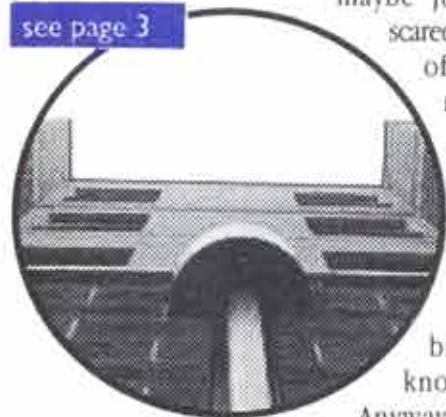


ATTENTION LAURIER
STUDENTS:
SEE PAGE 18
FOR INFO ON GREAT
COMPUTER DEALS

THIS ISSUE

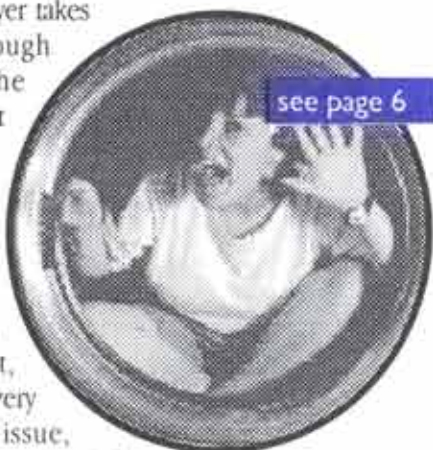
WELCOME TO THE ANNUAL FROSH
ISSUE! Are you excited yet? Nervous? or

see page 3



maybe just a little
scared? That's one
of the main
reasons why
we put this
issue out
for you.
Or maybe
we just like
to look like
big shot
know-it all-s.
Anyway, we hope
the tips and information
included here make life a little easier for
you. NEWS What's up in resi-
dence? It all starts here.

Debbie Moyer takes
you through
some of the
straight
facts of rez
life. And
what it
will cost.
Whether
you are in
rez or not,
safety is a very
important issue,
for both men and
women. This is especially true for the gay and
lesbian student coming to Laurier. Virginia
Parker explores this issue in two tough, hon-
est articles - a good read! On the lighter side,
Greg Sloan shares his hard-learned tips on
getting through university without turning all
your underwear into pink g-
strings



see page 6

see page 12



W H O ' S
THAT? Look at all
those smil-
ing faces! They're
waiting to
meet and
greet each
one of you.

SPORTS

Scott Stinson and
Pete Robinson, turn a triple-play by showing
you how to get the most out of your sporting
time, from going out for the football team to
cheering with a toilet seat on your head.

ENTERTAINMENT Don't forget life
after dark. Yeah, like you forgot that. Paula
Clark gives you a snapshot on some of the hot
spots around K-W.

If you drink,
use your
brain and
do it respon-
sibly.



see page 14

...Where it's at...

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Sports	12
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Classified	17

theCord

"The tie that binds since 1926"

VOLUME XXXV • ISSUE TWO • THURSDAY, JUNE 30, 1994 • WLU STUDENT PUBLICATIONS

INGRID NIELSEN FROSH HELLO

There it is. The mailbox.

It looms before you, teasing, calling,
tempting. Come see what I've got for
you, it beckons.

Inside, there's an envelope. It's from
Wilfrid Laurier University. This is it, the
message that will decide your next four
years, if not the rest of your life. Go on,
pick it up.

My average wasn't so bad, you
remind yourself. Besides, there's other
schools out there. I could always
move to BC and teach down-
hill skiing, or maybe work
on a cruise ship and
teach shuffleboard to
disgustingly old rich
people who wear
sandals with
socks.

Rip.

Yahooooo!!!!

That's right.
You've been
accepted to
this fine institu-
tion, and you
should be
damn proud too.
It wasn't even
close to being
easy, nor will it get
any easier. You will
be making decisions
this summer, which may
not be
irre-
versible,
but are
probably
some of
the most
significant
you have
had to make
to date. Your

academic program,
your courses, your living arrangements....

Those may be some pretty heavy
thoughts, but I'm not going to lie to you.
I'm not going to tell you that everything
will be perfect. I'm not even going to tell
you that the next three or four years will
be the best of your life. Maybe they will,
maybe they won't.

There could be some real bumps
ahead of you in the next few years, some
which I wish I had been told about when
I started.

Picture it. It's mid-October, and I'm sit-
ting in my compulsory math class 104. I
had entered as an Economics major, and
was extremely proud of that fact. Look
out world, here comes the next Michael
Wilson.

Never mind the fact that I'm hopeless
with numbers. Never mind that all of my
highest grades are in English, and that the
essay portion of every class was what got
me into university. No, no, that's not
important. Just because Calculus was sim-
ilar to having my face exfoliated with a
cheese-grater doesn't mean that I won't
ace Economics. Of course not.

The Prof. began to hand back the first
math mid-terms. This should be a little
rocky, I thought.

"If you didn't do so well this time,
don't worry," the professor said to us all.
"Even if you failed this one, don't get too
upset. A 50 per cent, or even a 40 per
cent, isn't the end of the world."

"However," he paused for emphasis,
"if you got below 40 per cent, I seriously
suggest you question what you are doing
here."

He handed me my exam.

38 per cent.

I stared at the paper and the big,
scrawled red number. I'm an idiot. That's
it. I'm a stupid, incompetent moron that
doesn't belong in kindergarten, never
mind university.

Or

to hang out with 20 pretty, perky people
and have the phone ringing off the hook.
It definitely doesn't mean drinking and
partying every other night. What it means
is finding a support network for all those
unexpected highs and lows that you will
encounter.

Another anecdote to back my point.
In second year, I found myself under a
lot of stress; academic, personal, and
physical. I was burning out fast.
Somewhere in January of that year, I col-
lapsed in the shower one morning. I was
left momentarily unable to see, com-
pletely disoriented, unable to
stand, and scared out of my
mind. It was my friends who
took me to Health Services
and then the hospital. I
ended up being per-
fectly fine, physically;
but inside I was a
mess.

I wasn't
appreciating the
true necessity of
opening up. Talk
to people, share
your feelings.
Odds are, they are
either feeling the
same way, or will
be very sympathetic.
If you don't feel com-

fortable
talking to
people
around
you, talk
to a
coun-
selor, or
the
Student
Peer
help-line.

Get out and enjoy the school,
maybe I'm in
itself, too. Watching Laurier's football
team can be one of the best stress-reliev-
ers ever, even if you don't know a thing
about football. Or any of Laurier's sports
teams.

How about the first heavy snowfall?
Round everyone up for a good romp in
the snow.

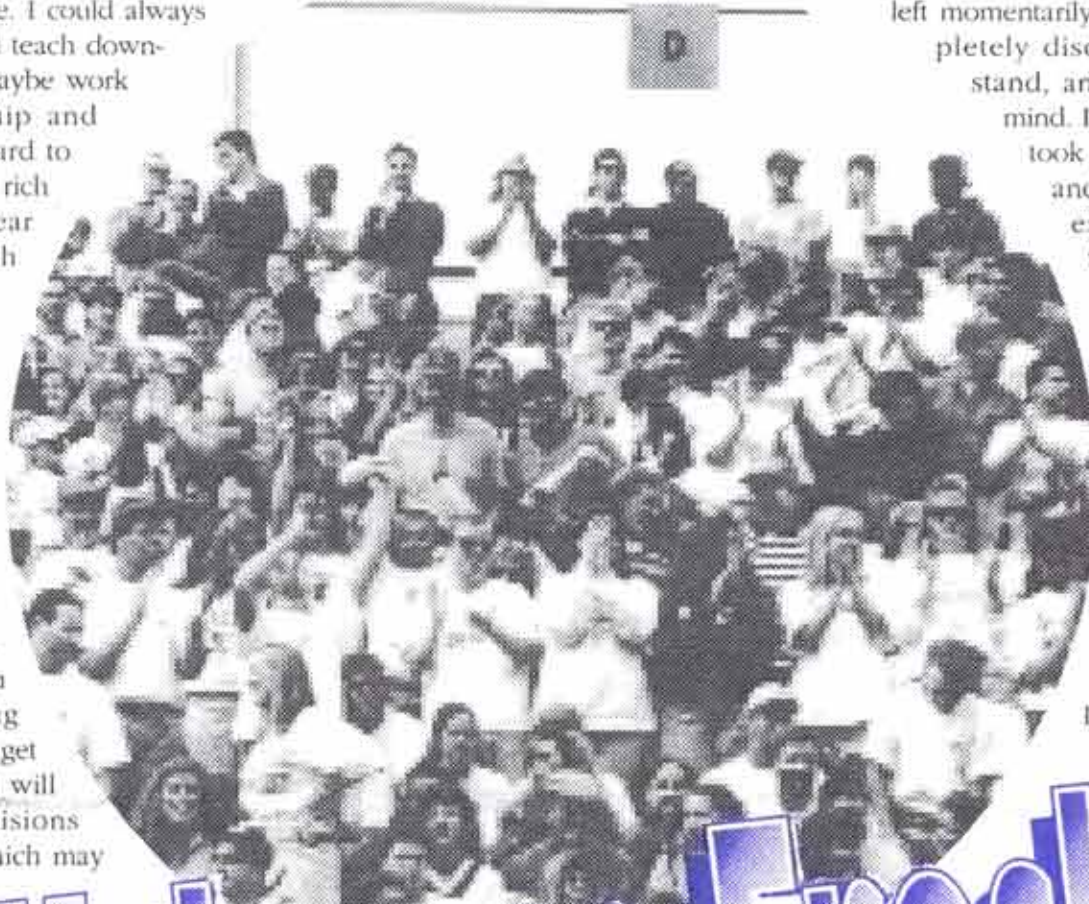
Another great way to relax is to have
something to do other than just the daily
grind of academics. That can mean play-
ing a sport, joining a club that sounds
interesting, or hey, you could write for a
newspaper. I just happen to know a great
one you could work for.

This isn't just a recruitment plug, nor
is it meant to sound like the same "get
involved - rah! rah! rah!" dribble. From
experience again, I can guarantee this to
be the very best way to build meaningful
and fun relationships. You may think you
don't have the time, and by all means
don't overload yourself, but really, your
schoolwork will probably improve if you
have other interests to balance it.

In this issue of The Cord, I hope you
will enjoy the advice and greetings from
other people around campus, as well as
some pertinent information. This issue is
just for you.

For lack of a more creative phrase,
hang in there. Constantly re-evaluate your
choices, and work hard. And if you feel a
little out of sorts, lost in the shuffle, or just
want an awesome place to crash, come
on up to The Cord offices.

You'll figure this whole game out
before you know it. Trust me.



Welcome Frosh!

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READ THE CORD.



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	Queen	

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Life in Rez

Straight facts about living in residence at Laurier

DEBBIE MOYER
FROSH NEWS

Residence life has its own unique experiences, and you'll figure it out for yourself whether that's good or not so good.

Most university students find themselves in residence at one time or another. Generally speaking, it's during their first year.

All first year, undergraduate students are guaranteed a place in residence at Laurier. Your down-payment and acceptance are due at the same time you reply to the university for admission.

In total, all residence buildings (with the exclusion of Bricker) have 782 double rooms and 84 single rooms. Bricker has 300 single rooms.

The cost of a regular double room is \$2,643, and a single, regular room is \$2,879. A Bricker single room is \$3,636. All prices are for an eight month period.

So how is it decided which room you get? If you request a single room, a lottery draw is held. Some single rooms are reserved for

people with special needs, but unless you are one of these people, it's the luck of the draw.

The remaining people are put in double rooms by compatibility. Unless both roommates specifically ask to be put together, they follow this system as well. The housing office staff put people together by these criteria.

The first is age. Students are put with another student of the same age.

The second is the area they come from. For example, if one person is from Guelph and another person is from Timmins and they are both the same age, chances are they will be living together. The idea behind this is that the person who lives closer (Guelph), will be going home more often than the person who lives further (Timmins). This allows the Timmins person to have the room to themselves more often.

The third criteria is the size of community that the student is coming from. For example, two people from Toronto won't likely room together. It's more likely to have a per-

son from Paisley (small community) living with a person from Ottawa (large community).

Fourth is program. Unless you specify on your application that you do NOT wish to be with someone from the same program, you will be placed with someone from the same program.

All of this is done by hand so it takes an extremely long time. Mike Belanger, Housing Director says that 95% of roommates get along, but he also realizes that not even the best of friends will get along all of the time. Conflicts between roommates can usually be resolved between the students themselves or with the help of a Don. Switching roommates is the absolute last resort because four people are affected, not just the two with the problem.

This year, MacDonald House is going co-ed. Only the floors are co-ed however, not wings or rooms.

A meal plan purchase is

mandatory for all students living in residence, once again with the exception of Bricker (Bricker suites have a kitchenette). There is absolutely no cooking in regular rooms.

The meal plan cost is \$2,000 for the light plan, \$300 of which may be spent off campus. The regular meal plan is \$2,300 with \$600 to spend off campus.

The off campus locations at which you can use your meal plan card are Casey's, Robin's Donut's, and a pizza store yet to be named. You can only use your meal card at these locations Monday to Friday after 7:00 pm, and all day Saturday and Sunday. The dining hall is closed on the weekends.

New this year is a roll over option on your meal card. If you don't use all of your meal money, you can choose to pay a \$25 administration fee and "roll over" up to \$300 to the next year, if you choose again to have a meal plan.

Joys and tears of OSAP

INGRID NIELSEN
FROSH NEWS

OSAP can be as much of a pain, or a blessing from the gods, as you make it out to be - most of the time.

There will be unavoidable, teeth grinding mess ups and glitches in the bureaucratic watusi you are about to embark on with the government. With the processing done in Thunder Bay, and more and more students applying every year, expect some frustration.

However, there are people who can help, and things you can do.

Pauline Delion, Director of Student Awards, is ready to help. With 16 years of OSAP experience, she has heard it all, and knows the helpless frustration of being caught between a dollar sign and being just another number. The following tips are straight from her desk to you.

1. Apply early

If you sent in your application in June for OSAP, you are already ahead of the game. If you haven't, do it immediately. Your cheque will not be waiting for you in the Fall, but with any luck, it could be there by Christmas.

2

Have documentation

Have all necessary documentation ready to go when you go to pick up your OSAP. That means: Social Insurance Card, Student I.D. card or registration confirmation, and proof of summer earnings (pay stubs, etc.). It is not enough to just know your S.I.N. number. You have to present the card. It is also not enough to have a rough estimate of your earnings. Proof, proof, and more proof speeds up the process for you and all those concerned.

