

# The Dalhousie Gazette

## THE FOOD ISSUE

**One writer lives off  
Dal's free food for five days  
PG.8**



# SOCIETY FAIR SEXTON campus

**WED, NOV 18, 2015**  
**FROM 11-2PM**  
**ALUMNI LOUNGE**

SO MANY  
OPPORTUNITIES  
TO GET INVOLVED!

FOR MORE INFO  
CONTACT:  
Yazan Matarieh,  
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# The Dalhousie Gazette

North America's Oldest Campus Newspaper, Est. 1868

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# This Week

**MARCIA CHATELAIN  
BRINGS THE  
#FERGUSONSYLLABUS  
TO HALIFAX  
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PHONE LINE FUNDS  
PG. 5**

**MORE FOOD  
PG. 6**





# Bringing Ferguson to Halifax

Marcia Chatelain speaks at Dal about #BlackLivesMatter and the importance of social change

VICTORIA WALTON

The Annual MacKay History Lecture included a modern twist this year, when Dr. Marcia Chatelain spoke in Dalhousie's Potter Auditorium Wednesday evening.

Dr. Chatelain is a well-known historian, author, scholar and speaker, and is associate professor of history and African-American studies at Georgetown University

in Washington.

"The free lecture, called "Teaching in the Age of #BlackLivesMatter: Social Media, Social Justice, and Social Change in Classrooms and Communities," focused on the effects of the events in Ferguson, Missouri last year and how to talk with young people about racism in our culture."

Chatelain has researched several aspects of African-American history, such as migration

and women and girls' history. Earlier this year, Chatelain also published *South Side Girls*, a book about urban black girlhood in 20<sup>th</sup> century Chicago.

"I'm here to talk about what I'd consider a year-long journey in my own professional career and as an educator," Chatelain said shortly before going on stage, "Helping communities make sense around some of the problems we've been having in the United States around police violence, around accountability, around the ability of all Americans to feel safe in their homes."

In the weeks following the shooting death of Michael Brown in August 2014 Chatelain took to the online community, writing an article for *The Atlantic* about the importance of children learning about the events in Ferguson.

Chatelain then started the Twitter hashtag

#FergusonSyllabus, as a way for educators to share ideas and resources. She hoped to dedicate the first day of classes to teach about the national crisis in Ferguson. This turned into a larger movement within the United States to use social media to crowd-source, and to publicly address issues surrounding race, policing and civil rights.

Chatelain answered crowd questions relating to the parallel experiences of Canadian and American racism.

"I found it very inspiring. Everything she talked about was so real for people of African descent," said Dalhousie Sociology student Desiree Jones. "It's good to make those connections with America and how our experience is so similar rather than so different, as it's often portrayed."

Chatelaine thinks everyone can offer something to the movement.

"Sometimes, we think that if we're not the leader who's leading the march, we're not the lawyer who can get the protesters out of jail, we're not the politician and can't change policy, what do we do and where do we fit?" she says.

"My own experience as an

educator has taught me that everyone has something to offer, and it's our job to make sure kids have the tools that they need and the confidence to go out to do it."

About 200 students, community members and professors attended Chatelain's talk. The MacKay lecture series is composed of

**"Sometimes we think that if we're not the leader who's leading the march, we're not the lawyer who can get the protesters out of jail, we're not the politician and can't change policy, what do we do and where do we fit?"**

four talks each year on the liberal and performing arts, made possible by Gladys MacKay for husband, Rev. Malcolm Ross MacKay, who graduated Dalhousie with a B.A. in History in 1927.



# Vandalism costs King’s \$40,000

Paper towel-filled toilets flood two buildings, shut down part of the King’s library

EMMA MELDRUM

A vandal has made quite the mess of the King’s College library basement.

On October 20th, facilities employees were confronted with blocked toilets in the basement.

What could be worse?

A blockage in the sewage lines outside meant that the library’s pipes couldn’t be cleared.

Oh, and the New Academic Building was flooded too.

For some time, maintenance workers believed the flooding originated at Dalhousie.

“It just happened that we had our flood at the same time that they were having a backup in one of their manholes outside the library,” explains Alex Doyle, Director of Facilities at King’s.

“What happened at Dalhousie didn’t help us any, but it certainly didn’t cause the problem.”

King’s employees and a plumber later discovered that the flooding was caused by vandalism.

“The case here was that somebody put a lot of paper towel, continuously, to get to the point where they could block the line. They kept flushing the toilets until it backed up the system and then they left.”

Doyle says the same person returned to the library on the 27th, when the library basement was flooded again using paper towels.

“It’s really sad. I’ve only been here three years and I’ve never seen anything like this before. It’s not typical of King’s students.”

King’s College is now left with the cost of repairs. An email sent to the King’s community said it could cost up to \$40,000. Doyle hopes that insurance will cover some of the fees.

“We can’t absorb this cost,” he says.

Thankfully for King’s, Dal is covering the costs of the cleanup on their side.

The blockage at Dalhousie was dealt with by Glen Deveau, Zone Supervisor at Dal.

“We opened the manhole and found that there was a large amount of silt and some large chunks of asphalt that was actually blocking the opening from the manhole to the Wallace McCain Learning Commons.”

Deveau believes the debris was left over from the repaving of Lord Dalhousie Way a few years ago.

He says that coordinating services between Dalhousie and King’s can sometimes be complicated, but the teams worked well together in responding to the flood.

Students currently can’t access the library’s basement, and Doyle hopes to eventually replace all paper towels with hand dryers. For now, King’s has increased security in the area and continues the search for the vandal.

# DSU asks Dal for \$44,000 to continue Sexual Assault & Harassment Phone Line

How the phone line reflects deeper problems at Dal

LEAH MACDONALD

As the pilot project of their Sexual Assault & Harassment Phone Line draws to a close on Nov. 20, the Dalhousie Student Union (DSU) is working with the university to try and establish financial support for the phone line until the end of the spring term.

“Even at the very start, it was something that we wanted to have as a service to offer all the time to students,” says Kaitlynn Lowe, DSU vice president internal. “Financially, we weren’t able to fully fund the project for an entire year.”

