

Welcome to the *Focus on Dal* section!

The purpose of this section, as its title implies, is to highlight individuals, student groups, events and other interesting facts found around the Dalhousie campus. This is an opportunity for both readers and writers to take a closer look at what Dal has to offer.

If you have any questions or suggestions, feel free to let the *Gazette* staff know.

Dalplexercise!

by Jennifer Roos

You've been meaning to check out Dalplex but you've got so much on the go with organizing classes and accommodations, and you're secretly afraid that it's a place strictly for the athletically gifted. Well, with all of the stress resulting from starting a new school year, now is the time to waltz over to this first-rate facility, exercise away some of that steam and discover all that Dalplex has to offer.

Still a little weary that there's nothing there to suit your needs and interests? Just ask fitness supervisor, Sandra Ryan, and she'll tell you that Dalplex has "something for everyone." As Dalhousie students you have access to a myriad of services that range from basketball to yoga. You can join nautilus and use stair-climbers, ski machines, stationary bikes and more. If you've never been part of the nautilus experience, don't worry. A free introductory session is available with an appointment.

In addition to nautilus, Dalplex offers a variety of fitness classes—all of which are taught by enthusiastic, friendly and knowledgeable certified fitness leaders. As Dal students you pay \$25 per term for unlimited aerobics, body trim, and step classes. And to keep up with the cutting edge of fitness, your pass entitles you to participate in slide classes and aqua-cize—new and exciting ways to get in shape.

If nautilus and fitness classes aren't for you, how about swimming your way to total fitness and well-being? You can sign up for swimming lessons or take advantage of "members' swims" that are scheduled daily. Dal-

plex also offers scuba diving courses and various leisure classes that include golf, squash, fencing, martial arts and tennis.

That's not all. There are a number of clinics, instructional courses, and even a bartending course being offered.

Make use of the facility, run or walk on the indoor track, learn to

climb on the climbing wall, lift weights or rent roller blades. And don't forget that for Dalhousie students, action-packed varsity games are absolutely free (just remember your ID card)! There really is something for everyone, so don't be shy. Come, join the fun, get fit, cheer on your teams and meet lots of new friends.

I-NSPIRG-ing group action to suit you

by NSPIRG

The Nova Scotia Public Interest Research Group at Dalhousie (NSPIRG) is a student-funded, student-directed, non-profit organization which conducts research and catalyses action for positive change on social justice and environmental issues. All full-time Dalhousie students are members of NSPIRG, and members of the wider community are also welcome. It is run by a volunteer Board of Directors and one paid staff person, an Executive Director.

Its direction, drive and enthusiasm depend on hundreds of volunteers. Individuals or groups of people who are concerned about a particular social justice or environmental issue form a Working Group (long-term) or propose a Project (short-term). For example, right now there is the Eco-Action working group which works on environmental issues, and the "Humans Against Homophobia!" (HAH!). Working Group which works to eliminate discrimination and abuse directed at gays, lesbians and bisexuals. Also, the Homeless Action Research Team (HART) conducts research on homelessness in Metro, and the Food Issues Working Group has an ongoing Food Co-op which orders organic food in bulk quantities. There are several other existing, new and potential Working Groups, including Economic Justice, the Corporate Welfare Working Group, and Animal Rights. Ideas for new working groups can be proposed by any member of NSPIRG.

NSPIRG also sponsors projects and events centred around social justice and environmental issues. For example, it is co-sponsoring the "Stump Tour", which is a travelling event promoting awareness of clear-cut logging. The "Stump" is all that is left of a 400-year-old tree which was cut down by MacMillan Bloedel in Clayoquot Sound. It now travels around North America to inform people about destructive forestry practices, and will be in Halifax from October 2 to 5. Volunteers will help behind the scenes in presenting this and many other events on a wide variety of topics.

Another aspect of NSPIRG's work is research and publication of reports, guides, manuals and *Perspective Magazine*. These materials pro-

vide an alternative source of information to that provided by government, academia, and industry. NSPIRG also participates in Chubucto Freenet, which is a community-based initiative to provide free access to the "Information Highway".

Anyone interested in finding out more information on NSPIRG and/or how to get involved should call 494-6662, drop by room 310 of the SUB, e-mail (nspirg@ac.dal.ca), or attend their Annual General Meeting September 29 at 6:00 pm in Room 224-226 of the SUB.

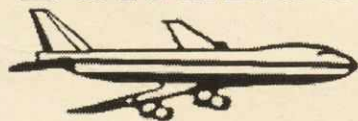
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