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135:18

January 30, 2003

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Calendar

Thurs Jan 30:

Join Food Not Bombs for their free vegetarian lunch outside the Dalhousie Killam Library at 12:30 p.m.

The School for Research and Environmental Studies presents Dr. Stephen Cheung, Associate Professor, School of Health and Human Performance, Dalhousie University as part of their Seminar Series. His seminar topic is "Protection of Humans in Extreme Environments: History and Implications," and will be held from 1 to 2 p.m. in Room 41, 1322 Robie Street.

Dal for Peace and Justice presents the film "Hidden Wars of Desert Storm" at 6:15 p.m. in the CIBC Auditorium of Dalhousie University. This documentary talks to everyone from General Norman Schwarzkopf to Dennis Halliday (Iraq humanitarian programs co-ordinator) to expose the official lies about "Gulf War Syndrome", Saddam's CIA connections, Iraq's history of aggression, and much, much more. \$3 Donation suggested, but no one turned away for lack of funds

The Dalhousie Women's Health Collective presents

"Abortion accessibility and politics within medical school - An Interactive Discussion" with speaker Kate Greenaway. 7 p.m. at the Student Union Building.

Fri Jan 31:

The Dalhousie Chemistry Department presents Dr. Jaroslav A. Kralovec, the Associate Director of Research - Chemistry for Ocean Nutrition Canada Ltd. He will speak on Research and Development of Immunomodulators of Marine Origin at 1:30 p.m. in Chemistry 226. Hosted by Bruce Grindley

Sat, Feb 1:

A Women's Self Defense course will be held in the Kings Dance Studio. This course requires no previous experience, rather it is an opportunity to increase your awareness of how to protect and defend yourself. The majority of the day will be spent working on empty hand techniques designed to avoid dangerous confrontations and facilitate escape. To register, please e-mail safenight@hotmail.com as soon as possible since space is limited.

Sun, Feb 2:

Join Food Not Bombs for their

free weekly vegetarian lunch outside the North Branch Public Library at 1p.m.

Mon, Feb 3:

The Nova Scotian Institute of Science will be hosting a public panel discussion entitled "Introduction of Exotic Species and Biological Methods in Pest Management" at 7:30 p.m. at the Guptill Theater, Room 117, Sir James Dunn Building, Dalhousie University. All are welcome. Panellists include: Andrea Locke, Research Scientist, Department of Fisheries and Oceans, Moncton; Bill Freedman, Professor and Chair of the Department of Biology, Dalhousie University; and Glen Sampson, Associate Professor, Department of Environmental Sciences, Nova Scotia Agricultural College. The panel will be moderated by Gretchen Fitzgerald of the Ecology Action Centre.

Tues, Feb 4:

CinemaPIRGatory is showing the video "The Water is ours Dammit!" at 8:05 in the Mecmechan Room, Dalhousie University. The movie examines the privatization of the water system in Bolivia.

Wed, Feb 5:

Join Food Not Bombs for their free weekly vegetarian supper outside the Spring Garden Road Branch Public Library at 5p.m

Willow Breast Cancer Support & Resource Services is presenting an information session on "Breast Cancer: New Treatment Options for Post-Menopausal

Women" taking place from 6:30pm to 8:30pm at QE11 Health Sciences Centre. The session is being led by local medical oncologist - Daniel Rayson, and is free of charge. All are welcome to attend, however as seating is limited, we ask that those interested please RSVP to Willow at 1-888-778-3100.

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SUMMER JOB FAIR INTERVIEWS - COME HOME TO OUR

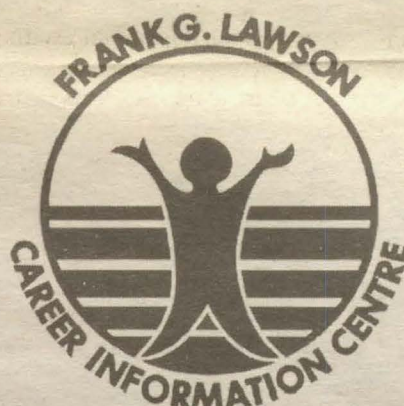
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THIS WEEK'S CAREER NEWS

Week of February 3, 2003



- **Get REAL Skills:** The countdown to your success starts now!.....Go to www.dal.ca/getrealskills to self-assess, develop and document your transferable skills.

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King's Prez race gets rolling

NATALIE PENDERGAST
Staff Reporter

This winter marks the end of Colin Starnes' 10-year term as President of King's College. Although it will be a sad and tearful goodbye for the faculty, once it is over they must immediately gather their emotions and think carefully about whom they think would best suit the newly available position.

In the last couple of weeks, candidates have been showing the campus why they should take the throne.

Professor Bruce Archibald received a BA from Kings, an MA from Dal, a law degree from Columbia, and a post-grad law degree from Universite de Paris. At his open-house seminar about Management he said, "I've so far 'managed' to avoid these seminars".

Dr. Mark Kingwell has a Ph.D. from Yale and now teaches Philosophy at the University of

Toronto. He has contributed to a wide range of magazines, and shows an interest in the art of filmmaking as he has demonstrated in his writings about the meaning of film in *The Montage*, and his talk at the Hot Docs documentary film festival in Toronto, 2001. He is the youngest candidate.

The third candidate is Dr. William Barker who went to Dartmouth College and finished the rest of his degrees at the University of Toronto. He is now the chair of the English Department at Memorial.

But who are the real men behind their glossy silhouettes of endless achievements?

Archibald is the only lawyer in the trio. He said his most life-altering moment occurred during his university years when he met a woman.

"Meeting this quick-witted, beautiful girl with the wonderful singing voice who eventually agreed to marry me, and we still sing together," he said.

Dr. Barker filled the FYP lecture hall with many philosophical thoughts about university as an organism whose epidermal "public" side is what the world sees while the "private" side is actually the beating heart that pumps the vivacity through the corridors.

"[The public side] likes talk that controls. So the students never get to talk, or if they do, they give things called presentations, and learn to talk like teachers."

Barker made it clear that he is open to all types of talk. He stressed the importance of the students, the faculty, and the administration, no matter how unavoidable the hierarchy of the system may be.

Although Dr. Kingwell declined an interview because he felt it "would be inappropriate to do this kind of an interview while the search committee was still in the process of making their decision," he spoke of many important views

at his talks.

Even at a young age in one of his earlier contributions to a collection of essays called *Marginalia*, he demonstrated that he was in touch with what it feels like to be a student.

"We all hang on to the curve, afraid to fall off. But the curve itself is not just a parabola; it is a paradox. It can never reach its ultimate goal, can only ever approach it more nearly by minute increments, because the endpoint of this insistence arch does not really exist."

Each man has different stereotypes; there is the fatherly bookworm, the philosophical cine-filer, and the bigwig big lug. Each of them, however, is in his own element at Kings, and that diversity is what these three talented professors are competing to belong to. When it comes down to it, it's impossible to find "the best guy for the job", so look beyond the paperwork and simply choose the "best guy".

Got Milk?

JOSH SEIB
Staff Contributor

Milk and cancer all of a sudden have a lot in common, thanks to the research of Dalhousie professor David Hoskin from the Department of Immunology and Microbiology of the Faculty of Medicine. Hoskin has found that tumour cells can be completely eradicated upon exposure to high concentrations of a milk protein called lactoferricin.

The anti-cancer properties of lactoferricin were known since 1997, but nobody had any idea just how potent lactoferricin could be to human cancers until Hoskin did a computer search one day and stumbled upon the little known protein found in milk.

Since then, his research has snowballed and it is now known that some leukemia cells are destroyed from anywhere between 80-100 per cent within 24 hours of exposure to



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the compound. Other solid cancers such as breast, ovarian, and colorectal cancers are affected anywhere between 20 per cent death to 60 per cent death, which over a 24-hour period is still pretty impressive.

What catches people's attention though, is that normal cells are not being killed. So it has the potential of being a more benign anti-cancer agent than most chemotherapeutic drugs that target any cell growing rapidly. This compound seems for reasons that are not clear yet to be more selective for cancer cells.

Chair of Research Advisory Committee for Cancer Care Nova Scotia, Dr. Gerry Johnson finds this breakthrough exciting

and intriguing.

"The treatment can be worse than the disease, many of the drugs are unable to discriminate. How can we identify better drugs that just kill cancer cells? Hoskin's research fits right into that," he said.

However, Johnson does add a word of caution: the research is "very promising and an exciting finding very early on, but you can't just start into human trials."

The catch is that the concentrations required for the therapeutic effects are sky high. Not so high that it would be inconceivable to deliver the dosage as a drug but high enough that it is very unlikely to get anywhere near the required levels simply by drinking milk. It costs something in the ballpark of \$5,000 for 50 mg to treat a handful of mice and considering that 50 mg is a typical vitamin tablet, the estimated cost could be in the thousands of dollars per tablet.

"I don't think people are going to be having it with

orange juice," Hoskin admits.

"You can get biological effects with fairly low levels of agents, but certainly I mean I wouldn't tell anyone, 'Oh, you are going to have cancer, go drink a gallon of milk,' it's just not going to do you any good."

Nevertheless, regular milk may be more than just a good source of calcium.

"I think it is possible that someone who had quite a heavy consumption, might gain some local protective effect," Hoskin said.

Hoskin calculated how much milk you would have to drink - assuming total conversion - to get a concentration in the blood equivalent to what we is used in his test tubes and it comes out to 70-80 gallons.

All this work is good, but Johnson isn't ready to call it a miracle yet.

"It is good news, but not the kind to take to cancer patients right now, but rather to all those interested in cancer, there are new and productive ways of fighting cancer."

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DSU strikes down Day of Action

CHRISTOPHER A. WALSH
News Editor

The DSU is not supporting the Canadian Federation of Students' Day of Action to protest tuition fees. At last week's DSU meeting, council struck down the motion to support the annual protest which sees thousands of students take to the streets in a fight to freeze tuition fees.

The motion did not pass despite a petition signed by close to 1,800 students calling on the DSU to take part in the protest.

Dave Hare, Nova Scotia CFS chair, wants to know why the DSU didn't listen to the petition.

"I think the petition was fairly clear," he said. "I didn't hear any reason for ignoring what these number of students were saying."

"It wasn't ignored and I do accept the petition," said DSU president Johanne Galarneau. "However when you see people having the petition in a bar, when you see King's students signing the petition, when you see students signing it twice, I think students weren't [properly informed]. They said, 'if you sign this we may have a shot at getting a tuition freeze next year.' That's misleading."

Galarneau pointed to the situation in BC as an example of some of the problems. In the last year, students there have seen tuition skyrocket after coming off a six year fee freeze. She also said the DSU would like to see more government funding.

"We don't have a policy on tuition freezes," she said. "Tuition freezes don't work. They're a band-aid solution to a bigger problem. We have to look out for not just the current students but also future students."

Dave Hare is still hoping Dal students will show up and give their support along with every other Halifax university.

"Just because the student union hasn't endorsed it, doesn't mean that the students of Dalhousie don't agree with this issue," he said. "We anticipate a good turn out."

The DSU passed a motion to support individual students who wish to participate on Feb. 5.

GPA requirements set to jump

MICHAEL GORMAN
Arts Editor

It seems increases at Dalhousie have become the norm. This time, rather than tuition or enrollment, the increase is coming in the form of GPA.

Beginning in the fall term, the required GPA to maintain a renewable scholarship or to be eligible for an in course scholarship is going up from 3.85 to

3.90. In the case of renewable scholarships, this increase applies only to incoming first year students.

Krista Lake, the Awards Officer at Dalhousie, said it didn't seem fair to change the expectations for students currently on scholarship.

"Anyone already on scholarship will remain at 3.85 because that was the agreement made when they got [the scholarship.] Since we can't very

well renege on that offer, a grandfather clause kicks in."

No such clause will exist however with the in course scholarships, where the GPA required to be considered will be 3.90 across the board. Lake said in this case the decision was based solely on the fact that there were more people eligible than there was money. In this case the awards committees have a list of people with GPAs over 3.85 and they go down

from the top giving money until they run out.

"What happened was the last few years we haven't gotten down past 3.90 [before running out of funds to give,]" said Lake.

Along with the increase in GPA will be an increase in entrance scholarship funds. Starting in the fall term incoming students with an average of 80-84.9 will receive \$500, 85-89.9 will receive \$750, and 90 or better will receive \$1,250. All of these are guaranteed for any first year student applying to Dal.

Double Cohort Chaos

Students in Ontario are forking over hundreds of dollars in application fees to ensure they have a place in universities next year one student paying approximately \$1,200 in application fees.

Over 100,000 students have applied to the Ontario Universities' Application Center and Liberal critic Marie Bountrogianni, MPP for Hamilton Mountain is calling for rebates for students.

"This group of kids has been punched around by this government since day one," she wrote in a press release issued on Jan. 15. Bountrogianni said she's received calls at her constituency office demanding that something be done to alleviate the financial burden of applying to more than three schools due to the double cohort.

