

GAZETTE

12 Nov. 30

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Dalhousie University Student Newspaper

Free

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ART FORM

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University Life -- Enjoy it at The Grawood!

Students march against privatization of education

by sofia kalormakis

the gazette

On Sunday Nov. 26 more than 40 people gathered at Victoria Park to join the march against the privatization of education. Posters and picket signs read "Education is not for sale," as people marched from Spring Garden road, down to Grand Parade Square. At one p.m., the crowd led by the *Radial Cheerleaders*, took to the streets.

"Radical...don't let the police know...Radical...or they won't let you go," the *Radical cheerleaders* sang as they danced and cheered on the streets, and slowed down traffic.

Kirsten Denley, an International Development student at Dalhousie, was part of

the *Radical Cheerleader* team.

"I like doing this because it's a fun way to protest against privatization and still try to get something done," Denley said. She suggested that as university students in Canada, people should participate in peaceful demonstrations and try to stop the privatization of Canadian post-secondary education. Education is a right, she said.

The march was organized by the Halifax Mobilization for Global Justice Coalition. Speakers from Oxfam, Greenpeace and the Canadian Federation of Students among others pointed fingers at the Canadian Corporate agenda for hosting a trade fair over the weekend.

Bill Hynd, the Oxfam representative, said the International corporate

community is at fault.

Corporations need to commit and make education accessible to all children around the world, he said.

"They should be having a rights fair, not a trade fair," Hynd said. Education is a basic right as stated in the UN's declaration of human rights, he said.

Hynd indicated that one fifth of the human population has no chance of getting an education.

The proposed price for this global education is an estimated eight billion dollars, he said.

"This is not a lot of money in global terms," Hynd concluded.

Other speakers talked about some of the flaws with student loan systems, school building in Nova Scotia and the way



Students march with a purpose...

universities manage research and development programs

Cass Elliott is the youth coordinator for Environmental Action in Halifax. He said this kind of protest is successful because it offers alternative, fun ways to get people involved.

"The Radical Cheerleaders are very good at what they do,"

Elliott said. "So you don't only have people doing the 'way-heh we won't go' routine, but a group that's ready to sing and dance to the cheers they have already prepared for the rallies."

The next Mobilization for Global Justice Coalition meeting will be held at the on Dec 4 at the University of King's College.

Racial barriers need to be broken down, journalists agree

by jennifer mccauley

the gazette

On Saturday, Nov. 24, the Periodical Writer's Association of Canada sponsored an open forum entitled *Challenging Racial Barriers in Journalism* at the Dalhousie Student Union Building. The idea grew out of an on-line symposium that identified a need for face-to-face discussions. It was designed to provide an environment where members of the writing and publishing communities could become aware of and discuss the needs of freelance journalists of a minority background.

The panelists included Daniel Paul, a Micmac author; Kristen Tynes, a black producer at ATV; Sherri Borden, a black writer for the *Chronicle-Herald*; and Raheel Raza, a Southeast Asian freelance writer for the *Toronto Star*.

Each shared their experiences starting out and some of the difficulties they had getting into the business. Each had their own advice for their audience.

"I never got any of my background in university," says Paul. "I've only got a grade eight education. I got all my experience from the university of Life."

He regrets that there are no role models in the Micmac community, but nonetheless the community has made a large impact on Nova Scotia, he says. He also believes that because there are so few Micmac that work off-reserves, any mistake he makes while working off-reserve is highlighted.

Kristen Tynes believes it is a good time to be a minority in the media, since every company is being encouraged to diversify. She also thinks that she had to prove herself as a new journalist more than most, because she is both black and female. Her

biggest advice was to be persistent and to be professional in all dealings.

"Having the guts to go and apply for the jobs is the first thing you can do to break down the barriers," says Tynes. "Once I was inside, I learned to recognize the value of making key contacts."

Sherri Borden encourages taking a proactive role in pointing out and breaking down the barriers. She suggests that everyone should contact the newsrooms of the country to find out what kind of equity policy they have in place.

"Silence condones their actions," explains Borden. "You have to ask and ask until you get an answer."

Raheel Raza suggests that the best way to get into the business is to not make it your main source of income. But once you're in the business, you should avoid becoming "pigeon-holed" by only writing about minority issues.

"You can't cover a

community unless you understand it," Raza says. "On the other hand, they want to label you as a writer of colour. Don't let them do that. Make sure you write about other issues as well."

A journalism professor from the University of King's College, Kim Kierans, was in the audience. She emphasized that, at King's, the journalism school offers scholarships to encourage minorities to apply to their program. Students in the crowd pointed out that out of 450 Foundation Year Program students, approximately five were black, and within the classes of 2003 and 2004, there are probably only four students that are visible minorities.

Panelists suggest that minorities who want to do something about this should go out and talk to people. If you are a minority, interested in writing, try to sell your stuff. Keep trying to break down the barriers that are out there. Most of all, remain positive.



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Federal election hands Liberals increased majority

by jay nathwani

the gazette

The federal Liberals, led by Prime Minister Jean Chrétien, were re-elected with an increased majority on Monday, November 27.

The Liberals increased their majority in the 301-seat House of Commons from the 161 seats they held at the dissolution of parliament to 173. The Canadian Alliance will form the Official Opposition after winning 66 seats. The Bloc Québécois

won 37 seats, the New Democratic Party 13, and the Progressive Conservative Party 12, all decreases from the previous parliament.

12 seats are required to maintain official party status in the House. The Conservatives appeared destined for parliamentary obscurity until a Quebec riding switched in their favour, to a collective sigh of relief from everyone except the Alliance.

The Liberals appeared to benefit from an anti-Alliance vote in Atlantic Canada. They made significant gains here, where they won back some of the seats they lost in the 1997 election when the Tories and NDP swept Nova Scotia and New Brunswick. They increased their seat count in the region from 11 to 19 of 32 seats, maintaining their majority hold on PEI and Newfoundland and Labrador's seats and picking up in Nova Scotia and New Brunswick. Their performance could also be attributed to fading memories of the Unemployment Insurance cuts, and a desire to have a voice in government.

The NDP took a significant blow in the East, which was their base of support. They were reduced from eight seats to four. The NDP had 19 seats at dissolution. Leader Alexa McDonough won her Halifax seat.

"Most importantly, we'll fight to save health care that defines us as a nation, that more than anything defines us as Canadians. And we'll fight not only to save it but to improve it."

The NDP dealt a blow to the Liberals in Dartmouth, where incumbent Wendy Lill defeated Liberal Bernie Boudreau, a senator who was parachuted into the riding. He had at one point been meant to lead the Liberal campaign in the East, before his indecision over choosing a riding and otherwise poor performance convinced Chrétien to bring Brian Tobin back into federal politics from his position as premier of Newfoundland and Labrador.

The Tories took nine seats in the region, firmly establishing the Maritimes as their foundation in the House. They had 13 in the region after the last election, and a total of 15 in the House at dissolution.

The Liberals won office again largely on the strength on their Ontario vote. They won 100 of the province's 103 seats. In 1997 they won 101 of 103, and in 1993, 98 of 99. The Canadian Alliance failed to make the breakthrough they were looking for in the province, winning only two seats. The NDP won one seat, Windsor-St. Clair, but could not gain a toe-hold in Toronto, as Trinity-Spadina candidate Michael Valpy lost to incumbent Tony Ianno.

Strategic voting may have been especially important in some Ontario ridings, where the Alliance was a threat to the Liberals. The Conservative and NDP popular votes both suffered in the province, dropping from 18.81 percent and 10.69 percent respectively in 1997 to 14.44 percent and 8.27 percent respectively in this election.

If much of that vote went to the Liberals in some key ridings in rural Ontario and the so-called 905 belt around Toronto, it could explain the Canadian Alliance's failure to win more than two seats. This loss despite an increase in the Ontario popular vote that it enjoyed over its predecessor, the Reform party, from 19.14 percent to 23.61 percent.

Tory leader Joe Clark's strong performance in both English and French debates and the strong

Conservative campaign may also have helped by ensuring a continuing splitting of right-wing votes between the Conservatives and Alliance candidates. If their votes totals were united under one party, many Ontario seats would leave the Liberals' hands.

The Liberals also improved their performance against the Bloc in Quebec, with each taking 37 of the 75 seats. The Bloc held 44 during the last session of parliament. The improvement has been attributed to the collapse of the Tory vote there, ending federalist vote-splitting.

The West was, unsurprisingly, where the Canadian Alliance drew the vast majority of its support for its 66 seats. It took 23 of Alberta's 26 seats. Nationally, it had 58 seats at dissolution, and will be buoyed by its performance in this election.

"We have increased our seats, and we are the only party that increased its popular vote in every region of the country" said Canadian Alliance leader Stockwell Day.)

Joe Clark won his seat in Calgary Centre after trailing by about 30 points initially to Alliance incumbent Eric Lowther. The Liberal vote collapsed by almost 23 points to support Mr. Clark, and the NDP vote by over three. His presence in the House will be important to revive the sagging fortunes of the Conservatives. A loss for him would have been a blow to his party.

In some other closely-watched races, Anne McLellan, the Justice Minister, also won re-election in her Edmonton seat after a vigorous and concerted effort by the Alliance to

defeat her because of the gun-control legislation she was responsible for. Environment Minister David Anderson was re-elected with a large margin in Victoria, after another Alliance campaign against him. Many New Democrats in that riding got behind him. NDP MP Svend Robinson held his BC seat, Burnaby-Douglas.

Politically, the country has remained divided along geographic lines. The Manitoba-Ontario border continues to be largely impermeable to Red and Green: Red remains to the East, Green to the West. The Atlantic provinces remain the chief bastions of hope for the Tories and NDP, but they have suffered nationally and the Liberals have regained a strong majority in the Atlantic region. This election has only exacerbated the trend of the last two, with the East-West division growing more distinct. However, the race did not polarize to the extent that it might have, or to the extent that Chrétien might have wanted it to; the NDP and Tories have not been eliminated as serious political forces.

The campaign was also the nastiest and dirtiest in recent memory. Some Liberals charged the Alliance with racism (one Alliance candidate bemoaned the "Asian invasion"); the Alliance would have had Chrétien charged criminally for dealings on behalf of a constituent that it alleged were improper (the Ethics Commissioner, a man appointed by Chrétien, disagreed).

With files from CBC, and the *Globe and Mail*.

Commemoration of the Montreal Massacre

On December 6, 1989 a lone gunman killed 14 young women at Ecole Polytechnique in Montreal, simply because they were women. We gather on December 6th to remember these women, and the thousands of others who face violence in their lives, every day.

Please join us on December 6th, 7:00 pm, Green Room, Dal SUB.

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National News

from the Canadian University Press newswire
by Wendy Sawatzky

Pussy Protectors promote menstruation

OTTAWA (CUP) — A new group at two Ontario universities calling itself the Pussy Protectors is trying to change people's attitudes towards menstruation. Members of the Ontario Public Interest Research Group at the University of Ottawa and Carleton University say menstruation is about as natural as breathing or blinking, but society has classified it as dirty and shameful. The group has been promoting its cause at workshops and by handing out information on both campuses.

The Pussy Protectors believe that when it comes to feminine hygiene products, many consumers are misinformed about which products are safe and easy to use. A coordinator of the group said companies use chemicals such as bleach and other dioxins to make their products white in colour.

"There is bleach and other dioxins to make the product appear sterile," she claimed. "Tampons are not sterile at all, they're only made to look that way."

A communications officer at Kimberly-Clark, the manufacturer of Kotex tampons, said his company makes products that are becoming more biodegradable and more ecologically friendly.

The Pussy Protectors have set up reusable pad-making workshops and struck a deal with two female entrepreneurs to sell The Keeper, a re-usable menstrual cup. The coordinator said feedback to the campaign on campus has been positive.

Guelph staff rally for better working conditions

GUELPH (CUP) — More than 80 University of Guelph maintenance and operations staff gathered on campus Saturday to fight for equal pay for equal work, job security, fair wages and respect in the workplace.

The protest follows a Nov. 8 conciliation session between the university and Canadian Union of Public Employees (CUPE) Local 1334, the union representing the maintenance and operations staff. If an agreement is not reached by the next scheduled negotiation time of Nov. 28 a strike or lockout could occur Nov. 29.

A university spokesperson would not comment on the issues, but said the university is hopeful a settlement can be reached. She said the university will try to conduct business as usual should a strike occur.

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DALENDAR Nov 30 - Dec 6

The 47th Annual Student, Staff, Faculty, and Alumni Exhibition will be held from Dec. 1 — Dec. 17, with the opening ceremonies on Nov. 30 at 8 p.m. Entry forms are available at the Dal Art Gallery, Killam Library, Kings College Library, Student Union Office, or DalTech gallery. Call 494-2403 for more information.

The Dalhousie Music Department Town and Gown concert will be held on Dec. 1 at 8 p.m. in St. Andrew's United Church. Tickets are \$10 general, \$5 for students and seniors. For information contact the Music Department at 494-2418.

The Dalhousie French Department offers a full year of study at the institut d'Etudes Francais pour Etudiants Etrangers in Aix-en-Provence, France. An information session will be held on Nov. 30 from 11:30-1 p.m. in the Killam Library, or call 494-2430.

Theatre Art's Guild presents "Robinson Crusoe" at the Pond Playhouse. The show runs from Dec. 1 to 17 with evening and matinee performances. Tickets are \$10 adult and \$8, seniors and children. Call 477-2663 to reserve your seat.

