


# GAZETTE

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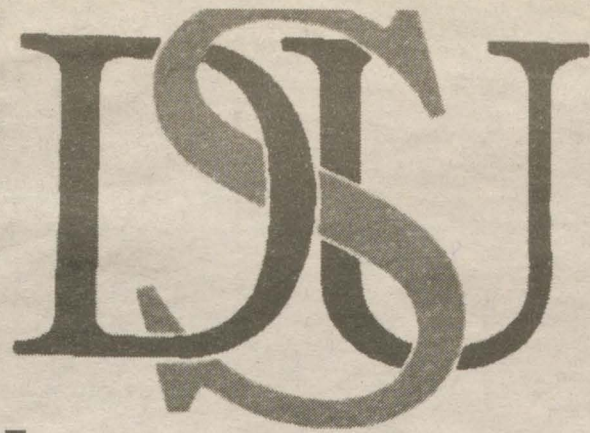
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Frosh scream for  
Sloan, Sloan scream  
for frosh  
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# FIRST COUNCIL MEETING



*OF THE YEAR: The Dalhousie Student Union (DSU) is having its first council meeting this SUNDAY AT 1PM I COUNCIL CHAMBERS, 2ND FLOOR, SUB.*

*DONT FORGET: SOCIETY RATIFICATION FORMS ARE DUE ON FRIDAY SEPTEMBER 29TH!!*

*Last day to opt out of the HEALTH PLAN is October 2nd.*

*Health plan cards will not be activated until the 3rd week in October, so in the meantime keep all of your receipts. If you have any questions call 494 3850.*

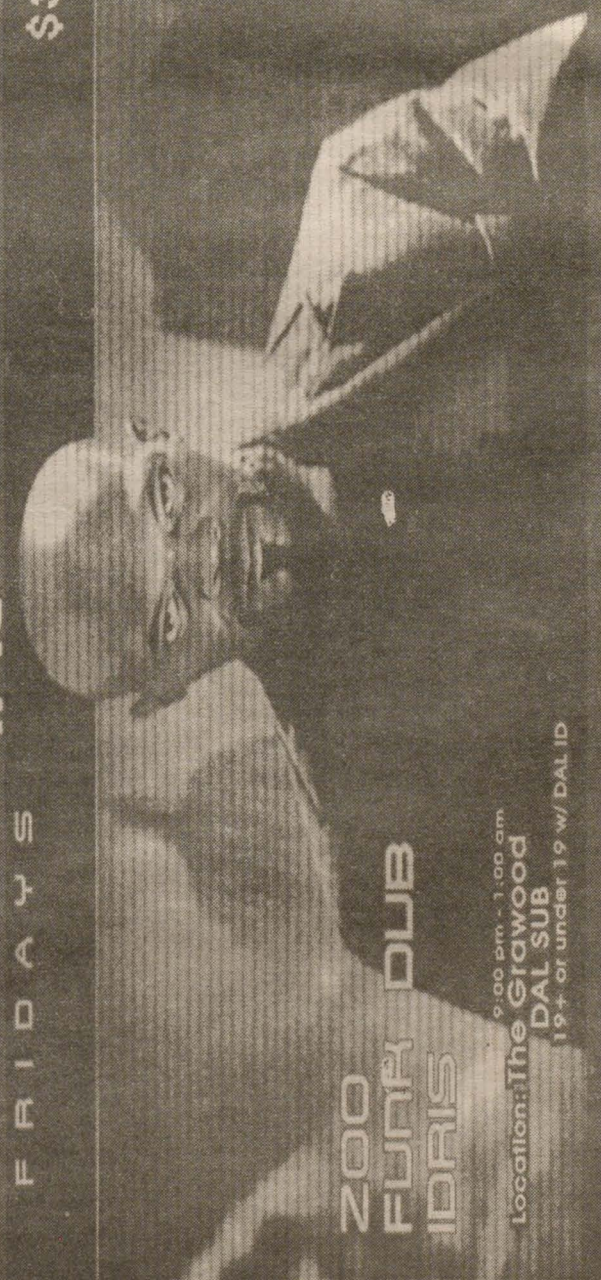
*Anyone interested in participating in the TERRY FOX RUN, September 17 or the AIDS WALK, September 23 contact Shawn Tracey at 494 1281.*

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# Uniform agreement made

Dal and adidas Canada strike up a 3 year deal

by **andrew gillis**  
*the gazette*

In a deal unlike any other in Canada, adidas Canada has agreed to suit up all Dalhousie varsity teams with uniforms, practice

wear and sporting apparel needed for competition.

The deal, which amounts to nearly \$250,000, will be in effect for the next three years.

"[Dalhousie] is a good school with a good sports program," said John Kawaja, of

adidas-Salomon Canada, Ltd. "For us, it is an opportunity to partner up with an organization that shares the same values as us. We think that having people wear our product would be a good thing."

The feeling among coaches and athletes is mostly positive, citing that without the burden of seeking corporate sponsors to outfit the teams, they can concentrate more on sports.

"Well, basically, it is an area of underfunding," said Jim Charters, Manager of Varsity Promotions at Dal. "With coaches looking for funding, it was more work on their plates. With this deal, they can go back to the gym, and [the Dal athletic department] doesn't have to take anything out of the budget."

The deal also involves Adidas distributing Dalhousie athletic gear and equipment to the Dal community. Gear can be purchased at the Athletic shop or at the Bookstore.

"The deal we have is similar to deals in the United States, like in Notre-Dame," said Charters. "The gear is also available to the public; Pharmacy [department] wanted shirts for their co-ed teams."

Kawaja admitted that the Adidas-Dalhousie deal was worked out fairly easily. He also said that this is a 'win-win' situation, apparently, for both the Dal varsity teams and Adidas.

## XMAS STUDENT FLIGHTS

Don't wait... Or it will be too late!



### Planning on flying home for the holidays?

With the consolidation of airlines in Canada this year, capacity has been reduced, and there are fewer seats. NOW is the time to book your flight back home for the holidays. If you wait until the last minute, you may not get your choice of dates or even a seat!

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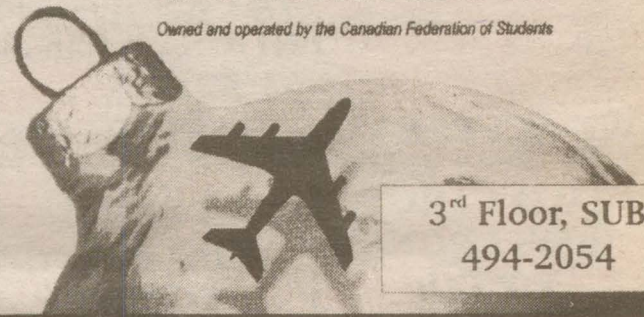
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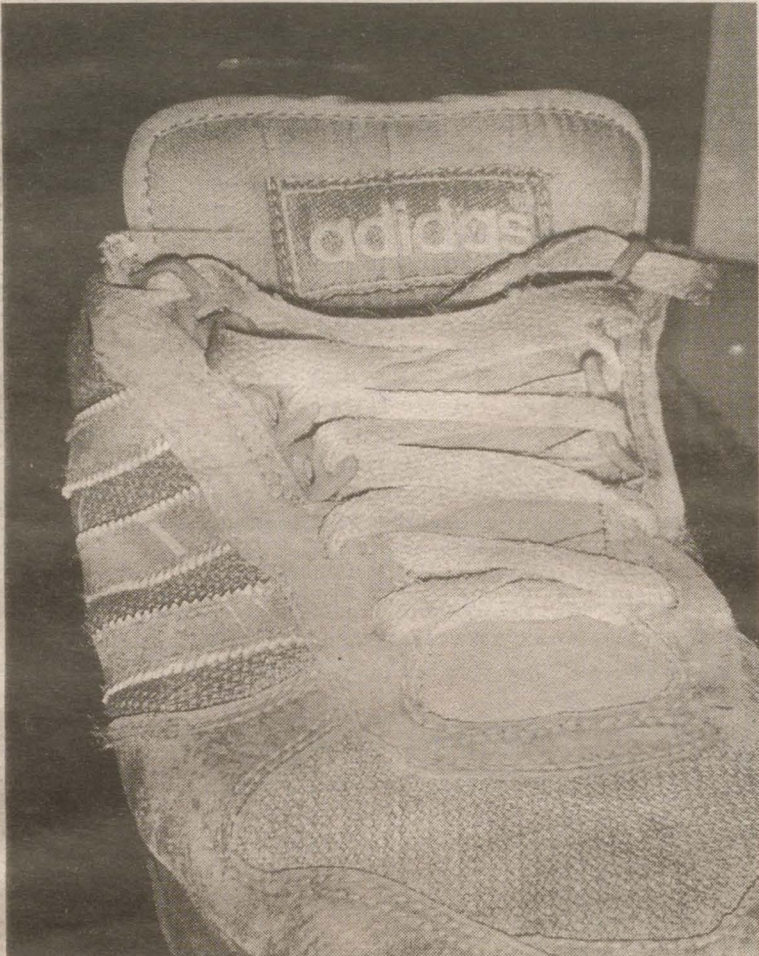
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"We hope that, you know, when someone sees that we're sponsoring Dal sports, they'll pick our product next time they're at the shoe-wall at the nearest athletic store," Kawaja said.

Such a full-endorsement deal has never been conceived with another university because of the nature of the business and the different sports involved, since not all athletic

manufacturers can outfit the variety of sports offered through Dal varsity athletics.

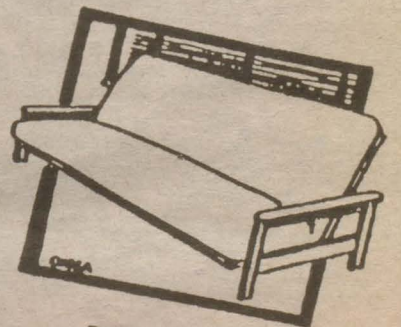
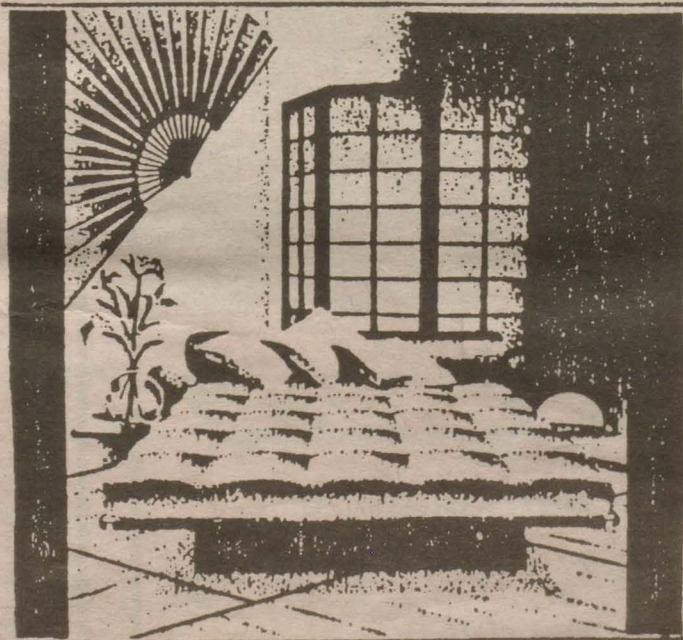
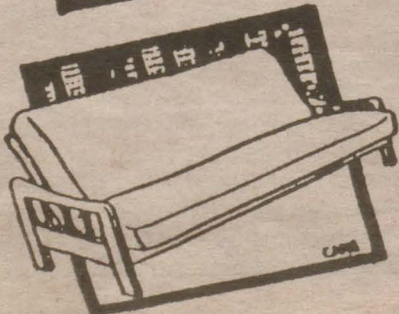
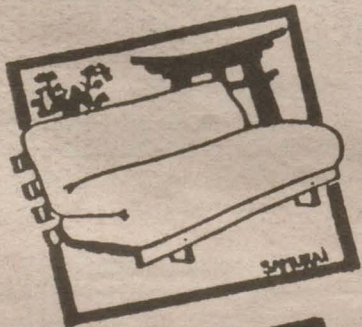
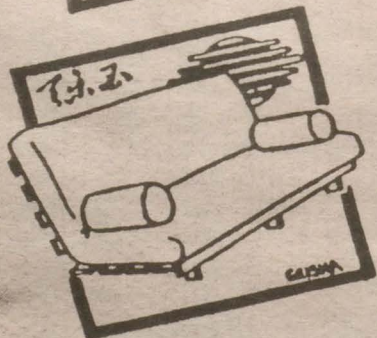
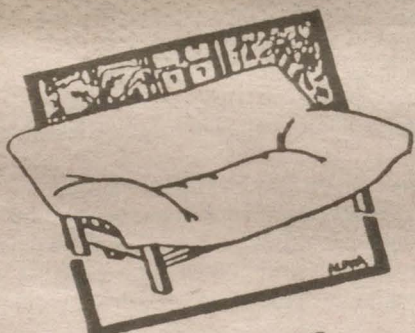
Adidas was already the official supplier to the Dal soccer and basketball teams.

"Sports marketing was founded on pro athletics," said Kawaja "But we are a supporter of grassroots sports. You don't have to be Vince Carter, or a member of the Toronto Raptors."

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## National News

from the Canadian University Press newswire

### Universities Hiring Fewer Profs

WINNIPEG (CUP)— A recent Statistics Canada study has revealed a decline in professors at Canada's universities. Universities across the country currently employ almost ten percent fewer full-time faculty than they did in 1992.

Assistant professors and other lower-ranking teaching staff were affected the most. The report indicates these positions have decreased by 20.5 percent since 1992. At the same time, part-time faculty increased by six percent. The report concludes that universities are relying more on part-time faculty to deliver their educational programs.

Mike McAd, the University of Manitoba's Vice President of administration, says cuts in federal government transfer payments in the early 1990s are to blame for the falling employment levels. He adds that less money from Ottawa has made it difficult for provinces to maintain funding levels to universities.

Peter Blunden, president of the University of Manitoba Faculty Association, says he is worried about the estimated 30,000 new faculty positions that Canada will need to fill over the next ten years. Blunden says that not enough PhDs are being produced to fill the anticipated vacancies.

"This will mean tremendous competition among universities in Canada and the U.S.," said Blunden. "Universities will have to work very hard to not only hire people, but to hang on to people they already have."

### Tuition Doubled in Past Ten Years

OTTAWA (CUP) — The national average cost of undergraduate arts tuition this fall, at \$3,378, is more than double the cost just ten years ago, according to the same Stats Can study.

Despite tuition freezes in half of the provinces, fee increases in Ontario, Alberta, and Nova Scotia drove up the national average. The highest average increase was 7.5 percent in Nova Scotia, where students pay the highest undergraduate arts fees in the country, at \$4,408.

"The report confirms that the 1990s was the worst decade in Canadian history for tuition fee hikes," said Michael Conlon, National Chair of the Canadian Federation of Students.

The report blames rising fees on the attempt by universities to offset reductions in education spending by Ottawa and the provinces. Tom Traves, President of Dalhousie University, says that the high tuition fees in his province are due to the lowest level of per-student government funding in the country.

Jim Turk, director of the Canadian Association of University Teachers, says many institutions have more than doubled ancillary fees for students in an attempt to make up for government funding.

"The only people that can afford to go to the medical school at the University of Toronto this year are children of doctors," said Turk. "This is not the kind of thing we like to see happening. This is bad news for students and bad news for equity in Canada."

### Bookstore Strike at U of T Ends

TORONTO — Part-time workers at the University of Toronto's bookstore have reached an agreement with their employers, ending a strike that attracted the attention of Margaret Atwood and Noam Chomsky. Workers at the bookstore, owned by U of T Press, had been on strike since June.

Approximately 100 professors backed the union, saying they would not conduct business with the store until an agreement had been reached. Workers also received more than 1,000 letters and

e-mails of support, including ones from Atwood, Chomsky and former CAW president Bob White.

In a deal ratified August 29, workers will be given a two per cent raise this year, and another two per cent next year. Currently, part-timers at the bookstore earn \$7.35 per hour. The union and management also reached agreement on issues of job security, seniority, and grievance procedures.

The deal will be up for re-negotiation in October of 2001.

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# ESP at Dal

Entrepreneurial students given sight into future

by **patrick blackie**  
the gazette

In conjunction with the University College of Cape Breton, is implementing its first year of a new program designed to offer students an entrepreneurial introduction and certificate while completing undergraduate degrees.

"At Dal, there are a lot of people that are passionate about their studies," said Ed Leach, program co-ordinator and instructor. "This gives these people who can actually make things happen an opportunity to get help and training in their goals."

The Entrepreneur Skills Program (ESP) is offered to any Dal student driven towards a goal of venturing their own business.; the people at Dal that want the opportunity to take the initiative, with guided help from the school.

