

the Cord

...What's where...

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"The tie that binds since 1926"
VOLUME XXXVI • ISSUE TWO • JULY 4, 1995
WLU STUDENT PUBLICATIONS

INSIDE

Welcome to your very first Cord, the 1995 Frosh Issue. Inside you'll find all sorts of helpful advice that will hopefully make your adjustment to WLU a bit easier, as well as plenty of info on the school and the town. I'm pretty sure we covered just about everything. Enjoy.

NEWS

- Fun with OSAP
- Rez life
- The truth about Frosh Week
- Your student services

ENTERTAINMENT

- Bars and pubs
- Restaurants
- What more could you possibly need?

SPORTS

- How to (try to) keep fit
- Cheering on the Hawks

PEOPLE

- Who to know
- Hellos from each of them

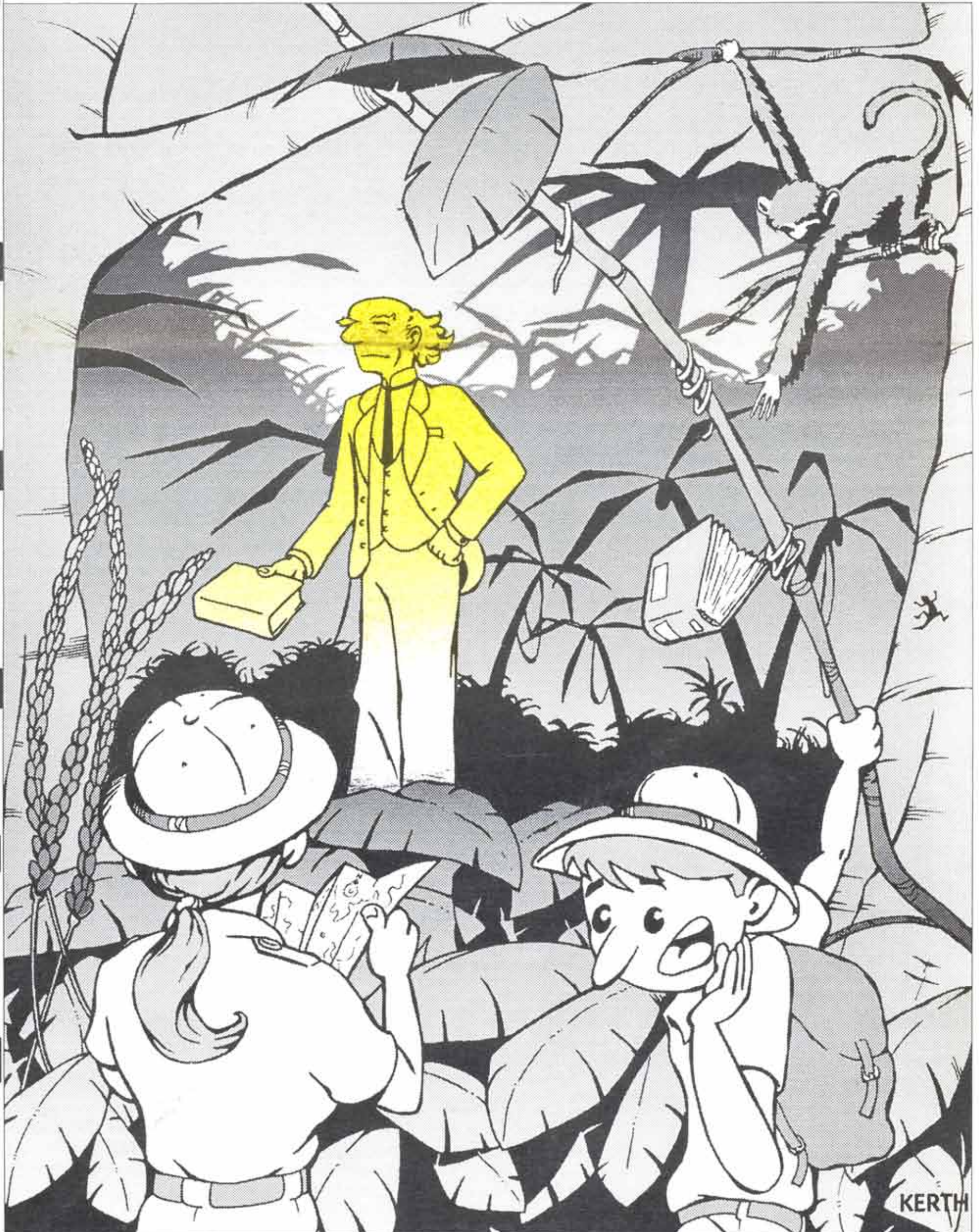
FEATURE

- Sage advice on being a frosh from lots of people who've been there

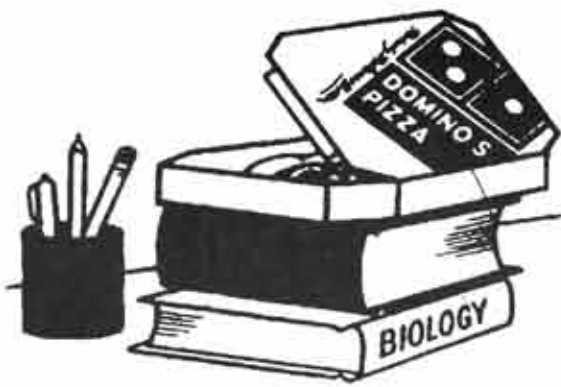
OPINION

- Life before 19
- Fun, yet sober
- Get involved

"Look! Higher Learning! We've found it!"



KERTH



WATERLOO

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**DOMINO'S
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TO WLU**

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You ain't in Kansas anymore

Welcome to the Brave New World of Wilfrid Laurier University

SCOTT STINSON
FROSH GREETINGS

You did it. After surviving between four and six years of high school, you've been accepted to an institute of higher learning. Good for you. Give yourself a pat on the back and take some time to reflect serenely on what you've accomplished.

It'll be the last chance you have to do so for a while.

The truly unique experience of first year is about to begin. It will be exhilarating, frightening, confusing, interesting, hectic, fun, and stressful all at the same time.

I'm not going to tell you that you're about to enter a four-year love affair with Wilfrid Laurier University. I'm also not going to tell you that this place will crush your spirit and ruin your dreams. If there's one thing I've learned about Laurier, and about university in general, it's that it's different for everyone. While most of you will manage to stick around for the duration, a number of you will also find out that this place just isn't for you.

But don't sweat it. Follow your instincts and do only what you feel is right for you, and you'll be fine. If you find that your program is nothing like what you expected, then change programs. It's a hell of a lot easier to make that change after one term than it is to do so after two years. While you may be absolutely convinced right now that your courses are perfect for you, don't be surprised if you find that they aren't. You really can't know what's ideal for you until you get here and see first-hand what all of your options are.

I know this sounds a bit cliched, but you will get out of university exactly what you put into it. If you work diligently and study hard, you'll get a degree that recognizes your effort. If you spend most nights in Wilf's, you'll get clothes that reek of smoke and a

beer gut. If you spend time getting involved in extra-curricular activities, you'll meet new friends and gain valuable experience.

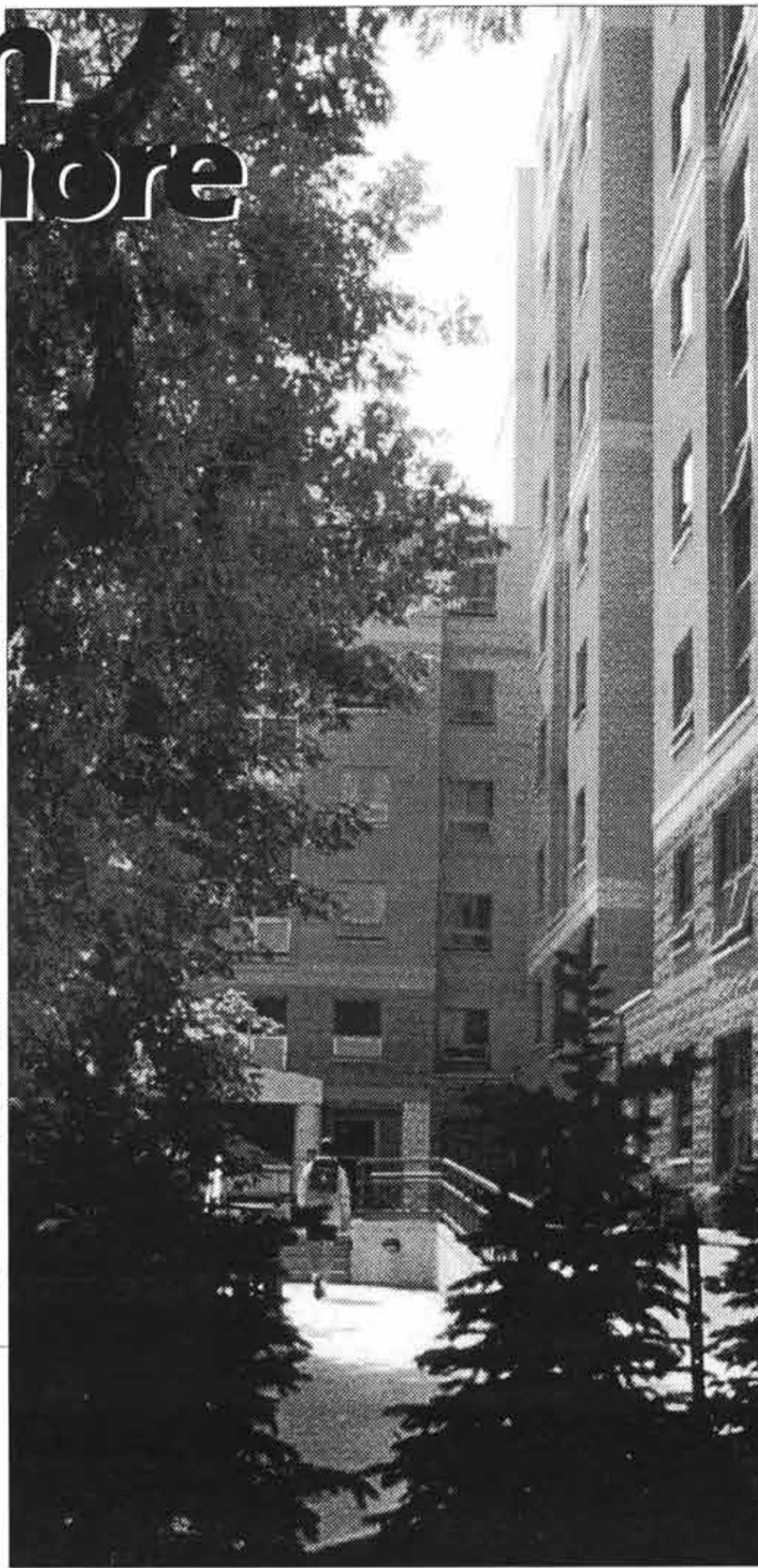
The key is to find a balance that's right for you. Do some socializing, meet new people, get involved, and find the time to get a little studying in too. The proportion you do of each is entirely your call. Remember that. You may find that your roommate appears determined to develop cirrhosis of the liver prior to Thanksgiving. You also may find that your roommate appears determined to have completed every required course reading prior to Thanksgiving. Either way, don't feel obliged to keep up. It'll take some time, but you'll figure out what works for you.

I still recall my first experiences at Laurier clearly. Three years later, I can still tell you the "interesting thing about yourself" that half the guys on my floor said about themselves on our first floor meeting on our first day here. By the time frosh week rolls around for you, anticipation will surely have all of your senses as keyed up as it did mine.

This little paper you're holding is our way of trying to calm your nerves. This, folks, is *The Cord*. It is the official student newspaper of Wilfrid Laurier University. By the students and for the students. In this special frosh issue, we bring you an introduction to life at Laurier. Throughout it, you will find various articles that will answer some of the countless questions you are bound to have. Read it. Know it. Love it.

So, congrats once again. Enjoy the rest of your summer and remember, when you get here in the fall, grab on to something firm. You're in for the ride of your life.

A scenic view of the luxurious Bricker Residence. It's places like this that'll make you realize you're no longer in high school.



FILE PICTURE

OSAP - How to make it less painfull

BEVERLY GRONDIN
FROSH MOOCHING

OSAP. This word brings fond and not so fond thoughts to my head. Imagine, the government giving you money to go to school. Not bad, eh?? Unfortunately, you're going to have to pay it back one day. But since that will be years from now, we're not going to even think about that. You have to figure out how to get the money in the first place, right? You might be thinking that it is pretty darn complicated, but to be quite frank with you, it's kinda easy.

The Director of Student Awards, Pauline Delion, is ready to help make this whole experience a lot less frustrating. She was even kind enough to divulge some helpful tips for you.

1. Apply Early

As long as your application has been sent in by mid-July, your loans should be waiting for you when you get here in September. If you haven't applied yet, do it now. Your loan won't be ready in the fall, but it should be here for you

before the end of the first semester.

2. Documentation

When you go to pick up your OSAP loans, be sure to have proper documentation with you. This would include your Social Insurance Card, a form of registration confirmation (like your Student I.D. card) and proof of your summer earnings such as pay stubs or even one of those nifty orange sheets that you may have received in one of your packages from the school. It's not enough to have a rough estimate of your summer income. It is also very important that you bring your S.I.N. card with you. It's not enough to know your number. You must provide a government issued card or paper stating your S.I.N.. Proof is what saves you time and hassle. Proof is what the lovely workers at our Student Awards office need.

3. Appeals

If you feel that you didn't get enough money from your loan to get by during the school year, you can apply for an appeal. If you see the need for an appeal, you should

let Student Awards know as soon as possible.

The person you will want to make an appointment with would be Pam Woodburn. If your income was not as high as you estimated it

If you are having problems with your loan, don't worry

to be, or if you had unexpected expenses, you can apply for a student contribution appeal. This is the easiest of appeals. All that you would have to do is provide a letter explaining your situation and a budget summary of your summer expenses. According to Delion, the best time to make an appointment would be around the 3rd or 4th week of September, when the major

hussle and bussle of handing out OSAP documents has slowed down. The other form of appeal is the family inability appeal. This would be used when the income of your family cannot be directed towards your education, because of other expenses.

4. Course Changes

It is very important to keep the Student Awards Office informed of all changes in your course loads. Contrary to popular thought, Student Awards does not automatically know if you drop or pick up a course. If you drop below a 60 percent course load, which would mean taking four courses or less, you will no longer be eligible for Canada Student Loan, and may in fact be charged interest on the amount of CSL you have already received. It is also important to inform Student Awards of any changes in your income throughout the school year. You should get full details from the Student Awards Office.

Some Other Important Stuff

For those who have sent their applications in on time, OSAP will be handed out in the Paul Martin Center on September 6th, 7th, 8th and 11th. It may be a good idea to go during the afternoon when all the Orientation Week activities are going on. Missing the three-legged race is worth not having to stand in a mile-long line up.