Dalhousie Study Abroad/



Exchange Program is holding information sessions on Wednesdays from 12-1 pm at Lester Pearson International.

Dalhousie Gazette is holding a benefit on December 14 at the Marquee club. Bands include Edgy, Flush, and Tony Smith and the Mellowtones.

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STUDENT EMPLOYMENT NEWS

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

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Presentation: "Launch Your Career Successfully"

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I am not participating in democracy

As I sit here not voting I feel guilt creeping upon me. I should go vote, but I have work to do (such as this editorial) and a meeting. I also of course forgot the proof of residence so I can't even register to vote. Oh well, its not the first time I haven't voted. It's weird I always tell my friends and colleagues you have to go vote, it's your democratic duty and right, but then I don't bother. I'm such a hypocrite. We take our right to vote for granted. After living in Cuba for a term I realized that we at least could make the attempt to choose by voting. At

evils how does one choose the least evil?

I sit here drinking my beer pondering the fact that none of us (*The Gazette* staff) care about how the polls are going. It's 8 p.m. Monday night and we aren't even watching the television to see how the big federal election is going. We take comfort in knowing/thinking that same-minded people actually took the time out to go and vote. But what if they haven't and the Alliance gets in? Who is to blame?

All of us slackers that didn't go out and vote.

I started university with the aim of beating my parents in an argument. But I've realize that they have too much of a head start on me and I'm never really going to win.

least we have the semblance of a choice.

Growing up, my parents were actively involved in the campaigning efforts, so the party's headquarters were transformed into a babysitting venue for me. Mild child labor maybe, but not really. I loved hanging there and watching the hustle and bustle of a campaign — the ringing of the phones; people coming and going; the candidates walking into the middle of the chaos which pauses for those few seconds; the sigh of relief that follows their departure and the silent questioning of whether or not they will win. It was a home away from home to me. It's such a stage show. I've been trained to be part of the process. I was taught to care about the vote. Apparently I don't care enough in the long run — but

The discussion has centered around how one chooses who to vote for. The consensus between a few of us seems to be that the main questions are: Who will make university cheaper and who will make my heating bill cheaper?

You need to question whether you're trying to build a more knowledgeable society in the end or if voting is the point of personal advancement. The human race, for the most part, is selfish and I hold a strong feeling that almost everyone that votes is doing so for their own advancement and not the betterment of the country.

I've heard that no matter what, the only reason to vote is to maintain democracy, but I'm not sure I subscribe to that school of thought. Look at recent democracies, the ability to vote has not changed anything by western

You need to question whether you're trying to build a more knowledgeable society in the end or if voting is the point of personal advancement. The human race, for the most part, is selfish and I hold a strong feeling that almost everyone that votes is doing so for their own advancement and not the betterment of the country.

what is the long run really, a four year parliamentary dictatorship? — to actually take the time to go out and vote though.

The party platform has been ingrained in my head. I haven't ever looked into the other party's platforms, I know that my party can do no wrong. Although I sometimes stop to question this philosophy, that somehow resembles my opinion of people who believe in God and their own sort of blind faith.

It happens that I hear things and sometimes wonder if perhaps my parents could have possibly been wrong in their choice of parties. Then again they both have PhDs and have never left university (they now teach) so how could they possibly be wrong? I started university with the aim of beating my parents in an argument. But I've realize that they have too much of a head start on me and I'm never really going to win.

The status quo is met by the three main parties — I refuse to concede that the Alliance is a fourth party. All three parties will provide health care regardless of how we vote, they couldn't possibly negate health care because of the repercussions, so really of all the

standards when the function on western imposed models and beliefs. The governments who are busy funding these countries' "democratization" is so that they can fairly exploit their resources.

The bottom-line of the reason many people vote is a self-interested reason: to make sure that our concerns are addressed. That's to say what matters is what effects them everyday, the price of education, how much beer and cigarettes cost, the ability to go to the doctor, public transportation, how much taxes they have to pay and a few social services that directly effect them.

Certain parties are obviously going to cut the things that mean something to me, but for the most part the parties are all part of a blurred line. Regardless, I held enough hope in the Canadian people that I didn't feel the need to go out and vote and I guess by the time everyone reads this I'll know if I made the right decision or not. But I have this creepy feeling that I should stick my head in the sand and hide for the next four years.

The guilt is probably going to haunt me until the next election.

Caitlin Kealey

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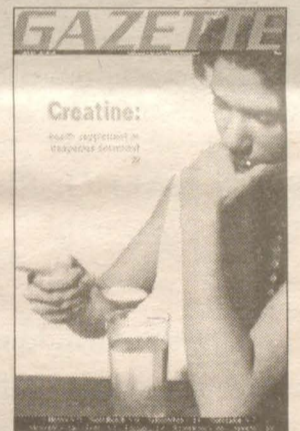
A FUNDRAISER FOR THE DAL GAZETTE

Busted!

This is not a police officer.

Our apologies to Mark Bennett who was the photographer of the fine cover image at the right illustrating our creatine feature story in last week's issue.

Thanks Mark.



THE DALHOUSIE GAZETTE

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The *Gazette* welcomes letters to the editor and commentary. All letters will be printed up to four per week. The printing of additional letters will be at the discretion of the Feedback Editor. Letters may be edited for length above 300 words and we reserve the right to edit commentary.

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

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is2.dal.ca/~gazette

Defending Creatine

A relatively new supplement, creatine, has received a fair amount of attention by researchers, athletes, coaches, fitness enthusiasts and media. Creatine has been boasted to improve anaerobic sprint exercise, fat-free mass, vertical leap, and cause greater gains in strength. Consequently, creatine has become one of the most popular supplements of recent times. This is reflected in the literature, as over 100 research papers have been published on creatine in the past three years.

Creatine has experienced extensive media attention due to high profile athletes using the product and not concealing the fact, as it is not a banned substance. This has led to incorrect information and incorrect usage of the supplement by other athletes and the general population. Although it is not a wonder drug, there have been a number of well controlled experiments that have shown positive effects of taking creatine.

Researchers hypothesize that there are two primary effects of creatine loading: (1) increased

muscle creatine and (2) increased body weight, meaning there is an anabolic (muscle building) effect. The increase in body weight was initially thought to be due to water retention, however several studies have suggested that creatine loading may help build muscle. It has been suggested that the initial increase in intracellular fluid triggers protein synthesis, consequently, there is an increase in lean body mass.

The only known side effect to creatine ingestion is weight gain. This goes against a number of concerns being presented in the media and in individual case studies. There is no evidence from any well controlled clinic study that creatine causes long-term suppression of endogenous creatine synthesis, increase in renal stress, liver damage, severe muscle cramps or promotes incidences of muscle strains or pulls. These anecdotal reports and claims are unfounded and result from inappropriate data and case studies.

There are also concerns over long term side effects with the usage of creatine. Even though athletes have been using creatine

for over 12 years there are currently no long term, well controlled studies, published that determine the side effects of creatine. Dr. Stone of Appalachian State University and Dr. Krieder of the University of Mississippi are both undertaking such studies and after talking to them both it appears there research will confirm that there is no long term negative side effects of taking creatine.

I personally have attended an eight hour symposium on Creatine by top researchers in the world and the debate was not on its side effects but if it is a good ergogenic aid or not. In the exercise science world we can not rely on anecdotal reports but concentrate on sound research which again and again have shown creatine to have no negative side effects and to be an ergogenic aid for some athletes and individuals.

If people wish to know more there is currently a new text out titled *Creatine; The Power Supplement (What is it — How It works — How to use it)* done by Dr. Melvin Williams, Dr. Richard Kreider and Dr. David Branch, all

noted exercise scientists.

Lastly, let me state that your article confirms a couple of things 1. the internet is full of inaccurate information 2. If you would like accurate information please speak to a professional whether that be an exercise scientist/professional or a

registered dietician 3. One article does not justify anything, not even one research paper, you need support in the literature before damning statements can be made like in this article. Although your article has "shock" value this is about all the value it has.

Darren Steeves

Minimalistic Answer: *Inspired answer or Incipient Recipient?*

As an inspired genius, I find it necessary to answer both your questions. There are thousands of people who need to know these things:

1. Humanity's survival and reproduction as an evolutionary entity causes humankind to both try new things and get stuck in the rut of the common and mundane. Consider imagining early human prototypes who

discovered that rocks can make effective weapons if they are broken and shaped rather than left as big blunt tools.

Unfortunately, the ability to create new solutions to problems is the one great fallout of the human race. If we ever had one ideal society, someone would insist that it was not so and change things for the worse.

2. Water is wet because it feels

wet on normal human skin. If we could receive sensory impressions of water in our bodies, we would say that water feels like a heartbeat or a full bladder or something like that.

I hope this answers both your questions. Send your mixtape to the corner of infinity and the centre, purgatory, two steps from the abyss.

Walberg

**Have an opinion?
Got something to say?
Tell somebody who cares.**

Send email to: gazette@is2.dal.ca subject heading set to "FEEDBACK," or swing by the Gazette office before Monday at 6pm to get in the next issue, room 312 SUB. 700 word limit, may be edited for clarity and length.

RANT OR RAVE

Creatine research: good or bad?

Dear Mr. Steeves,

I must agree with you that last week's feature on the negative side effects of creatine may have been a little harsh and although based on an interesting case study, it was without much factual basis. I can appreciate your defence of creatine and respect your knowledge as a health-science student.

You frequently made reference to the lack of sound evidence supporting the occurrence of negative side-effects of creatine use, especially negative long-term effects. The point was also brought up that many high-profile athletes currently use creatine properly, and experience no side-effects. I would like to bring to your attention for a moment the fact that for many years laypeople suspected that tobacco use led to adverse health conditions. For quite a while one could deny the idea that smoking led to lung cancer due to the fact that "no evidence from any well controlled clinic(al) study" was available.

The lack of "sound" data on the matter was due to many factors. Results from early studies of tobacco use, potentially suggesting that smoking causes cancer, could have convincingly been passed off on the basis that it is next to impossible to isolate a single variable contributing to a person's health and then claim with confidence that this one factor lead to the effect. Despite a modest consensus that tobacco smoke was unhealthy it was not until fairly recently that society and science realized the ill-effects of smoke and began officially warning people about the dangers.

Nowadays it is a generally accepted fact that smoking can lead to cardiovascular disorders, but it took a long time to "prove" this. Why did it take

so long for us to realize that inhaling toxic fumes was unhealthy? Let me say one thing "billion dollar industry."

For the second week in a row I'll say that there is a lot of money being made off the sale of tobacco. Creatine is fairly expensive and I would imagine becoming increasingly profitable as its popularity and use grow. One of the two most important things taught in Psychology 2000 (experimental methods) is to be critical and remain on your toes when it comes to new scientific data and expert opinion (the other is the ability to look interested in things when in fact you are not). It seems a lot of people are suckers for instant gratification. Take diet pills, steroids, and muscle building electrodes "guaranteed to firm and tone in three weeks or your money back" for example. Some of us love spending our money on such things.

I don't believe that I'll have a seizure if I take creatine nor do I fully trust researchers receiving research grants from unnamed organizations. I will most definitely look into the research of Dr. Stone and Dr. Krieder. Twelve years doesn't seem to constitute a long term experiment, considering many of the people using creatine are young people who can expect to live at least five times that long. Many illness causing agents require years of exposure in order to cause health problems, UV rays, tobacco smoke, asbestos and coal dust, to name a few. Also I would like to learn the experimental method that Dr. Krieder and Dr. Stone are using in this important experiment that allows them to confirm their results before the experiment is over.

JVS

Exams are coming — smarten up!

by **johnneen manning**
the gazette

The holidays are fast approaching, and we all know that the season is notorious for the delectable treats which tempt taste-buds and inevitably end up on our thighs, hips, bellies, and bottoms.

Let's not forget that we must first survive a much less popular season before we can indulge in the festivities and feasts of the holiday season. That is — the dreaded exam season.

Students, it's time to boost our brain power. We've got to be at peak performance in order to effectively store endless amounts of details and facts in our convoluted grey matter. While coffee and Jolt may get us through long nights of exam cramming, they don't do much for our memory and retention capabilities. Try incorporating some of the following naturally healthy foods and their healing properties into your diet to prepare for the upcoming brain-baffling season of final exams.

With any luck, we can also use these miracle foods to minimize the impact of the goodies and sweets all of us look forward to all year long.