The program has a cost of \$700 per year for students enrolled in the program. This fee includes three meetings per term with the program co-ordinator to ensure that the student is getting sufficient assistance from the program in their entrepreneurial goals.

The ESP consists of a first year of two half credits, one or two years of courses that are tailor made for the students' business needs and a final year in which the business goals are all tied together in the program.

The program does not interfere with a student's degree; rather, it is a complimentary program that can be taken from any degree, and is not exclusive to business students.

"It offers a service to students," said Leach. "Students get one-on-one teaching and help to make sure that they are getting the guidance they need."

Up to 20 scholarships are also available for the program for September 2000. These scholarships go towards the ESP fee included for students participating in the program, and will total approximately \$2,100.

In order to apply for the Entrepreneur Skills Program, students enrolled at either Dal or UCCB must submit a 450-500 word essay describing why this program

is a good idea for their study and future goals. A resume and completed application form must also be submitted.

One of the points emphasized in the application process is how the program is good for a student in a particular and precise way.

The ESP essentially gives students a practical and easily accessible way to complete their career goals while attending university. Leach says ESP is helping Dal and UCCB "change the learning system for the better," according to Leach.

The evidence is there. Last year, under the name Entrepreneurs by Design, the program was tested with a group of Dal students with positive results. One of the students enrolled in the program last year is now owner and operator of the Pizza Delight in the Bayers Lake

Industrial Park. "[Pizza Delight owner/operator] Craig Hubbard is a good example of the people that are going to be taking advantage of this program," said Leach. "[ESP is for] people who know early in their university careers what they want to do, and use [ESP] to make their goals happen."

The Entrepreneur Skills Program has been in the works for the last four years, says Leach, and all the details won't be worked out for another few years, but the program is in full swing this year, offering real and valuable experience for anyone who wants it.

Although only at Dal and UCCB right now, it is hoped that this program can expand across Canada, giving entrepreneurial opportunities to students with real aspirations in the self-owned business world.

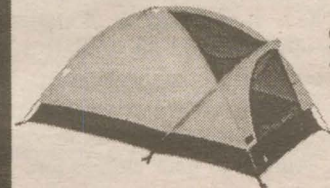


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## Stepping blindly into space or Why Spock is always right

Ever get the feeling that somewhere deep within your skull, a Spock-like voice is guiding your fate, telling you not to; steal, jump in front of cars, eat more drugs than you can fit in your hand and most of all, the Vulcan voice gives hints on how to be happy in everything you do.

“A Spock-like voice telling you not to eat more drugs than you can fit in your hand.”

I believe that a miniature first officer of the Starship Enterprise resides within all of us, echoing the voice of reason without avail, and without the antiVulcan prejudice of Dr. Leonard McCoy. A voice that everyone has, and everyone should really start listening to.

When I was a kid, I was basically told that my success in life was greatly dependant on my attending an institute of higher learning, and I accepted this with the easily impressed mind of

“I’d be embarrassed if I ever did get any recognition from Dal”

a kid, planing out a map of my own education. By the age of 14, I knew what I wanted to be.

So I came to Dalhousie with the wide-eyed impressionability of an eager student, looking forward to joining the ‘educated elite’ in what was a solid education/career plan.

It took me about three months before I realized that I’d made a mistake.

I came to Dal because I

“A miniature first officer of the Starship Enterprise resides within all of us, echoing the voice of reason without avail.”

wanted to learn. I wanted to see more than the limited scope I had seen in high-school and beyond. And I did learn a lot, as much and more than I had expected when I came to Dal.

But I did not learn things from my books, or professors, but from the registrar’s office, the DSU, and the other failing elements of the monstrosity of Dal. I saw why people join the DSU, what they do with their ill-appropriated power, how little insight is acceptable in these positions. Hell, insight seems to be discouraged.

I saw how badly the system of Dal and university in general works, how little respect I get from the professors that I pay for my education. People who do little more than tell you to read, write and listen. I can read and write without putting myself in debt year by year, and the listening part is hardly worth the

thousands of dollars.

In my limited years at Dal, I have seen hundreds of students, graduates and professionals that went through the motions of education, most having an idea of what they wanted to do. Get a degree, go back and do law, or medicine, or get your MBA,

whatever.

The thing that I find incredible is how many of these people ever had the thought cross through their head “Gee, wouldn’t my life be great if I could do the same thing every single day of my life until I die.” Do any of them really want this?

I’ll admit, the people that take these routes do like what they are doing, but do it moreso because there aren’t any options. Some people can’t simply do what they want to do.

That’s where Spock comes in.

A man/Vulcan like himself sees things for their pure logic, ignoring all other elements. The most logical concept imaginable is to do what makes you happy. Arrange your entire life so that every day is exciting in what it can offer, your job (if you bother to get a ‘job’) should be something that opens doors every day, and keeps you stimulated

and happy. Spock says don’t trade in the wide-eyed enthusiasm and limitless possibilities of youth for a 9-5 job, mortgage and two cars.

Spock tells me that there are no limits. The only thing stopping me from essentially living in my own paradise is the effort. It is a lot of work, but I don’t want to staple a degree to my chest so everyone will think I’m part of the educated. I’d be embarrassed if I ever did get any recognition from Dal. I’m just here because you can’t fight your enemies if you don’t understand how they work.

The next time a miniature Vulcan speaks to you from inside your head, listen hard. He’s there, and hearing him is in your best interest, but you’ll have to wade through the piles of bullshit implanted in your head before you’ll hear him.

Patrick Blackie

# GAZETTE

## SECTION EDITORS WANTED:

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## THE DALHOUSIE GAZETTE

Volume 133, no. 2

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All submissions must be e-mailed, or on a Mac or IBM 3 1/2 inch disk, in a “text” format. The deadline is Mondays at 4:30 p.m.

Founded in 1869 at Dalhousie College, the Gazette is Canada’s oldest student newspaper. With a circulation of 10,000, the Gazette is published every Thursday by the Dalhousie Gazette Publishing Society, of which all students of Dalhousie University are members. The Gazette exercises full editorial autonomy and reserves the right to refuse or edit any material submitted. All editorial decisions are made collectively by the staff. To become voting staff members, individuals must contribute to four issues. Views expressed in the Gazette are not necessarily those of the editors or the collective staff. Unless otherwise noted, all text © 1998 the Dalhousie Gazette Publishing Society. ISSN 0011-5819

[is2.dal.ca/~gazette](http://is2.dal.ca/~gazette)



## RANT OR RAVE

### Why go to Dal?

Tuition and book costs, LONG LINEUPS, semi-unfriendly staff. Why do we pay so much? Can someone reassure me that Dalhousie is one of my better choices for higher education?

Dalhousie University — one of Canada's leading centres for higher education, and the expansion of modern man's scientific knowledge of his world. Many say that Dalhousie is an excellent choice for the aspiring student who wishes to eventually become one of Canada's educated elite. A quick walk through Dal's campus and facilities would easily convince one that what has been previously stated may be approaching understatement. In my quest for that state of enlightenment known as graduate student status, I have experienced the seedy underbelly of Dalhousie — something potential students are unaware of and registered students cannot avoid. I'm talking about the cost of tuition, the cost of books, coupled with insane line-ups, and unfriendly staff at the end of the lines.

Not to mention the fact that my first year biology section is more like a concert than a class, I actually had to be assisted by an usher today in finding a seat. The class educates about 500 students every Monday and Wednesday.

What bothers me is that Dal seems very lax in the customer service department. We are students but we are also consumers. We pay hard earned money (or at least money that will eventually be hard earned) for our education and should expect the most. With one of the highest tuitions in the country one would expect that Dal could afford to have all of the service booths in student accounts and the registrar's office open during peak times. One would also expect an environment conducive to a nurturing instructor/student relationship in all classes. Let's not even talk about seemingly grossly overpriced books in a tiny bookstore that all of us must purchase.

I guess that what I'm trying to convey here is that as a student I feel like Dalhousie is putting me in a deep financial rut and they're not even being all that friendly about it. Things may improve over the next year — somewhere in that mess of scaffolding and pink insulation (across from the SUB) apparently lies new Arts and Social science building. Perhaps someday we'll see more appropriate class sizes and with more computer terminals hopefully the stress experienced in Dal's offices will be reduced.

I invite anyone with a more educated opinion on the issue to either confirm mine or set me straight.

Jeremy Sears

## Few things more heinous than Dal

As a new school year begins, this alumni is taking a sigh of relieve. As of last May I have finished my stay at Dalhousie University. Now, as I wait for my job to start I have settled into the relaxation mode. For the next couple of weeks I will be planked in front of the TV with a spliff in one hand and a beer in the other.

And so it was exactly this that I was doing last week when I was startled by the Dalhousie frosh as they marched and chanted in true communist fashion up and down my street. Each member trying to get further up the oh-so-cool frosh leaders ass. My blood began to boil as the shrieking increased. How could Dalhousie still be leading people down this road of lies and illusions. There is no way that these lemmings know what destruction they are headed for, what Dalhousie has lurking around each corner. My mind traveled back to when I was one of the herded lemmings and tears of pity welled in my eyes for these unsuspecting people. It is time to break the silence, it is time to shread the illusion. It is time to tell the truth.

So, welcome to Dalhousie University, where there is no room for the normal Joe. If you are among one of these selected few, pack your bags and your student loan and search onwards for respect and understanding because you will not find it here. Here, you will pay one of the highest tuitions in the country and receive the bare minimum in return. Oh yes, you can use the almighty Dalplex but don't go in the Cardio room, that will cost you extra. And don't try to send your transcript anywhere. That will be extra. Needless to say you better win at the Casino or start circling the classified immediately. Myself, I held down three jobs to pay for my exclusive attendance at Dalhousie. What

about time to study you say, well that is a luxury for the rich at this school.

I suppose I should not judge all of Dalhousie from its Arts program alone. According to legend the school is unmatched in its graduate programs. If this is true then hurray for Dal, however for the thousands of Arts students enrolled at the school this doesn't mean a roll of beans. The way I see it is that every program is important to the person(s) in the program. That everyone is an INDIVIDUAL and that everyone should get their moneys' worth by receiving the attention they deserve.

The Arts program itself is ruined by the administration. Students will have to wait long hours in line ups (ie. The Registrar's and Student Account) because Dalhousie refuses to train their staff properly. These poor people who work in such places have to put up with angry yelling student because they do not know how to perform certain tasks. I know this first hand from working at the library, where one is never safe from abuse.

After the line ups, and believe, me they are unavoidable, it is time for class. The classes, or mine anyway, were indeed very educational. They opened my eyes to many things of which I was ignorant of. The courses and its material were good. As for the professors who taught them — it's a different story. The professors at Dalhousie are highly trained individuals that have a lot to offer any student but most of them have forgotten why they are here. They have forgotten that instruction is a job in itself and that it is one — if not the most — important job in society today. The profs are there to receive money for their research, this is important but not the most important thing. They should encourage all students, should know their names and be

concerned if the student is slipping.

Not at Dal. They, for the most part, want you in and out of class as fast as possible because their passion is towards their research not their students. In many classes profs even have a Teaching Assistant who will do their work for them.

TA's are the ones who will be grading your paper's and tests in which you slaved over in preparation for them. These people are suck holes who are not qualified to be grading my papers. Sure they are further along then me, but I am paying \$6,000 dollars a year to be taught and graded by someone who has a PhD. Is that not the basis of university in the first place?

Suck holes, how I loathe them. I wonder if Mount Saint Vincent has them? I am confident that they do. You see I have not traveled the full length of my journey to higher education. I guess someone never does but I am on one of the many pit stops along the way.

It is a time to reflect on what I have passed and what is left to come. For me I have decided that Dalhousie is a rip off and I will continue my journey at "Pill Hill." I want to see to the details this week and already it is whole new world with friendly people and a smooth logical administrative system. I had everything I need including books and registration in a half hour. Sweet, hey!

So that is the end of my bitching. I will not recount exact instances in order to save Dalhousie some embarrassment but you can take my word that all these complaints are founded. Thank you Dalhousie for the piece of paper proving that I am educated and thanks for the fabulous parties. Farwell and good luck to all the new suckers.

Karen Cook

## Native stance for unity

### Ontario Chippewas support Burnt Church Mi'kmaq

Images of Department of Fisheries patrol boats, ramming and swamping the smaller Mi'kmaq fishermen's, boats sear the hearts of every Native person in Canada. We all feel great sympathy for the Native peoples of the East Coast in their struggle and we sit in support because we have experienced the same kind of hate ourselves.

For once it was shown for all to see on national TV.

In 1993, an Ontario court recognized the rights of the Chippewas of Nawash and the Chippewas of Saugeen on the Bruce Peninsula in Ontario to fish for trade and commerce. It took the Ontario and federal governments until this year to sign an agreement with us that recognizes our rights and admits us as equal partners in the management of the commercial fishery. In the seven years between the court decision and the agreement, our people suffered from such things as

cut nets, nets forcibly removed from the waters of Georgian Bay by government agents, boats damaged, and physical attacks.

As Francis Nadjiwon, a fisherman, said on a show aired by the CBC's 5th Estate, "It's racism. It's not just here; it's all over. No one wants to see us get a resource back."

I am heartened to see that the Canadian Fisheries Minister is willing to negotiate an agreement through a mediator. Here in Ontario, we found that such negotiations were the only way we could get beyond positions made harder by confrontation. I am heartened that the Assembly of First Nations is working there in support of the First Nations.

The dispute that has focussed on Burnt Church is a dispute concerning all peoples in Canada — Natives and non-

Natives.

It is useful to look at how the management of resources has been worked out in other areas. Here, in the Bruce Peninsula, the Ontario government finally bought out non-Native commercial licenses to make room for our people.

The agreement we signed with Ontario and Canada clearly establishes us as partners in the

**"It's racism. It's not just here; it's all over. No one wants to see us get a resource back."**

management of the commercial fishery. Under the agreement, we oversee our own fishermen.

Troubles similar to Burnt Church in 2000 and ours in 1995 plagued the recognition of the resource rights of Chippewa Tribes in American states adjacent to the Great Lakes, and of Tribes in

Washington State. In both those states, as in Canada, landmark court decisions recognized Tribal rights to fish commercially. In the US, as in Canada, a victorious backlash boiled over (which continues to simmer). In the US, things finally quieted down when state and federal governments partnered with Tribes to manage fish and wildlife harvests. One big difference is, however, that

the US federal government supported the Tribes' bid for recognition of their rights and, later, their bid to be included in the management of the

fisheries.

How can we not be included? How else can we be assured we will enjoy our rights unless we have an equal say are in how they are managed? The federal government has said it recognizes self-government as

a right protected by the Constitution.

Are we to preside only over our poverty? Are we not to help manage a resource that will restore our self-sufficiency?

The UN's draft charter on indigenous rights calls for self-government and the sharing of management responsibilities.

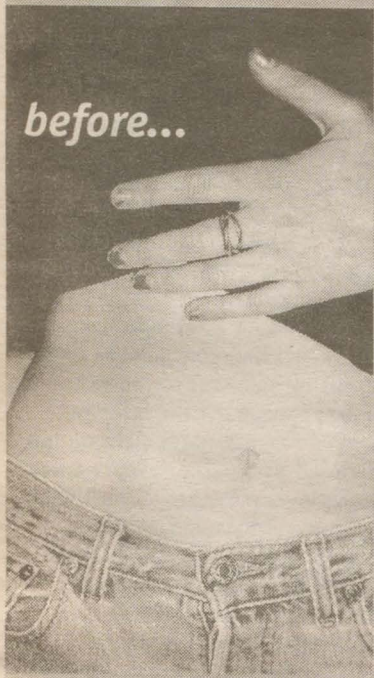
So does the Royal Commission on Aboriginal Peoples. And the Convention on Biological Diversity — an international agreement which Canada has signed and ratified — enjoins the signing countries to embrace the traditional knowledge that indigenous peoples possess and accept them as full partners in the management of natural resources.

The path for governments is clearly marked. All they have to do is walk it.

Miigwetch Ralph Akiwenzie Chief, Chippewas of Nawash



## Bellybutton rings, tattoos & things



by vanessa owen

the gazette

I was sweating and nervous as hell. A smiling guy was standing above me, wearing rubber gloves and holding a sharp object in his hand.

"Relax," he said, "Lay back, this won't hurt."

Yeah, right. I couldn't help but wonder 'what was I getting myself into?' This was my body he was about to alter; do I really want to do this? I had given this a lot of thought; I had weighed the benefits and consequences of my actions, and felt that I was making the right decision. I was so RATIONAL, until now.

Now, I was scared.

Now before you jump to any conclusions, let me explain how I got myself into this situation.

It all started about 3

months ago, when I began noticing a certain trend among young 20-somethings. It seemed that everywhere I went, I was seeing people that had done 'it'. They would talk about how fun 'it' was, and how they were ready to do it again.

