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GAZETTE

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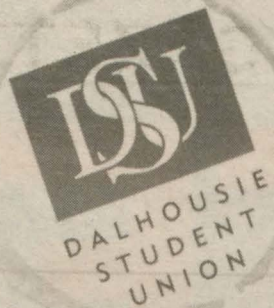
HOME



DAL



ULTIMATE FROSH GUIDE DON'T FEEL LIKE A FISH OUT OF WATER



WEEKLY DISPATCH

Hi Dalhousie students!

Welcome to and back to Dalhousie University. I am proud to serve as your Dalhousie Student Union President for 2008-2009. If you ever have a question, comment or concern about the DSU, feel free to contact me at 494-1277, by email at dsupres@dal.ca, or visit my office in the SUB.

For those of you who don't know, the DSU represents all students at Dalhousie. Each year, every full-time student pays \$118 to support its activities, some of which include the operation of the Grawood and the T-Room, Orientation Week, Campus Copy, the student advocacy service, Tiger Patrol, and our office for environmental sustainability. The DSU also proudly hosts and supports over 200 student societies. The residence councils, the Gazette and the Dalhousie Women's Centre are a few examples.

The DSU is governed by all students through both direct and representative democracy. The union is managed by a council that represents every segment of the student body and every student, individually, has several opportunities during the year to take a direct hand in the running of their student union. Of course students can vote in DSU elections and referendums, but you can also attend our Imagine DSU events or the Annual General Meeting to have your voices heard directly and place your hand on the tiller of our student union.

In addition to representing our interests on campus, the DSU also brings student concerns to every level of government. DSU representatives work with student unions throughout the country to make post-secondary education a priority and make sure that an affordable and high-quality university education is available to everyone. The DSU is a member of the Halifax Student Alliance (HSA), the Alliance of Nova Scotia Student Associations (ANSSA) and the Canadian Alliance of Student Associations (CASA). DSU executives have always prided themselves in taking a leadership role locally, provincially and federally.

The next year holds great promise for all of us. Let's work together to make it unforgettable. If you ever need me, my door is open.

Watch this space for more information throughout the year.

Sincerely,

Courtney Larkin



Do you Need a place to Write?

...write for the GAZETTE

Story meetings
are held every
Monday at
5:30 p.m. in
room 312
of the SUB.

Our first meeting
is September
10th.

GAZETTE STAFF

EDITOR-IN-CHIEF

Julie Sobowale
editor@dalgazette.ca

COPY EDITOR

Katie May
copy@dalgazette.ca

NEWS EDITORS

Ruth Mestechkin
Melissa DiCostanzo
news@dalgazette.ca

OPINIONS EDITOR

Bethany Horne
opinions@dalgazette.ca

ARTS & CULTURE EDITORS

Christie Conway
Hilary Beaumont
arts@dalgazette.ca

SPORTS EDITOR

Nick Khatter
sports@dalgazette.ca

PHOTO EDITORS

John Packaman
Josh Boyter
photo@dalgazette.ca

PRODUCTION & DESIGN

Susan Maroun
design@dalgazette.ca

CONTRIBUTORS

ARTS & CULTURE

Chris McCluskey
Laura Dawe
Geoff Brisbin
Suman Jha

CONTACT US

Room 312
6136 University Avenue
Halifax, Nova Scotia
B3H 4J2
www.dalgazette.ca

GENERAL INQUIRIES

(902) 494-2509
editor@dalgazette.ca

ADVERTISING INQUIRIES

(902) 494-6532
advertising@dalgazette.ca

THE FINE PRINT

The Gazette is the official written record of Dalhousie University since 1868 and is open to participation from all students. It is published weekly during the academic year by the Dalhousie Gazette Publishing Society.

The Gazette is a student-run publication. Its primary purpose is to report fairly and objectively on issues of importance and interest to the students of Dalhousie University, to provide an open forum for the free expression and exchange of ideas, and to stimulate meaningful debate on issues that affect or would otherwise be of interest to the student body and/or society in general.

A "staff contributor" is a member of the paper defined as a person who has had three volunteer articles, or photographs of reasonable length, and/or substance published in three different issues within the current publishing year.

Views expressed in the Hot or Not feature, The Word at Dal, and opinions section are solely those of the contributing writers, and do not necessarily represent the views of The Gazette or its staff. Views expressed in the Streeater feature are solely those of the person being quoted, and not The Gazette's writers or staff. This publication is intended for readers 18 years of age or older. The views of our writers are not the explicit views of Dalhousie University.

All students of Dalhousie University, as well as any interested parties on or off-campus, are invited to contribute to any section of the newspaper. Please contact the appropriate editor for submission guidelines, or drop by for our weekly volunteer meetings every Monday at 5:30 p.m. in room 312 of the Dal SUB. The Gazette reserves the right to edit and reprint all submissions, and will not publish material deemed by its editorial board to be discriminatory, racist, sexist, homophobic or libellous. Opinions expressed in submitted letters are solely those of the authors. Editorials in The Gazette are signed and represent the opinions of the writer(s), not necessarily those of The Gazette staff, Editorial Board, publisher, or Dalhousie University.



Try something new

JULIE SOBOWALE
EDITOR-IN-CHIEF

Welcome to university life. For the next four – or five – years, you'll go through the ups and downs of class work, relationships and self-discovery.

I hope your first week won't have as many embarrassing moments as mine did. I walked into the wrong classroom twice and managed to trip down a flight of stairs all within the first week of school. That doesn't include getting lost in the Henry Hicks building or spilling juice on my roommate's keyboard. That's why we put together this frosh guide in hopes of steering you through the anxious first few weeks of the year and hopefully help you start your journey.

Your university years are perhaps the few years in your life where you're allowed to experiment with no restriction. As cliché as it sounds, it's a time when you can re-invent yourself. The people you meet during the next few weeks may become your best friends or people you never speak to again. This is the time to join a club, a protest, a poetry reading or whatever is new and exciting to you.

To the couple dozens of people



The Second Cup in the Rowe Building has great cinnamon buns.

JOSH BOYTER/DALHOUSIE GAZETTE

who know exactly what they want to do post-graduation, good luck. For the other thousands, don't worry if you don't know what career you want to go into or even what major is right

for you. You don't need to know right now. In my undergraduate years, I took classes in sociology, music, theatre, creative writing, film, literature, math and computer science. All sub-

jects that I didn't major in but was merely interested in. That's probably the best thing about university academics – you can take whichever classes you want.

Dal has a lot to offer that may be hard to find. Here are a few gems: Academic Computing Services has a free service that loans out digital video equipment including tutorials for the creative ones out there; the Second Cup in the Rowe building has great cinnamon buns made with natural ingredients; and the Sir James Dunn law library is the best place to study since most people flock to Killam and law students tend to be quiet, studious types – at least when they're studying.

Other little tidbits: going to Dal sporting events can be a great way to pass the time or at least get away from an unlikeable roommate. The Grad House is not just for graduate students – it took me four months to figure that out. And you're only a short bus ride away from the mall.

Finally, I must shamelessly plug volunteering for The Gazette. I encourage everyone to come out to our first contributor meeting on Sept. 8 in room 303 at the Student Union Building. We need writers, photographers, artists, cartoonists and bloggers. We'll have door prizes and free pizza and drinks.

O.K., plug's over.

You are now officially a university student. Enjoy.

WRITING WITH SEXY RESULTS



The Gazette's Arts and Culture section is looking for a new sex columnist and restaurant reviewer to provide weekly or bi-weekly articles of interest to the Dalhousie population. These are separate positions but if a candidate exists who commands both the bedroom and fine cuisine who are we to say no?

A successful candidate will be able to write in an interesting and engaging manner and provide fresh insight into their material. We are not necessarily looking for experts as much as writers who are curious about their topics and can relate those topics to the Dal student experience.

If you believe you are the right person for either position, submit a sample article or review as well as a brief statement about any ideas or goals you may for your column to gazettearts@gmail.com or visit the Gazette office on the third floor of the Student Union Building on Monday evenings and ask for Christie or Hilary.

Teach English in Japan

Interac is accepting applications for teaching positions commencing in April 2009.

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"Any time there is an issue they have, let us know," says DSU President Courtney Larkin. "Our doors are always open."

Student union assures open-door policy

Executives to unveil individual blogs

RUTH MESTECHKIN
NEWS EDITOR

Dalhousie Student Union President Courtney Larkin wants new students to know the DSU isn't just a voice for the students on campus — it's a voice of the students on campus.

"Any time there is an issue they have, let us know," says Larkin. "Our doors are always open."

Along with other executives Vice-President (Internal) Daniel Boyle, Vice-President (Education) Mark Coffin, Vice-President (Student Life) Kris Osmond and Vice-President (Finance and Operations) Matthew Golding, Larkin hopes the DSU can be a place that enhances a student's university experience. She encourages first-year students to get involved in societies, council or residence life.

"First year can be an overwhelming experience those first few weeks, and having that network of people is a great little thing to have in your pocket when times get tough," says Larkin.

The DSU is one way students can voice their campus concerns. But when the DSU decides on what measures to take, it's Boyle's duty to clearly communicate them.

He oversees the communications throughout the union, particularly with student societies ratified with the DSU each year. Boyle's biggest hope for this year is to put a personal face to the DSU, beyond e-

mails and posters.

"You look at a poster, you're not going to go the event, necessarily," he says. "But if you have somebody you know who's saying 'come along to this, you're going to have a good time at it,' then you're much more likely to turn up."

Boyle's main concern at the moment is making the website an effective communications tool. This year, every single member of the executive keeps a blog, rather than just the union president.

"The executive can talk about whatever they want, be it news articles or what they have been doing, how they're feeling about the job," he says. "It's useful for students to relate to the DSU on a more personal level, follow what we're doing, keep us accountable."

Boyle adds that the DSU Dispatch, the opening page of The Gazette that details information from the union, will not only be prepared by the union president, as is typically the case. This year, each executive will be contributing.

Boyle also plans on visiting classes and giving talks to openly consult with the student body and get as much feedback as possible. He explains that he wants to get the word out to students about how to get involved in societies, and ensure that societies stay connected with the DSU.

"The idea is to have students who are energetic and active," he says.

New plans slated for orientation week

For 'frosch' no longer

RUTH MESTECHKIN
NEWS EDITOR

Orientation week organizer Kris Osmond says a student's university career doesn't merely centre on classes, professors or assignments. Rather, it's a way of life for the next four years for hundreds of students, many of whom come from abroad.

"Orientation week is that time where all of those students are brought together and allowed to go through that transition as a whole, so everybody's on the same page," says Osmond, who's also vice-president (student life) for the Dalhousie Student Union (DSU).

Osmond says without orientation week, which runs from Aug. 31 to Sept. 3, students would remain scared and nervous throughout the rest of the year because each student is placed into an unfamiliar environment.

"It allows that transition," he says. "It allows you to open up to your new environment for the next four to five years of your life."

DSU President Courtney Larkin says a name change contributes to making this possible. Dal, along with many other universities across the country, has been phasing out the "frosch week" label for several years now, opting instead for "orientation week."

"There's a lot of negative connotation that comes with it," says Larkin. "We try to orientate them to the university in their first week. That's our job. So we try to refer to it as orientation week."

Dal orientation packs are also getting a shake up — they're going green. Normally equipped with water bottles, the packs now come with travel mugs, promoting the campus-wide Lug A Mug campaign. Students get a 10 per cent discount on campus coffee or tea when they bring their own mugs.

An obstacle course for the Dallympics theme is also new this year, and the featured artist for the big ticket concert is Wintersleep.

And Shinerama, Canada's largest post-secondary fundraiser, is set for Sept. 2. The event asks students to dream up creative ways to raise money for cystic fibrosis. Other universities expected to participate this year include the University of British Columbia, Carleton University, Queen's University and St. Francis Xavier University, among dozens of



JOSHUA BOYTER/DALHOUSIE GAZETTE

"Orientation week is that time where all of those students are brought together and allowed to go through that transition as a whole, so everybody's on the same page," says Kris Osmond, Vice-President (Student Life)

others.

"I don't know how many times I've come away from orientation week and heard from (students) that Shinerama was their favourite day," Osmond says. "You'll hear the statistics time after time, but every year that Dalhousie has been involved with Shinerama, the life expectancy of someone with cystic fibrosis has increased a year."

Before Shinerama started, Osmond adds, an individual living with cystic fibrosis had a life expectancy of four or five years. Now the average age is about 37 years.

Shinerama Chair Krista Ali acknowledges that there are many causes worthy of attention. But she says this particular one affects a large scale of people — one in every 3,600 children born in Canada, reports the Canadian Cystic Fibrosis Foundation.

"And the fact that universities all across the country are behind it, there's a really strong Shinerama community that you get to be a part of by being involved in it," she says.

Last year the event raised about \$48,000. This year, the target goal is \$52,000.

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Students can opt in or out of health plan coverage

RUTH MESTECHKIN
NEWS EDITOR

Students who never had to worry about health insurance before enrolling in university may be glad to know they're covered when they get here as part of their brand new student fees.

The Dalhousie Student Union (DSU) health plan, which comes with a fee of \$253, covers a slew of services and prescriptions. For this reason, health plan administrator Krista Ali says affordability is the plan's primary appeal.

