

# THE JOURNAL

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## Hints of Spring



# Take-A-Look

### Luncheon

Saint Mary's University 2nd Annual MBA Luncheon will be held Friday, April 4th. Guest Speaker for the noon hour event, marking the 10th Anniversary of the MBA Program at Saint Mary's, will be Robert Shaw, General Manager of Clayton Developments Limited and President of the Canadian Home Builders Association. All former MBA Students and guests are welcome.

### Film Against Smoking

How can filmmakers attack the issue of smoking? Let's admit it: trying to get smokers to quit is a difficult job. But discouraging young people from starting to smoke is the intent of Halifax director Lulu Keating's latest film.

On Sunday, March 23rd, at 11:30 a.m. CBC Television will be premiering this entertaining film, called **Starting Right Now**.

### AFFIRM

AFFIRM, a national organization for and of homosexual men and women in the United Church of Canada, now has a regional group. AFFIRM HALIFAX-DARTMOUTH has recently formed and gives gay and lesbian Christians in the area a chance to join a network of mutual support and exchange with others in the United Church. AFFIRM HALIFAX-DARTMOUTH may be contacted c/o P.O. Box 1642, Halifax, Nova Scotia B3J 2Z1.

### GRADUATION

(i) The graduation fee of \$20.00 can be paid from now to 8 May 1986 at the Business Of-

ice. Please obtain a receipt and take that receipt to the Registrar's Office in order that the number can be retained on file. The receipt itself is to be presented at the time when the academic gowns are distributed to eligible graduating students.

(ii) Students who do not plan to participate in Convocation are asked to so advise the Registrar no later than Monday, 28 April 1986.

### Grad Class Meeting

The last Grad Class Meeting will be held on Thursday, April 3, 1986 at 7 p.m. in Room 300 of the SUB. This is the last opportunity for grads to have any questions answered. An informal gathering will be held in the Gorsebrook Lounge following the meeting to meet other graduating students.

### Book Sale

A sale of books will be held at Dartmouth Regional Library, 100 Wyse Road from 9:30 a.m. - 2:30 p.m. on Saturday, April 5. Open to the general public.

### VOLUNTEERS NEEDED

The Nova Scotia Special Olympic Summer Games for 1986 will be held on the Saint Mary's campus Friday after-

noon and evening, as well as all day Saturday, 13 and 14 June 1986. Since approximately 300 mentally-handicapped athletes are expected to attend and to participate in track and field events, a large number of volunteers are needed to help these athletes who range in age from 10 years to approximately 30 plus.

If you are interested please telephone Heather Weld at 422-9877, or complete a volunteer's form available in the Registrar's Office.

Further information is available from the following individuals who are on the organizing committee: Elizabeth A. Chard; Don Keleher (Development); Dana Martinello (Conference Office); Keith Hotchkiss; Kathy Mullane and Helen Castonguay (Athletics & Recreation).

### Red Cross Club

The Saint Mary's University Red Cross Club will be holding a general meeting on Thursday, April 3rd in the Commerce Lounge (L169) at 7:30 p.m.

The agenda for the meeting will be the elections for the club's executive. All students, faculty and administration who

are interested in becoming a club member are encouraged to attend.

### Summer Session 1986

Thinking of a summer course? The Brochure for 1986 Summer Session at Saint Mary's University can be picked up at the Continuing Education office, MM101.

Over 100 courses in accounting, anthropology, engineering, management, psychology, sociology, and other subjects will be offered in both the first summer session, May 11 to June 26 and the second session, July 2 to August 14.

### STUDENT WORKERS REQUIRED

To assist with the sorting, distribution, and collection of academic gowns and hoods, as well as other matters pertaining to Convocation on Monday 12 May, a number of student workers will be required for specific hours of work from 8 to 13 May 1986. Anyone interested in applying to work during all or some of the above noted time is asked to see Murray J. Wilson, Assistant Registrar.

## ROCKWELL, MOORE

Barristers, Solicitors & Notaries

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Halifax, Nova Scotia  
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## SAINT MARY'S UNIVERSITY PSYCHOLOGY DEPARTMENT CONFERENCE and BANQUET APRIL 5, 1986

Studies on Terrorism, Elderly Retirees, Anorexia Nervosa, Effect of Fatigue and Adolescent Depression are just five of the fifty different topics that will be presented at the **PSYCHOLOGY CONCERANCE** on April 5th in the Multi-Purpose Room. The Conference is **FREE** and open to any one who is interested. Registration takes place at 9:00 a.m. and the Conference will end at 4:00 p.m.

Tickets for the Banquet/dance are available for \$7.50/person from the Conference coordinators, Dr. Linda Parrott (MS 308 A) and Mr. Faizal Junus (MM 308) and in the Colonnade on Mondays and Wednesdays 1 to 4 p.m. and Tuesdays 10 a.m. to 2 p.m. until April 3rd.

# NEXT WEEK

# WATCH FOR

# THE SCAR

Published, once only by the Journal Publishing Society, in what we hope is good taste. However, if you have any intelligence at all, you'll find it **SICK**.

# News

## New Campus police Chief Named

by Colin MacMillan

Patricia Smith, a fourth year commerce student majoring in Personnel/Industrial Relations, has been named chief of the Conference Office supported Campus Security.

The twenty-one-year-old native of Dominion, Cape Breton, has served as a Campus Security officer for four years, spending the 85-86 season as

one of four team captains.

She was selected by a committee appointed by the Conference Office under the direction of the co-ordinator, Dana Martinello.

Ms. Smith said that she would be pleased to work with the new Deputy Chief, Danny Coffee, and is "looking forward to a very successful year."

She also expressed appreciation for the changeover in name

from Campus Police to Campus Security. It is her belief that the term 'Police' drew negative images and reactions from the students and that 'Security' was also a more accurate description of the duties the organization performs.

Ms. Smith is the second female chief of Campus Security, the first serving eight years ago.

She will return next year as a graduate student.

## Grad Week Update

by Annette Richard

With the end of the term drawing near, plans are being finalized for Grad Week activities. A list of the events and times can be found in the center spread of the Convocation and Grad Week Information handbook. If any potential graduate has not received the handbook please check with the Registrar to ensure that your proper mailing address is on file. You should be able to pick up a copy of the booklet at the Registrar's office at that time.

The prices for the various events have been established and are as follows: Harbour cruise \$6.00, Pub night with

Tony Quinn \$2.00, Grad Ball \$10.00 (per person), and the Champagne Brunch \$5.50.

The tickets for the various events should be available at the SUB Information Desk on April 8, 1986. A package price is being considered for those who wish to purchase tickets for all the events. This will be decided before the tickets go on sale, thus you may inquire about this at the time you buy your tickets.

The plans for bowling on Wednesday, May 7, 10/1986 were not made because of difficulties of the availability of lanes at the various alleys in Metro. Plans are now being

made for an "activities day" and a party at Halifax's newest pub, The Thirsty Duck. Details should be completed within the next week and will be published in the last issue of the Journal.

The Grad Class will be holding their last meeting on Thursday, April 3, 1986 at 7:00 p.m.

in Room 300 of the SUB. This will be the last opportunity for grads to attend a meeting and ask questions which may remain unanswered. After the meeting, an informal get together will be held in the Gorsebrook Lounge to meet other students who will be graduating from St. Mary's University Class of 1986.



## Valedictorian Chosen

by Patricia Brown

Brent Augustus has been chosen Valedictorian for the first convocation held off Saint Mary's campus.

A native of Trinidad, Brent is a Commerce Student, majoring in Management. He is a former President of the Caribbean Society and an avid follower of sports and other activities around campus. He is also married and has an eleven month old son.