-Ryersonian

Winnipeg Student Viciously Attacked

A university of Manitoba student was beaten and robbed Dec. 30 by three men at a downtown bus stop.

Ian, who didn't want to reveal his last name, was beaten into unconsciousness.

"The second guy started punching my face. I think he punched me about a dozen times," said Ian. "I just remember falling to the ground and was unconscious for a few minutes. After I was conscious I remember standing up and feeling disoriented. Then, I saw the blood on the ground and the taste of blood in my mouth."

He also believes he was hit over the head with a beer bottle.

After waiting four hours at a local hospital he received treatment for two broken teeth and head trauma.

-Central Bureau (CUP)

Profs say US border regs harm academics

LINDSAY HARDING
The Muse

ST. JOHN'S (CUP)—Canadian academics from other countries are subject to unfair risk when crossing into the United States, says James Turk, executive director of the Canadian Alliance of University Teachers.

The United States Immigration and Naturalization Service (INS) sparked controversy last fall after a series of incidents involving Canadian citizens being detained after crossing into their jurisdiction. In a series of incidents criticized as instances of racial profiling, several Canadian citizens originally from outside of Canada were detained.

These incidents led to one Syrian Canadian being deported to Syria despite his Canadian citizenship. Meanwhile, award-winning Canadian author Rohinton Mistry cancelled a book tour in the U.S., claiming he faced repeated harassment. Mistry emigrated from India in the 1970s; India is not on the list of countries whose citizens are profiled.

On Sept. 15, 2002, Mohamed Hassan Mohamed, a Canadian professor who crosses the border regularly to teach history at an American university, was detained overnight on the American side of the Peace Bridge near Niagara Falls, Ont. Mohamed says he was denied contact with the Canadian embassy, as well as food and water.

According to a letter of complaint Mohamed drafted to Foreign Affairs Minister Bill Graham, INS agents demanded he agree to be "registered as a citizen of Sudan."

Though born in the Sudan, Mohamed has been a Canadian citizen since 1997 and was traveling on a Canadian passport and held a Canada-U.S. visa. Had he complied with the immigration officials' demand that he register as a Sudanese national, Mohamed could have lost both his visa and job.

After repeatedly refusing to be registered, he says he was "dumped at the Canadian side of the bridge."

On Sept. 30, Mohamed again tried to cross the border, this

time accompanied by a lawyer. He was fingerprinted and questioned but not asked to declare himself a Sudanese citizen.

Mohamed credits CAUT, along with the faculty union at his university in New York, with helping him in his case.

CAUT is a national federation of university faculty associations across Canada. Last month, CAUT Executive Director James Turk also sent a letter to Graham demanding action in response to the border incidents.

While concerned with the larger issue of Canadians detained at the border, he says academics are especially at risk.

"The view of our organization and our interest in it, from the narrowest point of view, is that our faculty travel a lot," he said. "Their ability to do their work, to do their research, to attend the kind of academic conferences that are vital to keep current in their field can be seriously impeded by the kinds of provisions the American government has brought in."

He says CAUT hopes to see pressures increased on the American government to stop

the policy of racially profiling Canadian citizens.

Rodney Moore, a spokesman for the Department of Foreign Affairs, says that while the border incidents are unfortunate, there is little that can be done.

"One of the problems with this is [that] . . . like any country, the U.S. . . . has the right to make its own rules regarding admissibility," he said. "We, of course, expect that Canadians traveling internationally will be treated with courtesy and respect by other governments."

According to Moore, top U.S. officials, including Secretary of State Colin Powell, have previously been made aware of Canadian concerns. During a visit to Ottawa on Nov. 14, Powell promised that Canadians would not be singled out solely on the grounds of ethnic origin.

Turk says these assurances have not resulted in an improvement of the situation.

"The fact of the matter is . . . nothing changed in terms of American procedures or rules subsequent to that visit," he said.

Professor Gil Troy
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Commerce co-op students concerned

PHIL CASTRO
News Reporter

The competition in today's job market is overwhelming to any student, but to make matters worse the commerce co-op program here at Dalhousie makes it mandatory.

In order to successfully graduate from the program students are expected to complete at least three terms of employment with an approved employer. Current and past students alike have had a great deal of difficulty securing these jobs even with the aid of the commerce co-op resource centre.

A fourth-year veteran of the commerce program said that, "this is by no means a new problem". Of the three co-op terms, he has had during his time in the program he claims to have found them all on his own. This has all been done with little aid from the co-op resource centre and has included the enlistment of family and friends in the job hunt.

"I don't know exactly what percentage of our student fees go to the resource centre, but I would say a dollar would be too much in my case."

In the resource centre's defence he does admit to getting a \$50 refund for each of the jobs he has found on his own. This, however, does not offer consolation for his and other students concerns for future students.

Some of the commerce faculty also realize the challenge of finding jobs.

"The economy is a much more important factor than enrollment numbers or competition," said commerce professor Ed Leach. He is a teacher of entrepreneurship and has helped many students start their own ventures, allowing them to navigate around the job hunt. This has made him a valuable faculty member to many students. Even though he has helped students satisfy their need for co-op placement on a number of occasions, he does not think it is the faculty's duty to find jobs for students.

"Currently this is seen as the task of the co-op office and hence is not front and centre with most faculty," Leach said.

The commerce society is also concerned about the future of job possibilities for students. The society's president, Brad Campbell agrees with Leach's statements, stating that his main concern is not with the co-op resource centre, but rather the economy as a whole.

"As the school and economy is constantly changing, so are industries and organizations," he said. "If jobs become more scarce, the program will provide continuous change to adapt to the changing economical environment".

"The ultimate goal of the

administration is continuous evolution for student satisfaction, as the students are the foundation of the school itself".

"The administration does not have a lot of control over economic trends, but does have control over decisions as a result of changes in the economy," said Campbell. He went on to say, "if faculty members have connections with organizations, I anticipate they would be forwarded to the co-op resource centre".

The fees paid by commerce students are among the highest on campus. They are also on the rise, from \$305 in 99/00 to \$315 for 00/01 and to \$330 for the current 02/03 school year. These fees help fund the operations of the co-op resource centre. The chief duty of the resource centre is to help students find jobs, but they do not guarantee jobs to all students. They do, however, provide the skills necessary to find employment and are constantly sending potential openings out to all commerce students via e-mail.

Earl Walsh, Director of the B. Comm. co-op program, explains that the resource centre acts as more than just a placement agency.

"We give students the opportunity to network with potential employers, we teach them how to write a resume and have a successful job interview," said Walsh.



Pennies from heaven.

File Photo

Third-year commerce student Dionne Pohler describes how the program aided him.

"When I first walked into the resource centre, I had no idea how to write a cover letter, resume, or how to conduct a job search. I would never have found a work term without them. I feel more confident to do those things independently, now that I know the proper way to go about it."

The co-op resource centre also works with alumni, an advisory board and headhunters to give students the best opportunity to find employment.

"After the events of Sept. 11 last year, jobs in the finance sector have been hard to come by because the economy isn't

demanding employees in that sector," Walsh said.

As the economy slowly stabilizes he is confident the jobs in that particular sector will be back. Not only that, but the resource centre has a few plans in order to keep students content. One of the outlined plans consists of setting up an advisory board in Toronto to help the resource centre help students.

"A board has existed in Halifax for quite some time, but now there may be a need for one elsewhere," said Walsh.

The Faculty of Management as a whole, including faculty, students, staff and alumni are going to have to fight together in order to overcome current economic trends.

Looking back

While the Gazette's drug issue may focus on harder substances, reporters in years gone by were concerned with tobacco, a more common, but still deadly, drug.

25 years ago this week...

Hospital butts out

Halifax's Victoria General Hospital unveiled a new smoking policy during National Education Week on Smoking. Hospital management designated specific "no smoking" and "smoking" areas in the building. Staff, visitors, and ambulatory patients could only light up in certain zones, but staff members said that bedridden patients could still "smoke in their rooms if no medical gases are in use". Although many criticized this fire hazard, hospital workers

worried about the "psychological effects" if very ill patients could no longer smoke in bed. Essentially, the VG's policy aimed for control, not elimination, of smoking in the hospital.

20 years ago this week...

Cults a continuing problem in Canada

Canadian University Press reported that cults were prevalent in Canada, and many innocent bystanders were falling prey to them. While shopping in Toronto, Ian Howarth was approached by the PSI Mind Development Institute, and he

agreed to attend one of the group's seminars. He was soon coerced into a program designed to help him quit smoking in four days. However, he ended up sequestered in a hotel for a weekend, lost \$225 and committed a further \$1500 to the group and promised to quit his job. When Howarth realized he had played into the hands of a cult, he needed 11 months of withdrawal and mental healing to recover. The PSI Mind Development Institute was only one of an estimated 3000 cults in Canada. The Moonies, an anti-Communist and pro-South Korea cult, was said to be approaching Dalhousie students to entice

them to join. But despite a report on Canada's cult phenomenon, the federal government was said to be "whitewashing" on the issue.

15 years ago this week...

"It won't fall off, but stop smoking to save face."

In honour of Weedless Wednesday, Heather Reynolds cited recent studies from the British Medical Journal and the Archives of Internal Medicine

exposing a frightening consequence of cigarettes: "smoker's face". Researchers reported that longtime smokers developed lines around the mouths, wrinkles at the corners of their eyes, and hollowness in their cheeks, to go along with their "weathered" skin, which was often tinted grey, orange, purple, or red. Reynolds hoped the threat of "smoker's face" would convince Dalhousie athletes to drop their smokes.

-Compiled by Jennifer Morrison

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Paxil: a survivor's story

PAUL F. COMRIE
Opinions Contributor

"You could use something to calm you down a bit. You're way to nervous, I'm sure you're suffering from anxiety." After having known me for one hour and forty-five minutes, the therapist had pinned me down. Had me to the wall - I was just another case study - someone he could summarize and use as fodder for his psychology students.

"I'm prescribing you 30 milligrams of Paxil - in other words - half a pill each day for the next two weeks, and then from there we'll boost you up to a full prescription of 60 milligrams per day. That should solve your problems." He smiled, shook my hand and handed me a bill for \$180: "That terminates our sessions, Paul." I took my prescription and walked away.

Three weeks later, neatly swallowing my cure every morning, I came to the conclusion that I had never felt so good. I was calm and secure: life had meaning again. The pills were expensive; nearly \$200 a month, but for emotional stability I was more than happy to pay it. The first three days I took the pill I heard clicking in my head; then I would experience dizziness and feel a warm sensation down my spine, often to such an extent I needed to lay down. But these effects passed, and in the intermediary period, I felt great. In a

matter of days, the psychological 'clicks' I was going through stopped and I was elated.

I found that I could sleep over eighteen hours a day without

I could not stay awake during lectures, or the afternoon - I began to fall behind in my classes. Eventually I gave-up altogether, and all of my classes

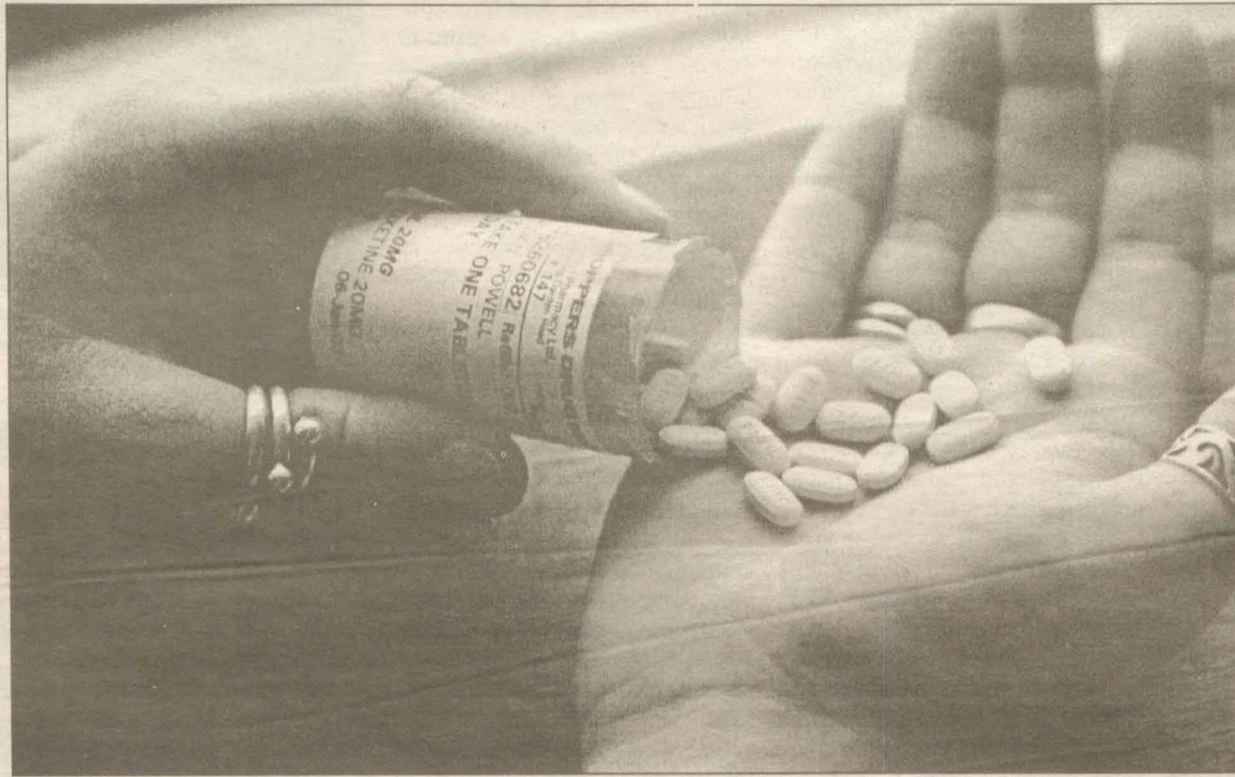
after returning home from Dalhousie, I took the leap and began the process of trying to 'leave' Paxil. If my body's chemistry was upset when I

felt like an injection of chemicals shot directly down my spine. I couldn't relate it to anything I had ever experienced before; neither could I explain it to anyone else. I was suffering in silence, unable to communicate my fear and pain. Luckily though, I had the full support of my family and closest friends. It took about two and half months for the last of the immediate symptoms of withdrawal to stop manifesting themselves in my body. In about six months of being Paxil-free, I had lost all the weight I had gained.

