief Returning Officer, Rhonda Bursey....this was done without discussing it with the candidates.

We were allotted a brief time in which to introduce ourselves (a half hour for approx. fifteen candidates) and give a short blurb on our platform....this was obviously not enough time to address the concerns and issues which were important to our students

living on residence. For this, I offer my sincere apologies. During the week of campaigning, I deliberately left my schedule open in an attempt to see as many students as possible....this, I feel, is what campaigning is all about - reaching and touching base with as many constituents as possible. Once again I apologize to those students who feel they were jilted out of voicing their concerns to the candidates.

My other reason for writing this letter, is to express my heartfelt thanks to all the administration, faculty, and most importantly the students who supported me prior to, during, and after the elections.

Thank you
Lynne Isenor

Canada Employment Centre for Students

The Canada Employment Centres for Students in Halifax, Dartmouth and Bedford will be opening soon to help students to search for summer jobs. It provides access to and info on job vacancies, group info sessions, on job search techniques, resume writing, interview skills, etc.

For more info. contact:
Jason Billard

Last week I got onto the elevator on the second floor of Seton with two women clutching women's studies textbooks. We pressed the fifth floor button, but the elevator began a descent to the first floor.

"Oh, great", one woman complained.

The other gave her a reassuring pat on the shoulder and said in a soothing voice: "Don't worry. Men have been bringing us down for years."

To that one: WEIRDO!

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STUDENT LIFE:

CARLETON U SAYS NO TO
PETS ON CAMPUS

by Martin Chester

VANCOUVER (CUP) -- The British Columbia government has made good on its election promise to freeze tuition fees.

In the NDP government's first budget speech on Mar. 26, finance minister Glen Clark announced a 4.3 percent increase in funding for colleges and universities, and a one-year tuition fee freeze.

Over the last 10 years, fees have increased 190 per cent at universities and 254 per cent at colleges. In the same period, inflation rose 77.5 per cent. B.C. students pay about \$1800 in tuition fees each year.

Post-secondary education minister Tom Perry said the freeze will take effect in September. The province will also examine the barriers to colleges and universities, he added.

"We feel good about this," Perry said. "We're fulfilling a campaign promise we made and, given the difficulty students have had with the Canada Student Loans and our inability to change things on a federal level, I think this will help students."

The Ontario NDP government sparked outrage among students by hiking fees in 1991, despite their pre-election promise to freeze them.

Jacque Best, chair-elect of the B.C. wing of the Canadian Federation of Students, said the B.C. announcement is a victory for students.

"We were concerned a couple of months ago because it didn't look like it was going to happen, but there was a rallying around the issue, and we forced the government to keep its promise," she said.

CFS organized a post-card writing campaign which influenced the government, Best said.

"Given the increases we were going to have, there are students who will be able to attend colleges and universities who otherwise would not have been able to," Best said.

Perry said the government will increase the number of spaces available in universities and colleges by up to 3,000.

Best said CFS is still concerned about the 10,000 students who were turned away from colleges and universities last year.

The budget pledges a two per cent funding hike to cover inflation, and an additional two per cent to make up for the revenue loss of the tuition freeze.

Opposition education critic David Mitchell could not be reached for a comment.

EDUCATION:

BC GOVERNMENT FREEZES
TUITION

by Ali Biggs

OTTAWA (CUP) -- Forget universal accessibility -- some dogs will never see their day at Carleton University.

The administration is peeved about pets, and now they've banned them from campus.

With the exception of animals trained to assist people with disabilities, pets will not be allowed in buildings after May 1. Dogs brought on campus must be leashed and under the control of their owners.

Beverly Plato, Carleton safety officer, said allergies and the safety of students and staff are behind the new policy.

"There are people who are so allergic to pets that they could have very severe allergic reactions just from being in an elevator that a pet was in," said Plato.

She said that the safety of pets was also a concern.

"If students take their pet into the lab, they might spill a chemical on their dog," she said.

Carleton student Mike Gifford, who brings his dog Nipper to campus regularly, said the no-pets policy is irrational.

"She's cleaner than most of the students are," said Gifford.

"It's really too bad that they went off and did this."

But Plato said the university is a work place and pets have no place there.

"The buildings are treated as office buildings, and if you call any corporation they'll say they don't allow pets," she said.

Student council president Samantha Sheen said some women bring their dogs to campus for protection late at night.

"In a flash administration gives us a policy about pets, but you have to pull teeth to get rid of 2,4-D," said Sheen. "I think it's ridiculous."