As of the 12th of September, you can pick up your OSAP at the Student Awards Office at its new location at 202 Regina.

Before standing in line to pick up your OSAP, it may be a good idea to check the lists that will be posted for your name. It sure would be frustrating to stand in line for 20 minutes only to discover that your money isn't there! Don't be concerned, though, if it is not available for you right away. It'll be there soon, just be patient!

If you are having problems with your loan, don't worry. The people at Student Awards are there to help you, and will do anything within their power to do so.



PICTURE JANET EGAN

MacDonald House, a dorm style residence with girls and boys all under one roof. The best of both worlds.

Residence life - it really isn't like home, is it?

SCOTT STINSON

FROSH ADVICE

Life in residence. Rez. The jungle/circus/zoo. Are all the stories you've heard true? What's it really like? I'll tell you.

First, a clear distinction must be made. There are two types of residences here at Laurier. The most common is dormitory style. This includes every rez at WLU except for Bricker, which is apartment style. Dormitory style means a floor with all single and/or double rooms with one common lounge and one common bathroom. In Bricker, each floor consists of a number of four-person apartments, each with a bathroom, kitchen, and common room.

Until further notice, when I say the generic term "residence", I'm referring to dormitory style. I'll get to Bricker at the end.

Back to the original question. On the great scale of temporary group accommodations, rez falls somewhere in between prison and summer camp. Add a touch of the Army, and you've got it.

All kidding aside, that comparison has some validity to it. Summer camp in that you'll be on a floor with 25 people of a similar age and of the same gender. Prison in that the rooms are small, the beds not so comfy, the rules pretty strict. The Army in that you're there under your own free will.

Most people like residence. Specifically, there will be things you love and things you hate, but overall you'll probably look back on your rez days with some degree of a smile.

The good? That would include the large number of friends you'll immediately make, the ease with which you can get a game of cards or a good chat going, and the prime location on campus.

The bad? Little to no privacy, many distractions, bad food.

On the whole, if you're the type of person who doesn't need absolute quiet to study and who enjoys the company of lots of other people, you'll love residence life. If not, well,

it's only for a year.

Of course, one major factor can throw the whole equation out of whack. The roommate. There's no telling if you and your roommate will cohabitate well. Some hit it off famously, others just want to hit. Don't think your free and clear if you know your roommate from home either. That person you sat beside in Biology class for a year may not have mentioned his/her snoring problem.

On my floor, ten of the twelve rooms managed to get along problem-free for the entire year. A few minor squabbles, but nothing serious. Sadly, the other two developed the dreaded Roommate Conflict. In one case, neither roommate spoke to one another for a period of months before reconciling in April. In the other, one roommate ended up on the floor of various other rooms for a number of weeks before finally procuring an actual bed in a double room that had been half vacant all year.

I know, you're curious about what causes the dreaded Roommate Conflict. "How can I avoid it?", you say. Go on, say it. Two things will be essential to keep a Minor Spat or a Somewhat Major Dispute from turning into the dreaded Roommate Conflict. You must have patience, and a Don (person in charge of the floor) who is able to settle things before they get ugly.

Patience is up to you. Remember that you really can't expect your roommate to behave as you like. They may be more messy/dirty/smelly/loud/chatty/drunk than you're used to, but they may not know that their mess/dirt/stench/yelling/babbling/barfing really pisses you off. Try explaining the problem before you throw a screaming fit. You'll be smack in the middle of a dreaded Roommate Conflict before you've even caught your breath.

If that doesn't work, go to your Don. It's their job to intervene when problems arise. If your roommate really is behaving unreasonably, your Don can tell them to shape up.

That'll fix 'em. If your Don seems reluctant to curb your roommate's problematic actions, go to the Head Resident of your residence. That'll fix both your roommate and your Don.

As for the rest of the residence charms, they're all tolerable. The meal plan you must purchase means you'll get to enjoy the pleasures of the Dining Hall. Beware the Rib O' Pork. On the up side, the expansion of the Student Union Building means that you'll be able to use your meal card at Wilf's and the

new fast food places. As a former frosh that didn't have those options, let me honestly say this: you lucky bastards.

The rooms are O.K. too. They're clean anyway, with good desks and phones that work. Bring your own sheets, a nice pillow and a comfortable chair is possible, and you can get used to the tight space pretty quick.

I promised I'd get back to Bricker, so here goes. You get to make your own food and the rooms are very clean and very nice. You

share with a lot fewer people, so that can make things easier too.

On the face of it, Bricker is an absolute palace and everyone should want to live there. I've yet to meet someone who regrets living there.

However, the dorm-style places have a certain character. You literally live with enough people to field two football teams, including kicking teams, and you all share in the fun and fear of first year. I wouldn't trade my days on B2 Willison Hall for anything.

THE CENTRE

SPOT

2nd Floor Student Union Building

THINGS TO DO AT THE CENTRE SPOT:

- fax Dad copy of photo radar ticket
- pick up dry cleaning for residence formal
- rent videos for Wednesday night
- buy stamps, Toronto Star and JUNK FOOD!
- buy custom greeting card for Mom's b-day

For all your on-campus shopping needs.

Student Services - you pay for them, so use them

Foot Patrol

JAMES SAUNDERS
FOOT PATROL COORDINATOR

Laurier may have a small campus, but that doesn't mean you should take safety for granted. Foot Patrol, the Laurier walk-home program, will guarantee your safe transit.

The members of WIU's Foot Patrol would like to welcome all first year students. There is so much to learn about Laurier, but you should know that Foot Patrol is one of the most valuable services available to you.

Our walk-home safety team consists of over 85 enthusiastic student volunteers, dedicated to walk you home through rain, sleet, or snow. Whether it is a short jaunt from residence to residence, or a long trek to Ellesmere Road, Foot Patrol operates seven days a week to ensure you have a safe way home.

The easiest way to access our service is to phone 886-FOOT or dial F-O-O-T on any campus phone. The dispatcher will send a team consisting of one male and one

female to walk you to your destination. The Foot Patrol office is located in the overpass connecting MacDonald House Residence to the Theatre Auditorium, so feel free to drop in during the office hours of 6:30 p.m. to 1:30 a.m.

While on duty, patrollers will be circulating campus, so please don't be shy, ask them for a walk. Our volunteers are all very friendly, and they reflect the diversity of programs and interests here at Laurier.

As well, Foot Patrollers have been trained in emergency procedures and issue awareness. They carry first aid packs, flashlights and walkie-talkies, which allow them to notify their dispatcher immediately if help or emergency services are needed.

Foot Patrol is a very important part of our Laurier community. We are a group of caring students who want to ensure that all students feel safe at Laurier. If you have any questions about Foot Patrol, please contact James Saunders or Martha MacInnes in the Students' Union offices.

Peer Help Line

JULIE JOHNSTON
PEER HELP LINE COORDINATOR

What is the Help Line?

The Laurier Student Help Line is a listening and referral service provided by the Students' Union for Laurier students.

How long has the line been running?

The current Help Line operated by the Students' Union has been in existence since 1991. The Line has grown more prominent within the Laurier community with each passing year.

Who works on it?

The Help Line is staffed completely by volunteers from the Laurier student body.

What makes them good listeners?

All volunteers that work on the Line go through extensive training to learn listening skills, communication skills, and how to deal with such problems as stress, school-related issues, relationship problems, and suicide intervention.

Are all calls really confidential?
Yes, because Laurier is such a

small campus it is very important to myself and all of the volunteers that all calls the Help Line receives are kept confidential. All volunteers sign a Pledge of Confidentiality as part of their contract.

What kind of calls does the Help Line get?

The calls we receive are wide ranging. Basically, we invite anyone to call in about any issue they are dealing with. If you just need to get something off your chest, or if you need to tell someone what a great day you had, someone will be at the Help Line to listen to you.

When can I call?

The regular hours for the Help Line are 7pm to 1am, 7 days a week. However, at the beginning of the school year the Help Line operates under temporary reduced hours due to recruitment and training of new volunteers.

How can I get involved?

The Help Line hires its volunteers at the very beginning of the school year. During the first week or two of classes you can pick up a volunteer application form in the Students' Union office.
884-PEER. It's your call.

Legal Resources

**STEVEN HUNWICKS AND
JASON BILODEAU**

Welcome, law-abiding Laurier Frosh! Laws and regulations are likely to have a significant impact on various aspects of your university experience.

Drinking and partying at bars, dealing with local merchants and renting accommodations are all activities which can be influenced by laws.

Obedying the myriad of existing laws can be difficult. Some laws are an inconvenience, for example those restricting drinking in the streets, while others are confusing, like those relating to tenancy agreements. Since we are all model citizens, we would never break a law

simply because it is convenient to do so, therefore the challenge is in understanding our rights and obligations. The Legal Resource Centre has been developed to help students meet this challenge.

To fulfill its duties, the office is staffed by students who are volunteers specially-trained to help you in many legal areas:

- counsel on laws pertaining to renting accomodation.
- offer mediation services to assist in roommate and landlord conflicts
- host guest speakers and lawyers offering free consultations
- provide referrals to legal professionals off-campus
- offer a mock LSAT twice per year
- hold seminars to help first year students on the do's and don'ts of off-campus housing.
- establish personal off-shore corporations through which money can be filtered to take advantage of favourable tax havens.

Visit us between 9 and 5 from Monday to Thursday, and on Fridays from 9 to 2:30. Also, look for this column every week in The Cord.

Read the Cord

AIN'T YER MOM'S VIDEO STORE

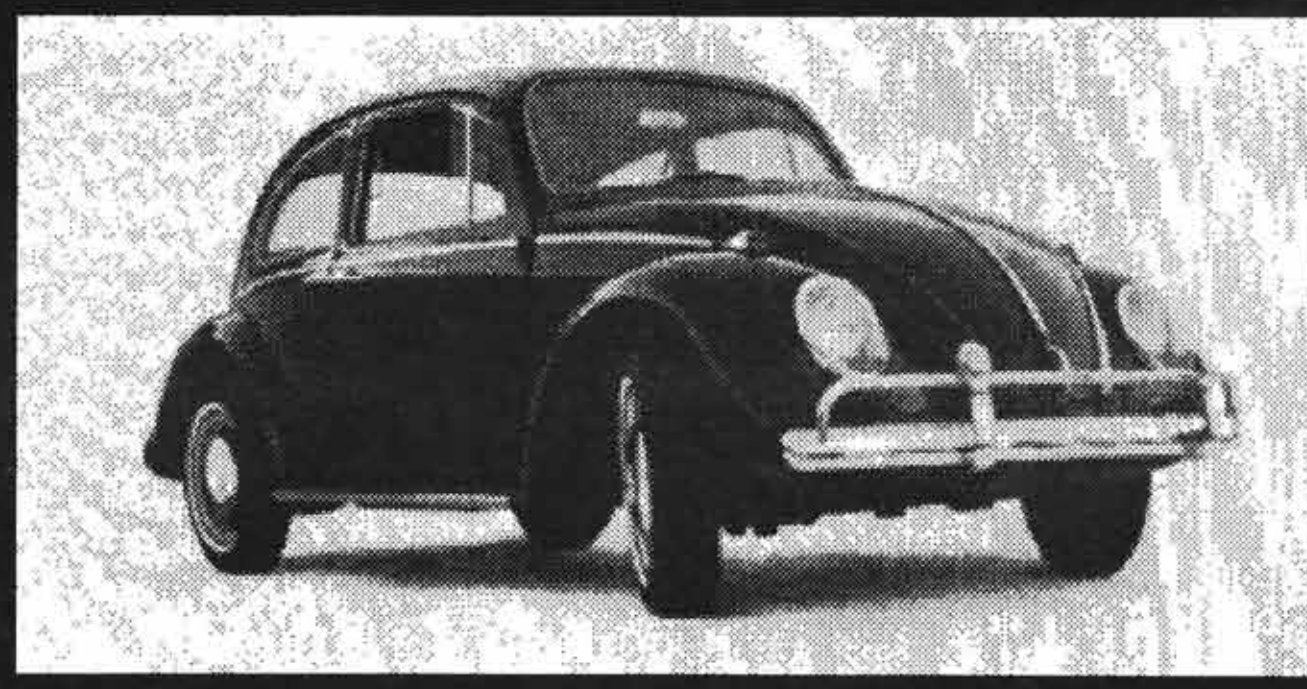
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THE PEOPLE'S CAR



THE PEOPLE'S BAR

220 KING ST N WATERLOO 888-7663

These are just a few of the many wonderful things that await you here at WIU. Within this environment and exciting time, academics plays an integral role, and with it, Tutorial Services.

Just as you adjust to a new lifestyle, so too so you adjust to classes, and Tutorial Services, located in the Student Union Building, can help you.

A student-run service, Tutorial Services offers those who need help tutors to aid in their course success. For only \$10/hour, you can get the help you need to achieve with tutors who not only possess the knowledge but the experience. So, before that certain math class becomes too difficult or that history test becomes a 'do or die' situation, visit Tutorial Services and get the help you need.

Fact and fiction about Frosh Week 1995/96

STEVE GROENEVELD

FROSH SPIRIT-GUY

Here's a few myths and facts about what to expect at Laurier Orientation Week 1995.

Myth - I will spend the week studying, calculating, reading and computing.

Fact - No, you are going to Laurier, not the University of Waterloo. You will spend your week partying, meeting new people and learning about the greatest university in the country.

Myth - The students who volunteer to take part in O-Week are the most studious students who want to make sure all first year students stand up straight, brush their teeth

and abstain from drinking that devil water alcohol or speaking to anyone of the opposite sex.

Fact - No, you are going to Laurier, not Western (thank god). The ICEBREAKERS who will guide you through the week are the most enthusiastic, energetic, borderline-psycho people in school. These volunteers are not there to babysit. Their job is to make sure you have a comfortable, safe, and above all, fun time adjusting to university life. They are your best resource if you have any question throughout the week.

Myth - As soon as I walk onto campus, a keg of beer will be set beside me with an intravenous line

running straight into my liver. I will have double vision all week and hangovers strong enough to crush skulls.

Fact - Maybe if you were accepted to Windsor, but not here at Laurier. There will be social events almost every evening where alcohol will be served to those of legal age. Under-age students will still be able to attend all events, however, a wrist band policy will not allow them to be served. On top of this, BACCHUS Boosters will be promoting responsible beverage intake and looking after those who are, shall we say, irresponsible. Overall, a fun, but safe atmosphere.

Myth - I will be subject to humili-

ating rituals performed by sadistic, drunk seniors. I will be their slave for the week cleaning underwear, and applying wart cream. I will finish the week without a trace of body hair, green skin and a pierced eyelid.

Fact - That is actually more of a Queen's thing. At Laurier's Orientation Week, you will not be asked to do anything you are not comfortable with. (But it's amazing what some students are comfortable with). You will be expected to show some Laurier spirit, but that always comes naturally during a week where everyone is having such a great time.

Myth - The Blue, Gold and Red Teams have a chance.