This year twelve students applied for the position of Valedictorian. This group was narrowed to four finalists from which the Valedictorian was chosen. When asked why he felt he was picked over the other

eleven contestants Brent stated that most of the speeches have similar contents but that presentation has much to do with the final results.

This marks the fourth consecutive year a Caribbean student has been chosen as a Valedictorian. There will be only one Valedictorian rather than the usual two at this year's convocation because there is to be just one ceremony, held at the Metro Centre.

Brent's plans for the future include a hoped for two years of study in England and returning home to Trinidad to live.

Runner-up in the contest was Shelley Anderson who will have the distinction of being the representative student to be hooded.

## Journal Executive 86-87

by Jude Ronayne

Last week *The Journal* elected its executive for the 1986-87 school year.

Of the eight positions elected on March 20, six had two or more candidates in the running. This was the largest slate in recent memory.

Colin MacMillan, this year's editor, has been elected for a second term. Mr. MacMillan also served as SRC chairperson during the first semester. He is a second year Arts student.

In the position of Entertainment Editor, Mark DeWolf is also returning for a second year. He will be back for his final year of a Sociology degree.

In the Sports department, Shane Ross will move from writer to editor. Mr. Ross will be completing his English degree in 86-87.

Two positions which were vacant for the latter part of 1985-86 have been filled by relative newcomers to the paper. Doug Walsh will take on the duties of News Editor and Paul McKeown those of Photo Editor.

Graphics have been a vital



part of the Journal this year and returning to this position is the artistic genius of Greg Brown, a first year Political Science major.

Joining the staff as Production Manager is Jennifer Hatt. Ms. Hatt is a Science student and has two years experience as editor of her high school yearbook.

There are also two new arrivals in the financial department of the paper. Keith Hickey is the incoming Advertising

Manager. As a Commerce student, Mr. Hickey feels this position will enable him to gain valuable experience in a related field.

Another Commerce student, Angela Thompson, will take over as Business Manager in September. Unlike the above positions, Ms. Thompson was appointed by the Journal's Board of Directors.

The staff at the paper feel that 86-87 will be a great year for *The Journal*, and are looking forward to September.

## Entrepreneurship Lacking At Saint Mary's

by Colin MacMillan

Entrepreneurship is the direction that educators say universities should be leaning towards in commerce studies. Unfortunately, universities are all but ignoring it.

"Schools are behind in the trend to encourage Entrepreneurship," says Lissa McRae, a commerce professor at Saint Mary's. Ms. McRae instructs a 400 level management course in Entrepreneurship; the only course in the subject offered to students not enrolled in the MBA program.

Students at other universities, though, are providing the Entrepreneurial atmosphere for themselves.

The Association of Collegiate Entrepreneurs (ACE) is a Wichita State University based

Network for Young-Minded Entrepreneurs'.

The aim of ACE is to provide Entrepreneurial minded people with the necessary information to open Entrepreneur clubs and help with any problems experienced.

Ms. McRae expressed the belief that a club of these sorts would be beneficial to the University, but only if initiated by students. Her belief is that students operating the club by themselves would provide a better understanding of the Entrepreneurial spirit.

ACE National Director, Verne Harnish, can make a club kit available for a small fee to interested students. More information may be obtained from Lissa McRae in the Commerce department.

# National News

## Collection Agencies Make Killings on Loans

OTTAWA (CUP) — Business is booming for the credit agencies the federal government employs to collect outstanding student loan debts.

The number of students who have failed to make payments has doubled since 1982, when 12,000 defaulted on their loans. According to Ted Kubacki, manager of the Canada Student Loans Programme, as many as 25,000 students could default this year alone.

To retrieve missing payments, the government uses three collection agencies — Associated Credit Bureaus of Canada, FCS International Limited, and Canadian Bonded Credits — to track down defaulting students and ask them to come up with the money.

With fewer grants, higher loans, increased costs, and slimmer job prospects upon graduation, the situation for students threatens to become worse.

But for Kevin Belgrave, manager of Associated Credit Bureau's head office in Toronto, business is brisk. "We're probably dealing with about 13,000 cases right now. We have at least one person, and maybe two or three in larger centres, handling Canada Student Loans in each of our 114 offices. Things are working out very well for us indeed, he said.

Because the federal government guarantees its loans, banks are less interested in helping debtors pay off an outstanding balance. Instead, says Hugh O'Reilly, assistant to NDP MP Dan Heap, "the banks seem a little trigger happy, in turning the loans over to a collection agency."

## Job Programme not Interesting to Students

TORONTO (CUP) — More businesses than young people appear to be interested in Ontario's employment training programme for disadvantaged youth.

Officials for the Futures programme say there has been a heavy response from businesses looking for trainees since the initiative was announced in November, but ironically there are more openings than young people to fill them.

While many young people are participating — about 12,000 have enrolled or finished — there aren't enough to fill the demand from business.

"The young people as yet haven't showed up as much as we'd like," said Vince Deangelis, programme manager

As soon as a bank turns a student's account over to a collection agency, the bank collects its money from the government.

The federal government sets guidelines that collection agencies must respect when dealing with debtors. "First of all, they have to gain the co-operation of the debtor," Kubecki said. Students cannot be verbally harassed, called at work, called at parents' homes, or encouraged to take out more loans.

But Barb Donaldson, chair of the Canadian Federation of Students, said collection agencies are repeatedly profiting at the expense of students.

"At the best of times, they operate on this side of the law," said Donaldson, who worked for a credit company one summer.

"Yet they somehow manage to get away with those things because students don't know their right under the law," she said.

Donaldson said a common violation many credit companies make is listing a client's student loan history in her or his credit file. "They're not supposed to do that, and they know it," she said.

In the House of Commons March 11, Liberal MP Lloyd Axworthy (Winnipeg-Fort Gary) asked if the government endorses "a general pattern of harassment of those who are benefiting from student loans."

Youth minister Andree Champagne said, "I am not aware of this being a policy in any way," and promised to bring the matter to Secretary of State Benoit Bouchard's attention.

Axworthy heard several cases

of debtor harassment, including a complaint laid by "a young man with a small child (who) had repeatedly tried to negotiate a long-term loan payment schedule with the bank and collection agency" but was still being harassed.

"This is not an isolated case," Axworthy told the House.

Donaldson said most banks are intolerant of student clients. "There are a few banks I can name that are very patient, but I think the majority would rather not give you the time of day, let alone the same amount of counselling you'd receive if you were someone else," she said.

A former York University student who asked not to be identified, said one collector tracked her down to an office

where she was working, although she said she had "absolutely no idea how they found that one out."

Belgrave said his collectors "find telephone work elicits the best response. It's long and tedious work, and the largest hurdle is to locate the debtor. That's our big problem."

Belgrave insisted his collectors remain within legal jurisdiction. "They have guidelines over what we can and can not do," he said.

Kubacki said it's "unfortunate" when a collector harasses a debtor, but "it's not a common problem. It happens from time to time (and when it does) we conduct ourselves in the proper manner."

According to Belgrave, col-

lection agencies are working to everyone's benefit. "Things have improved, certainly because the government has put this in the hands of private industry, which in the long run benefits everybody."

He said even debtors are helped. "The graduating student today has a much bigger loan than five years ago, and has a much greater debt to pay. The cost of everything has risen ... but things are happening very well right now," he said.

Donaldson said student leaders don't like to talk about defaulters "because it makes students look bad. But it can be connected to other things — unemployment, low income jobs, and enormous debt loads.

## Incidental Fees Contested

WATERLOO (CUP) — Students who refused to pay a fee for computer services at the University of Waterloo are demanding an immediate government decision on the legality of incidental fees, though the Ontario Federation of Students is urging the provincial legislature to look for a second opinion on what OFS calls an "extra billing of students."