NEWS

Residences to get
overnight male visitation

by Jannine Shave

On Monday, March 30 at the Residences' final dinner, a loud whoop of joy could be heard coming from the cafeteria when Dr. Carol Hill, Dean of Student Affairs, made the much awaited announcement--overnight male visitation will begin in September, 1992.

"The students themselves are responsible for the decision. We felt comfortable taking the proposal forward just on how they handled previous changes in the male visitation policy," said Dr. Hill.

A sub-committee of Student Affairs consisting of Suzanne Campbell, DON of Assisi Hall, Lisa Pinhorn, DON of Vincent Hall, Andrea Mailman, Resident Assistant coordinator and Barbara Crocker, the Housing Office, wrote a survey for all the residents to fill out. "The committee has worked really hard at meetings, proposals, etc. We sent out a survey, phoned other universities to find out their policies and put everything together to send to the president's forum who made the final decision," said Pinhorn.

The biggest concern that the committee had was the safety and security of the residents. "We didn't want people to be able to come and go as they please," said

Dr. Hill, "but everything has been done to take care of the safety and security issues."

Resident students are elated. "It's going to be an exciting time in residence next year, because the energy will be up, and everyone will be in a better mood," said Kelly-Leigh MacIsaac, a resident assistant.

Even students that are not going back to residence next year are excited about the new policy. "Just to see some changes is great. In the last few years, we went from no visitation, to visitation, now to overnight male visitation. We are progressing, not regressing," said Aleeta Strickland, a third year resident.

"Times that men can be signed in are not definite, yet. However, everything will be worked before September, such as the rules and staff being trained to deal with anything that may come up," said Crocker. "I want all the rules to be very clear, so students know where they stand," she said.

"It will be really good, it will increase morale and spirit in residence. People will be more inclined to stay and participate in university and residence activities, like Friday night dances," said Jodi Boone, Student Union residence representative.

Improved spirit and morale in residence seems to be an overall theme for residence students,

especially for the residence council. "I think we'll see an improvement in morale and an improvement in residence life for people who already live here and who are coming in," said Angela Selig, Assisi Hall Treasurer for this year and next year.

"Next years residence council should really take advantage of this great advancement. This year the activities we organized for the weekends didn't really work because residents went home on the weekends. Now the girls' boyfriends can come visit them without having to have the extra cost of a hotel to deal with," said Monica MacLeod.

This year has been really productive for the resident students. Forums took place for the first time ever. From these forums, the residents have already seen changes, laundry facilities have been improved in Assisi Hall, all the rooms in Evaristus Hall will be freshly painted this summer, telephone lines will be extended to the residences, along with possible computer hook-ups with the university's main frame. All these improvements as well as the new visitation policy is a great step for the residences at the Mount.

"We've been talking about this for so long it doesn't even seem real. Two or three years ago, this was an impossible idea," said Pinhorn.



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Philosopher's
Corner

by Scott Murray

Is there any possible way to eat a Tim Horton donut without getting all that white stuff all over your face?

What is that white stuff anyway?

All things have an end, except sausages; they have two.

How do you spell?

If the guy who discovered the Orange also discovered the Apple would he have named it the Red?

Feature

Diabetic University Students

Scott Murray

When Beth Shaw went to Mount Saint Vincent University a few years ago, she had lots of friends. She skipped the occasional class and partied at Vinnie's every so often just like everyone else. Although she ate in class a little more than most, she still looked and acted like any other student. And every day before classes, she gave herself an injection.

Shaw has diabetes.

And like Shaw, university students with diabetes can still lead active lives if they learn to control the disease, accept that they have it and remain optimistic.

University students are most likely to have Type I diabetes, in which the body either produces too little insulin, or none at all. According to the Canadian Diabetes Association, less than 20 per cent of all people with diabetes have Type I. It usually occurs in people under the age of 40, and its onset is often rapid with severe symptoms.

While Type II diabetes usually occurs in people over the age of 40, it could also occur in younger people. In Type II diabetes, the body still produces insulin, but can not use the hormone to make use of glucose. Its onset is slow and it may show no symptoms at all.

Shaw, who is now the programme

co-ordinator for the Nova Scotia division of the Canadian Diabetes Association in Halifax, accredits control for her active lifestyle in university. "I was well controlled. I had no reactions in class."

Shaw took her insulin injections first thing in the morning and just before supper at night. She also tested her blood sugar levels two or three times each day.