"It is very erotic," they would claim.

Then a group of my friends all went and did 'it' together. They all thought it was cool, and in fact it WAS cool, but I was just too chicken. I had successfully talked myself out of doing 'it', citing all very practical and logically sound reasons why I shouldn't do 'it'. That is, until now.

I am of course talking about body piercing.

One place in Halifax which offers piercing, or for that matter tanning, aesthetics, tattooing and hair cuts, is Kara's Alternative Day Spa.

The owner, Kara Landry originally opened the shop on Barrington Street in 1985.

"I am a stylist by profession and I wanted to open up a shop that was fun and had the latest looks and styles."

In 1991, Kara's moved to its current location on Spring Garden Road.

"The move was a natural one considering most of our clientele is the university crowd." She now has a staff of 18, including two piercers, one aesthetician, one tattoo artist and 14 stylists.

"Talent is our number one priority," said Landry, "Flamboyance is always welcome."

Danny Bartlett, the resident

tattoo artist at Kara's has been working at the spa for seven months. He brings over ten years experience to the job, including a six-month apprenticeship and three years at art school in Newfoundland. His interest in tattooing began for him at a young age.

"It all started for me when I was about 13," said Bartlett. "I was in my Uncle's tattoo shop and this guy wanted to look at some of my drawings. He liked one so much that he decided to get it as a tattoo. Ever since then I have been hooked."

Bartlett gets a lot of requests for standard images such as butterflies, dolphins and Chinese symbols, but his specialty is custom work.

"Every client I have has the opportunity to have custom work done. I do a lot of freehand which means that every tattoo I do isn't exactly the same."

If you are thinking about



getting some 'ink done,' Bartlett has a few tips to help you get the perfect look. When choosing color for instance, you should remember red stays bold longer than any other colour—but when it starts to fade, it'll go quickly. Green is the color with the most longevity. Remember to have something to eat before getting a tattoo or piercing done. This helps to regulate your blood sugars so you don't pass out. And ALWAYS remember to wear sunscreen. "The main thing that kills tattoos is the sun. If you wear sunblock it will extend the life of your tattoo by ten years."

The prices at Kara's for any service are all reasonable and so is the 15% discount she offers to students.

"The average price for a tattoo is between \$75-120" said Bartlett.

"But we also offer custom pricing for larger pieces." Cuts range from \$17 for men to \$28 for women. They also offer tanning packages that begin at \$25 for 5 sessions as well as numerous aesthetics services.

Another popular service that is offered at Kara's Spa is body piercing. Jody Gurhalt has been piercing for over 2 years at Kara's and says he feels there are a lot of misconceptions about piercing.

"Most people get so worked up about getting pierced. When it's over, they say that's it?" Gurhalt says the navel area is the most popular place for a piercing. "The majority of our clients are female and they like to have their belly buttons pierced. Women feel safe here, because the shop is

clean and bright and we never re-use our needles."

Landry is quick to point out that her spa doesn't do genital piercing.

So fast forward three months and here I am, sitting in an antique barber's chair, breathing deeply, while Gurhalt stands above me telling me to relax.

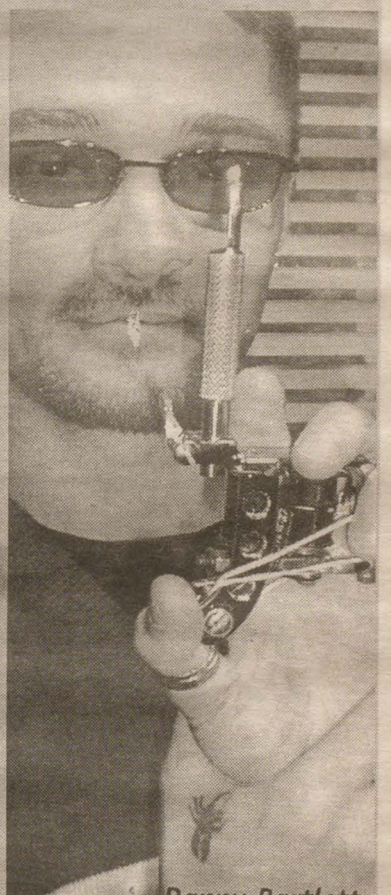
"Close your eyes, and picture yourself on a beach" he says in a soft voice. I WISHED I were on a beach, believe me. He puts the clamp on my belly button and tells me to take a deep breath. Then he pushes the hollow needle through my skin. I think I yelled a few profanities, but it was surprisingly painless. I looked down at my newly pierced skin and smile.

"That's it?" I said with wonder.

"That's it" he confirmed, "See how easy that was." Really, it WAS easy. It took literally less than 2 minutes from the moment I sat down in the chair until I stood up again.

The jewelry was shiny and new, and after giving me a few instructions on cleaning, I was free to go bare my belly to the world.

In fact I did. Did you notice the Gazette's cover this week?



Danny Bartlett

**Kenneth Cole**  
**Rockport**  
**Bostonian**  
**Timberland**  
**Teva Sandals**  
**Clarks of England**  
**Dr. Martens**  
**Harley Davidson**  
**H.H. Brown**  
**Blundstone**  
**Sperry Topsider**  
**Steve Madden**  
**Nine West**  
**Birkenstock**  
**Enzo**  
**Bass**  
**Bondolino**  
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Kara Landry in front of her spa.



# CD CONTEST

in tester:

Dr. Gauner was found dead in her car with a bullet wound above her heart. Her right hand was firmly clutching a small hand gun. Det. Dick Poker examined the gun and determined that it was the weapon used. After a quick examination of the body, Det. Poker determined that she had bled to death over a period of about 30 minutes. A suicide note was found next to her body. Poker had the note analysed and confirmed that it was written by the left-handed Dr. Gauner. The coroner concluded that death was caused by the extensive bleeding from the bullet wound and that she had bled to death over a period of 20 minutes. Det. Dick Poker was certain that this was a case of murder and not suicide. Why is murder suspected?

**Submit your answers to the Dalhousie Gazette office by Monday September 18<sup>th</sup> and win a CD! 5 winners will be randomly drawn from correct submissions.**  
**Send your entry to [cdcontest@Xweb.ns.ca](mailto:cdcontest@Xweb.ns.ca) or drop into the Gazette office, room 312 SUB.**

**LAST WEEK'S ANSWER:** An egg (we also went with chicken since grocery store eggs are unfertilized and actually never stand a chance of hatching anyway).

**LAST WEEK'S WINNERS:** Jeremy Bryant, Jeremy Slaunwhite, Adam Day, Mike Aube, Stephanie Richardson, Mark MacDonnell, Mark Reece, Aatir Abbas, Tyson Dyck, Kachi Armony, Catherine Connors.  
 Pick up CDs at the Gazette office, Monday at 4:30, room 312 SUB.

# Catching up with the celebrities

by *vanessa owen*  
*the gazette*

Drew Barrymore and Tom Green have finally gotten engaged. The couple, according to recent gossip was supposedly breaking up after Barrymore put the breaks on the relationship to find her long lost, homeless and alcoholic father. Reps for the couple have confirmed that Green did in fact propose to Barrymore and she accepted. No date has been set for the wedding. But boy! She has a rock the size of Nova Scotia on her hand.

Rumour has it that Renée Zellweger is too fat to be on the cover of Harper's Bazaar. The 31-year old actress has recently gained some weight for her role in the movie, 'Jones' Dairy'. According to Harper's, the actress was supposed to appear on the October edition of the magazine, but after her photoshoot, the editors decided she looked too uncomfortable, and it didn't make for an inviting cover.

Helena Bonham Carter is going ape. The period actress is set to star in the upcoming remake of Tim Burton's *Planet of the Apes*. She will play the ape princess and sport facial hair. Filming for the project, which also stars Mark Walberg, Tim Roth, Michael Clarke Duncan and Estella Warren, begins shooting this fall.

*Volunteer With L'Arche  
 "The Place of Small Miracles"*

L'Arche Cape Breton is a community for people who are mentally challenged and those who choose to live and work with them. We are committed to equality, solidarity, and simplicity, and since we began in 1983, hundreds of men and women have come to share this way of life with us.

Most of our volunteers are university students or graduates who have found something lacking in academia. They come to L'Arche from all over the world to discover the importance of relationships, to be pushed to develop their potential, and to discover the beauty of men and women who are mentally challenged.

We are always accepting applications from energetic, open-minded, and committed people. We provide room and board plus a monthly stipend, and will cover your student loan payments as well. There are even programs available for people interested in volunteering overseas, as there are over 100 L'Arche communities throughout the world.

Contact us for an information package.

L'Arche Cape Breton  
 Whycomagh, NS  
 B0E 3M0  
 Ph 902-756-3162  
 Fax 902-756-3381  
 e mail <[larchecb@atcon.com](mailto:larchecb@atcon.com)>  
 WEB SITE <[www.larchecapebreton.com](http://www.larchecapebreton.com)>



# TUESDAY IS PASTA NIGHT

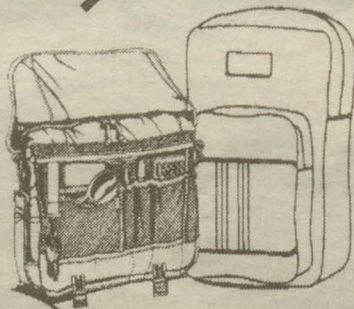
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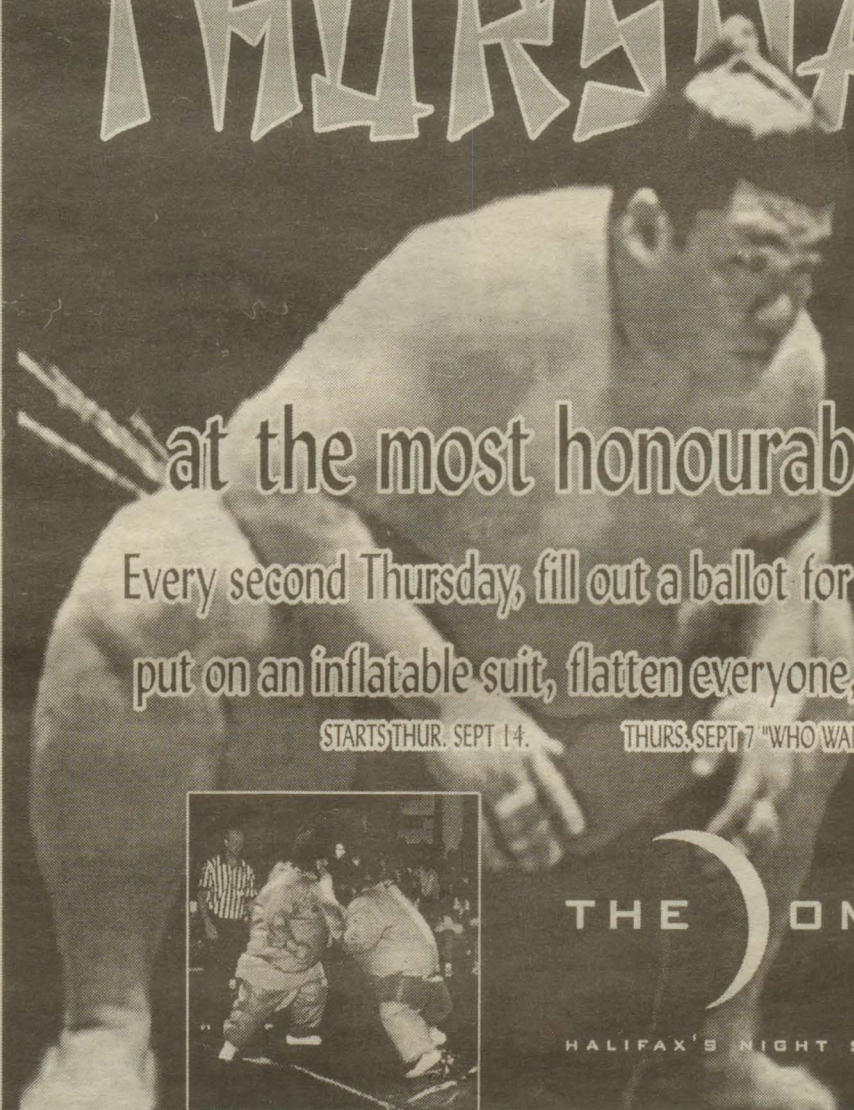
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# SUMMO THURSDAY!



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STARTS THUR. SEPT 14.

THURS. SEPT 7 "WHO WANTS TO BE A THOUSANDAIRE"

THE OME

Blue

HALIFAX'S NIGHT SPOT



# Vanessa's & Closet

advice from someone completely unqualified by vanessa owen

My boyfriend says I give him 'blue balls'. Is there really such a thing or is he just trying to get me to have sex with him?

Blue Curious

Dear Blue,

Yes blue balls are real, and yes he is probably telling you this so you will have sex with him. What he is experiencing is achy testies because the blood that flows to a guy's genital area during arousal is not dissipated by orgasm. When the guy gets off, the veins and arteries return to their normal size and he is happy as a clam. If he does not orgasm, there is a lingering feeling of heaviness, aching or discomfort in the testicles. The feeling doesn't last long and the pain associated with blue balls is usually minor. So if he is screaming in pain, begging you to have sex with him, tell him to take it like a man and go have a chat with the Palm Sisters.

Last weekend a bunch of my friends and I all went out for the evening. We had dinner at a nice restaurant and then we all wanted to go dancing. Three of them were on the guest list for this incredible club. The rest of us had to wait in line. We didn't get in for over an hour. I am pissed off at my friends who I feel ditched us. Should I be feeling this way?

Sour Grapes

Dear Sour,

I have mixed feelings about this situation. On the one hand, I think your friends were rude to leave you in line while they continued to party. You had all planned to spend the evening together and I am assuming you are not in Tuktayuktuk and there is more than just one club in town. You could have selected another location where everyone would be able to get in at the same time. But on the other hand, if

they were on the guest list for a special event, this means that they had planned to go ahead of time without you and they should not feel bad that you had to wait in line. In the end, you should talk to your friends and let them know why you are upset and next time tell them you would prefer to have everyone stick together.

My girlfriend recently had my name tattooed on her back. I didn't know that she was going to do this and although I am pleased, I am nervous because she is hinting I should do the same. I love my girlfriend, but I am not sure I want to have her name on my back. What should I do?

Blank Canvas

Dear Blank,

Short of a valuable product endorsement, I would advise against tattooing ANYONE'S name on your person. Do I have to remind you of Johnny Depp and his 'Winona Forever?' I am sure you are very happy and in love with your GF, but these days, let's face it, relationships dissolve all the time. If you open up this can of worms, you risk the possibility that every new GF is going to want her name emblazoned on your bod. Do you really want to be 70 and have 100 different names crossed out on your back? I think not. If you are really serious about this gal, then maybe together you can pick out a meaningful symbol or image to represent your love for one another. That way, you can appease her ego and still have your ass covered if things go south.

Send your questions or comments to: [vanessascloset@Xweb.ns.ca](mailto:vanessascloset@Xweb.ns.ca)

## "Do you love kids?"

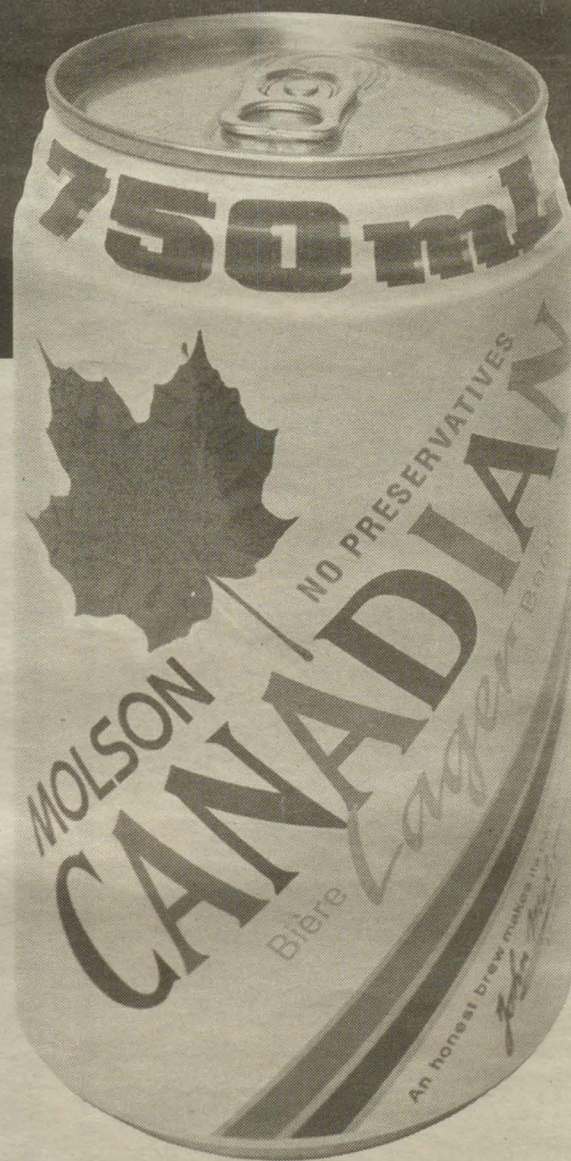
In-house baby-sitting position available from November 1, 2000 thru August 1, 2001 from 9am til 4pm weekdays. You will be taking care of two boys aged 2.5 and 1.5. If interested, mail, fax or email qualifications and character references to:

Attn: Baby-Sitting  
6136 University Ave.  
RM 312  
Halifax, Nova Scotia  
B3H 4J2, f- 422-5903,  
[babysitter@Xweb.ns.ca](mailto:babysitter@Xweb.ns.ca)

In Nova Scotia

# I AM. FREE

Get a Free 750 mL can of Molson Canadian with every purchase of a Canadian 12-pack.