3. Appeals

If there will be a need for an appeal, let Student Awards know as soon as possible. If you think you just can't possibly get by on the amount they have seen fit to loan you, there is an appeal process.

"The easiest of appeals is the student contribution appeals, because this office has the power to

say "Yay" or "Nay", says Delion. Due to the poor economy, this is a growing portion of student appeals.

The other appeal is a family inability appeal, which is "steadily growing as well," says Delion.

4. Course Changes

Keep the Student Awards Office informed of all changes in course loads.

In the past, if you took four courses or six courses, it cost the same price. Now, you will be billed per term, per course. This has caused some glitches in the OSAP system. If a student falls below a 60 per cent course load, they will drop to part time status. This means you will be charged interest on your Canada Students loan, and maybe on your Ontario Student loan. Get the full details from Student Awards.

Other important points to remember:

OSAP will be handed out in the Paul Martin Centre starting



Bringing you the week of your life

BRIAN MCQUINN
ORIENTATION TEAM LEADER

Greetings and Salutations, Orientation Week soon approaches and our anticipation is as great as yours.

There are many myths about Orientation week that make many first year students anxious. Wilfrid Laurier's Orientation has stayed intact both in content and length due to its respect for the participants. We emphasize fun, together with safety. To this end, we have a number of safety and information programs operating during Orientation week to both prepare and ensure your safety.

Our volunteers are trained and dedicated to this vision of Orientation week. We strive to fulfill this vision as being 7 days to become acquainted and committed to Laurier's students, facilities, and spirit.

You will never be asked to do anything that is either dangerous or demeaning. You might be asked however to scream with one thousand other students, to declare the beginning of your University career and another chapter of your life.

Your orientation to the Laurier community is similar to the beginning of any new relationship. You will initially feel anxious and self conscious, but by the end you will have created lifetime friendships with both your fellow first year students and the Laurier community.

As the week comes to a close, you will have become part of the excellence associated with Wilfrid Laurier University. I guarantee you the opportunity to have the week of your life, and challenge you to make it so.

The orientation teams continue to prepare for your arrival.

Wednesday, September 7, Thursday, Friday, and the following Monday. A good time to go is during the afternoon, when Frosh activities are taking place. It's worth missing an afternoon, than standing in a line that probably stretches to your folks' place.

If your OSAP is not in and you are facing financial catastrophe, don't panic. See the Awards Office about an emergency loan. This

won't exceed \$500.00, but it is cash virtually on demand, or at least within a few days.

The people in the Student Awards office are there to help. It's useless to take your frustration out on them, although at times it may be tempting since it would be difficult to punch Bob Rae in the nose.

But stay calm, and remember, there are always other alternatives. They won't let you starve.

Count your pennies

Budgeting at school



AMANDA DOWLING
FROSH NEWS

You've just received your acceptance package, and you're thrilled as hell to finally have your ticket out of high school and into University.

Unfortunately, come August, your innocent, optimistic view of the world of higher education will be darkened somewhat. For on that fateful summer day, a second, smaller envelope will arrive in your mailbox, also bearing the purple coat of arms, but this time bringing news not nearly as wonderful. Inside you will find your first invoice. As you glance at the four figure bottom line you realize that paying for your year will not be as easy as you had hoped.

Don't panic.

University forces most students to budget for the first time. Fortunately, with a few hundred hours of bagging groceries or pumping gas this summer, a little self-control, and some simple planning, it will be possible to leave Laurier at the end of the year with a little cash in your savings account. Or at least with both your knees intact.

The first step in the battle with your bank balance is to plan your budget for the year on paper. This will give you a sense of exactly how much everything is going to cost. As frightening as facing the final figure may be, it's essential to know. To do this, you will need the invoice that came out of that envelope that day, and a vague idea of the types of expenses you will encounter.

On a blank sheet of paper, create a chart. First, list all the charges on your August invoice down one side of the page. Below those, add the following: Frosh week fees, Food, Clothing, Laundry, Telephone, Transportation, Books, Entertainment, Personal Care, Gifts, and Miscellaneous. If you know any other expenses which you will encounter, add those too.

List the months you will be at school

across the top of the page (If you are planning to stay for both terms, list the months of September to April). Now fill in the chart with the amount you expect to spend per month in each category. The items you listed from the invoice will be expenses in the months of September and December as you will be billed for the second term.

If you are a little unsure of how much you'll spend in some categories, the following guidelines should help.

If you are living in residence, expect to pay about \$50 per month on food on top of your meal plan. This will cover meals on weekends when the dining hall isn't open, and you just can't stand one more slice of pizza. Also, don't forget the midnight runs to 7-11.

It costs a dollar to wash a load of laundry in residence this year, and 75 cents to dry it. Don't forget to budget for laundry soap, fabric softener, and bleach. Expect to pay a little more if you use a Laundromat off campus.

If you live in residence, budgeting your telephone beforehand is tricky. At the date of this publication, the housing office is still unsure of how much they are going to charge for phone lines, and long distance calls. Last year, after much protesting from the students in residence about the pathetic quality of the phone system on campus, the housing office gave a 15 per cent discount on all long distance calls made from residence phones, and didn't charge for the cost of connecting the line. Expect to pay Bell Canada's regular rate. If the housing office does offer a similar discount this year, it will then come as a pleasant bonus.

Remember, if you phone after 11:00pm on weekdays, you'll save 60 per cent!!

Unless you work or live a long way from campus, you'll find that you'll spend next to nothing on transportation in town. Make sure you budget for trips home, and at least \$50 to visit friends at neighbouring universities. There is a ride board, which is across from the Centre-Spot, where you can find a deal on sharing a ride with someone. Word of warning, women should be extra careful in using the ride board.

Books will cost a fortune. The prices are already outlandish, and they go up every year. Budget at least \$400 for your first term, and at least \$200 for your second term, depending on how many full year courses you have. Get to the bookstore early, and hunt down as many used books as you can. Look for flyers that advertise students who are selling their used books. Often, these cash-strapped students can offer the best deals, if you don't mind a few scribbles and tears staining the pages. There is no shame in second-hand books, instead it's a matter of pride who can spend the least on books. If you are really strapped for cash, you can find virtually every textbook in the library, but this requires strategic planning. If you buy books, you can sell them back in second year, and recoup a bit of the loss.

How much you spend on entertainment, depends on how much you drink. This is a category which usually makes or breaks a student budget. The frugal first year student will drink in residence beforehand and then go to a bar or a club with little or no cover charge. The foolish frosh drinker, boozes up in the



Make sure this doesn't happen to you.

FILE PHOTO

bar where a cool one costs almost as much as a first year text book. You'll find that you have friends that do both. Don't get sucked in. The difference will be that thrifty frosh will still have a social life in March, while the foolish ones will be left in rez watching re-runs of Saturday Night Live. The amount of money you budget on this one is really up to you.

Once you've plugged the figures into your budget, add the numbers up to see roughly how much the year will cost you. Now, compare the number you've concocted with the amount of money you plan to have in your savings account at the end of the summer. Hopefully, the figures will match, but if not, now is the time to cry to your parents, grandparents, aunts and uncles, dog, cat, or apply

for bursaries and loans through the schools Student Awards Office, or to look for part-time work close to the campus.

Finally, bring a copy of your budget to school with you. Stick it inside your cupboard door, and stick to it! Add up the money you have budgeted each month, take only that amount from your account. This will keep you from overspending. If you have a credit card, leave it at home with the folks. These little plastic demons have sunk many a student in years gone past.

Though your fun-filled first year will cost a bundle, it's worth it. University will be perhaps the only time in your life where living in poverty is accepted, expected, and in a strange way, fun.

Purple and Gold and...Green? Environmental services on campus

TOM HAMMERS
FROSH NEWS

The health of our environment is an issue which concerns almost everyone today.

There was a time when it was acceptable practice to ignore the impact of our actions on the environment, but that time has long passed. Adopting habits which are environmentally friendly is no longer considered a proactive step, but rather a reactive response to what is quickly becoming a global movement.

At Laurier we recognize the need to take care of our environment. Last year the student body voted to accept what is referred to as the "Green Fee".

The money raised through this fee will be used to initiate and maintain environmentally friendly projects in and around our campus.

For the last seven years we have been actively promoting the 3 R's strategy. The 3 R's (if you don't already know) stand for reduce, reuse, and recycle.

Recycling is the most prominent of these three practices since most people

find it the easiest to undertake.

The recycling program here at Laurier has been experiencing phenomenal growth over the last few years. The success of the program has been largely due to the many student, staff, and faculty volunteers which have lent us their time.

It is also important to recognize that those who recycle are major contributors to this success.

Currently the school recycles clear glass and plastic, cans, newspapers, fine paper, and old corrugated cardboard. Appropriate collection bins for these items can be found throughout the campus. Both the bins and the sites are properly labeled so that there is no confusion as to where to dispose of your recyclable waste.

Placing your waste in the correct receptacle is an important aspect of recycling. Too often in the past, people have placed the wrong recyclable in the wrong bin or simply used the bins as garbage cans.

In both cases, the end result is contamination of the

bin. If contamination of a bin rises above a set level (5%) then the entire bin must be discarded.

Below is a list of suggestions as to how reduce, reuse, and recycle while on campus:

1. Use double sided photocopying when possible.
2. Buy second hand books.
3. Use both sides of writing paper.
4. Save scrap paper to make into scratch pads.
5. Use the library for magazines and newspapers.
6. Turn off lights when they aren't needed.
7. Use recycled paper.
8. Use a cloth bag when shopping.
9. Use your own mug (rather than a styrofoam cup).
10. Use email to send memos and letters.

If you have any questions or would like to play an active role in Laurier's environmental program contact the Students' Union Environmental Coordinator at 884-1360 or drop into the Student's Union offices on the third floor of the Students' Union Building.

Park it here! Parking the beast at Laurier

DEBBIE MOYER
FROSH NEWS

Hopefully this year everyone who wants parking will get it. In past years, it has worked on the lottery system, but because of the smaller number of new students expected, and because of the building of a new parking lot, there should be enough spaces for everyone. The new parking lot will be built between King, Lodge, and Regina Streets and will hold 52 spaces. This parking lot is for people living in residence only.

Parking on campus this year will cost \$77.25, plus PST and GST. This is the second lowest rate in Ontario. The parking fees cover the expenses of snowplowing, lighting, line painting, and other maintenance fees.

Students, residents, and staff and faculty

are each assigned different colored permits. You can only park in the lot assigned to your permit color. If you park in the wrong lot, you are subject to being ticketed or towed.

In total there are 1,107 parking spaces. Parking space allotment: faculty-526, student-358, residence-97, visitor-92, disabled-19 (This does not include seminary-14, and motorcycle-16).

People can pick up parking permits at the Housing Office.

Peter Parker tried to park his Pinto but Peter didn't have a permit. Peter Parker parked anyway and got pinched by the parking police. Peter got penalized. Peter was pissed. THE END

Purpose of the Parable: If you plan on parking, purchase a parking permit.



THE CENTRE SPOT

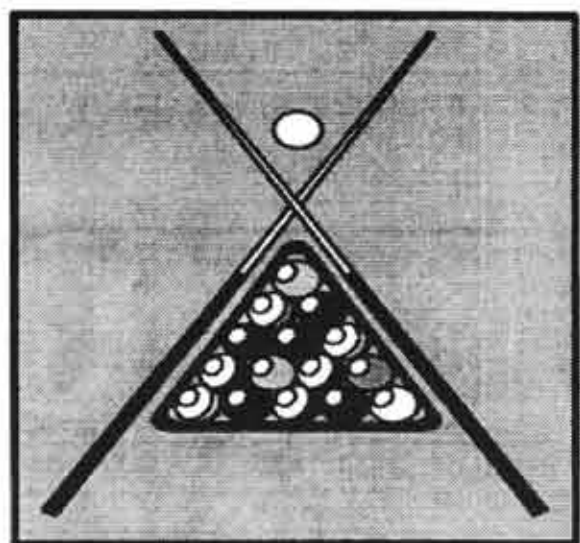
STORE HOURS

Mon-Fri 8am - 11pm
Saturday 11am - 5pm
Sunday 1pm - 7pm

TABLE HOURS

Mon-Fri 10am - 11pm
Sat & Sun Noon - 11pm

CORNER POCKET



WLU



886-FOOT
Foot Patrol

886-FOOT
Foot Patrol

Don't take safety for granted

VIRGINIA PARKER
FROSH NEWS

Women between the ages of 18 and 24 at University are twice as likely to be sexually assaulted than their non-University attending counterparts, according to a Statistics Canada study released in March of this year.

In the past 3 years though, only 2 sexual assaults have been reported at Laurier. Is Laurier safer than the average university campus?

"Laurier is a very safe campus," said Peter Jorg, Laurier's Director of Security, "but not infallible...There is probably a lot going on that is never reported [to Security]."

Laurier is a small and friendly campus, "people here all know each other on a first name basis," Jorg said, "which increase how safe the campus is".

As well, there are services such as Foot Patrol and Student Security Officers which all help to make the campus safer, for men and women.

Sexual assaults do still occur though. "We'd be foolish to think that these things won't happen," said Fred Nichols, Laurier's Dean of Students.

"I think that our students might feel too safe on campus," Nichols continued, which in itself may be

dangerous, "a false sense of safety is not good."

Nichols cautions students that Laurier, like any university campus, is like a miniature city, with all the risks that you might find in any community.

Fran Wdowczyk, Laurier's Student Life Coordinator, agrees. "On campus, everybody eats, sleeps, socializes, works, and studies together," she said.

Student Life is constantly educating residents on issues such as date rape and sexual harassment, but Wdowczyk has found that "students come in [to University] more educated and aware of this issue."

Student Life continues educating students throughout the year, with its mandate of "prevention, and awareness of our own vulnerability," said Wdowczyk.

"We are always promoting open

communication between men and women," she said.

StatsCan also reported that 1/2 of all sexual assaults take place in the home of the victim, while about a third happen in the home of the perpetrator. If you are living on campus, your "home" is really your residence room.

This means that if you go to visit

consented to any sexual activity with them.

Since the issue of consent is such a deciding factor in any sexual assault situation, both parties have to be very clear with each other as to how far their individual comfort levels go. This is as easy as saying "yes" and "no" when appropriate.

"There is more and more responsibility on the male to make sure he has consent," Jorg explained, "but the woman also has to be capable of giving consent".

The ability to give consent is often impeded by alcohol. "Alcohol figures in about 55% of all sexual assaults," Wdowczyk said.