Fact - Green team, led by Steve Groeneveld and Brooke Greenfield, will experience the greatest victory in O-Week history.

Myth - Pearl Jam and G'n'R are coming together for one night ever appearance at Wilfrid Laurier's O-Week 1995.

Fact - They were turned down. We wanted something bigger to make sure your Orientation Week is going to be the greatest one ever.

You should now understand what to expect at Laurier's Orientation Week 1995.

Please come prepared to have one of the best times of your life at the greatest place in the world.

Health Services: what they do

More than just get you out of exams, anyway

KAREN OSTRANER

FROSH HEALTH

Health Services is more than just a place to go when you're feeling sick. It's also an excellent resource.

If you have questions on issues such as birth control and sexually transmitted diseases, nutrition and healthy eating, weight loss, sleep problems or just about anything else, drop by Health Services. You can speak with a nurse without an appointment from 8:30 a.m. to 12 noon and 1 p.m.

to 4:15 p.m. daily. If you need to see a doctor, the nurse can facilitate this, usually on the same day or the next day.

Another option is to talk to your

mates and get straight answers to your questions.

Don't have an information session for your floor on a selected topic by the Health Services nurse.

In addition, there is a Health

Information Booth set up one day each month in the Concourse. It features a different topic each month and a nurse is present to answer any questions. Look for FREE SAMPLES and lots of handouts and pamphlets.

Remember, Health Services is here for you so stay informed and take an active role in maintaining your health.

Health Services is located on the top floor of the Student Services building. Call 884-1970 ext. 3146 for an appointment

Health Services' Monthly Themes

September - general info on Health Services; how to avoid "Colds and the Flu"

October - learn about Canada's Food Guide on healthy eating habits

November - Women's Health Issues: Osteoporosis, birth control and STD's, and breast self-exams are a few of the issues covered

January - blood pressure check and how to stop smoking

February - Travel Safe for the Reading Week travellers

March - what causes allergies and how to manage them

For example, "What to expect with your first pap test" or "How to decrease your fat intake even on a University meal plan". Select a topic that interests you and your floor-

How to get involved at Wilfrid Laurier

JONATHAN WINTER AND LUCY THOM

FROSH INVOLVEMENT

Hello first year students. We are your Human Resource Coordinators for the upcoming school year. We are responsible for finding student volunteers for various positions both at Laurier and in the community.

If you had trouble finding a job this summer a good way to pad your resume for next year and make job contacts would be to volunteer for local organizations. In the past students have donated their time to organizations such as the Central Ontario Developmental Riding Program, Canadian Mental Health Association, Career Services, Canadian Cancer Society, and Big Brothers and Sisters.

In September there will be an information board located in the Students' Union regarding how to get involved in the above and other associations. There will also be a Volunteer Fair in October located in

the concourse where there will be a representative from each organization to answer your questions.

There are many groups to get involved in at Laurier like Foot Patrol, Laurier Students For Literacy, and Bacchus etc. Volunteers are also needed for monthly campaigns held by the University Affairs Department. Volunteering provides a way to meet people and to gain a greater awareness of what is available at your school.

To get involved just fill out a volunteer application form at the Students' Union Office. To get in touch with Jonathan or myself slip a letter in our box at the Students' Union or contact us through electronic mail. Our addresses are Wint1455@mach1.wlu.ca and Thom5560@mach1.wlu.ca. Welcome to Laurier and we look forward to hearing from you in September.



LOUIE'S

EXPAND YOUR EXPERIENCE!!

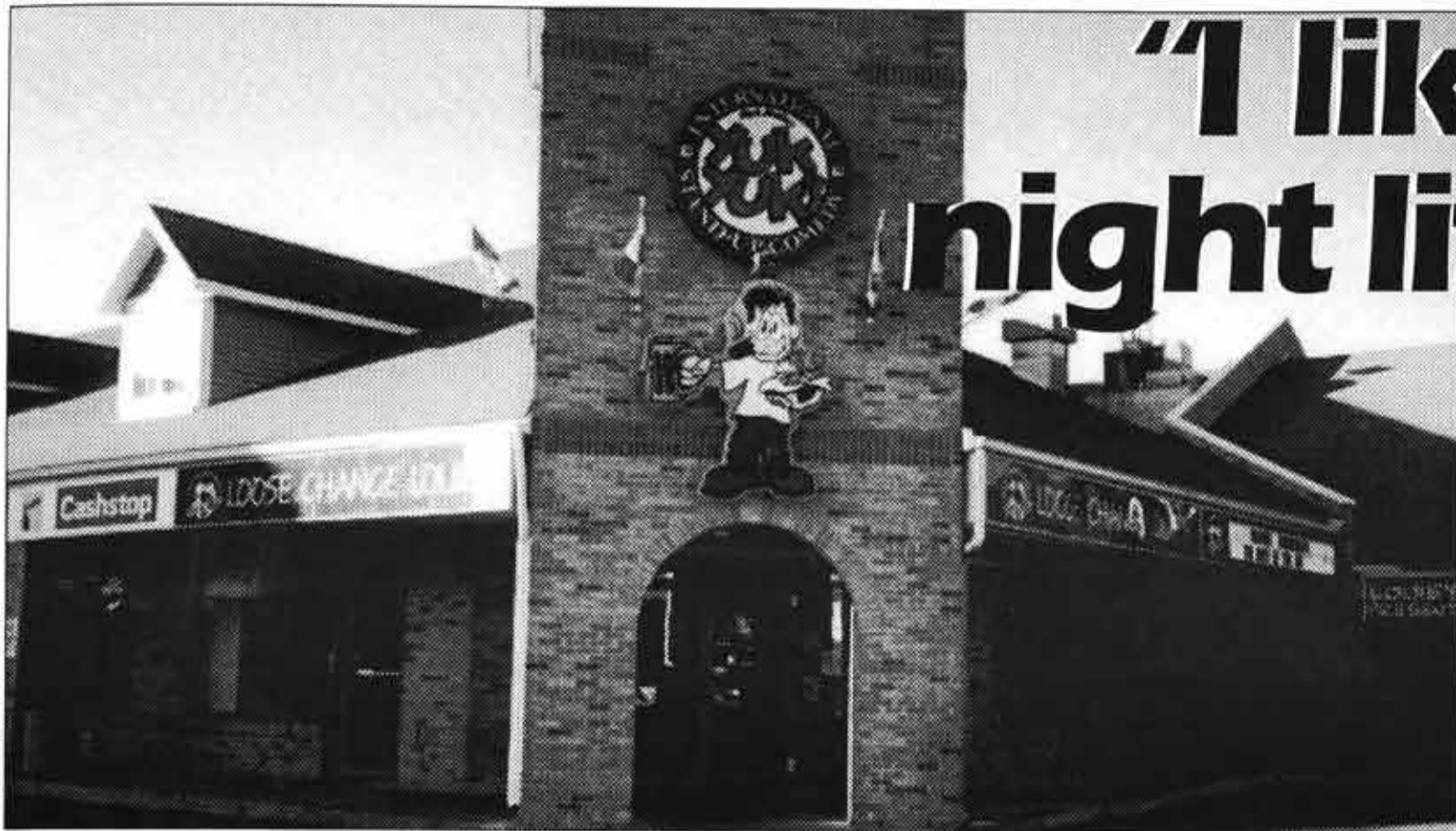
140 University Ave. West - Where U.W. meets W.L.U.

WATERLOO'S #1 HOT SPOT

"I like the night life, baby"

A students' guide to the bars, and dance clubs of the Laurier campus and surrounding area

Loose Change Louie's, attached to Louie's Lodge, is your basic beer, wings, and dancing joint.



ROB LAMAN

FROSH CHEERS

Whether coming to Kitchener-Waterloo from a small town or from the big city, one thing is certain - there is no lack of night life in this town.

There are a wide variety of pubs and bars ranging from the coziest, quietest little places to the truly strange. Whatever your preference, you're sure to find something satisfying. And so, without further adieu...

The Bombshelter
888-4567 ext. 357

This University of Waterloo pub boasts food, beer, a large screen TV and a patio. Entertainment varies from live bands to movie nights as well as the usual movin' on the dance floor. The only catch is that you need a U of W student to sign you in.

Club Abstract
571-9032

Warning! Not for the faint of heart. If the lyrics to Nine Inch Nails' "Closer" offend you, perhaps you should skip Abstract. However, if you like a dark, smoky, loud, crunching atmosphere and are not adverse to mingling with all of the strange creatures of the night, then Abstract is a great hangout. The music is "alternative" in the extreme and the bar has pool tables, places to sit and the obligatory dance floor.

Duke of Wellington
886-9370

The Duke is a quiet little pub with good food, a friendly staff and dart boards. A great place to sit and have a pint with a Prof. (i.e. buy said Prof. drinks so you aren't crucified on your final exam)

Ethel's Lounge
725-2361

Styled in the fashion of a diner, Ethel's provides food, drinks, music and a patio for warm weather. It is reminiscent of Arnold's from "Happy Days" but the decor is classier (no pennants). A good place to hang out and relax while sucking on a cold one.

Federation Hall
888-4090

The U of W's other bar, Fed Hall is a great venue for bands. It's huge and because of this they pull in some pretty big bands. They also do regular nights with a DJ playing everything from techno to grunge. Drinks are a little expensive, but when the bands are there it is well worth it. If there is no band playing, as with the Bomber, one needs a companion from the U of W to gain admission

The Fox and Pheasant
725-4140

Renowned for the wide selection of draft beers, this restaurant also provides live entertainment such as acoustic guitar sets. The food is great and there are dart boards and pool tables for your amusement.

Huether Hotel
886-3350

A large screen TV that always has some sport playing, pool tables and a cozy atmosphere are all complemented by the variety of home brewed beers on draft. Try the schnitzel.

Inner City Nightclub
744-2489

The line of people at the door is a testament of the popularity of this dance club. The theme is an interesting twist - an underground city complete with streets and shops.

**Loose Change Louie's/
Louie's Lodge**
888-6214

Get there early because this place cooks. There are pool tables and TVs located throughout both bars and Thursday nights are packed with beautiful people. Beer is cheap and so is the food, so grab a bite and then hang out for the fun. Go for the wings, stay for the dancing.

Lulu's Dine and Dance
748-5000

Touted as one of the largest bars in Canada (North America? the free world?), Lulu's is another great place to see bands, but prepare to pay; drinks are pretty unreasonable and Lulu's is way out in the sticks so you'll have to take a cab.

Lyric
749-2121

This place is massive; it used to be a theatre. Dance tunes, huge video screens, a bus that will shuttle you to and from the school and Chris Sheppard. Enough said.

Morty's
886-0440

Conveniently located across from the Laurier campus and only steps away from a number of Instant Teller Machines, this little pub will quickly grow on you. Go for the wing special Thursdays before you head out for the evening.

Olde English Parlour
886-1130

Great food and acoustic entertainment nightly (excepting Wednesday).

Phil's Grandson's Place
888-7663

Just call it Phil's. One of Thursday's other hot spots, this bar provides the crunchier alternative to the other

dance bars. Drink specials and no cover before 8 p.m. add to the attraction. Sunday is 80s night and Tuesday nights are jam nights, so if you want to sing or play, drop in before 10 p.m. to get your name on the list. Pool and table soccer are there for those who like the music but don't want to dance.

Stages
744-2000

Another good place to catch a band. The general atmosphere of Stages is rock of the Guns 'n Roses genre, but they do occasionally get some untraditional bands.

Stinger's Taps and Tunes
886-9020

This place has been closed down twice and changed owners three times in the past year. However, when financially solvent, Stinger's is pretty similar to Loose Change Louie's. Pitchers of beer are the rule rather than the exception and the small dance floor gets pretty packed. In its heyday, this place really packed in the Varsity athlete crowd.

sky, the Turret is always busy on Thursdays. With the expansion, the Turret should be better than ever. Many more pool tables and an extra bar will widen this place's appeal, but of course it will still be ideal for all those crazy dancers.

The Twist
886-7777

Are you experienced? The Twist will likely be your deflowering as Frosh week usually entails at least one visit there. Go-go dancers, a floor that used to host roller skaters and lots of drink specials make this place great for you and 2000 of your closest friends.

Volcano
741-9186

Possibly the best bar in town for seeing bands, this subterranean cave is a favourite spot for those who are interested in the small label or independent music scene. Cheap drinks, pool and Wednesday night jams provide amusement while not watching live acts. This is a great place to check out some of K-Ws

visiting or relaxing.

Wilf's
884-1360

The second of Laurier's two licensed establishments, Wilf's is also currently under construction but should be better than ever in September. This is a great place to grab a bite between classes, have a coffee, visit with friends, do your homework(?) or just hang out. Be careful though, it starts with coffee in the morning but can quickly spiral downward into beer and missed classes in the afternoon!

Whiskey Jack's
578-7205

This place is relatively new and quite far from residence but the atmosphere can be fun. The music leans towards rock but is also flavoured with some forgotten tunes from your youth. Watch out though, Friday night is all Country music. A good place to go if you want to get silly.

There are also a number of restaurants that double as bars



Phil's Grandson's Place, which is to be called just plain "Phil's" unless you really want everyone to know you're frosh, is fast becoming more of a mainstream hangout. Cheap drinks, alternative music, very dark, very sweaty. This place also provides a steady stream of great Canadian bands, too.

Turret
884-1360

What can be said? The Turret is currently under construction but is sure to be amazing when ready (September). Laurier's bar in the

notable local talent.
Weaver's Arms
884-6606

Another little pub with the attraction of cheap beer and food as well as a comfortable atmosphere for quietly

such as Casey's, The Red Pepper, East Side Mario's and Front Row which are cool if you are more interested in eating and talking than just dancing. Have fun, be careful and explore the possibilities.

Dining Hall alternatives

**JOEL LYNN
AND GEORGE RAPTIS**

FROSH GUT-ROT

Angie's Kitchen

We still haven't met Angie, but we know one thing is for sure...the food is damn good. Joel gives the Schnitzel two thumbs up, and George recommends their breakfast. A down-home atmosphere, combined with prices Mom could charge make this restaurant a long-time favourite of Laurier students.

4 thumbs, happy face

The Bombshelter

Even though it's on the wrong side of the tracks, (University of Waterloo), it's still a pretty rockin' place. It's like a big Wilf's, but with a dance floor. We recommend a visit during outdoor barbecue season for a chicken breast sandwich with a side of Labatt 50 (on tap).

3 1/2 thumbs, happy face

Casa Nina's / Villa Nina's

Most students can't afford Nina's, but if the parents are coming for a visit, we suggest a solid guilt trip is a small price to pay for enjoying one of the finest restaurants in the city. For a classy dinner and a decent bottle of wine, there's no place better than either of the Nina restaurants. We recommend you start with calamari and real garlic bread. Actually, anything from the menu is worth trying.

Four gold cards up, happy face

Casey's

A short stagger from the university, this restaurant combines both campus fun and quality food, all for a price that's pretty reasonable. We recommend ordering the 11:00 appetizer and whatever the special of the day is. You'll never go wrong; especially if you've got Kim or Krista taking care of you.