Ali says most students end up making back the \$253 at least once or twice on the services and prescription drugs they obtain. She says the plan's convenient too.

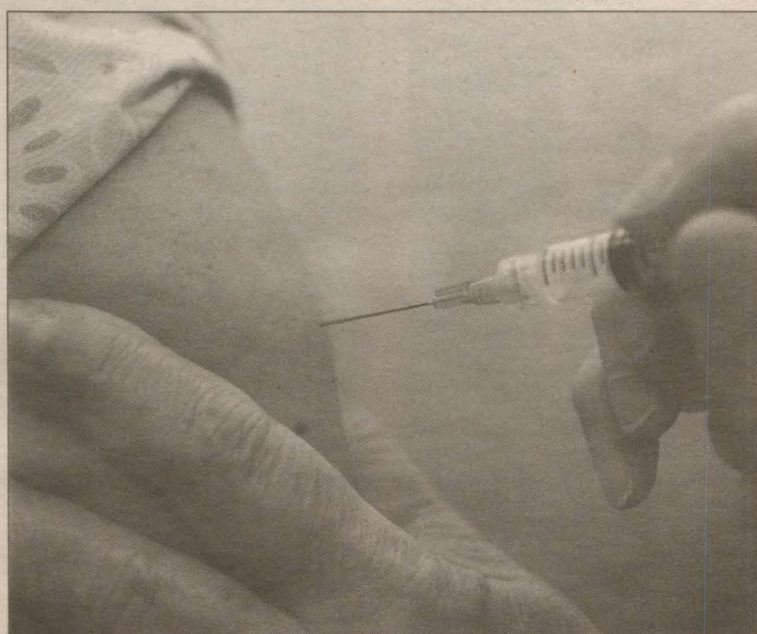
"You're automatically put into it, so there's no paperwork. It just becomes a part of your tuition," she says. "Also, you have someone right at the university to deal with. If you have any questions or problems, you don't have to sit on the phone and talk to someone."

Students who already have health insurance – and could really use that \$253 – can opt out and get a refund by providing proof of coverage on the DSU health plan website by Sept. 26.

The plan covers up to 80 per cent on prescription drugs, including birth control pills, and up to 80 per cent – \$400 per year maximum – on extended health care services such as physiotherapists, chiropractors and naturopaths. The plan also covers up to 70 per cent on dental examinations, among other services.

Matthew Golding, DSU vice-president (finance and operations), says this breakdown covers a great deal of services that are relevant to students, particularly prescription drugs.

"You're only paying a few dollars out of your own pocket," says Golding. "You obviously can't be prepared



JOSHUA BOYTER/DALHOUSIE GAZETTE

"You're automatically put into it, so there's no paperwork. It just becomes a part of your tuition," says Krista Ali, Health Plan Administrator

for all of these different things, and hopefully none of our students will need to use them."

Once students have paid their student fees in full, they're covered. The plan also offers flexibility for students who have existing health insurance – they can combine the two plans.

Ali says students who choose to do so still pay the full \$253. If a student buys a prescription drug, and a percentage was covered by the student's alternate insurance, then the DSU plan covers the remaining 80 per cent.

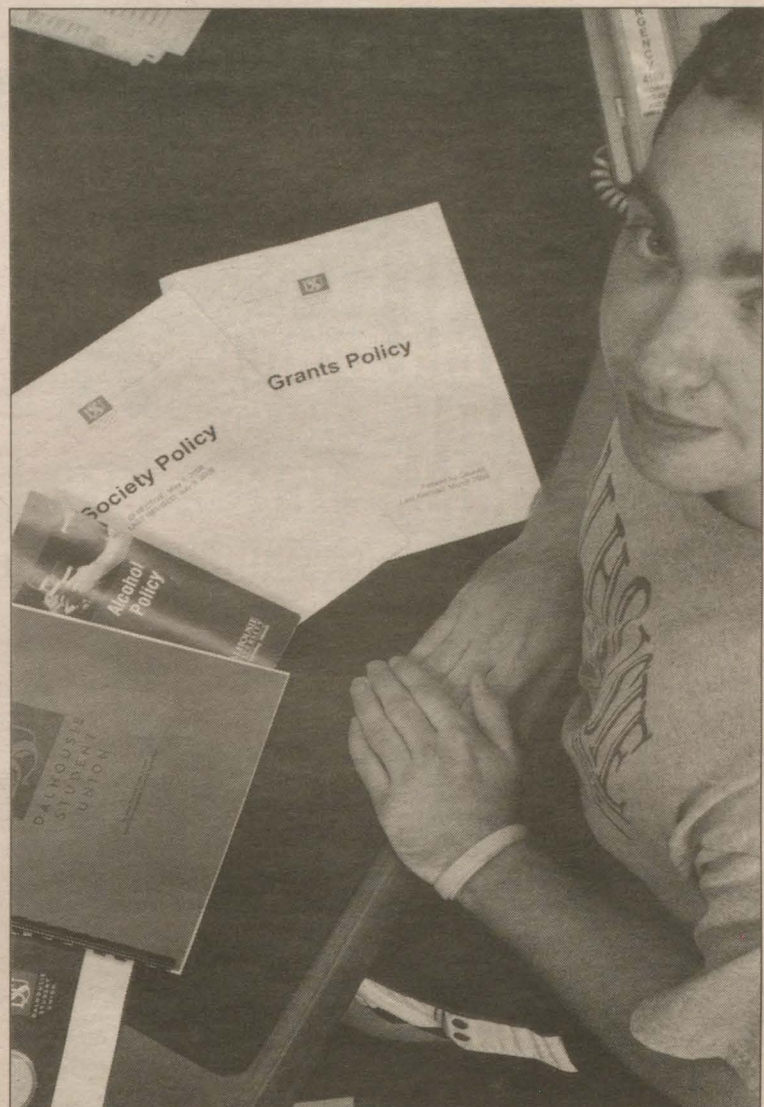
But, she says, students must submit their claims for medical services to the DSU health plan office first and their other insurance provider second. The DSU health plan is considered the primary policy insurance provider.

Students who don't opt-out and do pay health plan fees undergo the

"black-out period" until mid-October, when it's determined who is on the plan and who isn't. The service doesn't become active until then.

For this period, Lawtons Drugs at 5991 Spring Garden Rd. has an arrangement with the DSU health plan for students who need prescriptions. The store will provide direct billing to RWAM insurance, the DSU's health plan administrator, when students show their Health Plan Drug Card, no extra paperwork required. Other covered services are reimbursed after Sept. 26 when students bring in their receipts.

"It's a very personal plan, because it's just me that you talk to directly," says Ali. "I can help work out problems and talk to RWAM insurance on behalf of the students, and try to make sure they're getting the best for their money."



JOSHUA BOYTER/DALHOUSIE GAZETTE

"There are alternative orientation week events being offered to new students this year, hosted by DSU Societies and ranging from barbecues to dance classes" says Daniel Boyle, Vice President Internal)

Student groups gear up to welcome frosh

MELISSA DI COSTANZO
ASSISTANT NEWS EDITOR

Student societies at Dal are running their own shindigs for the first time at this year's orientation week.

Daniel Boyle, Dalhousie Student Union vice-president (internal) says having more than 200 societies at Dal gives students more options.

"There are alternative orientation week events being offered to new students this year, hosted by DSU Societies and ranging from barbecues to dance classes. Approximately 20 societies are involved in this in its (first) year," he explains through e-mail correspondence.

Boyle hopes new students will explore those 200-plus options.

"First year can be a daunting experience. If you're away from home for the first time, you're really deep into the larger world past high school," he says. "What you get out of it is whatever you want to get and that's the great part about diversity at Dalhousie."

John Doucette, 19, president of the Dal Computer Science Society (CSS), says participating in Orientation Week is important because it encourages new students to participate in society meetings and events during the remainder of the school year.

CSS will hold a scavenger hunt and a meet-and-greet for new students.

Joshua Amiel, 24, president of the Dalhousie Association of Biology Students, says his society will have a lot more activities planned for frosh.

"For Orientation Week, we're trying to plan a barbecue, but for the term, we're planning for day trips and nature hikes with experienced guides. We're also planning to register our society in Dal's intramural teams, like soccer and hockey," he says.

Other executives including Alison Koper, 21, co-chair of the Environmental Programmes Student Society, are hoping to bring external events closer to the Dal community.

"A big thing for the Environmental Programmes Student Society this year is the United Nations Environmental Program Kick the Co2 Habit Education Campaign. We want to be a big part of that and we're hopefully going to be helping the representative," she says.

To promote the campaign, the society will be distributing energy efficient light bulbs.

"We'll be their volunteer support," she says.

For a complete list of societies at Dal, visit my.dsu.ca/tiger_society.

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Fun through fall

These event tips will keep you going until winter hits

MELISSA DI COSTANZO
ASSISTANT NEWS EDITOR

Those who are pressed with the sudden desire to explore all the intricacies of the Halifax entertainment scene, to search for something to cushion double all-nighters, or to soak up new knowledge, read on, but be warned: the following suggestions are only select offerings of what September and October in Halifax have to offer.

Dal events

On Sept. 4, directly after orientation week, all students can gear up for a warm welcome at Dal Fest.

The free event is open to everybody and includes entertainment and attractions such as a bungee jump, a beer garden and a rock climbing wall. Signal Hill is also slated to play.

Following festivities at DalFest, students can expect a free concert Sept. 20 in the Student Union Building McInnes Room featuring Ill Scarlett, the Jimmy Swift Band and another surprise act, which will be announced.

Kris Osmond, Dalhousie Student Union vice-president (student life), says he hopes free concerts will occur as often as once per month throughout the school year. One potential date is Nov. 28.

"We're trying to provide an alternative to going to downtown, keeping with the atmosphere of downtown," he explains. "People need socialization."

Come October, Dal's annual fall festival, October Fest, kicks into gear. Osmond says there will be a trivia night and live music Oct. 17, which is the hockey home opener.

"It's a huge event that night, as far as promoting varsity athletics go," he says.

After October Fest, Osmond says Dal events taper off. But the city offers up a plethora of alternatives.

Citywide events

For those looking to earn some extra spending money, visit the Halifax Career Fair Sept. 30 at the Cunard Centre (961 Marginal Road). More than 100 exhibitors are set to promote a variety of jobs for undergraduate and graduate students as well as university grads.

Due to the fair's many exhibitors and options, the Dal Career Services Centre has organized a "Prepare for the Fair Workshop," designed to introduce, explain and assist students who want to learn how to approach prospective employers. Registration is online at the Career Services Centre's page on the Dal website.

Musically, the city and the uni-

versity offer a variety of venues. The Dalhousie Arts Centre (6101 University Avenue) presents a bevy of dance and concert listings, including Symphony Nova Scotia Open Rehearsal (Sept. 25) and Live Art Dance Presents: Martin Bélanger: La Grande Théorie Unifiée (Sept. 18 to 20).

For those whose musical preferences tend to gravitate towards, for example, Leslie Feist, Lenny Kravitz, Carrie Underwood or Alice Cooper, be sure to visit the website for the Metro Centre (located on 1800 Argyle Street) to buy tickets and view upcoming performances. Aspiring concert-goers should keep their eyes peeled, though, for the ubiquitous posters that have been slapped or stapled onto poles across Halifax: they note an assortment of concert listings and local events. Just be sure to double-check the dates.

Other musical events, such as DRUM! (Sept. 12 to Oct. 12) showcase additional genres of music. As the DRUM! website states, the festival features musicians, dancers, drummers, and singers from four main cultures: African American, Acadian, Aboriginal and Celtic. The festival hosts music, dance, poetry, video, rhythm and song performances.

For those who want to catch some roots and don't mind the trek about 100 kilometres northwest to Wolfville, visit The Canadian Deep Roots festival (Sept. 26 to 28). This year's performers include Hot Club of Cowtown, Peter Case and Ellen McIlwaine.

Come Oct. 21 to 25, the Halifax Pop Explosion returns to the city. The Pop Explosion, in its 16th year, is a showcase for new and emerging music, art and culture. Last year's performances included the Superfantastics, Joel Plaskett, Eric's Trip and Miracle Fortress. Ron Sexsmith, who is appearing with Symphony Nova Scotia, is included on this year's line-up. Check out the Pop Explosion's website and Myspace pages for more details and upcoming concert listings.

For cinema-goers, the Atlantic Film Festival satisfies a cinematic appetite. Running from Sept. 11 to 20, the festival boasts more than 200 national and international films - including feature films, short films and documentaries - plus an Opening Gala Party and live music showcases. The complete list of films will be announced Aug. 27.

Bulletin boards across campus, weekly listings in local newspapers and venues also provide invaluable information to the perpetual event-hopper, so keep an eye out.

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Resources for the low-income student

BETHANY HORNE
OPINIONS EDITOR

With a Dalhousie education potentially costing \$15,480 a year including tuition, living expenses and textbooks, some students are bound to be poor by the end of their degrees. But some are poor at the beginning and that estimate of yearly costs seems overwhelming.

Dalhousie University provides bursaries for students that prove financial need. Between September 2007 and March 2008, \$2 million was awarded to students. If you are suffering from financial burdens, you are not alone.