This is one factor that the university took into account when they began changing inter-residence activities. A few years ago, floor parties consisted of a bunch of students and a lot of alcohol.

"We have taken the focus [of floor parties] completely off alcohol," said Chris Dodd, Head Resident of Willison Hall, one of Laurier's all-male residences.

Whether alcohol is involved or not, sexual assault is always a crime; it is never never the fault of the victim.

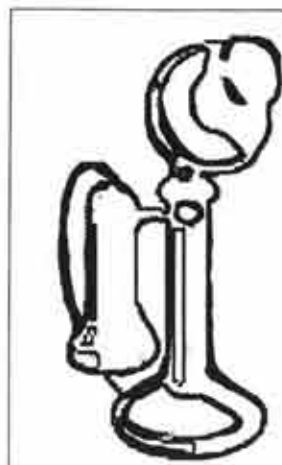
Any student who experiences any form of sexual assault on campus has a wide range of support choices, including your don, your icebreaker (during Orientation week), a trusted friend, Health Services, the Peer Help Line, and even Dean Nichols.

"I am a good person to come to," Nichols said, "No one will ever know about anything you tell me."

As well, St. Mary's General Hospital in Kitchener is specially equipped with a Sexual Assault Treatment Centre staffed with specially trained doctors and nurses.

With any support service you choose, confidentiality and the personal comfort of the victim are always top priorities.

Laurier, like any campus, is a community. We may tend to feel too safe, especially with extra safety services like Foot Patrol, but no student on any campus should ever let her or his guard down.



Who To Call

Anselma House • 742-5894

St. Mary's General Hospital • 744-3311

WLU Security • 885-3333 or Ext. 3333

Fran Wdowczyk • Ext. 2784

Women's Centre • Ext. 4444

KW Sexual Assault Support Centre • 741-8633

Waterloo Region Sexual Assault

Treatment Centre • 749-9664

Health Services • Ext. 2146

someone at home on campus, you are really visiting their bedroom. "Walking into someone's bedroom presents a different context and a different comfort level," Wdowczyk explained.

This does not mean, though, that just because you are in someone's room with them, you have

GREG SLOAN
FROSH LAUNDRY GURU

Going away to University means the arrival of many new experiences. The absence of parents means a total freedom, which has its good and bad points.

On the plus side, you no longer have ma and pa looking over your shoulder criticizing your every move.

On the other hand, you are now on your own. This means you have to do many things that you may not have had to do before, such as washing your own laundry.

Washing your own clothes is not that big of a chal-

lenge. The problem for many people is the mysterious aura surrounding this simple act. For many the washing machine is something they fear and loath, not a device they want to befriend. It must be evil. Why else would it take your favorite t-shirt and turn it a bright shade of pink?

However, before you get ready to crucify this terrible beast, take a deep breath and remember these few handy dandy laundry tips.

If you are going to live in a residence, the machine

you will be dealing with consumes change. To use these machines can require a lot of quarters so you better start collecting change now. And no matter the temptation, keep this money away from the poker table. You could win the pot, but it is just as likely you will be forced to wear the same underwear for an extra two weeks.

The greatest fear in washing your own clothing for the first time is that your colours will run. There are a couple of ways to avoid this. You can limit your wardrobe to one colour, like black, but then you have to come up with some artsy reason for it, like your mourning our decadent world.

The better bet is to separate your clothes and wash them in cold water. Odds are you will probably be doing a couple of loads at a time, so you should separate your clothes into at least two piles, with your whites in one and

your bright colours in another.

If you do suffer a deep wound and you ooze blood all over your brand new jeans (or simply spill spaghetti sauce on yourself, which you tell people is blood so you can save face), you don't want to leave it there to soak in until the next time you do laundry.

Try washing the stain out right away with some good old-fashioned elbow grease, using Spray and Wash, or a reasonable facsimile.

If you forget to do this, don't fret. If you wash the pants and the stain is still there, then panic. No, I'm just kidding. You could still cut the stain out, and voila, you have cut-offs!

Okay, okay. It's not that bad. But whatever you do, don't dry your pants with the stain still there. The heat will preserve the stain better than a frog in formaldehyde.

Another helpful hint is to check pockets before you throw your clothes into the washer or dryer. Gum may be nice to chew, but it ain't that great all over your clothes.

Kleenex is the scourge of all laundry beginners. It's like there's a wedding going on inside the machine, and some jerk threw confetti everywhere. At least at your wedding, you know you are going to get lucky that night. Leaving Kleenex in your pocket simply means you will be picking off pieces of tissue for the rest of your life.

Well, I hope now you will be able to wash your clothes without incident, and that you no longer have an insane fear of the washing machine. It's not great doing your own laundry, but it's a hell of a lot better than having to wear that sweater that your Aunt Martha gave you for Christmas.



PICTURE: CHRIS SKALKOS

A guide to doing your own laundry Seeing the world in rose-coloured underwear

lenge. The problem for many people is the mysterious aura surrounding this simple act. For many the washing machine is something they fear and loath, not a device they want to befriend. It must be evil. Why else would it take your favorite t-shirt and turn it a bright shade of pink?

However, before you get ready to crucify this terrible beast, take a deep breath and remember these few handy dandy laundry tips.

If you are going to live in a residence, the machine

Large brain offers advice

STUART KNIGHT
FROSH NEWS

When I was asked to write an article about how to survive in University, many different thoughts went through my wonderfully large brain. I thought about a bunch of flowery words that would basically dodge around the question at hand. With this in mind, I decided to make it quick and to the point.

There are two tips for survival that I will tackle. These revolve around the social and educational side. Both are really quite simple.

Socially, the best advice that I can give you is just be yourself. Too many people come into school with a gigantic attitude,

and these are the ones that stick out like a sore thumb. If you don't believe me, I challenge you to step back and take a look around the first day of orientation week. Lose the attitude.

In terms of education, I will pass on some advice that one of my professors gave to me when I was in first year. He told me to treat school like a job. To me this meant, start acting like a man and not a child. It means waking up in the morning and putting in a full day's work. If you are not in class then you should be working on something related to your school work.

This method will allow you the time to do "other things"

My father once told me that it is important to work hard and to play hard. Trust me, after you have worked hard, it feels much better to play hard.

In closing, my last piece of advice for surviving in University is - don't panic. Take it from me, you won't be the first person to have failed an exam, do something non-characteristic of yourself while drinking, or drop food in the dining hall. Keep faith, and remember, if you don't feel comfortable with where you are at first, be it your program, your residence, or even your university, there is always someone there to help you correct your choice. Have patience, and you will look back and laugh at the things that caused you grief.

Gay community fights conservatism

VIRGINIA PARKER
FROSH NEWS

Laurier, for all its good qualities, has a long-standing reputation of being a conservative school, an attitude that has been made painfully aware to the university's gay population.

"[Homophobia] exists on people's lips...in graffiti on the bathroom walls," says Gary VanLingen, a gay third year Laurier student.

Dean of Students Fred Nichols said that he understands this problem. He attributed it to a general fear amongst students, stemming from the fact that "[homosexuality] is not open enough on campus...people form opinions. It's not fair and it is very hurting."

The administration is optimistic that WLU is improving in awareness and thus becoming a lot more toler-

ant, but some gay and bisexual students at Laurier feel that the climate here is still anything but tolerant.

"Do you want to know how many times I have been called faggot to my face in this very building?" Gary asked angrily, "Or do you want to know about midnight phone calls? The harassment is real. The administration doesn't know a lot of what is happening."

"I have heard that our campus is unfriendly to gay and lesbian issues...but we are more tolerant than we get credit for," Nichols said, pointing out that this upcoming year will hopefully bring about a more open attitude towards homosexuality on campus, with the help of educational efforts by the administration.

At the moment, discussion and

acceptance of homosexuality on campus is still coming out of its own closet. The University community as a whole is slowly becoming more tolerant towards its gay population.

Tim Miller, a bisexual fourth year Laurier student, has not found "blatant homophobia. If they hate you, they will just go away."

"In residence, though, there were always derogatory comments [towards gays]. People always talking behind other peoples' backs," said Tim.

This is where problems may arise for gay, lesbian or bisexual first year students. Although University may seem like an ideal place to come out, residences are not.

Chris Dodd, Head Resident of

Willison Hall, one of Laurier's male residences, explained that "there is a stigma. When 27 guys are sitting in their lounge, it's hard for someone to say 'I am thinking about my sexuality'...it's not an easy thing to do."

Fran Wdowczyk, Director of Student Life at Laurier explained that residence staff do have some training in dealing with gender issues such as homosexuality, "it is the don's job to help the student," she explained.

Last year, Wdowczyk supported two lesbians as they came out.

Although Student Life should be commended for their good intentions, sometimes going to your don just might not be what you want to do.

"My don was on the football

team," Tim explained, "I didn't feel close to him."

"Besides," Tim continued, "residence is not the best place to come out anyway. Most of the guys there are just way too macho. I wouldn't have even considered coming out to anyone in residence."

If you are a gay, lesbian or bisexual student coming to Laurier, you should be reassured that although there does seem to be a conservative attitude here, you should not be afraid of Laurier.

There are so many places even just on campus that you can go to for guidance and support, including Student Life, Dean Nichols and GLOBAL (Gays, lesbians & bisexuals at Laurier).

Homophobia can be overcome, but it starts with you.

Keeping healthy means asking questions

Turn to Health Services for important information

KAREN OSTRANDER
FROSH HEALTH

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

The nurses are available to answer questions on issues such as acne, birth control, nutrition and healthy eating, dealing with healthy food choices to decrease fat intake or how to read labels and shop for good food cheap.

There is also a program dealing with HIV/AIDS and Hepatitis B. If you have questions, come in to Health Services or talk to your Don about having an information session for your floor. If we don't have the answers, we know where to find them.

In addition, look for the new Health

Information Booth to be set up in the concourse one day each month. It will feature a different topic each month. There will also be a nurse present to answer questions. Some topics will be tied into the Public Health Unit's calendar of theme events.

October 3-9 is AIDS Awareness Week and the booth will be full of information on AIDS and all STD's and how to protect yourself and your partner, too.



FILE PICTURE

November's theme will be Women's Health Issues and will feature information on osteoporosis, birth control, and pap smears.

Stop by in January for a blood pressure check, see if your heart is healthy and what you can do to improve it.

Also planned is a Travel Safe theme for prior to Reading

Week with plenty of tips on preventing sunburn, diarrhea and other things that can interfere with having the best vacation possible.

March is National Nutrition Month and you can stop by and learn about Canada's Food Guide and healthy eating habits.

Look for the Suggestion Box for you to submit your ideas for future topics. Please help us give you the information that you want.

Finally, another way of keeping yourself up-to-date in current trends in health care is by reading the Cord. That's right. Dale Sweeny from Health Services will be submitting articles on a regular basis dealing with timely health issues.

So stay informed and take an active role in maintaining your good health.

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

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It's Already in You

NoW it's Taking Over

Waterloo's Alternative

Phil's

220 King St. North
(Across from That University thing)

WHO'S THAT?

Ring the bell baby! We're back! Back at the most awesome educational institution in the nation, Wilfrid Laurier University. I'd like to take this opportunity to welcome you all, and to give you a little information about who I am, what I do, and what W.L.U. has meant to me in my 23 years of existence.

Both my mother and father, my step-father, two of my uncles, my brother and my sister have all furthered their education as students at WLU. Laurier has been a major part of my life since the day I was born.

Personally, as a student of W.L.U., I have spent the majority of my time struggling through exam periods, "fanning" at many Golden Hawk sporting events, and getting my agile yet aging body dismantled on the football field as a member of the mighty Purple and Gold receiving squad.

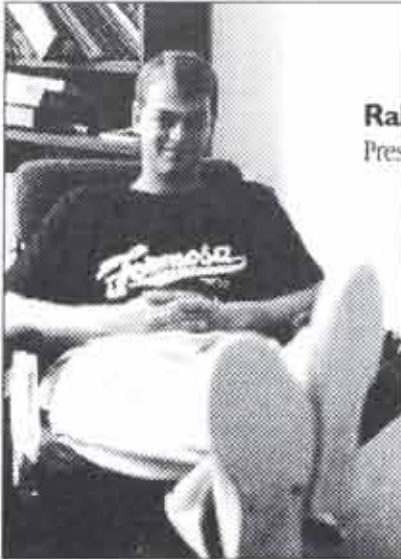
It was those constant poundings that helped convince me that student politics were perhaps my calling. After a long difficult campaign, I managed to convince many Laurier students that their voices could make

a significant difference in the future of their school.

One point that I want to make perfectly clear, is that YOU are my boss. I am directly accountable to you in that I must report to a 15 member Board of Directors made up of students who were elected by the students of Laurier. This board, under the leadership of Joel Lynn, Board Chairperson, make sure that all decisions are made in the best interests of the entire student body.

Ralph Spoltore

President, Students' Union



The Students' Union has many exciting plans for 1994/95. The one project that has kept our offices abuzz this summer, is the upcoming expansion of the Students' Union building. Hopefully the actual physical work on this expansion will begin in September of this year and finish by the end of next summer. Keep your eye on S.U.B. expansion updates in The Cord all year long.

I consider myself another student at this fine institute, so please don't ever feel shy to approach me. I can be found at Wilf's, the Turret, music and theatrical performances, and of course vocally present at almost all Golden Hawk sports events.

I hope you all have a fabulous year, and really grow to love W.L.U. In this next year, you have the option to fly with the birds, or SOAR WITH THE HAWKS!



Heather Mundell

President, Student Publications

You may not realize it, but if you're reading this article you've already had your first brush with WLU Student Publications.

Laurier's lesser-known

student corporation.

Student Publications currently produces four basic publications every year: the Keystone, the Cord, the WLU'er and the Cord Guide to Laurier.

The Keystone is Laurier's undergraduate yearbook, and yes, you'll probably be in it. The book includes floor pictures for all first year students in residence, team pictures of off-campus frosh, coverage of varsity athletics, graduates, and all the fun and exciting events that take place over the year.

Keystone comes out in mid-April, and it's the only publication you actually have to buy, if you want one. The books can be pre-ordered at various times throughout the year, so look for sales tables in the concourse and around campus.

The Cord, which you're reading right now, is WLU's weekly student newspaper. The paper generally covers Laurier and community news, entertainment and sports. There's also an opinion section where you can write letters to the editor (the lovely Ingrid Nielsen) and vent your frustrations on just about anything. Be sure to read the ads too - a lot of businesses in the area offer special deals for students.