The line is anonymous and available 24/7, aimed at Dalhousie and King’s students to provide non-judgmental peer-to-peer support for victims of sexual and gender-based harassment and violence.

“If you call we don’t ask if you’re a student, you just talk. No call is going to be ignored.”

“Our hope is definitely contingent on receiving funding,” Lowe says. The DSU is looking to the university to contribute \$44,000 to fund the phone line at least until the end of the spring term.

The phone line has been quite successful: the volunteers have seen an increase in uptake on a weekly basis as the project has progressed, and a broad range of reasons behind the calls.

“The calls range from someone who feels unsafe walking home, to people who call in the middle of the night after waking up from a nightmare,” says Lowe.

“Everything from past incidents rippling and reoccurring in the mind to first response initiatives, something that just happened and the person is reaching out for help. People call on behalf of their friends. The service is very broad, and we’re finding that the major praise coming from the service is on its peer-to-peer model.”

Multiple incidents of sexual and gender based harassment and violence at Dalhousie over the past year have sparked a conversation about rape culture, misogyny and justice on campus.

Dalhousie was the centre of national criticism most notably for an incident involving the “Class of DDS 2015 Gentlemen,” where misogynistic and sexually violent content posted on a closed Facebook page was exposed to the public.

The Academic Standards Class Committee made the decision that 12 of the 13 male students involved in the

Facebook group would be able to return to clinical practice, a step toward allowing them to graduate. The conditions of this return involved the men taking part in a restorative justice program that brought together both perpetrators and victims in a confidential setting.

Four female dentistry students affected by the Facebook posts rejected the restorative justice process and asked Dalhousie to launch a formal investigation. There was a surge of backlash on social media, with the hashtag #DalHatesWomen garnering over 60,000 tweets.

A letter from Halifax’s Avalon Sexual Assault Centre called for concrete action from the university.

“We ask that Dalhousie University take the initiative to show its female students and community it resides in, that rape and sexualized violence will not be taken lightly,” it said.

A petition demanding a transparent and independent investigation into the matter picked up 45,000 signatures by December 28th. Another petition to expel the involved students picked up 55,000 signatures by mid-January 2015.

In January 2015, Dalhousie’s President and Senate approved an external task force to investigate the matter, with the objective of learning how to prevent and handle future incidents of discrimination and harassment.

The task force released a 100-page report outlining specific recommendations for the Faculty of Dentistry, university administration and the university community.

The report reflects on restorative justice, suggesting that in the future it should not be used in the place of an investigation. A common theme was shifting the focus to structural change that can transform campus culture.

The Sexual Assault & Harassment Phone Line fits into recommendations of increased awareness and support for sexual assault victims.

“There is no phone line like this available to provide 24/7 support. This group of people thought that we needed to do more to help survivors. Sexual assault is something that is very much alive on campus, and we need something in place to mitigate that.”

*If you or someone you know has experienced sexual or gender based violence and harassment, the DSU Sexual Assault & Harassment Phone Line is available 24/7 at 902-425-1066.*





Photos: Patrick Fulgencio



# Saying goodbye to ramen and KD

## DSU Farmers Market offers healthy, low-cost options for students

EMMA MELDRUM

A few dozen Dalhousie students know where the best deals are on campus. These savvy shoppers make their way to the SUB every Wednesday for the DSU Farmers Market.

Market directors believe convenience and cost motivate most students to buy at the student-run market.

Adam Enders, a student at Dal, says the price is a big draw — but there’s more to it.

“It’s more healthy, it’s local, which is great because it keeps money in the province,” Enders says.

Kamie Branch is the market’s Director of Co-ordination. She orders the produce from nearby farms at wholesale prices. The market’s markup is minimal and most staff are volunteers so there are few overhead costs.

And while prices are most important, Branch juggles the market’s other goals: keeping produce local and spray-free.

“We’ve always promoted how our prices are cheaper than the grocery store or comparable,” Branch says.

Cheap, ethical and convenient. The market’s location by the front door of the SUB is important.

Camille Brockmann is the Director of Communications and Operations at the market.

“Generally people will choose the easier choice rather than the healthier choice,” she says.

Luckily for students, the market is both easy and healthy.

The directors are working to make buying fresh fruits and veggies even more accessible. This year, they started selling produce packs. These cost 20 dollars and include a variety of produce items. They can even be delivered if students can’t pick them up.

The DSU Farmer’s Market is also partnering with other campus organizations to make sure no leftover produce goes to waste. They sell extras to the Loaded Ladle or donate to the food bank.

Brockmann says these relationships benefit everyone.

“That’s why we’re there, is so that [students] can have fresh fruits and vegetables at prices that they can actually afford.”



	DSU Farmer’s Market	Atlantic Superstore Flyer
Pumpkin	\$2.00	\$2.99
Leek	\$3.00	\$3.99
Celery	\$2.00	\$2.99
Cauliflower	\$3.00	\$2.50



# I didn't die of scurvy: the Free Food Diet

One writer lives off Dal's free food for five days

SABINA WEX

Though I did little school work during the five days of my Free Food Diet, I watched most of season three of “Scandal.”

Since the beginning of the school year, I have vomited twice, and have been on the verge of vomiting four times. I'm not cool enough for alcohol to have caused these intimate moments between me and my toilet — nope, I have a weak stomach.

My digestive system likes order: it wants to eat every three hours, and expects certain kinds of foods to come in at those times.

Breakfast: fat-free plain Greek yogurt and a dark roast coffee with a hint of milk; lunch: whole wheat (sometimes 12 grain) bagel with smooth, organic No Name peanut butter with an apple for dessert; pre- or post-workout snack: approximately 20 baby carrots dipped in Moroccan hummus; dinner: this tends to change every two weeks, but it always consists of a leafy green mixed with a protein and a carb (last week, it was spaghetti Bolognese infused with basil) with a dessert of three cookies (I'm currently into Oreos).