Here are some serious money saving tips.

SHELTER

Student co-op

If the landlord is getting you down, consider co-operative housing. The Metro Student Living Co-operative has been working to make this type of housing available to students.

A co-operative is a housing model where tenants are members of a decision-making body and pay housing fees into the communal pot. The co-op does not profit off the fees of its members and uses the money toward improvements and repair as needed and as directed by the membership.

Charles Court Co-op on Wood Avenue has opened up spaces for students, and thanks to a partnership with Pathways Housing, a co-op management company, students can apply through Metro Student Living or through Pathways directly to fill a vacancy at any of the co-ops that Pathways manages.

For a full list of Pathways vacancies go to www.pathwayshousing.ca/vacancies.php

Or contact them at (902) 444-7277.

Affordable rent from government

The Department of Community Services funds a "limited number of affordable rental housing units for low-income single parents attending university." That's already pretty specific, but the applicant must be a full-time student, working toward a first degree, the lone custodial parent of the child or children, approved for a Nova Scotia student loan, and eligible for public housing. If you can check off all those boxes, read more about it at www.gov.ns.ca/coms/housing/rental/LoneParent-Student.html, or contact the metro regional housing authority toll free at 1-800-565-8859 or at the 24-hour switchboard: 420-6000.

Peter Green Hall Student Family Housing Co-op

The Peter Green Hall is an apartment complex built in the 1960s by married students who decided to take affordable housing into their own hands.

To be a member of this co-op, applicants must be a married or co-habiting couple, a single parent or a couple with children, comprised of at least one full-time university student.

One-bedroom units cost \$645 a month and two-bedrooms go for \$805, utilities included.

Residents are also expected to contribute at least a couple of hours of volunteer work each month to the society.

The Wellington Street apartment complex in south end Halifax is close



JOSHUA BOYTER/DALHOUSIE GAZETTE

to schools and provides child care – ideal for students with children.

Ten of the 112 units will be vacated by Sept. 1, but all have been potentially filled by names on their waitlist.

For more information, go to: petergreenhall.dal.ca.

FOOD

Dalhousie Student Union Food Bank

Although they have no staff yet, student union representatives say the food bank in the basement of the Student Union Building (SUB) will re-open in the fall.

Last year, Feed Nova Scotia supplied non-perishable food items and volunteers from Dal served free groceries to anyone with a Dal banner ID. The hours of operation will depend on the number of volunteers, but last year it was open 11 hours a week.

For more information, contact 494-1276.

Parker Street food bank

Clients of the Parker Street food bank begin lining up at the new

Maynard Street location half an hour before doors open at 8:30 a.m. Parker Street Food bank is different from most because it fills orders more frequently – every three weeks – and allows clients a certain amount of choice over which foods they take home. The bank also stocks fresh fruit and vegetables and a variety of donated bread.

Bring some of your own bags as well as a Nova Scotia Health card or proof of residence to 2415 Maynard St. on Monday, Wednesday or Friday mornings. For more information contact 425-2125.

Free meals

If cooking is not an option, there are several places in the city that serve free meals on different days of the week.

Saint Matthew's United Church serves breakfast on Sundays between 9 and 10 a.m. at 1279 Barrington St.

For lunch, you should consider partaking in the free vegetarian meals shared by the activists of Food Not Bombs. On Sundays at 1 p.m. the group meets on the front steps of the North Branch library at 2285 Gortington St.

Get your Sunday supper at 6036 Coburg Rd. in the gymnasium of St. Andrews United Church between 4 and 6 p.m.

Monday to Friday, Hope Cottage at 2435 Brunswick St. is open for the evening meal from 5 to 6 p.m.

On Wednesday, Food Not Bombs re-appear at the Spring Garden Library at 5381 Spring Garden Rd. to serve their vegetarian fare, this time at 5pm.

On Saturday, Saint George's Anglican Church opens between 4 and 6 p.m. for dinner. It's at 2222 Brunswick St.

Find phone numbers and more suggestions at www.halifax.ca/planning/homeless.html#DropInFoodBank

EXTRAS

Parker Street furniture bank

The people at Parker Street run a furniture bank along with the food bank. They accept donations and redistribute used furniture to families with proven needs, though sometimes a delivery fee applies. If you have a Nova Scotia health card, drop by during office hours to

fill out an application for that bed, dresser, table or couch – even if they don't have what you need, you can add your name to a waiting list for a specific item.

Call 453-4886 to schedule a pick-up or drop-off.

Dalhousie Student Union online book exchange

This textbook exchange website allows students to sell their old course books for any price. Users of the site can search the directory by title, author, subject or ISBN, and can contact the seller directly by e-mail.

Although professors frequently update their requirements to the newest edition, this is not always the case, nor does it always mean the content of the old edition is not the same.

Do some research and search for books you need at www.tigerbooks.ca.

If you can't find what you're looking for, don't forget that many students also post their books for sale on the Dal website's message boards.

Dal Women's Centre child care

This little house on South Street is packed with supports for the low-income student but the specifics of what goes on in the space change yearly. The centre tries to be completely responsive to the women that use it. So, if you need it: use it!

Volunteer child care is organized to help single-parent students. A clothing bank, toy bank and community kitchen also operate in the space. Come out on the third Thursday of the month to one of the "Students with Families Meet and Greet," enjoy a potluck provided by the women of the centre, and meet potential childcare volunteers.

Drop by 6286 South St., or go to www.dalwomenscentre.ca/ for more information.

HARD CASH

Dal bursaries

Although this cash source is not meant to fund your whole education, it does a nice job at filling in the gaps. Students who have financial need and applied for a student loan can apply for fall bursaries beginning in October. The amount you are awarded can depend on your estimated need, the funds the university has available, and the number of applicants, but it usually ranges between \$200 and \$600 a term.

Keep checking www.moneymatters.dal.ca/02_bursaries.html to find out when applications for the fall term will be available.

Dal Women's Centre bursaries

The centre offers the only financial support on campus specifically for students with children. Students can apply for bursaries throughout the school year and can find more information on the centre's website.

Temporary loans

Dal offers interest-free emergency loans of up to \$1,000 to help students pay for living expenses until other funding arrives.

These loans are available for 30 days, but could cover a period of up to 90 days. Applicants need to prove they can pay the money back.

Applications are processed every week, due on Wednesdays.

To read the fine print or to print out an application form, go to http://www.moneymatters.dal.ca/04_temploans.html.

FREE FOOD + FREE BOOZE = WRITING FOR THE DAL GAZETTE
Contributor meetings are held every Monday @ 5:30 p.m. in room 312 of the Sub

Welcome Back

DAL STUDENTS

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WRITE FOR THE DAL GAZETTE

Contributor meetings are held every Monday at 5:30pm. in room 312 of the SUB

First year student survival guide

CHRISTIE CONWAY
ARTS EDITOR

Oh Froshes! To be young again! Your post secondary education laid out in front of you and your brains and livers just waiting to soak up all the richness of the university experience! It's an exciting time. But with class schedules, reading lists and meats of mysterious origin at the cafeteria, it can also be a little confusing if not overwhelming. So for the betterment of all you first timers, The Gazette has collected some pearls of wisdom. Here are just a few important locales and thrifty tricks to help you survive and even thrive in your first year at Dalhousie.

Residence life

Choosing to live in residence in first year is a great way to make friends and slowly make the transition to independence. You've got your own space with no parents and access to all the partying and sexy sleepovers you can manage with a cafeteria staff to make you breakfast in the morning. It truly is the best of both worlds.

Take advantage of your time in residence. Participate in the frosh activities and leave your door open as often as you can. Even with the co-ed bathroom situation, you will miss it when you've moved on.

Coffee

Coffee: the life's blood of the student. If you don't drink coffee you will and if you do, you will be drinking much more than is healthy or socially acceptable outside of university. If you have not invested in a 4 to 6 cup coffee maker for your room do so immediately. It will be a magnet to draw in drowsy, homework-laden floor mates who will want to unwind and chat.

As for grabbing a quick cup of joe around campus Tim Hortons at both the Student Union Building and the lower level of the Life Sciences Centre is a godsend when you're hurrying to that 8:30 a.m. class. The Second Cup in the Killam Library atrium exists to take you out of your studying-induced zombie funk.

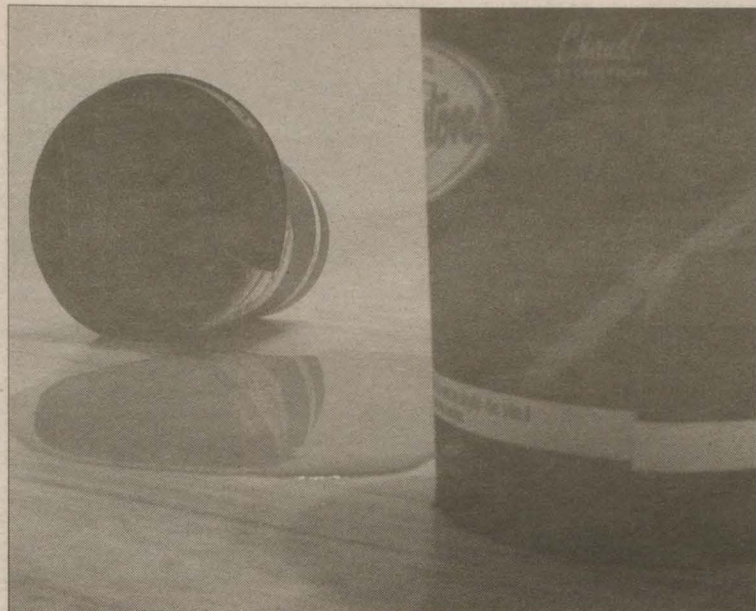
If you're looking for more than a paper cup and a buzz, Halifax offers a variety of cafés perfect for students.

Coburg Coffee House 6058 Coburg Road

This little slice of heaven at the corner of Coburg Road and Vernon Street is the perfect spot for that casual first date, hanging out with friends, or simply kicking back and getting some of your reading out of the way. The coffee is great and so is the food, with salads, sandwiches and plenty of vegan options.

Just Us! 5896 Spring Garden Road

If you care about where your coffee is coming from, Just Us! is a fair trade Canadian business that makes and sells its own brand of coffee, tea and hot chocolate. It's only a short walk



JOSHUA BOYTER/DALHOUSIE GAZETTE

from campus and always has delicious scones, muffins and cookies to go with your cappuccino and there's plenty of quiet seating on the upper level. If you're ever downtown in need of caffeine fix you can visit the Barrington Street location.

Trident Booksellers and Café 1256 Hollis St.

If you're searching for an afternoon retreat of coffee and literature and willing to venture down to Hollis Street, you'll discover one of Halifax's café treasures: Trident Booksellers and Café. Searching the shelves and sipping your soy latte is a great way to procrastinate and distract yourself from that big paper.

Books

One of the rookie mistakes first year students get sucked into is buying their textbooks from the Dalhousie Bookstore. If you take anything away from this article let it be this: At all costs avoid the bookstore like the plague. The mark ups are insane and the books you need are available used at a dramatically lower price. Once you've received your reading list from your prof you have several options:

Online Used Book Sites

Abebooks.com is by far the best of all of these sites and can save you hundreds of dollars. It has a massive inventory of books from the U.S., Canada and the U.K. with its head office operating out of Vancouver. Typically the books ship quickly and often shipping is free. Just make sure you take note of the seller's rating system and only buy from four and five star sellers.

Used book stores

Halifax has some fantastic used book stores with many used textbooks and a large selection of classic literature typically used in first year English, history and philosophy courses. Check out Dust Jacket Books at 1505 Barrington St. You can also check their inventory online at dustjacket.ca. Back

Pages Used Book Store at 1526 Queen Street just off of Spring Garden is also a great place to track down reduced price Shakespeare.

Dal Classifieds

Once you've logged into your my.dal.ca account, you can access the Dal Classified section where upper year students list many of their used textbooks. Often students are willing to negotiate on the price to make a quick sale. The classifieds are a good place to start looking for biology, French, and economics texts books at a discount.

If you must venture into the Dal Bookstore, look for books with the bright orange used sticker on the spine, which signals a reduced price. And let's not forget the libraries on campus. The cheapest option of all!

Your textbooks are fundamental to your education but there is no reason to be scared into spending money at the bookstore when there are thrifty alternatives. Besides, the lines in there are always crazy and just think of all the beer you can buy with all your extra cash.

Class

Classes: go to them. And try not to fall behind with the readings. If at all possible, make a class schedule for

yourself that doesn't involve waking up at the crack of dawn every day of the week. There are few things more depressing than walking to a calculus class on a January morning when it's still dark outside.

Office Hours

If you really want to get the most out of your classes, make the effort to visit your prof or teaching assistant during their office hours, even if it's simply to introduce yourself.

In a first year class of 300 it can be hard to feel like anything but a number and it can be frustrating if you fall behind or need extra help. Profs and TAs are interested in students who are excited and curious about the material in the class. Getting to know your profs early on in the semester lets them know that you are eager to learn and motivated to succeed. They are also the best ones to speak to if you are unsure about an essay or an assignment. Even throwing around ideas for a thesis with a prof is a sure-fire way to come up with a stronger paper that might receive a better grade.