About 100 U of W students didn't pay the incidental fee earlier this year. The administration let them register, but won't allow them to graduate or receive transcripts unless they pay up or the \$40-\$100 fee is overruled.

Student leaders charge that incidental fees are "a back door" of increasing tuition fees without contravening provincial limits. Similar charges are levied on many campuses in many forms, such as photocopy charges and fees for class hand-

outs and other materials.

Waterloo student councillor Ian Mitchell said the striking students are anxious about delays in the ruling.

OFS sees the decision as critical because it expects universities to widen their use of incidental fees if they are upheld.

Bob Richardson, an aide to the minister, said it is normal practice for OCUA recommendations to be made public only after the minister makes a decision. He added OFS and other groups aired their views on incidental fees known during OCUA's fall hearings.

He said the government has only had the OCUA report since March 7 and it wants to act responsibly, not hastily, on the "complex" issue.

"I can't really be pinned down on a time (for the minister's ruling)," he said early last week.

"People are just going to drop out of the computer fee strike because they have exams and they're not going to want to worry about things like whether they'll get their tests back," he said. He has asked Ontario colleges and universities minister Greg Sorbara to ask that the decision be made soon.

OFS, on the other hand, wants a decision deferred until students and other interested parties have reviewed a secret report on incidental fees prepared for the minister by the Ontario Council on University Affairs.

OFS chair-elect Matt Certosimo last week wrote Sorbara urging him to release the OCUA report, before making up his mind.

"For all we know, the report could have left out some important statistics, it may be fallacious. We don't know," said Certosimo.

## Councillor Cheats on Course, Stops Paper

OTTAWA (CUP) — A candidate for student council vice-president (finance) at the University of Ottawa got another person to impersonate him and get him a grade in a Group Dynamics course last summer, the U of O Fulcrum reported March 20.

But reporting the story almost cost the newspaper that week's issue. Just after the Fulcrum sent away its flats, the council called the printer and said it would not pay the bill.

Council President Gabe Seka-

ly said the corporation, which publishes the Fulcrum, faced a lawsuit from the candidate, John Ryan. By badgering and slightly changing the story, the paper convinced the council to publish it.

The Fulcrum published a class photograph of the Group Dynamics students, which the professor, Hilory Horan, said included all those who took the course.

The paper also published a photo of John Ryan, who looks nothing like the man claiming to

be Ryan in the class photo. The real John Ryan's student number appears on the list for final grades in the course.

Ryan won the race by an overwhelming vote. He said he would keep his seat despite the controversy.

Earlier in the week the council successfully stopped La Rotonde, the french weekly at U of O, from publishing the same information.

The council's stalling meant students did not see the paper until midway through the last day of voting.

# The Art of Job-Hunting

The following excerpt has been taken from ARGUS. It is an in-depth view at the art of job-hunting.

Very few people have developed the skills necessary to get a particular job because job hunting isn't something most people do every day, or even very often. They are "sometimes skills" that most people only use seriously a few times in their lives.

Most job seekers do not understand the hiring process. They haven't thought it through, step-by-step, to the logical conclusion. They don't understand its basic nature, let alone its subtleties. They do not know how to conform to the demands made of them, or how to take advantage of its weaknesses.

Misconceptions about the hiring process abound. A few basic ones deserve special attention.

(1) Most job hunters think their qualifications will get them the job. They will not. Social workers are not hired for their ability to do social work; teachers are not hired for their highly refined teaching skills; computer programmers are not hired because they are skilled at programming computers.

(2) Job hunters too often think their lack of qualifications will keep them from getting the job. Frequently (very frequently) they should think again.

(3) Many people think their resumes will get them the job. Forget it. Resumes cause more people to be rejected than hired.

(4) Job hunters think they should follow instructions every step of the way. That can be a costly mistake.

(5) Most job hunters think potential allies are adversaries, and mistake allies for friends.

**Many people think their resumes will get them the job. Forget it. Resumes cause more people to be rejected than hired.**

The hiring process has not changed significantly since the time of King Solomon. If a vineyard owner wanted grape pickers, he held informal interviews at the village well. Hiring was then, and still is, a belly-to-belly, eyeball-to-eyeball decision.

The interview is THE ONLY critical act in the hiring process. No talk, no job. Too many candidates think it is the recruiter's responsibility to make the interview happen. It's your responsibility.

That is true in almost every situation.

When you answer an ad in a newspaper or trade publication, you can't be content to mail in a resume. You must, if at all possible, force the interview.

When you go through an employment agency, you, through your agent or counsellor, are the prime mover in arranging the interview.

**Hiring was then, and still is, a belly-to-belly, eyeball-to-eyeball decision.**

When you go through the Canada Employment Centre On-Campus, or a student placement office, it is you



who must sign up for the interview with the recruiter. Otherwise he doesn't know you exist.

When you do "missionary work" (make unannounced calls on employers) it is imperative that you get your body across the desk from the recruiter. Anything short of that will not get you the job. Any obstacle between you and the interview is an obstacle between you and the job. You have to get through.

Once you get the interview, the next tactical objective is to convince the recruiter that you are the one and the only person for the job. To do that, you have to get four ideas across to him or her:

- you are competent
- you are intelligent
- you are honest

-you are likeable  
Countless academic researchers in countless universities have surveyed countless employers on what qualities they want and don't want in the people they hire. The responses have been counted, charted, measured, plotted, interpreted, quantified, and deified. And surprise! Employees prefer positive qualities to negative qualities.

You can systematically go through a dictionary and nearly every time you come to a noun or an adjective involving a personal trait, you can judge instantly whether or not that would appeal to an employer; active, adaptable, aggressive, ambitious—employees buy these; affected, abrasive, antagonistic, asinine—forget it!

## M Saint Mary's University Students' Association



YOU ARE NOW ENTERING THE FINAL EXAM ZONE

# THINNESSEPPENIC

by Samantha Brennan

Soon it will be spring, the season when young men's hearts turn to love and young women's thoughts turn to dieting.

It's the time of year when advertisers begin marketing summer clothes by plastering bus terminals, magazine pages and newspapers with pictures of thin, attractive women. Along with fashionable clothes, they are also selling fashionable shapes. This season's preferred body is tall and thin.

Many women dream this will be the year they lose enough weight to wear a bikini or look good in the latest designer jeans, and so the diet craze on Canadian campuses begins.

While dieting to reach a certain body size isn't exactly a new phenomenon, a sharp increase in the number of women suffering from dieting-related diseases means more doctors are questioning our attitudes towards body size and weight loss.

According to Dr. Hedy Fry, chair of the British Columbia Medical Association's nutrition committee, as many as four to 20 per cent of female university students have bulimia, and as many as 25 per cent show symptoms of anorexia nervosa or bulimia. Both illnesses are characterized by an obsession with weight, food and thinness. Although some men suffer from eating disorders, more than 90 per cent of anorexics and bulimics are women.

In British Columbia, Fry is trying to find out just how widespread is the incidence of eating disorders. She's conducting a survey to see how many people suffer from bulimia or anorexia nervosa to some degree. Fry believes that while the number of women who end up in hospital may not be that high, there are lots of people who have some symptoms associated with the disorders.

"It's important to reach people before they get to hospital. The ones who do it for a long time without detection suffer guilt, depression and low self-esteem leading to psychological damage," she says. "Physicians and nurses aren't recognizing the problem early enough. They see only the very sick ones in urgent need of treatment."

While psychologists suspect the twin eating disorders have similar causes, there are important differences between anorexia nervosa and bulimia.

Anorexia nervosa usually begins with a desire to lose weight through dieting and exercise. After an initial weight loss, dieting then becomes an obsession and its victims consider themselves too fat, no matter how much weight they lose. At some point, anorexics simply stop eating; some starve themselves to death.

