

“New school year” resolutions

As another summer winds to a close, many of us prepare to return to school — for some of you, it means starting at a university for the first time; for some of you, it means going back to school to start another program; and for some of you, it means going back for yet another year at Dal.

But no matter what you're doing and who you are, I'm sure most of you have set some kind of goal or “new school year” resolution for this upcoming year. Anytime something “new” is about to start, you can't help but have some expectation or desire that you hope to accomplish or fulfill.

Maybe it's just me, but every week and even every day, I set new goals. Sometimes I decide to try to make sweeping lifestyle changes (*I will go to Dalplex everyday, and not be late for anything...*), but most of the time, they are just little things — mundane, everyday little things (*I will make a list of errands that I need to get done, and I will get them done today...*). Setting goals helps give you some direction in life, even though you may not know what direction that is.

I could go on and on, preaching about how wonderful your life would be by setting goals and working towards them... but I think most of us get more than enough of being told about the goals we should be setting for ourselves and how disappointing it is not to reach those goals.

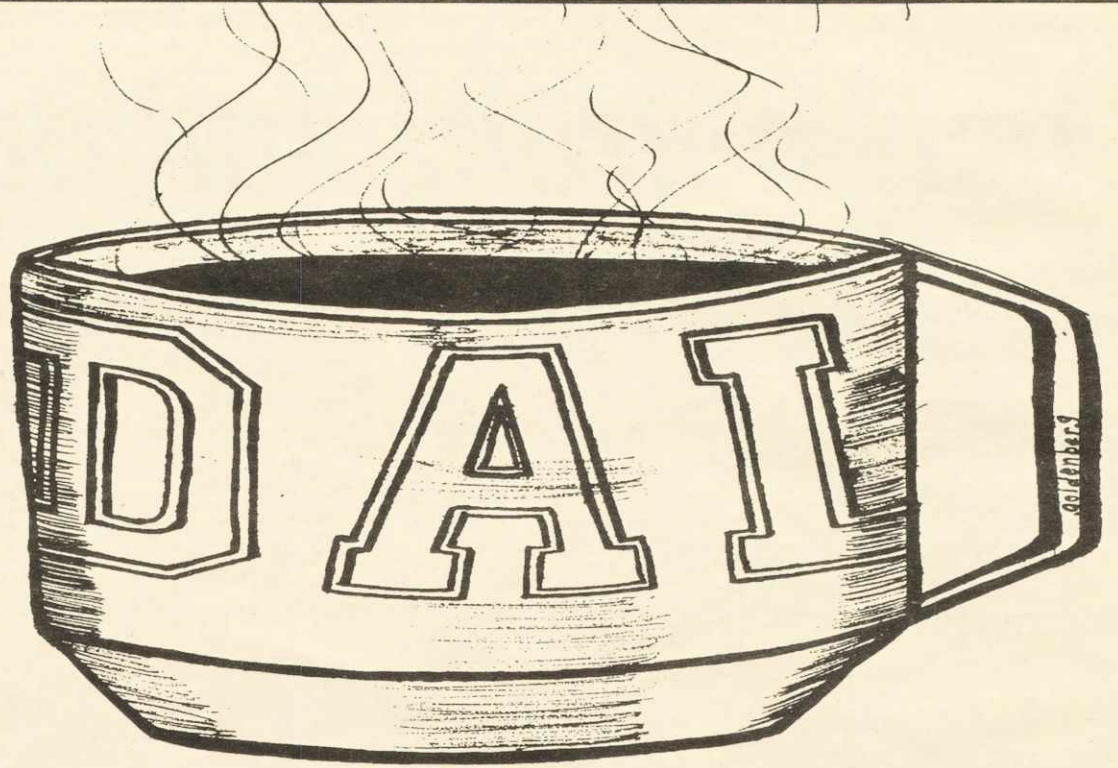
That's not what this is about. Goals get set. Goals get achieved. Goals get changed. Goals get forgotten. It's all part of trying to find out what is important to you and why you do the things that you do.

Think about why you came to Dalhousie. What do you want to accomplish this year?