It took many months to overcome the fear of depression. I had been off Paxil for over a year, and I still kept a vial of pills in my medicine chest. One day, I decided to live without that crutch - I would face difficulties, rather than medicate them - as the medical had community

suggested. I fought for my own mental health - against an arrogant medical community that is often more concerned with drug-companies and money, than patients and their well-being. I threw my last four-month supply of Paxil into the garbage.

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difficulty. My metabolism was severely altered. In a space of five months, I had gained 30 pounds. Despite my efforts to maintain my health - I kept the same demanding exercise routine - my weight continued to rise. I was unable to study, as I felt so heavily sedated that the most I could do was read for intervals of twenty minutes. I would then inevitably fall asleep.

of that year read either 'fail' or 'withdrawal'. I fell into a deeper hole; the spiraling effect of depression pulled me further into despair. Thoughts of suicide came more frequently as my self-image plummeted.

The year ended in disaster: I failed everything and went home in shame. Luckily, my mother was tremendously supportive and I began to take account of my life. Two months

began taking Paxil, it would be nearly destroyed by the withdrawal symptoms. I had, at one time, been a regular smoker, yet I found the withdrawal from Paxil was twice as difficult as cigarettes.

My mood fluctuated between elation and despair, I often awoke in the night sweating - I began to hear, once again, minute 'click's' in my head, which were followed by what



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Ecstasy: this is my story

CLOE BAYEUR-HOLLAND
Staff Contributor

During Christmas, a close friend of mine told me that he had already accepted that I was going to die; because of the reckless way I lived, I could die anytime. He had thought about this, and come to terms with my death. When he told me this, I realized that I had not. I realized that I do not want to die. I'm only 19.

I don't think drugs are bad. I think they are abused and used for the wrong reasons. There is a lack of respect for their effects, and some are definitely more dangerous than others. I think ecstasy is by far the scariest drug on the market. It is widely available, and often cut with dangerous chemicals.

I want to tell this story because I think it needs to be heard, because this drug in particular is all too commonly abused and seriously underestimated. Because I wish someone had told me this story, and because you might be more like me than you realize.

The story begins on a Saturday night, the second day of a three-day electronic music festival. A party staged on a 600-acre secluded valley ranch, with six stages, amazing visuals, and over 5,000 people camped out in two big fields and the surrounding forest. The party was, as it is each year, incredible. My boyfriend Aaron and I camped out for the weekend.

I had taken an extra-strength Tylenol earlier in the day for a headache. Later, I took two ephedrine pills. That night Aaron and I had planned on buying some ecstasy, which we did. It turned out to be the combination of thinned blood and increased heart rate, which made the MDMA (ecstasy) so deadly for me.

We went our separate ways that night. When we met up again hours later, he had already passed through the brunt of his high, while mine was just kicking in. He knew he was going to start coming down soon, and since we planned to party all weekend, he suggested getting some more. I was starting to rush at this point, and if you have ever taken ecstasy you will understand how *more* seemed like a really good idea to me. We went to visit my brother, and asked for two of the same. He and his girlfriend were high as kites. He told us he had another type of pill, named Chevron. It's named that because it hits you like a truck. We giggled over this for some time. We knew it was cut, but we didn't care. It's amazing how the idea of being hit by a truck was so appealing to us at the time. We both swallowed our doses immediately, for me it was less than a half-hour after my first. From there my memory gets vague.

I think I was queasy, or dizzy, or both, but when you take a lot of ecstasy this is pretty normal. I had been really high numerous times before and the worst thing that had ever really happened to me was that I got scared and wanted to hide under a blanket.

Someone gave Aaron another pill that we split. I remember saying as he put it in my hand, "I wonder if this is a good idea?" But we agreed that, at that point, another half cap wasn't going to make much of a difference.

My memory of the night is fragmented. I remember feeling really nauseous at one point and Aaron told me to make myself puke. I tried unsuccessfully, which is too bad because that might have made a difference in the end.

Aaron told me afterward how eventually I just started puking and kept going until I was puking blood. He said that I became so far gone that I didn't even respond when yelled at and shaken. I was completely incoherent and impaired physically.

I remember Aaron stuffing me into my bright red coat. I remember lying in the tent, digging through blankets and clothes, trying to find my glasses; I really needed to go to the bathroom. And that's the last thing I remember.

Aaron filled in the blanks for me later. He told me that he put the coat on me because he wanted to go get first-aid, the night was freezing cold and he didn't know how long he would be gone. He and his friend dragged me into our tent and zipped me in, thinking I lacked the coordination to get out. They were both very high and not thinking clearly. They went to find help. He told me how the two of them ran into my brother, and his girlfriend, along the way. Aaron was freaking out; my brother calmed him down.

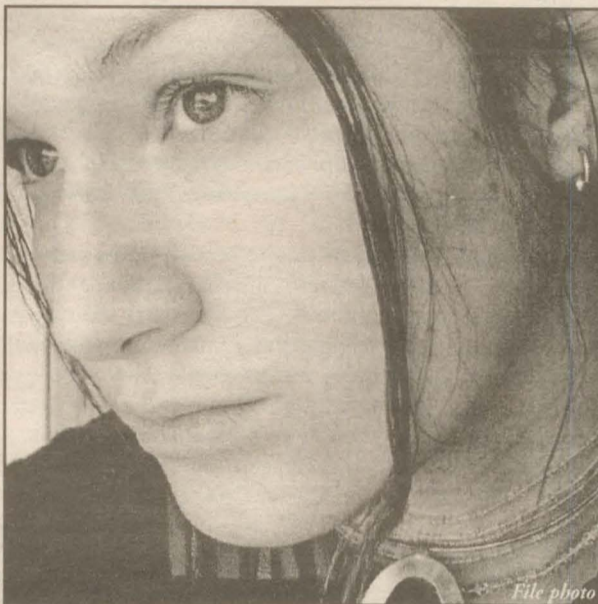
When they all came back with first aid I was gone. Aaron told me how cold fear gripped him then. I had run off into the forest in the middle of the night, without my glasses and without shoes. There was a river near by.

The first-aid people organized a search party, spreading out with flashlights, to comb the woods through the heavy fog. They found me, about an hour and a half after Aaron had left me in the tent, in the beginnings of the gray morning light. They might not have seen me if not for my bright coat. I was lying where I had fallen, hidden in the uneven ground. I was sprawled on the cold wet forest floor, cov-

ered in my own blood, shit and vomit. I was severely dehydrated and hypothermic—nearly dead.

They got me to the first-aid station and radioed for an ambulance. We were over an hour drive from the nearest hospital.

The paramedics in the ambulance gave me oxygen and took my pulse. They called to me continuously, trying to keep me from falling farther unconscious. They said, another hour out there, and I would have been dead. My



File photo

heart rate was fluctuating as low as 40 beats per minute (about half the normal rate). They told Aaron that I might go into a coma.

The hospital staff had no sympathy for Aaron. They were disgusted by the fact that it was a drug-overdose. While Aaron waited in the hospital, still high himself, they made him read case-studies, horror stories, about people going into indefinite comas, or dying from taking as little as one cap of ecstasy. They told him that I might not wake up, and that it was his fault. They treated him like he was responsible. They said there was nothing they could do, except give me the IV, keep me warm, and wait. If I didn't wake up in the next 10 hours, I probably wouldn't wake up at all.

Aaron waited for seven hours while I, his girlfriend of a year and a half, lay unconscious in the emergency room, breath and heartbeat monitored by machines. He was powerless to help me, and thinking I was going to die, he blamed himself.

I remember coming-to in the soft white room and not thinking it was odd. The most pressing thing on my mind was finding my glasses. I thought someone had played a practical joke on me, sticking me with tape. After I ripped it all off, I started pulling

up the blankets and sheets. People came running in, and I realized that I was naked. They coaxed me into bed, and someone put a blanket over me. There was a lot of commotion, and I heard an anxious voice exclaiming, "she ripped out her IV!" All this fuss seemed really bizarre; I was feeling quite content. Everything was clean and white, and I felt comfortable in the bed until the nurse started shoving me around, re-attaching wires to my chest and back with more tape. Everyone was hovering around me, fussing, touching, poking and prodding. All I could do was grin and giggle.

And then Aaron walked in. He came up the side of the bed. Looking up at him I saw that his face was blotchy and swollen, and he had dark circles under his eyes. His smile was so gentle. He looked right into my eyes with total love and relief. The first words out of my mouth were, "You look like shit!" and I laughed. He asked me how I felt. When he realized that I was still high, and was oblivious to what was going on, he explained it to me. "Cloe," he said. "You're in the hospital. You OD'ed."

I can't really say what I thought in that moment. I know that I didn't take it seriously. I thought it was a misunderstanding. I felt happy. I was high on ecstasy.

It took me about three days before I realized that I had come close to dying. When I came home from the hospital I brushed the whole thing off as an overreaction. By the time it sunk in, it was almost too late. Aaron was fed up with me, and so were all my friends. Aaron was physically and emotionally exhausted from the ordeal and the fact that I ignored it was overwhelming. When he pressed me I responded by telling him that he had fed me the drugs. I later wished I could take back those words.

We almost broke up after that. He was tired of watching me drink until I passed out. He was sick of the way I charged blindly into any situation. He wished that just once, I would admit I had done something wrong.

I couldn't handle hearing the things he told me about myself.

Like how I had no regard for the people who cared for me. How arrogant I was. How oblivious I was to other people's feelings.

But at that time we really loved each other. He forgave me, as he always did, and I didn't change. I tried to push the whole experience out of my head. It was more than I could comprehend. The existence of this profound fault in my character was too much for me. I just put it out of my mind, I didn't know what else to do.

Less than two weeks later, we were out at another party, getting high again, on ecstasy.

It wasn't until I was being rushed to the hospital in septic shock, on Dec. 24 2002, almost three years afterwards, that the reality my lifestyle caught up to me again. My immune system was virtually non-existent; a kidney infection had spread to my blood. Once again I was in critical condition. And it hit me:

This is my fault. All this pain, all this worry and grief, I did this. I did this to the people that love me. I have abused my own life; I have hurt all the people that I care about.

I was filled with shame. I lay crying in the ambulance on Christmas Eve, while my father sat next to me holding my hand, worry stricken, unable to help me. I wanted so badly to tell him how sorry I was. I wanted to tell everyone I had hurt how sorry I was. I realized exactly how precious the thing was that I had almost destroyed. I had toyed with my life, all the while not seeing that they, not me, would be the ones to suffer. I had abused the most beautiful thing I had. I hated myself at that moment. I wanted to wait that I was sorry—but I didn't. I couldn't. The words would not form in my mouth.

I couldn't ask for forgiveness, because I didn't feel that I deserved it.

It has been a month since I came out of the hospital. I have quit drinking and taking drugs. It isn't easy. It's hard for me to admit that I have a problem. It's harder not to abuse myself. But I'm trying to make things right. It will take a lot of time to heal my body. It will take longer to regain confidence in myself.

I want to show the people who love me, who have already forgiven me, that I am not beyond hope.

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Acid versus Mushrooms

DARREN CALABRES
Opinions Contributor

Throughout history there have been a great number of documented rivalries that have put man's curiosity in a head-lock. For example, man vs. beast, Hogan vs. Andre the Giant, Hussein vs. Bush, etc, etc, the list goes on; however, none seem to invite such heated debate from today's scholars than the age-old question of LSD or mushrooms!