When my friend mentioned that a homeless person could survive by living off Dal's abundance of free food, I agreed with her: there's the Loaded Ladle, people always give away pizza, and Sustainability hands out free coffee and tea every Wednesday if you bring a travel cup.

From Monday to Friday last week, I went on the Free Food Diet.

17.5 per cent of Nova Scotian households dealt with food insecurity in 2014, according to the Household Food Insecurity in Canada report. I wanted to see what that statistic physically meant. Textbooks and newspapers feed us stats all the time, but what does food insecurity look like? An empty cupboard? A McDonald's value menu? Jean Valjean, number 2460111111111111?

I decided from Monday to Friday, I would only eat free food I could find on campus. I couldn't ask my friends to buy me food or use the DSU Food Bank. I imagined myself as a normal student — stressed out by midterms and assignments — with the added pressure to find the money to buy food every week. I imagined that this student wouldn't want to

publicize her situation, but discretely find food.

I searched Dal's events and clubs on Sunday night to make a schedule of meals for myself. I realized that night that I would usually only one be provided with one meal every day.

Breakfast was never available, so lunch or dinner would get me through the whole day. I didn't think this would be that bad. I kept a stash of challah bread I made at a free challah-making workshop on the Sunday night just in case.

I chose to sleep in on Monday, the first day of my Free Food Diet, knowing I couldn't eat breakfast. I went to school around 10:45 a.m. to find free food (I was unsuccessful). I packed my challah in case of an emergency. I didn't realize then that every day featured an emergency meal.

I lived off that challah throughout my Free Food Diet. Almost every day, that challah became a meal substitute. The manna which it represents became all too real. I felt like an Israelite in the desert.

For the two hours I had class on Monday — 11:30 a.m. to 1:30 p.m., already a

hungry time of the day — I ate little bits of challah. I felt empty yet heavy. I finally got some coffee in the Classics Department's kitchen, but I felt tired throughout the day.

I went to a group project meeting after class, where I again dug into my challah stash. I tried to do some readings afterwards, but I found it hard to concentrate. When I got the *Gazette* staff meeting that evening, I saw pizza and ate 10 pieces in 10 minutes.

I attended my business class after the *Gazette* meeting. I felt sick throughout the class. My lactose intolerance likely caused the upset stomach, but it could have been the quick eating, too.

Usually, I don't eat more than two to three slices of pizza at *Gazette* meetings, but I was so hungry and feared I wouldn't see food again that night. I managed to get myself to the gym for a 30 minute elliptical ride to burn the feeling of fat away, but instead found myself in my fears: hungry.

I slept in again on Tuesday. My class didn't start until 1 p.m., so I thought I could get some work done when I arrived at school at 11:30 a.m. The Dal Bookstore was hosting





its customer appreciation day. To celebrate, the bookstore staff cut slices of a rectangle cake with yellow frosting (it was one of those amazing cakes from the grocery store, which you eat, and you're like, DAAAMN, Metro, you have a surprisingly good bakery). I took six small pieces of cake, a.k.a my brunch.

I then found myself unable to concentrate on my readings again. In case you think I'm a slacker with ADD, I'm not. These readings are magazine articles for my creative non-fiction class, and I usually enjoy reading them and have no trouble focusing. Is it still cool to say that gluten is the reason for all evil in the world?

At 12:30 p.m., I went upstairs to wait in the short line for the Loaded Ladle. I need to collect the food right away so I could jet off to class at 1 p.m. As I stood in line, I realized I hadn't done any work since Sunday. I got frustrated and upset, cursing myself for lacking the discipline to wake up earlier.

This freakout tends to happen once a week, but I realized that this week, my lack of concentration wasn't my fault. Why wake up if I can't eat breakfast? How can I concentrate

when my eyes constantly droop and my teeth cease to chatter?

Breakfast programs occur in many low-income area schools, but those meals aren't always enough to keep the kids healthy and full all week. A teacher in the Global News "Generation Poor" segment said that Monday mornings are the worst for her low-income students: they've barely eaten all weekend, so they can't focus and behave poorly.

Though I did little school work during the five days of my Free Food Diet, I watched most of season three of "Scandal." The Shonda Rhimes show requires little thinking or concentration, and I enjoy watching it, so it distracted me from my churning stomach. Plus, Olivia Pope NEVER eats (don't watch "Gilmore Girls" if you want to try the Free Food Diet—those tiny women don't stop eating).

As "Freaks and Geeks" character Cindy Sanders says, "People are just looking for a handout." Though Cindy Sanders acts as President of the Young Republicans at McKinley High, many of today's real-life Republicans agree with her. In June, Arizona

passed a law which allows its citizens to use welfare for a maximum of 12 months — over their whole lifetime.

If I couldn't afford food, I'd likely look like one of those welfare recipients some politicians think sit on their ass all day watching "Scandal." These politicians don't understand that without food security, without three filling meals a day, work isn't your first priority. You have no energy because you have no fuel. I only experienced food insecurity for five days, but I could barely study for my tests and do my homework. Those grades, those participation points, they came second place to getting the growl out of my stomach.

The working class also struggles with food security. FEED Canada reports that 12 percent of food bank users work, and five percent receive employment insurance.

I almost quit the Free Food Diet on Tuesday night. I was tired, hungry and angry. I wanted to eat a leaf! I wanted to eat at the time when I was hungry! I didn't want to plan my days around a free slice of pizza at a club meeting or wait in line to get two scoops of potatoes.

Wednesday is my busiest day of the week. I

have class from 11:30 a.m. until 3:30 p.m., and then once I finish working it out, it's 5 p.m., and I need to eat before I go to my 6 p.m. class.

On Wednesdays, some girls wear pink — but I broke.