- **APPLE** — Rich in potassium, high in fibre, beneficial for reducing cholesterol levels.
- **APRICOT** — Rich in potassium, soluble fibre, beta-carotene and iron.
- **ASPARAGUS** — Aids digestion, helps with water retention.
- **BANANA** — Rich in potassium, an instant energy booster and mood lifter with vitamin B6.
- **BLACKCURRANT** — Rich in vitamin C, potassium, and anti-oxidants; a traditional cure for inflammations like rheumatism, eczema, and psoriasis.
- **BROCCOLI** — Super rich in beta-carotene, a good source of folic acid, iron, calcium zinc, vitamins C and E and is an anticancer vegetable.
- **CABBAGE** — Very rich in beta-carotene and potassium, and a good source of calcium, B-group vitamins, folic acid, anti-oxidants, and vitamin C; helps reduce the risk of cancer, cataracts, ulcers and spina bifida.
- **CELERY** — A good source of potassium, rich in sodium, and a calming diuretic that may also help reduce cellulite (as an added bonus).
- **CHERRY** — A good source of potassium and vitamin C.
- **CITRUS FRUIT** — Rich in potassium, folic acid and vitamin C.
- **CRUCIFEROUS VEGETABLES** — Includes kale, brussel sprouts, and cauliflower. All are rich in folic acid, potassium, iron, vitamin C and anti-oxidants.
- **DAIRY PRODUCTS** — Obviously, a great source of calcium, but watch out for signs of allergies such as eczema, ear infections, indigestion and acne. Try fortified soya beverages as a healthier alternative.
- **FENNEL** — Rich in potassium, good for digestion, may also regulate estrogen levels.
- **GARLIC** — Nature's antibiotic: good for promoting a healthy heart, fighting colds and flu and aiding circulation.
- **HONEY** — Healing, soothing to the stomach and intestines, and an antibiotic. Great substitute for sugar in drinks and baking.
- **LEGUMES AND GRAINS** — Rich in potassium, soluble fiber, iron, and folic acid; great to stabilize blood sugar levels, counter anemia and help reduce the risk of heart disease.
- **MEAT** — Rich in iron and zinc; boosts immune systems and helps facilitate healing.
- **OILY FISH** — Especially salmon. Rich in vitamin D, calcium, iodine, and essential fatty acids; an anticancer food with benefits for the heart, skin, bones, blood pressure and arthritis.
- **PARSLEY** — Rich in vitamin C, potassium, carotenes, calcium, folic acid and anti-oxides.
- **PUMPKIN** — Rich in potassium, and vitamins C and E.
- **RED BELL PEPPERS** — Actually contain more vitamin C than oranges; rich in anti-oxidants, vitamin E and carotenes.
- **SEAWEED** — Excellent source of vitamin B12, calcium, magnesium, iodine, iron, and sodium and may be beneficial for breast cancer prevention.
- **SOYBEAN** — A source of iron, calcium, protein as well as soluble and insoluble fiber.
- **TOMATO** — Rich in anti-oxidants, potassium, vitamin E, beta-carotene and vitamin C.
- **WALNUT** — Rich in alpha-linolenic acid and linoleic acid, which help reduce cholesterol.
- **WATERCRESS** — Rich in iron, vitamins C and E, calcium, and potassium.
- **WHOLE GRAINS** — A good source of selenium, B-group vitamins, potassium, fibre, iron, zinc, and niacin.
- **YOGURT** — Beneficial to stomach and intestine flora balance, provides immunity against harmful bacteria and a great source of calcium available in low-fat varieties.

Don't punish yourself for dabbling in the sweet goodness of the holiday season, but at least make an attempt to include a few healthy foods into your daily regimen. Stay healthy, stay smart!

Do you fondue?

Fondues were all the rage in the sixties and seventies and — as with all other retro paraphernalia — fondues are making a dramatic comeback in today's trendy culture. Their appeal is not unfounded, though. Fondues are remarkably easy and fun to prepare — so they're perfect for informal entertaining with friends, family get-togethers, and romantic carpet picnics for two in front of a warm fire. They help bring us back to our primal roots of cooking in front of a fire.

Fondues are also exceptionally versatile. They can serve as everything from appetizers, and entrees to desserts, and you can indulge in the joys of a fondue practically anywhere. You can prepare chocolate, cheese, or broth fondues in which to cook or flavor your food of choice. Fondues do, however involve a bit of preparation — in terms of cutting or cubing fruit, vegetables, or meat — but that can be part of the fun for your guests.

There is relatively little clean-up involved with fondues, but you must ensure that the fondue burner and pot are set up correctly and in a safe place to avoid the danger of a fire hazard.

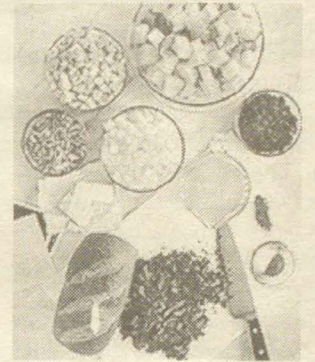
The following are a few examples of the variety of fondues you can choose from.

Basic Cheese Fondue

- 1 lb Gruyere cheese, coarsely grated
- 8 ounces Emmentaler chesse, coarsely grated
- 4 teaspoons cornstarch
- 1 garlic clove, halved
- 1-1/2 cups dry white wine
- 2 teaspoons lemon juice
- freshly ground pepper
- freshly grated nutmeg

Dipping Ingredients

- Cubed and cooked chicken, beef, pork, or firm tofu
- Bite-size raw vegetables: zucchini, cauliflower, broccoli, mushrooms, eggplant, etc.



In a large bowl, combine the cheeses and cornstarch and toss to coat. Rub the inside of a heavy saucepan with the garlic and discard the garlic. Add the wine and lemon juice and bring the mixture to a boil. Stir in the cheese mixture gradually over moderate heat, stirring until smooth. Season with pepper and nutmeg.

Simmer mixture for two to three minutes and transfer to a fondue stand set over a medium flame. Serve immediately, taking care to remember to continually stir the fondue to prevent it from separating. Serve with skewers.

Dip and enjoy. Serves 4-6 people.

Tablerone Dark Chocolate Fruit Fondue

- 6 tablespoons whipping cream
- 3 tablespoons honey
- 2/3 52-ounce bars Tablerone bittersweet chocolate or 7 ounces semisweet chocolate, chopped
- 1 tablespoon kirsch (clear cherry brandy) or Grand Marnier (orange liqueur)
- 1/4 teaspoon almond extract

Dipping Ingredients

- Assorted fresh fruit (whole strawberries, one-inch thick slices of peeled banana, peeled pear wedges, kiwi rounds, and orange segments)
- Dried fruit (Calimyrna figs or apricot halves)

Bring cream and honey to simmer in a heavy medium saucepan. Add chocolate; whisk until melted. Remove from heat. Whisk in kirsch and extract. Pour fondue into fondue stand set over a low flame; place on platter and surround with fruit. Serve with skewers. Serves 4-6 people.

Vanessa's Closet

advice from someone completely unqualified
by *vanessa owen*

Dear Vanessa,

My company just laid me off, and I have two weeks until I face unemployment. My car is this piece-of-shit 1978 Pacer, and I just got a date with this girl that I met at the Bowl-A-Rama. What should I do with my last \$350?

Poor and Horny

Dear P & H,

Is she cute?

Dear Vanessa,

My sister just married a junkie with AIDS, so my father bought a Thompson sub-machine gun on the black market, and went looking for him. The cops picked him up and sent him to jail, so my mother applied for welfare. My other two sisters went to work as streetwalkers in an effort to help support Mom and me. As a result, we make too much money to qualify for food stamps. My mother finally got a job as a chicken plucker at the local Chicken Delight Drive In. But she had to quit after a week because she found out that she was allergic to eggs. Her boss said something about ... "getting laid too often." Anyway ... my problem is this ... should I wear a red dress or a black dress to go along with my blonde wig and purple lipstick ... to the high school dance next week? My friends say that it's just a little too much. I really value your opinion ... so let me have it!

Ima Fella

Dear Ima,

In my experience, it's really hard to go wrong with black. Suitable for day or night, elegant and yet understated, black is the perfect choice for many events that require clothing. And it's slimming as well!

Dear Vanessa,

I recently met a young lady, whom with I went out on a date. We seemed to really hit it off and had a great time. Anyway, we haven't been out since. She stated several times how much she likes me, and is always complementing me, and flirting with me, but kept putting off going out again. A few days ago, she said that she does not want to date anyone right now. She is 25, has a master's degree, and is trying to find a career. She works constantly (waitress), and when she is not working, she investigates the job market. However, she does take time to go places with her roommate, and took on a second job. That is what confuses me. If she had such a good time with me, and really likes me, why not take the time to go out with me again? I have come to the conclusion that she is playing games. I have decided not to contact her at all, unless she contacts me. Do you think this is the right choice? I have been out of the dating game so long, that I am unsure of what to do. Thanks for your help.

Too old for games!

Dear Old Coot,

I know it seems strange that if the date went as well as you say it did, why wouldn't she want to see you again? I'm going to let you in on a little secret; woman always have time for what they really want to do, and for whatever reason, she doesn't want to spend time with you. It could be that you appear too eager, or that she simply decided you were not the man for her. She may have met someone else and is trying to let you know that she is not interested nicely. Who knows? Bottom line is back off and give her space.



Legible.

The Gazette



The phone in the can.

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MEXICALI ROSA'S



TACO THURSDAYS

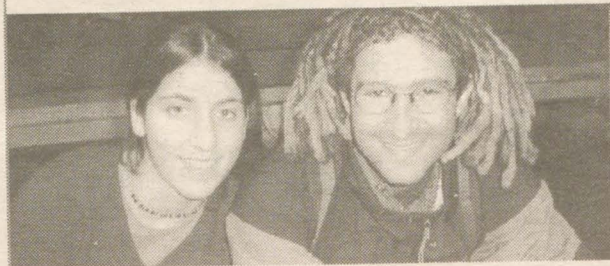
3 TACOS FOR \$4*

5680 Spring garden road 422-7672 * with beverage purchase

5680 Spring Garden Road

This week
The Gazette asks:

What would
you be doing
with your
tuition money
if university
was free?



Invest it!

Amy
(Economics)

Travel.

Brenden
(Economics)



It would
definitely be
related to sex.

Taryl

(*kay dude, next week we're going to ask
people for suggestions on sex-related
activities that cost over \$1000!)

Travel.

Anonymous



Send everyone
to Quebec to
speak out
against the FTA
(Free Trade
Agreement).

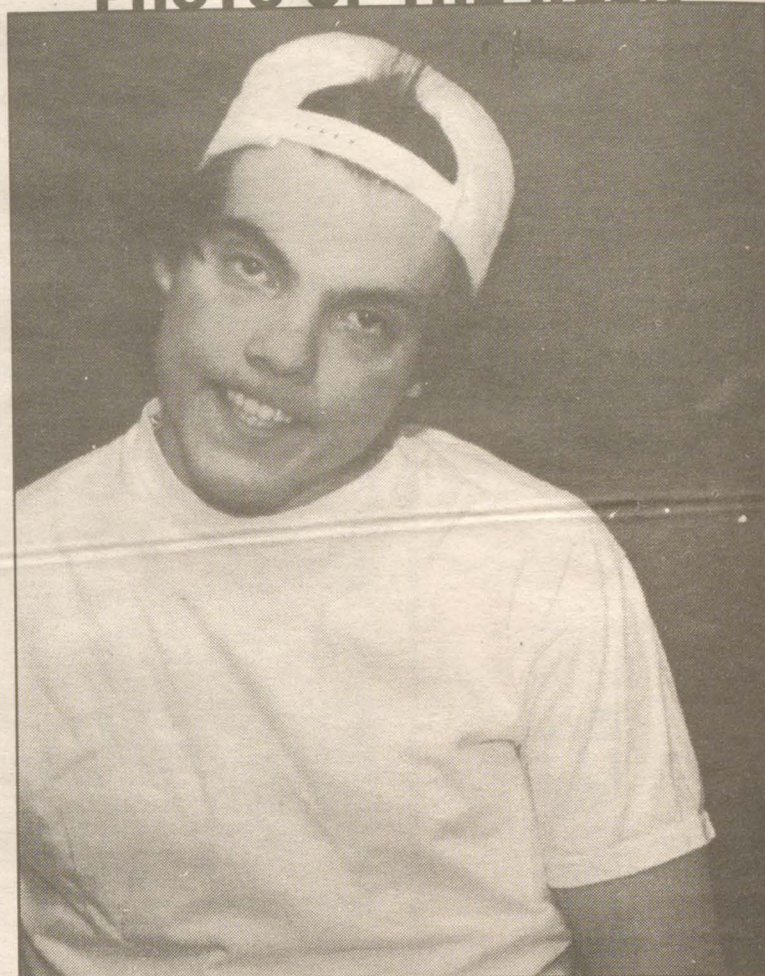
Anna (IDS)



Mexico.

(Damn, we
forgot to ask
your name!)

PHOTO OF THE WEEK



Where are they now? Jon — don't
approach the plexiglass, don't tell him
anything personal, never forget who he
is. Wishes everyone a merry Christmas.

JOEY the ROBOT

BY: christopher hemsworth

e-mail: joeytherobot@yahoo.ca

WINTER IS UPON US, MY FRIENDS.

AGREED.

THE "GREAT SLED-RACES" MUST COMMENCE.

AGREED.

AND LO, HERE WE STAND, WITH THE THRILL OF ANTICIPATION IN US AS WE GAZE DOWN THIS HILL.

AGREED.

OH, THE WHIPPING WIND AGAINST OUR FROZEN FACES, AND THE ADRENALIN RUSH AS WE SPEED DOWNWARDS ... IT CONSUMES US.

AGREED.

YES, AND THE BEAUTIFUL ELATION OF SWEET SWEET VICTORY, OR THE CRUSHING AGONY OF DEFEAT ... WE ARE BUT FATE'S PLAY-THINGS.

AGREED.

THEN ... THE PRECIOUS REWARD OF ANDY'S FAMOUS GOURMET HOT-CHOCOLATE ... YUM.

A-GREED

ALL WE NEED NOW ... IS SOME GOSH-DARN SNOW!!!

AGREED.

URBAN COLOURS

photos by sabrina thurlow



NORTH END DARTMOUTH PLAYGROUND, URBAN GIBBERISH.



DOWNTOWN HALIFAX, CATCHIN' RED EYE.



DOWNTOWN HALIFAX, REMNANTS.



DOWNTOWN HALIFAX, CYCLOPS.