Three thumbs up, happy face

East Side Mario's

If you're in the mood for a great Italian feast, E.S.M. is the place to eat...but make sure you clear the gold card before going. Sure the food is a little pricey, but it's the perfect blend of quantity and quality. Top notch dishes include the Linguine Chicken Tetrazini and the Penne. For the best service, we recommend that you be seated in Kit or Connie's section.

Four thumbs up, with a smile face

Ethels' Lounge

What can you say about Ethels'? Table manners will not be graded here. This relaxed, casual, 60's type diner has a flavour of its own. Our favourites include the greek pizza and Ethels' daily specials. Go with friends and see who can get Ethels' phone number first. (Hint: It's not in the phone book).

2 1/2 thumbs up, happy face

The Fox and the Pheasant

They have Moosehead on tap!!! This English style pub serves the best nachos and a smashing prime rib, and their prices are not too bad. We strongly recommend the homemade cheesecake for desert. If you're not that hungry, this place has great finger foods to go along with the best beer selection in town for you and your friends.

Four thumbs up, happy face

The Horseshoe

Look no further for the best breakfast in town. "The Shoe" offers a wide variety of breakfast combinations for great prices. Joel recommends the french toast, while George recommends the back bacon and eggs with a pot of coffee. Whatever you like to eat for breakfast, it is definitely worth the drive to the corner of Regina and Erb.

3 1/2 thumbs up, happy face

K-W Chicken Rotisserie

Dollar-fifty drafts can't compare to the "large" draft they serve. Who needs pitchers when you've got very, very, very large drafts for \$2.99. P.S. The food really ain't that bad, but it gets better as them beer goggles get thicker.

2 1/2 thumbs, obvious happy face

Loose Change Lodge

The Lodge has pretty good food, however after 9p.m. the wings are the best choice. Food prices are competitive and you can mingle in the eating area first then stay and party in the Lodge or wander into Louie's for the remainder of the evening. Louie's and the Lodge are favourites of Laurier students with their dance floors and a decent atmosphere.

3 thumbs, happy face

McGuinness - Front Row

This sports bar is gaining popularity among students, and rightfully so. The food at McGuinness is not bad and the prices are average, but the atmosphere is perfect for a fun

date or a group of people. If you're planning a special gathering, you can book the party room. Kudos to the guy who makes the garlic bread.

3 thumbs up, happy face

Morty's

The swill is cold, the wings are great and the service is pretty damn good. What more could a student ask for? How about 29 cent wings (Mon & Thurs.), or \$1.99 burger and fries (Sun)? Like their motto, they're the closest thing to an on campus pub without being on campus. When you get there, tell Jay, Heather, Eric, Roger, Amy, Tara, and of course Morty, we sent you!

Four thumbs up, smile face



Phil's

Absolutely no dress code in effect. Food prices are competitive but you get better smiles from the drive-thru window at Taco Bell at 2:30 in the morning. The Bruschetta is wicked, but then again, who goes to Phil's to eat?

2 thumbs, happy face

Planet Fusion

A classy restaurant that is not too expensive (located downtown close to the Lyric). The goat cheese salad and the California pizza are fantastic and be sure to try Fusion draft with your meal. If you are looking for a place to bring your parents or a special someone, Fusion is the ideal place. The atmosphere is very mellow with great pool tables and friendly service. (If Don is your server, make sure you leave a decent tip!)

Red Pepper

The Red Pepper has gradually lost its appeal to Laurier students. Slow service and mediocre food just doesn't provide enough motivation for Laurier students to trek up King Street, north of Columbia. Their target market has evolved to an older crowd, and that is fine for students considering their competition.

1 lone thumb, happy, but grim face

Stan and Lil's

Souvlaki on a pita with a side Greek (no, not George...a Greek salad) is our favourite. A relatively

new addition to the WLU eatery collection, Stan and Lil's has made a strong mark in terms of bringing a little culture to the area. Ask Stan to explain the mural on the wall and ask Nicole for some saganaki. Opa!

3 1/2 thumbs up, happy face

Stanley's

Best Burgers

in town! Huge and fresh! (You can watch them raise the cattle out back!) However make good use of those coupons you'll get in your Frosh kits. We recommend a Stanley Combo with cheese and spicy fries.

3 thumbs, no happy face

Wilf's

Have you ever heard the theme song to Cheers? Well, that's about the kind of place that Laurier students find their way to when they want relax with friends and have a beer. Although Macleans' magazine decided to focus only on the amazing poutine at Wilf's, there's a great deal more, like the Philly Beef Dip, the Hawker or the Mow-Down Brown.

When the Students' Union



Morty's is famous for huge chicken wings and \$1.99 burgers on Sundays.

Building is finally completed, Wilf's will be the heart and soul of good times on campus. Whether you're going there to eat pub-grub, meet friends, have a meeting, or drown out your sorrows, Wilf's is definitely the place to go.

Four thumbs up, smile face

Zeke's Outback Steak Shack

Huge portions at good prices from the land down unda. Although their bread tastes like nothing you've tried before, it isn't the healthiest thing on the menu. All the dishes on the menu are great and come in large portions. The service is good and it's a great place for groups of people or a fun date.

3 1/2 thumbs up, happy face

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Coming to Laurier...



October 12 - 14

Bored with K/W? Check out these unique places

The nightlife might seem routine, but this place has a few hidden gems



LILIAN SCHAER

FROSH OFF-THE-BEATEN-PATH

As any good university student knows, an intimate familiarity with all the local bars is essential to what is considered a healthy social life. But as unbelievable as it may seem, there really is more to life than bar hopping. Here are some of the alternatives Kitchener-Waterloo has to offer.

If you are a movie lover, there are plenty of theatres in the twin cities. For example, the Princess Cinema, located just behind the Olde English Parlour on Princess Street, is a great place to catch a flick if you're a bit strapped for cash. From the most popular recent releases to the lesser-known foreign films, the Princess has movies to suit everyone's tastes.

In the mood for some shopping? Between the three of them, Conestoga Mall, Market Square and Fairview Park Mall offer hundreds of shops ranging from the smallest boutiques to large scale department stores.

For those looking for a laugh or two, University Plaza is the site of Yuk Yuk's comedy club, another popular destination. Sports fans, especially hockey lovers, are in luck in K/W, having not only the Jr. B Waterloo Siskins but also the OHL Kitchener Rangers at their disposal.

In the winter, skating in the park or

The Princess is a real jewel. Limited release pictures, recent hits, and old classics highlight their schedule

at Kitchener City Hall is a well-loved activity, and nearby Chicopee is great for a quick jaunt down the ski slopes.

If you're looking for something a little more cultured or sophisticated, or just a place to enjoy a cup of java, a sinfully decadent snack and some good conversation with a friend, Yukiko's on William Street, the Shamrock across from WLU, or Pogo's and Cafe Bon Choix in Waterloo are all excellent choices.

The two things K/W is probably most known for, though, are the St. Jacob's Farmers' Market and Oktoberfest.

The Market is a great place to go if you're on a tight budget and want to get the most for your money. Best of all, everything is either fresh and/or homemade, and there are some real bargains to be had. Only problem is, it's a little hard to get out there if you don't have a car.

Oktoberfest is something that definitely has to be experienced by every Laurier student. Imagine: a week of festivities and celebrations with enough parties and enough beer (not to mention polka music and chicken dances) to satisfy even the biggest party animals. Small wonder it's generally considered one of the highlights of every fall term.

So if you ever get tired of the same old thing, keep in mind that there's plenty of other things to do out there, and chances are you'll find something that appeals to you and your tastes.

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Counting your pennies

Some quick and easy ways to save a few clams

MARK ELLIOTT

FROSH PENNY-PINCHING

The first few weeks of university are great, you have money from work in the summer and lots of exciting things to spend it on.

However, the high rollers in September become the people making ash trays and knitted goods for Christmas in December. Money is not an infinite resource. Mom and Dad won't support your habits forever. The key is to spend your money wisely.

Food is necessary for survival and you might not want to dine at the five star Dining Hall on Rib O' Pork all the time. My suggestion is to skip breakfast and go to a buffet for lunch. The best buffet choice is the Dragon Palace, with a large choice of hot dishes, salad bar, and dessert area. A hint for the dessert area: use the soup bowl for ice cream as it holds more than the ice cream dishes, thus saving you extra energy by reducing multiple trips.

Pizza is necessary for sustenance as the body must have a certain number of slices a week. The best pizza place is located across from Laurier, and Mega be thine name. You can get a Pepperoni slice for \$2.25 and get ready for a taste explosion. Others may be cheaper or bigger but none is a bet-

ter value. If a slice is not enough ask for the "Dirty Mega Deal", a large pepperoni, for \$6.00 including tax.

Beer is necessary for sanity but the bar prices will kill you. To beat the system and stick it to the man, drink before the bar. You can't sneak down to the rec. room and take Dad's beer, you have to buy it yourself. Be wise and buy Carling Ice, it comes with 5.5% alcohol and at \$24.10 for a case it gets "The University Student's Consumer Stamp of Approval".

Entertainment is necessary because man does not live on education alone. Go to Waterloo Park and take in its pristine beauty, sports facilities, and petting zoo, all of which are just a few minutes walk away. Go to the Athletic Complex as you are paying for it anyway and go swimming, play squash, or use the high tech weight room. Another cheap alternative is to go out and support the school's athletic teams. The admission is free or nominal. Where else can you act like a raving lunatic and be socially accepted by your peers?

These few simple suggestions will help you save money and still enjoy yourself. You can look like a king without spending the royal jewels.

Everybody knows your name at the

WILF'S

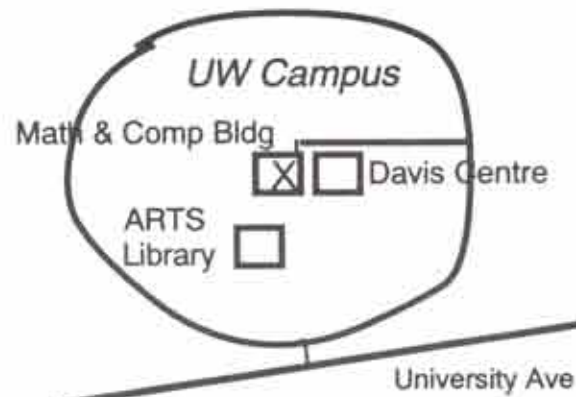
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- Educational discounts coupled with best-volume pricing allows the UW Computer Store to guarantee the lowest prices for current models of name-brand computers and educational software.
- There will be many back-to-school specials starting in July and August. Apple, for example, will be running their annual Mac-to-School promo featuring Macintoshes at great prices. IBM and AST both have aggressively priced configurations for fall '95. Datatrain models and the UW's own Scooter family of PC clones will also be featured this fall with great deals.
- The UW Computer Store has a knowledgeable sales staff who work on salary and not on commission. They are available to help you choose a configuration that is right for your course load as well as your pocketbook.
- Laurier students, as well as Waterloo students, can take advantage of the service and great prices by dropping in to the Computer Store anytime between the hours of 10:00a.m. and 3:00p.m., Monday through Wednesday, or 10:00 a.m. to 5:00 p.m. Thursday and Friday.
- The Computer Store is located in room 2018 of the Math and Computer Building (the large gray complex between the Davis Centre and the Campus Centre) on the UW campus.
- Be sure to bring your Student ID card. We accept cash or cheque with proper ID.



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"I wish I had known..."

Some of Laurier's ex-frosh recall things that they wish they were warned about

BEVERLY GRONDIN

FROSH BEEN THERE, DONE THAT University. It's not as easy as it seems. It can be CRAZY, it can be stressful, it can be packed with fun, but it will ALWAYS be different from anything that you will ever experience.

Now, unless you know people who have gone away to university, most of you chaps are probably clueless as to what it's really like.

No. Scratch that. If you do know people who have travelled into the great beyond called University Life, they've either shared their best experiences or their worst experiences with you. Either way, none of you could possibly have even an iota of an idea of what you are about to get yourselves into. Don't be afraid. The next three or four (or five or six...) years will be as wonderful (or as terrible) as you make them.

But, before you pack all of your belongings into the back of your parents' minivan and make the long trip to Good ole Laurier, I feel that it is important to let you in on some little known facts. These are things that you would have figured out (the hard way) throughout the next year.

However, because of the great love I feel for you future Frosh (oops!! I mean First Year Students), I thought that I would inform you now, before you even enter our hallowed halls. Now, don't just look over this briefly and forget everything that you've read as soon as you turn the page!! Your first year as university students depends on this.... I sure as heck wish that someone would have let me

in on some of these things:

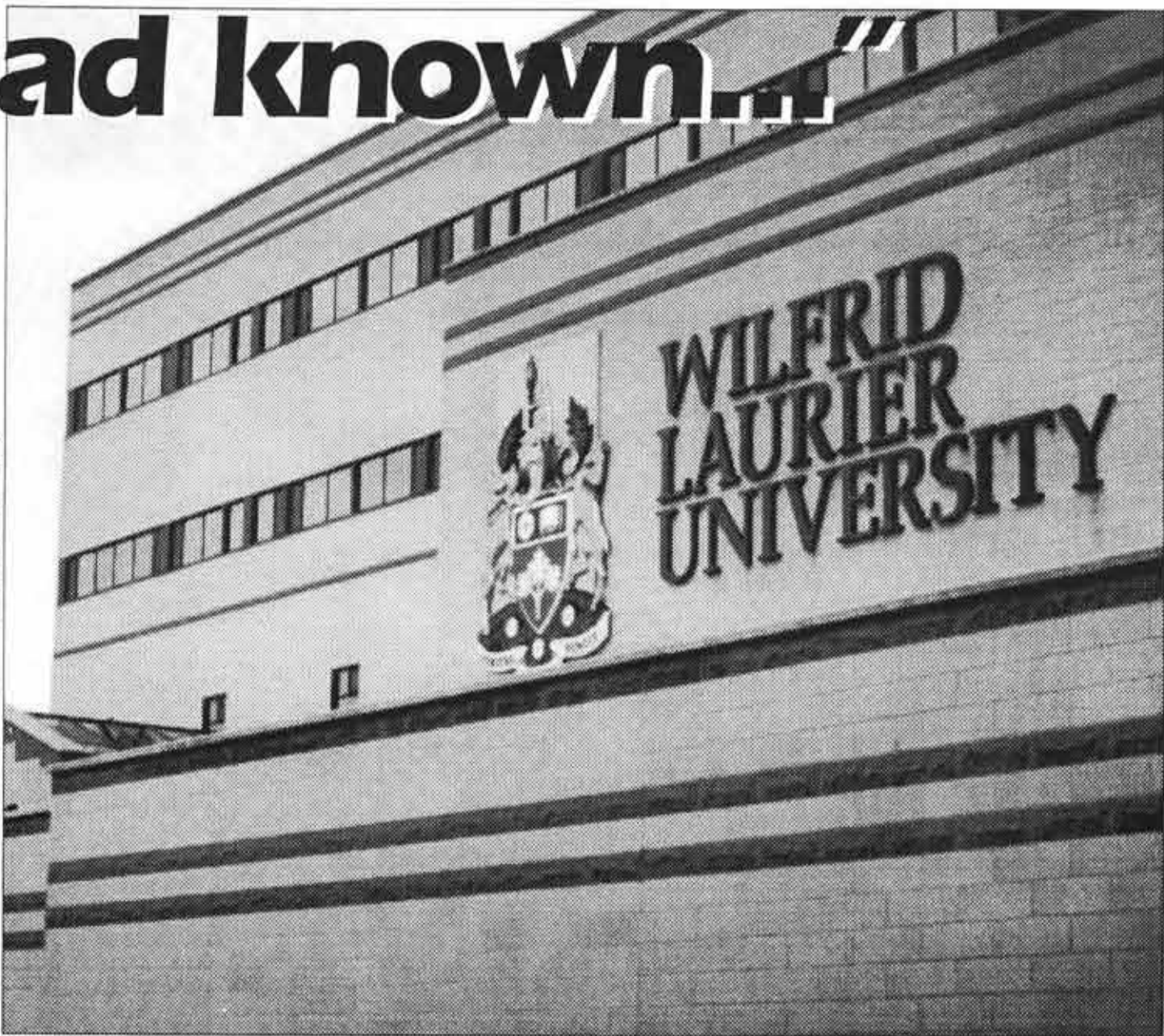
1. READ THE POSTINGS IN THE HALLS

Yup, all of them. I know, I know, there's tons of 'em, but if you want to be involved in ANYTHING this year, that's the only way to find out what's going on. 2. Just because you don't drink a lot now, doesn't mean that you won't in 5 months from now. Be prepared. Either build up your will power or your bank account.