If you need a little help getting yourself organized (your first few weeks at university may be a bit nuts), be sure to make good

use of your WLU'er. It's primarily a student day planner, but it also has a lot of handy information. Important dates, like exams and even fun things like Oktoberfest, are also marked on the calendar pages. You should get a WLU'er in your frosh kits, but if yours is missing, watch for them in the first few weeks of school.

The last publication we offer is the Cord Guide to Laurier, a student phone directory and information extravaganza. If you're living on campus we'll have no trouble getting your phone number. If you've decided that residence life is not for you, be sure to give your phone number to the Registrar's Office within the first few weeks of school. If they don't have it, we can't get it and you won't be in the book, then that cute guy/girl who sits near you in class won't know how to call you on a Saturday night.

Student Publications also offers hundreds of ways to get involved. You can write, edit, help with layout, take pictures, sell ads, design ads, help with circulation, develop film, and the list goes on. We'll even let you be the official Student Publications envelope licker if that's where your interests lie. Don't be intimidated if you think you don't have the skills required to do these jobs. We'll happily teach you anything we know to help you out.

Student Pubs is a great way to meet people, learn some valuable computer skills, and gain some experience that looks really good on a resume. If you don't want to make any big time commitments, we'd be happy to see you drop in whenever you can. If you have more time to spare and want a little more responsibility, consider applying for an official volunteer position with one of our publications. We love new faces!

Our offices are located on the third floor of the Student Union Building (in behind the Corner Pocket). Come and talk to us anytime to volunteer or just to let us know what you think of our publications. Complaints, as well as back-slappin' praise, are welcome.

FACES around CAMPUS

Hey there little Frosh Creatures! I was going to bore you all with a windy description of the intricacies of my position up here at the Students' Union, but I decided to just say Hi! instead.

Hi! My name is Scott McCormick and I'm a fourth year student of Political Science. I was elected last February as Vice President of University Affairs and will hold that title until April 30, 1995.

I would like to congratulate you on your acceptance to WLU. Doesn't it feel great to be able to look back and say, "I'm outta here" to all those years spent in high school, preparing yourself for the day you would go to University?

I know when I was in your place in the summer of '91, I was so excited about moving away from home and attending Laurier, that I used to lay awake all night thinking of all the cool people I would meet and all the adventures that were about to unfold.

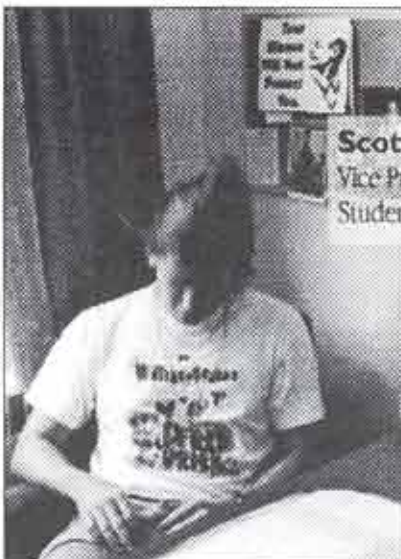
As exciting as all that was, it scared the hell out of me. It scared me because I didn't

know what to expect or what I was supposed to do if I had a problem.

As VP: University Affairs, it is my mission in life to ensure that you know the answers to all of your questions. I can tell you what to do if you have an academic problem. I can also tell you who to talk to if you have a personal problem. I will go to bat for you in any situation in which you feel you are being treated unfairly.

Scott McCormick

Vice President, Student Affairs,
Students' Union



I am constantly working to provide you with a safe environment

to live and study. There are about a million other things that I can do, but the point that I'm trying to make, is that I am here for you and will help you any way I can.

Here's some free advice from a guy who has truly lived through the best and worst of the "First Year Experience".

If you're going to drink, do it responsibly. Go to class! Be good while living in residence. If you don't know the answer, ASK! Accept that people are different from you. Finally, get involved.

Your first year can be the best year of your life. You are being given an opportunity to start again, so don't waste it.

See ya in the fall.

“Hi! Welcome to Laurier”

Welcome to Wilfrid Laurier Community!

This University is different from other universities in many important ways. Chief among them is the strong sense of community that exists here. We know one another, we treat one another with respect, and we welcome each one of you who is entering into our community this year.

The first year of university is filled with challenge. The classrooms, the labs, the library are a new experience for many and will be a sharp break from your past experience in educational institutions.

But the University is much more than this strictly academic experience. At Laurier, everyone is involved in physical activities in one way or another. Those who play sports do so for fun and competition. Everyone is a fan, and we hope you will join in a strong cry of "Laurier" on all the right occasions.

For generations, Laurier students have been involved with the community. When the regional college opened in 1911, it was people in this community who provided food for our students and our students, in turn, volunteered time in the community.

This spirit starts day one with Shinerama, but continues in a myriad of ways. There are volunteer activities for everyone, ranging from Laurier for Literacy to fundraising for any number of charitable causes, to working

with people on campus.

There is Foot Patrol which has brought great confidence to campus pedestrians. There are the student Ambassadors for Laurier. There are political clubs, student politics, student government, and many, many other social opportunities.

Get involved. If you don't have much time, you will still find a way of being involved and we encourage you to do so.

The First Year Experience Committee is most interested in your views. They have surveyed students regularly and need your feedback on what it is like in this difficult first year.

We want to hear from you and your families because they are also involved in many ways in the Laurier community.

Remember, 27 000 previous graduates from this University have set a great standard for you in all aspects of your life here and they look forward to welcoming you when you convocate to the worldwide community of Laurier Alumni.

I extend to every one of you my very best wishes for an exciting, satisfying and enriching first year, and I look forward to meeting each of you.



Dr. Lorna Marsden

President and Vice Chancellor,
Wilfrid Laurier University

Since I am as new to Wilfrid Laurier as most of you; it is difficult for me to "welcome" newcomers without sounding strained. I am in fact writing this message in Halifax, before arriving myself, at Laurier and embarking on an exciting new career at what is for me an exciting new institution.

Excitement is the theme of my welcome. It is an essential part of an undergraduate education - of all education, and an element that is little stressed in so much current talk about universities, students, "standards", and national goals.

I hope you are all as excited as I am about being at Laurier, learning and living there, and meeting others who share a common aim to use their time at the institution to try to make sense out of their lives, or at least

understand more fully what appears not to make sense!

Because of its size and tradition of personal contact, Laurier is well equipped to offer an environment in which students, teachers and researchers can share new ideas and new experiences growing out of those ideas.

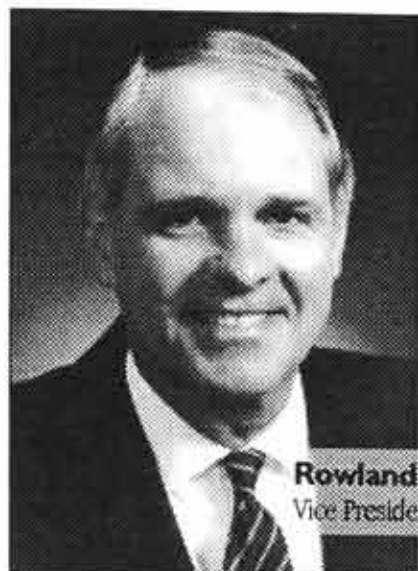
What was most exciting to me as an undergraduate was the sudden - astounding - realization that for the first time in my life I was in a community open to discuss anything at all. And not only was discussion

possible on any and every topic, but also the way topics were analyzed and investi-

gated was in itself liberating, engrossing and wonderful; it filled me with wonder.

I don't think I was a particularly sensitive plant to have reacted in this way. I do think that I was fortunate in being at an institution which fostered an experience like this.

And from all the evidence that I have seen, Laurier is just such an institution. I hope you find it so!



Rowland Smith
Vice President: Academic

Welcome To 1st-Year Laurier Parents

I thought that 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 the Dean of Students, and have been here for thirty-two years now. I 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 adjustment to roommates, rules and regulations, budgeting, socializing, competing and most of all accomplishing what they set out to do. You hear all kinds of rumors 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 part of the learning experience. You can be sure, however, that the health, security and safety of our students is a major concern of my staff.

One thing that I can tell you is: "Bring

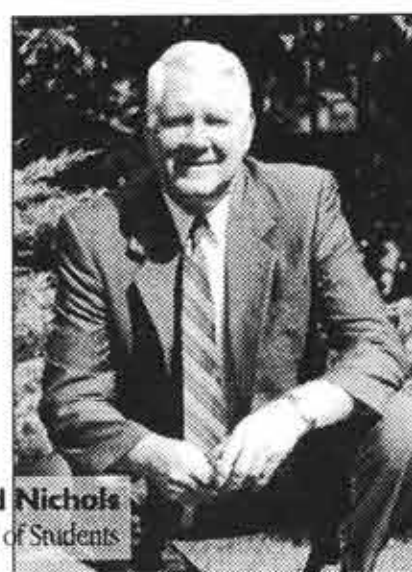
with you the same manners and standards of behavior you are accustomed to at home, they are most useful at the university." I'm sure you tell them the same thing. I have found that I get to meet most students while they are here and I can honestly say that 99% of them mature, excel and develop those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

The main reason that 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 university is all about.

You must have concerns about living arrangements, rules governing student life, problems on campus, health care, counseling, 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 a telephone call at any time and would surely like to get to know you.

I have a very open relationship with the 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.



Fred Nichols
Dean of Students

Lots of fun ahead

Be a part of the community through activities

My name is Shannon Costigan and I am Vice President: Student Activities here at Laurier. I would first like to congratulate all those fortunate enough to be accepted to this fabulous institution, and secondly commend you on making the best decision in determining to attend Laurier.

As VP: Student Activities, I am here to provide entertainment and events for all of the students attending Laurier. I work in conjunction with 150 volunteers to provide everything from Velcro Wall to the Human Regurgitator to a Hypnotist.

Not only do we provide these unique events but we also run a Charity Ball, a Boar's Head Christmas Dinner, Winter

Carnival and Oktoberfest. These events run throughout the year so be sure to keep your eyes peeled for our ingenious advertising of ticket sales.

All of the activities which are run at Laurier will help you feel more a part of the community. Not only are they festive, but they provide a great diversion from the hustle and bustle of classes.

So as you prepare to come to Laurier in the fall, think not only of your courses and grades but of the friends you'll make and the times you'll spend together.

If you have any suggestions for entertainment at Laurier feel free to come on up to the Students' Union, and say hi!

Chaplain Services offer refuge

GRAHAM E. MORBEY
CHAPLAIN CO-ORDINATOR

The Chaplains Office is situated in the Student Services Building along with Counselling and Health Services. It is usual to place Chaplains under Student Services in Canadian universities. But most chaplains feel a responsibility to the whole university and its structures.

There are special times when the Chaplains office is noticed. Convocations they are asked to pray, or at special dinners or gatherings. Special events organized by chaplains to illuminate spiritually some aspect of learning or current issue will be brought into the open.

There are also the many hidden occasions where counselling and prayer or other spiritual help is requested. Then, alone or in small intimate groups people are being listened to and helped to think of God in their lives. The Christian Reformed Chaplain and the

Lutheran Chaplain also hold regular chapel services on Sundays at 11:00 a.m..

At the moment, the Chaplains Office is ecumenical Christian. That means that all official chaplains at Laurier belong to a branch of the Christian faith. The chaplains are pursuing interfaith dialogue and are hoping to have discussions on other religions at Laurier. The chaplains believe that other religions represented on our campus ought to have a voice and place in the university scheme of things.

Chaplains love company. Won't you come and visit Susan (Inter Varsity) or Val (Lutheran) or Paul (United) or Graham (Christian Reformed)? Each has a compassionate listening ear and some help and wisdom to offer.

Chaplains Office is a place of refuge from the thousand seductive voices calling out across the campus, in classrooms, in residences and offices and work shops. We listen for Another voice that brings hope.



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Ma-Bell takes on WLU

ROB GLOVER
FROSH NEWS

It seemed like a good idea at the time.

Last year, Housing Services department wanted to upgrade the old party line phone system that had been in place in the residences for years. According to Mike Belanger, the WLU Housing Services manager, the old system worked just fine, but allowed for no expansion of services. The old-style black rotary phones were hard-wired into the wall, which meant it was impossible to hook in modems or answering machines onto the line, for example.

The decision was then made that, since the system needed to be upgraded anyway, to combine the residence with the new campus phone system. Each phone could then get an extension and could call anywhere campus-wide.

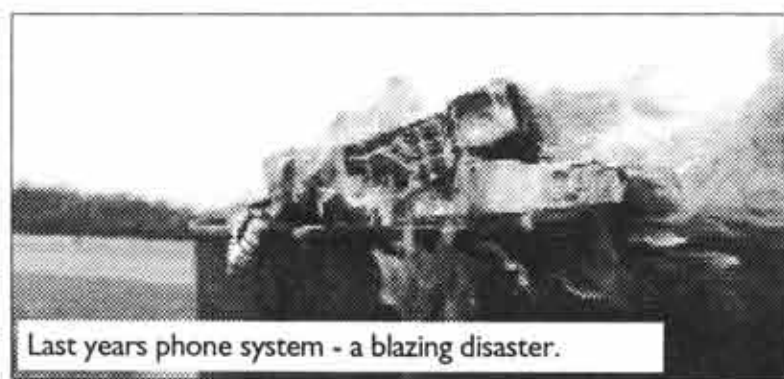
But what happened was that the new phone system grossly underestimated the demand for the service by the residents.

Telephone services estimated that, with about 500 phone sets for approximately 1200 students, about 22 to 24 actual phone lines were needed to service the resident population. "That was," as Mr. Belanger said, "a bad underestimate".

Many residents contacted agreed. They complained that it was almost impossible to call off campus at any time. Many students had to resort to pay phones to call

Belanger, "but the fact of the matter was, there was so much disillusion over the telephone system. I think that telephones are one of those features in people's lives that they take a great deal for granted until you don't have it". Especially, as some students have noted, when you're trying to call out for important reasons, or someone's trying to call in, and the lines are continually clogged.

This year, the residence phone system will be back to a less sophisticated Bell system, which will allow students to plug in modems and answering machines, or to buy whatever features they wish from Bell. In fact, according to Mr. Belanger, Bell



Last years phone system - a blazing disaster.

PICTURE SCOTT MCAN

back home, while others who when finally got an outside line, tied it up for hours, aggravating an already bad situation.

As compensation, the students were offered discounts to compensate for the inconvenience. "All of which were nice" comments Mr.

will be offering its three most popular features, such as call display, on a free two month trial. Those who wish not to have the service, however, must call Bell directly to have the service discontinued, or Bell will automatically charge you for it.

theCord

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OPINION



Oh – we don't call them 'Frosh' anymore.