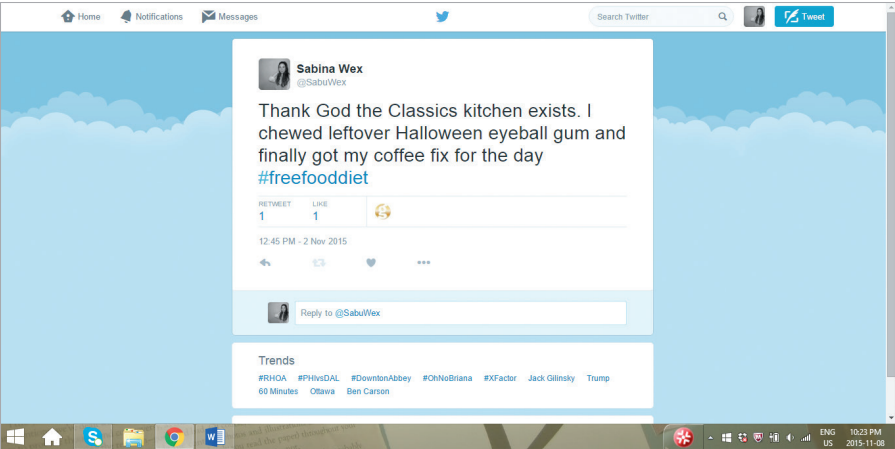
I wanted to relax. I usually watch an episode of "Scandal" when I eat dinner. It's a nice time to relax between my crazy day and the upcoming two hours of class.

I lacked the energy to hunt for food at school, so I ate dinner at home that Wednesday night: little sandwiches made from crackers, salami slices and field greens.

The feeling of being somewhat full turned me into a frat boy on Tinder: I took whatever I could get.

NEED. TO. EAT. MORE. I ate four Oreos. Then an apple. Then a mini box of Corn Pops. Regret came upon me during my night class, where I discreetly grabbed my sides to keep my stomach from falling out via my uterus.

I woke up at 8 a.m on Thursday. I ate my yogurt because I had a midterm coming up on Monday and needed to study. I actually studied — efficiently, too. I started reincorporating my daily apple and carrots with





hummus back into my diet, despite eating lunch from the Loaded Ladle and a pizza dinner at an Enactus meeting. I repeated the breakfast and snack instances on Friday.

Excuse the yoga teacher jargon, but it is astounding the small differences vegetables and protein can provide to your mind, body and soul. I now understand why part of the high school physical education curriculum includes healthy eating. My productivity levels almost went back to normal on Thursday and Friday. I stuck to my homework schedule, studied well for my Latin test and ancient Greek midterm, and even started reading the news again every morning (without eating breakfast, there was little time to fit it in; and even when I did try to read it, my focus wavered). I stopped feeling jittery and cold.

Though Dal provides a fair amount of free food, with the exception of the Loaded Ladle, most of it is pizza and sweets. If someone was

living off Dal’s free food, they would die of scurvy within two weeks.

I know this is TMI, but, man, did I miss bowel movements. I didn’t have one from Monday to Thursday, and had a slow, painful one on Friday. Fibre matters — and you can’t get it by eating pizza.

11.8 percent of Haligonians can’t afford to buy healthy food, according to Statistics Canada. Despite a movement to make food healthier, this better quality food isn’t available to most people. In the U.S., nearly 30 million people live in low-income areas with limited access to supermarkets, according to the Food Trust and the Policy Link’s Access to Healthy Food and Why It Matters report.

I understand why student groups aren’t handing out salads to their group members — it’s too expensive! God bless the Loaded Ladle, but one serving of healthy food three days a week can’t provide enough nutrients for the body.

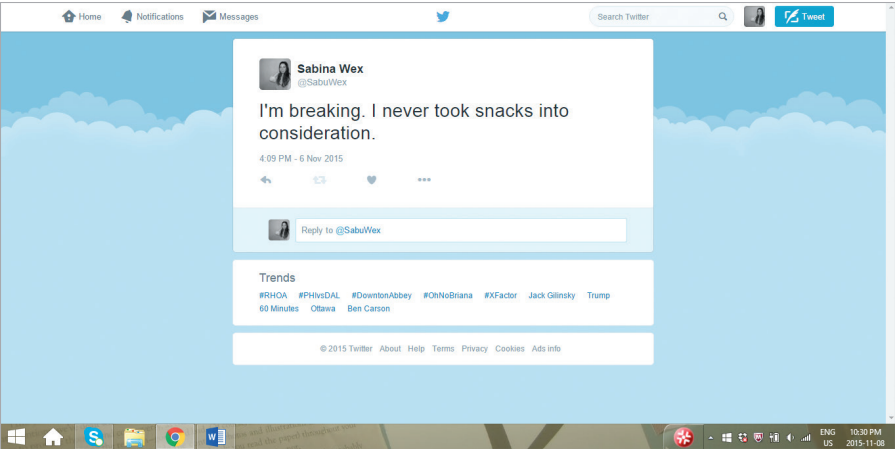
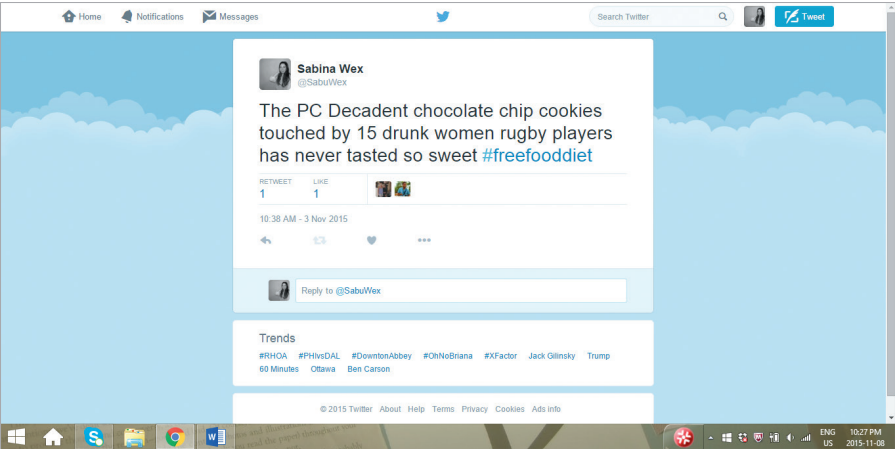
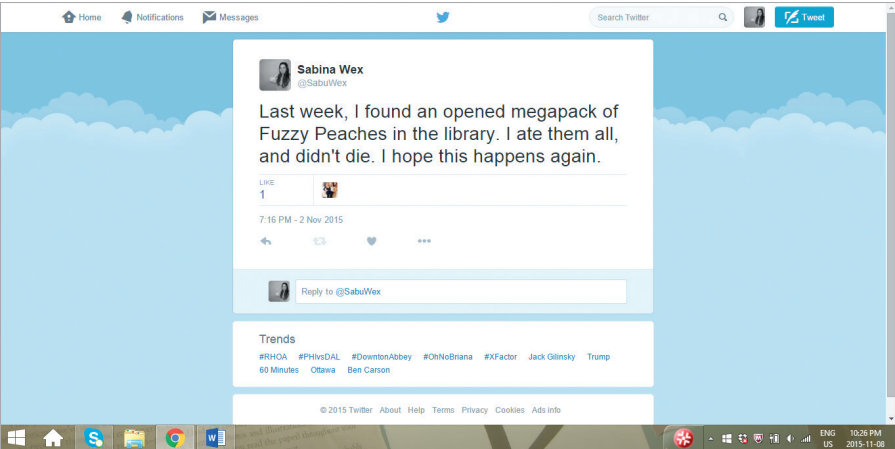
I know pizza and cookies attract more students, but why doesn’t Dal gives us access to healthier food? We have the DSU Farmers’ Market, the Loaded Ladle and some stuff at Pete’s isn’t too bad, but that’s it. On Friday, I was going to fall over from hunger before I had to play badminton, so I paid \$1.50 for a cinnamon granola bar. Despite looking and seeming healthy, it wasn’t a healthy choice — it contained tons of sugar, little protein, and I was hungry an hour later.