4. PRIVACY...WHAT'S THAT???

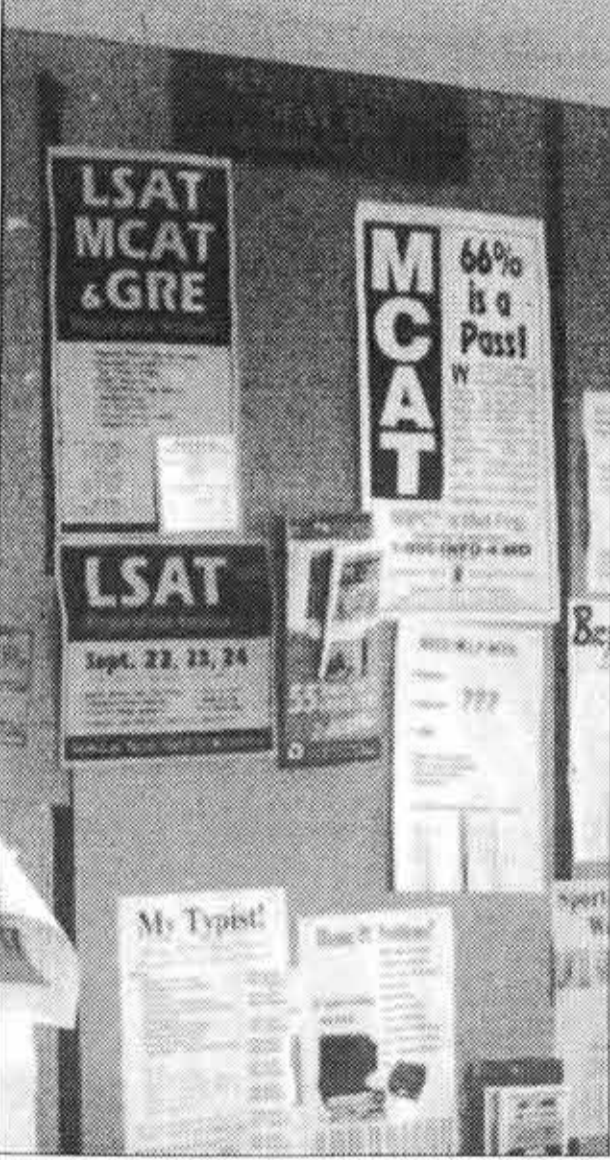
If you are gonna live in Residence, you may as well know now that ALL of your personal life will be known by everyone on your floor. There are no secrets in Res. Your life becomes an all-you-can-eat smorgasborg of info.

Bulletin boards can be your best friend. These things can be a veritable treasure chest.



This place may seem intimidating, but you'll eventually figure it out. But, we still think you could use some advice.

PICTURE SCOTT STINSON



5. SAY GOOD-BYE TO STUDYING

It just doesn't happen....I mean, you can try and try and try (kinda like the Little Engine that Could), but unlike that little steam engine, you are gonna have distractions everywhere. Soon, you'll start looking for anyone or anything to take you away from your books. Did you know that they play "The Incredible Hulk" reruns at around 2am on Global??

6. So you scheduled your first class for 8:30 every morning?? You won't go. In fact, no matter how late you schedule your first class, pretty soon, you'll sleep through it. Every day.

7. Your roommate will become one of the most important people in your life for the next 8 months, whether or not you like him/her. He/she could even turn out to be your best friend.

8. "You are gonna have to grow out of your infantile behaviour once you go away to school." Ummmm, no. You will most likely revert to your lowest form

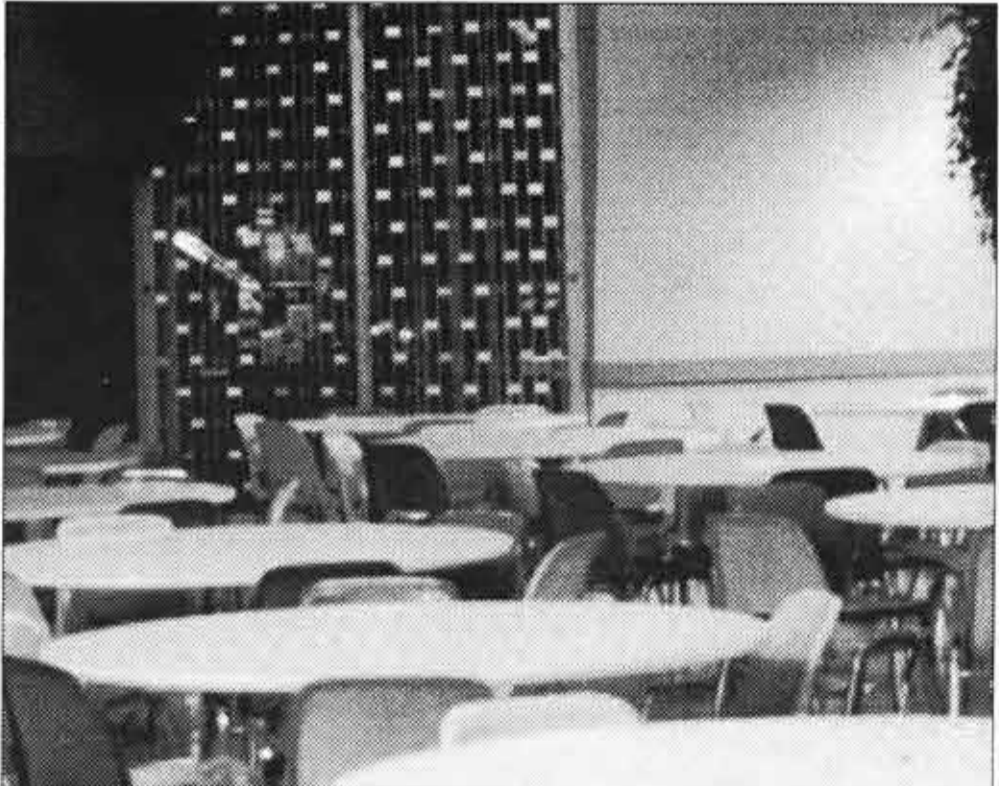
Laurier's infamous Dining Hall is actually not that bad. Watch out for Leftover Fridays.

of maturity when you're around your amigoes.

9. The food in the Dining Hall is generally not that bad. But beware. Fridays will mark the return of Leftovers Past. The food that no one really wants to eat, will be your meal. Oh. And the Frosh 15 really happens. Get ready to gain weight from the greasy, deep-fried Caf food.

10. The friends you make within the next few years will truly be the best friends that you will ever have, for the rest of your life.

One last word. These have only been guidelines. You will learn everything that you really need to know throughout the following year. And you will learn these things on your own.



PICTURE SCOTT STINSON

Even more wise advice

AARON HUNTER

FROSH ALUMNI

- 10. In the eyes of the law, beer outside of the cage (capped or not) is considered open alcohol, and can spell a whole mess of trouble for the unwary.
- 9. About the bar: You're a geek if you go early, and you're a geek if you line up. There is a difficult balance to be struck here.
- 8. Forwell's sells excellent little chocolate-covered marshmallow bars.
- 7. Search pathetically in your pockets long enough, and the bus driver will forget about that last ten cents.
- 6. If you live in residence, think about bringing a humidifier. That is, unless you like having to chisel your eyes open every morning.

- 5 Dance music sucks. Actually, I knew that all along.
- 4. Your Icebreakers :
 - a) went to a lot of effort and...
 - b) paid money to get that job, so humour them. You think you're tired?
- 3. It's important to keep your frosh shirt as clean as possible. You'll be wearing it all week, Sparky. Do not puke IN or ON your frosh shirt.
- 2. Beating up that BACCHUS guy can leave you with a guilty conscience for months. Just kidding, Mr. President.
- 1. Lack of fresh fruit in one's diet leads to scurvy.

SUE BARRY AND TRACEY BOWERS

FROSH ALUMNI

- 10. Liquor stores are far from campus, so come prepared for Frosh Week.
- 9. When living in residence, sleep is an extremely rare, elusive, and precious commodity. Get some when you can, even if it means routine napping.
- 8. Communication and patience are the ingredients to a civil relationship with one's roommate.
- 7. Time management. Start practicing. Enough said.
- 6. Interesting electives are great, but easier ones are better, and they are the key to a suc-

- cessful academic career.
- 5. Buy textbooks from friends whenever possible, otherwise try to find them used at the bookstore. Pink and blue streaks of highlighter are easily ignored when they save you fifty bucks.
- 4. Just because you like a course doesn't mean it will be useful, and just because you hate it doesn't mean it will be a waste.
- 3. Euchre is the devil's game. It cuts into study time like a hot knife through butter.
- 2. Be nice to your janitor in residence. Remember, they have keys to your room.
- 1. Try something new. Who's gonna know?

"If I knew then what I know now..."

Your Head Icebreakers, those people whose job it is to ensure you have a fantastic Frosh Week, share some thoughts on what they would have done differently way back in first year.



JANET SCIDA AND ROBB HADLEY

10. I would've taken the time to get to know the professor.
9. I would've made sure I had a bottle of Evian beside my bed each night (especially Thursday, Friday, and Saturday) and a bucket.
8. I would have studied more of Marquis Desade and Sue Jonansen.
7. I would have brought up half as much clothes and twice as much money.
6. I wouldn't have studied for an exam just the night before.
5. I would have lined up at the Turret before 9:00 on Thursdays.
4. I would have lined up by 5:00 on chicken burger night in the cafeteria.
3. I would have followed the saying "beer before liquor never sicker, liquor before beer you're in the clear".
2. I would have more involved with campus activities.
1. I would have diversified my course load (re: picked more bird courses).

BROOKE GREENFIELD AND STEVE GROENVELD

10. I would've told my roommate not to get that sex-change operation.
9. I would've taken out my liver before I got to university.
8. I would've broken up with my high school sweetheart, 'cause "eternal love" only lasts 'til October.
7. I would've spent my 40 hours a week of TV-watching getting involved in Students' Union and Student Pubs activities.
6. I would've put my name on a waiting list for AA, Waterloo chapter.
5. I would've waited three years to go to WLU, 'cause it's one hell of a lot better now!
4. I would've learned to read.
3. I would've learned to take notes at warp speed.
2. I would've stocked up on Pepto Bismol and Gravol...the food ain't gourmet!
1. I would've treated my head ice like the GODS they are!



TONY SACHDEV AND BETH KELLN

10. I would've brought my books to study during all that spare time while standing in line. (WLU - We Line Up)
9. I wouldn't have taken those 8:30 a.m. classes, especially those Friday ones.
8. I would have pre-registered.
7. I would have done my MA130 homework in advance. (Tony only)
6. I'd have worn a scarf and mittens to my final exams in the AC.
5. I would have learned the BACCHUS position before I got to school.
4. I would have bought a better calculator, one that preferably had the declining balance and amortization options, retail \$79.95.
3. I would've taken a library tour...they're still looking for my first year roommate. (Note: I was his first year roommate, and I was only lost for a couple of days. Ahem. - Ed.)
2. I would've bought my head icebreakers a drink or three on their wet night.
1. I would've realized sooner that alcohol consumption and cognitive ability are negatively related, whatever that means.

STUART KNIGHT AND MEEGAN BROWN

10. I wouldn't have studied more, just in a smarter and more effective way.
9. I would have partied, but maybe not quite as much.
8. I'd have tried to have more say in fighting for the rights of first year students.
7. I'd have tried to meet people other than those on my sister floor and my own floor.
6. I would have tried to meet more off-campus people.
5. I'd have brought more things from home that could be used for practical jokes.
4. I'd make sure I could be on the GOLD TEAM FOR EVER!
3. I'd make sure I always wore my good underwear on those "special occasions".
2. I'd try new and improved ways to throw up without it coming out of my nose.
1. I would have made sure the lights were off on those nights that I had too much to drink so that I could stop having these nightmares.



Beware of Credit One man learns the dangers of plastic the hard way

ANTON VOLCANSEK
CORD WISDOM

It was my frosh year and Laurier was hosting one of those promotional days, where all kinds of nifty products are showered on students in the hope that they become regular buyers.

Booths are set up in the Quad area outside the Student Union Building. You get free Coke, Pop Tarts, cologne, and even maxipads (if you're into that sort of thing). I applied for a student GM Visa card, on a whim, because at the booth they were giving away T-shirts.

A month later, Visa actually sent me a credit card with a \$500 limit. Imagine! Me with a credit card. My budgeting skills are as strong as the Mexican peso. With Visa in my wallet, my bank account was less secure than a Sarajevo schoolgirl in Sniper

Alley.

Without a credit card I would never have bought, on a whim, my furry, green hand-puppet Joseph K at Conestoga Mall. It's the most frivolous \$55 I've ever spent. Over the past three years I've been at or near the spending limit of my credit card. That's a lot of interest payments. I've been close to paying it off on several occasions, but some little emergency always manages to pop up.

If I had only known to stay away from credit cards....

And, for God's sake, to stay away from hand puppets. Joseph K is in my closet somewhere. I only take him out as a prop during kinky sex, but that's as frequent as drops in my Visa interest rate.