The two were sitting quietly on the musty, old bed. The rusty springs creaked, and they both shuddered. Had they been heard? They waited. No, it was safe.

"Are you going next week?" asked Josh, a timid first year.

"Going where?" asked Stephanie, a first year, challenging defiantly.

"You know...."

"Say it!"

"We can't, THEY'll hear us," he said in a terrified hush. "We can't use The Word, Stephanie. It's bad. It's

hurtful to first year people. It will make us feel intimidated and anxious. We have to look at the origin of The Word, Stephanie, which was very negative 500 years ago. It will make us feel like lesser human beings, as if we don't have rights. Therefore, we can't use The Word."

"What happened to the legacy behind that word at Laurier?" Stephanie's voice began to rise.

"What about all the first years before us who were proud to be called The Word? It was their claim to

fame, their identity. They were more than just a first year, they were a"

"Don't say it!"

"FROSH! They were called FROSH, FROSH, FROSH!" Stephanie screamed.

Silence. The two looked at each other in horror. And waited.

Nothing. The walls didn't explode with "O-week" Storm Troopers. The two didn't suddenly collapse into puddles of deflated, humiliated tears.

"Yeah, I'm going to Frosh week."

Hey Frosh, fight the power.

Editorial by Ingrid Nielsen, Editor-in-Chief.

The opinions expressed in this editorial are those of the author and do not necessarily reflect those of the rest of The Cord staff, or of its publisher, WLU Student Publications.

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GREG SLOAN
FROSH FEATURE

By now you've probably heard many stories about what this magical week has to offer. Older siblings and friends have told you about their own experiences: the drinking, partying and general merrymaking that will kick off your University experience. Here, in a nutshell, is a survey of what you have to look forward to seen through the eyes of myself, simple farm boy and fourth year student.

The Buildup

You've been looking forward to University ever since you entered high school. A chance to get away from home and your restricting parents. An opportunity to expand your horizons and meet many interesting, and well, downright

as your head hits the pillow you are wide awake, your head swimming with the all important questions: Will I get along with my roommate(s)? Do I have enough money to make it to spring? Will the opposite sex be as ravishing as I have fantasized them to be?

Day One

You awake before the alarm rings. As the car pulls away from the driveway you realize that you have forgotten your toothbrush. Soon you will be meeting many of the people who could become friends for life. This is not a good time to forget personal

pus frosh.

Icebreakers may seem insane, but hey, that's what they are here for.

Cheering

You're tired. You're trying to remember about a thousand names. And now these icebreakers expect you to shout cheers and generally support your color group. Did I forget to mention that everyone is put into four colour

Or you could crap out, having to live with a Pee Wee Herman clone for the whole year (just keep him out of adult movie theaters). There are various types of roommates you can get:

1) *the studious scholar*: this species will want to study, even during frosh week, when there are no classes. Pocket protector is a dead give away.

2) *the party animal*: the natural opposite of the scholar. This breed won't begin to study until some time in December, when you remind them that they happen to have finals to write.

3) *the slob*: you will recognize this type by the second day, when there is already clothing spread out everywhere. Don't worry, that strange odor coming from the corner is only a pizza crust, with a couple of anchovies stuck to it.

4) *The know it all*: This species is never wrong, and brags about having a few hundred friends at various locations around the world. This seems strange since he can't even make one here at University.

If you get one of these types for a roommate don't panic just yet. Appearances can be deceiving, and your roommate many turnout to be totally different that what you thought. Even if you do get a real turkey, just remember you only have to sleep in the same room, you don't have to be best friends.

Shinerama

This event takes place on Saturday, after a week of partying.

You are dragged out of bed at an ungodly hour, given some slop at the cafeteria and then taken to some remote area of

be the age when you can legally consume alcohol. Notice how I say legally, since it is technically possible to taste the sweet, mind bending nectar when you are still in diapers. And this seems to be the trend.

Even though the number of seventeen and eighteen year olds coming to Laurier is at unprecedented levels, the number of frosh abstaining from alcohol seems to remain at the same low rate.

The whole situation is just plain silly. On a floor of twenty people, you are telling half of them they can't drink because they aren't nineteen. According to the government they are not responsible enough yet to drink. Yet, the University expects them to be just as responsible as their floormates who are drinking. If they are that much more immature than their peers, then how will eighteen year olds be able to look after themselves, do their own laundry, or, gasp, get themselves up on time to go to class?

Partying

The most talked about aspect of Frosh Week seems to be the unlimited possibility of partying until you drop. Every night there is a chance to go out somewhere. These events are a great chance to meet your fellow frosh without having to worry going to your 8:30 class in the morning.

However, don't let your enthusiasm get the better of you. Drinking is one thing, but consuming so much that your liver revolts can lead to trouble. What fun is there in winding up in your residence room by seven, puking undigested corn into a bucket. If you do get out of hand, B.A.C.C.H.U.S. is there to lend you hand. Basically Bacchus people are there to make sure you don't hurt yourself, and look after you when you've lost all power to do so. There is even a drunk tank where you can be taken to sober up.

Half the fun can be partying in your own room before you go out. Just make sure that you don't get the bright idea to invite half your residence into your room, turning it into some kind of disco inferno. Remember you have to sleep in this same room for the next eight months.

Your Own Little Universe

For just one week frosh are protected from the harsh realities of the real University world. You can feel important for seven days, until Frosh Week is over, and you have to share the halls with the rest of the school. Then you are hit with the cold, harsh truth: after being on top of the food chain at your high school you are now back at the bottom again.

The only reminder of this inferiority during Frosh week is the presence of the football team, who are already practicing. Don't worry too much, though: they are flesh and blood just like you.

Special thanks to Charles Smid for his cartoons.

Frosh Week

View from a Frosh Alumni

strange, people. The summer seems to crawl along agonizingly slow as you wait in anticipation.

By the time you get this paper most of you are probably already packed and ready to go. I say to you, relax. Enjoy the summer. This may be the last chance you will have for a long time to be around many of the people you've known all your life.

Some of you may be filled with a sense of dread as you realize that soon you will be moving away from everything you've ever known. Don't worry. Home will only be a phone call away. You're not losing anything by moving away; you can only gain.

The Night Before

Suddenly you realize that, even though you've been waiting for this moment for most of your life, you're not even close to being ready to leave. Ma, where do you keep the extra towels? You go running around in circles, and before you know it your mother, caught up in a wave of emotion as she is on the brink of losing her dear child, starts writing your name on all of your socks and underwear.

By the time you finally get everything loaded up and ready to go, you are exhausted. Yet, as soon

hygiene.

If you live on campus you will arrive to a sea of activity. Icebreakers will help you move into your room. If you're unlucky you will be on the top floor like I was. Just a warning: you could be overwhelmed as Icebreakers swarm around you, trying to wrestle the heaviest box away from your father, who wants to do one last thing for the child he is deserting. Finally your father will give up as he realizes that there is just too damn many of them, and they are only trying to help.

Icebreaker: def'n - n. 1. a sturdy boat for breaking a channel through ice 2. a wedge like structure for protecting a pier, etc., from floating ice 3. anything serving to lessen formality or break down reserve. This last definition seems to best fit the group of individuals who will help guide your journey through frosh week.

Icebreakers are second, third or fourth year students who are volunteering their time to help make this week that much more enjoyable for you. Once you are settled into your room, and have met your floormates, you are divided up into groups and given two icebreakers, one male and one female. If you are living off-campus, you too are put into groups, with other off-cam-

pus frosh. groups? Don't worry, it's not as bad as you think. And don't worry about looking stupid because everyone else is making an ass of themselves too.

Competition

Cheering is only part of the competition between the colour groups. There is also a scavenger hunt, and games such as tug of war and pass the banana.

Dons

If you are on campus you will meet your residence don as soon as you move in. The don is sort of your big brother or sister. They are there to look out for you, and to make sure that your floor doesn't turn into some twisted version of Animal House. It may seem at times like the Dons are only there to ruin your fun, but bear with them. They are only doing their job, which is a hell of a lot tougher than it may look. You try looking after a dozen or two teenagers, most of whom are experiencing total freedom for the first time in their lives.

The Roommate

This is the biggest concern for everyone moving into one of the residences on Campus. This is simply a live version of the lottery. You could come up a winner, getting along with your roommate instantly.





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Fighting the Frosh Fifteen

*Athletic facilities
offered at Laurier*

SCOTT STINSON
FROSH SPORTS

During your first year here at Laurier, you will surely take part in a number of first year traditions. While things like Shinerama, the Boar's Head Dinner, and Oktoberfest may sound a little foreign to you now, you'll be quite familiar with them by the time your first year is over. Amongst these many traditions is something known as the frosh fifteen. Actually, it's more of a curse.

What is the frosh fifteen? To put it bluntly, it's the approximate amount of weight (in pounds) that all you young frosh are likely to pack on in the coming months. Beer and pizza does have a down side. However, there is a way to avoid the frosh fifteen. Exercise. This handy guide will show you how to get it.

Laurier offers a variety of ways to keep yourself in good shape. Whether you want to workout by yourself or with friends, lift weights or play organized sports, Laurier offers it all.

Where to Workout

If you feel like just getting some exercise, a number of places on the WLU campus are available for you to do so. Be sure to bring your student card to prove you belong.

Athletic Complex

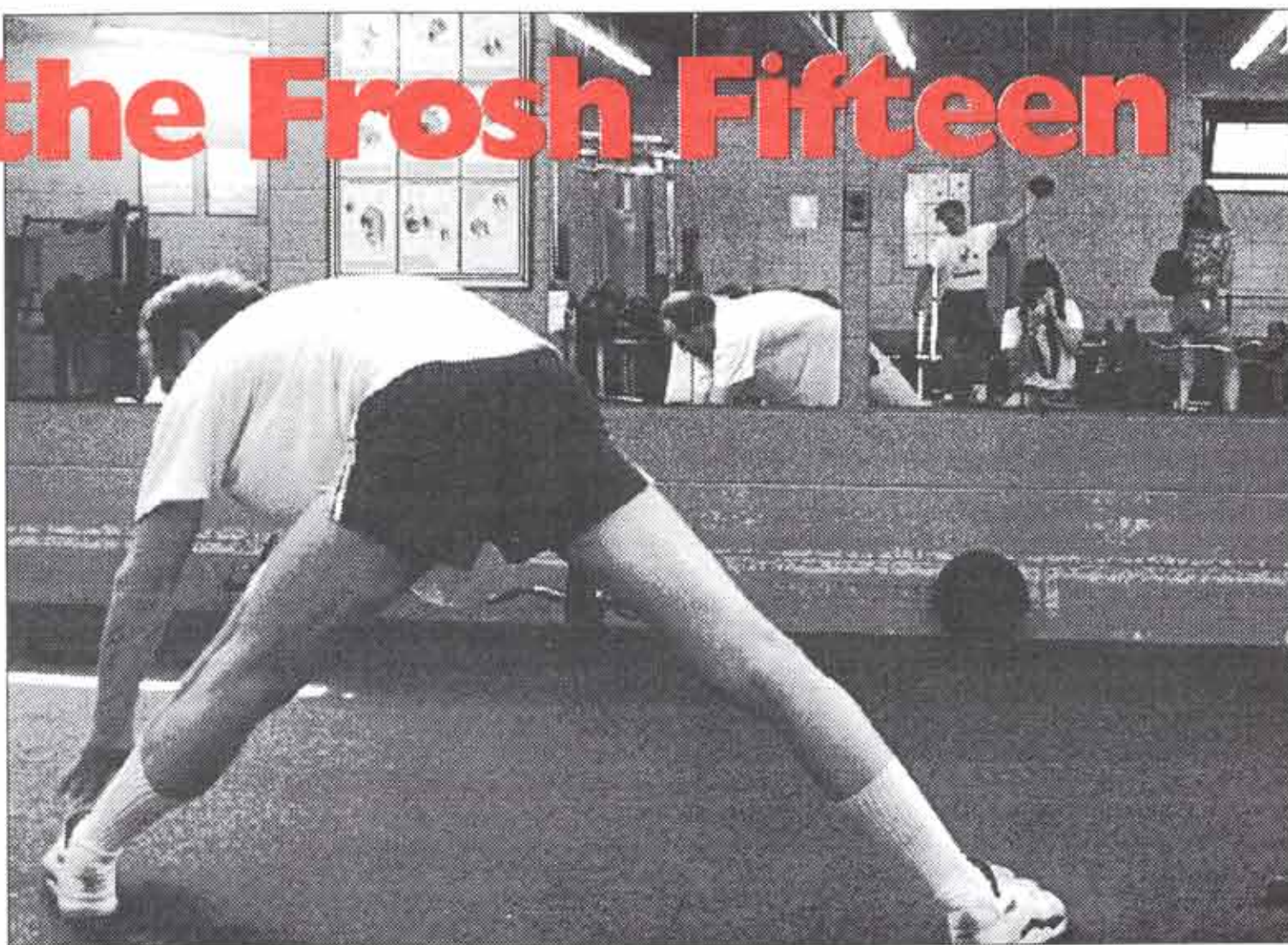
The temple of sweat. The A/C offers a little bit of everything. A complete weight room, basketball courts, squash courts, badminton courts, indoor soccer, aerobics classes, martial arts classes, and other physically demanding activities. It is damn near impossible to come here and not find a way to get some exercise. The A/C is open for your physical exertion from 8:00 a.m. to 10:00 p.m. every day of the week except Sunday, when it opens at noon. Also located in the Athletic Complex is the...

Pool

Chlorine anyone? If you care for a leisurely dip or if you want to do some laps, the pool is open Monday to Friday from noon to 1:30 p.m., 4:00 to 5:30 p.m. and 8:00 to 10:00 p.m. On the weekend, it's open Saturday from 12:00 to 4:00 p.m. and on Sunday from 12:00 to 4:00 p.m. and 8:00 to 10:00 p.m.

Tennis Courts

Located across from the A/C, the tennis courts are open until the lights turn off or until WLU Security tells you to go home. Sometime after 10:00 p.m. anyway. Once the weather turns cold, the courts become a prime spot for ball hockey



PICTURE CHRIS SKAKOS

games, complete with steel cage.

Seagram Stadium

The home of the Golden Hawks. Located on Seagram Drive, about two minutes from the WLU library, Seagram is where you will come and see Laurier's football team play on the shiny new artificial turf. Deep in the bowels of Seagram is something called the Super Circuit. It's a 20 minute cardio workout that sends you through a bunch of different exercises at different stations. When the music changes, you change stations. If you miss the change in music, there is also a recorded voice that tells you to switch. It's stupid proof.