Shaw also discussed her diabetes with her friends and professors so they could help her control it. "Let them be your second sight. The more who know, the better."

Shaw says it is important for friends to know how to help you in case of a reaction.

Diane Tinkham, a nurse/health educator for student affairs at the Mount, says the most common problem among students with diabetes is their blood-sugar levels are "out of control." This is usually brought about by the flu, extra stress, an improper diet, a lack of sleep or a combination of such things.

"Cuts don't heal as well if sugar is high and they (the students) also have problems with circulation," says Tinkham. "It's something you have to learn about."

Shaw recalls a couple of classmates who also had diabetes but did not have the control she did.

"One showed the classic symptoms of no control. He was a drinker and always had a Mars bar. He

was pale yellow and his eyesight was going. He was the only other diabetic at the Mount I knew. There was another one who won a Pub Crawl that year."

"Needless to say, neither of them is still with us," Shaw reveals that one died from diabetes-related complications soon after graduating from the Mount. "If you can control it, you can lead an active life," says June Lumsden, the co-ordinator of athletics and recreation at the Mount. "We love to see everyone active in some sense."

"Most of them cope very well," says Tinkham. "One or two of them try to deny it totally." As a result, these students become "annoyed, exasperated and frustrated." Tinkham said they develop a certain attitude of denial towards having the disease, which will inhibit their ability to learn to live with it.

Shaw says accepting her diabetes was necessary to maintain her studies. "I couldn't sit through a three hour exam. I had to talk to my professors. Some were interested in finding out more information on diabetes."

According to the Canadian Diabetes Association, one in every 20 Canadians has diabetes, but only half realize it. This means about 150 Mount students have some form of diabetes or are developing the symptoms. Even

taking into account the number of students who consult family physicians or the clinic down town, Tinkham says not all of them are accounted for. "Obviously there are those who don't realise they have it."

Lumsden says, "No one has approached the (athletics and recreation) department concerning possible difficulties yet. We haven't really had the opportunity to assess the situation."

"People wait a long time before they acknowledge the signs," says Lumsden. "Sometimes they pass it off as something else."

Some of the symptoms listed by the Canadian Diabetes Association are increased hunger, constant thirst, extreme fatigue and frequent urination. People with diabetes may also suffer from blurry vision, abdominal pains and itchiness. They may also have sweet-scented breath, and their cuts, infections and sores heal slower than normal.

Remaining optimistic and concentrating on the affirmative side of life are also important for university students with diabetes. They can remain as active as their peers if they remember to enjoy themselves.

"I didn't feel left out at all," Shaw says jokingly about her years at the Mount, "except I couldn't have a 'fancy drink' like a Singapore

Sling!" Shaw believes her positive attitude helped her lead a normal university life.

All my friends knew, so I was the designated driver," adds Shaw humorously. "By the way, syringes don't make good darts."

Tinkham confirms Shaw's positivism as being the key to leading an active life. She advises students to stress the positive aspects rather than the negative.

"The people who do the best are the people who dwell on the positive. The ones who see the glass as being half full, not half empty."

These girls are trying to cope with so much," says Tinkham, "They have all the usual problems, plus those associated with diabetes. Their problems are not trivial." Tinkham also says students with diabetes should remember to live their lives to the fullest. "Just enjoy yourself. Enjoy the life you have."

Most people who have diabetes lead normal lives without severe difficulties says Shaw. "My favorite expression is 'You don't look like a diabetic.'" Tinkham said this is also true for Mount students with the disease: they tend to manage their lives with very little inconvenience.

Shaw suggested one simple piece of advice for Mount students with the disease, "Put yourself first before peer pressure."

Mount to Open Centre for Women in Business

by Fiona Gibb

As an increasing number of women enter the work force, there is a growing need for resources and support for their special business needs. The Centre for Women in Business (CWB) opening this spring at the Mount plans to fill those needs.

The idea for the Centre originated in the Business Administration department and the Institute for the Study of Women. The business department conducted research into the needs of women entrepreneurs and found women have different business needs than men -- women entrepreneurs are more likely to start businesses in their own homes, at a smaller scale and with their

own money.

"Our mandate is pretty clear," says June Saunders, Executive Director, CWB. "Right now, we're trying to establish a data base for women entrepreneurs. We want to be a central clearing house for information. We will be able to refer women to the sources of information they need."

The CWB plans to collect the information that is available for women entrepreneurs and organize it into a comprehensive system. "There is information out there," says Saunders. "The problem is how to find out about it."