How come I can’t find proteinous, fibrous, nutritious food around? How come it isn’t affordable? We live in a province with farms struggling to stay alive — so let’s keep them alive and benefit our student body by spreading apples from the Valley around the school. We all know about the obesity epidemic, so why isn’t Dal — as well as the student body (except for a few organizations, as mentioned above) — doing anything about it? We all drool over Kayla Itsines and Cassey Ho,

yet we don’t make the efforts to help people maintain these sorts of healthy lifestyles.

Two years ago, I reported on the Campus Food Strategy Group, who was creating a food charter to bring in local and healthier food. Why hasn’t the administration picked up on this? They’re obsessed with bringing in good looking and happy students to decorate their brochures, but how can they expect to keep up appearances when every freshman walks out 15 pounds heavier?

I’m still not completely out of my Free Food Diet funk. I’m stuck in this mindset that I don’t know the next time I’ll see food, so I chow down everything in sight. I glimpsed into the world of food insecurity, and discovered it wasn’t necessarily a bare cupboard, the Hungry for Memory or a CGI movie with a sweet soundtrack. My five days — only five days! — battling with food insecurity wasn’t one image or one statistic — it was anxiety literally eating me up inside.





# Healthier Eating: Sensible changes and a new out-look can have a huge payoff

## One NSCC student goes from sugar fiend to juice junky

MACKENZIE HEPDITCH

Sometimes it seems like there are two kinds of people in the world: those who can enjoy a diet of healthy food, full of fruits and vegetables in balance with what their bodies need, and those who struggle with sugar, salt, and fat cravings to the point of food addiction, yo-yo dieting and obesity. Many people fall somewhere in between. Could it be that a little willpower to change your eating habits could propel your body into real physiological responses that tell your brain what your body needs?

This fall, one NSCC Culinary Arts student from the Dominican Republic, Ms Kirsis Batista, began to fit healthy eating into her hectic work and school schedule since arriving back in Canada in September. “Medically speaking, I was obese, and I was just going in the wrong direction,” she said. “I have diabetes in my family, and I love sweets so much; I don’t want to have diabetes.”

After watching documentaries online about food—where it comes from, what’s in it, and how her body absorbs fat, sugar, and nutrients—she decided that her diet was too rich in meat and fatty animal products, and lacking in nutrient-rich fruits and vegetables.

Batista said she would eat out every day, buying burgers and fries. Now, she eats out maybe twice a month. If she does go out for a meal, she buys a salad or a sandwich.

When Batista purchased a juicer, that’s when she began to see a change in her eating habits.

“It was only \$25,” she said, “and it’s made eating healthier so much easier for me.”

For breakfast every day and sometimes lunch to-go, Batista whips up fresh juice by mixing together fruits, vegetables and herbs. She likes to mix lettuce, kale, carrots, cucumber, apples, grapes, parsley and cilantro, but her favourite juice is fresh pineapple (but she said the other ones are also delicious).

Batista drinks raw vegetables because studies have shown that cooking them can destroy the nutrients they contain. Juicing your vegetables also allows your body to absorb the nutrients faster than if you were cooking and eating them.

Couldn’t we just chew our raw vegetables?

“Sure, but juicing allows you to ingest more nutrients quickly instead of having to eat like two heads of broccoli and a whole bunch of kale!” Batista said. She added that it takes 10 minutes in the morning to juice breakfast and lunch.

For dinner and sometimes lunch, Batista makes stir fry with rice, lentils, chicken, and, of course, lots of vegetables. The internet is full of quick, easy and healthy recipes. Every Sunday night, she recommends you take a moment and think about what you’re going to eat each day that week. Write it down.

*Is it expensive?*

Buying more vegetables and fresh food than packaged items and animal products can be a lot cheaper. Also, if her roommate’s produce is going to go off soon and they don’t have time to use it, she takes it off their hands to juice it. You can also take into account the money saved from not eating out at restaurants.

*How does it feel?*

“Can’t you see I have so much energy?!” Batista said as she bounced around her kitchen. She’s been feeling more awake and clear-headed, and has been losing weight without going hungry. She has the energy to squeeze in workouts, like running and swimming, before or after classes and times between her job cooking for event banquets.