At participating NSLC stores, September 1 to October 31, 2000. While supplies last.



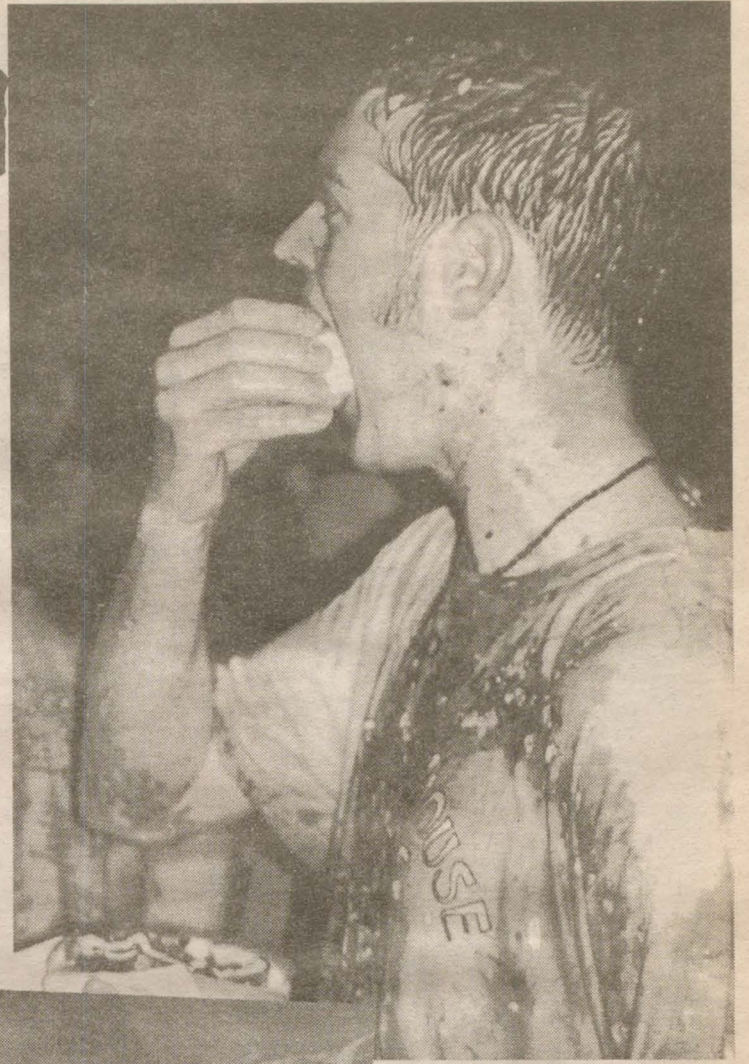


# Welcome Frosh

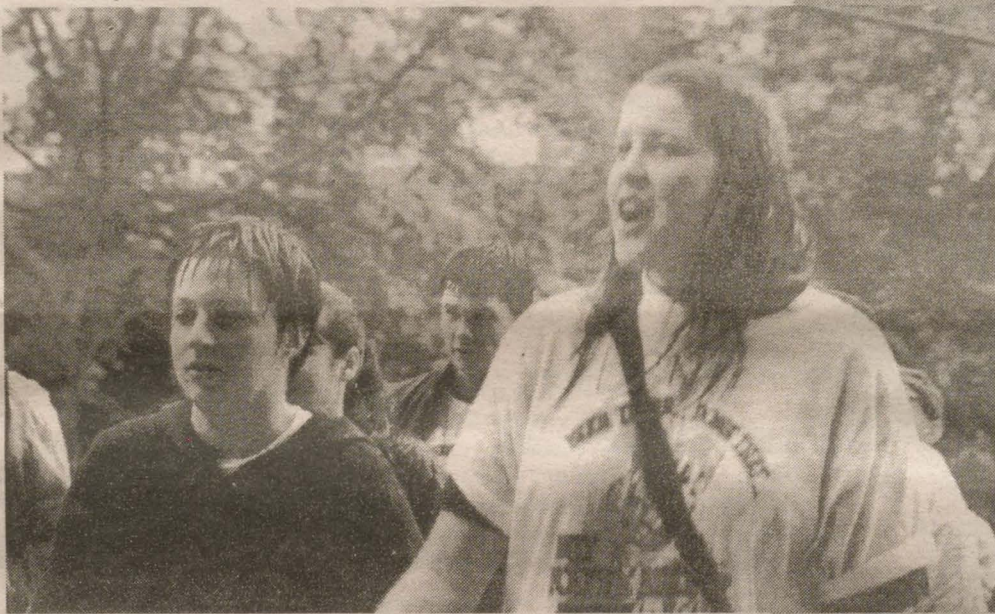
Text and photos by Patrick Blackie



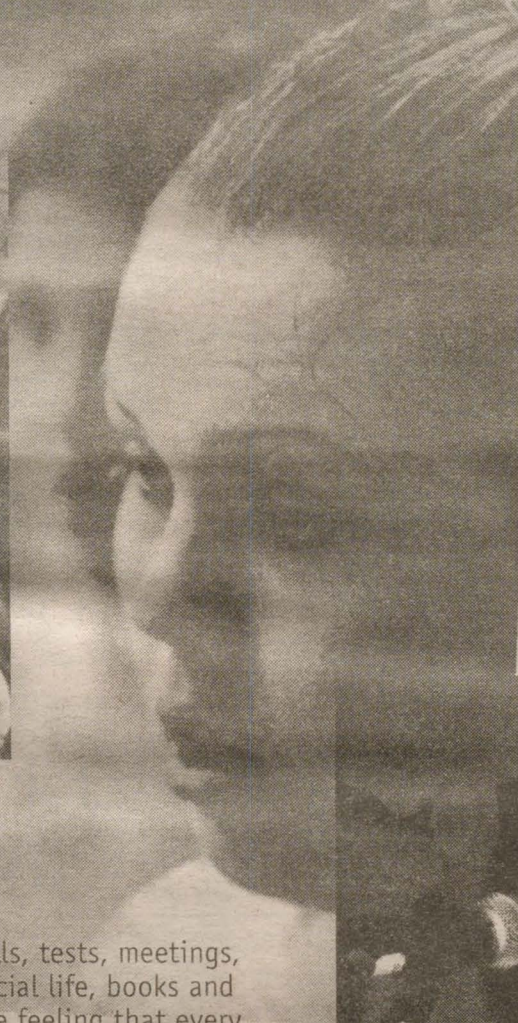
Smile on friend. Beginning your life at Dal has a certain magic to it, even during the hazing of Frosh Week. The upcoming years will not be easy, however. Most at Dal are faced with burdens of every nature —financial, educational and what not. Good luck, and for sanity's sake, keep smiling.



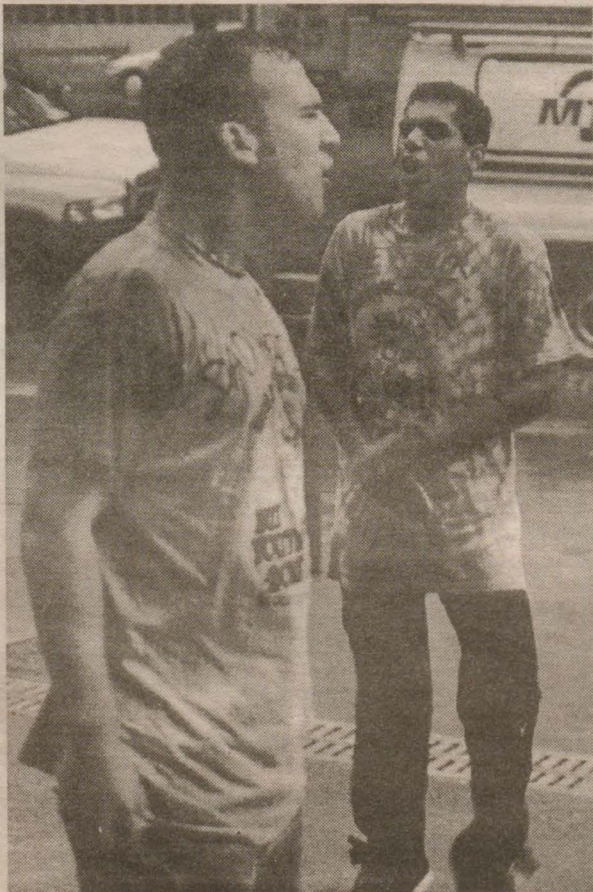
Food. The residence cooking is an interesting experience. The still-bloody ribs to the beetle-ridden salad, it makes you wonder why you pay for it. But hey, once you move out on your own, the meals all go gourmet, right?



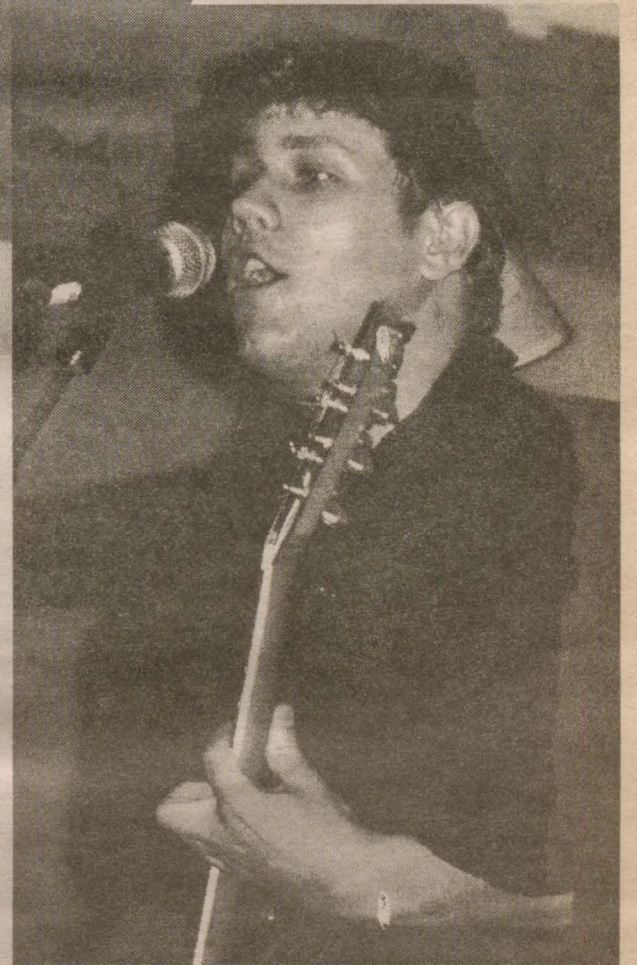
Not everyone saw Frosh Week in the same way. Some saw an opportunity to take part in social events and as an introduction to Dal, others saw an initiation that seems so frustrating that the bureaucracy of Dal becomes a minor problem.



Bills, tests, meetings, social life, books and the feeling that every day, time and money are being used improperly. It can be trying at times, but there is a lot to look forward to in Halifax. A city full of options and entertainment, and most importantly, distractions from Dal.



The shouting frosh leaders have suddenly lost their potency. They can no longer shout non-sensical orders at you, and you see them for what they are— people who still live in residence, and the people who grasp school spirit with both hands.



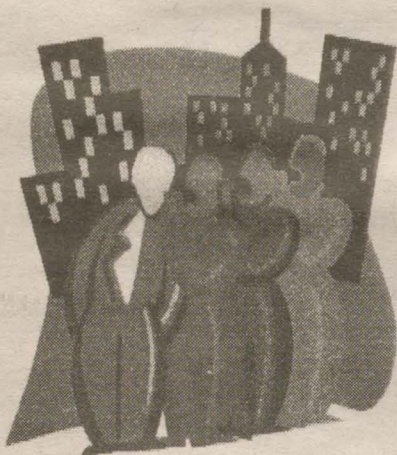
Shyne Factory and Arlibido played in the SUB for dozens of smiling frosh. Halifax is a great place to take part in the various facets of the music scene, from renoun DJ's to punk bands and every stop in between.



## TAKE BACK THE NIGHT MARCH

FRIDAY, SEPTEMBER 29, 2000

RALLY BEGINS AT 7:30 PM  
MARCH BEGINS AT 8:30 PM  
GRAND PARADE SQUARE,



THIS MARCH IS A MARCH FOR WOMEN AND CHILDREN TO PROTEST SEXUAL VIOLENCE AGAINST WOMEN.

FOR MORE INFORMATION, OR TO GET INVOLVED, CALL THE DAL WOMEN'S CENTRE AT 494-2432.

To place  
announcements  
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email: [gazette@is2.dal.ca](mailto:gazette@is2.dal.ca),  
drop into the office  
at room 312 SUB,  
or fax 494.8890.

For advertising information  
contact 494.6532

## Announcements

**Peers Against Sexual Assault** needs female and male volunteers. The student run organization that educates about sexual harassment prevention and promotes healthy sexual relationships. No experience is needed, training is provided. For more information please contact the Dalhousie Sexual Harassment Officer's office at 494-1137 or [susan.brousseau@dal.ca](mailto:susan.brousseau@dal.ca).

**The Folkdancers Association of Nova Scotia** will be holding a series of six folkdancing class geared for beginners. Starting on Sept. 21, they will be held every week on Thursday at 7:45. The classes will be held at Danspace at 1531 Grafton Street interested, please call 464-1288.

### Your first choice for a career in financial planning

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1.888.865.CIFP



## STUDENT EMPLOYMENT NEWS

Dalhousie's Student Employment Centre is your one-stop student employment location. Offering on- and off-campus employment opportunities as well as permanent placements, summer and part-time. SEC services are available to Dalhousie, DalTech and Kings students as well as recent Dalhousie graduates. Visit us on the 4<sup>th</sup> floor of the SUB, 9 am to 4:30 pm, Monday to Friday, or on our web site [www.dal.ca/sec](http://www.dal.ca/sec). The Dalhousie Tutoring Service and Dalhousie Student Volunteer Bureau are also services of the Student Employment Centre and are located next to the Centre in the SUB. Visit your Student Employment Centre today!

### PUBLIC SERVICE COMMISSION POST-SECONDARY RECRUITMENT CAMPAIGN September 5 - October 2, 2000

A sampling of the jobs we hire for are Foreign Service Officers, Information System Specialists, Economists, Health Studies Analysts, Financial Officers, Commerce Officers, Statisticians, Engineers, Manangement Trainees, Parole Officers and many more. Details on specific positions including the required degree and other specific skills can be found at <http://job.gc.ca> or drop by the lobby of the SUB on Tuesday, September 19 from 10 am - 3 pm for further details. Application kits can be picked up at the Student Employment Centre.

CHECK OUR WEBSITE FOR GRAD RECRUITMENT OPPORTUNITIES  
VARIOUS EMPLOYERS LOOKING FOR SPRING GRADUATES [www.dal.ca/sec](http://www.dal.ca/sec)

### INFORMATION SESSIONS

Public Service Commission will be in the lobby of the Student Union Building on Tuesday, September 19/00 from 10 am - 3 pm to answer any questions regarding their Post-Secondary Recruitment Campaign.

Ernst & Young - September 26/00, Room 307, 3rd floor, Student Union Building, 6:00 pm. If you are a Computer Science or Engineering student you are encouraged to attend this Information Session to learn more about an exciting career with Ernst & Young.

### HALIFAX JOINT CAREER FAIR SEPTEMBER 29, 2000 - 10:00 am - 4:00 pm WORLD TRADE & CONVENTION CENTRE

The 3rd annual Halifax Joint Career Fair is a career fair that provides students from various academic concentrations with an opportunity to interact with companies from all over Canada.

Don't miss the career networking event of the year!!  
100 employers from various industries!!