Goal-setting is a good exercise for everyone to undertake, as long as you keep the following in mind: keep things simple, break down your goals into smaller tasks, and then just do it. Of course, achieving goals does not always come easy, but as long as you don't give up on what is important to you and keep things prioritized, then your goals will become attainable. (*I will write a better editorial next time...*)

Whether your goal is to meet new people, get good grades, do new things, or just bum around and party, all the best to you this year. Just remember keep things in perspective and remember who're you're doing whatever it is you're doing for — and that's you.

Lilli Ju



Wake up and smell Juan Valdez

So, Frosh Week is almost over. You've met a bunch of new people... Or you just got back and need to find all your old friends. Where are y'all gonna hang out? Not only is Dalhousie the hub of all cultural and intellectual life in Halifax, but it also holds some of the greatest hangouts, coffee shops and meeting places in this town.

If you wish, University life can be the stereotype of sitting around drinking copious cups of coffee, smoking sinful amounts of cigarettes, and having in-depth discussions about how much you think you know about philosophy, politics, life, the universe, and everything. In honour of this great tradition, we've decided to give you our critique of the cool cafés on campus.

Lingers, SUB: Your first choice for your first coffee of the day. No place to sit, but convenient if you're

rushing to class and it's only steps from the Green Room. Make sure you get your card stamped.

Green Room, SUB: This is the place to flake out with the coffee you just bought at Lingers. The afternoons get boisterous and loud. This is the most eclectic place to hang out on the Dal campus. There's room for everybody in the Green Room.

The Grad House (next to SUB): Lots of music and great coffee. Three floors, two of which are non-smoking — but the most fun is on the smoking floor. Sit down, get comfortable, and start talking. Politics, philosophy, music, and crap. The intellectuals and the pseudo-intellectuals hang out here. Birkenstocks with socks and Central American ponchos are optional.

Grawood, SUB: Aahhh — memories of first year. The place is suddenly packed, mid-afternoon, to

watch the Ren and Stimpy Show with beer in hand. Those were the days. Rumor has it that there's a new menu with selections up, prices down and better service. *And if it all turns out to be a lie, well, there's always the beer.* If 11:30 am is too early for you to start on the brew, coffee and cards are available.

The various faculty lounges are good places to hang out with other people in your classes, to get tips on courses, profs, and labs.

Well, that's it. Pick a place and try it out. Move around 'til you find your niche. Almost everyone is a regular on campus.

And remember, if you see us in one of the above-mentioned hangouts (and you will) jivin' with the Java, and you want to know something about campus life — Ask Joe or ask Jo!

Jo Mirsky and Joe Tratnik

Frosh Week for Children

“So, you're off to school, eh? Good for you. It will be quite a learning experience.” You hear that all summer as you scramble frantically to prepare belongings, housing arrangements, money, registration, course selection, and who knows what else for your autumn departure. Going away to school is as good a coming-of-age ritual as one could hope to find in our complicated cultural trough — first independence from parental guidance, the identification of alcohol as a powerful object of both pleasure and abuse, dates sleeping over in apartments without calling home or upsetting parents, and presumably the maturity and care to deal with the emotional and physical baggage which invariably comes along with it all. For many new students, it becomes quite a test indeed, confronting the fact that we are all responsible for our own actions and realizing for the first time that there won't always be someone there to help us through tough situations and important decisions.

So why is it that upon arrival, we celebrate all this with, of all things, a massive demonstration of the kind of childishness we are supposed to have grown out of — frosh week? Now granted, it's good to get to know people when one arrives in a new city. It's always nice to make new friends and the sooner the better. But frosh week and its ridiculous

began to suspect that frosh week was more for the frosh leaders than anyone else. Their endless repertoire of moronic songs and countless imbecilic reverences to such icons as senior students, the liquor store, passersby, and of course, they themselves left me wondering if I had signed up not for university but for summer camp, glancing quickly about looking for the canoes and the tents.

And the most disappointing aspect is that there are no alternatives to the shaving cream and kneeling set. Now the Dal Christian Fellowship offers their alternative take on frosh week, with perhaps a better method of preparing students for their imminent adulthood. They have what looks on the surface to be a more mature and level-headed schedule of events, but with obvious religious content that would not appeal to one and all. For the rest of us, there's no escaping the asininity of frosh week.

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The most disappointing aspect is that there are no alternatives

activities seem to be geared to only one segment of a presumably diverse group of new recruits. In fact, as I stumbled along singing “The wheels on the bus go ‘round and ‘round” with my fellow objects of ridicule, I

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