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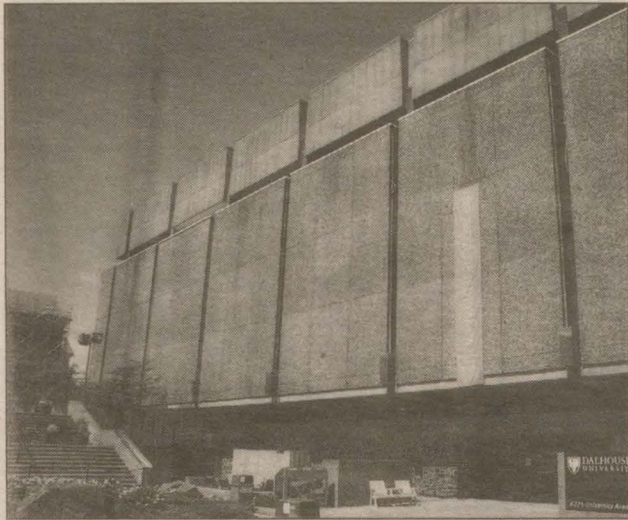
420-1594

1526 Dresden Row, Halifax

Getting to know your campus: Buildings at Dal

Dalhousie a lot of buildings. The campus is covered with the damn things. Some of them are huge and imposing while others look like ordinary houses. But they each have their own individual personality and by the end of your degree, you should get to know quite a few of them intimately.

JOHN PACKMAN | PHOTO EDITOR

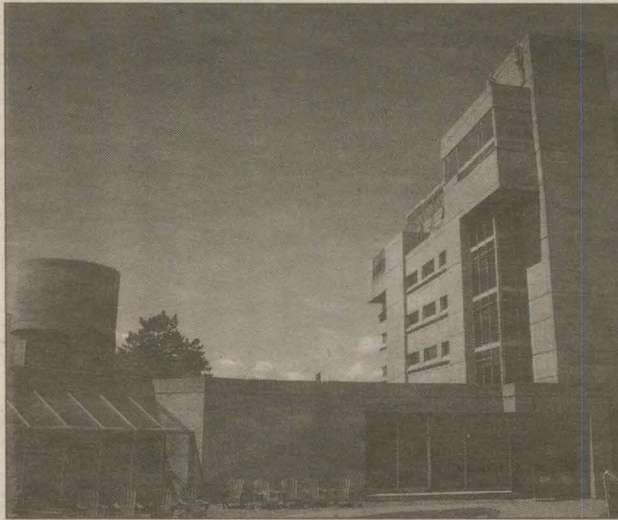


Killam Library

The Killam is Dal's main library and is impossible to miss. It looks like something out of 2001: A Space Odyssey: a big, five-story concrete block that somehow landed on campus.

Inside the main entrance is a bright atrium with one of the biggest skylights you'll ever see. The atrium has a Second Cup, trees and a fountain, and is a great place to work if you like a noisy environment. On the upper floors there are quieter study spaces looking into the atrium, as well as isolated study desks in the stacks.

The Killam also houses the Learning Commons, which is essentially a big room with a lot of computers. These are good if your printer runs out of ink or you drop your laptop down the stairs. But get there early because often times, all the computers will be taken.



The Life Sciences Centre

The Life Sciences Centre, more commonly called the LSC, is a giant concrete maze. If you have any classes there, give yourself at least 10 minutes to find them.

While some of the rooms in the building's Psychology, Biology, Oceanography and Earth Science departments have nice views (some overlook the ocean), the one you're in probably doesn't. Many of the 'common areas' for other faculties have no windows. That's right, no windows. No natural light or anything close to it.

If you're unlucky enough to have a class in one of these common areas, at some point during the year you might start to think it's a study by the Psychology department to determine whether students can thrive on fluorescent light only. Otherwise, there is no way to explain why someone would build classrooms like this. Luckily, there's a Tim Hortons in the LSC to keep you awake during these extended periods of darkness. But the lines are long, so get there early.

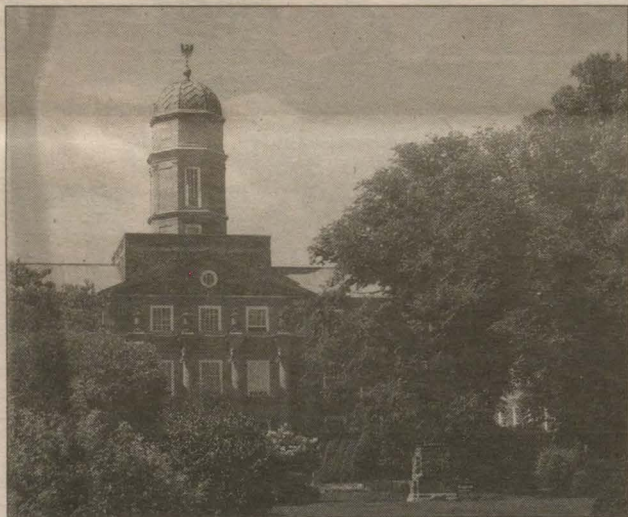


Students Union Building (SUB)

Your first visit to the SUB will probably be to go to the bookstore to get decked out in Dal gear and stand in giant lines to buy your textbooks.

Most students go to the SUB on a daily basis to get coffee at the Tim Hortons or the Starbucks on the main floor. The building also holds the campus pub, The Grawood, and the McInnes Room, which acts as a venue for high-profile speakers and bands. Steven Lewis used the McInnes Room when he came last January, as did the Dropkick Murphys last fall.

The SUB also holds the offices of the Dalhousie Student Union executive, the Student Employment Centre, CKDU (the student radio station), a travel agency and The Gazette office.

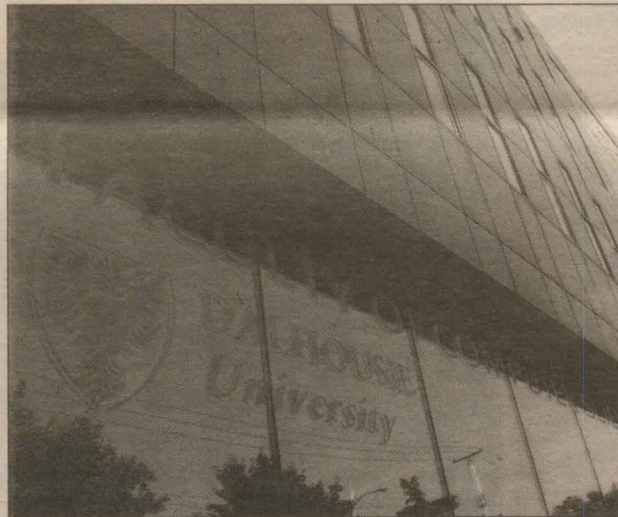


Henry Hicks Academic Administration Building

If you've seen a postcard, advertisement, or brochure for Dal, you've seen the Henry Hicks. It's the one with the big, green clock tower and three-storey pillars.

The building is mostly used for administration purposes and for housing the political science department. It has some very spacious classrooms with great views of University Avenue.

In the basement, you'll find a table to register for student loans, a place to get your university bus pass (U-Pass) and come time to pay tuition, a big slow line to the Student Accounts office. The Henry Hicks also has an underground passage to the Life Sciences Centre and the Chemistry Building, which seems lazy, but during winter, you'll appreciate it.



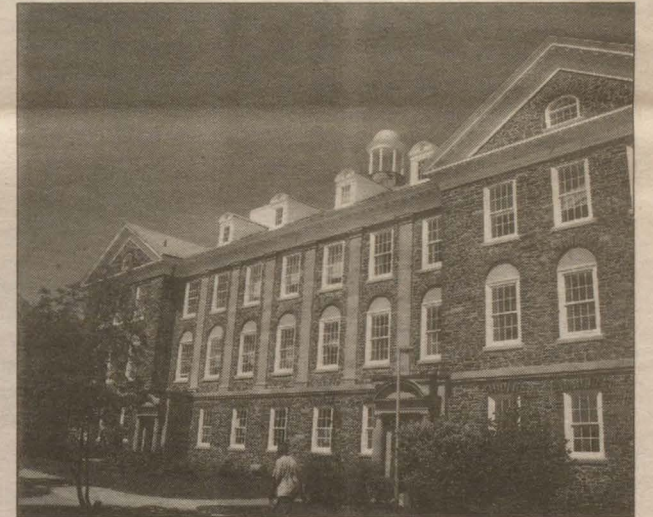
Computer Science Building

If you're looking for friends who are pulling all-nighters but can't study in their rooms, they're probably in the Comp Sci Building.

It's open 24 hours a day, with a Second Cup in the basement and a comfortable lounge.

The building itself has an open feel, though it has an unfortunate amount of exposed concrete and loose wires.

Comp Sci students and anyone else who's interested should go to the Comp Sci's "Beat the Clock Geek Beer" for ridiculously cheap beer and shots. It's a good way to start any Friday night.

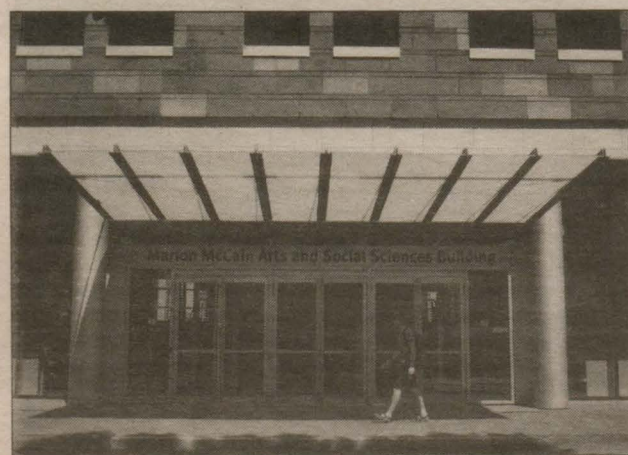


Chemistry Building

The Chemistry Building, unsurprisingly, holds the chemistry department. It's the campus's oldest building, but looks quite at home in the quad next to the Henry Hicks and the University Club (which is now used mostly for special events).

Though stately, it's fairly plain looking with large, uniform windows. This makes a good backdrop for movies set in the 1940s and 1950s. So good, in fact, that you may see one or two being filmed while you're a student here.

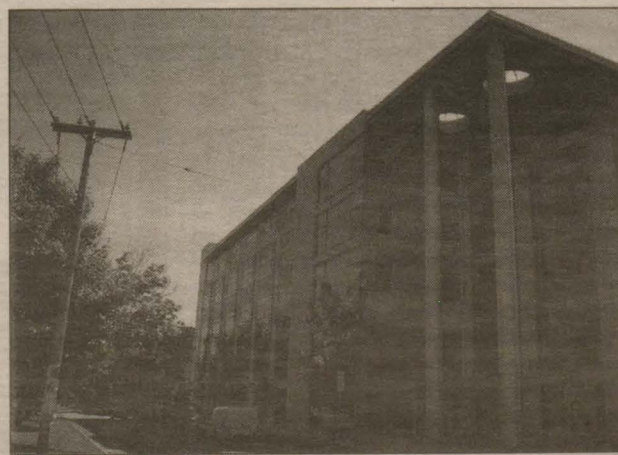
It has a large auditorium that's big enough for some of the first year classes. Most students use it the building for its underground passage to the Killam Library.



Marion McCain Arts and Social Sciences Building

More commonly called the FASS (Faculty of Arts and Social Sciences), the McCain building is home to most of the faculties in the arts departments. Most first-year students have a class or two in the McCain's large auditoriums. They can be somewhat overwhelming, but just be thankful you're not in the LSC.

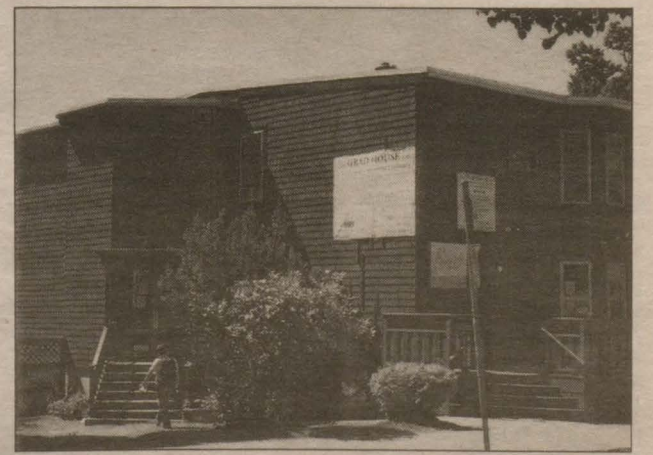
The building is less than eight years old and has bright classrooms and hallways as well as computer rooms, couches and study carrels.



Kenneth C. Rowe Management Building

Most commerce students will get to know the ultra-modern Rowe building by the time they graduate. The building has huge windows to maximize natural light as well as many other environmentally-friendly aspects.

The Rowe has several large lecture halls which are used by many first-years. The building distinguishes itself from the others by having classrooms with high-backed, executive-looking chairs.