Currently, the Centre is not officially open until June, women entrepreneurs are already

calling the Centre for information and assistance.

Saunders is also looking at beginning a year long mentor program to put new businesswomen in touch with experienced entrepreneurs. "Ontario has a successful program in place called The Step Up program," says Saunders.

Public Relations Co-op student Mary Cameron has been developing a communication plan for the CWB. She has also been working with the MSVU Development Office to co-ordinate fundraising efforts for the Centre.

Currently, the Centre is funded 75 per cent by ACOA and 25 per cent by the Mount. In

March 1993, the ACOA funding will be reduced to 50 per cent, university funding will be 25 per cent and the remaining 25 per cent will be raised by the CWB.

The Centre will officially open on June 23 with a fundraising banquet at the Mount Art Gallery. A successful female entrepreneur will be the keynote speaker.

"It's taken a lot of effort to get this far. I like to keep this quote from Abraham Lincoln in mind -- 'If you have eight hours to cut down a tree, spend six hours sharpening your axe.' That's so true -- we want to be ready with information that's important to women when we open."

* Currently there are 12,000 women entrepreneurs in Nova Scotia.

* Of the 1.86 million self-employed in Canada, 32 per cent are female.

* Between 1986-89, the percentage of females who were self-employed full-time increased by 38 per cent. The number of male self-employed full-time increased by 16 per cent during the same period.

* By the year 2000, one in three of those self-employed will be women.

Feature

by Margaret Kenneally-Ashley

After reading "Living With Cancer" in the Picaro (Jan. 15/92) I was inspired to write a few lines about my experience with cancer. Possibly my experience with cancer may help some one else by encouraging them to seek medical advice which may possible save their life.

It was September 1990, I had finally reached my last year of university. I would graduate in May. I had just spent July and August in summer school working off my two last business electives because I knew I could not work full time and complete the last five or six required subjects I needed to graduate.

I had suspected there was something wrong with my breast for sometime but when I did a self examination I could feel nothing that would alarm me to seek a doctor's opinion. My breast started aching in one area but still I was unable to see or feel any signs of a lump or any thing that would send up warning signals. In late August or early September I did have a visible warning sign but my ignorance about breast cancer prevented me from being alarmed. Stupid, yes especially since I was already worrying. Possibly this is the self denial we all read about. At the time I was on campus here at Mount Saint Vincent University living in Lourdes Hall. There were no doctors on campus during the summer of 1990 and Dalhousie Medical Clinic was just too far away for me to be bothered and it was probably my imagination anyway. The aching continued and I continued to ignore it. Finally I made a doctor's appointment to have a physical but when I got there I chickened out and said I went to have my blood pressure checked.

Why was I so dumb to wait so long?

Good question. Possibly a subconscious fear. The doctor was not the one I was accustomed to seeing and I could not detect a lump per se. There was a ridge that was not in my other breast. But the problem with that was, one time I would feel it, another day I could not. I finally went to the doctor just to ease my own mind. All she could do was say, "Don't be a silly woman, you are perfectly healthy." During this visit I first said I came to see how my blood test turned out. I almost left a second time because this was a different doctor than I had seen earlier. My final approach was "Doctor, it's probably nothing but I would like you to have a look at my right breast. There is probably nothing there but I want you to tell me that." This was not

the case. I heard those horrible words that no woman wants to hear. "Yes, you do have a lump, Margaret." This doctor was not one of our regular doctors on campus. The doctor tried to tell me that 80% of all breast lumps are benign cysts. Which is true. Cysts can be spirited (drained by inserting a needle and withdrawing the fluid from inside the cysts) and that is the end of it. But what the Doctor was saying to me and what she was saying on the phone were two different things. One would have to be deaf, blind or stupid not to know that her prognosis was serious. It would have been better to have heard the pros and cons of what she thought might be there. Not just a one-sided scenario. Most of us want honesty when we see our doctor because sooner or later we have to deal with the problem, medical or otherwise. Mine at the moment is being a "Paranoid Wimp."

From that point on my life changed forever. It was like I got on a Roller Coaster I could not get off. In less than two weeks I had a mammogram, saw a surgeon, had a needle biopsy and was scheduled for surgery. From

does bother me. It was horrible to be wheeled into the operating room to know that you will never ever be the same again. And I still have tears for the missing part of my body.

A lot of older traditional women do not want to know more than is necessary. Many younger women want to know everything. I am one of those who want to know everything. By researching and reading about cancer of the breast I hope there will not be any surprises. Also I hope I will learn some quality information that will help prevent cancer from occurring in my remaining breast. We have two; once you have had primary tumour in one breast the risk factor becomes higher for the second breast and the risk percentage continues to increase as we get older.