For more information visit the website at:  
<http://careerfair.interuniversity.ns.ca>



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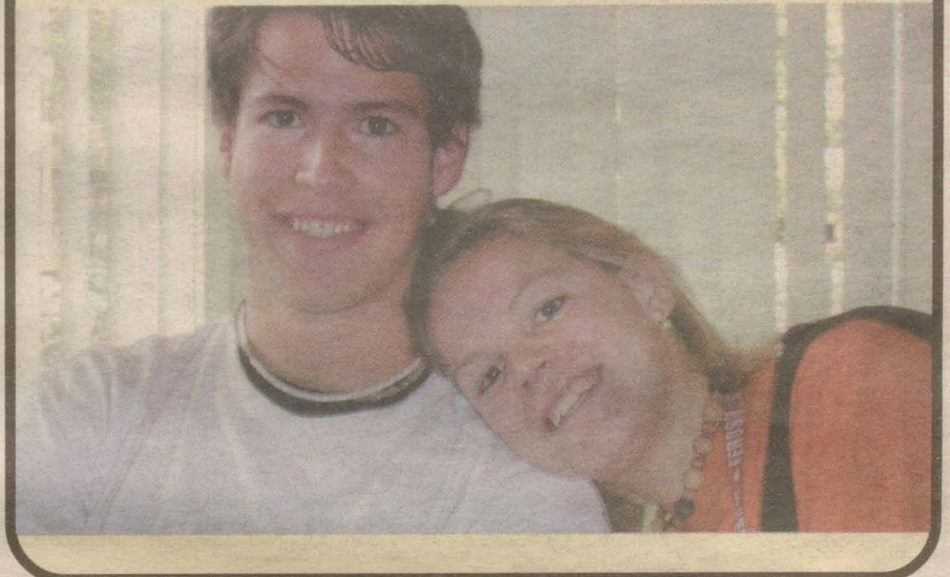


The Gazette cruised the waiting area at the Dalhousie Bookstore:

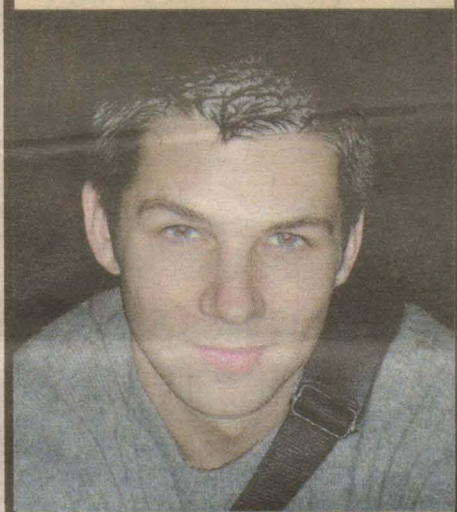
How do you feel about the line up at the bookstore?

"It's kind of annoying more than anything. But I guess we should've gotten our books before now too."  
Drew Debay,  
second year B.Sc.

"It's like an hour long, it's kind of dumb. I guess they don't have much of choice but it just sucks."  
Sarah Anderson,  
first year environmental science



"This is my third time here so far and so far it's been an hour wait so far. I think a better system could be made."  
Graham McCrimmon,  
first year BA.



"It's kind of hard because you need to do all of this work from your school books but you can't get the books very easily."  
Sue Henderson,  
first year B.Sc.

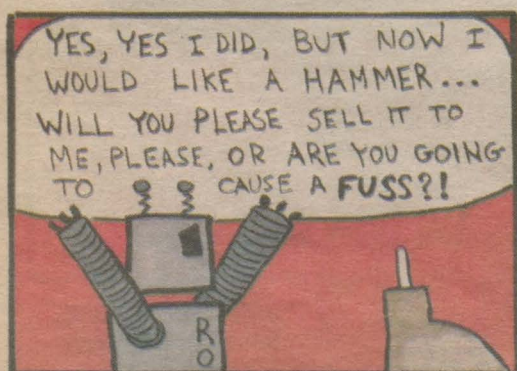
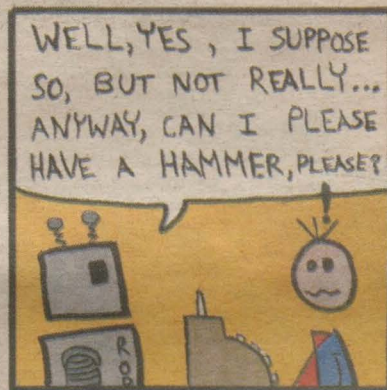
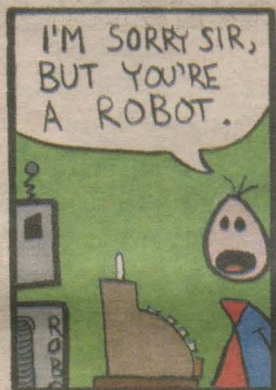
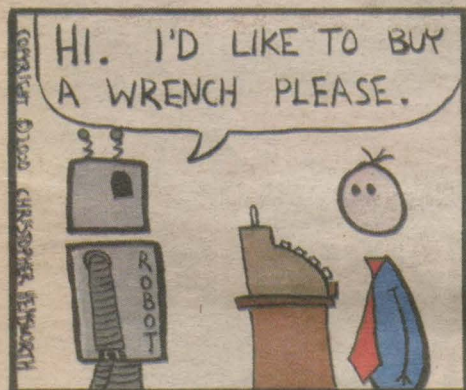


"It's pretty big but understandable considering the time of year."  
Steve Squires,  
first year psychology.

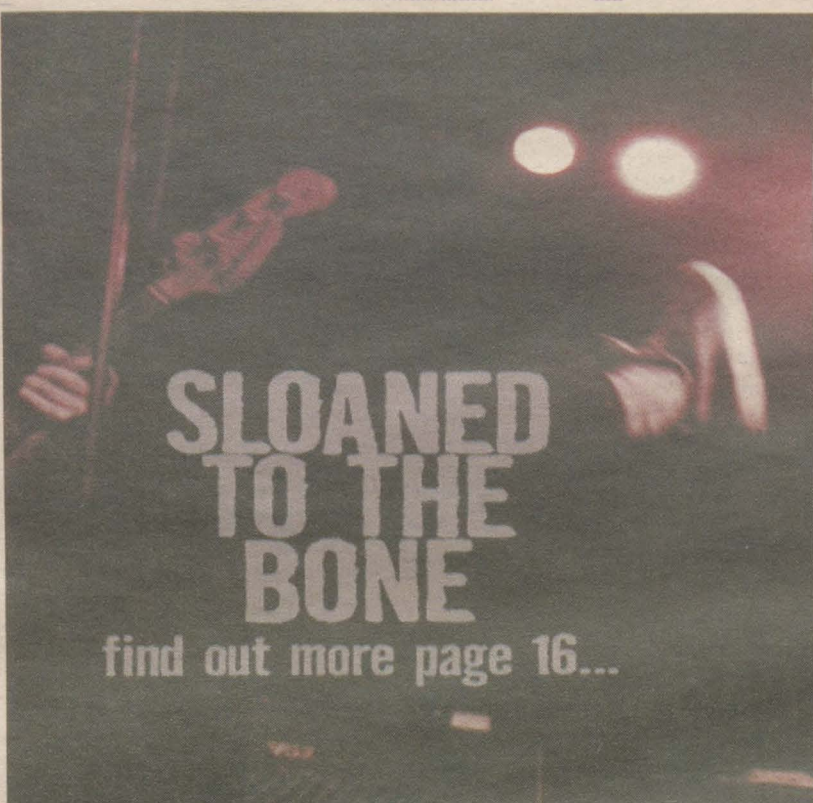


## JOEY the ROBOT

BY: christopher hemsworth

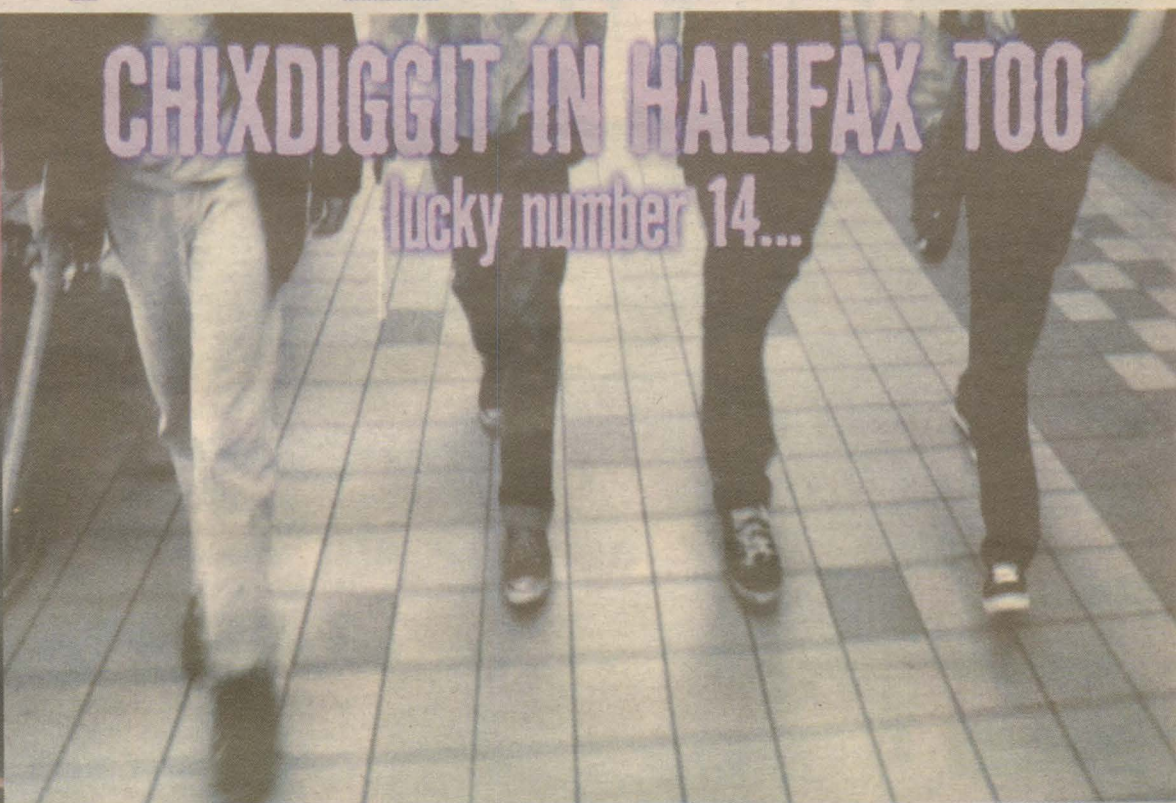






## SLOANED TO THE BONE

find out more page 16...



## CHIXDIGGIT IN HALIFAX TOO

lucky number 14...

## FILM FEST FINE FUN

catch it page 18...

THE KING'S GUERRILLA  
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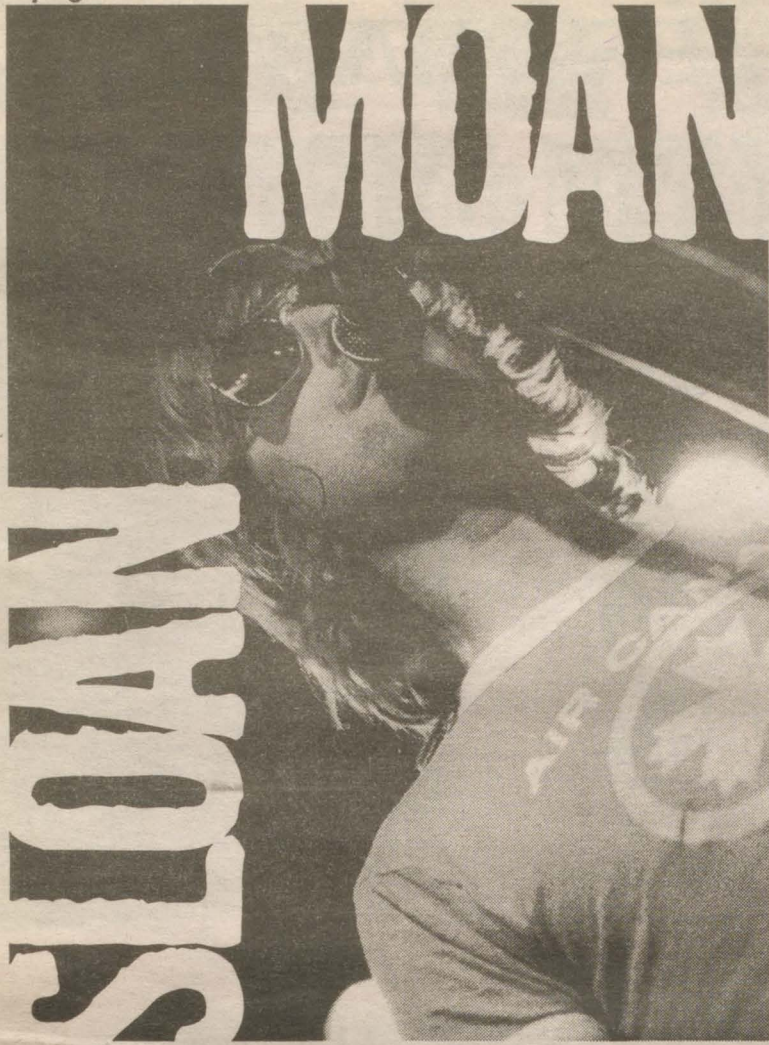
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by Jason Hooper

the gazette

Last Wednesday's Sloan concert at the SUB lacked the energy necessary to pull off a live show effectively. In fact, the band lacked so much energy that they had to rely heavily on the audience's enthusiasm and paid for it.

Throughout the night the audience drifted out continuously so that by the first encore less than half of the original crowd was left to see Singer/guitar player/drummer Chris Murphy ham it up before launching into "Underwhelmed". Murphy managed to pose and preen his way through the night with all the campiness of a drag queen.

"Good in Everyone" drew the biggest response of the night, and subsequently brought out the strongest signs of life from the band. It was only during those moments when Sloan played their most popular singles that the show verged on being memorable.

Opening act Mike O'Neill proved a good choice for crowd warmer with his friendly banter and pleasant stage persona. His dull pop set the stage for Sloan's dull pop, or as guitarist Jay

Ferguson describes it "It's almost like we're adult contemporary."

When O'Neill's backup band was given the opportunity, they proved themselves as a tight and rocking trio that threatened to overwhelm the singer/songwriter. Had they been allowed to let loose for forty-minutes the whole night might have proven salvageable, instead they backed up O'Neill quietly and effectively.

The front of the stage was barricaded and lined with friendly and talkative security on the one side while the other was lined with crushed teenage girls smacking gum, looking bored and occasionally singing along.

The four multi-talented members of Sloan traded off instruments for different songs... yada yada yada...nothing that you haven't heard about or from them before. Which is maybe my biggest complaint. They didn't do anything you haven't seen already on Much Music. They didn't sound any differently than their records.

Sloan failed to offer anything worth twenty bucks and they offered little in the way of a spontaneous or even interesting live performance.

Perhaps they were just tired.

In the last year they have released their latest full length album (*Between the Bridges*); toured in the spring; appeared on Don Mckellar's critically acclaimed

television series *Twitch City*; briefly toured Europe over the summer and started working on their next album. They are without a doubt hard working and have earned their success.

Success has for Sloan come and gone and come back, first with what Ferguson says was a fairy tale start, signing a record deal with DGC.

"At that time it was their hay day, Nirvana and Sonic Youth and Teenage Fanclub and Hole had just been signed they were a cool big label," said Ferguson. "At that point we were like whoooooee we're successful, but there's been ups and downs."

One of the downs included the temporary break up in 1994 that came as a result of DGC's lack of support for their second album.

"DGC listened to our album and told us to record it all over. They didn't like it because it didn't sound like the same band," said Ferguson. After getting back together for *One Chord to Another* Ferguson said the band found success again.

"Really, since we've been able to put out our own records on our own label, Murderecords, that's when it felt really successful."

Perhaps the reason for Wednesday's lacklustre show is the fact that Sloan already defines themselves as being successful.



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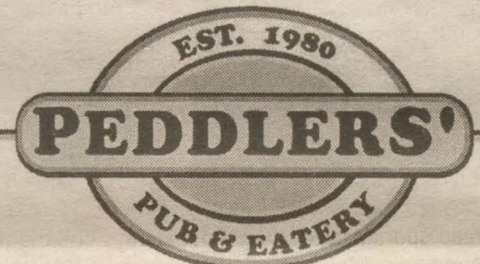
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# Chixdiggitt!

by caitlin kealey

the gazette

Calgary punkers, Chixdiggitt are playing the Marquee this Friday along with the Teen Idols and the Riff Randells. If Chixdiggitt stay true to form the show should be a ball of drunken energy mixed with sing alongs and cheesy crowd interaction. It's always a good time when Chixdiggitt comes to town.