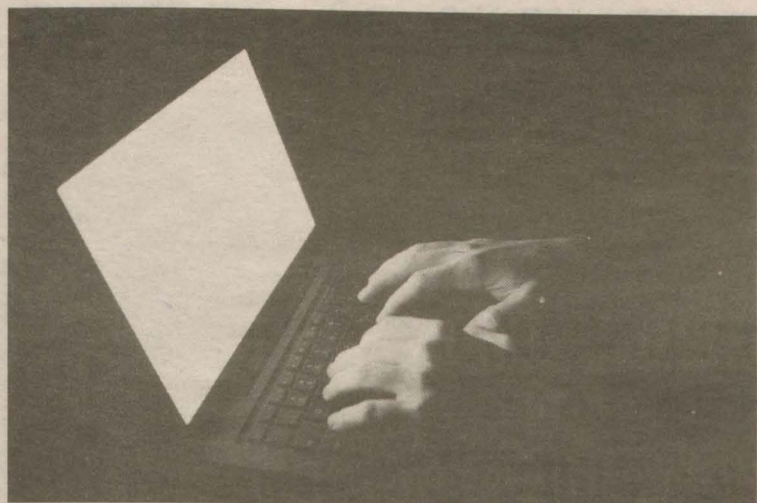


The Grad House

The Grad House is the low-key bar on campus. Like The Grawood, The Grad House offers cheap beer to thirsty students, but the Grad House has a homier atmosphere. It's probably because the bar is a renovated house.

During the day, it's a good place to buy cheap Chinese food and study. At night, it's a nice place to have a drink with friends or, for some of the older students, with professors.

Despite its name, undergraduate students are also welcome at the Grad House.



JOSHUA BOYTER/DALHOUSIE GAZETTE

Don't get caught in Dal's net

A guide to campus websites

JOHN PACKMAN
PHOTO EDITOR

My second-year philosophy prof got sick every time he finished marking assignments handed in by students pulling all-nighters, sneezing, hacking or just carrying the latest cold going around residence. He now only accepts assignments e-mailed to him. Whether you like it or not, using the web systems at Dal is inevitable.

Dal Online

Dal Online is the university's system to deal with registering for classes, checking your final grades, printing your tax receipts and anything else to do with the administration. Get there by going to my.dal.ca and clicking on Dal Online.

Since someone breaking into your account can really screw you up academically, make sure you remember your password and don't give it to anyone. If you enter the wrong password five consecutive times, the system will block you and you have to call the registrar. The university isn't open weekends and if you are blocked when you need to register for courses you'll miss out on your first choices, so don't forget your password. Don't do it.

Dal Online's other annoying registration problem is you need to pay \$200 and have all your past academic fees paid for before signing up for courses. Your status may look O.K. a few days before course registration, but check daily to make sure they didn't update your account and block you for some reason or another.

Dal e-mail

my.dal.ca is also where you'll find the official e-mail account at Dal and University of King's College. When you register, you'll get some wonky address of seemingly random numbers and letters. It's usually the first and third letters of your name plus a hard-to-remember combination of six numbers. You can change it to something that more closely resembles your name by opening your inbox, clicking on options and then personal information.

Write down your dal.ca e-mail address for the first few days of class because many profs will take down an e-mail list. Don't be the guy who forgets his dal.ca address and writes down born2smoke69@hotmail.com for their e-mail. It doesn't leave a good first impression.

If you ever need to e-mail a professor to explain sickness, ask for an extension or hand in an assignment, use your Dal address. Your profs aren't required to even open your e-mail if it's not from a dal.ca address.

The university will also e-mail you at this account if you don't pay your tuition or if you have library fines, so if you have another e-mail

account you plan to check more often, it's a good idea to get your Dal e-mail forwarded.

Since Dal's server is on campus, if there are any problems with the server you can't get into your e-mail address. When the server goes down, which it does once or twice a term, panic breaks out. People who rely solely on their Dal e-mail are freaking out and the Killam Library isn't a fun place to be.

The other problem is you only get about 100 megabytes of space and if you send large files like pictures or music, your e-mail fills up pretty fast.

Blackboard Learning System

Blackboard Learning System (BLS) is an online system that allows professors to create websites based on courses. BLS pages will have, at minimum, a syllabus and a discussion forum. A system called WebCT used to do this but BLS bought it in 2005, so some people still call it WebCT. Profs aren't required to use it but more and more do. Sometimes you'll be lucky enough to have class notes posted on it and some profs will ask you to submit assignments through it. You log in to BLS on the my.dal.ca page using your Net ID – the same letter/number combo in your e-mail address.

Wireless Internet

Dal has wireless Internet in most places on campus. It's kind of a pain in the ass to use since you often lose the signal and because you have to log in through the Cisco owned VPN application using your Net ID, so every time you lose the signal, you have to re-enter your password. If you can find a wired connection, use it.

Other useful websites

halifaxlocals.com: The indie place in town. It posts every rock concert in Halifax. It's like having a telephone pole covered in posters on your computer.

Off campus listings is a Dal-hosted listing page for students looking for houses, apartments and flats. It's free for students to post an ad and \$100 for anyone else. It's worth checking out around December – or earlier if you're kicked out of residence.

Dal Classifieds is a student classifieds system you can access through my.dal.ca, which is used pretty much exclusively by Dal students. It's good for finding textbooks, furniture and electronics.

Tigerbooks.ca is a book exchange system hosted by the student union is a good place to find second-hand books. You can search by titles and class subject. Buying books used can usually cut the price by half or more. This is especially useful for English majors, many of whom will go through more than a book a month.

Bands over boredom

A Dal grad alphabetically arranges Halifax's live music venues

CHRIS MCCLUSKEY
SPECIAL TO THE GAZETTE

As a truly "hip" and "Dalifamous" student for longer than I like to admit without a long, defensive explanation, I was frequently asked "what else" is there to do in this city. I always interpreted "what else" to mean anything refreshingly dissimilar from the droning weekly routine of lining up like cattle for the Dome on Sunday, Fireside on Monday, Dome again later that week.

While the truth is most of what you need to prepare yourself to move to Alberta for life following a degree is central to Dalhousie campus, few student experiences are complete without a thorough explorative journey of greater Argyle Street. But this article isn't to promote a lifestyle synonymous with having to defend why you stole that loose beer sign off the Pogue Fado's wall last Thursday – true story!

The question I have been asked to answer is where to track down interesting live, original music in Halifax – a task that seemingly used to be easier. This is partly due to the closure of the Attic since this time last year, and also because I used to actually live in Halifax full-time. Clearly, if you're a student attracted to live music in Halifax, The Gazette needs your resume. There may even still be free beer for your trouble – best student job ever!

In my Dalhousie educated opinion, here are your best options:

Alderney Landing 2 Oterloney Street, Dartmouth

A relaxing ferry ride across the harbour to Dartmouth will take you to our city's most attractive outdoor venue. Recent performances included Keith's Fest, NOFX, the Joel Plaskett Emergency, Nelly and Wilco. Enjoy it while it lasts, because this outdoor venue won't be as enjoyable come November.

The Carleton 1685 Argyle Street

In a town renowned for knowledgeable scenesters, perhaps nobody has more passion for home-grown talent than owner Mike Campbell. Expect him to present "events", instead of regular "shows", by keeping concert programming down to several-times-a-month. When a concert isn't going on, this

is also a great place for lunch, dinner and drinks. The Carleton is an intimate venue, so make it a point to pick up your tickets quickly.

Churches Throughout Halifax

Some of our country's best known acts have come to Halifax to go to church. Both St. Matthew's and North Street Church have showcased some major buzz acts over the past year, including notable appearances by Steve Earle, Tegan & Sara, Joel Plaskett, Melissa McClelland, Great Lake Swimmers and Final Fantasy.

Cunard Centre 961 Marginal Road

Halifax's premier indoor music venue – including the Metro Centre – for larger shows that would otherwise be held outside, the Cunard Centre has hosted the White Stripes, Matthew Good & his band, Sam Roberts, Matt Mays and Wintersleep. Now if only they could fix the frickin' sound. Anticipate at least one big name act to come through the Pier 23 location in the next year.

The Grawood Dalhousie Student Union Building, 6136 University Avenue

All-American Rejects, Craig Cardiff, Cuff the Duke, Dog Day, Dropkick Murphys, Elliott Brood, Grand Theft Bus, illScarlett, In-Flight Safety, Jimmy Swift Band, K-OS, Matt Mays & El Torpedo, Mike O'Neill, Mobile, Paul Murphy of Wintersleep, Shad K, Sloan, The Stance, The Super Friendz and The Weakerthans have all played on campus within the past four-year student generation.

Going back a ways, so have Blue Rodeo, Brian Adams, The Tragically Hip – if you're big and you're Canadian, chances are you've played here. The Wooden Sky at The Grawood on September 17 is a don't miss.

Gus's Pub 2605 Agricola Street

This is the heart of Halifax's progressive music scene, where you're most likely to find Atlantic Canada's "next cool thing." An inviting atmosphere hosting a diverse slate of different genres will attract true music aficionados – sometimes for more than one visit a week.

Halifax Metro Centre 1800 Argyle Street

Arenas are notorious for imper-

sonal shows, but that won't prevent strong support for Elton John's solo shows on September 26 and 27. Make your parents and friends alike jealous by getting your hands on tickets. Other confirmed acts for the fall include Carrie Underwood, Feist, Hayden, Alice Cooper and Lenny Kravitz.

Halifax Pop Explosion

O.K., not a venue, but still the music destination event of the year. No official announcements have been made for October 21-25, but it never disappoints. Never. Never ever.

The Marquee Club 2037 Gottingen Street

Once the crown jewel of Atlantic Canadian music venues. Keep your eye on listings, including MxPx on Sept. 10.

Rebecca Cohn Auditorium 6101 University Avenue

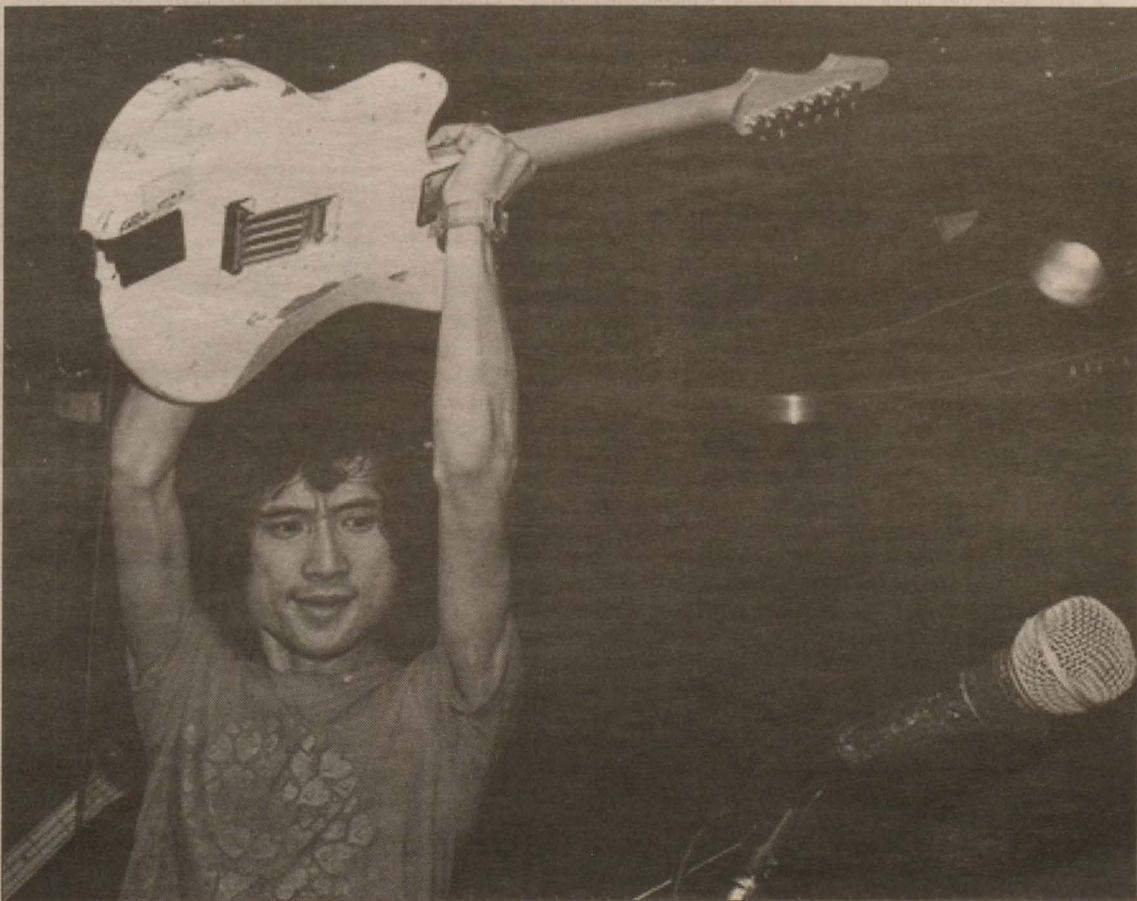
Another venue on campus, the Cohn houses more ambient artists with an appeal reaching outside the student demographic. Last spring's week-long stand by Leonard Cohen made it worth a flight back to Halifax for an impromptu Dal reunion. Troubadour Ron Sexsmith is set to play on October 24, while the Cohn will keep with its new tradition of symphony-backed shows featuring our most accomplished local songwriters with Rose Cousins and Old Man Luedecke in February.