Big, Grassy Field

Much as its name implies, this is the least sophisticated of Laurier's workout facilities. Located between Willison Hall and the tennis courts, the field is a great spot for a game of football, softball, frisbee, lawn darts, whatever you happen to feel like playing. It's not fancy, but it works.

Intramurals

If you're into organized team sports as way to get your exercise, you've come to Laurier at exactly the right time. This coming fall marks the beginning of an ambitious new intramural program at WLU, highlighted by the introduction of touch football and softball leagues to be played on the brand spanking new artificial turf surface at Seagram Stadium.

In addition, there will be intramural leagues for just about any sport you can think of. A small fee will be needed from each team registering to cover to cost of officials, first aid personnel and other required employees.

Check the A/C regularly to find out when the sports you are interested in will be getting underway. It's that simple.

Other Activities

The expansion of Laurier's Department of Athletics and Recreation is not limited to intramurals. Those of you who are nature types will be interested in outdoor excursions such as horseback riding, canoeing, biking, and hiking.

Plans are also in the works for helpful programs like a women-only instructional weightlifting class. All in all, the opportunities for recreation at Laurier will be much broader this year.

If you have any questions regarding athletics and recreation at WLU, feel free to call Director Rich Newbrough at extension 2216 or Manager of Women's Athletics Cookie Leach at extension 2465.

So there you have it. All you need to know to avoid the scourge of first year, the dreaded frosh fifteen. Remember, the best defense is a good offense so get some exercise and tackle the frosh fifteen head on. Of course, there is one other way to avoid those extra pounds but it takes a hell of a lot more willpower and is a lot less fun.

Varsity teams gear up

Becoming part of Varsity life – a great way to get involved

PETE ROBINSON
CORD SPORTS

The coming of the new school year brings with it the inevitable start to a season of varsity sports at WLU. The football Hawks will have training camp in full swing by Labour Day weekend, with the basketball and hockey teams are starting shortly thereafter.

The football program will be entering its first season with Rick Zmich at the helm. The offensive wizard summed up the status of his new team stating that they "will definitely be entering a new era".

That new era is a result of the fact that long-time head coach Rich Newbrough has stepped down, handing the reins over to his former assistant. Also, the Hawks are entering a period with noticeably younger players on their roster. The younger lineup is a result of some players graduating while others are moving on to the Canadian Football League.

Zmich expects 70 to 80 per cent of his players to be first or second year, noting also that with some key

people returning at important positions, he expects to have a good team. Those key people come in the form of fifth year pivot Bill Kubas and fifth year offensive tackle Mark Ferguson. It also appears as though slotback Stefan Ptaszek will be back after an injury cut short his training camp with the B.C. Lions.

The rookie head coach also feels that he has assembled a quality recruiting class that in time could equal the banner year that he put together in 1993. Zmich points out that "it's important not what rookies contribute in their first year but where they will stand a year from now". He added that he expects up to a dozen recruits to contribute during their stay at WLU.

As far as the football Hawks are concerned, the installation of turf at Seagram Stadium and the schedule that will see Laurier play there five times in '94 has Zmich excited about what the new year will bring.

After a heartbreaking season that saw his team lose several close games to some quality teams, Men's Basketball coach Gary Jefferies

expects his young team to be more competitive in the upcoming year. A key addition to his lineup will be the arrival of local product Tony Weiss. After sitting out a year after attending Bryant College in Rhode Island, Weiss stands to inherit a starting guard position. Shawn Roach will return for his final season, and OUAAs rookie of the year Peter Kratz will provide the Golden Hawks with a strong nucleus. Two transfers, David Moore and Jim Toole will provide experience to a still very young lineup. Jefferies also expects in-house players Dan Pace and Rico Medeiros to push the starters for playing time.

Coach Wayne Gowing's Men's Hockey team appears to be somewhat of an unknown at this point. The Hawks will return their top line of Ryan Merritt, Chris George and John Spoltore, however, many questions remain. A number of players from last year's squad may not be returning in order to concentrate their efforts on their studies.

One area of concern is in net, where the Hawks have been victim-

ized by some poor goaltending in their past two playoff runs. At this early stage, none of the netminders from the nineteen-win team of a year ago are expected to return.

Overall, the 1994-95 year at

Wilfrid Laurier is sure to be an exciting one. Of course, all incoming frosh are encouraged to come FLY HIGH WITH THE HAWKS in the coming months and years. See you at the games.

Athletics Doing it for the Golden Hawks

Sport	Coach	Telephone
Men's Basketball	Gary Jeffries	Ext. 2180
Women's Basketball	Sue Lindley	Ext. 2466
Men's Curling	Barry Mouldsdaile	Ext. 2216
Women's Curling	Barry Mouldsdaile	Ext. 2465
Figure Skating	T.B.A.	
Football	Rick Zmich	Ext. 2185
Men's Ice Hockey	Wayne Gowing	Ext. 2384
Women's Ice Hockey	Stephen Thomson	Ext. 2465
Rugby	Wayne Lloyd	Ext. 2216
Men's Soccer	Tony Lea	Ext. 2216
Women's Soccer	Barry MacLean	Ext. 2465
Men's Swimming	Dean Boles	Ext. 2216
Women's Swimming	Dean Boles	Ext. 2465
Women's Tennis	Dennis Huss	Ext. 2465
Men's Volleyball	T.B.A.	
Women's Volleyball	Cookie Leach	Ext. 2465

How to enjoy the wild and crazy moments in Varsity sports...

Football and toilet seats

SCOTT STINSON
FROSH SPORTS

It was a warm Saturday last September. The crowd had quieted down and a new rallying cry was desperately needed. A roommate of mine grasped the severity of the situation. Summoning all of his creative wit, no doubt aided by the presence of copious amounts of alcohol in his bloodstream, he rose, adjusted the toilet seat on his head, and stood on his bleacher seat. A hush fell across the large group surrounding him.

"Kill! Maim! Disfigure!"

A new chant was born. Soon our entire section had joined in. Mark's simple yet effective cry had breathed life into the tiring crowd.

Where were we, you ask?

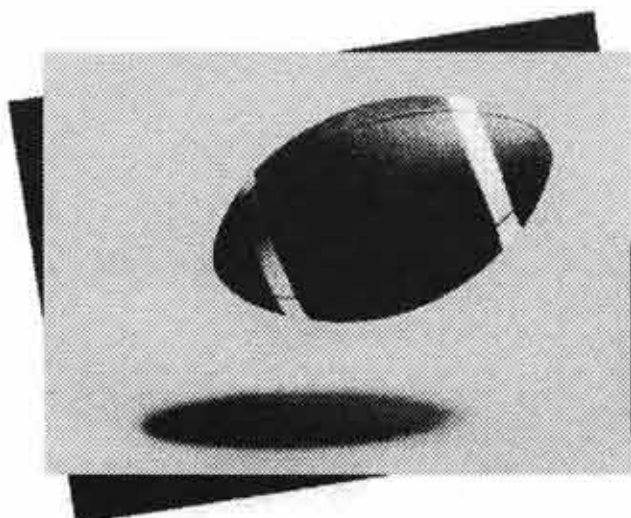
A public stoning?

A session of Parliament?

Well, no. Actually, we were taking part in the honoured tradition of Golden Hawk football at Laurier's Seagram Stadium. Soon, you can too.

Your journey into the world of football

to avoid that seductive bed, you'll be heading over to Seagram to witness the first football game of your university career.



Taking in a game at Seagram is simple enough. Bring your student card to guarantee easy access, then trudge up the bleachers to find a good spot to sit. Not too tough.

week, and if you're sitting in a creative wasteland where no one else has thought up a good cheer either, there is a group of

trustworthy cheerleaders to lead you. Those would be the girls and guys in the purple and gold uniforms down on the field doing flips and holding up signs. Easy to spot. With all these cheering possibilities, you have no excuse for sitting on your hands.

When the stadium announcer is reading the out-of-town scores, you are to cheer for whoever is playing Western. This will become natural after frosh week.

Should you be going to the game with a large group of intoxicated people who are painted purple and are wearing commodes on their heads, it is advisable to seek cover in the high sections of the bleachers, away from members of the administration who could make your life rather miserable. Don't worry though, it's not as if people are roaming the stands looking to weed out the rowdies. There is sort of an unspoken agreement that if you don't make yourself too noticeable, you can carry on however you like. This means that no matter how tempting it may seem, no matter how much your inhibitions have been lowered, do not go and sit next to a member of the administration for a little chat. We're talking serious hot water here.

Should the opposing school have busloads of students attending the game, feel free to ridicule them openly. Guelph fans are to be harassed about the agricultural nature of their school (many possibilities here), Western students are to be reminded that Daddy can't buy them a Vanier Cup, while York's pathetic support group would greatly appreciate it if you pointed out that they have yet to win a game this decade. Easy targets, all.

So now you know. How to enjoy Laurier football for the next four years. Come on out and support the team, you'll be glad you did. By the way, the toilet seat is optional.



at WLU should begin at the end of frosh week. I say should because there is a distinct possibility that some of you will find the events of frosh week rather draining. Trust me, after Shinerama at the break of dawn on Saturday morning, your bed will be extremely alluring. However, if you do manage to muster up enough inner strength

There are some simple ground rules that you frosh should be aware of.

First of all, cheer loud, cheer long. This is a must. Make up your own cheers or wait for someone else to start singing and start cheering along with them. If you can't think of a good cheer, have forgotten all the ones drilled into your head during frosh

CORD SPORTS. Okay, so it's not being a billionaire businessman while leading a secret second life as the Dark Knight who protects Gotham City from the sinister forces of evil, but it's still pretty damn exciting.

Writers needed for next year. Come on up to the Cord offices and ask for Scott or Pete. Rubber suit optional.

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Christrina Craft, The Cord
Vol. XXXVI, Issue 4, 1993

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FILE PICTURES

It really is water - I swear!

**PAULA CLARK
FROSH ENTERTAINMENT**

During Frosh Week you will go where your Ice Breakers and Don tell you to go. They'll give you a small taste of night life around Laurier. But, what about after Frosh Week?

I'm here to say, "Boldly go..." Exploring these places is the only way to know if they're where you want to spend a Saturday evening.

First we should probably cover the closest places; those on campus. **Wilf's**, which is Laurier's own pub, is usually pretty good. That means that if you go with the right people, people who you can be silly with, you'll have a good time. The prices are great and entertainment is mostly home grown. And you'll probably see your prof there!

Then there's the **Turret**. You'll become quite familiar with this popular Laurier night club your first week here. The Turret is good in first year because you're almost guaranteed to see that babe from your psych 100 class there—it's a great frosh hangout. It's free, not a large variety of drinks, but you'll probably know everyone there.

Of campus, one of the most popular dance clubs around is the **Twist**. This place is absolutely huge! It fits 2000 people and the dance floor alone is about the size of Wilf's and the Turret put together. The music is mostly rap and dance. It can be expensive, and there is a cover, but it's only about \$4. If you go here, prepare to meet people from all over. But, if you don't like dance music and fear that you'll lose your friends forever in this massive place, don't go.

Another place in Waterloo to go for a good time is **Phil's Grandson's Place** (aka Phil's). Don't believe any of the silly rumors floating around about Phil's (like that it's a scary place with scary people!).

Awesome music, great atmosphere, friendly people, and cheap prices. There's no cover on Saturday nights. Thursdays are \$4 cover, but all drinks and shooters are \$1.50 'till close! The dance floor is small and it can get unbelievably crowded,

better than McDonald's! The ice cream cones are among the cheapest in town!

Salsa is a fairly new restaurant that has opened in the area. It is Mexican (if you didn't already figure that out). It's small, but kind of

And then there was night...

Life after dark in Waterloo

but if you get the chance, definitely go! Phil's is also open during the day for lunch and dinner. The food is good. If you're a vegetarian, it's the perfect place to get good veggie food.

I suppose I should mention

Stinger's.

Not the greatest place in the world, unless you actually enjoy getting picked up by creepy 40 year old men (and women!), or that hulking football player who is blocking the door-

quaint. The menu is half in Spanish, which is neat. Sometimes there is a Spanish man who comes in and plays little Mexican tunes on his synthesizer. The service is fast and the food is okay. You do get a heap for your money, but the prices are a little high.

When you're done eating, and you don't feel like dancing or the club scene, there are other things to do. For example, the **Princess Theatre** is a funky place. The movies are cheap, but that's only because half of them are foreign with subtitles, or you've never heard of them before. But, it is a neat place to go. A movie guide usually appears every two months in the Cord so you can see what's playing and read up on those movies you haven't heard of.

There are also real movie theatres to go to. **The Waterloo Theatre** is beside Stinger's. It's about fifty cents cheaper than any other theatre, but it only plays one movie at a time. So, once you've

seen that, you'll have to wait until the next one comes along.

If you aren't into that, there's always **Mark Breslin's "Yuk Yuk's"**. Prices range on the steep side, but on Sunday nights it's Lady's Night and all women get in for free. Even though it's expensive, it is the real thing and usually has you falling off your chair and in tears. Warning: if you sit in the front row, prepare to be humiliated by the comedian!

Diamond's Pool Hall is located on Weber just beside Dairy Queen. This place is kind of neat. If you don't mind the smoke and noise, you'll have a good time. It's open until 3:00am every night and has a liquor license. There's a nifty juke box too. So, if you get bored of studying and are looking for some procrastination ideas, you know

where you can go.

Finally, there's a brand-new funky coffee house opening up in the same plaza as Phil's. It's called the **Shamrock Coffee House** and it's opening early in July. This place is relaxed and very comfortable. It will serve various specialty coffees as well as exotic juices and light snacks. The entertainment includes poetry readings on Thursdays and acoustic music on Fridays and Saturdays by local talent. The owner also plans on having a T.V. showing old Woody Allen flicks. Very beatnik and artsy. The kind of place where you can go to read, study or hang with your friends.

Now that you know a bit about these hotspots your job is to pick what's right for you. Don't be afraid to try something new, that's what university is all about.



Some of that homegrown talent; Matt Osbourne - Musicians' Network

way.

Right across from the school is a very cool hangout that serves the best burgers and panzarotti in town. **Morty's** reminds me of Cheers - it even has some authentic middle-aged men sitting at the bar! There's a big screen T.V. that shows either sports or Cheers' happy hour, or Melrose Place. The service isn't bad, but when it's busy, they become a tad forgetful. The prices are good. On Sunday nights they usually have a special deal going for a Morty burger and pound-o-fries for \$1.99.