Both LSD (lysergic acid diethylamide) and teonanacatl, which translates into "sacred mushroom," owe their hallucinogenic fame to the Swiss chemist Albert Hofmann and not to Tim Leary or Ken Kesey and his Merry Pranksters.

Hofmann, of course playing the role of scientist, empirically documented the LSD's effects while cycling home from work. He scientifically noted that he experienced: vertigo, visual disturbances; the faces of those around him appeared as grotesque, colored masks, he shouted half insanely or babbled incoherent words, and had a marked desire to laugh; essentially, Dr. Hofmann was the first man in history to "trip out."

The "crest of the high and beautiful [hallucinogenic] wave" that Hunter S. Thompson semi-consciously wrote of, invited Hofmann to then begin further experimentation and analysis of the "magic mushrooms" that many native tribes in Mexico ate during their religious ceremonies.

Hofmann and his colleagues managed to crystallize the acting hallucinogen from the fungi (although not before personally experimenting with it) and purified it to discover the component psilocybin, which is the first and only hitherto known natural indole compound that contains a phosphoric radical acid—it gets you naturally high.

Now you ask, "Darren, what does all of this mean? Which high is better for me?"

Well concerned reader, an average human oral dose of psilocybin is 6 mg to 10 mg, which means that psilocybin is about 100 times more active than mescaline and about 100 times less active than LSD. But there is no significant difference between the two compounds in quality of hallucinogenic activity. Moreover, the effects of the mushroom factors last only four to six hours, much shorter than the effects of LSD, which are eight to 12 hours.

Although the quality of hallucinogenic activity between LSD and mushrooms are similar, the intensity per quantity is much greater with respect to the acid. Due to the fact that LSD is a chemical, external and unknown additives may be present in the hit, which leaves the user susceptible to psychologically-ill effects.

With respect to mushrooms and psilocybin, there is a lesser probability of damaging effects, due to the fact that there is little, if any, presence of chemically prepared psilocybin crystals on the street (it's too expensive to prepare) and the average "magic mushroom" can be hoarded from your local farmer's manure pile.

So, in parting, I offer two contemporary and opposing opinions, which I hope will help in choosing the right cleaning solution with which to "cleanse the doors of perception," as Aldous Huxley so inebriatingly stated.

"No doubt they all got what was coming to them, all those pathetically eager acid freaks who thought they could buy peace and understanding for three bucks a hit. [We got] a generation of permanent cripples, failed seekers, who never understood the essential old mystic fallacy of the acid culture the desperate assumption that somebody—or at least some force—is tending that light at the end of the tunnel." (Hunter S. Thompson)

"Humanity has advanced not because it has been sober, responsible, and cautious, but because it has been playful, rebellious, and immature." (Tom Robbins)

The other side of the coin

CONNOR ROBINSON
Staff Contributor

The case for legalizing drugs is often clouded by prejudice and misinformation. One misconception is that legalization is sought only by scruffy kids who spend their days listening to Pink Floyd and mowing away on Doritos. Despite what some may say, drugs are undeniably dangerous and unhealthy; dependencies are hellish for both addicts and their families. A trip to the east end of Vancouver will reinforce this ungodly hell on anyone. However, the case for drug legalization rests with two main arguments: one moral and one practical.

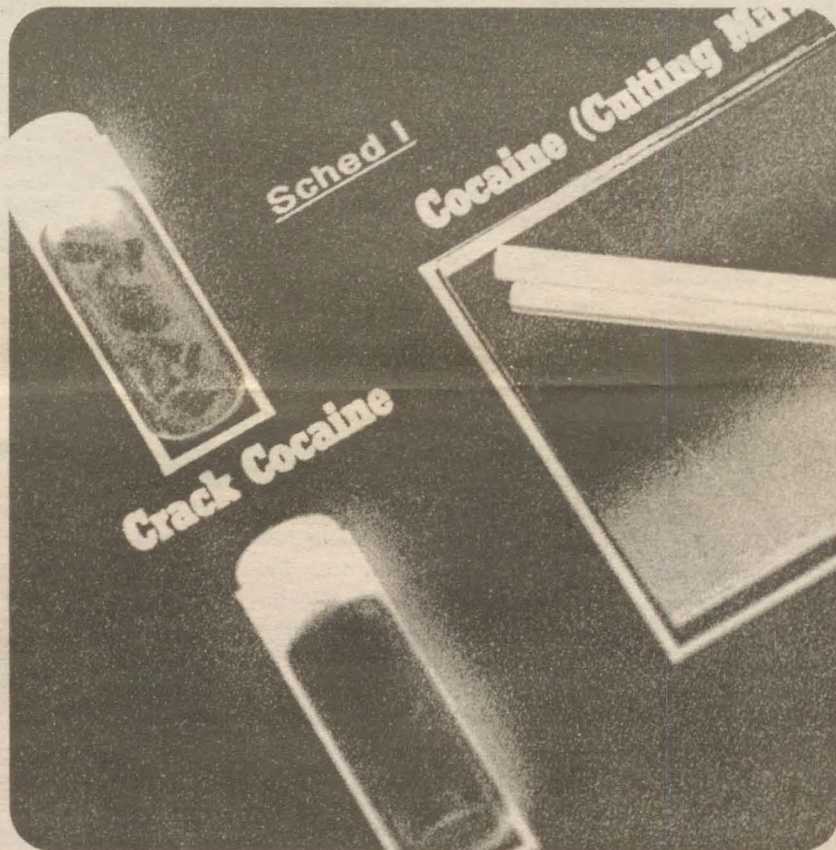
Morally, the case for legalization has not changed since the 19th century when liberal philosopher John Stuart Mill

wrote, "Over himself, over his own body and mind, the individual is sovereign." This is a policy liberal democracies tend to support; interfering in the lives of its citizens is authoritarian and is not widely acceptable today.

Governments allow people to undertake any number of dangerous activities, from bungee jumping to chain smoking. Mill's argument makes exceptions for those deemed unable to make decisions for themselves, especially children. Governments are presently able to regulate dangers away from children and it is unreasonable to think that the same could not be possible with drugs. Some argue that once addicted you are unable to make rational choices. Society has rejected this argument in the case of alcohol and nicotine, whose addictive powers are more than twice that of heroine according to a survey on drug abuse by the U.S. Food and Drug Administration released in 2000. As well, dependent users represent a minority of all drug takers.

Drug prohibition is a global campaign, and the practical case for legalization greatly relates to a reduction of harm to the world's poor. Prohibition forces the drug trade underground where the market is controlled by powerful gangs who threaten the stability of countries like Colombia and even Mexico, both of whom have battled political and police corruption.

Drug money currently props up the human rights violation regime in Myanmar where a large proportion of the world's opium is being produced. The same was the case for the Taliban regime in Afghanistan which, according to statistics from the UN in 2000, was previously the world's largest opiate exporter. The effects on the world's poor are not limited to developing countries. In the U.S., the world's largest drug market, it is the poor who bear the burden of prohibition. Roughly 25 per cent of Americans in prison



are there for non-violent drug offenses, and although whites likely take drugs just as often as any other ethnic group, those incarcerated are disproportionately non-white. Undereducated men and women in the inner cities seem more likely to accept the risks of the street level drug trade because it often represents the best opportunity for financial success.

Reducing harm to the world's poor brings auxiliary benefits as well. Because drugs are illegal, they cannot be regulated nor their use monitored. Governments have no power to regulate quality control standards, despite the fact that much damage is done by low-end products. Also, illegality puts a premium on selling strength, because the risk involved makes it logical to buy in concentration. During the alcohol prohibition in the 1920s, beer consumption fell, but there was a dramatic increase in hard liquor.

Hypothetically, if governments were to pursue policies of harm reduction, the question becomes how would they proceed? Obviously, a gradual calculated approach is best. Unfortunately a by-product of prohibition is that little impartial research is available on the supply and demand of the drug market, or even the physical effects of most drugs. Distribution is another concern. However, just as drugs today are distributed through different channels, so would the legalized drugs based on educated policy. Today caffeine is available at cafes, tobacco at corner stores with proof of age, alcohol at a government run store again with proof of age, and prescription drugs only with a doctor's recommendation.

A legally regulated market is the best way to reduce the risks and dangers involved in taking drugs. Governments

need to realize that the hysterical, archaic way drug policy is currently being managed increases harm. Last week in Paul Martin's rah-rah campaign stop, he said our generation is capable of changing the world. It was campaign politics reminiscent of a high school valedictorian, however it relates to drug policy quite well. Changes in drug policy will not happen overnight and it will require a generation of vigilance to change the current hazardous stigmas and to truly lessen the global devastation of the drug trade.

Pot versus alcohol

AARON VEINOTTE
Opinions Contributor

Where to start? Marijuana versus alcohol is hardly an eternal struggle relative to that of heaven and hell, as chances are you consider them either good or evil.

Moderate amounts of either can have perceived health benefits as well as drawbacks, depending of course on which weekly study you want to look at. Certain amounts of both can fill your head with an enjoyable type of fog, although to much can make it less enjoyable.

Both cost too much.

Frankly, the biggest material difference between the two is that one will land you in jail a lot faster than the other. That will soon change if Federal Justice Minister Martin Cauchon has any say about it. The proposed idea is that possessing 30 grams or less will only land you a ticket rather than a sentence.

Seventy years ago, in the days of prohibition, alcoholic beverages were illegal and pot was so frowned upon people thought smoking it would turn you into a killer. These people were wrong, and their methods were ill-conceived. How the times have changed; now it looks like we're closer than ever to having both be perfectly legal.

Anyway, with many people preferring not one or the other as their drug of choice, but both, it is difficult to actually claim one to be better than the other. Both have better qualities than the other. For instance, as the late Bill Hicks pointed out, if you're at a social event and someone is being loud and obnoxious, they are drunk not high. "I have never seen people on pot get into a fight because, it is fucking impossible."

Obviously, booze doesn't always make people act violently; it can make you just as happy as any illegal drug can, with much less danger involved.

In the end, I believe it to be the stoned drunk people who are the most interesting, and funny. In my personal experience they seem to be able to carry on a conversation better than most others. They embody the flamboyancy of drunken people with the ability to talk forever about almost anything that stoners possess with few of the negative side effects of either drug as they seem to cancel each other out. While being intoxicated all the time is hardly good for you by any means, these two poisons are the cream of the crop.

Fine guide to wines

SARAH RILEY
Opinions Contributor

With perpetual reunions of friends and family over the holiday season there comes plenty of opportunities to celebrate, and no special occasion comes complete without popping a few corks.

Now, even though the holiday season has wrapped up, there's no reason why you can't enjoy a decent bottle of wine on a regular basis, but there seems to be widespread uncertainty when it comes to wine these days.

It's not uncommon to send a few younger guys out to buy a bottle of wine just to have them have them return with a bottle of sherry. It almost breaks my heart that more and more of my peers know little to nothing about wine, and simply continue to pick the cheapest bottle. Perhaps you think I'm being a bit hard on them, after all, university students can't be expected to familiarize themselves with the art of wine, can they? Let's face it, compared to the beer fridge the rows and rows of wine can look like an overwhelming jungle.

Do not despair; I too have been guilty of rushing in and grabbing the bottle with the prettiest label, wishing there was a better way to approach the extensive subject of wine, as I beat a hasty retreat out of the store.

Surprisingly, after reading a few books (and drinking more than a few bottles), I discovered that the fundamentals of wine are just as easy as knowing that beer is good, and I can help you. Let's start with the very basics.

For our purposes, there are three types of wine: table wine, fortified wines like sherry and port, and champagne or sparkling wine.

We'll skip the fortified wines, which are easily an 'acquired taste', and the sparkling wine, since prices in this category reveal quality without a second guess, and move

continued...

THE VARIED PRESCRIPTIONS OF DR. RON

Numbers have dehumanized us.

Over breakfast coffee we read of 40,000 American dead in Vietnam. Instead of vomiting, we reach for the toast. Our morning rush through the crowded streets is not to cry murder but to hit that trough before somebody else gobbles our share. An equation: 40,000 dead young men = 3,000 tons of bone and flesh, 124,000 pounds of brain matter, 50,000 gallons of blood, 1,840,000 years of life that will never be lived, 100,000 children that will never be born. Do we scream in the night when it touches our dreams? No. We don't dream about it because we don't think about it; we don't think about it because we don't care about it. We are much more interested in law and order, so that American streets may be made safe while we transform those of Vietnam into flowing sewers of blood which we replenish each year by forcing our sons to choose between a prison cell here or a coffin there. "Every time I look at the flag, my eyes fill with tears." Mine too. We don't know. We don't ask. We turn away from them; we avert the eyes, ears, nose, mouth, face. "Why should I look, it wasn't my fault, was it?" It was, of course, but no matter. Time presses. Death waits even for us. We have a dream to pursue, the whitest white hope of them all, and we must follow and find it, before the light fails.