Batista said her cravings for unhealthy foods like deep-fried chicken fingers and ice cream have depleted. Anything deep-fried now makes her feel ill. She feels like her body

is more sensitive to digesting foods that are high in fat and sugar.

To fight those occasional chocolate ice cream cravings, Batista eats the healthier coconut milk ice cream.

Batista hopes that she will be able to keep up with her new healthy-eating habits. She has confidence that she will because she feels good about what she is putting in her body and it works for her. It was easier than she expected, fun, and it feels like she is moving toward finding that balance of giving her body what it needs.





# Feed yourself for two days with a healthy meat stew

It only costs \$3.25!

DAVID FRIGHT

There are two reasons you should like stew: it is highly nutritious and very economical. All of the nutrition lost by the ingredients during the cooking process is captured by the cooking liquid. Many of the ingredients also have the virtue of being winter-keeper vegetables, which store easily and are inexpensive. At current grocery store prices, to make the quantity of stew described in this recipe would cost around \$3.25. Along with the recommended servings of grains and starches from things like potatoes and bread, this recipe will provide all of the energy, protein, and much of the nutrition recommended by the Canada Food Guide for two day’s worth of activity.

**Ingredients**

A flavourful and nutritious stew can be made with ingredients as simple as carrots, onions, garlic, salt, pepper, and meat. Feel free to use only those ingredients which are convenient for you to do so. Also note that all measurements are approximate. Feel free to use as much or as little of something as you’d like. I use pork because it is the most inexpensive meat available and currently sells for \$4.39/kg at Sobeys’s. However, beef is also inexpensive and can be used instead.

- 500 grams stew pork
- 1 small onion (approx. 100 grams)
- ½ medium carrot (approx. 50 grams)
- ½ celery stick (approx. 50 grams)
- 2 cloves of garlic
- 1 tsp black pepper (to taste)
- 2 tsp salt (to taste)
- A sprinkle of thyme
- 1 bay leaf ½ tsp of vinegar, or 1 & ½ tsp of tomato paste, or ¼ cup of white wine (optional).

**Directions**

When you prepare this recipe, remember that temperature control is critical. Not only does the pan that the meat and vegetables are cooked in need to be at the correct temperature when cooking begins, it has to stay at the correct temperature for the entire cooking process. If the temperature of the pan goes too low, the food will release moisture and cook in its own juices and will not develop colour or flavour. The meat will be cold when it is taken from the fridge, so the pan will cool when it is placed in it. Moisture on the surface of the meat will also cool the pan as the cooking process begins. For this reason, it is a good idea to increase the temperature of the pan slightly before starting to cook the meat or before turning the meat. For better results, remove the meat from the fridge up to one

hour before cooking begins to take the chill off of it and dry the meat to remove excess moisture. Listen to the sound of the meat and observe the sides of the meat as it cooks to make sure it is sautéing.

The long, slow cooking process breaks down the meat’s tough connective tissue and fat, making it tender and infusing it with flavour from the cooking liquid. The cooking liquid should be kept to a low simmer, with perhaps two bubbles breaking the surface every three seconds. Otherwise the fat in the liquid will emulsify and give the stew an unpleasant taste and texture. High temperatures will also cause the moisture contained in the centre of the meat to boil, making it dry.

**1** Place a fry pan on medium-high heat. Once it is hot, add enough oil to cover the bottom of the pan in a thin layer. Season the meat with pepper and lightly dust it with flour if available. Add the meat to the pan carefully, allowing for at least 1cm of space between each piece on all sides. If the pan is not large enough to fit all of the meat, cook it in two batches and reserve it on a plate. Cook the meat until it is brown on all sides. When the meat is ready to be turned, it will release itself from the pan easily.

**2** Once all the meat is finished, it can put back into the pan with a small amount of water and shaken to deglaze the pan and capture the flavour left behind in the pan during the cooking process. Spoon out any excess fat and allow the pan to cool slightly. Due to the high water content of meat from the supermarket, it may not be possible to use the pan for deglazing. This moisture can be released from the meat even if the correct pan temperatures are maintained, and, if it burns, it will impart a bitter taste to the stew and should not be used. For this reason, I typically cook the meat for a stew in a fry pan, and the vegetables in the pot that the stew will eventually be cooked in.



**3** While the meat is cooking, sauté the carrots, onion and celery over medium heat to develop their taste and release their flavour. Use a big enough pot to also hold the meat when it is added to the vegetables. Cook the vegetables until the onions start to develop a light brown colour and a light brown glaze begins to form on the bottom of the pan, lightly seasoning the vegetables with salt and pepper half way through the cooking process. When the vegetables are almost ready, add the chopped garlic. Once the vegetables are ready, deglaze the pot with a little bit of water and add the meat.

**4** Add enough water to cover the meat and the vegetables. Add the bay leaf and pepper, and another teaspoon of salt, and bring the mixture to a boil. Seasoning the water with salt while cooking a stew is important in order to help keep the meat moist during the cooking process. Without salt, moisture from the meat will be drawn into the cooking liquid as the salt content inside the meat works equalizes itself with the salt content of the cooking liquid. As soon as the mixture starts to boil, reduce the heat to a low simmer and cook the stew partially covered for approximately 2 & 1/2 hours.

**5** Check to see if the meat is ready by how easily it pulls apart using a fork. When the meat pulls apart easily, it is done. Just before the meat is ready, additional vegetables such as potatoes and carrots can be cooked in the cooking liquid. Add a sprinkle of thyme, and a splash of white wine, apple cider vinegar, or a small amount of tomato paste can also be added at this point. If you do add additional vegetables to serve with the stew, remove them once they are cooked or they will soak up the cooking liquid and become soft while leaving the rest of the stew dry. Once ready, allow the stew to cool completely, then cover, refrigerate or freeze, and reheat it as needed.