The Seahorse Tavern 1665 Argyle Street

To be fair to Argyle Street, the Seahorse is the gem showcasing some of the more intriguing out-of-town acts, and the venue I am most likely to frequent most regularly. Depending how close you have your ear to the ground, you'll also be privy to some tips for secret shows. The past few years have included intimate appearances by Sloan, Joel Plaskett Emergency and The Trews.

Tribeca 1588 Granville Street

Not just for Saturday nights. The rest of the week, this is a venue defined by its complement of aesthetic character and the artistic appeal of its bookings. It's the best place to show up randomly for a beer on a restless night and take in some great music.





JOSHUA BOYTER/DALHOUSIE GAZETTE

In the frosh pit

Listening to arts beat

LAURA DAWE
ARTS COLUMNIST

So here we go. Last year I ran for Arts Editor here at The Gazette. Thank God I didn't win. My copy editing skills are well below par, my diction is hyper-coloured, my facts are often clouded by my impressions, and my focus of attention is not focused.

I was one of about 80 candidates, if I remember correctly. Current Sports Editor Nick Khattar spewed forth passion like a tropical storm while dressed like the prodigal son in a Wes Anderson movie. Hilary Beaumont, now Assistant Arts Editor, sported Chuck Taylors and a clever plan involving postcards and the telling of secrets. Christie Conway, who had already served a year as assistant editor, presented a gloriously reasonable and highly professional platform and blew us all away wearing a pretty blue frock that matched her eyes.

My polyester dress was green like my eyes, yes, but unfortunately so was my face. I'd spent the week teaching six-year-olds how to combine drawing with collage at the Art Gallery of Nova Scotia during the day, a time functioning students typically reserve for their classes. My nights were a frantic melee of B.S.ing overdue essays while trying to piece together some sort of 'campaign' out of my shockingly limited knowledge of the 'newspaper.'

I looked exactly like what I was: not the best candidate for the job.

Sweating, blushing, and desperately clutching like a talisman wilted tulips one of my student's moms had given me, I got up to that metaphoric podium and I belted out my concerns about arts writing in Halifax. I pounded that - standard issue fake - wood table and I made some pretty big promises. God damn it.

You see, there is a lot of creation in this city. This place is magic like Phil Collins and Peter Gabriel together. This shit is Genesis.

So much happens in this city and it happens so fast. And some of it is not only excessive and speedy, it's also very quiet. Some of the most genuine, most interesting art, music and culture happenings are so quiet that they are not written about anywhere - at all. Stories just get missed.

Good stories.

Take, for example, the canvas sacks that have been popping up on telephone poles; or, more specifically, the greenery that has been popping up out of those sacks. The greens are lettuce - communal lettuce. It is an operation of a guerilla gardening group called You Grow Girl. So I hear.

Or, in a secret studio, recessed behind an inconspicuous house on an inconspicuous street, the youngest artist to have her work shown at the Art Gallery of Nova Scotia is quietly building an arc. And filling it, as one would expect, two by two, with pieces for his show there this month.

And, in the middle of the night three girls who had no previous band experience - one who'd never even played an instrument - down a magnum of red wine and record an entire album off the top of their heads, birthing a band they will later name "The Cabernets."

Another example is a sauna made of tarp and trees, nestled a 20-minute hike into the woods where it is illegally built on squatted land, where it's sat for four years, visited and enjoyed only by those few who know about it.

Not impressed? Are bigger names more your scene? I could name drop you like a ton of bricks. I won't do that though. Not now. It's tasteless.

What I'm trying to break to you, in my own gentle convoluted way, Dalhousie, is that though I lost the election that day, all is not lost.

The Gazette has offered me an art beat column to go to places few have gone, to see what few have seen, and to masticate those things into a comprehensive bolus and spit it directly on you, my faithful reader.

I'll write, word for word, after-party interviews with your favourite bands when I'm too tired to reconfigure them into articles! I'll write lists when I can't form sentences! And I'm an artist. Did you know that? I will draw you diagrams if I bloody well have to! I will swear! I will abandon prose! In two weeks The Gazette will realize the folly of their mistake in offering me creative control and they will ask me to leave and I will be able to stop shitting pure fear!

Welcome to Halifax. It's going to be a great year.

A cautionary tale of spirits

HILARY BEAUMONT
ASSISTANT ARTS EDITOR

My summer job was dealing drugs. This might seem like a stretch when I tell you I worked at the Nova Scotia Liquor Commission, but it's the straight truth.

I sold over \$1,000 worth every four-hour shift, and even more on weekends - everything from cold beer to Bacardi 151.

My family and friends thought it was a great gig that paid well, and they were right.

But like every summer job, there were regulars.

During one shift, an elderly lady shaking like a dead branch in high winds asked me to hand her a bottle of vodka from the bottom shelf. I reached for a pint.

"No dear, the bigger one," she said politely.

I reached for the next size up, a quart.

"No, the bigger one," she said again, pointing at a half gallon bottle of Russian Prince.

I passed her the bottle. Her white hands were shaking so badly she nearly dropped it. I carried it to the counter for her, where she paid with exact change.

I don't mean to draw unfair conclusions about this woman, but she was one of a group of customers who were fond of their liquor, and who came back regularly for more.

One older gentleman liked to visit first thing in the morning for a couple quarts of Canadian Club. His taste never changed, and he always paid with two \$20 bills.

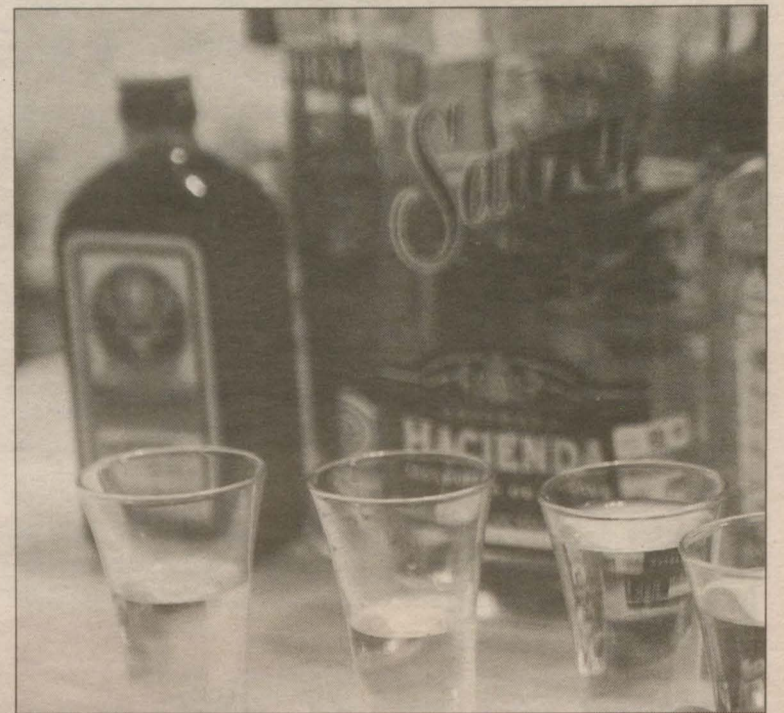
My supervisor, who preferred not to be named, knows the regulars well.

"We have people that when we open at 9:30 are actually waiting to buy their 50 mL to go upstairs to the bathroom to drink it right down and stop their shakes," she told me. "To me that's the sad part."

But they have a legal right to fuel an addiction, as long as it's only alcohol.

Last year I worked as a waitress at a bar downtown, and I frequently cut off customers when they'd had enough.

Unlike bar staff, NSLC employees can't refuse a sale unless the customer is already drunk. We can't control how fast they consume their booze,



JOSHUA BOYTER/DALHOUSIE GAZETTE

and they can legally buy enough to seriously harm themselves.

That's pretty convenient for someone who needs a fix.

A woman stormed up to my cash one day and slammed a quart of coconut rum down on the counter. She backtracked a few steps and began aggressively sorting through the mini bottles.

"Is there anything I can help you find?" I asked.

"A time machine back a year would be nice," she said loudly. "So I could dump his ass then."

She added two small bottles of dark rum to the counter and I rang them in without a word.

Her face was tense as she looked through her wallet, never once making eye contact. As I handed her the change, she muttered something about calling off the wedding.

I offered her a tissue, but she silently declined and left quickly.

This summer I gained a new perspective on the unglamorous, habitual side of drinking.

Instead of buying quarts of rum or vodka, some of our customers might benefit more from buying less.

A recent story by the Wisconsin State Journal introduced a profes-

sor who linked the concept of less is more with drinking.

Kevin Strang, who has a doctorate in human physiology, gave a talk to high school students at the University of Wisconsin last July. He told them stretching two drinks over the course of a night would give them the same benefit as drinking heavily - but without the nasty side effects.

"Alcohol lights up the brain's pleasure centre, the Journal article explained. "So as long as a person's blood-alcohol level is rising, the level of pleasure will, too. But the minute the blood alcohol level begins to drop, the pleasure level plummets, triggering a craving for more alcohol. This is why people binge drink."

But Strang wasn't preaching a sober lifestyle, and neither am I.

Binge drinking is an undeniably large part of the student experience, especially during frosh week, and there are obvious benefits and consequences to that level of indulgence. But we're all free to do so.

Alcohol is a solution. It eases social awkwardness, catalyzes an escape from reality and temporarily relieves physical and emotional pain.

When it becomes the only solution, it becomes a problem.

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*This won't get you into any concerts or events, and won't get you any special privileges. But come to a contributors meeting and maybe you can get a real one and write a show review.

Drinking 101: A guide to Halifax nightlife

Where to drink – not how

CHRISTIE CONWAY
ARTS EDITOR

The Split Crow 1855 Granville St.

The Split Crow is a Halifax institution. It was the first pub in Halifax after its owner John Shippie was granted a liquor license way back in 1749. Originally located on Lower Water Street under the name of "The Spread Eagle" this watering hole has held a warm place in the hearts of Dalhousie students for generations.

The Split Crow features live music every night of the week with power hours Wednesdays and Thursdays from 9 to 10 p.m. and their legendary Saturday power hour from 4:30 to 5:30 p.m. Just make sure you get there early if you want a table.

The Dome Entrances on Argyle and Grafton Street

The Dome has seen better days – mainly the days when it still served dollar drinks. But with free cover on Wednesdays with a student ID, it's still a place to which young Dal boys and girls flock for the dance and house music of the Dome itself or the live bands at Cheers. The Dome is notorious for taking IDs feel are at all suspicious so this is not the place to come with a cheap fake. For those of age bring two pieces of identification just in case.

The Grad House 6154 University Ave.

The Grad House, run by Dal grad students, is conveniently located on campus and is the perfect place to hang out with friends, play pool or catch up on your reading over a pint of Rickard's White with an orange slice – a Grad House favourite.

The lower level has a small café that serves great sandwiches and snacks with many vegetarian and vegan options. The Grad House also had a fantastic patio and is the best place to enjoy the sun for the few months of the year we have it.

The Grawood Dal Student Union Building, 6136 University Ave.

Another bar conveniently located on campus, The Grawood is good option for those of you who don't feel like making the trek downtown for a pint. The atmosphere is relaxed with plenty of seating, pool tables and darts.

The Grawood is open Monday to Saturday with live bands on Wednesday, Trivia on Thursday and society nights on Friday. It offers many wet/dry nights for students under 19. Stop in for lunch and make sure to experience a Grawood "yard": eight small glasses of beer in a yard-long wooden tray.

Mexicali Rosa's 5680 Spring Garden Rd.

Mondays just scream margaritas! Mexi's offers a great atmosphere to relax with friends and indulge in their \$5 margarita specials. They offer many different varieties so feel free to dabble. You'll be glad you did.

Oasis 5675 Spring Garden Rd.

On Thursday nights Oasis has 25-cent wings and karaoke. It's the perfect locale when, after that calculus test, you just need to stuff your face and belt out some Journey.

The Fireside 1500 Brunswick St.

The Fireside can be described in one word: classy. With a beautiful ambiance and comfy armchairs, it's a very impressive first date location. The Fireside has a wide variety of unique mixed drinks and a solid



wine selection. On Mondays martinis are only \$4.50 starting at 4:30 p.m. But go early since the bar closes at midnight.

Bubbles Mansion 5287 Prince St.

Toting itself as "a fine eatery and drinkery," Bubbles Mansion is a relatively new bar on the Halifax scene. It's a must for fans of the Trailer Park Boys, with shopping carts hanging from the ceiling and Bubbles himself making an appearance at least once a week.

Maxwell's Plum 1600 Grafton St.

This English style pub has an inviting atmosphere, cheap food and a massive selection of beer. With more than 160 kinds of beer on tap, the Plum is a great spot for the drinker who craves variety. Try the sampler tray with six four-ounce glasses of whatever your heart desires. Take advantage of the peanuts and don't be shy about throwing your shells on the floor.

Peddler's Pub 1903 Granville St.

Peddler's offers notoriously cheap drinks with specials most nights of the week. It's close to Split Crow and perfect for those nights of bar hopping. Just watch those high heels on the Granville cobble stones to avoid a drinking related mishap.