So long, losers. God bless. Take care. We'll be seeing you.

Dalton Trumbo, introduction to *Johnny Got His Gun*, January 1970

Opinions

right along to the good stuff—table wine.

Even though, at last count, there were about 40 different grape varieties being separately pressed and fermented into wine, there are six major grape types which wine lovers should look for on labels and get to know at least by name if not by taste.

For white wine, they are Riesling, Sauvignon Blanc and Chardonnay, and for red wine, they are Merlot, Cabernet Sauvignon and Shiraz (or Syrah).

They are in order from lightest (or driest), to fullest-bodied (or sweetest).

This bit of information is valuable for those of you who shy away from wine in fear of headaches.

It's the tannins, the natural and slightly astringent taste in wine from the pits, skins and stems of grapes, which are to blame for your morning-after woes. As a rule, fuller-bodied wines have a higher level of tannins.

To find out for yourself if your wine is going to make your head pound, pour some, swirl it around and watch the droplets that trail down the inside of the glass.

These droplets are known as the 'legs' of the wine, and the slower they move, the heavier the tannins. But generally, the drier the wine the less likely you'll be hurting later. It's too bad that the liquor stores don't make it easy for us to locate the driest wines though; instead they're arranged on their shelves according to country. Germany, France and Italy are known for their expert wine making abilities since they've dominated the industry the longest, but don't let that fool you into believing that all wines from these countries are going to knock your socks off.

Some newcomers in the last hundred years or so, like Chile and Australia, are eager to impress, and you can find excellent wine from them without the hyped-up prices.

Contrary to popular opinion, wines don't have to be expensive to be enjoyed. I'll list some of the wines that get my vote for good taste at a price that won't empty your bank account: my pick for a light (dry) white wine is Hardy's *Stamp Series* Riesling/Gewurztraminer [Australia] for \$9.98, my favorite white with a little more body is Ruffino's *Orvieto Classico* [Italy] at \$13.45. A smooth inexpensive red which I've bought repeatedly is Concha y Toro's *Casillero Del Diablo* Merlot [Chile] for \$12.95, and a red for those with adventurous taste buds is a Shiraz/Cabernet from Rosemount Estates [Australia] for \$14.99.

If you've picked a white wine, it should be chilled before

Diviner's sage and pizza joints

MICHAEL GOODFELLOW
Opinions Editor

As a teenager I started using drugs with a conscious decision that I was going to try anything remotely psychoactive after doing some extensive research about it.

One night, with only a bit of marijuana dust left at the bottom of the bag, my friends and I loaded the pipe with powdered nutmeg. We squished into a crawlspace in his basement and hot-boxed ourselves to the high heavens—all spice style.

After trying mushrooms and acid over one summer, I heard about something called Monoamine Oxidase Inhibitors (MAOIs). The compound was available by prescription but I ordered seeds from an online company in Quebec, which had a high percentage of the compound in them. The benefits of the seeds were that they drastically increased any hallucinogenic effects felt by drugs. The downfall was that one had to stay away from certain foods such as bananas, and stimulants like coffee or they would risk delirium and possible death.

I ordered datura seeds from the same company, a

plant banned in Nova Scotia merely for its weed-like properties in altering ecological balances. I grew my own plants, and harvested the semi-poisonous flowers and leaves. I mixed the dried parts into a joint with ketamine, PCP, pot, Dexedrine, and another southern psychoactive, *Salvia Divinorum* or "Diviner's Sage."

Homemade drugs offered little stimulation in response to the hope and anticipation I gave them. MAOIs didn't make the acid trip any more intense. My friend who had also eaten them decided to eat a banana the next day and found himself disoriented on the side of a highway. Nutmeg was eventually mixed into a "pizza joint" involving other herbs and spices such as oregano, parsley, pepper, and others. It left me nauseous and tired. Datura made me dizzy.

I came to find that the truth lay in crystallized chemicals coming in small capsules, with chemicals such as crystal methamphetamine, which are often described as coming in "as pure as the driven snow".

Today, I stick with ginseng and the occasional raspberry zinger tea.

opening - some liquor stores have a wine chiller that works in minutes or about a half hour in the fridge will also suffice - while reds can be served at room temperature or slightly cooler.

A good corkscrew is a handy item, since no one likes bits of cork stuck in the bottle, and wine glasses are a nice touch, since they are purposefully shaped so as to help the full aroma of the wine reach your nose.

There are seemingly endless rules for serving wine, especially which wines should accompany what foods, but I say the simplest rule is to drink what you like above all else.

Really, all you need to know is which wine tastes best to you and then you'll be a certified wine lover, so pop a lot of corks and experience many different wines until you've got your own favorites. But remember one more little thing as you sit down to savor your selection: wine can morph into something akin to vinegar if it's open for more than four or five days, so go ahead and drink up.

Welcome to slim city

LINDSEY KEILTY
Opinions Contributor

Are you trying to lose weight? Thriving to look like a Cosmo cover girl? Okay, so a lot of us are, but how are you doing it? Food and Drug Administration (FDA) studies indicate that by their first year of college, 4.5 to 18 per cent of women and 0.4 per cent of men have a history of bulimia, and that one in 100 females between the age of 12 and 18 currently suffers from anorexia.

However, not everyone takes the same road to slim city. Most teenagers believe that because diet pills are sold over the counter and many contain "all natural" or "herbal" ingredients they are totally safe. That's not the case, especially if the pills are misused.

The diet drug Fen-Phen was recalled in the U.S. in 1997, partly because it was found to cause heart-valve problems in some patients. LipoKinetix, a similar dietary supplement, is intended to aid in weight loss. The FDA has received several reports of hepatitis and/or liver failure related to the use of LipoKinetix and, as a result, has issued a warning to all consumers who are using the product.

All medicines can have side effects, and the risk rises as new medications are added. Chemical drug interactions are well documented but taking vitamins, over the counter medications, and some foods together with doctor prescribed tablets is often dangerous and can wreak havoc with your health. Thirty-thousand people are hospitalized every year from the effects of mixing prescription drugs.

In addition, the FDA has linked diet pills to nervousness, restlessness, insomnia, headaches, vomiting, stomach cramps, diarrhea, or constipation. They can also cause more serious side effects, such as heart palpitations, heart attack, stroke, hair loss, and blurred vision.

Maybe you think you're overweight, but you're not. It might surprise you to find out that the average weight for a 5'8" female with a medium frame is between 136 and 150 lbs., and for a 6'0" male with a medium frame, the average weight is 157 to 170 lbs.

Don't stress if you don't look like you belong on the cover of a magazine. Remember that real life isn't air-brushed.

Foreign Policy Panel Discussion

Last Wednesday's foreign policy panel discussion was quite the panel. I felt that the point was not what people were looking for, especially at a time of uncertainty where Canada might be supporting a U.S. led war on Iraq. The two most important issues - justification of a war on Iraq and alternatives to it and to sanctions were completely disregarded. This panel was inadequate and the degree of incompetence and bias was quite shocking. Our former Canadian ambassador to Saudi Arabia Ted Hobson was supposed to talk about culture in the Middle East; and this was based on what? By what he said at the beginning of his talk, "From my brief experience in the area..." This gave him the right to give a 9 pointer of his "expertise" on what he believes is the culture of the Middle East. I have to add that it was one racist point after the other. He was quite clear in making the distinction between the West and the "Other" perpetuating the notion of the West is the best and the "Other" - well they are just a bunch of patriarchal tribal clan heads that come from the desert, what do they know?! (These were mentioned in his points by the way) As an Egyptian Canadian citizen, I found his remarks degrading, disrespectful and absolutely ignorant. By making the emphasis on differentiating the "us" and the "them" is in itself the epitome of racism, and is exactly what our problems are about in our world today.

I was extremely disappointed with this panel. The only person that was the voice of reason and sanity when it comes to Iraq and its position in the world today and for the past 12 years was Dr. Sheila Zurbrigg. She was the only one to actually talk about the real victims of the impending economic war: sanctions and the upcoming military war. These are who we are supposed to be talking about. These are the innocent human beings that are going to die because of an unjust war. This panel was supposed to be a discussion on alternatives to war and alternatives to sanctions and encourage a message of peace and justice, especially in a dangerous time like today and I believe that it failed to do just that.

Ayat El-Dewary

The Gazette reserves the right to edit submissions. Letters should not exceed 300 words and include the writer's full name and phone number. Due to the volume of letters we receive, we are able to print only a selection. We thank everyone for their submissions. Send your comments and opinions to gazette@dal.ca

GAZETTE

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Musician Sam Roberts
Photograph courtesy
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Sam Roberts on the rocks

JON BRUHM
Arts Editor

For anyone who has ever wondered what rock stars are doing while participating in phone interviews, Sam Roberts offers the following: "I'm lying on the floor in my apartment staring up at the ceiling."

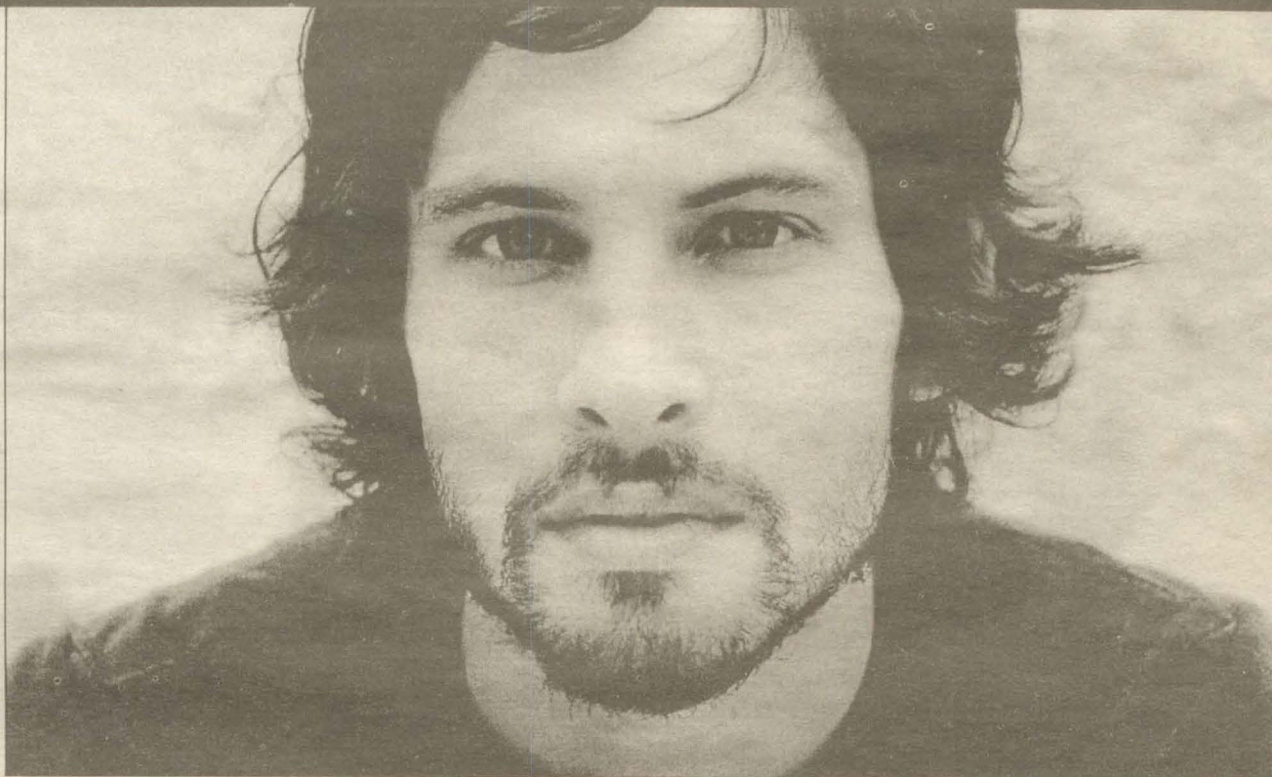
Sounds like a pretty relaxed state for the man behind *Brother Down* and *Don't Walk Away Eileen*, who is about to embark on a coast-to-coast tour of Canada. Roberts is just getting back into the swing of things after recently completing the recording process of his new, yet-to-be-titled album, due out in the spring.

"I've been sort of off the map for a while, and it's been a nice break," says Roberts, who had been in the recording studio for three months, and did not have to deal with the media much during the period. Nonetheless, being on the verge of an album release and a tour, an interview here or there doesn't bother him.

"You want to play sold-out shows all the time, you want to have a video, you want to be asked to go on tours, and people need to know about your band, so you sometimes have to put your nose to the grindstone. It's not like having teeth pulled or anything like that."

Roberts and company are straying from the fold by touring prior to the release of their upcoming album, as opposed to touring in support their latest release. Roberts blames the premature touring on cabin fever.

