

WHAT YOU NEED TO KNOW

We at the Gazette spent all summer eating, drinking, washing our clothes and getting haircuts so that we could bring you this informative supplement, so stick it up on your wall and you'll never have to look in a bath-room stall for a good time ever again.

LAUNDROMATS

Making the all-too necessary hike down to the laundromat, with a bag full of dirty clothes in hand, is a vital segment of many students' lives. Bring lots of quarters and don't mix your colours and whites at the following locations:

- The Missing Sock Laundromat Company**
5576 Fenwick St.
494-2349
- Bluenose Laundromat and Coffee Shop**
2198 Windsor St.
422-7098
- Blue Ribbon**
1222 Henry St.
421-0067
- Kwik Wash Laundromat**
5506 Clyde
429-2023
- Bagnell's Cleaners**
Quinpool Centre
429-7445

GROCERIES

Despite compelling evidence to the contrary, you can't live on booze, coffee, cigarettes and pizza, forever.

- Quinpool Market I.G.A.**
Quinpool Road
Includes a Foods of the World section, Chester Fried Chicken, a coffee shop, a post office, and a liquor store. If Disney did produce, this would be it. 24 hour service (minus Sundays) is especially convenient during exam time.
- Sobey's**
1120 Queen St.
Newly renovated, this former foodstuff hellhole is a joy to behold. Across the street from Fenwick Place and near a whack of other amenities. It now includes its very own liquor store, which is not open 24hr (but not on Sundays), unlike the store.
- Sobey's**
2651 Windsor St.

A little low on atmosphere unless you're E-coli, but the same staggering selection.

Omni Foods
6124 Coburg Rd.
Omni foods is half grocery, half convenience store. Specializing in student fare, the selection is geared towards convenience foods. The produce is a little green or ungreen as the case may

about anywhere.

Kara's Hair Studio and Suntan Solarium
5686 Spring Garden Rd.
422-3900
Along with your cut comes with bad pool table, crappy video games, and rehashed Alanis songs. Kara's covers the atmosphere thing - for a price. With student dis-



be, but the store is open relatively late (Mon. - Sat. 8 a.m. till 9 p.m.) and on Sundays (9 a.m. - 7 p.m.). They are also now accepting VISA, Interac.

Farmer's Market
1496 Lower Water St.
Open year round on Saturdays 7 a.m. till 1 p.m. and Thursdays 3 p.m. till 8 p.m. in the old Brewery Market on the waterfront. The market is a great spot to get locally grown organic food. A street vendor, European feeling makes eating fresh baguettes a requirement.

Great Ocean Natural Foods
Quinpool Rd.
Taking over a former Sobey's location, this health food behemoth is just a year old. For all those who think Wonder Bread looks just a little too white. However, the most convenient way to pay in this money pit is with gold sovereigns.

HAIRCUTS

Warning: The Gazette cannot vouch for the quality of cut at any of the following establishments. But it is safe to assume that if you want to try to have hair like Jennifer Aniston or Tom Cruise, you could wander

counts it's \$12.50 for guys and \$17.50 for gals.

Milo's Hair Care
1472 Tower Rd.
492-0117
If you book with either Holly or Jen and bring a student I.D., it's \$16.00 (both sexes) for shampoo and cut.

Totally Yours Hair Salon
1474 Brenton St.
429-2852
Students get 20% off everything but products on Mondays, Tuesdays and Wednesdays. Home of the Atlantic Hairstylist of the Year, Carmen Davidson.

IMPORTANT PHONE NUMBERS

- Fire Dept. 911
- Police 911
- Ambulance (do you detect a trend?) 911
- Bus Information 421-6600
- Dal Security 494-6400
- Personal Help Line 421-1188
- Planned Parenthood Metro Clinic 6112 Quinpool rd. 455-9656

CHEAP EATING

Athens Restaurant
6303 Quinpool
422-1595
Famed for its souvlaki, and the rest of the Greek and Italian menu comes at

reasonable prices as well. Plus, a huge-ass breakfast at bargain basement price.

The Apple Barrel 24 hour Restaurant
1726 Grafton St.
425-0500
Mecca for the hungry and drunk after the bars close. The servings here are ample so bring an appetite or a friend to share with.

Mediterraneo Restaurant
1571 Barrington St.
423-6936
The Sunday hangover place. Notorious for its extensive Lebanese menu, its all day breakfasts, and its slow service.

B&B Cafe and Grill
1558 Barrington St.
425-8882
Cheap all day breakfasts and delicious Mediterranean food. If you are a bad cook, it probably works out with less hassles and equal cash to a decent bag of groceries.

The Spartan Grill
6403 Quinpool Rd
429-6858
Another famous cheapo breakfast. Only \$2.95. Little juices, good rice pudding. They work banker's hours.

Fog City Diner
1304 Birmingham
423-8934
Hearty servings of greasy food with a truck stop feel to boot.

The Missing Sock Laundromat Company
5576 Fenwick St.
494-2349

Bluenose Laundromat and Coffee Shop
2198 Windsor St.
422-7098

Blue Ribbon
1222 Henry St.
421-0067

Kwik Wash Laundromat
5506 Clyde
429-2023

Bagnell's Cleaners
Quinpool Centre
429-7445

HEALTHY EATING

Satisfaction Feast Restaurant
1581 Grafton
422-3540
Vegetarian food served by waitresses with saris. But don't get them talking about "the Guru".

Heartwood Bakery & Cafe
6250 Quinpool Rd.
425-2808
It has organic, vegetarian and alternative foods.

Bob & Lori's Food Emporium
Gottingen St.
422-3150
Great home style meals...

Sushi House Japanese Restaurant
6196 Quinpool Rd.
425-2333
MMMMMMM...sushi.

QUALITY DINING

Alfredo, Weinstein, and Ho

1739 Grafton St.
421-1977
A real restaurant, with a roving magician. Open till Midnight, Sundays to Thursdays, till 4 a.m. on Friday and Saturday nights.

SoHo Kitchen
1582 Granville
423-3049
Next to Cafe Mokka, folk-art feel and perfect for lunch dates.

Curry Village
5677 Brenton Place
429-5010
Assortment of spicy and mild Indian dishes, with strong vegetarian content.

China Classic
6311 Quinpool Road
429-2828
Classy chinese restaurant. Try going in the late morning for dim sum.

Il Mercato Ristorante
5475 Spring Garden
422-2866
A quaint, well-decorated ristorante with quality foods and deservingly long line-ups.

Thomasino's Ristorante
5173 South St.
425-7111
Dim lights, exquisite Italian cuisine, friendly service, opera music...ideal for dates.

COFFEE

Coburg Coffee House
6085 Coburg Rd.
429-2326
A major student hangout and one of the few coffee shops where you can get a decent cup of tea. Features coffee, deserts and a small lunch menu. NO SMOKING.

Grabba Jabba Fine Coffee
5475 Spring Garden Rd
423-1651
Selection of coffee and desserts makes up for the uncomfortable chairs.

Cafe Mokka
1588 Granville St.
492-4036
Located on Granville Street, you'll discover that at least half of the city's art scene frequent this place. With a funky paint job and art for sale on the walls, this place is great for killing time.

The Bike Shop Cafe
2099 Gottingen
492-1290
This is where you will find the other half of the artsies. Near Wormwoods on