Although the purpose of this paper is to help anyone who may be faced with breast cancer I still find it difficult to write about some things. For instance, I totally blocked my experience in the hospital and surgery out of this paper and I am only now filling it in. Since the operation was considered emergency surgery at admittance I had to wait

But they took it anyway. At eleven p.m. I was shuffled down to the X-Ray Department. The whole experience was such an ordeal in its entirety that my mind cannot recall how I got there. I was permitted to look at the pictures of my lungs are one of the six places that breast cancer is known to frequently recur. The other areas are the liver, brain, spine, thigh bone and hip bone.

I did not sleep much that night. I restlessly walked the halls unable to settle down. At 3 a.m. I finally asked for a sleeping pill and fell asleep only to be wakened at 5 a.m. to be prepared for surgery at 8 a.m. I have no idea why they woke me so early. It does not take three hours to have a bath with disinfectant soap and have your diseased breast painted with some kind of disinfectant dye or whatever. When I finished my bath I looked in the mirror to see my body as a whole entity. it was not beautiful but it was whole. It would never be that way again. I was given some kind of pill to relax me and was attached to an intravenous. The pill either did not work or I was given it too late. At 7:45 a.m. I was placed on a stretcher and wheeled to the

return for further surgery a week later. I found it too stressful the two weeks I was going through being diagnosed. I did not sleep more than 2 or 3 hours a night. I felt I just could not go through any more mental torture. When it came down to a decision I told Dr. Vair, "Do whatever you have to and get it over with. I just can't function any more." At the time, I did not know enough about breast cancer to make a qualified decision. I was too stressed to research the subject and decided that I had to lean on the Doctor's knowledge, expertise and interest in my well-being. I preferred immediate treatment if the final diagnosis proved to be malignant (cancer).

I slept all that day, waking only occasionally. The next day I slept mostly but was sick to my stomach several times due to the anaesthetic. By Saturday the other patients were annoying me so I guess it meant I was feeling better and I was discharged Sunday. I stayed off campus two weeks after I was discharged from the hospital and returned to resume my studies and hopefully graduate.

Around December 13, 1990, I returned to work at the Rosaria Information Desk. This was very difficult because physically I did not feel strong, emotionally I was still a wreck and my chest, under the arm and arm itself had continuous changes in sensation that ranged from a burning feeling mixed with an uncomfortable sore feeling of pressure, forcing me to pull away any article of clothing that may be pressing on the area effected.

The whole area may have pins & needles sensation or just an annoying pain that does not make sense because there is no sensation of touch.

It is strange, but whenever I thought of cancer it was something that happened to other people. I had none of the risk factors associated with cancer, so I thought I could not or would not get cancer. But I have discovered that I have the greatest risk of Breast Cancer because "I am a Woman."

Although I have lost my breast and lymph nodes in a modified radical mastectomy I feel that I am cured. I believe that my immunesystem has taken care of all those little suckers I spoke of earlier. Positive thinking is part of the cure.

Yet often I feel defeated, drained of all energy. I graduated May 10, 1991, with a Bachelor of Business Administration. At the moment I am holding a term position that terminates the first week of March.

Facing Breast Cancer

September 27, 1990, to October 10, 1990, when I was advised by Dr. Vair that I needed a Modified Radical Mastectomy (amputation of the breast and removal of axilla lymph nodes) life was one continual nightmare. The tumour was as big as a man's thumbnail (1 cm). To me, it seemed like a terribly drastic solution for something so small. This was Wednesday and I was to report to the Infirmary Hospital the following Monday October 15, 1990, at 10 a.m. and schedule for surgery Tuesday morning at 8 a.m.

Often, women say losing a breast did not bother them. Their focus was on the fight against cancer. And, indeed, it should be.