"We've got this gap, and either we could sit on our asses and plot for the future, or we can get out there and play some shows and go back to places that we've played before and maybe play some new places, too. Not a lot of bands tour around Canada in the middle of winter anyway, so let's just go out there and play rather than do nothing. Whether it was to support a record or not wasn't really the point."



Sam Roberts will play the Marquee this weekend.

Internet photo

One of the most notable aspects of his tour is that Roberts will perform in all 10 Canadian provinces in a span of just over a month—including some dates which have been sold out for weeks. When the tour was originally announced, Prince Edward Island was omitted.

"It's hard to get a show in PEI, [but] you can't play in nine provinces and not the 10th. We definitely wanted to make it a true Canadian tour in every sense of the word."

Roberts' tour kicked off on Monday in Charlottetown, and wraps up on May 1 in his old stopping grounds of Montreal, rolling through Halifax on Jan. 31 at The Marquee Club.

"We're in a very lucky position right now that we're able to come back so soon," says Roberts, who last performed in Halifax in May of 2002 alongside By Divine Right and local buzz band Wintersleep. When mentioning his Halifax opener this time around, Roberts exclaims

"Wintersleep, I totally remember those guys! Yeah man! There's some great shit going on out East."

Roberts also recalls a story from his summertime excursion to the East Coast: "The one night that we spent in Antigonish, we slept in the bushes on the side of a railroad. We walked down the railroad tracks and cut into these bushes and ended up just pitching tents in the woods. It's always a bit of a commando-style trip out there anyway, you know. It was great," laughs the singer.

"Well, I don't know if it was great, but we roasted some hot dogs over a pit-fire under the Nova Scotia stars. It was a pretty good introduction into East Coast travel and East Coast music. I've still got a bad back from sleeping on the rocks." Pondering a Nova Scotian camping excursion on a regular basis, he laughs "Yeah, an annual pilgrimage...to our roots."

Out of Control

HEATHER MILNE
Arts Contributor

It often seems as though girls have to do the bulk of the work when it comes to using daily contraceptive methods. However, things are starting to change in our favour, when it comes to the birth control pill.

Each year, 85 per cent of sexually active women become pregnant who fail to use contraceptives. With proper usage, this number decreases to less than 1 per cent after a year of proper use. The birth control pill works to prevent ovulation, as well as to prevent fertilized eggs from attaching themselves to the lining of the uterus. In order for the pill to reach its full potential, it is important to try and take it at the same time every day. This can be difficult, and forgetting a dosage increases the risk of pregnancy.

Why does the woman have to take on all the responsibility, risks and why can't the man do it? Fortunately, they may be able to do their part in the near future, as there are currently forms of oral contraception being

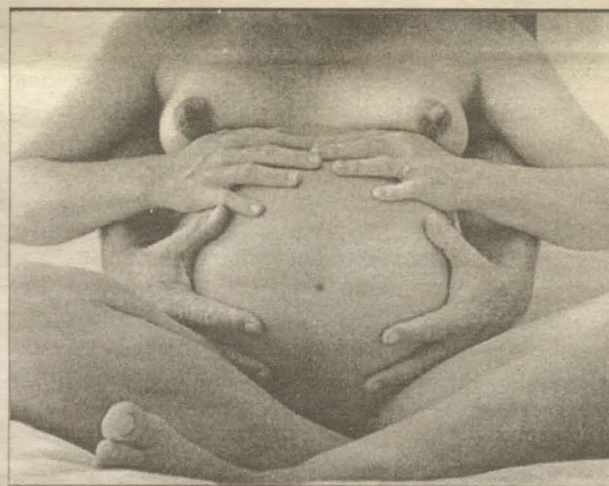
developed for men. The male's version of the pill works to reduce the sperm count to levels that are unlikely to cause pregnancy.

A group of developers in Italy are currently testing a pill that is paired with testosterone injections to help boost its effectiveness. The same testing also shows that a weekly injection of testosterone enanthate helps to decrease the man's sperm count.

Another injection test is currently in a trial period. This contraceptive method is a combination of the testosterone enanthate and depot-medroxyprogesterone acetate (DPMA), which is the same progesterone used in the female contraceptive, Depo-Provera. This injection would only be needed once a month, which ultimately means no messing around with pills.

The reason that it is so difficult to develop a male version of the pill is that men are continuously fertile, and do not hold the same opportunity for reversible intervention as women. Therefore, it is difficult to develop a pill that will not permanently damage their fertility.

A friend of mine said it best: "Most guys can't even



If guys could get pregnant the world would be a much, much different place.

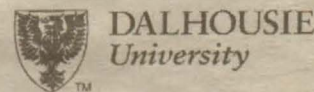
remember to take a shower, how are they supposed to remember to take a pill?!" For now, it looks like women will still be the ones forced to remember every day until scientists are able to come up with a male-friendly reversible contraceptive.

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Fan of the booze and not of the reefers

CHRIS LAROCHE
Staff Contributor

Canadians stand on the eve of the possible legalization, or decriminalization, of a substance which has been in the subconscious of popular culture since Columbus landed in the Caribbean: the ganja, pot, weed, marijuana.

News indicating marijuana's steady climb from cherished taboo to social norm has headlined papers across the nation. Canadian society now straddles an issue which is both profound and troubling—especially to those who've never touched a joint in our lives.

Completely abstaining from hard drug use for 20 years going isn't always easy. The temptation to join in and huff a few joints in hopes of social expansion is an ever clear and present danger to almost everyone from teen years to adulthood. A growing number of people have given in and taken the plunge into drug use despite years of belligerent social indoctrination against it. Anyone who's familiar with the incantation "Drugs, drugs, drugs, which are good? Which are bad?" or any other slew of slogans, pumped out during the 80s knows exactly what I'm talking about. Society taught me, as a child, that the primary evil of the world is not rape, violence, war or famine; it was, and is, drugs.

Crack kills. Cocaine results in insanity. Hash will ruin your life. Heroin is evil. Marijuana leads to crime. Tobacco is addictive. Alcohol lands you in jail. Coffee is bad for you.

I drink alcohol just as much

as any other bar-hopping undergrad does. My life on campus is entirely based on an imaginary fuel gauge in my head, which only moves from E to F when I drink coffee; letting the tank go empty results in migraines. Drugs don't seem evil to me, they just seem unnecessary. Have I failed the program, or has the program failed me?

Addictions to caffeine often come out of necessity. Staying awake on four hours of sleep, six days a week, is not something most humans can go about unaided. An addiction to caffeine, however, can be very enjoyable. Not only do I drink coffee when I shouldn't, I've actually been buying more expensive and exotic coffees in hopes of expanding some sort of 'coffee palette' I often believe I possess. Alcohol, on the other hand, isn't required—but most bars aren't nearly as much fun sober and alcohol is admittedly fun in most undergrad social situations. So why not bend the straight edge and smoke some weed?

This is why: A wide legal, financial and social barrier between 'pot in and pot out'—or any drug, for that matter—does a pretty good job of discouraging people like me from actually wanting any drug beyond alcohol. Drinking and university social life are inexorably entwined. Smoking is too, depending on who you know; chances are everyone reading this article knows at least one smoker and interacts with them on a semi-regular basis. At the end of the day, I can drink and smoke all I want with little restriction whereas smoking pot in any public area is extremely risky—that is, so long as it's criminal.

Do we, as a university culture



Reefer madness courtesy Big Daddy.

Photo: Michael Gorman

or youth culture in general, need more legal drugs? If the argument to legalize marijuana concerns alcohol and cigarettes being just as harmful, does this necessarily mean it should be legalized too? If there are two evils knocking on your door, what good will it do to invite the third in for dinner? Mind-expanding effects or not, marijuana or other drugs beyond the legal social norm don't seem to open many avenues; they open wallets and scatterbrained lengths of time that could be spent rotting in front of a TV or, *gasp* studying. Those who puff don't seem to mind those who don't, but the same can't be said the other way around. Are we passing up the opportunity to experience an untapped source of creative extension and collective leisure? Any number of masterpieces I cherish or heroes I worship can be said to be the result of heavy drug use—but didn't Miles Davis burn out?

Perhaps I am judgmental, narrow-minded and unwilling to open my mind to possibilities, hopelessly prejudiced against anything that isn't social norm. If that is the case, consider my hallowed drug-free skull another victory in the war on drugs. I won't be trying anything other than Clancy's and Tim's for a long while yet.

Reconsider That Double-Double

RACHELLE DUMAS
Copy Editor

Squirting coffee up your butt may seem a little drastic, but for people like Janet Jackson, it's something that you discuss in public.

Coffee enemas are an alternative to depression medications, and act as a cleanser for everything from the liver to the large intestine. If you can get past the seemingly unpleasantness of the procedure, it is suggested that the liquid be lukewarm or at body temperature, and neutralized with baking soda, so as not to burn your colon. Nonetheless, Janet Jackson likes them piping-hot, as she told Newsweek in an interview.

Normally, one or two coffee enemas per week are ample, and it is preferable to have one in the morning, as caffeine will be absorbed directly into your system. According to www.independenthealth.net, you will need to have an enema kit, distilled water, organic coffee (any roasting level will do)

and a coffee pot or a non-aluminium pan to boil the water. The kits, which should be available at most pharmacies, are usually disposable, although they can be cleaned and reused for several months.

For the first couple of sessions, it would be wise to get them done professionally, since manipulating nozzles, tubes and bags might get confusing when you can't see what you're doing or where they're going.

The American National

Cancer Institute, along with the National Centre for Complementary and Alternative Medicine, awarded a five-year \$1.4 million grant to study a controversial treatment for pancreatic cancer using coffee enemas in the summer of 2000.

While enjoying your next morning cup of joe, consider what else it can do...it could have major benefits for your health!

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High Movies

ANDREW MACLEOD
Staff Contributor

There are only so many times that you can watch the same movies when you're high. These five suggestions should take you to some brand new places if you're in the mood for going slightly overboard:

Frailty - Imagine having your father wake you and your little brother in the middle of the night to tell you that God spoke to him and told him that all of you now have a mission: you must kill demons. The only catch is that these demons are "disguised" as regular people. And so you and your father and brother together

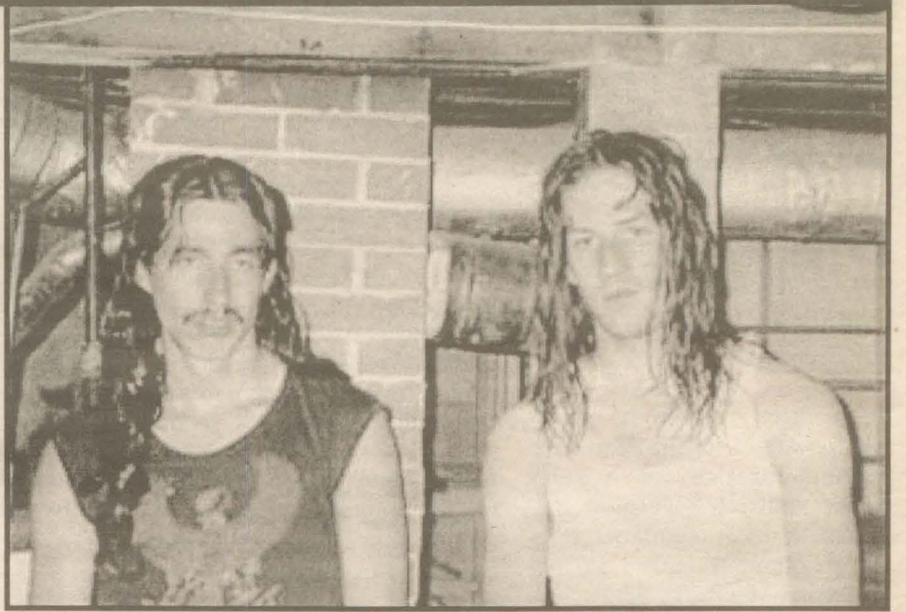
begin killing these demons with an axe. Riiiiight. As you feel your brain liquefying under the strain of trying to comprehend this storyline, you'll think that you almost have it all figured out. And then, like any good stoner movie, it will make you question if everyone else is seeing what you're seeing, because you definitely won't be able to believe it. Try a good-sized cannon of a joint, but only tackle the fungus if you really feel confident.

Fubar - This movie's appeal seems to be universal. Your world becomes littered with ten-speeds, flats of Pilsner, and illegitimate children. The only time you could ever laugh at the

incest jokes in this flick is if you're flying like a kite. Watch it for a second time with the characters' commentary on the DVD to prolong the giggle fit. Hit the bong, turn down the suck and give'r.

Mulholland Drive - I thought that maybe I had it figured out when I saw it the first time in the theatre, but it just wasn't quite there. But then, on a late night mushroom binge, we tried it again. The cobwebs surrounding the "plot" didn't clear exactly, but I was able to appreciate the movie for what it was—a young starlet's dream of her ideal road to fame versus the reality of her struggle in L.A. Don't be surprised if none of it makes any sense. Just take the drugs, put in the movie, and let go. Don't try to figure it out, just appreciate each scene on its own. And try to survive the greasy troll of a man behind the dumpster.