In 1996 a young girl moved to the big scary metropolis of Halifax from a smaller city in Newfoundland to make a go at higher education. She was big into music and couldn't wait to see if everything she had heard about the music scene in Halifax was true. This came on the tail of the post-Sloan/Inbreds/Hardship Post era. The possibility of a new thriving music scene excited her to no end. Arriving in time for the Halifax Pop Explosion she waited in anticipation at her first Halifax show for the bands to start in the abandoned building-turned show venue.

Of this showcase only one band interested her in the least bit. All of the other bands were boring rehashed pop bands with talent spread sporadically throughout the many bands. Can you guess what the one band was? Yeah — Chixdiggitt!

Every Chixdiggitt show in Halifax seems to resemble the last, which makes it easy to reminisce about the past. Don't mistake the similarities for a bad time. The high energy-happy-pogo-punk is always a dance-a-thon (or maybe a beat the shit out of your neighbour-a-thon depending on your favorite way to let off steam.) Their stage show

is always fun to watch with a plethora of tight solid songs.

The four-man band has been busy for the past year.

They finished off their European tour to regroup and start recording a new album. *From Scene to Shining Scene* is their newest offering on Honest Don's Records. Honest Don's plays host to some of the best happy punk around.

The new album also has a bonus CD-ROM track that guitarist Mike Eggermont made himself.

As they tour for the new CD they look forward to seeing Halifax again.

They especially like playing at the Marquee.

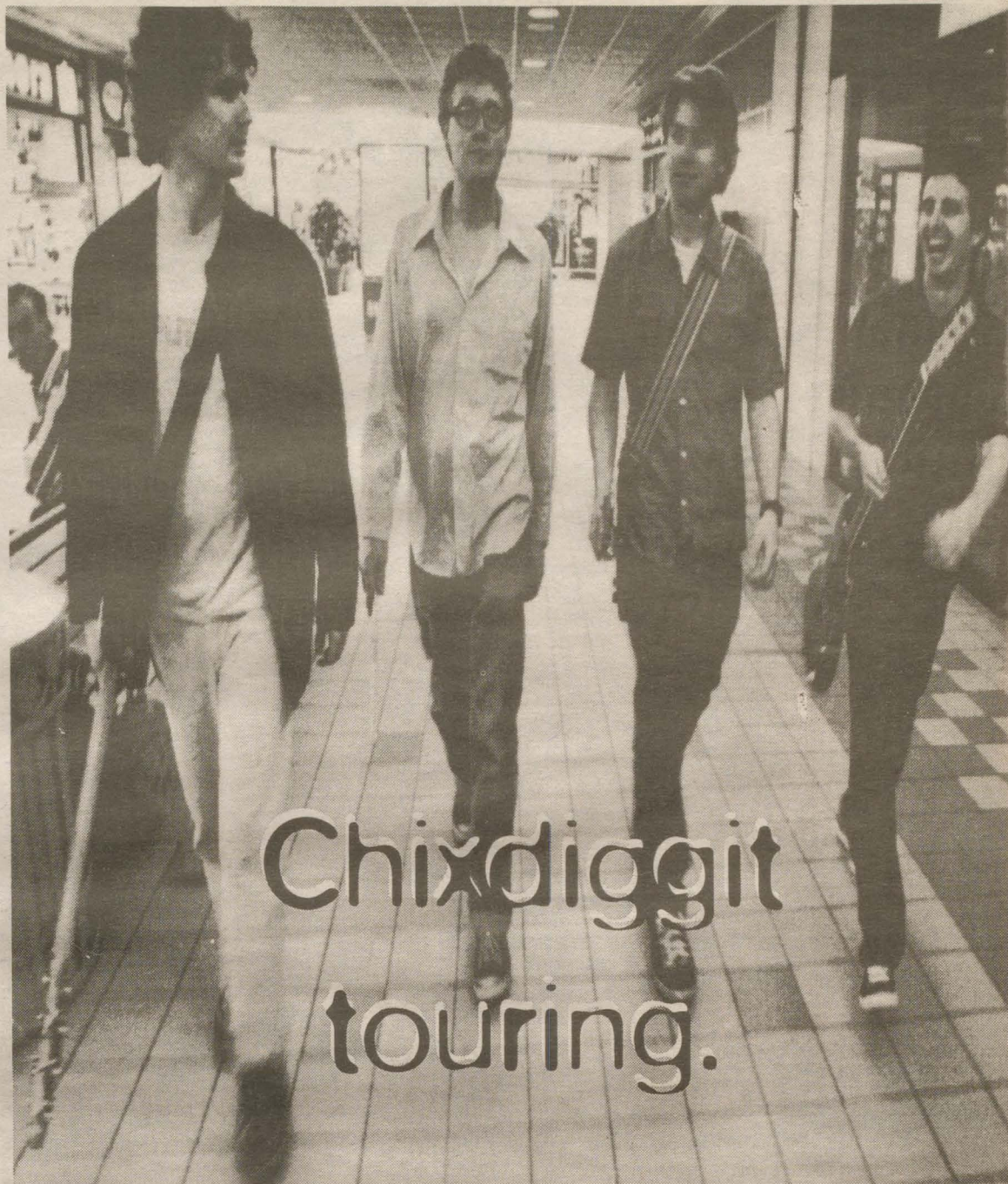
"It's a big dance party when we get off the stage. In most bars after we play the bar empties. It's nice to party after a show," said Eggermont in a telephone interview last week.

Halifax ranks about 1/3 of the way through their tour. They are on their way here from their hometown Calgary. After their Maritime tour they turn around and go all the way back home.

"We're home for about 4 days—which is enough time to do laundry," said Eggermont. After those 4 days Chixdiggitt begins the second leg of their tour — in Europe.

Comparing the band from their present state with their Eggermont says the band "started and we were young and cute, but now we are doing good. We are happy where we are. We get treated like we aren't a waste of space."

As for if they are still cute, well you are just going to have to go to the Marquee on Friday and find out for yourself.



from the writer / director of "Jerry Maguire"

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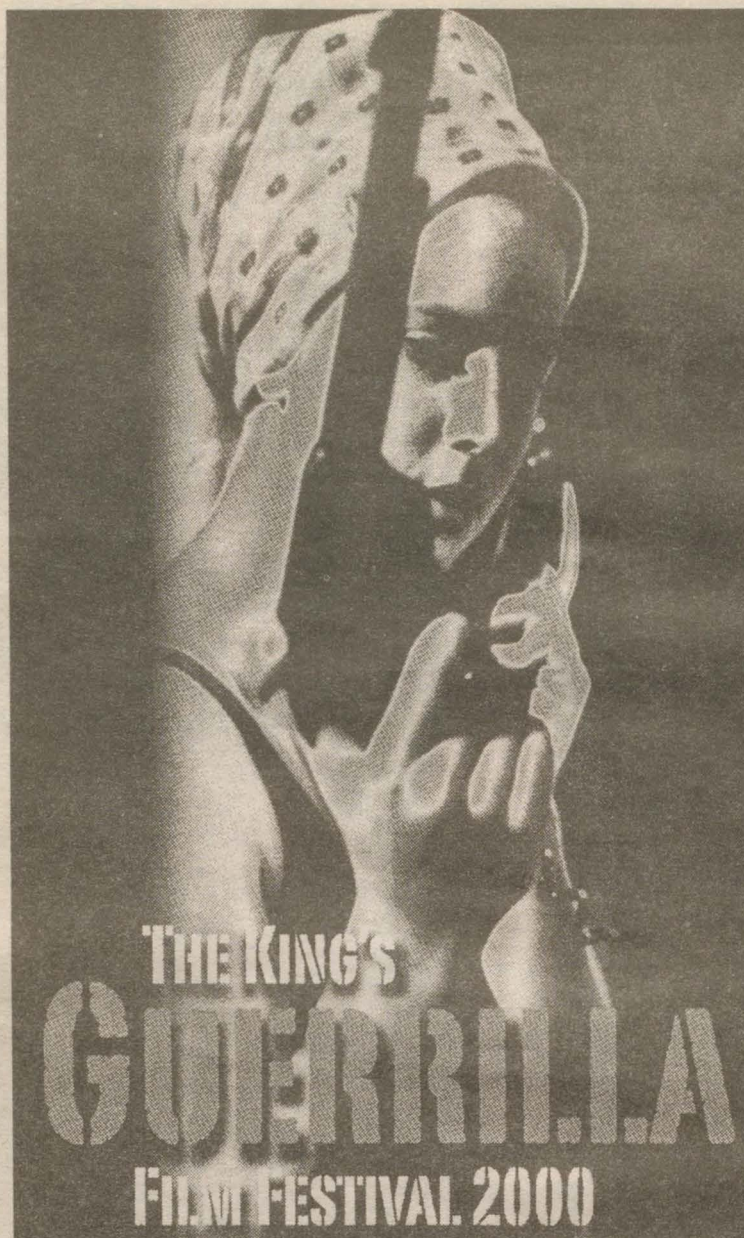
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by **andrew gillis and donna lee**  
the gazette

The fifth annual King's Guerrilla Film Festival was held last weekend, with a sold out midnight crowd, at the Oxford theatre. The night featured cheap booze, a lot of familiar

faces and a presentation of seven short works by King's and Dalhousie students. We came, we saw, we enjoyed the cheap drinks offered at the cash bar. Here is what Donna and Andrew had to say about the festivities.

**SHE SAID:**  
*What were your expectations coming into the fest?*  
I was expecting something that I would normally find at King's, which would be pretentious arts students running about, taking home videos of themselves as they sit around in residence and contemplate the meaning of whatever Kant, Heidegger or Hegel said in their Contemporary Studies or FYP class. In all seriousness, I thought it would involve people who like to take pictures of their friends. But, then again, what do I know? I'm a Dalhousie student.  
*What did you think of the overall festival?*  
I was pleasantly surprised. I thought it was very good. Obviously, I thought that there was a lot of thought put into it. I was very impressed by the material. I rather liked the actors' performances and professional production in those features. Overall, I was pretty happy with it. It had something for everyone.  
*What was your favourite film in the festival?*  
Well, let's take a look here...I was most impressed, off the top, with Marvin & Vlady: Super Scientists. There was a lot of humor involved. In terms of production values, I enjoyed anything done by (Dalhousie theatre graduate) Tarek Abouamin. I really like his expertise, and really anything that he was in, which was just about everything. Overall, I would have to say that everything was good in its own way.  
*What were you most impressed with?*  
I was most impressed with the amount of work that was put into this. Now I've never reviewed

film in my life, but that's my perspective on it. A lot of effort was put into this effort. Wait a minute, I said effort twice. Shit. Alas, I was also impressed by the energy of the crowd, which was good. It was a rousing success, from what I have gauged.  
*What was your favourite metaphor from the film festival? (...and remember, we're talking about King's students here.)*  
I have to refer to something that I saw in Marvin & Vlady: Super Scientists. I honestly think that the penis gun really struck up my... where was I? Oh, penis gun. I think that there was some serious significance to the way the drunken man so lovingly fondled it, even called it his own. Of course, in the end, he dropped it and crushed it with his feet... I thought that there was some existential importance attached to it. But then again....  
**HE SAID:**  
*What were your expectations coming into the fest?*  
When I was standing in line at the Oxford, the line was very, very long. I was thinking, 'what do I expect here?' And honestly, I don't know. I didn't really know much about it. But I knew that being a King's student, I kind of knew what I could expect. When I was in line, I met a lot of people that I knew. There were a lot of familiar faces, and it made me feel really good. It made me realize that this should be something that I should be proud of, as King's student, and as it turns out, I was.  
*What did you think of the overall festival?*  
Overall, I was really surprised at the quality of the films. I had attended short film festivals before, so I kind of knew

what to expect. I was also expecting an amateur short-film presentation. What I saw was very professional... very professional pieces that I thought were very good.  
*What was your favourite film in the festival?*  
It was the first one I saw, *What's that in the Distance, Sweet?* It was shot very well. It was the first one I saw, so I guess it surprised me the most. It was really nice to watch. The acting was really good, I was really surprised. Yeah, it's the story line that was funny, I like the way it evolved. I was impressed with that.  
*What were you most impressed with?*  
The energy of the crowd, I think, because there were so many people there — it was sold out — and there was still a huge line-up. I think it was popular because it was good. There was great energy coming from the Oxford Theatre that night, and I guess I felt kind of proud to be a King's student. Something that I guess I need every now and again.  
*What was your favourite metaphor from the film festival? (...and remember, we're talking about King's students here.)*  
My favourite metaphor would be the blow-up doll in *Artichoke Hearts*. I see it as a symbol of sometimes the attitude that comes with a King's student. There's a purpose to their thoughts, but usually they're also full of hot air. Sometimes. Just kidding! Sometimes. Actually, that's not a very good metaphor. The gun in the first film (*What's that in the Distance, Sweet?*) because it was powerful and moving.

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# The Violence-Strewn Way of the Gun

by mark evans

the gazette

So proclaims Mr. Longbaugh (Benicio Del Toro) during one of the quieter moments of *Way of the Gun*, a new film directed and written by Chris McQuarrie, screenwriter of *The Usual Suspects*. While nowhere near as polished as the latter, *Way of the Gun* manages to carry its story off respectively with only a few minor snarls.

McQuarrie is working from familiar territory here; a crime movie where things are never

**"I don't think this is a brains kind of operation."**

exactly as they appear and there really isn't anybody who could qualify as a hero. The characters all seem slimy in their own way, and every time somebody turns their back you can almost hear the dagger sliding in.

Our main characters are Mr. Longbaugh and his associate, Mr. Parker (Ryan Phillippe): two small time crooks who are introduced to us in an opening sequence that is completely unrelated to anything that follows it, but is also howlingly funny. Laced with more profanity than many R-rated movies have in their entire running time, this opening will either shock people with its brutality or have them in stitches. This film is worth seeing cheap just for the beginning alone.

The plan of the two crooks is to make a lot of money, any way they can. While trying to earn some cash they overhear a story of a woman who is being paid a million dollars to have a couple's baby. A hastily cobbled together plan leads to the woman's kidnapping as they hold the unborn child for ransom from its parents.

Mr. Parker and Mr. Longbaugh are very hard to get a read on. Although both profess to not be the brightest criminals in the world they do have moments where they show flashes

of brilliance. One great example of this is the interesting way they manage to discourage a pair of bodyguards from tailing their getaway vehicle.

The father-to-be, less than impressed with the kidnapping, happens to have all his money tied up with some extremely shady people. To this end he puts Joe Sarno (James Caan), a bagman, in charge of finding the two kidnappers and "adjudicating" them. This leads to several elaborate plots as people connected to the family or the money involved conspire to come out on top of an increasingly complicated situation.

This is *Way of the Gun's*

big problem. It's constantly seeking to be clever and filled with little plot twists. But when it all comes down to it, these twists mostly either don't happen or they are less impressive than one would think. The baby's actual mother, in particular, appears in several scenes as somebody who could have a crucial impact on things, but in the end she really has no apparent role.

The acting is decent, nothing spectacular, but competent. I will single out one person who does nothing for this picture, and that is Juliette Lewis, who plays Robin, the surrogate mother. She is flat and unconvincing in her role and seems phony throughout. Since her role is so pivotal to the film it drags down the rest of the proceedings around her.

Bottom Line: Juliette Lewis aside, this movie is interesting to watch. It may be a little too clever for its own good, and it sets itself up with a couple of plot elements that never pay off leading to a vaguely unsatisfying ending. In a way its semi-confusing nature sometimes works to its advantage since it certainly promotes conversation once the movie is over as people try to figure out the little details of the big picture.

## CD REVIEWS

### Shuvel – Set It Off Universal

A combination of Rage Against the Machine and the first Limp Bizkit album, I give this CD a big thumbs down for originality. But my love of Rage and a like-that-isn't-justifiable-really for the first Limp Bizkit release (before Fred Durst did it all for the Nookie) I still find myself groovin' to this album. Ignore the fact that Shuvel uses the same guitar sounds as Rage and the lead singers seem to steal lyrical melodies from Durst it is still a pretty good album. Having had a chance to see them play this summer in Montreal with Soulfly and Taproot I can attest to the fact that they are much better live. Their live show is high energy with lots of screaming and crowd interaction. So, if you are a fan of rapcore (or whatever you want to call the metal/rap hybrid) you'll like this album.

— Caitlin

### Do Or Die — Victory

(Rap-A-Lot)

These three guys give a serious semblance of a complete lack of style or sense. The cover shot shows them standing, clad in leather jackets that no doubt still have their price tags, raising their right arms in victory.

Yeah victory!

They have a fast style of rapping that is similar to Bone Thugs, but the beats are lacking. Softer, crappier songs like "In A Mode" or "Who Knows?" show that these guys are not quite as hard as their leather jackets indicate.