The **Huether Hotel** is another place to get good, inexpensive food. It's kind of tricky to find since it's actually underneath the hotel and the bar (The Penalty Box). It also has a big screen T.V. and the service is good.

Stanley's, which is open until around 3:00am on Thursday, Friday and Saturday, is fast food, but much

Musical treats

**JEN LAKATOS
FROSH ENTERTAINMENT**

Wilfrid Laurier University is one of the most well-rounded universities, that offers nearly everything that you, our dearly loved Frosh could ever need.

On top of this is one of the best Music Faculties in Canada.

For the Laurier student, this is absolutely free, providing you show your student I.D. card.

Things to see:

Concerts. There are literally hundreds of concerts that are put on during the course of the school year. Everything from Jazz to Classical to Contemporary to Choir... well you get the picture.

Concerts are every Tuesday and Thursday, from 11:30am until 12:30pm, that will feature the students and staff of the Music Faculty.

Special Concerts. These spotlight Laurier's own

Penderecki Quartet, the quartet in residence.

Opera. This is performed by the Choir and Orchestra, and is always a smashing success.

There is also a Benefit Concert, from which all the proceeds are donated to charity. This is always a good time, as most of the formality of a concert is replaced by a more relaxed, fun atmosphere when the students, faculty and alumni sing, play, and put on skits for a good cause.

Other events that the Music Faculty can offer the Laurier students include the Music Association, whom anyone can join. The fun includes movie nights, squash and basketball tournaments, Benefit concerts, and Jazz Cabarets.

So come out and visit the Aird Building on the north end of campus to hear one of our concerts.

Add a little bit of culture to your life, and support one of the best Music Faculties in Canada.

Enjoy what the Farmers' Market has to offer

More than just good food

SHELDON PAGE
FROSH ENTERTAINMENT

"Diet bread, diet bread! No money down, we will finance! It's the bread of the future!" To the regulars at the St. Jacob's Farmer's Market, this is the familiar, yet bizarre call of the Diet Bread Man selling his wares.

Just to the north of us on Weber Street, the St. Jacob's Farmer's Market is the fresh food aficionado's dream come true. It makes no difference whether you are a carnivore, herbivore, or omnivore, the market has something for you.

I discovered the Market two years ago and have been a devoted customer ever since.

Summer and fall I think are the best times to visit the Market.

Local fruits and vegetables are in full swing and the prices for the most part are very reasonable. Believe it or not, you can buy a tomato that tastes just like the ones in your parent's garden - and not pay ten dollars a pound for it.

Just about every kind of foodstuff you desire, homemade or homegrown, can be found at the market.

Inside the Market building itself you will find local butchers, bakers, candy makers, and artisans.

If you are into fresh sausage, steak, or fish this is an opportunity that must not be missed. Samples are available from most vendors, so you can try before you buy - or simply fill up if you have the munchies.

Outside the main pavilion are more fruit, vegetable, and clothing vendors than you can shake a loaf of diet bread at. The best barbecued Barvarian sausage (cooked with liberal splashes of white wine) I have ever tasted is available here - just look for the green trailer.

A word on prices and vendors. Food prices are usually comparable if not better than the supermarket. If this is not the case, I am usually willing to pay a small premium for something that tastes fresh from the garden. Most clothing vendors carry seconds that look

as good as regular quality merchandise at cut rate prices. Just don't expect a vendor to be there the next week when a leg of your newly purchased jeans falls off in the wash. The market is home to many fly-by-night vendors.

The Market's atmosphere is what really strikes me. It is a friendly, noisy place filled with the cry of hawkers and songs of street corner musicians.

The local Mennonite community comes out in full force at market time. Hitching posts and stalls for horses and buggies abound.

Not to be forgotten, there is a series of interconnected arts and crafts buildings beside the main Market pavilion that leads to the stockyards. The stockyards are interesting and disconcerting at the same time. The crowded holding pens and shoots remind me of Laurier's traffic jams between the Concourse and the Central Teaching Building.

If you want to pick up a goat in order to

avoid cutting your lawn this fall, then the stockyard is the place for you.

Here are a few of my Market favourites that I think should not be missed:

The Diet Bread Man and his apple custard diet bread dessert - stop and listen for him - he is hard to miss.

The Country Bakery inside the main Pavilion. Their bumbleberry and apple pies are to die for.

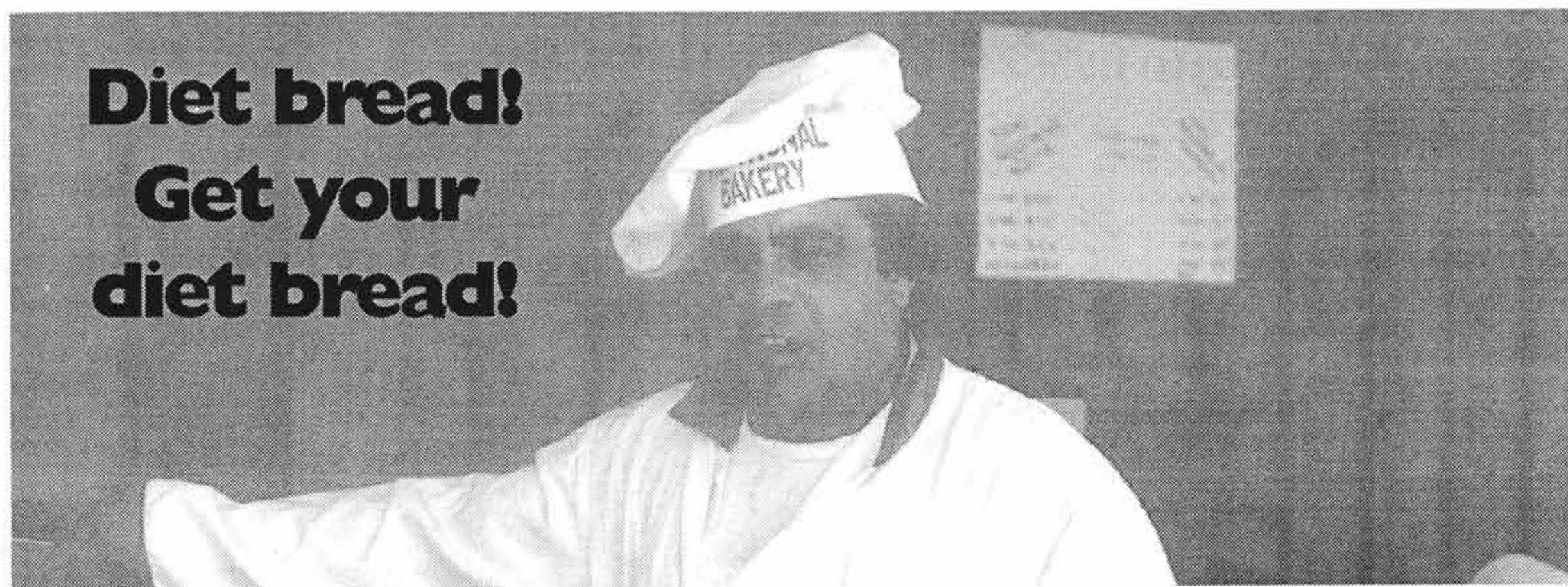
The marionette salesman just outside the pavilion. I swear he can breath life into his bird-like creations.

And of course as mentioned above, for you carnivores the Barvarian sausage guy - give the warm sauerkraut a try too.

The Market is open incredibly early every Tuesday, Thursday, and Saturday during the summer. Once the weather gets cooler they drop the Tuesday. I believe they are open at least by six in the morning.

Just head north on Weber Street for about five to ten minutes and you can't miss it.

Diet bread! Get your diet bread!



PICTURE: SHELDON PAGE



Finally, some healthy food.

PICTURE: SHELDON PAGE

Why not come and see us sometime?

INGRID NIELSEN
FROSH GOODBYE

Hey! Here's a good idea! Why not check out Laurier this summer?

On the weekend of July 23 and 24, the administration at Laurier will be hosting a pre-orientation session, called aptly "Discover Laurier".

The purpose of this weekend will be to show students and parents around the place, and let them get a feel for what they will be dealing with for the next three or four years.

"We will be trying to focus more on academics," says Chris Dodd, Program co-ordinator. "Whereas Frosh week is more social."

The weekend will include an information fair, complete with everything from Student

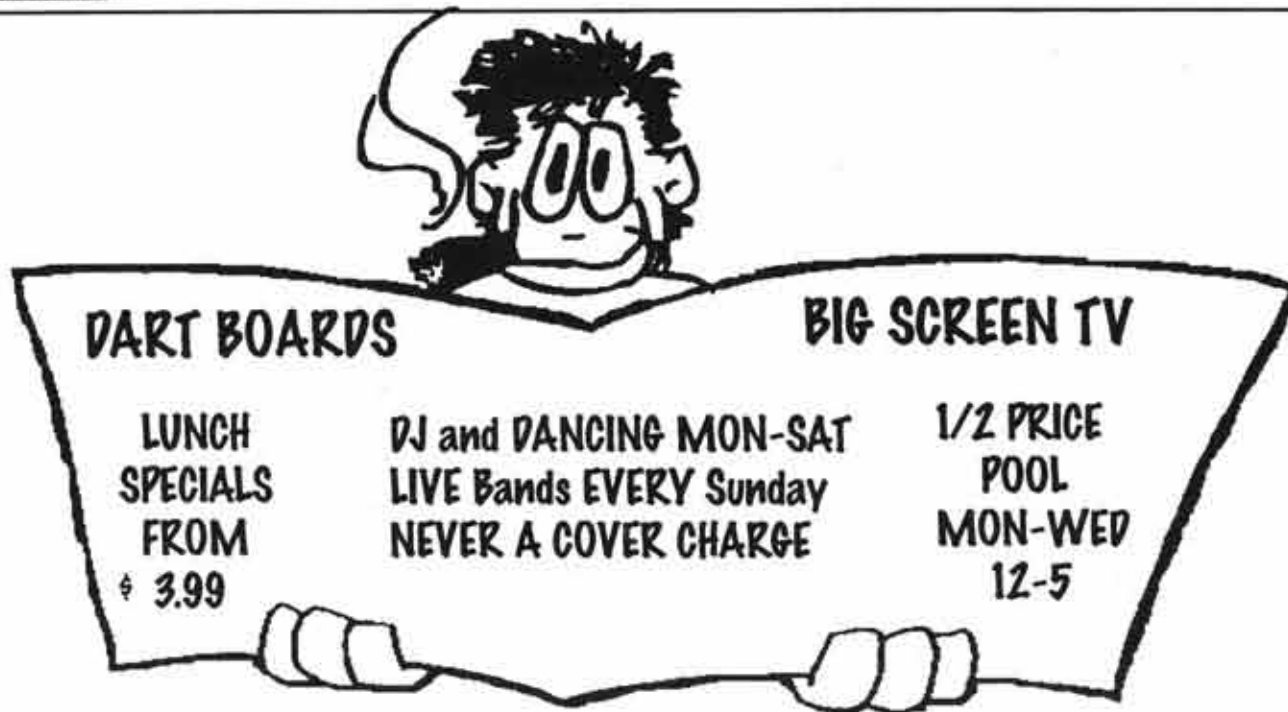
Services such as Health and Chaplain services, to Athletics, to course registration. It's not too often you'll catch these folks in on a week-end, so take advantage of it.

The days will be filled with concurrent sessions, which will deal with program information, study tips, and career planning.

A big part of these sessions will be question period. Bring those questions, and try really hard to stump 'em.

Listen carefully to the views of the elders, but for a realistic picture, make sure to ask students who have been through the trenches.

Check out the pamphlet which was mailed to you for more info., or call the school at (519)884-1970.



WATERLOO'S #1 HOT SPOT

CLUBS AND STUFF

A Guide to Laurier Student Services

SYDNEY PEREIRA
FROSH ENTERTAINMENT

Hi! My name is Sydney Pereira, and I am your Student Services Manager, up in WLU Students' Union.

The Student Services department entails six departments operating within the WLU Students' Union, which are run by over 300 student volunteers. Volunteers are needed year round, but many positions are open only in September, so come on up and find out how to join our team.

My office is located in the WLUSU Central office, and both myself and the co-ordinators can be reached during our office hours, by phone at 884-1360 or by leaving a message in our mailboxes. My e-mail account address is pere2680@mach1.wlu.ca.

Don't let the opportunity pass you by. Find out about your Student Services, and how you can make the most of what we have to offer.

Campus Clubs

Co-ordinator: Johnathan Winter
Location: just off the TV lounge, 3rd floor, Student Union Bldg.

Campus clubs is one of the easiest ways to get involved in the Students' Union. Joining is easy. Just visit the booth of your

favorite club/s during Campus clubs week in

September, or drop by the co-ordinators office during her/his posted office hours and find out how to contact the club president.

Each club has a place for posting notices, so look around campus to see when the next club meeting is, and just show up.

Just to give you an idea of what's out there, here's a list of some of this years campus clubs.

Aardvark (Astronomy), Accounting Assoc., African Students Assoc., Amnesty International, Anthropology, Archaeological, Badminton, Biology, Chinese Students Assoc., Communications, Croatian Students Assoc., Cycling, Debating, Economics, English, Environmentalists, Equestrian, Financial, French and Spanish, Geography, German, GLOBAL (Gays, Lesbians, and Bi-Sexuals), Greek Council, History, Human Resources, Italian, Lacrosse, Laurier International Students Assoc., Laurier Christian Fellowship, SeaHawks, Marketing Assoc., Monty Python Appreciation, Music Assoc., Musicians Network, Music Therapy Students Assoc., Pagans, Philosophy, Physics and Computing, SPESH, Political

Science, Progressive Conservative, Psychology, Reform Party, Religion and Culture, South Asian (SALSA), Science Fiction/Fantasy, SHAPE, Ski Sociology, Squash, Waterbuffalos, World Affairs, Writers, Young Liberals.

Environmental Services

Co-ordinator:

Samuel D. Gilmore

Location:

WLUSU

Central: Third Floor, Student Union Bldg.

The goal of Laurier's Environmental Services is to implement the three R's within the University community. As the focus in the past was on primarily recycling, this year the department would like to expand and to increase the waste reused or recycled on campus.

Have any ideas? Drop us a line!