DOWNTOWN HALIFAX, FINE ART FOUNDATION.



GOTTINGEN STREET, THREESOME.

URBAN MUSIC WILDERNESS

by **darryl kyte**

the gazette

Like most young people in Halifax, Peter Hargreave rarely listens to the radio. Hargreave, 22, is a Dalhousie University history major. In his room on Cedar Street one recent Sunday afternoon, he pushes aside papers and carves a space on his desk. Time to burn a CD on his blue I Mac DV.

Hargreave gets his music off of the Internet because there's hardly anything on the radio that makes him want to bob his head and swivel his hips. While he types he listens to the lyrics of the rapper Cameron on Smooth Grooves, a CKDU radio program that plays rap and R&B. It comes on only once a week.

Hargreave's roommate, Ryan Andrews, a Dal varsity volleyball player, is sprawled on a green velour couch. With his eyes shut, he's on another planet. It's one of the few times in the day he can nap. Usually Hargreave's transparent Harmon Kardon sub-woofer attached to his computer makes the hardwood floors tremble with the deep bass of the rap and dance music files Hargreave downloads.

Hargreave says Halifax stations try to appeal to too wide an audience. No station plays the rap, dance or rhythm and blues that he enjoys.

"I don't know what's wrong with the radio here," he says, as he rolls his eyes and raises his hands to his shoulders. "It's like the people who choose the music that goes on the radio lost their hearing in '95."

Hargreave is right: in Halifax no radio stations target a young audience.

The 64,840 people between the ages of 5 and 20 living in Halifax, (1996 census), might as well not have ears. No stations think they're important enough to program for, although they account for 19.4 percent of the Halifax Regional Municipality's population. Stations prefer to target those between the ages of 20 and 54, which accounts for 186,875 people in Halifax (56 percent of the population).

Young people who want to hear Billboard top 40 rap, R&B and dance music, are forced to watch Much Music, pay for specialty programming on BET, (Black Entertainment Television,) buy the albums they want to hear, wait for select shows on Dal's CKDU, or get their music off the Net.

Hargreave has more than 400 music files downloaded on his

computer. "It's the only way I survive," he says with a sigh. "Without the Net I probably wouldn't listen to music at all."

CRTC regulates only Canadian content.

Many young people think that the CRTC (Canadian Radio-television and Telecommunications Commission) should do something about the fact that no Halifax station targets young people. The problem is that the type of music on the radio does not concern the CRTC.

CRTC's senior regional officer in Halifax, Donna Shewfelt, says there has never been any AM radio regulation, and as of 1995 the CRTC no longer does any detailed regulation of FM stations. It does not require formats, playlists or percentages of repeats. The only thing the CRTC regulates strictly is Canadian content — all stations are required to play 35 percent Canadian content.

"If you're a commercial radio station you can choose the format that you wish," says Shewfelt. The CRTC does not do anything to ensure a variety of stations are on the air. "We don't go out and say we are looking for an FM radio station. We respond to applications."

Shewfelt says that even if the CRTC wanted to change the music on the radio in Halifax, the Canadian Broadcasting Act at this time wouldn't allow it to. The CRTC no longer does market studies when it receives an application for a new station. It no longer examines what a new station will do to existing stations by entering a given market. It also does not dictate what types of music stations play.

"We're basically saying to the industry, if you think you've got a viable station and you want to apply for a license, go ahead, come to us and tell us what you want to do and we can license you. That opens it up to all types of radio applications if people want them."

Radio formats, therefore, are entirely industry and profit-driven. Commercial radio stations exist to make money, so they will play the type of music that gains them the largest audience and the most advertisers.

A teen radio station would go broke in a week.

Bob Templeton, president of the Metro Radio Group, sits in his first floor office facing Agricola Street in the Metro Radio Group building. Light beams through the venetian blinds onto the pink walls. Templeton's wearing navy blue dress pants, a white pin-striped dress shirt and a yellow tie with daisies. The top button on his

shirt is unbuttoned and his tie is loose. A pile of reports are on his desk and a smile shines through the grey and black of his beard. When the idea of a station targeted at people under the age of 21 is mentioned, he says programming for his son, A SMU student, and his friends would take him out of business.

"A lot of people think they could make a fortune if they have a teen radio station here. Wrong: you'd go broke in a week. But they don't know that because they think their gut is right. Never rely on your gut."

Templeton says he has to make a profit because his stations are publicly owned.

"My sole responsibility at the end of the day is to maximize shareholder value. We have to run an efficient business. We're not running a charity here. We're not the CBC with almost unlimited funds."

In Halifax five FM stations have pooled resources under the Metro Radio Group banner. The stations have independent programming and independent news but share office space, supplies and traffic, sales and engineering departments. The group can be seen as a type of radio cartel. There is only one commercial Halifax station on the FM band that is not part of the Metro Radio Group: CHFX, a new country music station. Stations that are part of the group are Q104FM, a classic rock station; C-100FM, an adult contemporary station; SUNFM, a light rock station; CJCH, a talk station; and Kixx, a classic country station.

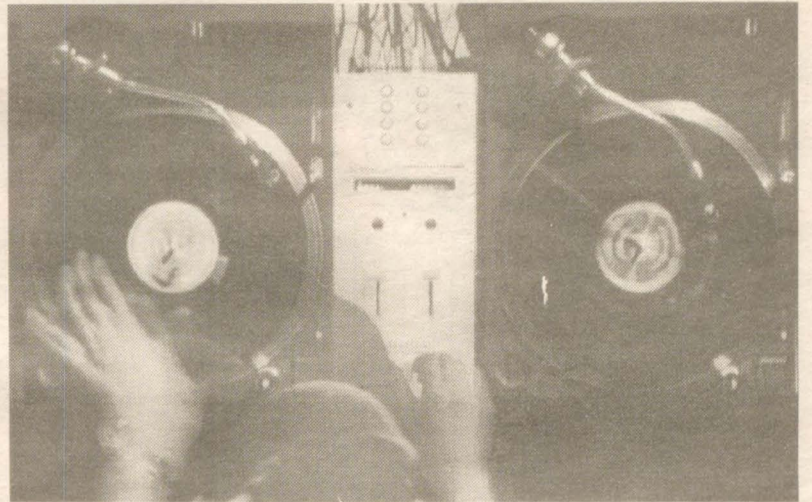
Templeton disagrees with the notion that the Metro Radio Group restricts the type of music on the radio. He says that stations within the group are forced to be different to create their own market. There's no youth station simply because the youth market is smaller than the market for the stations that already exist.

"There's a limit to how many stations the commission [CRTC] will allow," says Templeton, with a shrug. "If they'd give me another station, I'd gladly target it at teens, but I wouldn't trade in one of the stations I have."

Teens in Halifax who do listen to the radio tune into C-100. Program director Terry Williams says that his station's target audience is between 18 and 44. C-100 has chosen this as its target market because according to its research it's the largest listening audience and appeals to the widest range of advertisers.

Williams knows there is a lack of radio programming in Halifax that targets the 21 and under age group directly, but he says the market isn't there. He says many young people tune in to C-100 because a lot of the music that appeals to the C-100 target market also appeals to people under the age of 18. But Williams is also aware that in Halifax young people really don't have an alternative to C-100.

"What it comes down to is that private radio is business," says Williams. "A business needs to generate revenue, and our business generates money by selling its airtime. Our airtime is more valuable



with a larger audience."

Texas radio on the Internet

Ryan Somers, is the host and DJ on Smooth Grooves, a weekly show that plays urban music, (rap and R&B), on CKDU. He doesn't listen to private radio in Halifax. When he has the urge to listen to the radio, he uses a Real Player to listen to radio stations in Texas. He says that he likes the fact that they have live DJs and they play R&B. He recognizes that there is a lot of music on the Texas stations that there wouldn't be a large enough audience for in metropolitan Halifax. He understands why Metro Radio Group stations refuse to play artists such as Eminem. Many of the lyrics in Eminem's songs are violent and degrading to women. Somers realizes conservative stations do not want to associate themselves with the artists like Eminem, even though his record has been on the Billboard top ten list for the past 18 weeks and was on top of the charts for two months in Canada.

"They don't have to play, like, hard Tupac or Eminem, but there's R&B songs from, like, Destiny's Child," says Somers as he shakes his head. "They do play a little of it: they could just play more. Even late at night they could test it out."

Somers thinks that the only way things will change is if a new station emerges. He feels that the implementation of a low-powered community station in Cole Harbour and a planned increase in power of CKDU will increase the listenership of urban music. He hopes the new stations will cause private radio in Halifax to play more R&B, rap and dance music.

A new station would mess with the current Bureau of Broadcast Measurement (BBM) statistics. This past spring C-100 led the market with a 71.4 percent market share among teens, with CFRQ coming a distant second with 12.8 percent of the market. The question is, how much would a new station playing urban music affect these statistics? For Halifax commercial radio to increase the amount of rap, R&B and dance being played, the 18+ statistics would have to be affected. For that age group CFRQ led the way with a 21.8 percent market share; C-100 was third with 16.4 percent of the market.

Somers thinks that a new station could disrupt the BBM statistics enough to see the amount of rap, R&B, and dance music on Halifax radio increase. "If an urban station came in and played a lot of music that a lot of young people, and even old people, want to hear they would have to do something about it."

Clothing store owner wants to open urban radio station.

Shingai Nyajeka is the owner of North of New York, a clothing store on Barrington St. that targets the 15 to 25 year-old hip-hop crowd. His store is full of clothing the department stores won't sell, worn by

rap stars in music videos. Behind the cash register, there's a colourful spray-painted mural that makes you think you're under a bridge. Nyajeka is a walking billboard for his store. His dreads rain all over his gray Pure Playaz t-shirt and navy blue baggy Rocca Wear jeans. He wants to start up an urban radio station in Halifax.

"There is a market for the urban radio station, just like there is a market for the urban clothing store," he says, while handing a customer change for a gray Rocca Wear sweater. "It's evident by the sales that are ringing through the tills here. It will also be evident by advertisers fighting for spots, because if and when this station does open up it will be the hottest thing to hit Halifax."

Nyajeka is in the planning stages of formally applying for a license to broadcast urban music 24 hours a day in the metro Halifax region. He is sure that the idea will be a success.

"Every radio will be on lock to whatever this station is on the FM band," he says. "Urban music is the sound of today."

Rock is king at HMV

Sales of rap, dance music and R&B suggest that Nyajeka may be overestimating the number of people who would tune into his station.

Marc Asta, manager of the HMV on Spring Garden Road, says rap has accounted for six percent of total sales this year, dance eight percent, and R&B one percent. Rock is king at HMV, accounting for 27 percent of sales. Asta however, acknowledges that dance music, rap and R&B are the music of today's youth and believes that increasing their presence on the radio would dramatically increase their sales in his store.

C-100 program director Terry Williams says that his station may eventually increase the amount of rap, R&B and dance music audience if these types of music continue to increase. He says that C-100 programming is like programming on Much Music, but he says Much Music targets a younger audience. Williams doesn't think that C-100 will ever target the same market. "I think a station for people under 21 could exist, but the question is, could it be profitable? The question is, are there enough advertisers who are attempting to reach young audiences via radio?"

Williams acknowledges that there are the Gap's of the world that would most likely pay for advertising space on a youth centered radio station but doubts enough big sponsors would come on board. He says that C-100 advertisers include grocery stores and car dealerships, which are not likely to advertise on a station targeting younger listeners.

Williams believes this fact will keep C-100 away from high rotations of R&B, rap and dance music. He also thinks the same reason will kill any youth station that is born.

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Culture, Communication, Word

by jason kun

the gazette

My first memorable experiences with hip hop music includes learning to handle my drink while trying to follow the rhymes of Souls of Mischief and driving through Maritime pseudo-cities awed by the musical mastery of The Roots first album and the sleepiness of my surroundings. Hip Hop music has been a mainstay of my auditory diet for many a year. Now I sit at a keyboard letting the description of my relationship with this music flow like freestyles from the lips of esoteric emcees.

My rapport with hip hop is not monogamous, I often spend nights with blues, funk, jazz, drum & bass, international and others that have lured and romanced my mind and soul. But don't think I'm not loyal, I'd shout my voice coarse, and spend a good deal of my paycheck for her. And Hip Hop, well, I've seen her dancing, grinding and whispering secrets into the ears of my whole social circle. It's a casual and collective

relationship, in fact hip hop has introduced me to many of my comrades, she is so outspoken and open to conversation, she just can't help but to bring people together.

Ever since I had my first taste of Hip Hop, a lucid fall night soaking in freestyle compositions, the form of music has represented freedom of expression, communicating and discovering myself and others while releasing and enjoying myself.

Hip Hop started as an urban art-form, a medium for the repressed and/or opinionated city youth to express their ideas and creative energies, and as such has always exuded a raw yet positive energy. Hip Hop DJs, Emcees, Graf-artists, and B-boys communicate to themselves, their crews, families and society at large. The raw attitude testifies to a strong critique of society and/or powerful release of opinions and stresses from day to day life. Many Hip Hop artists such as KRS-One and Jeru the Damaja use the platform of hip hop music to educate others,

criticise our society and express their love for the artform.

Hip Hop has come a long way, although a relatively new art form, it must be less than three decades, this genre of music has leapt boundaries and has been appearing in various other types of music.

I believe popular culture and the capitalist shysters controlling record labels and video play pose a serious threat to the reputation and sustainability of hip hop culture. Mainstream Hip Hop is easy to accept, it's on the tube, it sounds catchy cause they've looped some hit from the past that those young kids won't recognize. I'm shocked at what is portrayed as 'hip hop' on the tube nowadays.