Bulimia is less understood than anorexia. It is also more difficult to detect because it may not involve the same drastic weight loss. Bulimics

diet too, but they also practice the binge and purge syndrome. Bulimics often take in a large quantity of food and then purge it by making themselves vomit. Some bulimics use commercial laxatives or diuretics to rid their bodies of the calories. Others exercise for three or more hours a day.

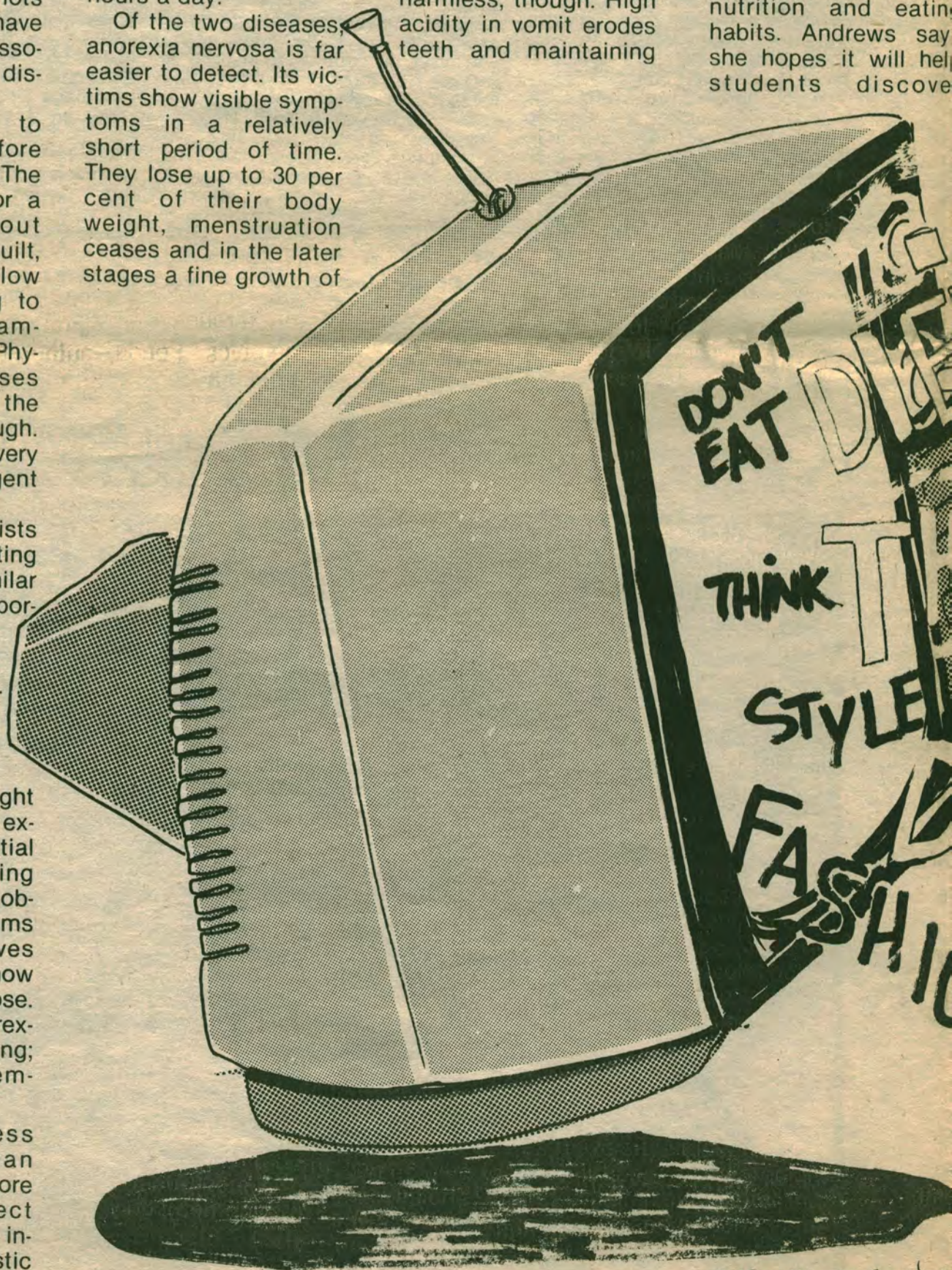
Of the two diseases, anorexia nervosa is far easier to detect. Its victims show visible symptoms in a relatively short period of time. They lose up to 30 per cent of their body weight, menstruation ceases and in the later stages a fine growth of

hair covers their body. The disease must be treated or they will die.

Signs of bulimia are not as obvious. A concern about weight and frequent exercising may seem normal and bulimics often lie or hide their vomiting in shame. Bulimic patterns can continue for years. It is not harmless, though. High acidity in vomit erodes teeth and maintaining

an artificially low weight is not healthy.

Lynn Andrews, counsellor at Saint Mary's University in Halifax, started a discussion group for students with bulimia when she realized how widespread the problem was on her campus. The six week group meets to discuss nutrition and eating habits. Andrews says she hopes it will help students discover



healthy eating habits.

"A lot of these women are afraid to eat normal meals. They are afraid of food," says Andrews. She attributes the recent increase in cases of bulimia to the pressure in society for women to be thin, and the stress caused by the changing role of women in society.

Andrews says it all began with Twiggy, "the new skinny woman." Twiggy, the gaunt guru of the fashion industry in 1960, was the first of the super skinny models who have since become the norm in the modelling business. At the same time, Playboy models began to get thinner. While the weight of the average Playboy centerfold has dropped significantly in the past twenty years, the size of the average North American woman has increased. Andrews says this disparity between the fantasy and the reality has caused a great deal of stress.

Andrews says women also use food to relieve stress but then feel more stress when they realize they may gain weight. While studying for exams, many students deal with tension by eating pizza or whole bags of chocolate chip cookies. Women with bulimia panic after bingeing and then make themselves vomit. The combined pressure to be thin and to perform well academically may be too much for some women to cope with.

problem with a self-help group she facilitates. Pearce says many women won't attend meetings because denial is a symptom of the disease. "Most bulimics and anorexics say there isn't a problem except that they're too fat," says Pearce.

The Sudbury group was organized in January 1985 by two social work students at Laurentian when they identified eating disorders as a major problem in their community. With the help of the Canadian Mental Health Association, the group began holding weekly meetings and trying to inform women about the problem. Pearce decided to act as the group's resource person this year because she was concerned about women at Laurentian.

"You just need to look anywhere on campus to see women jogging frantically or doing aerobics workouts," says Pearce.

Pearce says the group isn't intended to replace professional help. Instead she hopes to provide anorexics and bulimics with a safe environment where they can express themselves to people who understand. She says she wants to help end the myths in society that harm women.

Along with self-induced vomiting, Pearce says bulimics engage in the dangerous practice of dieting combined with aerobic workouts. Aerobics, made popular by Jane Fonda and the 20 Minute Workout show, burn off a great deal of calories in a short period of time. Many women do aerobic exercise strictly in order to lose weight and care little about fitness.

While it may be acceptable to do aerobic workouts for twenty minutes at a time, bulimics may exercise for up to three hours a day. But they do not eat as many calories as they burn off through the regimen of frenzied bouts of aerobics. Fonda, author of the Jane Fonda Workout book, and subsequent spinoffs, was herself a bulimic.

Once seen as "fringe" diseases associated with rich, female adolescents, the twin eating disorders are now at the center of attention in the medical community. Three medical conferences, all held in Ottawa last summer, dealt with the increase in cases of bulimia and anorexia nervosa. The Canadian Medical Association, along with the Canadian Dietetic Association and the Canadian Pediatric Society, heard testimony from doctors about the growing number of cases, the possible causes and the methods of treatment.