# Fresh Café serves up artisan bread and pastries

## NSCC's Akerley Campus café gives students real-world experience

KENNEDY CHADWICK

As I approach the main entrance of NSCC Akerley campus, I see Chef Larry Bergeron conversing with one of his students. They're laughing and joking, as the head of Boulanger and Baking Arts often does with his students in the kitchens and halls alike. Before we sit down to begin our interview in the airy and bright lounge, he strides over to the new Fresh Café, the small business he and Jean-Luc Doridam (head of Baking and Pastry Arts) began developing two years ago. He returns with two coffees in hand and a warm chocolate brioche. With this gesture, it's clear from the beginning that Chef Bergeron does not only work in the hospitality business; he lives it.

Fresh Café opened in late September, the manifestation of dreams 15 years in the making. The traditional craft breads and delicate pastries are the combined efforts of the Boulanger and Baking Art students, along with the students in Baking and Pastry Art. The coffee, a unique blend created specifically

for Fresh Café, comes from Java Blend Coffee Roasters, a long standing Halifax staple.

"Bread is a staple of life," Chef Bergeron said. "For some it is a part of their religion: it can be symbolic, it can tie into language, it can represent a region geographically."

When Chef Bergeron speaks, no longer are we in rainy Dartmouth, but suddenly we are in the southern regions of France; the smells of baguettes around us, a skill only the fervent artisans possess.

For Chef Bergeron, Fresh Café is the ideal combination of his two specialties: craft baked goods and small business entrepreneurship. The café itself, with the exception of one full time employee on Fridays, is entirely run by students, a requirement as part of their culinary arts program. Students run, manage, price, operate and provide all items for the café. Entrepreneurship is completely entwined with day-to day lessons. It is not a set section taught by sitting in a classroom, but rather taught through experience.

"Teaching our students how to serve people with respect, with dignity, how to be there for the customer with a smile on their face, how to speak proper English," Chef Bergeron said, "it's all a part of teaching them how to become successful entrepreneurs."

"As a small business, it's vital to know who your customers are... you want them to feel like they are VIPs," he added.

"It's a chain reaction. If someone enjoys a visit, whether because they were given a free sample, or were asked for their opinion, or they were educated about a product... they are more likely to tell their friends, and if those three people come visit, the chain repeats."

With the Boulanger students having more than two hundred different varieties of bread in their arsenal, and producing over 12,000 loaves of bread a year, along with supplying the cafeteria with 90 percent of its bread, there is more than enough to meet the demand of the Halifax market. Chef Bergeron

points out that nothing goes to waste: freshly baked items are sold in the café, and the one day old items are sold in the cafeteria at a reduced price.

After seeing the scavenged tables at the end of the day, with few—if any—items remaining, it's true that few foods would ever see the tragic end of the compost bin.

As for what's next for the little café that could, Chef Bergeron envisions an expansion to include a bakery that is entirely gluten-free. Cakes, pastries, bread—everything made accessible to everyone. For now, the school is still relishing in its newest addition.

A poster in the hallway outside of the Boulanger kitchen depicts a cartooned Chef Bergeron with French baguettes in hand. In a speech bubble above his head reads the sunny chef's personal motto: "Remember! A day without bread is like a day without sunshine!"

*Fresh Café operates from 7 a.m. to 2 p.m., Monday to Friday, at NSCC Akerley Campus in Dartmouth.*



# Frag for Cancer raises money for Canadian Cancer Society

Approx. 400 people gamed over the weekend to support the charity

WILLIAM CONEY

“Evan Hatfield and Phillip Warren versus Keith Lehwald and Matt Richards!”

“Matt’s still on Melee”

“Son of a bitch.”

That was the voice of a tournament organizer calling out for contestant’s at the Super Smash Brothers Wii U (colloquially known as “Smash 4”), at the tenth annual Frag for Cancer which happened on the weekend of Nov. 6 to 8.

This event would see competitors signing up for a huge variety of games, from traditional fighting games and shooters to MOBAs (Multiplayer Online Battlefield Arenas) which are the center of e-sports today. In each of these, the participants’ fees would go toward supporting the Canadian Cancer Society, who were to receive all proceeds from the event.

In the past, the Frag for Cancer events have risen over a total of \$97,000, with 2014 specifically bringing in \$17,000. Early expectations of this event is that it will break all prior records based on the known registration as of mid-afternoon on Saturday.

This growth would also be demonstrated within the growth of participation at the event. Nowhere was this more apparent than in the “Smash Room” (Student Union Building 224).

Playing both the classic “Super Smash Brothers Melee” for the Nintendo Gamecube, as well as the current iteration of the series, Super Smash Brothers Wii U, the room was full of individuals competing in both singles and doubles play. The room itself was crowded significantly beyond capacity, with over 110 participants having signed up to participate in the event, much more than the 60 or 70 which they were expecting.

Growth like this was hectic for tournament organizers like Evan Shabshove, in charge of organizing Melee specifically. But despite this, he was in good spirits about the event.

“It’s been going good,” he said. “I’ve been getting a lot of help from a lot of people besides just me. I can’t imagine it going any worse than it has been.”

The tech setup for the event was especially interesting. For Smash specifically, it generally is played on older CRT (Cathode Ray Tube) televisions as opposed to more modern

LCD (Liquid Crystal Display) sets, and while seven sets were borrowed from the local store, Games People Play, others were provided by the community at large. Shabshove sees this as an aspect to the community which has developed around the game here in Halifax.

“We have at least like five extra setups as well,” he said. “Tons and tons of people brought a full CRT and Gamecube as well, and it’s the same with the Smash 4 guys. It’s good to see that everyone is helping out as well.”

The unique tech demands of the event were not limited to just the Smash games. The main competition of the event would happen in the McInnis room, with 205 people involved in Bring Your Own Computer tournaments in games like CounterStrike: Global Offensive and Defence of the Ancients. To support this, the expertise of Lan ETS from Montreal’s École de Technologie Supérieure

**“It shows that gamers are a unique demographic, and that their voices can be heard. [And] that they’re very generous.”**

would be brought in, who use this experience to help him prepare for the École’s own event April, which will require a similar setup.