Lower Deck Pub 1869 Upper Water St.

Located down on the waterfront in Historic Properties, the Lower Deck has a great patio for those warmer months and live music featuring many East Coast bands. It's a great place to have a beer with good friends and enjoy some home-grown talent.

Reflections Cabaret 5184 Sackville St.

If you love to dance, you'll love Reflections. This cabaret offers some of the best dance, house and electronic music in Halifax and consistently brings in incredible international DJs. For all those nights you profoundly need to express yourself through dance, this is the place to go. The drinks are cheap and the atmosphere is always amazing. And just so there are no surprises, Reflections is a gay bar.

Pogue Fado/ The Frigate 1581 Barrington St.

This Irish style pub is a staple on the pub crawl circuit. With great food during the day and a mix of live bands and DJs at night, the Pogue is a nice way to round out a Thursday. For sports fans, the game is always on the big screen on Sunday nights with a half price menu from 4:30 to 8:30 p.m.

Below the Pogue is The Frigate, a great little bar with local live music. And

yes, it looks like the inside of a ship.

The Coconut Grove 1565 Grafton St.

Located right around the infamous pizza corner, both convenient and invariably entertaining, The Coconut Grove offers great house and techno music and is a nice alternative to The Dome on Wednesdays. The Grove also has a perfectly sized dance floor patio and hosts many talented local DJs. Last year it was the bar for September and it's worthwhile to check out at least once.

There's also a special of two martinis and a cheese platter for \$10.

The New Palace Cabaret 1721 Brunswick St.

Oh the Palace. The last chance for romance. It is by no means the classiest joint – wet T-shirt contests every Thursday night. However, it is open until 3:30 a.m. and therein lies most of its appeal.

Once you're in you'll find a large two story interior with a massive stage and hip hop, R&B and house music blasting from the speakers.

The Palace is open Wednesday through Saturday and cover is \$6.

The Alehouse 1717 Brunswick St.

Located right next to The Palace, The Alehouse is the place to go on Saturday night if you're looking for an alternative to the club scene.

With two storeys, pool and live music, The Alehouse is a great place to have a beer and mingle. There are also some great semi-private booths on the second floor if you want to sit and chat.

The Marquee Club 2037 Gottingen St.

The Marquee is making a comeback and bringing in bands and DJs that are worth making the trip up to the north end. Drinks are relatively cheap and there's pizza in Hell's Kitchen downstairs.

Pacifico 1505 Barrington St. (entrance on Salter Street)

Pacifico is always hit or miss but when it's on you're in for a good night. It does have a dress code so make sure you're looking your best. DJs spin house and techno and club goers can dance the night away on the split level floor or hang out on the comfy leather couches on the upper level.

The Economy Shoe Shop 1663 Argyle St.

While relatively large, the Shoe Shop maintains a warm and intimate atmosphere with low lighting and dark wood bars. It's the perfect spot when you feel like having drinks on the town. The Shoe Shop is known for its great food and is typically packed by 7 p.m. so if you're going for dinner and drinks get there early or call to make a reservation.

The Argyle 1575 Argyle St.

The Argyle has one of the best rooftop patios in the city and is typically a hub for first-year students. This restaurant-by-day club-by-night has plenty of seating on its main level with a sunken dance floor downstairs. Drink prices are always reasonable with different specials depending on the day. Cover is \$5.

Tribeca 1588 Granville St.

The über stylish Tribeca has all the sleek urban feel of New York's hippest district. The upstairs is dark and intimate with exposed brick while the downstairs is always bustling after dark. Tribeca has some of the best music in Halifax with DJs mixing favourite indie rock hits into house and dance beats. It's the place to see and be seen in the hipster community.

Mosaic 1584 Argyle St.

Both funky and unexpected, Mosaic's hip interior of tile, vibrant red couches and pony skin rugs is a beautiful backdrop for a get together with friends. Stop by on a Monday and enjoy half price on all of their delicious and creative martinis.

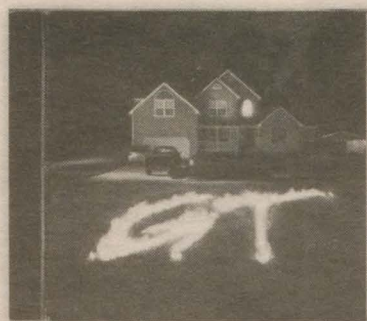
The Bitter End 1572 Argyle St.

Perhaps the sexiest bar in Halifax, The Bitter End is a sassy martini bar with rich velvet draperies, dark, secluded corners and mouth-watering drinks.

Tom's Little Havana 5428 Doyle St.

Tom's Little Havana is one of those places it's almost a shame to publicize at the risk of ruining its simple charm. Tucked away behind Spring Garden Road, Tom's feels like an eclectic mix of New Orleans and a Parisian café circa 1927. True to its Havana name, patrons are permitted to smoke cigars as they enjoy a glass of wine or a drink from their extensive list of scotch. The bar staff is always happy to provide patrons with a deck of cards or a chess board.

Must have albums



Girl Talk
Feed the Animals

In his new release the Pittsburgh DJ samples more than 300 songs from the likes of Jay-Z to Cheap Trick, Avril Lavigne to Sinead O'Connor with a little Radiohead, Nine Inch Nails and The Band thrown in for good measure.

Since the release of his 2006 breakout album *Night Ripper*, Gillis has been delivering mind bending, genre melting, sexually satisfying combinations of hip hop, rock and pop into every track. Who could forget the "Smash Your Head" summit between Biggie Smalls and Elton John's "Tiny Dancer?"

Feed the Animals ups the ante and delivers a bigger, bolder Girl Talk sound. And it seems Gillis is trying to send a message with his 300 plus selections. A listener can't help but draw her own conclusions as to what Gillis might be trying to say about vulgarity, popularity and censorship in music by mixing some of the dirtiest rap lyrics in recent history with some of the cheesiest sugar pop songs of the 1980s and 1990s.

The result is the kind of mash up record that makes you want to roll down the windows of your momma's Tercel and turn up the bass. But like any Girl Talk album, be prepared to pull over for an impromptu dance party. For your own safety you may want to avoid "Play Your Part (Part 1)" and "No Pause" completely while operating a motorized vehicle.

-Christie Conway



Beck
Modern Guilt

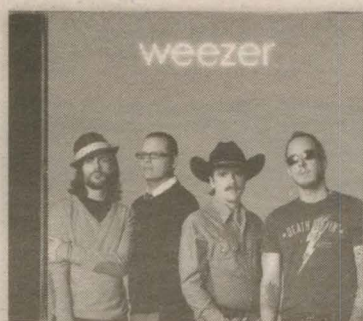
Beck's 10th album offers a soundtrack to those August nights of summer meditation. Closing in on his 40th birthday with a Kurt Cobain makeover, Beck delivers the consistent listenability one would expect from alt-rock's golden boy with the all the angst and earnestness of a man in the grips of a mid-life and spiritual crisis.

Reflecting on everything from generational gaps in "Youthless" to environmental degradation in the radio friendly "Gamma Ray" to his own ideas about God, spirituality and the meaning of life, Beck examines his own modern guilt - that prying feeling that the world is going to hell. His lyrics try to reconcile his own responsibility within that destruction: "I don't know what I've done, but I feel ashamed."

But this album is anything but doom and gloom. While "Chemtrails" offers up the hazy, haunting vocals of an acid fuelled moment of transcendence and self-reflection, "Soul of a Man," with its slurring psychedelic guitars, reminds us why Beck is still a sex god at heart.

Modern Guilt dishes out Beck's savoury concoction of mellow yet upbeat tracks from start to finish. So if a stay at an ashram is not in the cards, consider popping in some Beck for a little spiritual healing.

-Christie Conway



Weezer
Self-Titled (The Red Album)

In this world there are two types of Weezer fans: those who love the Blue album and those who are actual fans. For the first group let me say this: I'm sorry, but debut albums should not be that good and if you were holding on, hoping for improvement, let go. It's never getting any better.

What sets Red apart initially from other offerings is the contribution of other band members both lyrically and musically. While the idea of collaboration among band mates might not seem strange, it represents a distinct shift from the Rivers Cuomo-centric albums of the last decade and a half.

If the sound of Red can be compared to any of Weezer's previous albums it would be Green. The quick tempo and smooth transitions pay homage to former Red Hot Chili Peppers producer Rick Rubin, a principle on this album. Listen to Red and Californication back to back and you'll know exactly what I mean.

Singles such as "Pork and Beans", "Troublemaker" or "Greatest Man That Ever Lived" give the casual Blue-on-the-iTunes fan something to dance to while providing the serious Pinkerton-in-the-CD-changer fan something to reflect on. It's not a new sound from Weezer, but it's perhaps more developed and definitely worth listening to.

-Geoff Brisbin



Paper Lions
Paper Lions

Their first album has the fast beats of Franz Ferdinand, the harmonies of Queen, and the British charm of the Beatles, so it doesn't follow that the Paper Lions hail from Prince Edward Island. Clearly they cleaned the sand out of their ears though, because their self-titled debut is a foot-tapping fresh sound for indie-pop.

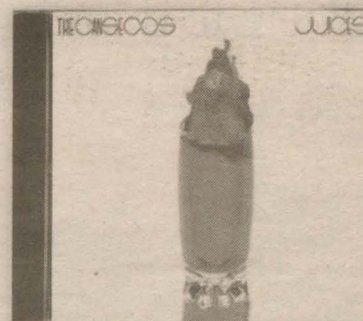
The band sings "Strawberry Man" in harmony as the album opens, then heavy drums and an addictive riff ensue. The next track, "I'm On Fire," picks up where the first left off - with a swift beat and a sing-along chorus.

During the third song, "Traveling," the experimental side of the quartet comes out and more than just drums and electric guitars make themselves heard. Inside the album cover the band lists a glockenspiel, a vibraphone, a banjo, a salad bowl and an antique clock as some of the many instruments featured on the album.

"Freeways or Flight" proves the lads' awareness of harmony while repetitive verses in "The Sheriff" and "Can You Feel It" show the lead vocals still need to develop.

They're great live, but their first release lacks something dramatic that comes from a live performance. Still, it's a CD worth owning from a band worth supporting. And it will quell that craving for a live set until their September show at the Marquee.

-Hilary Beaumont



The Cansecos
Juices!

From the initially eerie, twilight-zone intro to this album to its soft and intricate conclusion just "Beyond the River", Juices! is an album that you will fall in slow, steady love with.

The album begins with a mellow vibe, analyzing the joy of being outcast from societal norms and embracing the subversive in the little ditty "Raised by Wolves." At first listen, this song seems relatively simple and easy to enjoy. But with closer dissection, deeper meanings surface to give this song, as well as most others on the album, more character.

The Cansecos employ an edgy but enjoyable blend of sounds in their music, with a great deal of dependence on electronic instruments. The songs on this album generally share a disco electronica vibe that will have your head nodding and your foot tapping. The group also manages to make profound, yet subtle, sweeping social statements along the way.

The sharp but not-too-sudden contrast of carefree disco-pop against a canvas of deep meanings is an easy-to-digest (and quite filling) snack for the average listener. The Cansecos effectively relay meaning without shoving it down the consumer's throat.

From songs that relax and soothe you to others that make you want to dance, the eclectic beauty of the music on this album is just right for fall.

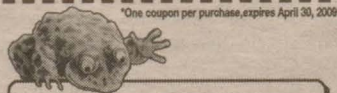
-Suman Jha

WRITE FOR THE DAL GAZETTE
Contributor meetings are held every Monday at 5:30pm. in room 312 of the SUB

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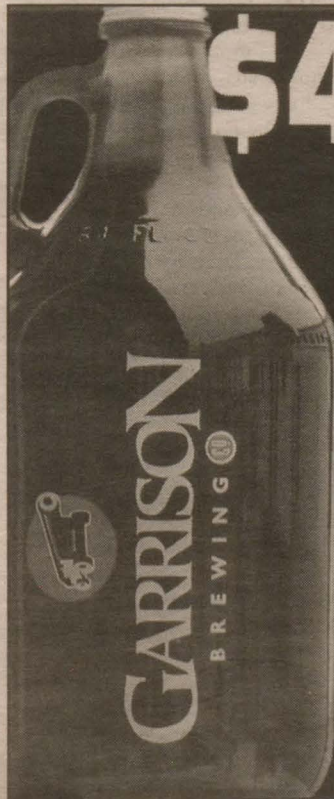


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JOSHUA BOYTER/DALHOUSIE GAZETTE

What's to eat?

Hit these restaurants when you can't stomach any more cafeteria food

HILARY BEAUMONT
ASSISTANT ARTS EDITOR

Chives
1537 Barrington St.

Plan ahead, because this place is in demand. It's one of the most delicious and environmentally friendly restaurants around, with fresh seasonal ingredients purchased from local farmers. But the incredibly satisfying food isn't all that makes Chives special. When the owners renovated the old Bank of Nova Scotia building on Barrington they kept the old vault and transformed it into a wine cellar with a single table for two. Booking the vault three months in advance is not unheard of, so if you want to impress someone special, give Chives a ring.

Greek Village
6253 Quinpool Rd.