Doctors in B.C. are gaining awareness of eating disorders as the B.C. Medical Association's nutrition committee has formed a sub-committee just to deal with eating disorders.

And at Simon Fraser University in Burnaby, B.C., psychology student Sylvie Boulet and film student Michael Doherty produced a video about bulimia to educate university students. The video, **Bulimia — Out of Control Eating**, presents a detailed account of a case of bulimia and includes interviews with professionals. Boulet also plans to start a discussion group at S.F.U.

But unless awareness about eating disorders increases soon, Doherty and Boulet may be showing their video to elementary school students as well as university students.

According to Dr. Suji Lena, a pediatrician at the Eastern Ontario Children's Hospital in Ottawa, the average age of anorexic patients is decreasing. For the first time doctors are seeing children as young as 12 with anorexia nervosa.

Lena worked at the Children's Hospital in Toronto last year, her clinic saw 12 cases of anorexic children in six months. The year before, there had only been two or three cases.

She says the symptoms usually begin at the onset of puberty. As children now mature at an earlier age, symptoms of anorexia are also appearing at an earlier age. Lena says children see positive images of skinny people everywhere. Young girls also watch their mothers complain about gaining weight and as a result see their own weight gain as a negative experience.

When female children begin to have breasts develop and wider hips, they begin to panic, says Lena. They want to stay child-like and so they stop eating.

"The younger age group isn't as sophisticated," says Lena. "They don't make themselves vomit or anything like that. They just skip meals or stop eating altogether."

The increasing numbers of women and even young female children obsessed with weight is a warning sign of the way North American society works. While fashion magazines and pornography display images of thin women in standard shapes and sizes, real women are risking their lives to live up to the stereotype. To stop that trend, men must begin to question the vision of beauty that the media is trying to display. Women must begin to love their bodies whatever its size.

Feminist cartoonist Nicole Hollander makes the point well. Her main character Sylvia is asked what a world without men would be like. She replies: "No crime. Lots of fat, happy women."

"WEIGHT LOSS PROGRAM"

DIET COLA

FAT IS

UGLY

DIET FOOD

THREE MORE!

TWO MORE!!

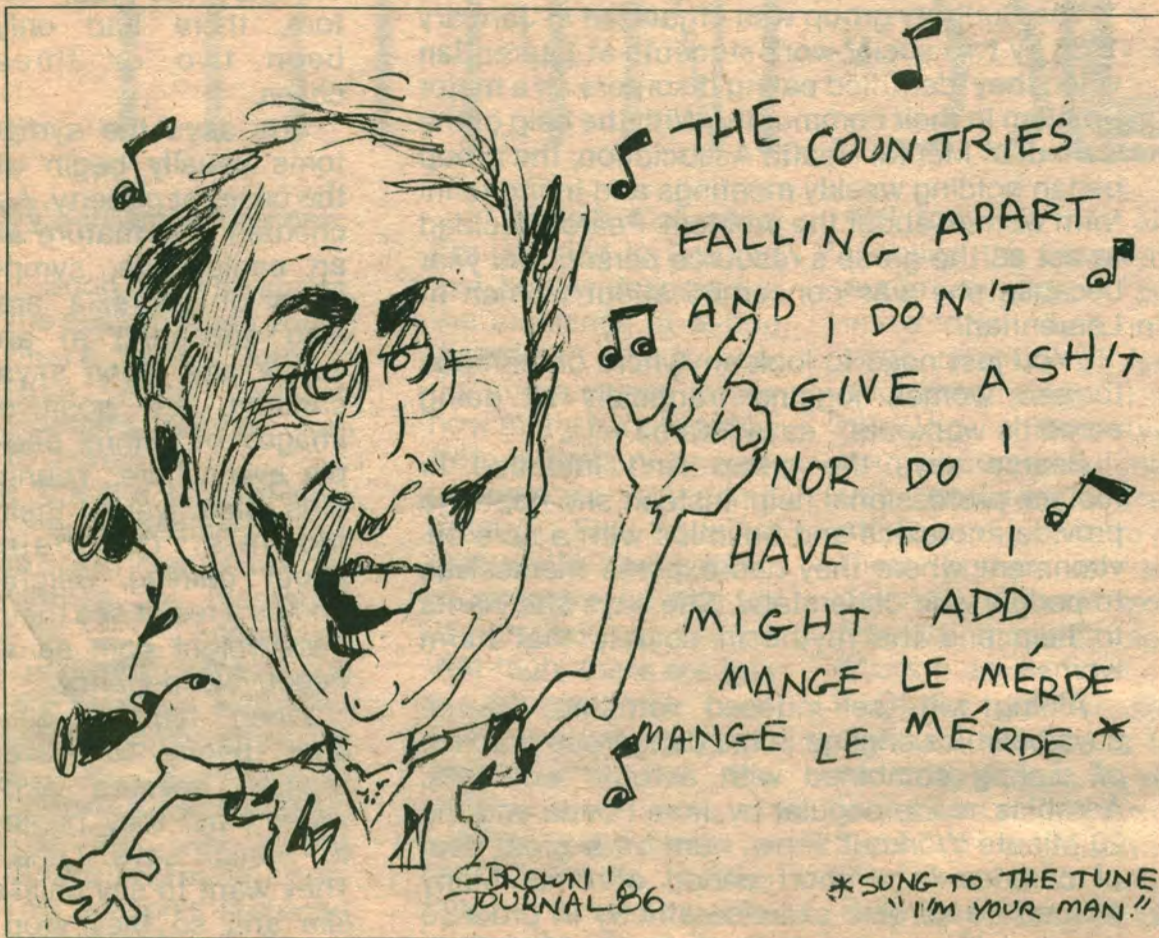
DIET PILLS

"As women are getting more career-oriented, there's more stress. Bulimia can be a response to that stress," Andrews says.

But she is worried about women at Saint Mary's who suffer from eating disorders but won't join the group. "I know they're out there. I see them," she says. "But they won't come to meetings."

Kelly Pearce, a social work student at Laurentian University in Sudbury, Ontario, has the same

# Editorial



### To the Editor,

The most successful elections in the recent history of the Off-Campus Society took place on the 24th and 25th of March. In all, 197 people voted, which is nearly as many Off-Campus students as there were for the SMUSA election only a few weeks earlier. Congratulations are extended to all of the winners and a special thank you to all of the Off-Campus students who took the time out to vote and to make the election as successful as it was.

The executive for 1986-87 is: Gerry Wood, President; Chris

Grinham, Vice President; Craig Grinham, Treasurer; and Kendra Barnes, Secretary. They will be taking over the positions right after the society's year-end boat cruise in April. Many plans are already in the making for events over the summer, during Orientation and for next year. Next year looks to even being better for the fastest moving society at the school, so don't miss out on any of their events (they even welcome Residence students to their events).

Sean MacLellan  
Off-Campus Rep.

## The Comm Lane

### Here It Is



by Curtis Swinimer

The latest meeting of the SRC was unusual; its outcome was not. The problems of the Charter Day Committee on how to accommodate budget shortages that would support the Charter Day Awards Banquet was among the main topics of discussion.

Each year the SRC, on behalf of the students, honors outstanding students and societies "who have contributed to the student cause at Saint Mary's," to show appreciation for their efforts. These awards are presented at the annual Charter Day Banquet.

The committee, this year, has been troubled with complaints on how the problem of lack of funds was resolved. Ordinarily, however, they had sufficient funds in other years to achieve a successful banquet.