Ah well. Some people will always be attracted to shiny objects on the tube, and the weak minded will give in to propaganda and trendy catchlines. Is this you? Sorry, 'not I' said the cat.

Hip Hop is what you make it baby. Go out and find what artists are saying the things you believe in. Go support a local group. Import some hard to find underground LPs. Distinguish between the fake and the real, it's really not that hard, just listen to what they say and analyze. Write some hip hop rhymes, freestyle, graf up some corporate bullshit billboard, learn to break and elevate your mindstate.

It's really not that hard to write up some lyrics. Check out the lyrical stylings of my man Knoned Minimal, he's got some conscious vernacular. You can also send in rhymes to his column, he'll probably appreciate it, I heard he stays up all night pondering the moon.

On that note, put down this paper and decide that you are hip hop. Turn it into whatever you believe is correct, we live in a hectic age, we got a lot to say and now is the time.

Peace.

CD REVIEWS



More RPM's than Floyd....On a Scooter — Various Artists

(Fat Wreck Chords)

Hey — it may be a free CD with songs that were released on albums that have been out for a while, but it is free. Anywho, with songs from punk gurus Snuff, Avail and Strung Out, the album is a good soundtrack to beat someone up, steal a car, or maybe just sit in front of the fire with a bottle of Sterno and a sawed-off shotgun. But hold it, these aren't even new! Yuki by Snuff is off Numb Nuts, which came out close to a year ago. But who can blame Fat Mike and the boys, this CD is free, they can't release all their solid gold punk rock before

the shit even gets released.

And besides, there is some new stuff — Inspection 12's *Secure*, Big in Japans' *Hell Before Reno* and Fabulous Disasters' *My Static* haven't even been released yet.

What can I say about a free CD? It's free, and the quality is reflected in the freeness of it. Damn. — Flexx



Pitchshifter — Deviant

(EMI)

These guys have a metal on splintering bone kind of sound that is good, if you like that kind of aggressive, pounding racket, which I do. The only problem with the CD is that the aggression and angst displayed in the content of the album is total bullshit. In reality, it seems that these guys are a bunch of momma's boys whose only purpose to even writing music is to get out all of their teen-angst.

The album, despite relatively good music, is full of crappy and completely vapid lines about nothing being smooth or sweet. My favorite, however, is the line from "Scene This" — "I set the scene, I set the scene, I'll make you clean." Wow guys, that's pretty fucking deep.

They included an instrumental at the end of the CD, an idea that might have taken away the horrid taste in my mouth that their lame and embarrassing lyrics left. However, they named the song "P.S.I. Cological," a pathetic attempt at wit that further prevented anything positive from coming out of these goddamn morons. People should have to take an intelligence test before they release anything into the public.

— Flexx



Marilyn Manson — Hollywood

(Nothing/Interscope)

I'd like to see someone do a God bashing quite like Brian Warner (a.k.a. Marilyn Manson, Omega, God of F—k, The Third and Final Beast). If the man isn't a card carrying member of the Church of Satan, he probably should be. He and his band of mock mass murderers keep the metal tradition alive with their fifth major release. *Hollywood* picks up where *Antichrist Superstar* left off (some are even calling it a prequel). Manson has cut back on the make-up and fake body parts that made *Mechanical Animals* one big question mark. He's gone back to a more wholesome image we expect from a satanic priest with delusions of grandeur. The Album has a good mix of heavy

metal, dance influences and acoustic ballads. *Hollywood* is not as experimental as previous efforts, but it is nice to hear Manson sticking to his art form. The band makes *Metallica* sound like momma's boys and *Pink Floyd* sound like they're stressed out on the same record. While *Hollywood* is already one of my favorite albums, it may not top the pop charts anytime soon. Recommended for schizophrenics and other people with problems in the real world. — Mark

How Well Does Unbreakable Hold Up?

by mark evans

the gazette

Unbreakable begins with a simple little blurb about comic books. It's all trivial and useless information that nobody would ever need or care to know, but it firmly makes its point that the movie that follows is unquestionably a superhero movie.

Bruce Willis plays David Dunn, an average guy with an average job and a messed up marriage. Coming home from a job interview, the train he's on derails and he turns out to be the sole survivor. He's unsure what to make of this, until he quickly gets involved with a bizarre comic art dealer named Elijah Price (Samuel L. Jackson).

Based on his own equally bizarre condition, Price believes that Dunn is unbreakable — he can survive physical harm that would kill a regular man. Not only that, but Dunn is beginning to develop a, excuse the pun, sixth sense about danger and the evil inherent in those he comes into contact with. When Dunn finally accepts this, he not only sets out to be a hero, but also discovers that just as Superman has kryptonite, he himself may be unbreakable, but definitely not invulnerable.

The writing in *Unbreakable* is crisp enough to achieve director/writer/producer M. Night Shyamalan's goal of developing a real world situation where actual superheroics might be possible. It's actually conceivable, even while it's being completely impossible. There is one slight hiccup where Dunn is trying to help someone and his weakness manifests itself just a little too conveniently, but for the most part things work.

The director's visual style is good too, the cinematography in this movie is crisp and to the point and looks very well done.

Acting is mostly good in this movie. Bruce Willis plays a very laconic David Dunn, reacting as most normal people would to the news that they are in fact a superhero.

Samuel L. Jackson's hair is way more distracting than it should be, but he rhymes off his fantastical theories and beliefs about Dunn in such a way that he convincingly sounds like an absolute lunatic.

Robin Wright-Penn plays David's wife with a quiet, understated dignity. The role is smaller than it should be, but Wright-Penn plays it for all it's worth and she steals the few scenes she's in. As for Spencer Treat Clark, who plays David's son, well, he bears a rather suspicious resemblance to Haley Joel Osment and it almost seems like they couldn't get him for the role so went with somebody who looked like him. Clark horribly botches a couple scenes, including a tense showdown between himself and his parents that ought to have been nail-biting but instead had the audience laughing out loud when I saw it.

The current rumor is that *Unbreakable* is the first movie in a planned trilogy, and that's not a bad idea. There's certainly a wealth of material here for sequels, and the film needs to make amends for its lame ending anyway.

The denouement is unsatisfying for two reasons, one of which is its attempt for a shocking revelation that isn't all that shocking if you've been paying attention. The issue I have with it is the huge coincidence that would have to be involved for such an ending to work. The other problem is that the ending is so abrupt and anti-climatic after this revelation that it glosses things over with mere text. It makes it seem like the director is saying "Ok, fine, you got your surprise ending, now get out so we can get the next group in."

This movie is really waffling on the two and a half to three star line, but I'll give it three stars since it really does seem to mean well. If you can live with the film's problems then you won't be disappointed, since the rest of the movie is quite professional and entertaining. The film isn't quite as unbreakable as its character and just lacks the polish that made *The Sixth Sense* such a good movie the first time around.

Do You Have the Flu?

Dr. Sullivan's laboratory at the Department of Psychology at Dalhousie University is looking for participants who are currently experiencing cold/flu symptoms. If you are interested in participating, please contact Kris, Stacey, or Nadine at Dr. Sullivan's lab at 494-5178 or by email at kdevouly@is2.dal.ca.

You will receive \$15 to compensate for your time and inconvenience or if you are a PSYO 1000/1001 student you may choose to receive 4 credit points toward your final grade.

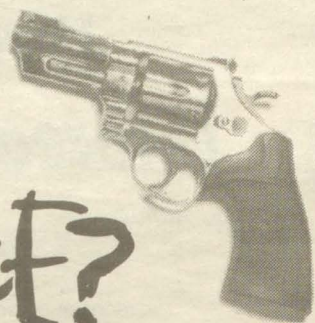
Approved on October 12, 2000. Code # F00.9.MS.

Principal Researcher: Dr. M. Sullivan

Co-Investigators: K. Devoulyte, BA, S. Lasklis

Lab Coordinator: N. LeGier MA

Hey Kids do you like VIOLENCE?



by lauren kirshner

the gazette

It has been almost two years now, and still no blame has been assigned. Parents in Curt Sears pantsuits shout accusations at other parents, teachers blame that goddamned rock and roll music, and teenagers sit harried, in bubbles of alienation.

Lest we forget the newspaper clippings — full-page inky photos depicting blonde girls with ponytails sobbing in the school cafeteria over untouched cheese sandwiches. Parents holding anemic flowers over a makeshift memorial site. And finally, the yearbook snapshots, candid and tragic, some grade ten guy trying to hide his braces while smiling still. Another, a small girl with fluffy hair, smiling shy and mouse-like. A golden boy, dark and handsome wearing a Varsity jacket smiles confidently at the camera. These photos were likely poured over, circled with hearts, or X'd out in normal high school fashion. But now there needs to be blame assigned, because all these kids are dead.

What happened in Littleton, Colorado was what brought the media's lazy eye to attention. Two boys with solid B-averages, good haircuts and manners, opened fire on their high school library killing 12 students and wounding 15 others. Students hid under tables, ran, and jumped out

windows, bloodying the school's façade with controversy. Later, bomb making equipment and instructions were found in the boys' rooms along with detailed plans for the massacre.

A cloud of despair and outrage fell over a once-sleepy mountain town and CNN was there to film it.

Picking at the flotsam of this tragedy, the media were the first to pick up on the possible causes for this act of shame — causes that could be found on any music television station. The rooms of these boy killers were raided, and taken out in plastic bags were various CD's, among them Marilyn Manson, Eminem, and Nine Inch Nails discs. Liner notes were furiously attacked and any line that could be construed as insightful was circled with the proverbial red pen and printed in the news. Frenzied to assign blame to *something*, youth and adults alike clung to this macabre notion that music could really be the spark that set young Dylan Klebold and Eric Harris off.

"I have a question. Why the hell did Marilyn Manson get blamed for what happened at Columbine? People are saying that his lyrics caused Dylan and Eric to do what they did. There is not one song by the band Marilyn Manson that says to shoot people at school," says one Internet posting by a Columbine student, with the strange moniker of the teen heartthrob, Edward Furlong.

Another message by a Columbine student named Ingrid agrees.

"The only ones who can be blamed for what happened are the actual killers themselves. No one else."

Finally, the darkest and truest message of all posted by a girl named Nicole, "It was the teasing and taunting that did it."

The New York Times, a publication that prides itself on objectivity and newsworthy prowess, splashed such sensational headlines in the weeks following the Littleton massacre: "A Portrait of Two Killers at War with Themselves," and later that week, "Society of outcasts begins with a \$99 black coat."

The public salivated at the prospect of blame, and devoured such stories which were based solely on regurgitated rhetoric of teenage deviance, and isolated student quotes vilifying the malaise of music culture today. One *New York Times* article began with the glib and over-simplistic statement, "On Monday they went bowling, on Tuesday, it seems, they committed mass murder."

Shortly after the massacre, Columbine High School banned all Marilyn Manson T-shirts and black trench coats. Shaken still, the public breathed a unanimous sigh of relief. In some ludicrous pattern of blame assignment, the heinous violence committed had been inextricably mixed up with the donning of a simple black overcoat. Talk was had about Marilyn Manson lyrics that went, "Take your hatred out on me, make your victim my head. You never believed in me, I am your tournament."

It was confirmed that Klebold, a suspected manic depressive, had been taken off medication just three days before the killings.

I remember going to school that morning and picking up the newspaper which showed an

aerial shot of students running. They looked like ants. In the school, there was an air of solemnity, and at lunch I saw a friend of mine sitting in the waiting room of the principal's office. His long black leather coat was folded neatly beside him. He was told not to wear it again.

Notoriously ridiculed at their high school, Klebold and Harris forged a friendship based on their alienation and disillusionment. They called their killing spree, "a revenge on all those people," presumably meaning those who singled them out. It was a killing of passion, and as Carl Rascheke, a University of Colorado professor called the two boys, "the outcasts of a rudderless culture."

To speak of a 'rudderless culture' is to bring to light the acute absurdity of blame assignment in these killings. While many are blaming music sub-culture, they are failing to see the larger picture — the fact that music reflects our culture today, as bleak as it is. To learn of repression and murder, one need not turn on the radio; they can just as easily open a history textbook.

A favorite preoccupation of delusional fundamentalists, often those seen outside rock concerts handing out leaflets of religious platitudes, is that the world would be a pastoral place if only the youth would embrace God in all His glory. Rock stars, often written off as hedonistic monsters, are the antithesis of goodness to the populations who subscribe to this school of blame. I recall being in a line-up outside a large Toronto venue two years ago, in the wake of the Columbine massacre, watching men and women in starched white pants hand out copies of the New testament and mumble about

Some fine Wit

Neptune's latest production deemed fine

by rachael borlase

the gazette

Neptune's latest production *Wit*, written by Margaret Edson, is — in the words of the plays main character — fine. The Pulitzer Prize winning play about a university professor's journey through cancer treatment, grabs the reader through both intellectual stimulation and raw human emotion. Although the text's reference to Jon Donne's *Holy Sonnets* are lines in which only an scholar could fully grasp, there is enough action and empathy within the script to make up for the academia. Edson explores the experience of a cancer patient being treated for chemotherapy and ultimately concludes that the treatment itself is worse than the sickness. Through her portrayal of Vivian, a rigid and lonely professor, we are brought through the physical and mental pilgrimage of an independent woman who must surrender her independence in order to understand how humans interact.