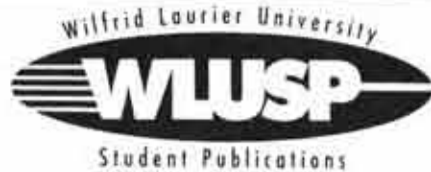
THERE'S MORE ON THE MENU THAN BARLEY SANDWICHES



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the cord



A Wilfrid Laurier University Student Publication

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"Education is that which remains, if one has forgotten everything learned in school"
 — Albert Einstein

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Letters Policy

- All letters must be signed and submitted with the author's name, student identification number and telephone number.
- All letters will be printed with the author's name. Letters can be printed without the author's name only by permission of the Editor-in-Chief.
- Letters that are submitted on disk or via e-mail must be accompanied by a signed hard copy.
- Letters must be typed, double spaced, and cannot exceed 500 words.
- The Cord reserves the right to edit any letter. Spelling and grammar will not be corrected.
- The Cord reserves the right to reject any letter in whole or in part, that is in violation of existing Cord policies.

Editorial

Just do it

Normally, this space in the Cord is reserved for the main editorial. Located in a prominent place, it's a piece of opinionated writing about just about anything.

But, in this issue just for you, a raving diatribe on social or political issues would be a little out of place. So, since everyone seems to be welcoming you to Wilfrid Laurier University in one way or another, I'm going to take this space to do the same.

As I'm sure you've figured out by now, this is the Cord. It's the student newspaper here at Laurier. We publish every Wednesday evening throughout the school year, with breaks at Christmas and Reading Week. The reason I'm telling you this now is because, quite honestly, the wonders of Student Publications pretty much passed me by when I was in first year.

You'll soon find out that first year is a very easy time to get involved in just about anything - or absolutely nothing. While there are opportunities everywhere, living on a residence floor can be like living in your own little world. There are always friends to hang out with, always many ways to kill time. There is very little incentive to venture outside the safe little haven of your floor.

That said, I suggest you do.

My only regret from first year is that I didn't take the time to get involved in campus activities. Actually, I also failed Calculus. Make that two regrets.

It took my not getting into Co-op in September of second year (a direct result of that previously mentioned second regret) for me to think that I ought to try some new things. I had expected to roll through four years here, pick up my Co-op degree, and be on my way. It was the disappointment of being turned down for Co-op that made me realize that maybe I was missing the boat completely. On a whim, I went to the General Cord Staff meeting near the end of September. I'd liked writing in high school, so what the hell.

Not quite two years later, and I'm still getting used to being the Editor-in-Chief.

The point I'm trying to make is that I was lucky. I could just have easily not gone to that meeting back in the fall of '93. While I'm very happy to be in the position I am now, I might still have been plugging along, wondering what to do next.

Don't make that mistake. First year is the perfect time to try something that has always interested you. You make think your workload is heavy, but'll only get heavier. Now is the time to experient. To meet people other than those on your floor. Join a club. Volunteer at one of the student corporations.

You don't have to be senior to be involved, either. Some of the best writing in the Cord last year came from first year students. We also hold off hiring some positions until the fall so that frosh can apply. This year's Cord Production Manager and Art Director were both hired last fall as Production Assistants in their first year here.

But don't think that this is just a Cord recruiting drive under the guise of a pep talk. If Publications isn't your thing, the Students' Union also reserves a number of positions for frosh. While we at Student Pubs would hate to lose you to the dark side, it's your call.

Give it a shot. That's why you're here.

Editorial by Scott Stinson, Editor-in-Chief

The opinions expressed in this editorial are those of the author, and do not necessarily reflect those of the Cord Staff, the editorial board, or Wilfrid Laurier University Student Publications.

Is there life before 19 ?

ANNE MARIE SMITH CORD GUIDANCE

As a new student to Laurier, you will quickly learn that life as a university student revolves around a lot of partying and that for the majority of students that life involves alcohol.

Often there are a great deal of students who are under legal drinking age. When I was in my first year this past year, 55% of incoming first years were underage, including me. Before you groan, let me promise you that it is very possible to have a fantastic first year and be underage. I did, and I know many others who partied hard all year - but sober.

Frosh Week is something to look forward to with great anticipation since it promises lots of fun with crazy activities. Every bar which you visit during Orientation Week will have an underage policy for that specific night. This means that underagers are allowed in if they promise not to drink alcohol on the premises and on condition that a BACCHUS (Boosting Alcohol Consciousness Concerning the Health of University Students) team and lots of Icebreakers are assisting with enforcing the policy. Live it up and visit everywhere this first week because unless you have fake ID, this will be the last time you'll be let into these bars.

Hmmmm....fake i.d. - should I discuss it? I feel I should as it's an important issue. It is no secret that

many underagers get hold of illegal identification and frequent the bars; many of us have used or will use fake i.d.. Just make sure you are aware of the serious consequences of possessing these illegal documents. All the bars check for picture identification and if they think, feel or know it is fake they may seize it (therefore pissing off the person you borrowed it from), they could slap you with an underage drinking fine which will run over \$100 or should you get caught on campus you will be banished from any WLUSU pubs. I don't mean to scare you, but these are the risks.

Lucky for us that Laurier has a Wristband Policy. This means you are free to dance up a storm at the Turret, listen to groovy tunes in Will's or go to any UW pub with your Laurier Student Card. The downside is that the staff will strip you of your ID, stamp you, and you make you sign a waiver form and force you to return at the end of the night (to pick up your ID and so they can check your state). You may feel humiliated and resent the wristband at first but soon you will love and appreciate it since it offers you the risk-free freedom to participate and go out with your buddies.

Remember that there are plenty of alternatives to drinking. You will find that first year is so much fun that you may even forget about drinking. Regular, Sober Life is a

party. You will be high on the new experiences without needing a drink. But beware, the pressure to drink will be fierce.

So many first year students want to be cool and fit in and believe they must drink to do this, some even believe their popularity has soared once their name is added to the floor puke chart! If you are underage, you must understand that the risks concerning your welfare are much higher. It is easy to get carried away. Not everyone is as experienced a drinker as they say they are. If you decide not to drink, stick to your decision, don't let others make an unwanted decision for you. Responsibility is the key.

Being underage may mean you could spend a few nights baby-sitting and putting your roommates in the BACCHUS Position. At these times you may wish to be a few months older so you could accompany your friends to Loose Change Louie's, but you will (probably) stay slimmer due to the absence of alcohol in your diet, you will save super much cash and you'll have a few less headaches in the morning. If you do drink, please be careful. Set a limit. Space out your drinks. Eat (please!) before you drink. Do pick one type of alcohol and stick to it ... mixing is bad (unless you LIKE to dry heave).

I hope you have a rockin' year and have fun. First year is a blast! Just use your head.

Alcohol : apparently, there is a downside

**CRAIG MOFFATT
AND JO-ANN LITTLE**
CORD PREACHY

Now that you have been accepted at Laurier, the anxiety starts to set in and your head is full of questions.

Many of these questions you will simply have to endlessly ponder for the summer until you start your University experience in the fall. However, we can try to ease your mind a little by giving you our view on the way the social scene at Laurier works.

Say the words "University social life" and most people immediately think about drinking and bars. Thankfully, the social scene at Laurier is not entirely alcohol related, because most people have expectations higher than having an empty wallet, and a pounding hang-over.

Drinking makes up a certain portion of social ongoings at Laurier, but it is certainly not the only component of our social activities. A large portion of the student population is involved in one or more of the 60+ campus clubs that represent a wide range of student interests. If you are more inclined to physical activity, the Athletic Complex offers Varsity as well as Intramural sports to all full time students. Yet another way that students can get involved is by volunteering with one of the many student services that the Students' Union offers.

A number of these services specifically set aside positions for first year students. Another opportunity lies in volunteering for one of the many organizations that exist within the community of Kitchener and Waterloo. It is through all of these groups and organizations that many Laurier students, including yourself can and do meet new people and new friends, as well as having some fun at the same time.

Orientation Week will provide you with your first glimpse of Laurier, and will be your first opportunity to decide what place alcohol will have in your social life. Your decision to drink responsibly begins here. You will be surrounded by hundreds of other students who are your own age and ready to celebrate the beginning of a whole new experience. Drinking is often seen as the perfect way to eliminate any inhibitions or uneasiness. It seems less difficult to meet new people over a few frosty ones. The alcohol begins flowing early in the week and the night time events can get pretty outrageous.

However, Orientation Week is more than just drinking. It's about meeting new people, and adapting to life at Laurier. Irresponsible drinking may cause Orientation Week to be a blur of embarrassing actions, forgotten names, vomit-stained clothing and a pounding head. It can also lead to embarrassing or dangerous situations, the police station or worse yet, the Hospital. Orientation Week is an introduction to Laurier and it is your choice whether you are sober, pleasurably pissed, or horribly hammered.

Laurier is also aware that not everyone on campus has the option

to drink. Those of you under 19 may have visions of sitting at home alone waiting for your 19th birthday to roll around. You fear your idea of a good night will be full of watching reruns of "Full House". You fear ostracization and isolation. Fear not.

Underage students at Laurier can be admitted to campus bars! This avoids isolation, and a snazzy wristband is the only symbol of your underage status. This allows all students at Laurier to enjoy the night life without facing the consequences of using your older sibling's i.d..

Everyone has heard the rumors that university life can be a never-ending spree of drinking for the whole year starting in September and running through to April. Beginning the week on campus Wednesday night at Wilf's, Thursday night at the Turret, graduating to an off-campus Keg Party on Friday, and the Lyric or Phil's on Saturday. For some people this rumor is true.

Surprised? The important thing to realize is that you are essentially independent at university. For most of you this means living on your own for the first time, and truly being responsible for yourself and your actions. As a result, it is your choice whether you drink or not, as well as how much you do drink. Those people that decide to constantly get hammered will soon find their marks suffering and their cash running short. As a result they end up having to make up for failed classes, or worse are not allowed to return to Laurier the next year.

The reality of drinking is that if it is handled irresponsibly it can lead to serious trouble both in university, and later in life - from missing/failing classes to alcoholism. This is not to say that drinking is evil and should be avoided like the plague. Many university students do choose to drink, and do so responsibly. This means that they know their own limits, and don't drink to the point where they lose control. As a result our advice to you is that if you do decide to drink, do so in moderation so that you remain the one in control, and not someone else. Socializing at Laurier can be fun and rewarding as long as you remember not to let your intelligence disappear as soon as you take hold of a drink, a shot, or a beer.

To help with promoting responsible drinking on campus, an organization called BACCHUS. This organization exists for the sole purpose of promoting safe and responsible drinking among the members of the campus community. BACCHUS is peerbased, composed only of Laurier students of various years and disciplines. As a result the message of the safe use or non-use of alcohol is presented by a group of friends. BACCHUS has a heavy presence during Orientation Week, acting as a helping hand during events. After Orientation Week, BACCHUS is mainly campaign oriented.

If you have any questions or concerns about drinking or the social scene at Laurier please contact Craig Moffatt, BACCHUS Coordinator, at the Students' Union offices.

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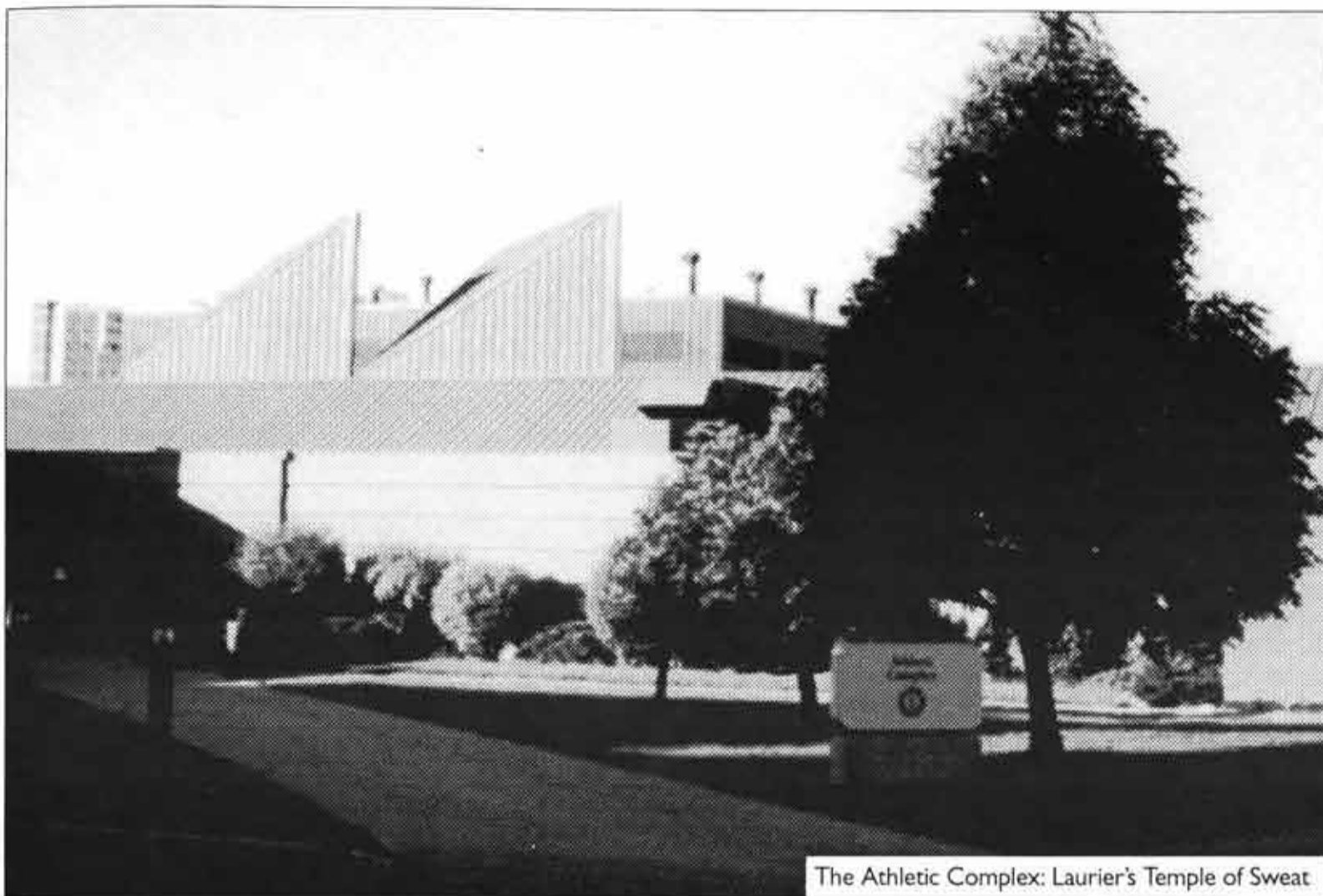
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The Frosh Fifteen: Fear it



The Athletic Complex: Laurier's Temple of Sweat

LIBBI HOOD

FROSH FITNESS

Imagine having a pre-paid credit line for chocolate bars, ice cream, and tons of tasty fried food...all of which is only steps away from your very own bed where you can sleep all day after staying up all night, with nobody nagging you to get up and do something.