That this meeting attracted a lot of concerned students into the council chambers is testimony that this is not an ordinary situation. This put much pressure on members of council to get together to come up with a mutually acceptable setup for the event.

Today's student apathy is higher than it was in previous years. The council members are worse off now than before because they do not know what the students want. Students only speak out when dissatisfied with an imposed situation.

As busy as students are, the logical way to achieve satisfactory results from council is to pursue interests and present them to their respective SRC representatives. Council members do not all have the same degree of persuasion, the same population support, and the same interests. Outside of council, students' interests diverge widely. The conflicts sometimes are oversights by the SRC.

The Commerce faculty, with the largest enrollment, has traditionally taken the long view. It wants student events to progress steadily.

Until last week, students have been unable to defuse conflicts with the SRC. However, the students who attended last week's SRC meeting proved that problems can be offset through participation in the problem and decision-making process.

So, it would seem, the odds on the SRC setting can be solved through student support and participation. That is why I would like to encourage more students to take part in what takes place at the SRC. Students should give more input into the decision-making process of SMUSA. I would like to see more advanced input from students on SMUSA issues.

Share your views and opinions and express your dissatisfaction before it is too late. Think about it — there is strength in numbers. All members of SMUSA are permitted to sit in on SRC meetings and express their views. Take part; after all it is your student fees that are at hand.

**Note:** I would like to apologize for a misprint in last week's Comm Lane. The new President of the Marketing Society was incorrectly stated as Darrin Parker. This should have correctly read, "the new President of the Marketing Society — Darren Taylor." Sorry Darren.

# THE JOURNAL

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Phone (902) 422-1234

## OH, THAT LENNY'S DEAD DOG MISTER

by G. BROWN - JOURNAL  
NOTE: THIS IS A PREQUEL TO THE OTHER "OH THAT LENNY'S DEAD DOG MISTER" IN THIS PAPER.

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Debbie Hamm	Sheldon Hewey



...to whom The Journal owes its existence.

**The Staff Box**  
The Journal is Saint Mary's University's official undergraduate newspaper. The Journal is published during the academic year by The Journal Publishing Society, incorporated June 1984, and is assisted financially by Saint Mary's University Students' Association. The Journal is printed by the Great Eastern News Company and typeset by Words Graphic Communications.

Submissions are welcome provided they are neatly typed, double spaced, signed and are accompanied by the writer's name and phone number. Anonymity may be granted if just cause is shown. Deadline for submissions is Monday at 9:00 a.m. sharp. Letters to the Editor should be kept to a 200 words maximum and The Journal reserves the right to edit or refuse copy



# Entertainment

**Mouth Foaming:**

"It's a very tragic thing, but in England they just won't forgive me for being an American."

— Iggy Pop

## MOEV Meets Club Flamingo

by Mark DeWolf

Club Flamingo again, the alternative musicians wet dream, the saving grace of Halifax's avant-garde music scene, and the people who just won't stop putting on fantastic concerts for us. Well, don't fight it, go with the flow, they are now, they are happening, and they are spicing up a city's musical life.

Headlining the most recent concert were **Nettwerk Recording artists, MOEV**. Now MOEV were excellent, but in all honesty the most interesting thing for me is to witness our local talent in action, and it's heartening to discover each time I attend a Flamingo show that we can give Vancouver and Toronto a run for their money.

All I've heard about **Ridge of Tears** is truth, documented here for all to see, and they should be seen. Check your local telephone post for their next appearance if you missed them last Thursday.

But, he said excitedly . . .

The **October Game** are the band that truly caught my attention. This is Gothic punch that somehow manages to sit comfortably beside lead singer **Sara McLaughlan's** onstage lightheartedness. However, they manage this strange brew, it works.

For their first concert appearance they carried it off like seasoned pros. The lush and energetic style of The October Game incites a response since unheralded in this town. Like old **Souixsie** and the **Banshees** with soul, and bits of everything from **Kate Bush** to **U2**,

they impressed me to no end.

Better than the last time I endured them, **Sebastopol** were placed in the unenviable position of following The October Game's knockout performance. There is obvious bias here, electronic drums make me ill, and though they are fine musicians and have the potential for greater things, they seem content with pushbutton pop, but then if you like that kind of thing don't miss them, because they have the schtick down.

As far as great concerts go, the **McInnes Room** seems to be taking the wind out of the mighty **Metro Center's** sails lately, and MOEV's recent performance served only to perpetuate the disparity. These are the disciples of the big sound, the soothsayers of severity, the bringers of the boom. I once read in some music mag from south of the border (East Armpit Ohio) about Canada's "... meagre contribution to the Alternative music scene." Now, if only they had had the foresight to ask me, I would have not so calmly brought to their attention **Nettwerk Productions** in Vancouver, and a roster that includes bands **Skinny Puppy** and **MOEV** as the answer to their ignorance.

MOEV came on like a sledgehammer. An ultra-solid bump throb with undeniable groove that along with apicture perfect stage show and the gradiose power of an orchestral crescendo, brought me to my knees. The rest is history.

Now how about the **Metro Compilation Album!**?



MOEV is music, music is life, therefore, MOEV is life.



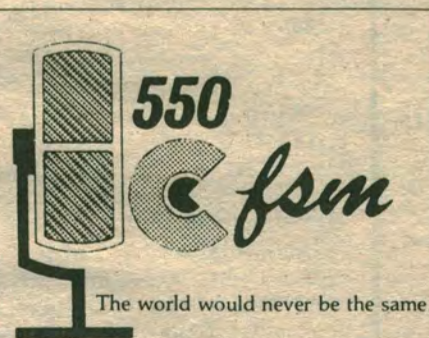
### Eating Crow

Last week, in a case of literary licence gone awry, an entertainment writer for The Journal printed a short insert on the sad lack of live entertainment at Saint Mary's. Well, in all honesty, that bit of verbiage was irresponsible, a broad based generalization founded on minimal research that had all the wrong people upset.

The writer spoke with our entertainment director and learned that the bottom line is money, money the entertainment allotment simply cannot match. More importantly though, we ARE trying.

With apologies . . .

Mark DeWolf  
Entertainment Editor



The world would never be the same.

baseball hats,  
shopping at Sears  
and Molly Hatchet albums.

CFSM is life itself,  
so not listening is like . . .  
being dead, y'know?