Edson's play takes place mostly in a hospital. In response to this, Neptune's set designer Art Penson, creates a flexible set

that can easily change into a doctor's office, a lecture hall or a patients hospital room, with the drawing of the curtain divisors or the push of a wheelchair. The walls are crisp white, with mint green stripes; light yellow doors swing open and close, all that is missing is the smell of formaldehyde. The only thing that does not appear to serve any purpose on this set is the showy space-ship-like disk that would be better suited in a sci-fi movie.

So what is it about this show that diminishes Edson's smart and powerful play? Overall, the show is tight, the set changes are choreographed in such a way that one gets a real sense that they are amongst the hustle and bustle of a hospital, and visually the show is quite evocative. What is perhaps the pitfall of this production is the supporting casts' stale performances. Edson's lines must always be delivered as if they were being said for the first time: otherwise we lose the 'wit' of the play. Unfortunately, most of the actors on stage seemed to have pre-meditated many of their sharp and funny lines, thus their deliverance was aimed at pleasing the audience rather than saying their lines with

the innocence that the script intended. This can be fatally observed through Ari Cohen's portrayal of the cool, emotionally detached, Jason Posner. Although he achieved the dislike for his character that the script implies, one could almost sense a smirk on his face before his funny lines were delivered. Monetta Imani James's portrayal of the warm and caring nurse Susie is genuine, however her constant upspeak during tender moments between herself and Vivian tends to get nauseating.

What keeps the production from falling into the rut of deadly theatre, is Vivian. Nicola Lipman's performance as the irritating know-it-all, yet naive professor is delivered with a bold frankness that grips the audience throughout the entire show. As her intellect turns and relents into the hands of her nurse, the audience witnesses this woman's recognition that there is life outside of Donne's poetry. Even within the final moments of the play, when all to obviously choreographed stage fighting almost upstages the last seconds, Lipman manages to hold her audience, as Vivian is finally completely unmasked.

Tossed Cookies

by randolph macdonald

Cat

In the morning,
Wake up to laze around,
Found someone at the time
who is just that, crazy cat.
Just wanting to purrr,
Because they're like that,
crazy cat.

Just like the rest,
Finding the best place,
Face to face,
For a bed

With his strong hands he handed the sheets of poems to Caitlin. She felt a warm tingle spread through her body, starting where their fingers brushed as she took the pages. Impulsively she reached towards him. The pages fell gently through the air as he rose to meet her embrace.

Be a man. Submit your stuff to Caitlin
gazette@is2.dal.ca

Salvation. The gross irony was that across the street, crack-addicted prostitutes skulked around, and in the urine-soaked alleys behind the building, were scores of splotchy swastikas.

To see hatred and intolerance, one not need listen to music — it is right before our eyes. Perhaps the only thing to blame now is our vision.

Talk was generated at my high school after the killings. Boys were made to smudge off their black lipstick and all trench coats were held in purgatory in the school office. An assembly was held to discourage violence. And as the newspaper headlines began to wane, so did the hallway banter. A few months later, the black coats rightfully re-surfaced and Marilyn Manson's album peaked on the charts. What lingered in my mind was an overheard conversation in the girls' washroom in which I heard someone say quietly, "When I first heard about what those boys did, I thought Good. Finally someone had the guts to do something."

Classics, I says...

Each week we ask a different person to share their idea on a classic book, movie, and CD.

by thomas cameron edelson

the gazette

Book

Lolita by Vladimir Nabokov

There are two movies that, as usual, cannot compete with the original work. The only fictional work ever written by Nabokov deals with the infatuation of an elderly professor and a nymphet, a thirteen year old girl named Lolita. A poetic book dealing with the inner moral struggle of having a sexual relationship with a deviant and confused young girl. A short read for those strong enough to stomach the very 'unpolitically correct' happenings throughout the novel. Yes he does have sex with her and sometimes for money. "Ladies and gentlemen of the jury..."

Movie

Taxi (French)

One of the original movies directed by Luc Besson (*The Fifth Element* and *The Professional*), entirely in French but with a very Americanized feel. Shot in Marseille, this movie has all the workings of an American cop film but because it is French it is worth seeing. Bad Germans, great car crashes, a long tall sexy blond, and a merde-load of French patriotism make this film an unwatched candy for the senses. Video Difference has the subtitled version available.

CD

James Brown Funky People

For all those willing to give up food for funk, this is the disc. Its been sampled more than... well, a James Brown album. Anyone that listens to hip hop should be able to spot at least six beats that have been heard on other albums. Besides *Funky People* has Lynn Collins or as she is better known, 'the Preacher' and the entire original horns crew including St. Clair Pickney and Maceo Parker. I know a lot of people out there own and will only own James Brown's *Greatest Hits* but for those others that feel the need for deeper funk, *Funky People* is definitely one to pick up.

Review/Interview of Homage

by shawn kehoe

the gazette

Daniel Lillford's *Homage* is the latest offering from Exodus Theatre. Starring local talent André French, Emily Taylor and Peter Tyrrell, *Homage* is a tale of love and revenge in medieval Portugal.

French plays the Irishman, who acts as a guide and narrator to the audience. He tells the tale of Prince Pedro (Tyrrell), who falls in love with Ines De Castro (Taylor), the lady-in-waiting to Pedro's betrothed. But happiness proves elusive to the lovers, as betrayal quickly leads to death and retribution.

First staged five years ago in Melbourne, Australia, *Homage* is based on actual events which occurred in the middle ages. The story left a strong impression on Lillford, who is a self-confessed history buff.

After seeing Exodus perform *Julius Caesar* last fall, Lillford showed *Homage* to company director David Matheson. The play is Exodus' third production this season, and proves a dramatic departure from their last effort, the light-hearted *Rae and Luke*.

The characters are an odd mix. The villains are treacherous and self-absorbed, while the heroine borders on sainthood. But unlike a fairy tale, the characters change as the story progresses. Prince Pedro undergoes a startling

transformation from carefree heir to vengeful monarch, and while the Irishman is ultimately noble in character, he isn't above personal gain and opportunism.

Homage is also highly satirical in its portrayal of medieval society. The Irishman provides countless barbs and pointed observations on the events and individuals around him. Jim Fowler's Father Maradona proves especially memorable, a walking parody whose every appearance provokes biting criticisms of the medieval Church.

The humour tends towards the uncouth and bawdy, notably contrasting the byzantine manipulations of the court plotters. Lillford is critical of increasing political correctness in our society; *Homage* was written to acknowledge man's baser instincts as well as his "higher" ones. When the question of *Homage's* content was raised, Lillford was very forward in his reply. "I don't care if I offend," he said.

Consider that fair warning. Not everyone will appreciate *Homage*, finding it too dark, lewd or insensitive. But hey, that's the reason movie studios spend millions of dollars promoting their films as "life-affirming and feel-good", whatever that means. *Homage* is dark and unsettling, but it's also powerful, and it will have no problem finding an audience to appreciate it. I certainly did.

Fast, deep & hard into Hung Up

by caitlin kealey

the gazette

The chaotic whirlwind, also known as Newfoundland's Hung Up, was in Halifax last weekend.

Their punkrock blend was well received at the Attic. The crowd, although not drunk enough to be actively participating on the dance floor, were nodding along with the fast paced, hard hitting, catchy tunes.

Hung Up deliver strong guitar riffs backed up with infallible fast paced drumming. The sound is fine-tuned with Sherman Downey's melodic singing and is contrasted by his harsh yelling.

Hung Up started playing around the St. John's scene at the beginning of 1997. The band has seen many line-up changes since its inception, including the most recent departure of Wes Hodgson, who moved to greener pastures in Toronto. Dave Rowe, (Mike Rowe, Bucket Truck's drummer's little brother), has stepped up to bat in Hodgson's place and this show was his first with the band. Another ex-Hung Up member is Bucket Truck's Mike Stewart. He left the band to move to Halifax in January. They've also had problems keeping drummers.

"We've gone through



photos by sabrina thurlow

drummers in a Spinal Tapish sort of way," jokes guitarist, and one of the two original members, Trevor Sturge. All said, they've had four drummers, two bass players and two rhythm guitarists — one of them was Bucket Truck's Mike Stewart who got up on stage and played the last three songs of their set with them — in three years. The only other original member is singer, Sherman Downey.

Irregardless of the numerous line-up changes the band has still managed to put out a CD and go on an almost cross Canada tour — they flew to Toronto played the Warped Tour and then toured to the West Coast and back.

Their CD was released last year by West Coast label, Crack Records, although the actual recording and producing was done in St. John's. The album was recorded with Tom Ronan at Record Time Studios. It was mixed and produced by Rick Hollett and Sturge at Red House Studio. The resulting CD refuses to let you

take it out of your CD player. Each song has a catchy hook with lyrics that won't get out of your head. You're still humming it hours after listening to it. It's a disc of straightforward punk rock with some metal influences shimmering through.

The band is busy writing new material and they plan to not only record a new CD this summer but also go on tour.

"I don't want to claim that we're different than other bands, it's just that we aren't trying to sound like any other band. I don't know what makes us different. Maybe it's just because we all have different influences, like me — I'm influenced by Paul Simon, Dave Matthews, basically everything from Squirrel Nut Zippers to Radiohead and I'm bringing lyrics to a punk band. And Dave is in a bluegrass band with his Dad and he plays a big stand up bass," says Downey.

Whether they are different or not, their sound certainly does make the people bounce.

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Social implications of the HIV/AIDS crisis in Africa

by fiona kouyoumdjian
the gazette

In many African countries, the HIV/AIDS epidemic threatens the fundamental social and political structures of society. This is understandable in light of the shockingly high infection rate on most of the African continent. According to the UNAIDS website, more than ten percent of the adult population (ages 15-49) in more than 16 African countries are infected with HIV or AIDS.

To put such high infection rates in perspective, imagine being in a group of thirty adults; in Botswana, ten of them would be infected with HIV. In South Africa, six would be infected with HIV. Imagine the adults in your family, or the students in your class, or your co-workers, and consider how profoundly such high infection rates would affect your life and the structure of your community. The pervasiveness of HIV in such regions is perhaps unfathomable to us in North America, where infection rates of 0.16 percent in Canada and 0.31 percent in the USA, respectively, deservedly generate widespread fear and concern in the media and general public.

In addition to the high incidence of HIV, communities in Africa must deal with having little means by which to assist such individuals. Often individuals do

not have access to therapeutic anti-HIV drugs, because the drugs are not readily available and are totally unaffordable. This means that infected individuals will die at an early age, and also that their quality of life will be significantly compromised as they endure the illnesses associated with AIDS. The economic and social effects of these problems on a community are severe, depleting both the labor force and the social networks which define communities.

The high incidence of poverty in Africa further exacerbates this condition; the costs of HIV are more dramatic when the baseline standard of living is already low. Many regions do not have the social safety nets, such as an effective health care infrastructure, in place which could minimize the impact of the epidemic on the social structure. On all levels of society, the impact of losing ten percent of the population will be greatly felt.

Arguably one of the saddest outcomes of the AIDS epidemic in Africa is the population of 12.1 million children who have been orphaned because their parents have died from AIDS-related illnesses. In such situations, not only is the basic family unit destroyed, but also communities often have difficulty supporting these children. In agrarian

districts, for example, the death of a parent means both that the labor contribution of the parents is lost (resulting in less food production), and that the child must be taken care of by another adult, who consequently must also sacrifice time from work. In some communities, family members and neighbors are in such a desperate situation that taking in an orphaned child would tip the precarious balance which sustains life, and subsequently compromise their own health or the health of their own children. The consequences of a situation in which children are not equipped with skills they need, nor even looked after and loved are unquestionably dire, not only in the present but to the future development of the community.

Thus it is clear that the situation in Africa urgently demands the development of solutions to minimize the impact of HIV/AIDS. This must happen not only on the front of scientific and public health research, however, but also in the development of social programs which address the myriad of issues created by this epidemic, only a fraction of which are referred to in this article.

UNAIDS: www.unaids.org/fact_sheets/files/Africa_Eng.html

I'm not stupid, why didn't I know?

by naomi fecteau
the gazette

As a university student studying in one of the health professions, you would think that I would have heard that scientists were attempting to create a vaccine for HIV. This seems like a really great idea and may be the solution to the epidemic that is currently happening throughout the world.

There are 30 different vaccine preparations in phase I/II clinical trials. Scientists will soon begin testing two of the vaccines on primates in the clinical trial phase. Here's the big news; there are two vaccines that have entered phase III trials. We should hear results of those vaccines late next year.

HIV is a complex virus, with many strains, mutations and subtypes. Currently, all HIV-1 subtypes, or strains of the HIV virus, are present in Africa. However, it is speculated that this subtype will evolve into further subtypes and into a large variety of recombinant viruses. In the USA, HIV-1 subtype B

represents 98 - 99 percent of HIV strains. However, in Europe and South America, about 80 percent of virus subtypes are subtype B. Adding to the confusion is the prevalence of subtypes C and D that are increasing and recombinants AE and AG, as well as HIV-2, have begun to appear. The HIV is a virus of many different shapes and sizes, with the capability to become even more diverse. Unfortunately, when the scientific community is able to develop a vaccine that will be effective, the virus changes and the vaccine is not effective against the new strain.

Some vaccines that are currently being constructed include a naked DNA vaccine, and the South African Recombinant Alphavirus Vaccine.

The spread of HIV/AIDS is reaching pandemic proportions in many areas of the world. The difficulty in halting the spread is directly related to the poverty, health resources and cultural practices of these regions. In some Asian countries the spread is primarily from the injection drug users or from the sex trade.