There are good tunes on this CD, but even then they are fleeting. Moderate rapping abilities mixed with a drum machine and two notes on a synthesizer don't make good hip-hop albums these days.

Even with an appearance of Irv Gotti, from Top Dawg Productions, producing on a couple of tracks, no talent is a hard thing to hide. — Pat

### Chronic Future – 4 elements

(EMI)

When I picked up this CD I thought I was going to have some fun making fun of a boy band. I popped the CD in to discover that it was yet another "rapcore" band. Where is the originality? And since when do these bands look like the Back Street Boys?

Metal is soon going to be dead—a friend of mine said that to me last night and at the time I didn't fully agree because there are still people that listen to 80's hair metal—but then I remembered I always thought those people had no taste. Chronic Future at least rip off their sounds, at least at the beginning of the CD, from less known bands like Snot (who are thanked in the liner notes) and Jimmy's Chicken Shack. There are a few tracks that are okay but there are more that make me hit, skip and grimace painfully. They do have a bit of talent—the singer has a good voice and well, the guys in the band are all good looking. Then again, I might just take back everything I said because the CD gets progressively worse and worse. Track 9, "Impossible to Win" offers not only cheesy lyrics but to make it worse they have a computer sounding effect overlaid on the singer's voice to create a HORRIBLE sound. I don't even want to talk about the rest of the CD because I'd rather not swear. Caitlin

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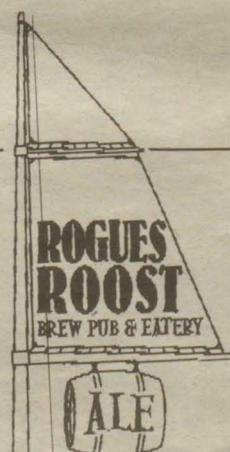
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# Electrik: Great Grooves But Too Pricey

by **marcus leja**  
the gazette

The DSU put off its first big electronic music dance event on campus Saturday night.

Through the assistance of successful local promoters, Massive Productions, "Electrik" offered three quality DJ performances. Two of these were delivered by local talents, Funkdub and Zoo, and offered support to a two hour set from Humate, a respected progressive

trance producer on Superstition Records out of Germany.

Unfortunately, I arrived too late in the evening to catch either of Zoo's or Funkdub's sets (crowd feedback indicated quality performances from both DJs).

Within the dark, misty confines of the McInnes room, a spectacular event design had been constructed. Eight powerful intelligent lights were suspended in a cross formation above the dance floor, which blended

wonderfully with the sparkling effects of the argon laser mounted behind the DJ booth. A 15-foot computer projection screen contributed to the visual splendour of the event. Soft mood lighting behind the booth supplemented the mood for a dynamic, pounding groove environment.

Humate proved excellent musical flexibility, hammering home a tight mix of funkier tech-house blended with some rougher percussive techno. Late into the set, there were splendid excursions into progressive trance, combining sweeping synths, breathy female vocals, and heavier sequenced percussion elements. The offering was enjoyable for groovers of all tastes and styles.

DSU Technical Services should be commended for producing a fantastic multimedia system for this event. Mike

Mader and Aaron Peck assembled the most impressive light and sound combination witnessed at a Halifax electronic music event in the last year.

The audio was crisp and punchy — pounding, but not overwhelming. It was extremely easy for the crowd to start sweating on the dance floor. Security was friendly and tight, and DSU staff was very helpful throughout the evening.

Unfortunately, there were several factors that hindered the overall success of this event. The ticket price of \$20 for a four-hour event was outrageous; making "Electrik" the most expensive event per hour of entertainment of any ever conducted in Halifax. The promoters may have felt a \$20 admission may have been the norm for such events, but this price can only be justified for a minimum of eight hours of music. As a result, at the peak

hour of 12-1 am, the dance floor appeared full to only one third of its capacity.

The high-ticket price, combined with competition from other local events the same evening, may have contributed to the relatively low turnout (an estimate of 250 people in attendance). A larger turnout was made difficult by such combined factors as the onsite sale of alcoholic beverages (a traditional rave "no-no") and the early finish time for this event (1 am).

With great music and excellent presentation, the DSU should continue to host quality dance events.

However, lessons should be learned from "Electrik": ticket prices should be kept competitive to other local electronic events, and abstinence from selling liquor should attract the numbers of well-behaved electronic dance music lovers.

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# The Skinny on Fad Diets

by johneen manning  
the gazette

Dieting and weight loss is perhaps one of the most prevalent issues in our society today.

There are so many so-called experts out there promising to make you thin and beautiful in record time with their latest trendy "miracle" diet. And there are far too many of these experts with fad diets in existence to describe them all. However, there are a few especially unhealthy categories of diets out there that

North Americans have latched on to over the years in desperate attempts to lose weight.

Dr. Andrew Weil, a Harvard Medical School graduate and Clinical Professor of Medicine at the University of Arizona is the author of eight books including *Eating Well For Optimum Health: The Essential Guide to Food, Diet, and Nutrition*. Weil has some insightful theories on eating for health and happiness that often contradict the dogma of these trendy fad diets.

The diet fad phase of the past fifteen to twenty years has been one which aims to minimize the fat intake of the diet. This means banning such foods as eggs, butter, milk, cheese, chocolate, and virtually everything that contains these items. But the problem is that fat has a lot of flavour and when added to our foods increases our enjoyment of them. This is one of the reasons that fad diets are not successful long-term. More importantly, according to Dr. Weil, certain fats such as Omega fatty acids, are essential building blocks in the human body. Moreover, Dr. Weil suggests that most North Americans are deficient in these essential fats, which should comprise approximately 30 percent of our daily caloric intake.

Now this doesn't mean you have to tabulate the calories of everything you eat, just approximate and be reasonable. Dr. Weil suggests salmon, avocados and nuts as excellent sources of "good fats". Instead of aiming to eliminate fat from your diet, which is totally unrealistic and unhealthy, Dr. Weil has an approach that focuses on eating not for weight loss, but for "optimum health". Weil suggests eating sweets, poultry and fish just a few times a week, adding soy products to your diet, using olive oil and avoiding other vegetable oils. He recommends only having wine, cheese, milk and yogurt in moderation. He even suggests a piece of high quality pure dark chocolate as a healthy snack! Part of Weil's philosophy on food is that less processed is best; which means stay away from highly-refined, manufactured foods. For

instance, eat butter instead of margarine, and sugar instead of artificial sweeteners.

Another fad diet that has become exceptionally trendy over the past few years by promising weight loss through banishing carbohydrates from the diet, is the *Atkins Low Carbohydrate Diet*. This diet follows the principle that carbohydrates elevate blood glucose levels, which causes the body to produce insulin, a hormone which turns simple sugars into fat. The Atkins diet claims you can lose up to one pound per day by following its restrictions on carbohydrate intake. In this diet, you do not eat more than twenty grams of carbohydrates daily. Just to put this all into perspective for you, an average flour tortilla without fillings has twenty grams of carbohydrates — that would be your daily carbohydrate restriction right there. So no bread, pasta, rice, potatoes, soda or sweets since sugar is a carbohydrate, for the rest of the day. The Atkins diet also restricts certain types of vegetables and many fruits due to their sugar content. If you don't have a problem with those restrictions, you might like the fact that you may eat whenever you are hungry and as much as you like — even though you can only eat pure proteins and fats.

Dr. Weil warns that low-carbohydrate/high-protein diets may have long-term negative effects on the body as well as the mind, and a lot of weight loss from low-carbohydrate diets is actually due to water loss. Drinking plenty of clean water will produce the same effect by flushing out the water your body retains when it doesn't get enough water. Weil recommends that 50 to 60 percent of our daily caloric intake come from carbohydrates, and that most of these servings should be in the form of vegetables, fruits, whole grains, and beans. He also offers a useful tip, suggesting that you can balance the carbohydrate impact on your blood-sugar levels by having lemon juice and vinegar with meals. In accordance with his "eating for health" approach, Weil adds that fruits

continued on page 23





# The Brewery Market— A Community Treasure

by johneen manning

the gazette

Every Saturday morning, from 7 am to 1pm, Atlantic Canada's largest community market brings energy and life to the old stone walls of the Alexander Keith's brewery building on Lower Water Street. The "Brewery Market", as it is called by locals, brings farmers, craftspeople, artists, musicians, and vendors from all over the province to form what can only be regarded as a sacred treasure in the very heart of Halifax.

Before you even walk through the doors of the Brewery Market, you'll notice clusters of adults, children, babies, and even a few dogs, gathering as they do every week to meet and talk about what life has brought them during the past week.

Smiles are wide and laughter is high, as people anticipate the spirit of the market inside.

The City Deli is located just off of the crowded hallway leading toward the central atrium of the brewery. It serves as a breakfast venue for those who want to sit down to a home-cooked meal, diner-style, and a jolt of java. Be prepared for a bit of a

wait though — the place is always jam-packed when the market is in full swing.

Craftspeople selling hand-carved mirror and picture frames, and metal-smiths making original jewelry on-site mark the entrance of the atrium. Once inside, you experience the full effect of the market — exhilarating to every sense. Explosions of colour from beautifully displayed fresh organic flowers, and fruits and vegetables tease your eyes. The fragrance of potted herbs mingle with the tempting smell of cinnamon from Mary's Bread Basket. Mary's famous cinnamon buns were voted as the best cinnamon buns in town by *The Coast*. The exotic aroma of Chinese food dances through the air from the stand set up by Cheelin's Restaurant, while further along the circuit of the market the mouth-watering smell of smoked meats and sausages is emitted from the Austrian Smokehaus and Sweet Williams. These are just two of several sources of local fresh meats found at the market, offering free samples of their products.

At several points throughout the market you'll hear different types of musicians varying from the classical sound of a string quartet in the main atrium to the simple folksy sound of acoustic guitar and vocals. You may even spot some people letting loose and kicking up their heels in a jig.

If you're conscious about healthy eating, the market is the perfect place to shop for food. Not only will you find all natural and organic fruits and vegetables, but several vendors offer free-range chicken, and unique foods such as ostrich meat from Killimanjaro Ostrich Products.

Tofu is available from Acadiana Soy Tofu, fresh seafood from Mike's Fish Shop, and low-fat chips from Kettle Kitchen Low Fat Food. For the cheese lovers, check out Buttercup Farm Cheeses and then try whole-grain loaves of bread from Mary's Bread Basket. Nova Scotia honey is popular, especially when it is from Cosman & Whidden Pure Honey. They also have Beeswax and Candles. Aside from the fact that food purchased from the market is fresh, usually organic, and/or homemade with care, it is also very inexpensive compared to organic and whole foods found in supermarkets.

The artwork and crafts, usually sold by the artists themselves, are another essential component of the treasure that is the Brewery Market. Jin Chen, famous for his watercolored scenes of Halifax, displays and sells his work each week at the market, dealing face to face with his customers.

Denise Uebele, of Denise Designs, makes and sells "one-of-a-kind creations bringing the past to light.

She salvages hats and transforms them into fancy and decorative lampshades that have their own personalities, and even their own names.

"The market is a great advertising tool" said Uebele. "You get to meet a variety of people from everywhere. It has a unique atmosphere."

There is a strong sense of community at the Brewery Market. This sensation hails from an age free of shopping malls and electronic media — when people knew the names of their butcher, grocer and local craftspeople. While purchasing the natural, whole, homemade foods and original artwork you get to know the people you're helping support. People take the time to talk, smile, and enjoy one another.

The Brewery Market is a truly interactive old-fashioned community that consists of people from all walks of life who gather once a week to enjoy the simplicity life has to offer.



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**Fad diets**

continued from page 21

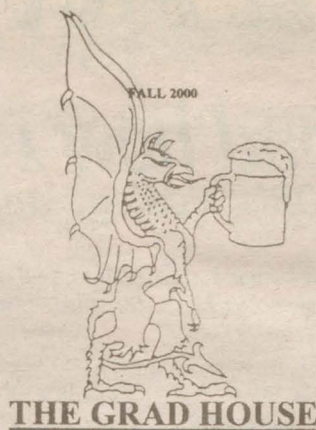
and vegetables protect the body against disease such as cancer. Also brightly coloured fruits and vegetables, such as oranges, tomatoes, beets, carrots, and broccoli have anti-oxidants that help slow down the aging process. So what about our beloved breads and pasta? Dr. Weil warns against eating white flour — he believes it is “a major contributor to the epidemic of obesity”. Instead, Weil advises that you eat firmer pasta and chewier, grainier breads. These are less refined and take longer to be broken down by stomach enzymes, therefore not elevating blood sugar levels quickly. If you have a passion for potatoes try eating small red potatoes and fewer white potatoes — they’re less starchy.

Contrary to the Atkins diet, where most of your caloric intake comes from protein, Dr. Weil suggests that only 10 to 20 percent of our daily calories should come from proteins, and most of that should come from vegetable sources, not animal. Dr. Weil recommends soy products such as tofu, mushrooms, beans and nuts as excellent sources of vegetable protein. He suggests that most animal protein should come from fish, which also contains many essential fatty acids not found in other foods. Red meat should be eaten only a few times a month. Dr. Weil believes that eating a lot of animal proteins strengthening bones is a myth, and that high-protein diets may actually irritate the immune system. He also warns that high meat diets, as well as caffeine and butter, may affect body odor, so be careful.

Don't be so willing to follow the latest restrictive fad diet promising miracle weight loss. The results will probably be short-term and may even be harmful to your health.

The cornerstone of Weil's approach is moderation — that is, there are no enemy foods. Everything can be eaten in moderation. Weil also adds that everyone should experiment with what they like and what makes them feel good. Society is entirely consumed with dieting to lose weight, instead of eating to stay healthy.

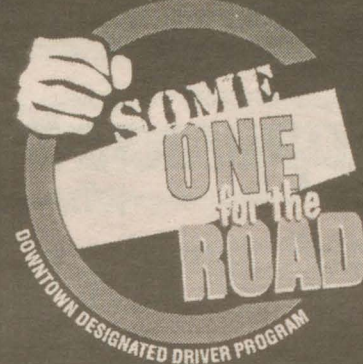
Relax. Resist the hype. Eat the foods that will make you happy as well as healthy. Bon appétit!



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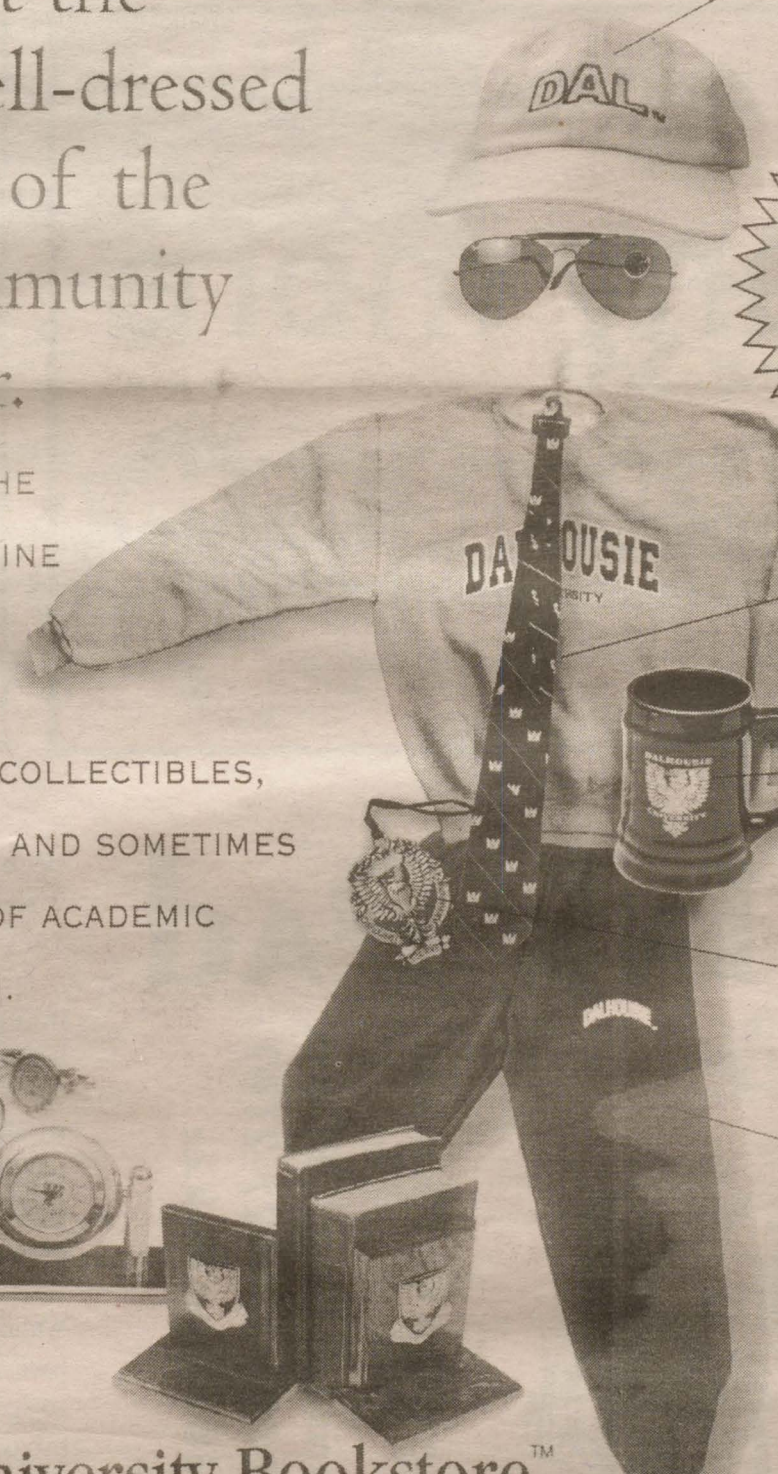
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## The appreciation of nature and how I spent my summer Who cares about the little SOB's: Ecology and Education

by kip keen

the gazette

Fourteen year olds were running screaming outside, showing off to each other!