I do not know if that means I am vain or what but all I could think about was losing my breast. The cancer, as serious as it is, was my second worry. I knew way back in my brain that this was important to save my life and must be dealt with but the means to the end was so horrible that I was consumed with the fear of having to take that final step "a mastectomy—one breast gone." All I could think of was how ugly my body was going to look. No more bathing suits, no more fitted dresses. Yes, losing my breast did and still

for an available bed. After the required information was taken and before I could be taken to my bed I was escorted up to another floor in the Infirmary and was put on a heart monitor. I guess they wanted to make sure I was not going to croak on the table. Early that evening I was visited by both Dr. Vair (surgeon) and anaesthetist separately. I was asked a few questions pertaining to their field of both doctors. After they left I was restless so I asked to leave the hospital for a while. I was given a pass until 9 p.m. I spent the full two hours walking around the well-lit streets of downtown Halifax. My mind went over and over ... What have I done to cause cancer? Why did God do this to me? At one point, just before I went in the hospital, in one of my talks with God I was down right disrespectful to Him because my exact words were "God, you must really hate me." I was angry at God, at myself. Why was I given this burden when I had carried so many already in my lifetime? I returned to the hospital on the dot of 9 p.m. Shortly after my return someone came from the lab to take blood they needed to match for blood transfusions during surgery. I told them they did not need to take it because I was O RH negative.

operating room crying silently all the way. The operating room had wall-to-wall people. I surmised later they must have been student interns or nurses. Someone in the crowd made the remark, "She's not very happy this morning." I felt like saying, "you get up here and let me cut your boob off and see how well you like it." But I did not. At that point Dr. Vair came over to check me and I was put to sleep shortly after.

The next thing I remember is being wheeled down the hall and a female intern (I learned later) was saying, "Margaret, You had cancer as we suspected." Someone else told me they had to give me a transfusion. It came from away off in the distance and I cannot remember if it was before I was wheeled down the hall or during that time. I later found out from another patient that I did not return to my room from recovery until 2:30 p.m.

Almost all literature you read on breast cancer will recommend that patients should have the surgery in two steps. First, patients should have a biopsy by either local anaesthesia (frozen similar to what the dentist does with a needle) or general anaesthesia (go to sleep). I, personally, did not want to go to sleep have a biopsy, wait a full week, only to

Feature

Therapy of Karaoke

by Shayla Steeves

Allan Creaser remembers family sing-alongs around his grandmother's piano as a kid. Now the owner of a Halifax pub, Your Father's Moustache, Creaser provides an opportunity for people to benefit from the therapeutic power of "sing-along" Karaoke.

"Entertainment goes in cycles, people want to be involved and participate. You can sit back, watch, laugh and be entertained or you can participate," says Creaser. "There's no question, it (Karaoke) is some form of therapy."

Andy Warhol, pop artist, once said that "everybody's a star for 15 minutes of their life." Standing up at Karaoke and belting out three songs has fulfilled this prediction for some. For others it is an opportunity to let their hair down and just relax.

"Karaoke machines bring out the rock star, lounge lizard and sultry jazz singer in people who have dreamed of performing in public, but never dared. They attract the good, bad and downright ridiculous, but regardless of the talent it's great entertainment," cites a 1991 article from a metro newspaper.

Creaser witnesses the healing power of Karaoke every time someone enters the "starlight." It is magical how the emotions generated by music spread throughout the pub's audience. "It's a rush, people admire the

fact that people get up. They do it for attention," says Jeff, who prefers not to release his full name. After performing, Steve LaPage returns to his huddle of friends where one says knowingly, "Steve always want to be in a band."

Music has been proven time and time again as a healing agent for day-to-day stress and depression. Mike Comeau, an avid Karaoke performer, says "Music is essential, it comforts you to let you know that you're not alone. For some people [Karaoke] is a therapy, it can develop confidence," adds the 33-year-old Comeau. "Anytime I am down, I play the song 'These Broken Wings' by Chris De Burgh. My guitar is my best friend."

deed, laughter is a powerful "natural" medicine. "One hundred laughs a day provide a cardiovascular workout equivalent to ten minutes of rowing," says Dr. William Fry, professor emeritus in psychiatry at Stanford University. Dr. Mel Borins agrees: "God in His wisdom," he says, "designed laughter as a survival mechanism for the whole human race. How many times have you laughed today? If your count is under 100, then I think you can do better."

Gail Crook, the host of Karaoke at Vinnie's Pub, agrees that Karaoke can be a therapy for stress. "In the end yes, a lot of people get twice as stressed out before they get up there, but when the applause starts they love it."

the barn. Music therapy has been practised in society since the beginning of time. Anyone can benefit from the therapy of music simply by taking a walk in the sounds of nature. The lyrics, and melody of a song makes us feel good about ourselves.

Karaoke, a Japanese word meaning "empty orchestra," rekindles that "around the piano family feeling." Some people flag it as being a hi-tech version of the once popular television show, "The Sing Along Jubilee."