In many areas of Africa the spread is a result of a culture where extramarital affairs with prostitutes is normal and protection is not used. Also in Africa the virus is spreading due to the socioeconomic conditions and the inability of the governments or the people to access antiviral medications or adequate health care. This creates an urgent need for a vaccine as a cost-effective method until social programs can be put into place for health promotion and other methods of preventing the spread. North American communities are not exempt from this tragedy, even though we have access to state-of-the-art treatments. HIV does not respect or recognize the sovereignty of borders to countries. Therefore as international travel and trade continues to increase so does the opportunity for transmission of HIV/AIDS.

As you can well imagine there have been many disappointments. However, with each failure they are gaining valuable knowledge about how this virus operates and have discovered invaluable knowledge as a result of these failures.

is2.dal.ca/~gazette

Plans to slash NS departments derailed

by kip keen

the gazette

Nova Scotia Premier John Hamm's plan to slash the number of government departments and secretariats from 21 to 14 is receiving criticism.

"This budget," said Premier John Hamm in his budgetary address, "eliminates programs and significantly reduces others."

The plan is currently being implemented through departmental amalgamations and eliminations.

Among the departmental amalgamations the former Departments of Environment and Labour will be fused together.

Mark Butler of the Ecology Action Centre, a Halifax based environmental advocacy group, doesn't think cuts to the Department of Environment will promote efficiency, especially in light of Canada having been labeled an environmental dinosaur by NGO's in the Hague just last week.

"I think that at present even prior to any further cuts that the [former] Nova Scotia Department of Environment has been under funded and that's affected their ability to do their job, and so further cuts are just going to weaken the department."

He points to Ontario, where similar departmental cuts were enshrined by Premier Harris. Butler wonders if those cuts decreased that province's ability to deal with an environmental crisis last summer in Walkerton, Ontario.

An outbreak of E-coli there is being blamed for killing several residents and making thousands

of others sick, and could possibly have been prevented if the department had been more fully staffed and had hired environmental inspectors as had been requested prior to the outbreak.

"The supposed benefit from cutting positions can sometimes prove to be extremely costly both in dollar terms and human terms," said Butler.

However, an address to the Legislature last March, the Premier said he didn't think that the cost cutting measures would hamper governmental functions, which include the enforcement of the environmental regulations. He said the measures would do two things: First they would reduce departmental overlap, group common functions, and second they would bring down interdepartmental barriers, which inhibit coordination.

"The objective", Hamm said, "is not simply to shrink the size and cost of government, but to organize it so that services can be delivered more effectively."

1600 public sector jobs are slated to be cut by the government through both attrition and layoffs.

"Before we head out in any direction, we must know our destination," said Hamm. "I think it was Yogi Berra who said, if you don't know where you are going, you are not going to get there."

Steve Warburton, the new amalgamated Department of Environment and Labour's communications director, would not speculate on how many jobs would be lost in his department.

"It is hard to give a specific number," Warburton said. "What

now exists is two departments, say seven or eight senior managers in each department. So now when we have meetings there's sixteen senior managers."

He said who is affected by the cuts will be known in March.

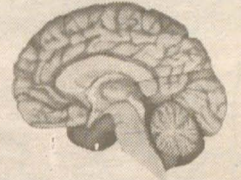
"There's the same amount of people who are at the top," Warburton said. "You know, the

deputy minister, myself... our lawyer. Those are set, but at the senior management level with the [new] structure in place, there will be, like, five in theory, five or six people sitting around that table, not sixteen."

Walburton said the job-cuts will be decided internally by the new senior managers.

"What happens to those other ones [senior managers] is still up in the air, because the five or six people who get chosen to lead the new divisions in the new department will choose how they want their structure to look underneath them ... How they move their resources and who does it is still to [be] decide[d]."

The Mind of Mr. Minimal



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Mr. Minimal's Communique

Last week's diagrammatic explication of the anthropogenic 'food chain' will not go without further elucidation...

As was demonstrated, the 'middle men' of our food production paradigm (pyramid) occupy seemingly unnecessary and frivolous niches. These steps of food production accelerate environmental degradation through resource extraction, burning of fossil fuels, and waste production. Advertisement, marketing and transport are all fuel-intensive activities that cause my sensitive respiratory and sensory systems to react in violent and unpredictable flagellations of my limbs and language...

Insincere advertisements not only bore but also insult my horde of disciples and they grow restless for affirmative action.

Madness...

Last fortnight, I stood on a tall precipice of potent potential, peering onto a valley of writhing darkness, my mercenaries armed to the teeth with the sturdiest of nature's armaments, seething with anticipation. I urged those chagrined few to make use of their confrontational disposition and donned them with a baker's dozen each of refurbished monkey wrenches and unleashed a stinging slap to the rump of their steeds.

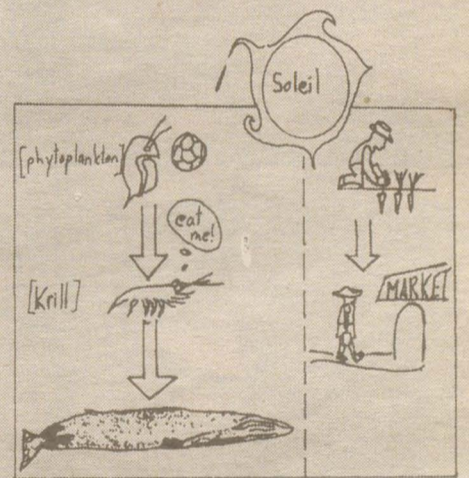
The less able-bodied representatives walked away from the cliff's edge after wishing their brothers and sisters luck in the battleground. These stewards retreated into the fertile lands to engage in another form of silent revolution, cultivating bountiful harvests of legumes to feed the returning militia. Also, ultimately undercutting the poisoned agriculture of our imperial adversaries, the whole while disguised under a veil of mist provided to us by an ancient pact with the north-eastern winds and honey-suckle bumblebee.....

Mammalian connections...

To diminish the needless levels of exchange in our food system, I believe we should look to the largest mammal on earth-The Blue Whale. By far the most massive mobile organism, our colossal comrade only eats krill and it's food chain is comparatively simple compared to ours. The blue whale is the end of a food chain that starts with tiny plankton which are small floating plants. Little shrimp feed on the plankton. These little shrimp are called krill.

We can shorten our economic food chain by buying local and seasonally abundant produce, available at the "farmer's market", local shops and organic food delivery services, watch for next week's article. The vegetables and meats are sold to the patron directly through the producer and are more profitable to the farmer and less expensive for you. Alternatively you can completely shorten the food chain by growing your own vegetables in your backyard or at a local community garden. The resulting produce is fresh, without pesticides and free except for the few dollars for seeds.

Alternatively you can shorten your food chain by eating lower on the food chain. A diet consisting of vegetables is much more friendly to our environment. Livestock production creates large emissions of methane (global warming) as well as degrading the environment. 20 vegetarians can be fed from the grain and fodder used to feed the cow on a plate of a person with a meat based diet.



Minimal response

First I would like to thank 'Walberg13' for his pedantic reply to the contest question, featured in the feedback section (Inspired answer or Incipient Recipient?). Your orthodox answers do indeed convene with the vein of 'the minimal mindstate', and your efforts shall not go unrewarded in the larger scheme of cosmic-karma justice. However, I am afraid your didactic tactics I've failed to pierce my heart-shaped box, and your pre-emptive claim on the bounty has led me to ask you to resubmit your reply in another form to prove your true worthiness.....

Herodotus B, I know not the culprit that has so slandered your name and genealogy. A double agent no doubt, or some sort of shape-shifter has skulked into *The Gazette* office, most likely disguised as some loitering, long-faced undergraduate, or tight-panted lass for they are the most numerous at this institution. Expect a reply to your fables soon my cherished centuagenarian....

P.S. Our squirming query is still coiling in the oily soils. Your response can be in the form of graphics, diagrammed tactics, or scripts decoded backwards. (See an attempted answer in the feedback section.)

Has humanity's survival and reproduction as an evolutionary entity been attributed to the ability to create and follow patterns or to break away from them? or Why is water wet?

Information Hash news & facts

by kip keen

Having Fun with ETYMOLOGY day...

Poesy, Poesies: Pronounced [p0-zE] or [p0-sE]

Comes from the French *poesie*, Latin *poesis*, and/or the Greek *poiEsis* meaning creation.

Usually refers to a poem or a body of poems, but may also allude to poetic inspiration.

Peneus: a 125 kilometer long river in Greece.

Pennis: there are 100 penni to the Finish Marka.

Fac: serves the function of abbreviating *faculty* or *facsimile*.

Fec: Latin abbreviation from the conjugation *fecit*. Pretty much means "he made it".

FOC: another abbreviation, this time meaning *Free Of Charge*.

Shittah: comes from the Hebrew *shittAh*, and is thought to refer to the Acacia tree, but is at least some type of tree.

Now you can translate the below abominations...

Quotes of the day...

Fec, the Fac, shittah brick!

Fec, a big shittah, for the Fac, FOC.

Fec, lots of poesies, FOC.

Vexing Vexillology?

"Vexillology is the scientific study of flags and related emblems."

Says the Flag Institute.

What's New in the World of Flags?

According to the Institute, Canada's recently created territory, Nunavut, is big news. The Flag is yellow on the left, and white on the right. The Unuksuk depicted in the centre "symbolizes the stone monuments which guide the people on the land and mark sacred and other special places." The star "is the Niqirtsuituq, the North Star and the traditional guide for navigation and...forever remains unchanged as the leadership of the elders in the community."

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Living on the periphery

by emily harris and maya williams
the gazette

Fidgety, inattentive, easily distracted, forgetful, or impulsive? These are among some of the many characteristics that a person with ADHD lives with everyday. This invisible condition affects many, and can be easily misunderstood by those who are uneducated regarding the affects that ADHD has upon one's life.

The Attention Deficit Association of Nova Scotia (ADANS) hosted a conference on Attention Deficit (Hyperactivity) Disorder (ADHD) at Mount Saint Vincent University on Nov. 17 and 18, 2000. Dr. Umesh Jain and Ms. Denise Stone spoke to an audience of individuals either directly or indirectly affected by ADD or ADHD.

Among those present were concerned parents, siblings, psychiatrists, social workers, teachers, students, and those who live with the condition themselves who wanted to gain a better understanding of this invisible disorder.

The disorder encompasses three developmentally impairing



symptoms: inattention, hyperactivity, and impulsiveness. Inattention makes it hard for one to focus for an extended period of time. This makes it difficult for children to get schoolwork finished. The most obvious symptoms of hyperactivity can be seen as restlessness, fidgetiness, or inability to sit in one's seat. Commonly, these children may be referred to as having "ants in their pants." These individuals are usually considered by family or teachers to be "high maintenance."

Impulsiveness is a lack of control to resist urges. One aspect of impulsiveness is clearly the heightened level of curiosity outweighing the strength of the consequence of the action. Many of us exhibit some or all of these characteristics at times, but an individual living with ADHD struggles with these symptoms constantly.

The condition of ADHD can

be hereditary and is more prevalent in males. ADHD is presumed to be caused by a chemical imbalance in the brain. A child may have a dopamine or serotonin imbalance in the frontal cortex of the brain, which causes the brain to "short circuit" and presents itself in the behaviors of individuals with ADHD.

ADHD is not just a fad of the '90s, but has been present for centuries.

The scientific study of the condition has only been conducted in recent years and therefore more research has to be gathered. There is still a lack of understanding and acknowledgement of this disorder.

The stigma attached to the condition disables an individual dealing with ADHD in a world where being "normal" is valued more than being "different."

As Dr. Jain discussed, we have to become educated about these unique individuals. Their outlook and ways of dealing with life is not wrong, but different and our understanding of their ways will make life easier for them to function in a classroom, at home, or in society.

A child with ADHD views the world from the periphery, offering a unique insight on life. Often the school system fails to meet the needs of individuals with ADHD properly due to lack of patience, training and time. This negatively affects child's self esteem, social relationships and potential for achievement.

Children with ADHD are often labeled as "misbehaviors," "stupid," or "depressed."

There are schools for children with learning disabilities and ADHD where they receive the attention they require and the acceptance they need. Among the few schools offering such programs is Landmark East, located in Wolfville, Nova Scotia. Schools such as these, provide a healthy learning environment which is conducive to their individual learning styles.

Unfortunately, these programs come with a hefty price, which a very small percentage of the population can actually afford.

After the long, but extremely informative day, Dr. Jain finished his lecture on a positive note. The conference offered a lot of information that made one feel frustrated with society's lack of acceptance and understanding of the condition.

However, Dr. Jain expressed that people who live with ADHD should be acknowledged for their creativity and for their unique outlook on life. He stated, that quite often, the revolutionaries, the innovators, and prodigies of our society are those with "different" learning capacities.

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Dalhousie Tigers Men's Volleyball
Regular Season Games:
Nov. 26 Dalhousie 3 @ UNB 1 (15-25, 25-21, 25-22, 25-16)

The Dalhousie Tigers Men's Volleyball team traveled to Fredericton last weekend to face UNB in Atlantic University Sport play. The Tigers improved their first place record to 6-0 with a 3-1 victory over UNB. Ryan Andrews was named player of the match with 20 kills, seven digs and three blocks and also picked up the Dalhousie Male Athlete of the Week award. Sean Wormsbecker also chipped in with 12 kills and Chris Wolfenden 10. The Tigers wrap up their first term Atlantic University Sport schedule this weekend by traveling to Moncton to play U de M. The Tigers lead the Atlantic University Sport Volleyball standings with a 6-0 record and will be looking to finish the term undefeated.