"My music has more swear words than yours does (Dr. Dre won out)."

We counselors were sitting in the dining room looking out on the lake, glad to have some time away from trying to make ecology fun.

"Come on guys, look a worm, isn't that neat? Hey Lucas, do you know what the hottest planet is? Nope, not Mercury. Gosh a good guess, but WOW Venus is actually the scorcher. 000000. Where does sunlight energy come from Natasha...SUNLIGHT ENERGY Natasha. Please. SUNlight energy. No Lucas, from there, pull your pants up. Funny man you little shi--sh--shtudent."

Horsetail the cook sat down and joined us, sick of trying to please picky ponytailed

grade eights. No wonder the conversation turned to whether or not any of our efforts were worth the pain.

We're talking teaching teens about the environment. Leading a group of eight hormone-high grade eight's around the forest for three days of intense instruction. The amount of information they are presented during those 72 hours is huge. The water cycle, the air cycle, photosynthesis, etc., and all through games and interaction in the middle of nowhere, surrounded by pines, moss, and friendly ticks.

"No Lucas, ticks don't drill into your brain. Hey Herbert, did you hear what I just said. No they don't drill into your brain. Don't throw ticks at Herbert, Lucas. Yes you're good at anatomical rhyming Lucas. Where's Herbert? Did anyone see Herbert? What did you say Lucas? Follow the smell of what? It rhymes with tea? You're a real comic Lucas. Oh there he is. Thanks Emily. Oh, I mean, umm,

Sharon? Ashley? That's what I said Emilia. Now Herbert, come down from the tree. The ticks will get you? Very good Lucas, ticks often live on trees, you are a big help. That's right Lucas, they have claw like mandibles, they suck your blood in order to supply energy for procreation...hey, not bad Lucas. Herbert, shut up, stop crying, stop eatin' bark, no you may not call home. Why? Do you see a phone around you? Your mother can't hear you she's two hundred clicks away, even if a bear attacked you..."

At this instant we all spot the rabbit. Silence surrounds us. Herbie is suddenly standing next to Lucas. They all hold their breath. I look at John to make sure he isn't going to hyperventilate. I can hear the brook running and my heart beating. We watch the rabbit make its way from plant to plant and follow him. They give each other annoyed looks if anyone makes the slightest sound. We

stalk the rabbit (since named Dre) for thirty minutes. Incredible shit.

When we get back for dinner they go nuts telling everyone about Dre the rabbit. Mostly they tell who could walk the quietest, and I'm pleased that Lucas takes being told he is quiet as a rabbit as a compliment. But in the end, what really makes my day is when Harmon from one of the other groups yells out.

"Hey Lucas, I would have killed the dirty rabbit man."

"Shut up Harmon. Dre was

cool man. What do you know about rabbits, you couldn't tell spagettini from your noodle."

"Whatever Lucas. I woulda put a stick through his brain."

At that Lucas stands up. Everyone watches him quietly. He looks straight at Harmon, and says, shaking his head slowly.

"Man, you're sad Harmon. Real sad. Ya just don't get it man."

And then sits back down, one more kid who appreciates nature.

## GOOD NEWS

by kip keen

Lungs on fire? 18,000 times better at trapping heat than carbon dioxide, scientists have discovered a new greenhouse gas that's adding to the burn. They gave it the beautiful name of trifluoromethyl sulfur pentafluoride. Not too worry though, there's not much of it. Yet.

We suggest they call it Killergas.

Fish wearing long johns? NASA says Greenland's coastal ice is thinning fast. Three feet per year, accounting for 7% of observed rise in global sea level. They're not sure why...but say fish are in for cooler water. Wear your woolies Willy.

Forecasting for the century. A U.S government report says to expect temperatures of 3-6 degrees Celsius hotter on our continent. Don't come knocking on our door southern cousins. 'Cause the AC ain't free and either is the water. Eh.

World Wrestling Federation says globalization is increasing deforestation of old growth forests? Whats that Sable? Oh. World Wildlife Fund.

Anchovy killing spree! A June Nature article says that the use of fish oil in fish farm food is counter-productive to protecting fish, as it increases over fishing of other species. Get your favorite pizza while stocks last.

Back to Halifax? Back to the fashion faux pas?

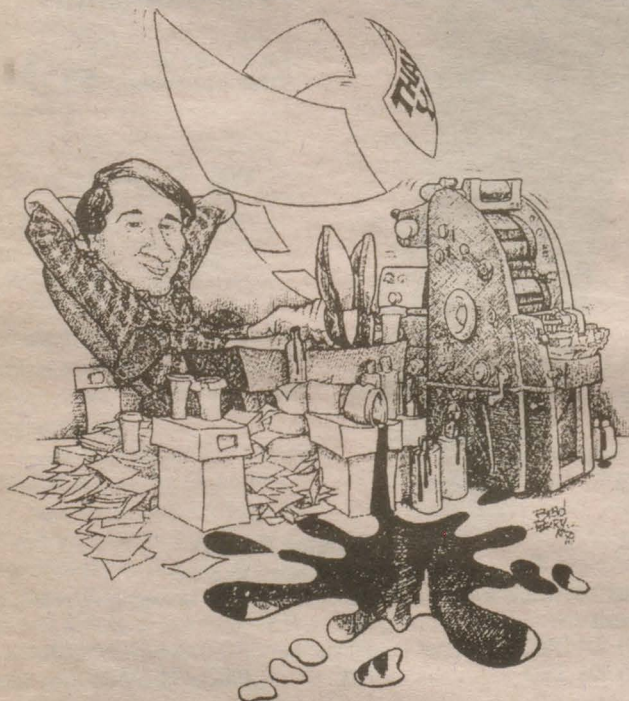
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# Kings environmental group and SYC gear up for the coming year

by jonathon deili coburn

the gazette

Andrew Angus, new head of the King's Environmental Group has begun an expanded recycling program across the campus, which will include recycling bins for glass and food containers, as well as fine paper waste.

A sorting system was implemented last Thursday on the first floors of two of King's men's residences, and a check on Sunday produced positive results.

"In Middle Bay [one of the residence houses] in the fine paper bin there was only fine paper, only newsprint in the newsprint bin and the correct garbage in the recycling bins. It was awesome," said Angus.

"Our focus this year will depend on the membership."

The group recruited 30 first year students as new members and will attempt to

run a recycling program that will generate money and eventually profits. In turn, these will pay for workshops to "improve education among, faculty, students, administration and staff" regarding effective habits of waste management. According to Angus, these workshops will hopefully be run in part by the Clean Nova Scotia group.

A third year Dal science class will address the difficulty of running an effective recycling program among university residents.

Amelia Clarke, head of Sierra Youth Coalition's (SYC) Sustainable Campus Project hopes that the SYC will be able to use their experiences and resources to help plan a waste management system for King's. Additionally, the SYC will continue with several projects started last year concerning the Dalhousie

environmental policy.

During a waste audit last year Clarke discovered that Dal's compost system was not as efficient as was possible.

"What we discovered in the end is that 43% of the waste stream at Dalhousie is compostable. There are only four centres for composting right now, and the reason they haven't added more is because of contamination. People put too much styrofoam and plastic in the wrong bins, not until we change what goes into the bins can we add more locations," said Clarke.

Throughout the year, the SYC will work with the Dalhousie Senate and Board of Directors to try to ratify an implementation of the environmental policy at Dalhousie. The policy has been in place for several years, but has never been audited. The SYC is running several ongoing projects

including a pilot program to replace cleaning products that contain toxins and carcinogens with safer alternatives around the campus, and attempts to persuade Dalhousie to use more recycled and post consumer waste paper in

their photocopiers and printers. Clarke and Angus will be heading to Victoria to participate in a training program for sustainable campus principles, with more than 30 other colleges and universities

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# OUTTA SITE

by kip keen

the gazette

## When was the last time you won a prize for a multiple choice?

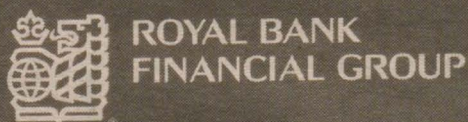


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I doggy paddle the Internet's information superhighway. I'm slow, a little hairy, bark occasionally and always end up stranded somewhere.

This week I found myself checking out the International Institute for Sustainable Development's website. You can eat your cous cous and lentils while being a responsible citizen.

Truly the armchair environmentalist's second home.

The first place to show up at is at <http://iisd.ca>—now some of you are thinking, "why doesn't it have a 'www' before the address?" And the rest of you are laughing at us because we don't understand why.

Either way the above will land you at the right place.

There you will find info on pretty well any environmental or societal issue you can imagine. Impress your friends with your knowledge on the global warming crisis and other trivia. Know what UNFCCC stands for? This is the place to find out what all those NGO acronyms stand for, so ZXC, ZWD, YCC, WWF, U.S..

The second website is a superb resource tool which they say is for "policy makers", found at <http://www.iisd.ca>. If you aren't making policies you're missing out, so make a policy to get off your ass and to this site to come up with some new policies. However, this site is still good for the policy-making shy. It has the best database of current information on ongoing negotiations concerning the environment and development issues that I've found. Hot stuff.

So, save the world — from the comfort of your own home.

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## Elizabeth Orton - Paddler Dal student sets goals for 2004 Olympics

by **andrew gillis**  
*the gazette*

The kayaks glide almost on top of the water. The spray of water drenches the athletes' faces. Cheers of encouragement are heard coming from the shores.

This could be your typical kayak race, but it isn't. It is not because Elizabeth Orton is competing. She knows what it is like to be fast, and she knows what it is like to win.

Orton is only 18, but is already one of the best senior female athletes in kayaking in Canada. The Dal student recently placed eighth in the Canadian Sprint Canoe championships held in Dartmouth, Nova Scotia.

Orton, who can register as a junior in kayaking as well, was up against the best internationally-ranked female in kayaking in Canada in the Dartmouth competition. The competition included the entire team from the Canadian kayak K-4 team headed to the 2000 Olympics in Sydney, Australia.

"[Eighth] was a pretty good result, although I was not overly pleased at the final," said Orton. "I am satisfied with what I did."

Orton has worked long and hard to get where she is today.

She has been paddling for over eight years, in both the kayaking and canoeing disciplines.

She specialized in kayaking because it is the only paddling discipline in international competition. Although inroads are being made to include female canoeing in major competition, presently there is no spot for females in canoeing. In order for Orton to be successful in paddling, she opted for kayaking.

Orton represents the future of paddling in Canada. She is already on her way to becoming a carded athlete, which means she'll receive funding from the Canadian

government to help her with her training.

Her immediate goal is to make the team that will represent Canada at the senior world championships in 2001.

Her ultimate goal is to make the 2004 Olympic games

in Athens, Greece. Making the Olympic team, she admits, will definitely be worth all the time and effort she put into her sport.

Orton's training consists of over 20 hours a week in the gym and on the water, depending on the time of year. In summer

months, her training schedule is more time-intensive.

"Sometimes I think that I get myself in too deep," said Orton.

On top of her demanding athletic calendar, Orton is taking the very work-intensive

Integrated science program at Dal.

"You have to be really organized," says Orton. "You need to find a balance, but when a competition comes up, my marks go down. And when there's exams, my training schedule decreases."



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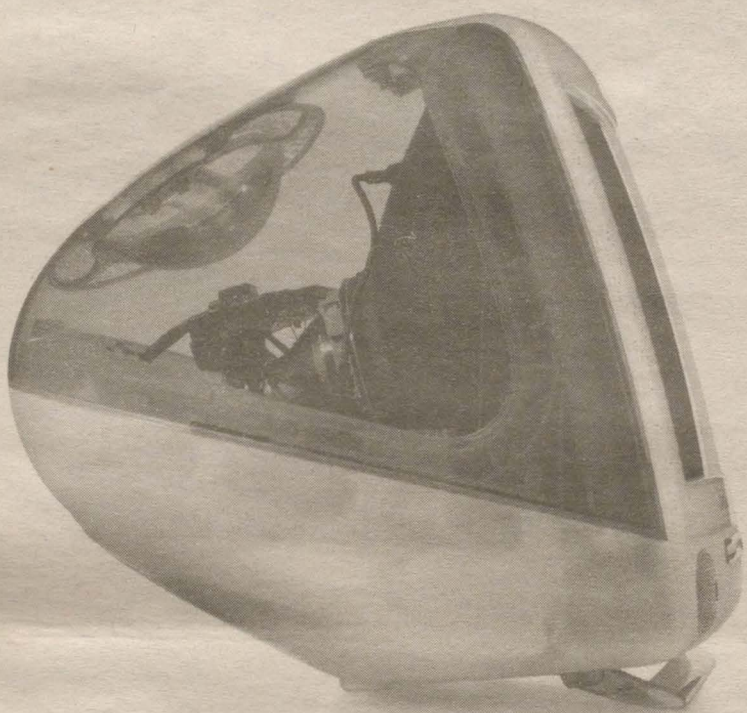
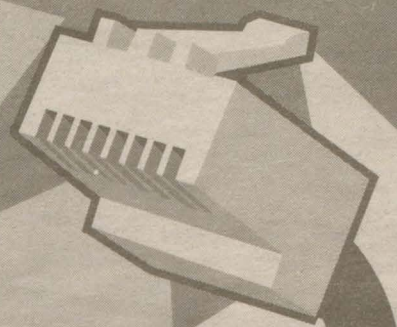


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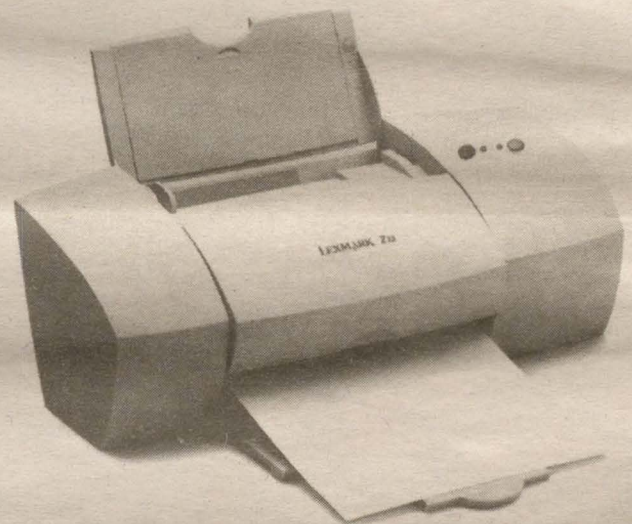
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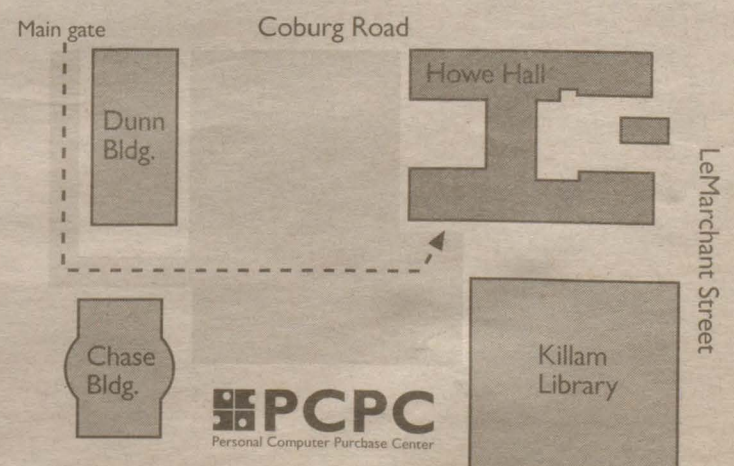
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