From a sociological perspective, Karaoke gives people the opportunity to pretend. To venture on a "fantastical escape" from reality. To forget about life's problems and sing and be like

are, as long as you're up there, you will be well received," says Rejean Cournoyer, a Karaoke host at Your Father's Moustache. "Karaoke is a self-esteem builder, it totally makes you laugh which is important."

Results from an informal survey held at Vinnie's Pub were that four out of five people consider Karaoke to be a type of therapy for stress, a place to fulfil their inner desire for stardom, and a 1990s version of the once popular television special the Sing Along Jubilee. Universally people respond that music is a therapy.

Is the "sing-along" trend of Karaoke moving back into the "piano parlour?" A 1991 Business Week article reports that "at least eight manufacturers are selling home karaoke machines." These machines range in price from U.S. \$100 to \$2,000. A 55-year-old homemaker states in the article: "It [the home karaoke] has brought me out of my shell."

"In Japan," notes Cournoyer, "families buy Karaoke machines like we would buy VCRs and use them for family entertainment."

Stressed? As Bette Midler sings: "You've got to laugh a little, cry a little, before the clouds roll by a little."

Creaser, whose metro pub sparked this sing-along trend, says "to come experience and make memories at Karaoke." Gather around the Karaoke stage -- the gang's all here!

Sing and Laugh Away Stress

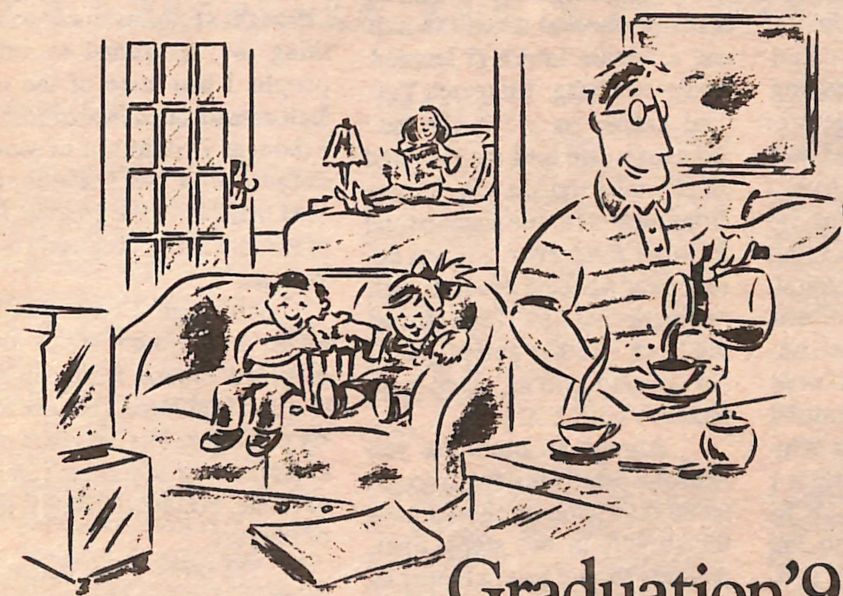
At Karaoke, everyone is tempted to sing and everyone catches the laughter bug. "Where does any individual have the opportunity to get up and entertain, feel the applause and laughter," remarks Creaser. "People come in here and when they leave they feel good."

Singing is in the same category as laughter. It provides a release for built-up tension. In-

Everyone knows that music has emotional appeal and evokes a change in behaviour. At a parade, the drumbeat in a marching band is uplifting and quickens the heart rate. Elevator and mall music aim to soothe shoppers. Soft music is often heard playing in medical offices to relax the patients. Studies have proven that cows give more milk when classical music is played in

someone else for a while. How about Madonna or Willie Nelson? Variety shows are a favourite source of entertainment. It is a revival of the shows you put on for your parents as a child to those held during high school winter carnivals.

A therapy in itself is making other people laugh. "The whole crowd is in the same boat, no matter how good or bad you



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A Year in Sports



MEN'S BASKETBALL

The Men's basketball team finished their regular season with a record of 16 wins and 4 losses. They were ranked first in the NSCAA, and defeated NSTC in the championship game, to again make MSVU history, as the Mounts first men's team to win back to back provincial championships. Tony Ross was selected to the first all-star team, and Andrew McNeil and Mark For-

ward were selected to the second all-star team.

The men then went on to the CCAA National Championships at Seneca College in Ontario. They were ranked sixth going into competition and came out fifth, with 2 wins and two losses in the tournament. Tony Ross was selected to the National All-Tournament team.