Greek Village is a charming, almost naïve restaurant that's always crowded with locals who love \$5 breakfasts and cheap pitchers. On weekends this is the perfect spot to meet your posse for coffee and chat about the night before. Authentic Greek dishes are popular choices as well, and will feed the hungriest of bellies. Quirky menus with roughly translated dishes and the odd spelling mistake contribute to the overall authenticity of this family-owned business.

Jane's on the Commons
2394 Robie Street

This north end eatery blends a hip interior with a savoury comfort food inspired menu served with a little flair. Jane's operates on a separate lunch and dinner menu with to-die-for specials throughout the week. The home-style taste comes from fresh, often times locally grown ingredients. Jane's legendary brunch is served Saturday and Sunday between 9 a.m. and 2:30 p.m. The ricotta pancakes, served with fresh banana and Nova Scotia maple syrup for \$9 might cause you to stifle a moan. Jane's also offers several delicious vegan and gluten free options. Jane's on the Commons is open Tuesday to Sunday. They do not accept reservations so simply stop in for an unexpectedly decadent meal at a reasonable price.

Mezza
6386 Quinpool Rd.

Of the many Mediterranean restaurants on Quinpool, Mezza is the best spot to take a date. This place sets the mood with soft red lighting and a unique design concept. Two can split a delicious assortment of Lebanese tapas including hummus, baba ghanouj and falafels for under \$30. The servers at Mezza know three's a crowd, so you're conversation won't be interrupted – unless you need more wine.

My Other Brother Darryl's
5576 Fenwick St.

With year round classics like thick, creamy milkshakes and its famous peanut butter burger, plus vegetarian options, there's something for everyone at Darryl's – it's a diner and a laundromat in one. You can also take advantage of the daily soup and salad special for lunch or early supper. Seating is often limited around peak hours, so get there early to secure your place on the shaded patio or in the diner style booths.

Steamys
6300 Quinpool Rd.

There's a new restaurant on Quinpool that's destined to become your home away from home. This family owned business specializes in Montreal favourites such as poutine and steamed hotdogs, plus a tasty French dessert you won't find anywhere else: the millefeuille cake, a.k.a. milfie. Friendly service is another perk, and you can count on it every visit. Steamys' prices are as comfortable as the atmosphere and will pleasantly surprise the student change purse.

Whet Café at Fred Salon
2606 Agricola St.

Across from Gus's Pub in the north end is a unique hybrid of a restaurant, hair salon and gallery. It sounds strange, even impossible, but this business is successful in all three areas. The interior is a bright, open space with high ceilings and lots of natural light. Order the delicious roasted red pepper soup, then while you wait, pour yourself some ice-cold cucumber water and check out the local artwork.

The sport lover's guide to Dal

You can't have too many guides

NICK KHATTAR
SPORTS EDITOR

As sports editor of this, your student newspaper, I feel a certain duty to get as many of you involved, or at the very least, informed, with the many activities that take place here at Dalhousie. Not just sporting activities, or drinking activities of course, but all fashions of fun, informative and sometimes, sexy activities.

As you may or may not know first year is something of a "make or break" testing ground in your academic career. It is a time when long lasting friendships and camaraderie are formed, nicknames are cast and traditions are born and passed on. Yes, I know the temptation to stay in that cell of a dorm room of yours and play Grand Theft Auto 4 – a great game by the way – is appealing, but there is more to first year than bong hits and Tostitos.

Anyway, enough ranting. Without further adieu here it is: My guide – now your guide – to a healthy, active and potentially sexy first year at Dalhousie.

Dal calendar

The first and most efficient device at your disposal is your Dal calendar. Inside you should find a healthy list of sports clubs and societies. Now, if you have successfully made it to university while still being illiterate, this won't help, so try the next one.

The Dal web page

If you are a trained hacker and have spent some time at the Massachusetts Institute of Technology, you may be able to navigate your way around this website without too much frustration. If not, go straight to www.athletics.dal.ca. That will give you a run down of all the varsity sports clubs, intramural sports and the programs and classes offered at the Dalplex.

The Dal society fair

Each term there is a society "party", if you will, typically held in the Student Union Building (SUB). Here you will have a chance to not only check out different societies, but to schmooze with the folks involved. The only downfall to the society fair is the lack of free drinks, and the absence of those societies that are too unorganized to get their shit together and show up. Keep your eyes peeled for signs advertising the exact date of the society fair during orientation week.

Your local frosh leader or proctor

These are people who have volunteered or signed up to work for you, the rambunctious, ever-demanding Frosh. For their unwise decision you should make them pay – exploit them to the very furthest of your abilities. Every chance you have to put these people to work and question them about anything, do it. If they are questions that will inevitably benefit you, all the better. So if you're wondering about a particular activity, society or sports club, even one that doesn't exist, talk to one of these people.

If you, like me, have very little faith in anyone foolish enough to volunteer, then maybe you would feel more comfortable taking your inquiries to people being paid to answer your questions. Warning – this should be done with the utmost caution and with a large grain of salt.

The Dalhousie Student Union

You pay for it, so make it do your dirty work. The DSU is composed of an army of people meant to provide you, the students, with an abundance of services. Now, you could visit their office, but before investing any physical energy, I suggest visiting the website at www.dsu.ca. It is easily the least complicated and most frequently updated branch of Dal's online services – that's not saying much.

Well there you have it, some slightly helpful hints to navigating your way to a very active year at Dal.

Ah hell, for those of you dedicated to literature enough to have read this issue, here is your reward. An almost complete list of varsity sports teams, intramural sports teams and clubs.

Varsity Teams:

Basketball: The men's Tiger's are set to begin their training camp Sept. 2 at Dalplex with the official tryouts beginning Sept. 8.

For women's basketball information, contact head coach Carolyn Savoy at carolyn.savoy@dal.ca.

Hockey: The women's varsity hockey team has its first meeting on Sept. 8.

Contact Lesley Joran at 902-494-1684 (office), or 902-497-3388 (cell) for location and time.

For men's hockey information, contact head coach Pete Belliveau at coachpb@dal.ca.

Soccer: The women's soccer training camp will begin Aug. 24. Contact Jack Hutchison at 902-494-6739 for more information.

For men's soccer information, contact head coach Patrick Nearing at patrick.nearing@dal.ca.

Swimming: Tryouts are being held Sept. 3 to 20, with an information session Sept. 3 at 4:30 p.m. in room 206 at the Dalplex.

Volleyball: The men's tryouts will be held Sept. 4 and 5 at the Dalplex, with a meeting on Sept. 2. For times and locations contact Dan Ota at 902-494-2098.

The women's volleyball team will be holding tryouts Sept. 4 to 12 from 5 p.m. to 7:30 p.m. at the Dalplex. Contact Rick Scott at rickeez@hotmail.com.

Track and Field and Cross Country:

For track and field information, contact head coach Heather Hennigar at heather.hennigar@dal.ca.

Intramural sports:

These are great. For the ruthlessly competitive and the burnouts alike, intramurals provide a level of sporting activity that is suitable for all. Most of the intramural sports have co-ed competitive, co-ed recreational and men's competitive as well as inter-faculty and residence leagues. There is an intramural information session on Sept. 10 in room 206 at the Dalplex at 4:30 p.m., but for more information on registering for these leagues go to www.athletics.dal.ca/default.cfm?id=523.

Here is a brief list of some of the intramural sports offered:

- basketball
- broomball
- flag football
- hockey
- inner tube water polo
- rock climbing
- soccer
- ultimate Frisbee
- volleyball

Dal has several more sports clubs besides those. For more information on sports clubs contact the manager of programs, Shawn Fraser, by phone at 902-494-2049 or by e-mail at shawn.fraser@dal.ca.

There are also a number of other activities and free classes that take place at the Dalplex, which include aquatics, fitness, rock climbing and a few others. The best bet here is to just go down to the Dalplex and hang out for a bit. Ask some people some questions and go from there.

So there you have it. You better be grateful and read the sports section every week.

LIFE & SPORT
NUTRITION

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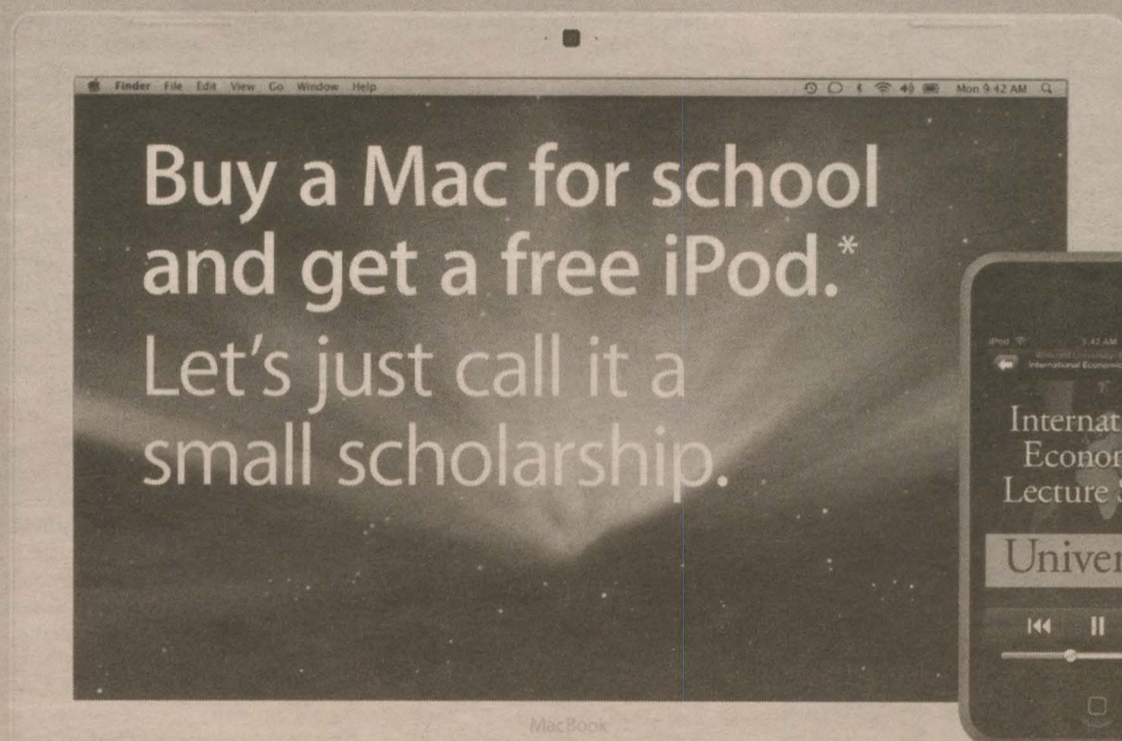
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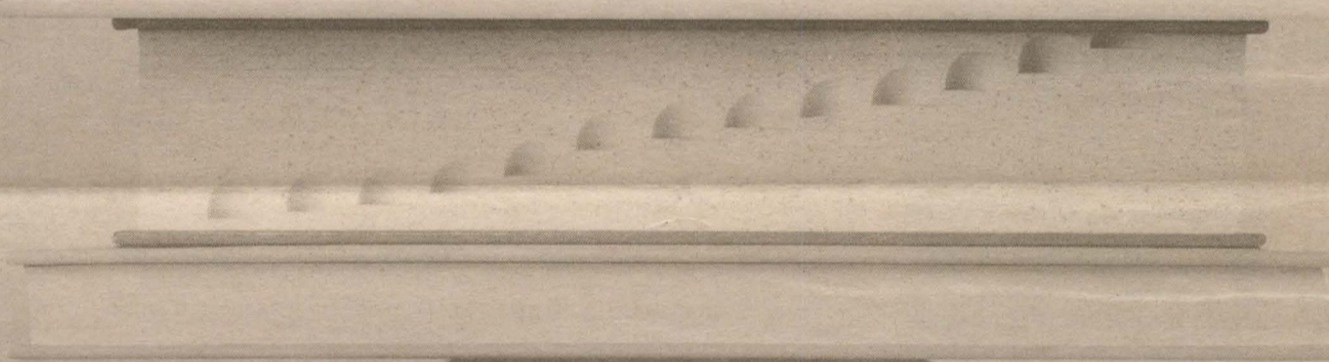
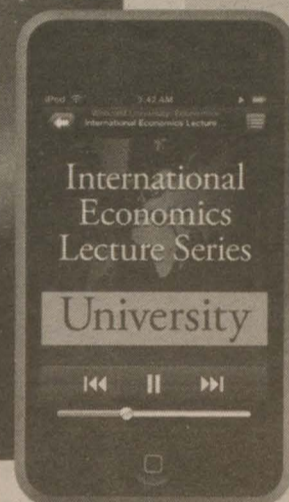
The Gazette:

- is the official student newspaper of Dalhousie students.
- has the primary goal of reporting fairly and objectively on issues affecting the university.
- started printing in 1868 and is the oldest student newspaper in Canada.
- has a weekly circulation of 10,000 issues on Dalhousie's three campuses and throughout Halifax.
- acts as a voice for Dal's students through its coverage, letters to the editors and opinion pieces.
- is a student-run, volunteer-driven organization.
- is always looking for talented writers, photographers, cartoonists and interested readers.
- holds contributor meetings every Monday at 5:30 in Room 312 of the SUB.


Gazette ...



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