Foot Patrol

Co-ordinator: Daryl McKenzie

Assistants: Karina Andreas and Shawn Hodges

Location: Overpass between MacDonald House and the Paul Martin Centre

Phone: 886-FOOT (888-3668)

Hrs.: 7:30pm - 1:30am 7 days a week

The Foot Patrol is a walk-home services provided to all students,

faculty and staff at Laurier, FREE of charge. Our teams, each consisting of one male and one female patroller both trained in basic first aid and CPR, are available each evening to provide a safe walk between campus buildings, as well as to and from your car, the bus stop to your home.

As soon as you call in your request, the next available patrol team is contacted and dispatched to your location: it's as simple as that.

So call the Foot Patrol the next time you have to walk alone at night.

Legal Resources

Co-ordinator: Natasha White

Location: Third Floor, Student Union bldg., Back of TV Lounge

Do you feel uncomfortable with a clause in your lease and want it checked it out? Want to know the fastest way to get repairs done? Need help dealing with your landlord or roommates? Want information regarding Law schools? Need to be referred to a legal professional

Floor Student Bldg.

Personnel and Placement Services is designed to help students become more involved and make a difference by providing them with volunteer placements both in Laurier and in the Kitchener-Waterloo community. The only pre-requisites required are a little spare time and a completed application form... so come on out and volunteer.

Student Help Line

Co-ordinator: Heidi Millar

Telephone: 884-PEER (884-7337)

Hours: 8:00pm - 11:00pm 7 days a week

The Student Help Line is a telephone support service for students wishing to discuss personal problems with a peer. Trained student volunteers are there to talk to you about any problems that you may have. The Help Line is NOT a counseling service, but is a listening service and can provide information on community services and referrals.

All calls are completely anonymous and strictly confidential.

Tutorial Services

Co-ordinator: To be hired in September

Location: WLUSU Central, Third Floor, Student Union Bldg.

To assist students in their studies, Tutorial Services matches up tutor with student who needs help in a particular subject. If you require a tutor or want to be one, all you have to do is fill out an application form, which is available at the Centre Spot. The cost of the services is \$10.00 per hour, paid directly to the tutor.

**Have a great year,
and remember to make use of
YOUR services!**

off-campus? The Legal resource centre can help you with these concerns and more....

With 20 trained volunteers to help you, there is no reason why you shouldn't come and use this free and confidential service.

Personnel and Placement

Co-ordinator: Pam Jones

Location: WLUSU Central, Third

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Putting a little more culture into your life

JOHN HUCULIAK
FROSH ENTERTAINMENT

So, you are here at Laurier and the bar scene is getting to you -no problem. There are more things to enjoy in this university town than bars and cinemas, and here are some of the many cultural alternatives that Kitchener-Waterloo has to offer.

Museums and galleries usually have free exhibitions (a word that all University students love to hear) which are guaranteed to please. Many of them are within walking distance of the Laurier campus.

The Seagram Museum, located at 57 Erb Street West, is a great place to start on your cultural crusade. Offering a wide range of displays relating to the art and science of distilling. The key exhibition presently running is 200 YEARS OF TRADITION: The Story of Canadian Whiskey. It also houses a LLBO-licensed liquor store, a restaurant (Spirits Restaurant) and a gift store, where one may find an assortment of souvenirs that will

please a wide variety of people. Call (519) 885-1857 for more information.

Across the street from the Seagram Museum is the **Canadian Clay and Glass Gallery**. Going into its second year, the gallery provides its visitors with a respect and appreciation for the beauty and technique behind clay and glass art. The exhibits change frequently, and vary from the history of creating pottery to displaying the latest artistic endeavors of international artists. It is an excellent way to flower an interest in this art form. The Galley Shop provides a wide selection of keepsakes to help you remember your visit. Call (519) 746-1882 to find out the latest exhibit theme.

Another area of interest is the **Regina side streets**, where a few galleries are all within a couple of blocks of each other. They are also within walking distance and display painting, sculptures, and handicrafts. The styles found range from Native to neo-Renaissance works. It is a great way to spend a quiet afternoon,

so walk down and see what each gallery has to offer you.

Last, but not in quality, is our own **Robert Langen Art Gallery** located in the John Aird Building. Its hosts displays of student and local artists to national artists. Many of the paintings are on sale with

the price beside the artwork, so it a great way to support the artist and add an artistic fervor to your parents' house.

If you are more inclined to the performing arts, **Laurier's Department of Music** presents Music at Noon for your listening pleasure. Music at Noon is a series of concerts that usually run from noon until one, a couple of days a week, featuring Laurier students performing music that is anything but dull. It is free to watch and get your mind off your classes for an hour.

Theatre Laurier presents two shows a year, one each term. The theatre company consists of Laurier students, as well anyone can audition for the troupe. Past experience shows that first-year students help to provide balance to the troupe, so if you are interested in auditioning or see your fellow students acting up outside of the classroom, Theatre Laurier is for you to try.

Other theatres close by are: the **University of Waterloo Drama company**, contact 885-4280 for information; and the **Kitchener-Waterloo Live Theatre** on 9 Princess Street East (886-0660); both can provide you with great entertainment at an affordable price.

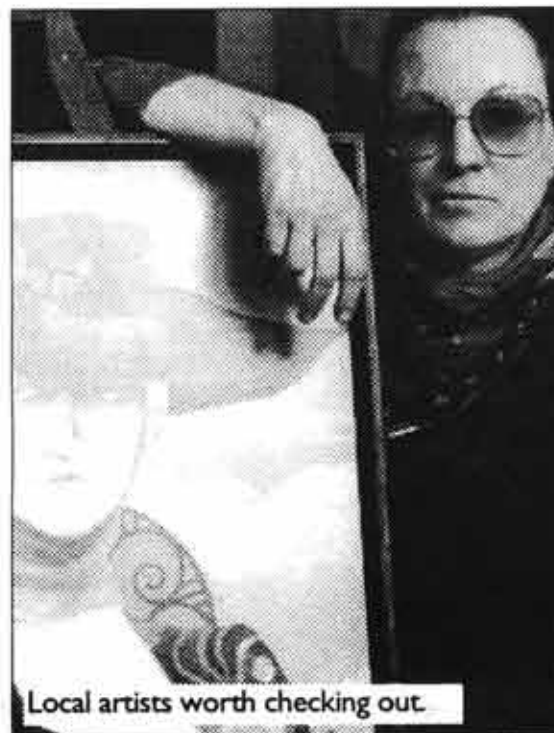
A little down the road in Kitchener are more galleries, museums and theatres that

you can visit. **Gallery 127** on 127 Duke Street (571-7969) or the **Kitchener-Waterloo Art Gallery** on 101 Queen St. North (579-5860) are excellent places to start your Kitchener culture tour. Both have friendly people to help the novice or the expert, and the art displayed is guaranteed to please everyone's eye.

While you are at 101 Queen Street North, grab some tickets to the **Kitchener-Waterloo Symphony** (745-4711), if you can, or catch a musical or a rock concert at the **Centre In The Square** (578-1570), since they are located at the same address.

There are other places in the K-W area that have not been mentioned, only because that I'm out of space for this article. Before I go, I thought that I would include my favorite "classy" place -**Waterloo Park**. About a three-minute walk from the Albert Street side of Wilfrid Laurier, Waterloo

Park is great for walks, picnics, feeding the ducks and most of all, relaxing.



FILE PICTURE

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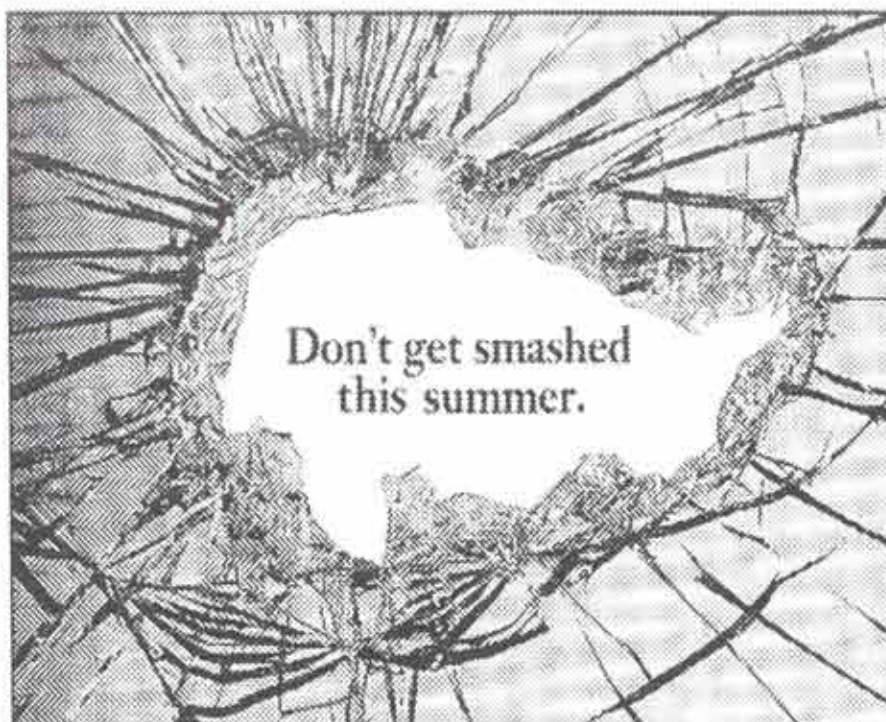
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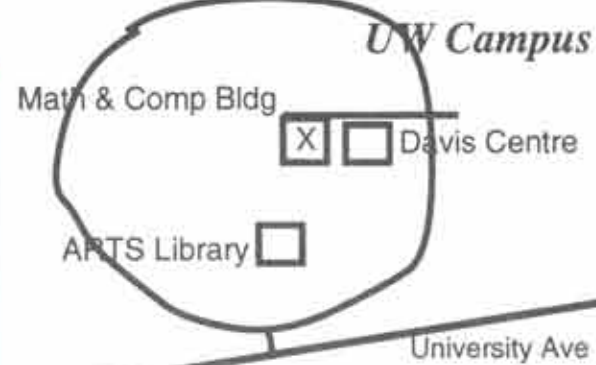
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- The UW Computer Store is an authorized dealer of products from Apple, Digital Equipment, Hewlett-Packard, IBM, Microsoft, Silicon Graphics, SUN and many more companies. We can sell these products only to university faculty, staff and students since the products we represent and display in the Store are sold at lower prices than are available from off-campus dealers.
- There will be many back-to-school specials starting in the middle of August. Apple, for example, will be running their annual Mac-to-School promo featuring Macintoshes at great prices. The UW's own Scooter family of PC clones will be featured this fall with great deals, like a fully loaded 486 system at \$1210.
- 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 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. (see map above)
- Be sure to bring your Student ID card. We accept cash/cheque with proper ID



Authorized Dealer

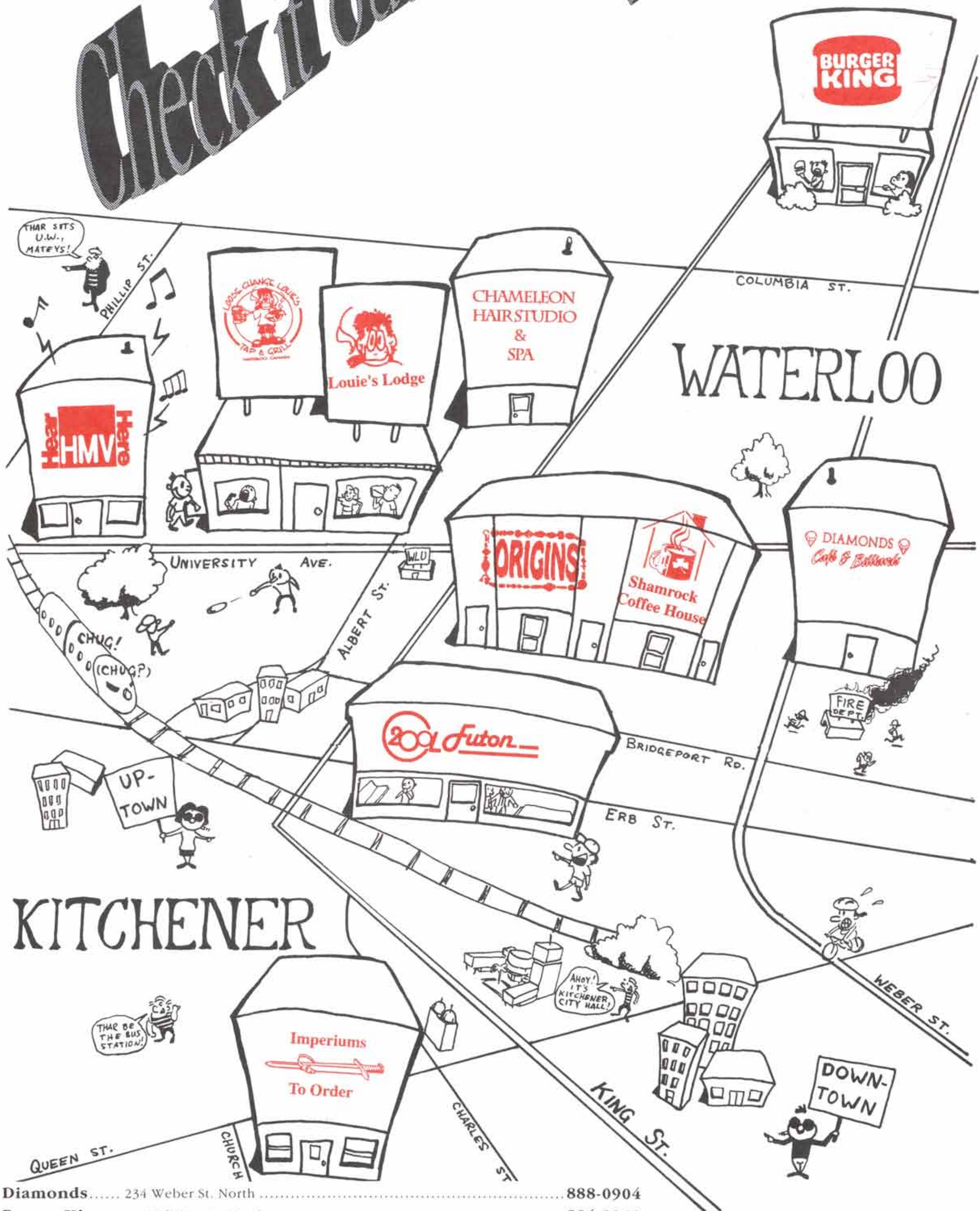


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Chameleon	225 King St. North	746-7171
Loose Change Louies	140 University Ave. West (Unit 3)	888-6214
Louie's Lodge	140 University Ave. West	888-6214
2001 Futon	42 King St. South	747-2001
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