WOMEN'S BASKETBALL

The women's basketball team, finished their regular season with a record of 11 wins and 5 losses. They were ranked second in the NSCAA, and lost in the Championship game to NSTC. Alex Taylor was selected to the

first all-star team and Jocelyn MacLean was selected to the second team all-star. Alex Taylor also won the NSCAA Most Valuable Player which also includes earning the All-Canadian award.

WOMEN'S SOCCER

The women's soccer team finished their regular season with 8 wins out of 8 games. They were ranked first in the league, and defeated NSTC in the championship game. Audrey Norman, Shelley Eichel, Darcie Moore, and Jennifer Ayotte were selected to the NSCAA all-star team. Shelley Snair won the All-Canadian award.

The women then travelled to Fanshawe College in Ontario to participate in the first ever CCAA National basketball tournament.



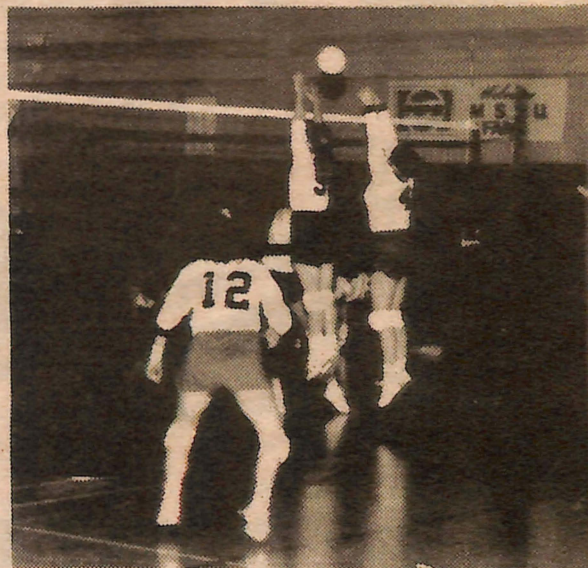
CO-ED BADMINTON

The co-ed badminton team played in four tournaments during the year and finished second in them all. At the NSCAA championships, the Mount won two titles. Cory Beals, the men's singles player was ranked second in the league and defeated the first place seed to win, and Troy Locke and Marco Tajada, the men's doubles team captured their title. The players then travelled to Ottawa to participate in the CCAA National Badminton Championship with coach Karl Lingley.



WOMEN'S VOLLEYBALL

The women's volleyball team finished their regular season with 18 wins and 2 losses. They were ranked first in the league but lost to NSTC in first round games. Krista Naugler was selected Most Valuable Player of the NSCAA. Krista also won All-Canadian. The team's head coach Howie Jackson was selected coach of the year.



INTRAMURAL AWARDS

WINTER CARNIVAL VOLLEYBALL TOURNAMENT

Team - Hunka Hunka
Burnin Love

Ray Burns
Rodney Fougere
Simon Hurd
Liam Clancy
Alanna Mason
Cindy Fanning
Deborah Colvin

3 ON 3 BASKETBALL

Nelson Angel
Andrea Drake
Byron Fillmore
Carolyn Lamarche

TEAM OF THE YEAR

Team - Off Campus
Alanna Mason
Rodney Fougere
Nadine Hines
Simon Hurd
Dennis Sheen
Steve Quinn
Colleen Sherman
Jennifer Duynisveld

WOMEN'S VOLLEYBALL

Team - Evaristus/Assisi
Callie Davidson
Lynn Wambolt
Karen MacIsaac
Nicole Rafuse
Janice Gaudet
Colleen Austin

BILLIARDS

Fall - Tony Jabbour
Winter - Trevor DeSilva

TABLE TENNIS

Fall - Troy Muggah
Winter - Geevan Sankersingh

BOWLING

Fall - Dale Mizel
Jodie Boone
Tammy Wilcox
Scott Pelton
Winter - Jennifer Duynisveld
Steve Quinn
Colleen Sherman

WIN LOSE OR DRAW

Team - Evaristus
Renee Powell
Donna Proctor
Judy Morrison
Melanie Huzeleger

TOBAGANNING

Rookie of the year -
Mitzi Clarke
Most snow in the face
Dennis Sheen

ATHLETIC SUPPORTERS OF THE YEAR

Alanna Mason
Simon Hurd

RECREATION COUNCIL

Callie Davidson
Mitzi Clarke
Keri Sutherland
Katie Robinson
Arita Edwards
Jodie Boone
Steve Quinn
Nadine Hines