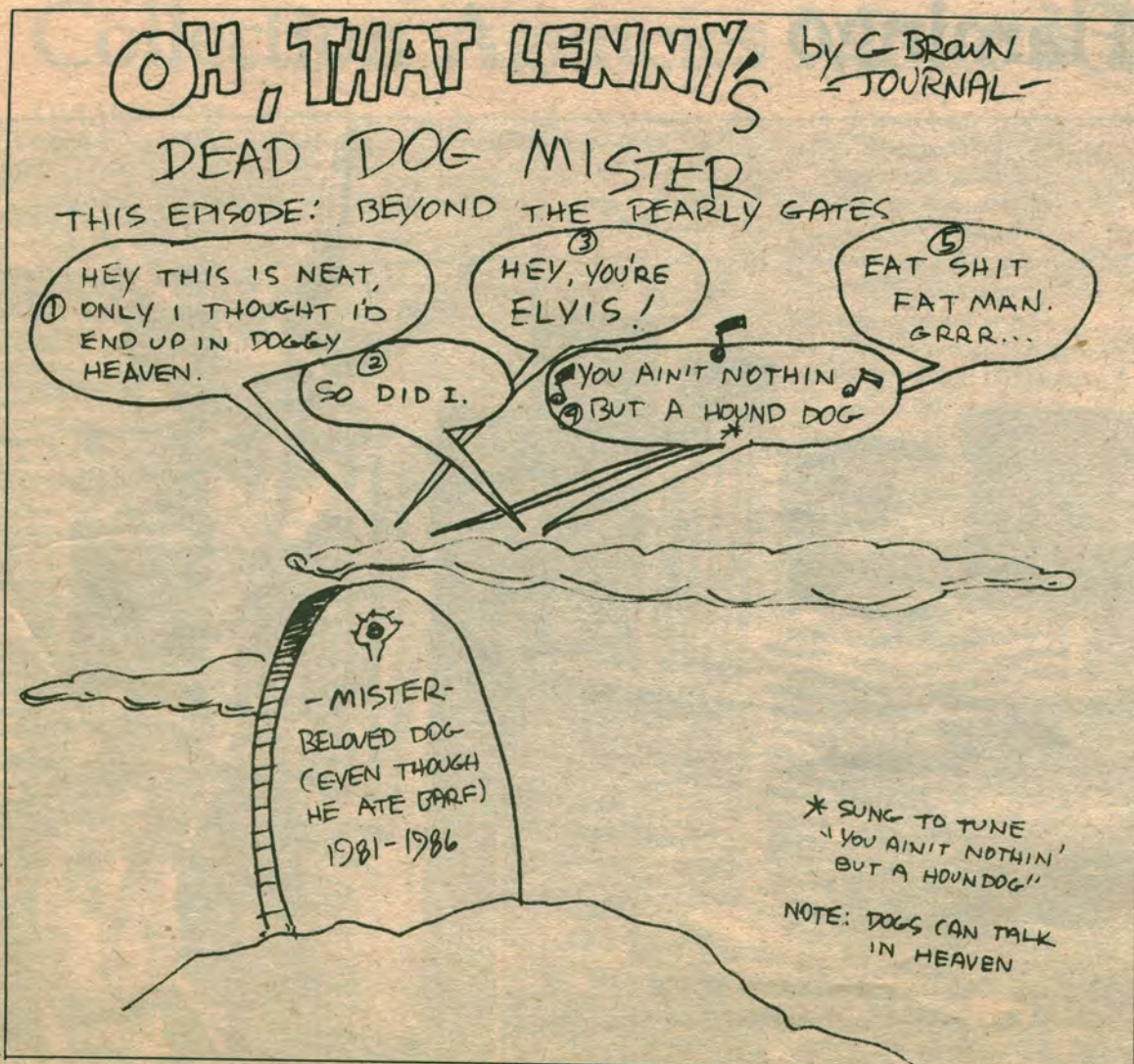
THE  
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this place holds?  
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Daily News

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# Fun Stuff



## Dear Faith

Dear Me,  
I write this god damn column quite a bit and I'm getting sick of it, what should you do?

Faith

Dear Faith,  
First of all, did you know that while many people talk to themselves, very few write. Obviously, I'm, uh, I mean you are a manic depressive. I guess no one else has been writing me lately.

You seem to be one of those compulsive do gooders who is always giving advice and getting on people's nerves.

Why don't you get involved in a hobby, may I suggest geriatrics. It's always interesting and I hear you're qualified.

Anyway, if I continue to send letters to myself, I would suggest you stop it.

See Me Later  
You.

Dear Faith,  
I have this problem. Many of my Professors constantly use alliteration when writing and speaking, and it really bothers me. I would like to tell my profs, how should I handle it?

Allison

Allison,  
Apparently Alliteration Abounds At SMU. I Discussed this During Dinner with Dr. Doug Donahue. Doug says Do Dick. Fairly Friendly,  
Faith

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## Fieds

To Imperialist Warmongers of the radio station:

The proletariat demand the return of our Hydro-acclerator (disguised as a common water gun). To prove that we are not as decadent as you are we propose an equitable trade. We have captured one Capitalist Torture Device (code-named Gillette Foamy). Contact our Embassy immediately!

The Proletariat will not put up with deceit from Imperialist Dogs.

Help Stamp Out Leaves!

Join the People's United Front Against Trees.

Ethelbert Davis  
(Billy's second cousin twice removed)

Marilyn,  
When is the stork coming to visit?

Votre Amie

### Attention Napalm Club

We heard you wimps had moved onto campus and we thought we would give you the chance to tuck your tails and run. Take note, it's open season on your type, for our members.

**NUCLEAR, BIOLOGICAL & CHEMICAL WARFARE SCOUTS**

Faithy-Poo:  
How are the piglets making out, ever since the hubby has set off to the "hills"? Could it be that he's seen a better set right here at home?

Hen,  
The girls in Vanier want to know what type of razor you use.

Secretarys

Thought For The Day: Roommates who cough together, set alarm clocks together.

CONFUCIOUS

Mark,  
You should try out for the skinny thighs contest.

Secretarys

H.A.M.,  
We both know where I keep my starch, but where do you keep yours?

Eskimo Nell

## New and Improved Read Them Rules Book II

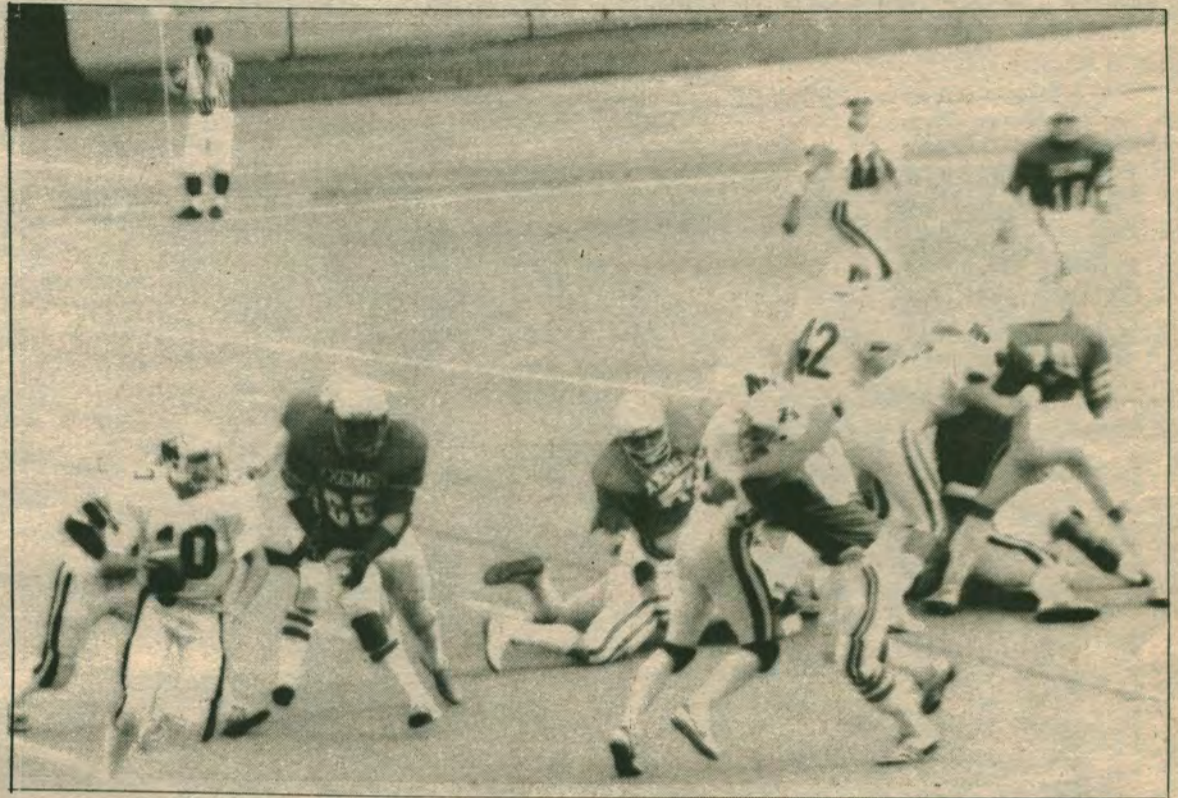
The Unclassifieds are very popular and in order to accompany the demand, we insist on these here rules. (See what happens when you give someone a little power - they turn oppressive.)