That idyllic dream is a reality when you move into a university residence for your first year. You make the rules when you get to university, but you also pay the consequences.

The biggest consequence of poor food choices and lack of exercise is weight-gain. The Frosh-fifteen plays no favourites among first year students: if you live in residence, it will come. If you live off campus during your first year, or in Bricker residence where you make your own meals, the dreaded fifteen (or twenty, or more) pounds show up in the form of frozen food,

chips and chocolate. Even if you live at home in the Kitchener-Waterloo area you have a lot more chances to stop with friends for a snack, grab a fat-filled muffin and hot chocolate on the way to 8:30a.m. class, or down entire bags of chips while speed reading ten chapters of a psychology text in one night. Essentially, university life is a great experience filled with a lot of fat, and you'll be sucking it all in.

Although this weight gain is pretty darn inevitable, there are some tips to follow which can be the difference between five and fifteen pounds by December. The first is to eat some healthy food. Make use of the fruits and salads offered at food services. Don't have fast food every day, have a lower fat meal that includes vegetables instead. Skip dessert sometimes, although dessert is often the least scary part of food services as it is ordered in. The same goes for

chocolate bars and ice cream, which are to be eaten in moderation. Skip the alcohol sometimes too, instead remember to drink some low fat milk, and lots of water and juice, and you should be on your way to avoiding some of the excess poundage. It also helps to leave some of the food on your plate...the breaded and fried food offered every night is bad enough when it sits heavily in your gut, but it's worse when it shows up for a repeat performance in the form of inches around your middle.

Remember that food isn't everything, which means that just cutting back on food isn't enough to save you. Living on or near campus leads to a lot less exercise, so measures must be taken to raise your heart-rate (extreme panic attacks over unwritten essays don't count). There are plenty of ways to exercise at Laurier, starting in residence. Aerobics classes are often

run right in the residences, and there is often an exercise room as well.

The next choice for exercise is the Athletic Complex which offers the pool, squash courts, tennis courts (outdoors), the weight room and the gym itself. As soon as you pay your tuition you're paying for access to the AC facilities, so it just makes sense to use them. It's easy to find out the hours during which the pool and weight room are available for use, and when the gym is free you just have to leave your student ID card at the tote room in exchange for a vol-

leyball or basketball. There are also intramural leagues organized through the AC in sports such as basketball, volleyball, and soccer.

If you don't mind going a little further than the AC, off campus facilities offer reasonably priced, enjoyable exercise sessions. A Super-Circuit membership at Seagram Stadium is very popular among Laurier students, as are the aerobics classes offered at Seagram. If you long for something more than doing laps in the Laurier pool, you can join an aquatics class at the Waterloo Recreation Complex. The Rec. Complex also offers a free indoor track for jogging or walking, which circles the hockey rink. Other popular health club facilities such as the YMCA and the Good Life Health Club which are within walking distance of campus.

Despite the wide range of possibilities when it comes to exercise, many first year students still

remain rooted on their couches watching tv. When you realize this has become your mainstay in life, make a point of getting off your duff and doing something. Walk to a store off campus or through Waterloo Park, or just walk around the residential streets near campus. It will improve your health and it might also help to know your way around town before you have to find housing for second year.

Along with preserving your ability to button your jeans, a little exercise and healthy food will help to avoid the other inevitable plague of first year students: sickness. Frosh week is a marathon of junk food and no sleep, which when coupled with a thousand strangers with strange germs, culminates in a huge number of sniffles and sore throats. The incessant screaming required during Frosh week doesn't help the voice box either.

After the initial September sickness, germs resurface semi-regularly throughout the year. Getting enough sleep is an important part of avoiding the flu during the winter months, but it's pretty hard when there is nobody to tell you to go to bed early. A little preventative medicine in the form of a flu shot or a daily vitamin might be a bit easier to achieve, and might go just as far as eight hours of slumber every night. Some other tips to try, which may or may not help, but certainly sound interesting, are to wash your hands often when people around you are sick. The hands are a major carrier of germs, and keeping yours germ free may preserve your health during midterms and finals. For sore throats some people suggest eating plain yogurt or gargling with salt water to help kill off the germs. It certainly is worth a try if you can stand the taste of either of these delightful cures.

Finally, when it's too late for prevention and you've skipped your nap, your exercise, and your vegetables one time too many and ended up sick as a dog, try chicken soup.

"Fanning" at WLU

MARK ELLIOTT

FROSH CHEERING

An essential part of the Laurier experience is being a fan. Going to varsity events and cheering on the Golden Hawks. Maybe it's just because of our school's small size, but Laurier tends to have some of the biggest and most enthusiastic fans in the country.

To be a fan, you need a team or teams and there are lots to choose from at Laurier. There is basketball, volleyball, lacrosse, soccer, rugby, hockey, football, and more! Being a fan is more than just watching a sport - it is the art of turning it into an event.

There are two completely different styles for cheering, depending on the venue. An indoor activity is far more intimate. The playing surface is enclosed and the sound is trapped. This is beneficial for heckling, as the players are able to hear a single voice. To heckle effectively a program

is a must. Then you can tailor your jibe to a specific player. It is also easier to dispute the calls of the officials. Face painting is all right for play-offs but a little gauche for the regular season. The grand-daddy of inside sports is hockey. Laurier has two competitive and entertaining teams every year.

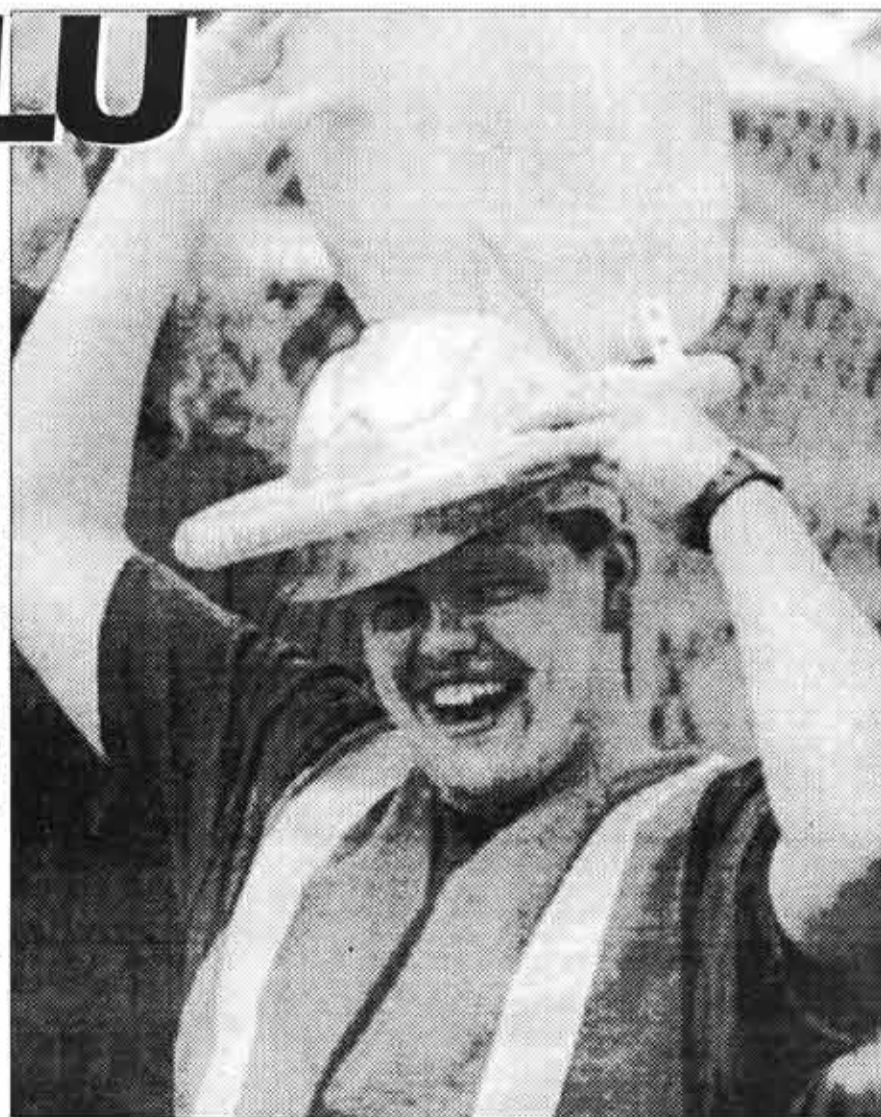
Outdoor events are different beasts all together. The marquee sport is football. The stadium is always packed and this is especially true at homecoming.

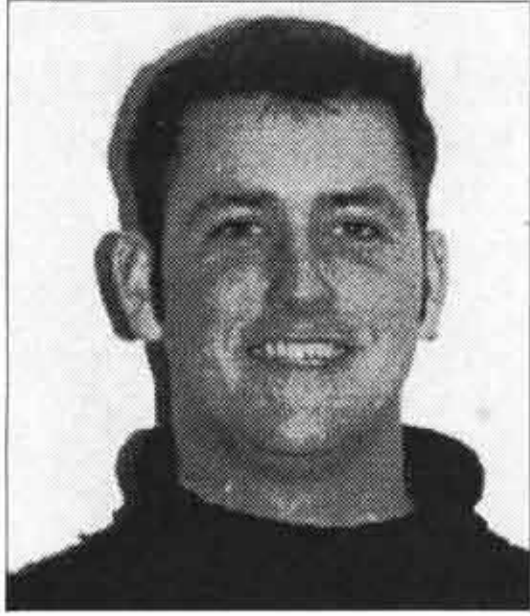
Homecoming is a lot like Christmas. You wake up bright and early to get prepared for the day. Instead of presents you start with beverages. There are always keg parties and the sociable time to go to these parties is 10 a.m.. The game does not start until 1:00 so it gives you lots of time to paint your body, don your purple and gold garb, and consume large quantities of brown gold.

Head to the stadium and find the seats at the top with the other rowdies. This lets the older alumni witness the game free of beer-fueled mayhem. The game consists of standing throughout singing cheers. The best cheers are the ones that don't make sense like "1-2-Kiss my ass-3-4-My ass" and "Who Ate all the Pies". It is also fun to berate the opposing team's band or cheerleaders, when off colour comments will flow like sap from a maple.

The biggest thing is to have fun and be creative. Your legacy can live on long after your tour is done at Laurier, and we all know that is the true mark of a person.

The author shows you how its done at Homecoming '93. Yes, kids, that is a toilet seat on top of a construction helmet on his head.





Scott McCormick President, WLU Students' Union

Greetings, little frosh! My name is Scott McCormick. I am the President of the WLU Students' Union this year and I would like to welcome you to the best university in the nation.

You are probably wondering what the Student Body President does all day so let me tell 'ya. It is my job to act as the official voice of the undergraduate students of this university both internally and externally. I am responsible for upholding the mission statement and the ideals on which our Union was founded; to effectively represent and service the students of

Laurier.

One point that I would like to drive home here is that I work for YOU the students and I answer to you through your elected Board of Directors. This year the Board is under the leadership of Russell James Clark, the Chairperson, and will ensure that all decisions are made in the best interests of the student body.

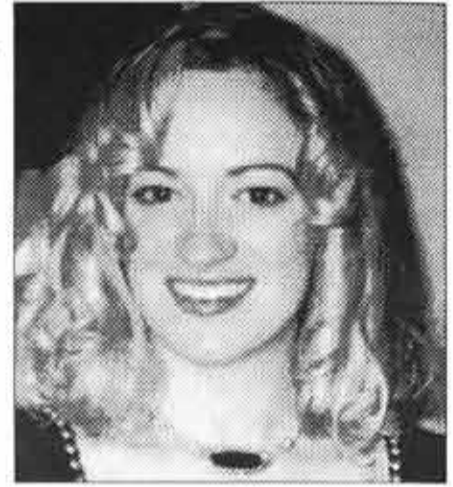
This is one of the most exciting times in the history of the Union because we have just completed our great building expansion project! This place rocks! The new addition to your

building represents the prosperity and growth of a corporation owned and operated by the students of this university. you should all be proud of your contribution to this development and enjoy all the new services and facilities offered.

Remember, this is your Union and if you ever have a question that you want answered or a problem you need help in solving, please feel free to come up to the Union and find me. I am sincerely interested in hearing what you have to say and I promise to help you out in any way I can.

Sue Barry

President, WLU Student Publications



So how do you like Student Publications so far?

This paper you're reading is just one of the many things that WLU Student Publications provides for you, the students of Laurier, at the very reasonable price of free.

In addition to weekly editions of The Cord, WLUSP publishes a yearbook called The Keystone, a student dayplanner aptly named the WLU'er and a student phone directory called The Cord Guide to Laurier.

Okay, so not quite everything is free. You actually have to purchase a Keystone if you want one, but first year is a good time to do it. The Keystone includes an entire section devoted to residences, so you and your floormates are bound to be in their somewhere. Of course, it also includes features on Frosh Week, sports teams, Winter Carnival, and just about everything else that goes on at this school throughout the year.

The Keystone doesn't come out until mid-

April, but Keystone sales days will be happening in the concourse throughout the year.

Everything else is free. The Cord publishes every Wednesday evening except at Christmas, on Reading Week, and during final exams. It is the only student newspaper at Laurier, so it's the place to go for all the latest in news, sports, entertainment, and commentary. Cords are available all over campus, and we have a Feedback Booth in the concourse on Thursdays where you can pick up your paper and meet members of the lovely staff at the same time.

Keeping organized can be very difficult at Laurier, and the WLU'er is our way of helping out. It's perfect for keeping track of due dates, reading requirements, birthdays, phone numbers, class schedules, moon patterns, etc. You should receive your own snazzy copy in your frosh kit, but if you don't, they'll be available at the Cord Feedback Booth at the start of the year.

Laurier may be a small campus with a relatively small population, but that still adds up to a lot of phone numbers. The Cord Guide provides you with a phone directory of all students at Laurier, as well as listings for other important off-campus establishments. Not just the bars, I might add. The Cord Guide will be available at, of course, the Cord Feedback Booth in mid-October.

Student Pubs is an entirely student-run corporation. That means we could use your help putting all of those things together. You can take photos or write stories, do layout and design, sell ads, give inspirational speeches, whatever. Whether you've got the skills now or if you want to learn them here, come on up to our offices on the third floor of the Student Union Building and say hello.

Welcome to Laurier, and have a great year.



Brad Ross

Vice President: University Affairs, WLU Students' Union

Hey! I'm Brad Ross, your Vice President: University Affairs. As VP, (a full time job) I am responsible for protecting the interests of our students both inside and outside the classrooms.

Next year my portfolio includes: dealing with environmental/safety and equality issues, external representation (meet with the politicians on behalf of the students), Laurier Students for Literacy (a group of students who read books and teach little people), coordinating volunteers for special events, health plan, charity events, academic accountability, and generally ensure that the Laurier atmosphere promotes learning, laughter and safe fun for all.