The Wicker Man - this one can be easily found upstairs in Video Difference's Independent section. (Make sure to get the longest of the three copies they carry.) Like Frailty this is an absolutely terrifying experience in which the fear is based not on what you see, but that such events could actually take place



Fubar, the movie

in a normal world. One must be careful not to give away too much of the plot, but I will say that it's about a strictly Christian cop on the Scottish coast who is summoned to a small, insular island community to investigate the disappearance of a young girl. The way of life on the island doesn't quite fit with the cop's beliefs, although where this ultimately leads him is truly shattering. Suffice to say, I never want to keep an appointment with the Wicker Man. Mushrooms really are the only way to go for this movie, and in the end the only possible reaction you can have is a deep, long, "What the fuck?!" Have a loved one close by because you will need a nice big hug after this movie, and a soothing voice telling you that everything will be okay.

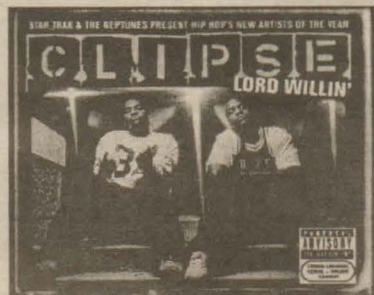
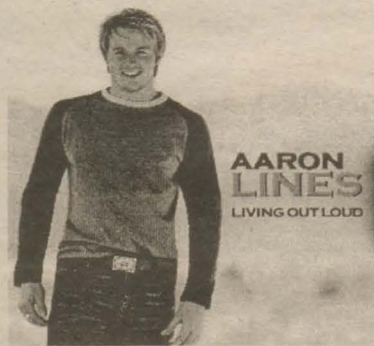
Willy Wonka & the Chocolate Factory - If you don't know the story by now, may God have mercy on your soul. The sets suck in an original Star Trek sort of way, the songs suck, and most of the acting sucks, but that's all part of the charm. Don't watch it for the Oompa Loompas (as weird as they are), but rather for Gene Wilder's eerily perfect performance. It works both as a children's movie and also on a more dark and cynical adult level. Wonka's Tunnel of Love may leave some slightly disturbed ("And they're certainly not showing any signs that they are slowing!"), but it's still essentially a movie for all ages. Ingest any illegal narcotics you can get your hands on and become a resident of this beautiful alternate universe.



Oompa Loompa
Doopah dee doo.

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WEEKLY PRIZE PUZZLE

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S R D Y S E O R R N C I U E G
C U L I L T O R N E M I I T L
R P R T K U E E F M K T S R E
A L T E B H C R U E O C E A A
B A F L C T E R M O U E E P L
B I E O F P T O C I P L H H A
L V H O D N A L Y D N A C L C
E I U Y C A M O L P I D R A N
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S T R A T E G O Y A G A P M M
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Word List: Battleship, Boggle, Candyland, Checkers, Chess, Clue, Connect Four, Cootie, Diplomacy, Hi Ho Cherry-O, Life, Mancala, Mastermind, Monopoly, Mousetrap, Operation, Othello, Parcheesi, Payday, Perfection, Reversi, Risk, Rummikub, Scrabble, Sorry, Stratego, Trivial Pursuit, Trouble, Upwords, Yahtzee.

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Photo: Cloe Bayeur-Holland

Permanent Record

Band: The Clap

Date:

Saturday, January 25th

Venue:

The Marquee Club

Reporter: Talia Fanning

Stage Presence: A

Audience Reaction: B

Sound: C

Effort: C

Get-it-on-ability: D-

Overall Grade: C+

Comments:

In true alternative/punk fashion, singer Gerry Hubley spent some time standing on the bass drum, back to the audience, belting out the lyrics to a song they call Fuck Don Cherry. Their hard, high-energy punk/garage rock has a loud, banging style, but I was having

trouble hearing it. Hubley was too far away from the mic, dancing around it throughout the show. More challenging material might be a little more interesting for listeners.

Hot spots

Thurs Jan. 30: Catch Jon Epworth without the yellow shorts @ Whippin' Out The Wood. (Marquee, \$4)

Mon Feb. 3: Chivalry ain't dead with the Improv Knights (Stayner's Wharf, \$5)

Wed Feb. 5: JoRun & Skratch Bastid keep their iron-man streak alive (The Khyber, Free!)



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Gimme Five

Each week, The Gazette asks someone for their top five list on a range of subjects. This week, we asked hockey fanatic Sam Roberts for his top five Montreal Canadiens of all-time.

- 1) Guy Lafleur
- 2) Jean Beliveau
- 3) Larry Robinson
- 4) Bob Gainey
- 5) Guy Carbonneau

When not trying to find a pick-up game at a rink around town, Roberts will join Halifax's own Winter Sleep at The Marquee Club on Friday, Jan. 31.

Upcoming Gig:

Whippin' Out The Wood:
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Former Dal B-Ball star ripping it up in track

MICHAEL BALL
Sports Contributor

For Craig Slaunwhite, competition is nothing new, but he has taken it to a whole new level.

A starter with the men's basketball team for the last three years, Slaunwhite has made the transition to track and field and now trains year-round. At this point in the CIS track season, Slaunwhite is ranked number one in the country for the pentathlon; an excellent achievement considering his track experience.

"I know that when university is over, it will probably be the end of my basketball career. As for track, I really don't know how far I can go," says Slaunwhite.

The sky is the limit for Slaunwhite, proven by his recent competition at the prestigious Dartmouth Relays held at Dartmouth College in Hanover, NH. With over 3,000 competitors Slaunwhite placed second, a personal best, in the pentathlon and placed eighth in the individual hurdles while advancing through three rounds.

The pentathlon is a five-event discipline in which competitors earn points in the 60 metres hurdles, high jump, long jump, shot put and the 1000 metres. He says his strongest events are the shot put and the high jump, which is typically a strange combination.

"Most high jumpers are tall and lanky, whereas shot putters are big and bulky."

Slaunwhite has a nice blend of both yet he considers the hurdles to be an event where he needs improvement. Showing a strong work ethic, Slaunwhite uses his training and competition to concentrate on his hurdles. "Generally that's how I like to train, to work on my weak events to even everything out," he says.

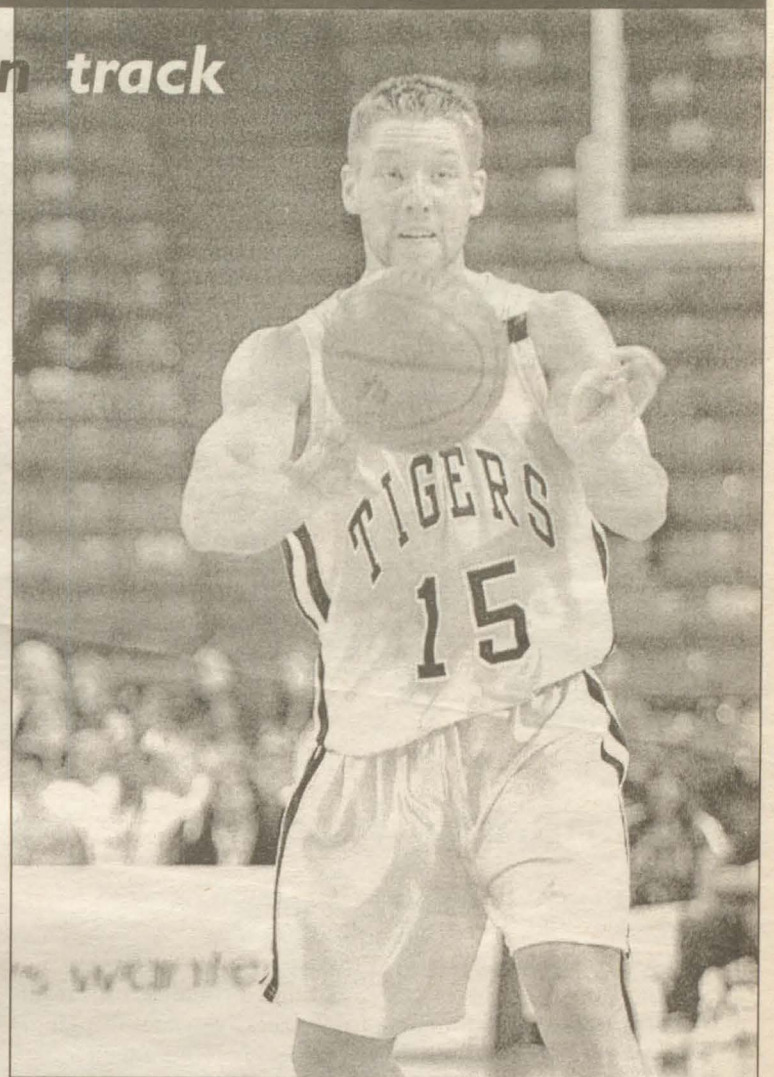
A fourth-year Kinesiology student at Dal, Slaunwhite does most of his training with the Chebucto Athletics Track and Field Club. He competes for Dal in the winter and for Chebucto Athletics in the summer. He credits his Chebucto Athletics coach, Doug Mitchell with introducing him to track, and working with him to learn the various pentathlon events.

"In the summer when I finished third in the pentathlon at Nationals, it opened my eyes to bigger possibilities. I started focusing more on my training. I have had a lot of coaches for various sports, but working with Doug Mitchell, has been so positive. He points out areas that need improvement without being negative, I really enjoy that."

Every athlete sets goals for themselves, and Slaunwhite is no exception.

"This year there are the World University Games held in South Korea, I would like to make that team. I also want to stay on the national team for the next few years and thrive in a good coaching environment and eventually go to the 2008 Olympics, in Italy."

The Hatchet Lake native is busy preparing for the AUS Championships taking place in Moncton at the end of February and more importantly the CIS Championships in March, held in Windsor, ON.



Slaunwhite has traded the hard wood for the track.

File Photo: Nick Pearce

www.dalgazette.ca

WOMEN'S STUDIES UNIT REVIEW

As part of its routine planning process, the Faculty of Arts and Social Sciences conducts periodic reviews of all academic departments. In 2003, a Review Committee is examining the Women's Studies undergraduate program. Students (undergraduate or graduate, current or former, majoring in this field or studying it as an elective) who would like to comment on the curriculum or future development of this program, their experience as students within this program, or any other aspect of this program's activities, are cordially invited to meet with the Review committee on February 10, 12, or 14, 2003. Please contact Leola Lefebvre (494-2980, or Leola.Lefebvre@dal.ca) by February 10, 2003. If you prefer, you could write to the Review Committee at the address listed below.

Ms. Phyllis Ross
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Random drug testing making athletes sick

NATALIE PENDERGAST
Sports Contributor

"It was totally random, I had just finished a swim race and one of the guys pulled me aside and told me that I was going to be drug-tested. [Then he asked me] if I understood what that was." That was how Dalhousie athlete, Mike Terauds began his story of varsity drug testing.

He went on to describe how the representative from the Canadian Center for Ethics in Sport (CCES) led him to a waiting doctor without allowing him to eat or drink anything or be alone for any amount of time after his final swim meet of the season. Even when Terauds was getting dressed, there was a representative watching his every move.

After he signed several consent forms, similar to the ones that every Dalhousie athlete must sign at the beginning of their season, the doctor finally allowed him a sealed drink that was provided by CCES.

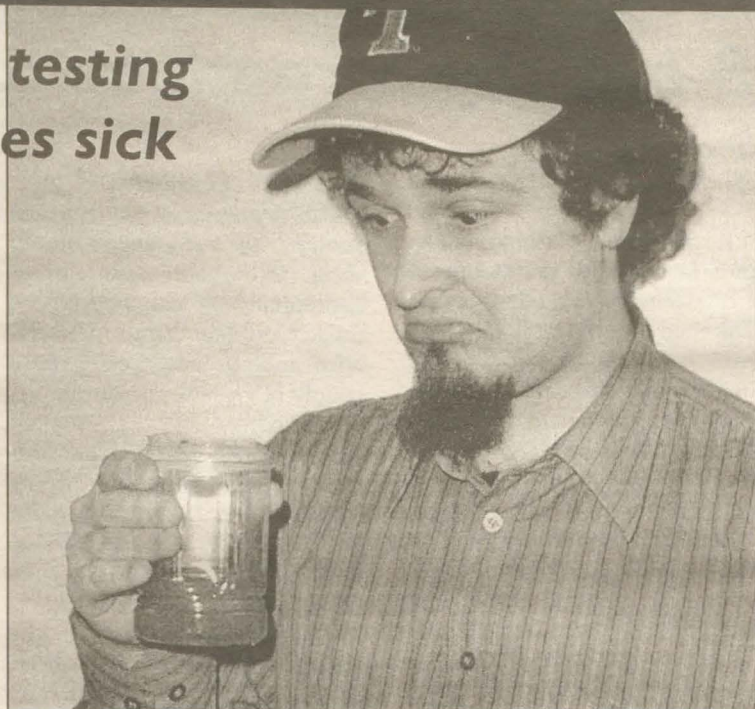


Photo: Cloe Bayeur-Holland

Another SMU student fails a drug test.

