



20th Birthday for SAHPERK

BY CURTIS CARTMILL

Last Wednesday, the Student Association of Health, Physical Education, Recreation and Kinesiology (SAHPERK) hosted a smashing barbeque to celebrate the 20th anniversary of the student association.

Maryellen Stephens, SAHPERK president, was quite pleased with the turnout.

"Even with an upcoming number of changes within the school, everyone was in high spirits. It was nice to see some old and new faces in the crowd."

Dan Makhan, the SAHPERK's representative to the DSU, commented that the spirit amongst most folk was a united one.

"Everyone merged together, forming a massive 'pulp' of people, with no divisions between

our four schools."

Over three hundred undergraduate and graduate students, faculty, and alumni of the school were in attendance at the Grad House, making this SAHPERK event the most successful event in the schools' history.

This week, SAHPERK, along with the Physiotherapy Student Association and Occupational Therapy Student Association, are hosting a Bald Turkey Raffle in support of the Metro Food Bank.

Tickets for the raffle will be sold for a quarter each, or alternatively are given to people making food donations at the Stairs House, Dalplex, or to Occupation Therapy, Physiotherapy, or SAHPERK representatives. The raffle draw is, as you may have guessed, for a turkey, as well as homemade apple pies and T-shirts. It will be held on October 5th.

You're in Halifax now, baby

BY SHELLEY ROBINSON

"Where are you from?"

A question almost immediately following your name and what year you're in. It's a common-ground thing, like "Oh really, I lived close by; have you heard of such and such?" and "One of my friends lives there; do you know so and so?" Well listen, next time someone asks you where you're from, I've got a better answer.

You're from Halifax now, baby.

Consider this, by choosing Dalhousie as your alma mater, you've consented to spend about eight months here. Eight Months. For eight months you'll be spending all your time and all your money in Halifax. That's a big investment. Consider too that the majority of that time will be spent in and around the Dal campus, especially if you live in residence. Starting to feel a little inbred? A little claustrophobic?

Traditionally, university was a place to learn, and by learning I mean expanding, as in expanding one's horizons. A life of Dal, Dal-related activities, and activi-

ties for Dal students to help them forget about Dal (usually involving obscene amounts of alcohol).

You have both rights and responsibilities in the greater Halifax area, greater again after Metro amalgamation. As an investor and taxpayer in the city's economy, you have a right to get out and enjoy what this city has to offer for free, during the day, without stumbling. This includes: Halifax' parks, most notably Point Pleasant and the Commons; the Art Gallery; museums; local theatre; and, that unparalleled resource, our streets. Just getting out and walking around in a city full of people not concerned with midterms is a healthy kick in the perspective.

For those already culturally aware, or the lost souls seeking direction as they fritter away their educations by cutting classes, it is important not to leave out the second part of the adopted Haligonian's lifestyle: responsibility. Money alone does not a community make, so buying more stuff doesn't get you off the hook here.

Unwittingly, you are the lucky owner of all kinds of community services, so, volunteer some time. You don't have to do a lot; you don't have to sacrifice your schoolwork (the most convenient excuse when anyone is asked to get off their butt); you don't even have to do what you consider totally boring, crap ass, goody-goody stuff you won't possibly enjoy.

Volunteering has become such a stodgy word. But, you can pretty much pick what you like doing anyway, from playing basketball as a big brother or sister, to manning helplines, or even the more traditional candy striper route. Besides getting you out and drawing your internal microscope away from you and everything that revolves around you, volunteering can really round out a resume.

Listen, if a former Upper Canadian, class cutting, Dal-centric boozehound who, turning the corner into second year with a mere two classes under her belt can do it, so can you. Keep your eyes peeled for the twelve steps.

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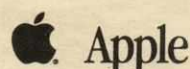
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