Dalhousie Tigers Women's Volleyball
Regular Season Games:
Nov. 25 Dalhousie 3 @ St. F.X. 2 (23-25, 25-14, 25-23, 16-25, 16-14)

The Dalhousie Tigers Women's Volleyball Team traveled to Antigonish last weekend and faced a team they had lost to earlier in the season. Despite dealing with a short bench and a number of injuries the Tigers ended the first term with a hard fought 3-2 victory over Saint Francis Xavier. This game showcased the Tigers consistent improvement in the first term and bodes well for their second term run at the play-offs. The Tigers Atlantic University Sport action will begin again in the new year as they travel to UPEI on Jan. 6 and 7.

Dalhousie Tigers Men's Basketball
Regular Season Results
Nov. 22 Dalhousie 54 @ Saint Mary's 79

The Dalhousie Tigers Men's Basketball Team lost a mid-week game to Saint Mary's at the Tower by a score of 79-54. The Tigers record in Atlantic University Sport Play now sits at 2-3. The Tigers are in tough this weekend as they face defending national champion Saint Francis Xavier Saturday at 4 p.m. in the Metro Centre. This game is part of a triple header that ends with a regular season NCAA Game at 8:30 p.m. This will finish the first half of the season for the Tigers.

Dalhousie Tigers Women's Basketball
Regular Season Games:
Nov. 22 Dalhousie 73 @ Saint Mary's 60

The Dalhousie Tigers Women's Basketball Team won a mid-week game at the Tower versus Saint Mary's by a score of 73-60. The Tigers are in first place in the Baldwin Division at 5-0 and are the only undefeated team in Atlantic University Sport Women's Basketball. Janice King scored 15 points and added 11 rebounds against SMU and Angelia Crealock and Jill MacDonald also scored 15 points as well. The Tigers will finish the first half of their season Saturday, Dec. 2 at 1 p.m. in a game at Dalplex versus Saint Francis Xavier.

Dalhousie Tigers Men's Swimming
Regular Season Results:
Atlantic University Sport Invitational at Dalplex

Dalhousie 377.5, UNB 130.5, MUN 102, MTA 79

Tigers Individual Event Winners from the Atlantic University Sport Invitational @ Dalhousie

200m Freestyle Men Mike Smith, DAL 1:57.35
200m I.M. Men Adam Ferguson, DAL 2:11.70
50m Freestyle Men Graham Smith, DAL 24.34
1500m Freestyle Men Mike Smith, DAL 16:29.38
400m Freestyle Men Mike Smith, DAL 4:09.32
100m Freestyle Men Mike Terauds, DAL 53.54
400m Medley Relay Men Dalhousie 3:58.57

The Dalhousie Tigers continued their domination of the Atlantic University Sport competition by beating their closest competitor UNB by 247 points at the Atlantic University Sport Invitational on the weekend at Dalplex. The Tigers were swimming without CIAU Champion Chris Stewart and Nick Graham who were competing at a national event in Edmonton. Rookie Mike Smith led the Tigers with three individual titles in the 200, 400 and 1500 meter Freestyle events. Adam Ferguson, Michael Terauds and Mike Lockett all qualified for the CIAU Championships in February. With Stewart and Graham also qualifying for CIAU's that brings the Tigers total to five at this point of the season. The Tigers team also captured the 400m Medley Relay on the weekend. The individual event winners appear above.

Dalhousie Tigers Women's Swimming
Regular Season Team Results:
Atlantic University Sport Invitational at Dalplex

Dalhousie 316, UNB 218, MTA 121, MUN 41

Tigers Individual Event Winners from the Atlantic University Sport Invitational

50m Butterfly Women Lori Borgal, DAL 30.00
400m Freestyle Women Hannah Fraser, DAL 4:39.62
100m Butterfly Women Lori Borgal, DAL 1:06.77
200m Backstroke Women Gail Whittaker, DAL 2:22.69
200m Breaststroke Women Lauren MacKay, DAL 2:52.70
50m Backstroke Women Gail Whittaker, DAL 31.17
400m Medley Relay Women Dalhousie 4:38.80

The Dalhousie Tigers put together a great weekend of swimming as the Tigers defeated their arch rival UNB by 98 points at the Atlantic University Sport competition held at Dalplex last weekend. This was the Tigers first victory over UNB this season. Lori Borgal and Gail Whittaker both claimed two individual events for the Tigers and along with Caitlin Peterson, all three Tigers have now qualified for the CIAU Championships in February. The Tigers team also captured the 400m Medley Relay on the weekend.

Back to back Tiger gold

by krishna parmar
the gazette

As the top powers in Women's University Soccer gathered at Acadia University for the 2000 CIAU Women's Soccer Championships, the Dalhousie Tigers had one thing in mind: back to back.

As the defending CIAU champions, the 10-2 Tigers were going into this game with a lot on the line. The women were very proud of their title, and weren't ready to let go of it just yet.

The Championships started with Dalhousie facing off with the McGill Martlets, who were unbeaten in their last 16 games. Dalhousie pounced quickly to a 2-0 lead, as Stef Finateri and Laura Scharf both found the back of the net. McGill found some hope, as they scored to pull the game to 2-1. However, the Tigers stepped up their defense and advanced to the next round, ending McGill's 16 game unbeaten streak.

The next game featured Dal against the Queen's Golden Gaels. Both sides found numerous opportunities to score, but neither could put one past the solid goaltenders. After regulation, both teams went to into an overtime but still came out deadlocked at nil. A shoot-out took place and saw the Gaels come out victorious 4-2. If Queen's could beat their next opponent, they'd advance to the finals, and not the Tigers.

Queen's and McGill battled it out, with Queen's fighting for a place in the end and McGill going for bronze. The game was hard and fast but in the end McGill came out the better team and won 1-0.

With the win and tie, Dalhousie secured a place in the finals. Ottawa defeated the hometown hopefuls, Acadia, to get the other spot for the prestigious CIAU Soccer Title.

So the stage was set, the second-ranked Ottawa Gee Gees would battle it out with the fourth-ranked Dalhousie Tigers. The Tigers looked doubtful against the Gee Gees because Ottawa looked amazing throughout the tournament, with shutouts in all their games. But that was just more incentive for the Tigers to play hard and retain their gold.

Dal took it to Ottawa and came out fighting hard, and fighting strong. The Tigers leaped to an early lead as Julie Pigozzo netted a goal early on in the game. Ottawa came back hard, and found few earned shots at the net, but couldn't seem to solve the riddle behind the Dal defense.

Later in the game, Stef Finateri sealed the win with another Dal goal. The Tigers won the second straight gold, with a victory of 2-0 over Ottawa.

It was also exciting to see Finateri score the winning goal because she was making a comeback from a leg injury just four weeks ago.

"It was great to repeat as champions," said Finateri, "I was happy to feel better in the last few weeks and be able to play in the playoffs."

Claire Martin was named Tournament MVP and to the All-Star team. Julie Pigozzo, Petra DeWaard and Roxanne Murphy also made the All-Tournament team. Without a doubt this history making performance was a total team effort. The Dalhousie Women's Soccer team also became the first CIAU Women's Soccer team to win back-to-back titles in women's soccer history. The team has already started looking into the future and seeing if a triple crown is possible.

TOURNAMENT MVP - **Claire Martin, Dalhousie**
TOURNAMENT ALL-STAR TEAM

DEFENCE
Claire Martin, Dalhousie
Noel Trepanier, Ottawa
Ashley Gentry - McGill
Keri Hoffman, Ottawa
MIDFIELD
Julie Pigozzo, Dalhousie
Petra dewaard, Dalhousie
Wanda Rozwadowska, Victoria
Joann Nash, Victoria
FORWARD
Amber Allen, McGill
Jennifer Biondi, Ottawa
GOAL
Roxanne Murphy, Dalhousie

DALHOUSIE TIGERS ATHLETES OF THE WEEK

Ryan Andrews
Men's Volleyball
3rd Year
Classics
Midland, Ontario

Ryan Andrews of the Men's Volleyball Team is the Dalhousie Tigers male athlete of the week for the week ending Nov. 26, 2000. Andrews had a great all-around performance leading the Tigers to a 3-1 victory over UNB (15-25, 25-21, 25-22, 25-16). Ryan's play included 20 kills, seven digs and three blocks as the Tigers moved to 6-0 in Atlantic University Sport play. The first place Tigers hope to remain undefeated as they travel to Moncton on Friday to finish their first term action.

Ada Poranek
Women's Volleyball
2nd Year
Bio Chemistry
Halifax, Nova Scotia

Ada Poranek of the Women's Volleyball Team is the Dalhousie Tigers Female Athlete of the Week for the week ending Nov. 26, 2000. Ada put together a fantastic performance in leading the Tigers to a win on the road in their last game of the first term. Poranek registered 23 kills and made 14 digs against Saint Francis Xavier in Antigonish as the Tigers revenged an earlier loss with a five set win (23-25, 25-14, 25-23, 16-25, 16-14). Her solid play included making the decisive kill in game three of the five set match to help the Tigers to a 25-23 victory. Poranek has had a great first term consistently being the Tigers #1 offensive threat.

Scoreboard

MEN'S HOCKEY

Dalhousie 4 @ St. Thomas 3
— DAL: Jason Traini, Marty Johnston, Jasmin Gelinis, Chris O'Donnell
— STU: Luke Rioux, Ben Blakeley and Mike Hanson
St. F.X. 6 @ Moncton 4
— SFX: Yanick Evola 2, Dean Stock 2, Dominic Auger, Dallas Flaman
— UDM: Marc Lamontagne 2, Carl Prud'homme and Yannick Tremblay
Acadia 4 @ U.P.E.I. 2
— ACA: Chad Cavanagh, Josh Dill, Matt Price, Brian O'Neill.
— UNB: Mike White, Dan Passero.
UNB 3 @ Saint Mary's 3
— UNB: Brian Stewart, Craig Minard, Ryan Walsh.
— SMU: Brian Barker, Jim Midgley, Steve Gallace

WOMEN'S VOLLEYBALL

Saint Mary's 3 @ St. F.X. 1
(25-20, 25-14, 23-25, 22-25)
— SMU: Caroline MacFarlane
— 15 kills, 17 digs. — SFX: Jen Lewis
— 12 kills, 12 digs.

WOMEN'S BASKETBALL

Dalhousie 73 @ Saint Mary's 60
— DAL: Janice King — 15 pts, 11 reb.
— SMU: Julie Galipeau - 28 pts, 20 reb.

MEN'S BASKETBALL

Dalhousie 54 @ Saint Mary's 79 - DAL: Nick Donald - 18 pts. - SMU: Jonah Taussig — 24 pts.

Come write for
the Gazette
Sports dept.

Come to a meeting any Monday
at 4:30, room 312 SUB.

You've been :



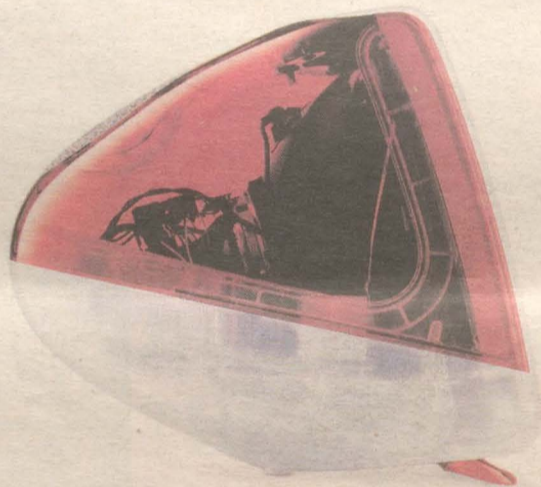
a bit naughty

iMac DV

400-MHz PowerPC™ G3 processor
64MB of memory
10GB hard disk drive
CD-ROM drive

512k backside level 2 cache
USB & FireWire
56K modem
10/100BASE-T Ethernet card

\$1454 plus tax



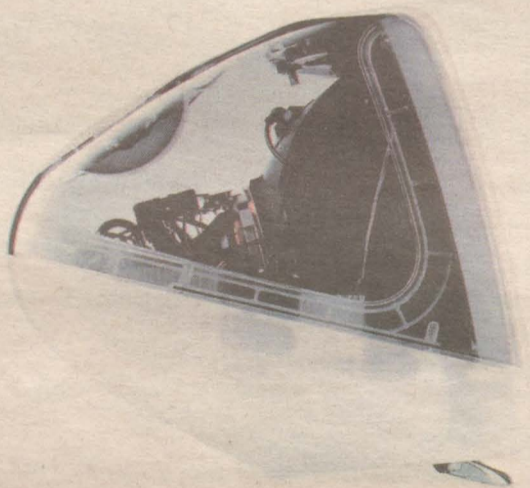
nice

iMac DV+

450-MHz PowerPC™ G3 processor
64MB of memory
20GB hard disk drive
DVD-ROM drive

512k backside level 2 cache
USB & FireWire
56K modem
10/100BASE-T Ethernet card

\$1846 plus tax



really nice

iMac DV Special Edition

500-MHz PowerPC™ G3 processor
128MB of memory
30GB hard disk drive
DVD-ROM drive

512k backside level 2 cache
USB & FireWire
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10/100BASE-T Ethernet card

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