Terauds said that he was given one container to urinate in and another in which half the first container's contents were poured. The CCES doctor then checked the pH balance of the urine to make sure it was not too diluted (which can result from excessive water-drinking). The containers were then sealed and labeled.

"I had to hold up my shirt to my armpits and drop my pants."

Terauds also stressed that a student volunteer watched his naked body the entire time. "I couldn't pee for 10 minutes and there was dead silence."

Terauds said that he had been ill the week before and was probably dehydrated.

"Finally I started to pee, but it was just a dribble and I was like, 'Ah God, come on!' I was forcing myself as much as I could."

In the end Terauds managed to

provide 75 per cent of the amount needed (100 mg) for the doctor to do the testing, which was just enough.

Terauds was worried that he had missed his heat during the excruciating 10 minutes tinkling - or lack thereof.

After having to run back to the pool and just barely making it in time for his next heat, Terauds had to jump right back out to the deck where he started vomiting beside his teammates. "I was trying to hold it in but it was filling up my cheeks," he exclaimed.

Where was all that liquid when he was being tested? Luckily Terauds hadn't been taking any Extra Strength Tylenol or Robitussin for his illness, which are two examples of banned substances.

Terauds didn't get suspended as he is a model student and athlete. But, had he been ingesting Allegra D, Claritin Extra, Benlyn Syrup or Extra Strength, Dristan tablets, Advil Cold and Sinus, or anything containing ephedrine, he would have gotten anywhere from a three-month to life-long suspension from university athletics.

"Most suspensions are for four years, so for a university student that means their entire

career," said Al Scott Dalhousie's Athletic Director.

Although being selected for random testing seems to be a drag, one good thing comes out of it.

"They gave me this long-sleeved t-shirt that says 'Be true to yourself, be true to your sport, don't do drugs.'" Terauds smiled.

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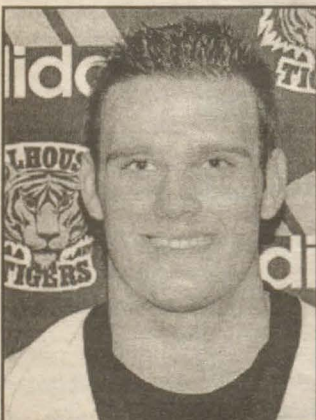
Dalhousie Athletes of the Week



Jilliane Goulet
Women's Volleyball

Jilliane Goulet of the women's volleyball team has been named Dalhousie's Female Athlete of the Week. This weekend the Tigers were on the road for an exhibition trip to the Ottawa Invitational Tournament. The Tigers fared well, going 3-2 in the tournament and defeating Ottawa in their final game on Sunday in straight sets. Tiger standout Jilliane Goulet was once again impressive for the Black and Gold, racking up 55 kills, 17 stuff blocks, 6 aces, and 35 digs for 78 points. She turned heads at the tournament with her remarkable showing and made her way onto the Tournament All-Star Team. Jilliane currently sits in the top 10 in league stats for points, kills and blocks per game. She is a second year English student from Arnprior, ON.

Carl Mallette
Men's Hockey



Carl Mallette of the men's hockey team has been named Dalhousie's Male Athlete of the Week. The 6' centre from Pierre Fonds, QC had a tremendous showing this past weekend as the Tigers added another two wins to their streak with tough match-ups against the UPEI Panthers and the second place St. Thomas Tommies. On Friday night, Mallette started the scoring, earning the first mark just 39 seconds into the first period. The Tigers then traded goals with the Panthers, including a second from Mallette at 16:09 until the score was deadlocked 3-3 at the end of regulation. At 4:40 into extra time, Mallette capped off his hat trick with the game winner. On Saturday, the Tigers faced second place STU and a few minutes into the second period found themselves down 3-1. They quickly regrouped and came back with vengeance, scoring seven unanswered goals to drop the Tommies by a score of 8-3. Again Mallette contributed by earning two assists in the total team effort. Currently Mallette is in second place in team scoring with 29 points and is making his way up the AUS leader list as well, now sitting in a three-way tie for sixth place. Mallette is a first year Management student, formerly of the Victoriaville Tigers of the QMJHL.

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Women's B-Ball is struggling this season.

File Photo: Nick Pearce

B-ball tigers continue to struggle

QUENTIN CASEY
Sports Editor

It has been a rough season thus far for both the Dal men's and women's basketball teams. The men sit in third place of the AUS Baldwin division at 1-10, just slightly ahead of Memorial. The women meanwhile have fared slightly better with a 3-8 record, good enough for third place.

Yet this season's heartbreak on the court is understandable for a couple of reasons. Firstly, both teams have new coaching staffs this year. The women's team is run by former assistant head-coach Scott Morrison, who is at the helm while longtime bench-boss Dr. Carolyn Savoy is on sabbatical. The women's team also suffered major off-season losses as key players exhausted

their years of eligibility.

The men's team is in its first season of guidance under John Campbell. The former Laurentian star cannot fully be judged on the team's performance until he has been given a couple of years to recruit players of his choice.

Both teams were in action this past weekend at the Tower as the Tigers were hosted by Saint Mary's. Neither team was able to knock-off the Huskies despite two close games.

On the women's side, the Tigers were able to take a three-point lead into the half but were hampered by a dismal 31 per cent field goal percentage in the second period. As a result, SMU was able to pull out a 66-59 victory.

Dal was led behind Sonya

Young's 18 points, four rebounds and three steals. Ryan McKay chipped in with 10 points and three boards.

The men found themselves down by 12 points at the half, and despite hot shooting in the second half, including 50 per cent accuracy from both the field and from behind the arc, the Tigers were unable to mount a successful comeback and lost 84-76.

Nick Donald paced the Tigers with 19 points and three rebounds. Tim O'Connor proved his efficiency by scoring 17 points in a mere 21 minutes on the floor.

The Tigers take to the hardwood at Dalplex on Friday, Feb. 7 versus UNB. The women tip-off at 6 p.m. with the men to follow at 8 p.m.

Hockey Tigers keep on Trucking

ADAM SOMERS
Sports Contributor

Surprise, surprise, the men's hockey team had another super weekend, winning a nail-biter in overtime against UPEI, and then steamrolling second-place St. Thomas University (STU) to put a firm hold on first place.

Showing off the talents of both of their goalies (Perras on Friday stopping 37 shots and Berrigan on Saturday stopping 26), Dal

showed why they deserve to be the top team in the AUS.

"This was a big weekend for us," said Chris Stanley, who had six points this weekend, including a hat trick against STU. "We wanted to put some distance between us and the rest of the league, so it was a big lift for us to get two wins."

Friday night, facing off against the UPEI Panthers, it was supposed to be the easier of the two games. It certainly looked like it

was going to be at the start as Carl Mallette was able to hit the net a scant 39 seconds into the game.

However, the Panthers were not going to just roll over and die, and came back with a goal of their own. As both teams pushed hard for the go-ahead goal, Mallette was able to get his second of the game on the power play.

UPEI out shot Dal 18-4 in the second period but were only able to tie the game with J.F. Perras refusing to let his team fall behind. David Walker then scored in the third to put the Tigers up with only half a period to go.

The Panthers wanted blood and went crazy at the end of the period, tying the game with a mere 90 seconds left on the

clock.

In the extra period, Carl Mallette put to rest UPEI's chance for an upset off of a heads-up play by Walker, potting his third goal of the night and his second hat trick in just over a week.

The very next night, the Tigers had to face off against the red-hot Tommies from STU who had won their last six games. Dal knew they were in for a battle with this team who, like them, had a slow start to the season but have completely changed their game around.

The Tommies drew first blood but Dal came right back with Dominic Noel scoring on the power play. STU was in no mood for this, scoring before the end of the period to lead 2-1, and then scoring early in the second to lead the Tigers by two. Chris Stanley then stepped up like he has been doing all season, scor-

ing two straight goals. Dal never looked back, going on to score seven unanswered goals, including two from Captain Dan Tudin, with singles added by Billy Browne and Mark Lynk. Chris Stanley put the finishing touches on with a short-handed goal late in the third to give him the hat trick.

"We needed someone to step up," Stanley said after the game. "[Berrigan] had been keeping us in it, and thankfully we were able to get some powerplay goals."

Forget about lions, the Tigers are the new kings of the jungle, with a national ranking of eighth. The Tigers continue their prouf toward the postseason, picking off their opposition one game at a time. The next home game is Wednesday, Feb. 5 against St. F.X.

Be there at 7 p.m. to hear the Tigers roar.

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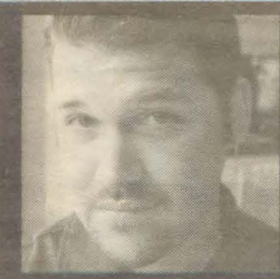
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SEX

Go on, ask. You know you want to.

As this is the "drug" issue, I thought it would be interesting to see the correlation between sex and drugs (and of course, rock 'n' roll) by soliciting letters based on drug use and bedroom fun. Many people have done foolish things while on drugs and unadulterated sex tends to be one of them. When you're high, you end up letting your guard down and do a variety of things that you wouldn't normally do if you weren't all coked-out or baked. For those of you who still consider alcohol a drug (rather than a date-maker or wedding-instigator), I'm not going to include it in this category. Alcohol, while less "disapproved" of than drugs, belongs in it's own category and has been the start of many a wonderful, if not short, relationship.

Dear Don,

What are poppers? Are they safe to use during sex and are they dangerous if used frequently?

Lids

Dear Lids,

Poppers, or alkyl nitrites, are a stimulant that generally drive you to do things in the sack you wouldn't normal-

ly do, such as trapeze artistry, double-donging, yoni massaging and a variety of other acts that would normally seem utterly impossible to accomplish. Poppers achieve this by causing muscles around your blood vessels to relax, making your heart speed up to pump more blood. Oxygen-rich blood reaching the brain produces a "rush" sensation. Since poppers cause muscles in the anus and vagina to relax, they are often used during sex. They're all about an instant high that quickly goes away, but not before killing a number of oft-used brain cells. Many people have experienced headaches, sensations of spinning or falling and loss of erection. Poppers pose extra risks for people who have suppressed immune systems, heart problems, low or high blood pressure, a history of cerebral hemorrhaging, anemia, or are pregnant. If you're coked-out, you also increase the risk of a heart attack, and I think we can all agree that having a heart attack while having sex isn't a real turn-on. I'd also like to mention that possession of amyl nitrite without a doctor's prescription is illegal. Federal law bans the manufacture and distribution of butyl nitrite and related substances, although these provisions have not been enforced. So, if you're safe and do very few of the high-risk incidents listed below, go ahead and have a sniff. I would also avoid having that ever-sexy smoke after doing it, as the fumes and liquid in poppers are flammable and there's nothing fun or sexy about having a fire ball shoot up your nose, unless you're in to that, but that's for our "fire" issue to be released at a later date.

Dear Don,

What drugs can you take that would make sex more interesting and arousing? I have heard many different things about different drugs and

their ability to make a person horny.

TPG

Dear TPG,

Drugs are bad, mmmkay? If you're depending on drugs to heighten your sexual pleasure, perhaps you're doing it wrong or just boning a dud. That being said, I've heard so many different things and almost every website or book I've read says different things about different drugs, so it is no wonder that you're feeling a little lost when it comes to drugs and sex. First off, hallucinogenic drugs always tend to make people feel like their having the best sex of their life, but the truth is that they're also seeing Barney the Dinosaur screwing Big Bird at the same time ("Wow man, like, I'm so fucked up and stuff"), so it probably isn't as great as it would be in a non-high reality. Pot puts me to sleep, so I can't imagine it being all that great for sex unless you're a really intense person that needs to calm the hell down just to get it up, which I'm not (blush). Finally, we come to cocaine, the cause of many a night of "great sex". Having never had a nasty coke habit, I wouldn't know if it would help you out in the sex department, but I've heard that, besides being illegal, it could aid in losing your inhibitions and allow you to go whole hog the next time you're shagging. Just remember that drugs don't have to be a part of sex and many people enjoy sex the way it was meant to be; either with the person you love or with a person you'll never (hopefully) see again.

Feel free to e-mail your questions to dkearney@dal.ca or write to Don c/o 6136 University Ave., Room 320, Halifax, NS B3H 4J2.

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Streeter

BY RACHELLE DUMAS

What is your drug of choice?



Weed
-Sean

Alcohol
-Kate



Coffee in the morning makes the day exciting.
-Nat

Ibuprofen. I get headaches late in the day
-Aaron



Exercise 'cuz when I'm running I forget about everything and focus.
-Autumn



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