1. The "fieds" are free, but to ensure that they get in bribery always helps.
2. The shorter the message, the better chance for publication. Use this simple formula: Length of message divided by the length of a solar year times the coefficient of the speed of sound. Times the value of the bribe equals the likelihood of publication (should the rest of the rules be complied with.)
3. Typed double spaced. Gargoyle scrawl generally loses something in the translation. We got typewriters available. We might even let you use 'em if you can perform some silly and embarrassing act.
4. Write the little gems on pieces of

paper or bricks larger than loose leaf sheets. Little pieces get eaten by the goat or are used in emergencies when toilet paper is missing from the can.

5. Your REAL name must accompany the ad. It is for our protection. Also a phone number or address where you can be reached. To date we have yet to reveal anyone's identity. (No one has offered Mega-Bucks)
6. The Journal pretends to comply with certain standards of non-racism and sexism. Sometimes we get keen and refuse to print such trash. (It gets passed around the Journal Parties however.)
7. Ads will only run once and must be resubmitted if you want to re-run it.
8. Deadlines: Monday at 8:45 in the submission box in residence or bring them up Rm. 517 in the SUB Monday morning at 9:00.

# Sports



## The Year in Review

# The Final Scorecard

by Scott Gillis

Okay, timeout! You might have to look harder than other years at Saint Mary's, where we boast the winning tradition, but there were several bright spots in the varsity sports programs this year.

Larry Uteck's football Huskies had one of their more promising seasons in recent memory. Although they finished with a losing record of 2-5, the boys on the gridiron could have boasted a 4-3 record with a little luck and a longer clock. They played tough in one of the closest divisions in CIAU football. Standouts included Shane Doyle, the AUAA all-star center who was

the recipient of the "Block and Tackle" Award (team MVP); Renzo Passaretti who was drafted by the Edmonton Eskimos in 1985, named for the second year in a row as All-Canadian; and Jeff Watson and Peter Curwin who were drafted in the first and fifth rounds, respectively, by the Hamilton Tiger Cats.

The men's soccer Huskies, under coach Peter Wicha, made the playoffs again this season, but were beaten out in the semi-finals by defending champions UPEI. Their regular season record was 5-4-3, which was good enough for second place behind St. F.X. in the eastern division.

Woody Bailey was the lone member of the squad to be named as an AUAA All-Star, while netminder Cameron Brown was named as the team MVP.

Kathy Mullane, who will vacate her coaching duties next season to assume a new role in the Athletics Department, guided the field hockey Huskies, formerly called the Belles, to a 5-7 record, finishing fourth in the AUAA east division. It was a good effort considering the absence of seven veterans, including former Olympian Darlene Stoyka who took a coaching position with Dalhousie. Angie Banks was a standout performer throughout the season and received AUAA All-Star recognition for her play. Lisa MacKenzie was named as the team MVP.

The men's hockey team, under former coach Lawrence Currie, displayed courage on and off the ice. Their record was a dismal 0-24, but in many respects the heart they showed captured the spirit of the winning tradition. The hockey Huskies can go nowhere but up. Goaltender Terry Coughlan was the obvious choice for the team MVP.

Helen Castonguay's women's basketball Huskies, formerly dubbed the Belles as well, got off to a good start with the

thrashing of the Nova Scotia Teacher's College. It was downhill from there, however, as the team fell with 13 consecutive losses, many of which were close affairs. Co-MVP's of the team, Michele Gaunce and Sandra Mumford, were named to the first and second AUAA All-Star teams, respectively.

This season featured the much heralded return of the Saint Mary's men's basketball Huskies. The "maroon and white" finished fifth in the AUAA with a 6-12 record. They lost on many occasions by one or two points. For the most part, rookie coach Allan Waye was able to bring forth the intensity from the players that was present under the tutelage of his former boss Gary Heald. The basketball Huskies had a great deal to prove this year, and they rose to the occasion. They will be a force to be reckoned with, in the very near future. Mike Williams was named as an AUAA All-Star and as the team MVP.

Briefly on to the club sports. The rugby squad made it to the finals again this year, but came up short against the tough Picou team in a brawl-filled contest. The team MVP was John Schimall. The women's soccer



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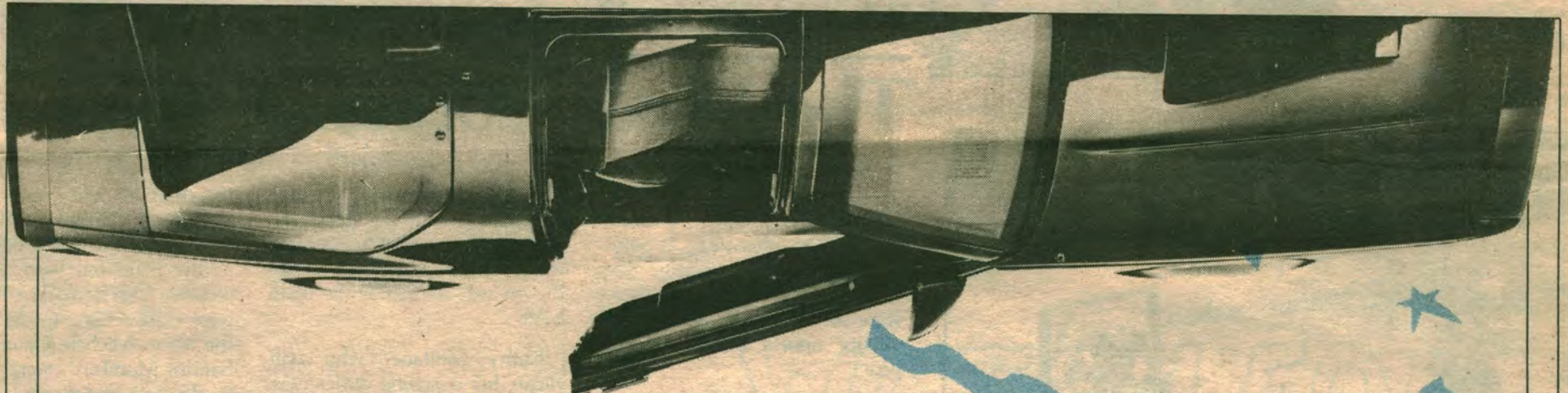
team played a successful exhibition schedule and came second in an AUAA soccer tournament which they hosted. Their MVP was Kerri LaFond. The track and field team left Moncton, which hosted the AUAA championships, with one gold medal performance (Tom Moller: high jump), four silver medals (Woody Bailey: 60m, Kevin Bezanson: triple and long jumps, Steve Picco: shotput),

and a bronze medal (Randy McLeod: shotput). If you're wondering, CIAU shotput champ Jeff Watson was unable to defend his title due to a commitment to the CFL draft.

The major award winners at the Annual Athletics Banquet were as follows: Jeff Watson (football) — "Male Athlete of the Year", Michele Gaunce (basketball) — "Female Athlete of the Year", David McIntosh (basketball) — "Male Rookie of

the Year", Nancy Leonard (field hockey) — "Female Rookie of the Year." Gary Bratty (basketball) — "John Jones Memorial Award" as the "unsung hero", and lastly Paul Mason (football) — "Manager of the Year."

Such was the initiation year of new Athletic Director, Dr. Ian MacGregor, who replaced Bob Hayes, who served 27 years in the position, and has moved on to Special Assistant to the President, Dr. Ozmon.



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