If you want to get involved this year, have a fantastic and/or crazy idea, feel the atmosphere at Laurier is hindering your ability to learn or are pissed off with the Students' Union and need someone to yell at, give me a call at 884-1360, e-mail ross7850, or leave me a letter in the WLUSU offices - Students' Union building 3rd Floor. (You can also find me at Wilis or the Turret)

Health Plan

All full time graduates, undergraduates, and co-op students are automatically enrolled in the health

plan. Coverage extends from September 1, 1995 until August 31, 1996. 80% of the cost of medications are covered with this plan. If you already have coverage you can opt-out between September 18th and 29th.

Faces of Laurier Campaign

The purpose of this campaign is to expand and explore the diversity of the Laurier community because there's more to university life than lectures, assignments and professors. Through the Faces of Laurier campaign you will realize the most important things in life are not discussed in the classroom.

Feel free to stop by my office if you are interested in any of the following campaigns:

September: "Get Involved". Laurier has the most number of volunteers per capita in Canada. Sign up and get involved this year!

October: "Safety Month". I will be coming to your residence floor to hand out fire safety whistles and safety cards for everyone early in October!

November: "Sex Month". Let's talk about sex baby!
January: "Multiculture Month". Party with an international flavour!

February: "Health and Fitness". Time to lose the

Frosh 15! (the amount of weight you can gain during first year due to the lovely cafeteria food)

Charity Events

We are attempting to set the Guinness World Record for the largest paper clip chain in February with proceeds going to charity. The current record is 190,400 paper clips strung together by 60 people in 5h35m.

Other planned events include: Celebrity auction (October), Halloween party (October), Beer bottle drive - save your empties (November), Christmas party (December) and two Meal card charity drives - Here's a chance to donate extra meal card money, last year over \$10,000 was raised (December and April).

Student Run Course Evaluation

The purpose of these evaluations is to increase the level of academic accountability here at Laurier. You'll have a chance to evaluate your professors and the courses you take. Results will be published and available when you pick up your 1996/97 course calendar (if you want to peck at last year's results stop by my office).

Dr. Lorna Marsden

President and Vice-Chancellor, WLU



Welcome to Wilfrid Laurier! Each of you has been carefully selected not only on the basis of your academic performance but also because of your "fit" with Laurier.

Each university is different and at Laurier we pride ourselves on our community. As our Mission Statement says, "Wilfrid Laurier University strives to be a diverse, personal and supportive community...devoted to learning, research, scholarship, creativity, professional expertise and personal development in a student-related environment". Faculty and staff work hard to achieve that goal and we hope you will join in this spirit of Laurier.

First year university is always a tough one. You face a new standard of performance, a new group of friends and competitors and you're away from home. We try to provide you with every opportunity to ask questions, develop your skills and join in the many important cultural, sports and volunteer associations on campus and in Waterloo. Laurier should be your second home.

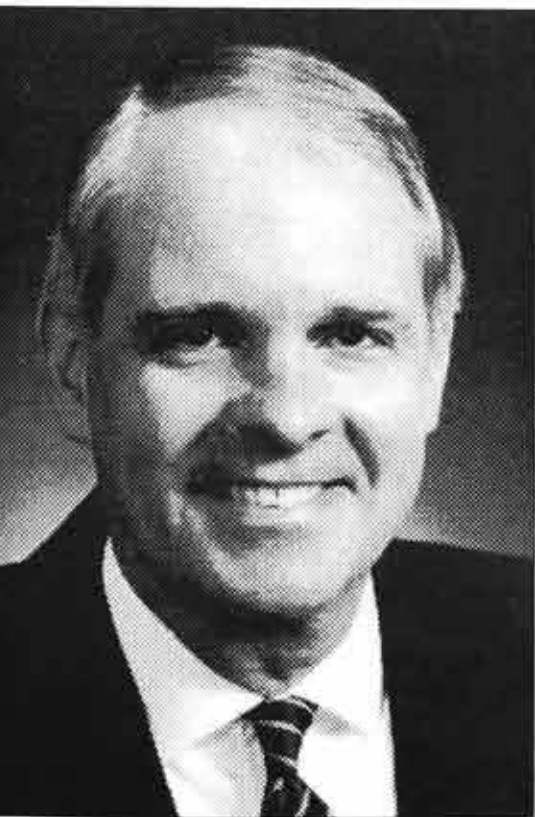
We hope that you will take full advantage of the opportunities of this University from the classrooms and laboratories, the concert hall and the stadium, to the international exchanges and visiting speakers.

Our Mission Statement goes on to say "Our aim is to educate engaged and aware citizens of an increasingly complex world". We want you to have all possible preparation to succeed in that world so talk to your professors, work with the staff, use the Library and the Robert Langen Art Gallery, make demands on yourself and on the system.

I look forward to meeting each and every one of you during Orientation Week and to meeting your family and friends over the coming year. Best wishes for a happy and productive year.

People on Campus You Really Ought to Know

Dr. Rowland Smith



VP: Academic

Last year I wrote my Cord "welcome" while I was still in Halifax, just about to begin a new career at Laurier. I hope your transition to this institution will be as painless as mine has been.

Laurier has lived up to most of the expectations I had before arrival. It is compact, personal relations are important, and people are polite to one another in public - for the most part. Above all, the centrality of the academic side of life for all undergraduates is integral to the Laurier culture.

I cannot overemphasize how important this is. For many of you, the social side of university life is what looms largest in your imagination, as you contemplate the new world that awaits you. And this is quite natural. Learning to cope with the liberated social mores of a university is a crucial part of a university education, as are the countless other activities that you will enjoy here, and that will take on varying degrees of importance.

But the long-lasting validity of your Laurier days will depend on how they have affected your mind; how they have enabled you to come to terms with what is baffling about your lives, or even to understand something more about yourself and the world you inhabit.

The ultimately liberating effect of your education at Laurier will consist in the way this institution has equipped you to argue, to analyze, to reflect and to test. And its atmosphere of free enquiry - in which anyone can discuss anything at any time - is a great stimulant to your acquiring those qualities. I'm sure you will find that your intellectual growth is as fulfilling as your social maturing; that's why you are here!

**mmmmm,
pints!**

PHIL'S

PHIL'S GRANDSON'S PLACE 220 KING ST N WATERLOO 888-7663

Fred Nichols

Dean of Students



Dear Frosh Parents:

I thought you might like to hear that you too have an interest in Wilfrid Laurier University now that you have a son or daughter here.

I am Dean of Students, have been here for 32 years now, and have thoroughly enjoyed meeting and sharing good and bad times with the young people who have chosen to come here for their formal education.

As you know, the actual classroom time is only one part of their education. Another important part of learning, when leaving home, is the adjust-

ment to roommates, rules and regulations, budgeting, socializing, competing and most of all accomplishing what they set out to do. You hear all kinds of rumours about the wild student life on university campuses - but don't believe most of it.

Sure, we have fun, and once in a while do something careless or irresponsible that we wouldn't do at home, but that's all part of the learning experience. You can be sure, however, that the health, security and safety of our students is a major concern to my staff.

One thing I tell all students is: "Bring with you the same manners and standards of behaviour you are accustomed to at home, they are most useful at the university." I'm sure you tell them the same thing. I have found that I get to meet most students while they are here and I can honestly say that 99 percent of them mature, excel and develop those finer characteristics expected of university men and women.

The main reason I am writing is to introduce myself in the hope that, as parents, we might have the occasion to meet sometime and compare ideas as to what our university is all about. You must have concerns about living arrangements, rules governing student life, problems on campus, health care, counselling, or finance. You may want to talk about the many services and activities that make us so proud of our small and personal university.

I would welcome a visit or telephone call at any time and would surely like to get to know you. I have a very open relationship with students, and as a parent myself I know how important it is to know someone at the school who can be trusted, open and honest with me.

I will be available on Labour Day, Monday, September 4th. Please make a point of saying hello. If by chance I don't see you then, I would welcome an appointment at your convenience.

Other names to remember around the WLU campus:

Joel Lynn: VP: Finance, Students' Union

George Raptis: VP: Student Activities, Students' Union

Eric Green: VP: Marketing, Students' Union

Darryl McKenzie: AVP: Student Services, Students' Union

Fran Wdowczyk: Student Life Coordinator

Mike Belanger: Director of Housing

Rich Newbrough: Director of Athletics and Recreation

Cookie Leach: Director of Women's Athletics

Classifieds

ATTENTION FROSH!
THE GREEK COUNCIL WOULD LIKE TO WELCOME YOU TO GREEK LIFE ON LAURIER CAMPUS

Join the men and women of Sigma Chi and Pi Kappa Alpha Fraternities, Delta Gamma Women's Fraternity and Alpha Omega sorority in their fall rush

Come by the Greek Council Booth during Campus Clubs week and

check it out!
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For Rent

Rooms Available in house. Close to WLU. Share with male housemates. 2 baths, 2 fridges, laundry, parking. \$300/month Sept - April, \$200 month May - Aug. Call (905) 735-7846.

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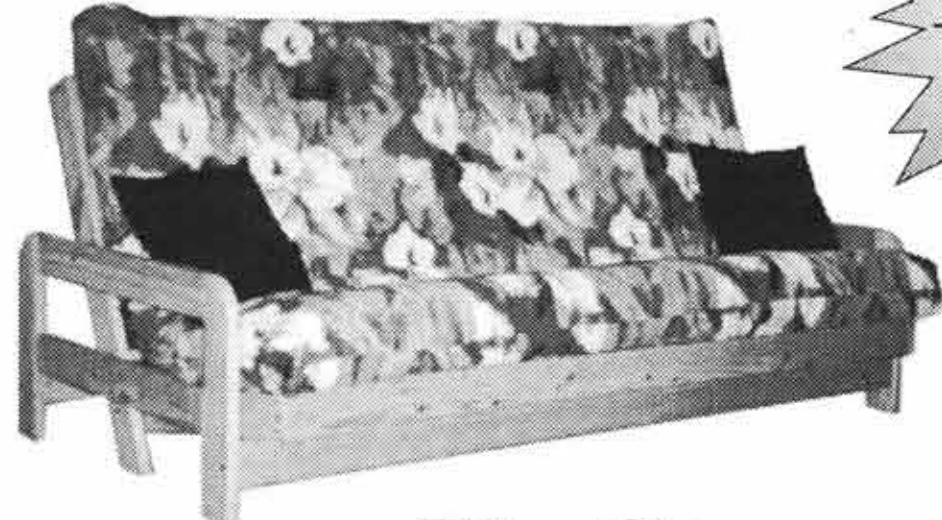


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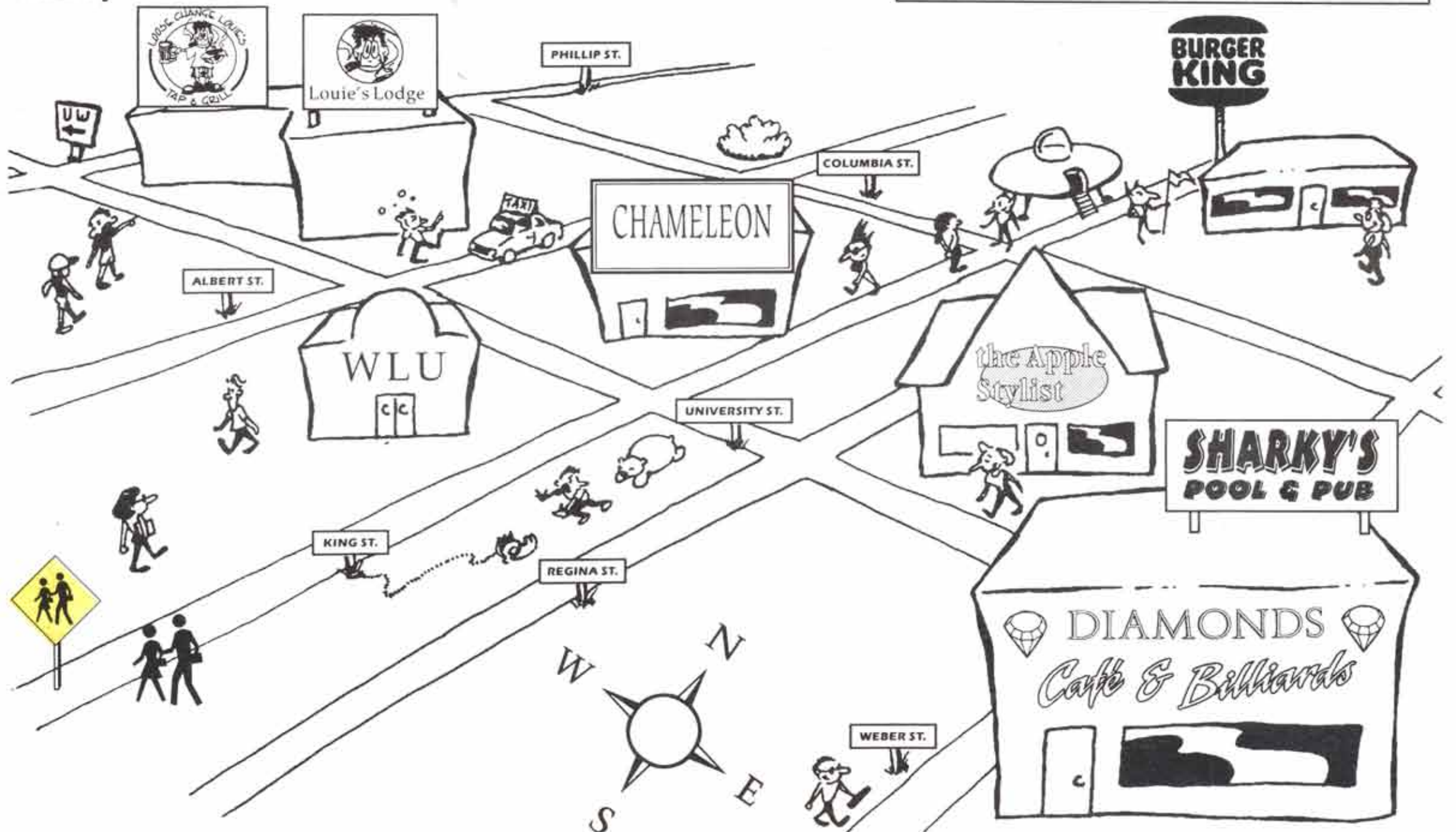
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- Diamond's Cafe & Billiards • 234 Weber St. N. • 888-0904
- Loose Change Louie's • 140 University Ave. E. • 888-6214
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New Wilf's.
New Corner Pocket.
New Centre Spot.**

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**STUDENTS'
UNION** 

- Wilf's and the Turret, your campus bars, have been fully expanded and renovated.
- New Alumni Lounge with large screen TV, gas fireplace and work areas.
- New campus clubs resource centre.
- Food court, drug store, hair salon, and travel agency.