This growth was not purely limited to electronic events. This year would mark the second year in which the trading card game Magic: The Gathering would have a presence at Frag for Cancer, and growth was seen as well. This with a 58 person six-round tournament in the “standard” format of the game, which would take the entire day to play out, with a similar attendance expected for the “modern” event on Sunday. Magic: The Gathering specifically has an interesting relationship with its player base, as the game itself receives significant support and structure for competitive play by its publisher, Wizards of the Coast.

This event would be a mixture of both the official competitive level and of recognizing the charity nature of the event. But the local community was both willing and able to support this kind of tournament, working with the organizers of Frag for Cancer, local stores for prize support, and local judges to organize the event.

Overall, this event is hugely different from its origins. Launched ten years ago informally, as a 20-30 person LAN event in the Dunn Building, it now a major event.

Yazeed Sobaih, one of the founders of the event and the head organizer has seen this growth throughout its many years. Fundamentally, he sees that the event itself is based in terms of community, of not only himself and the others who organize the event as a whole, but in the scopes of individual games within Halifax. In each of these, if there is enough people and energy in these, then it can become involved and it can become a force for charity.

Another unique aspect for Frag for Cancer is the way in which it is not profits, but proceeds of the event which go directly to the Canadian Cancer Society.

“It’s something that we pride ourselves on, it’s the matter that making sure that 100 percent of anything that comes into the event, whether merchandise or entry fees, all gets donated,” Sobaih said. “The only way we can do that is through the generosity of our sponsors.”

This event is hardly unique in terms of gamers and gaming contributing to charity. Over the same weekend, the Extra Life gaming marathon, streamed online by individuals from all over the world, raised money for the Children’s Miracle Network Hospitals, as will the coming Desert Bus for Hope charity marathon which starts on November 14th for the Child’s Play Charity. Sobiah sees this growth as only a good thing.

“When we started ten years ago, it was almost unheard of, it was unique and it was why people decided to come out,” he said. “You have your runs, your walks. But there were people who don’t do those runs or walks, and this was us tapping into that potential. It shows that gamers are a unique demographic, and that their voices can be heard. [And] that they’re very generous. I’m thrilled and excited to see that this is how it has developed, and it’s exciting to see how people have been inspired.”

The money raised and attendance are not known until later in the week of Nov. 9, but it looks to be over \$22,000 and 400 people in attendance in some capacity.

## It’s a Small World

International Study Fair Shows Off Global Opportunities for Dal Students

PAOLA TOLENTINO

Travelling isn’t easy, or cheap, for students. However, studying abroad can provide a great experience—while earning Dalhousie credits. As a part of International Education Week, Dal’s International Student Center hosted a display of the many different places where students might take their studies. The locations represented at the fair varied, from the exotic Newfoundland to Hong Kong, Norway and New Zealand.

“I think that studying abroad really gives you perspective...personal perspective, perspective on your future career path, or even the academic subject you’re studying. Just [going abroad] can take you out of your comfort zone and really helps you get to know yourself better,” says Amy Braye, Advisor for Dal Students Going Abroad.

Students agree: Johanna Pyle-Carter, a student who studied at the University of Aarhus in Denmark, says “It kind of blew my mind some ways. I’m a history major, so you go to all these things, and to see history up close... it kind of puts in perspective how long history has been going on and all the things we’ve done.”

Opportunities are generally split like this: there are departmental programs, or university-wide exchanges. Departmental programs are specific to, as you might have guessed, your department, but anyone, so long as they have the time and enthusiasm, can go on an exchange.

For those who are worried about finances, there are also funding options available for many exchanges. Advisors at the international center try and match up students with an institution or program that would best suit them.

“The earlier students plan, the more options there are available to them,” says Braye. “We try really hard to make sure it’s available to everyone.”

*More information can be found at the International Centre, located in the first floor of the LeMarchant Building, or online at the International Center’s webpage.*



## Replay Value

# A Classic Look At Indigo Prophecy

JAHS DARRANT

I was shocked when I learnt that earlier this year that the decade-old game “Indigo Prophecy” (“Fahrenheit” outside North America) had been remastered for a release on Steam. The game which would lead to the developers’ later hits “Heavy Rain” and, to a lesser extent, “Beyond: Two Souls”, was one I believed to have been forgotten as they moved on to bigger and better things. Of course, now knowing this, let me tell you about one of the weirdest and most insane gaming experiences you will ever have.

‘Indigo Prophecy’ is arguably the first in this modern style of adventure games, which can be seen in the developers’ other works as well as in the likes of Telltale Games. The point of the gameplay is less about combat or facing off enemies and instead on exploring various environments to find items,

engaging in (poorly written) dialogue and going through quick time events. These are the only forms of gameplay found in this title, and while they work well enough it may not be interesting enough to carry you through. There is a stunning lack of urgency, especially in comparison to later games of this genre, with small choices feeling like they have too much impact and little to no pressure in the decisions you make. As time goes on, you realize how much was sacrificed for the sake of story, which makes the gameplay of this game mediocre at best.

You would then think that the weak gameplay in “Indigo Prophecy” would be made up for in its story. However, it’s a mixed bag. Despite a solid and interesting set up, the story falls apart towards the end. The story starts off with what appears to be a murder mystery in which you control both the police and the criminal, and just goes crazy from there. It was halfway through when the protagonist started performing Matrix-style flips and jumps for no established reason that I realized just how bizarre the storyline was becoming. Out of place concepts such as magic, new characters coming out of nowhere, and a completely random sex scene make the latter half of this game memorable if anything.

This is honestly one of the weirdest games I have ever played, and the numerous problems within the story and gameplay stop it from being anywhere close to good. Yet I can’t help but recommend it, just so that you experience the craziness that goes down in this odd title. Some of this wackiness has to be seen to be believed.

*Indigo Prophecy is available on the Playstation 2, Xbox and PC.*

## Movie Review

# Spectre (2015)

AKSHAY SHIRKE

*A license to kill is also a license to not kill. — M*

*Spectre* follows James Bond, Britain’s number one secret agent, as he goes AWOL to investigate a mystery that has ties to his childhood. The plot unfolds in a measured and deliberate fashion, but does tend to run a little too slow in spots. Some plot threads felt rough around the edges and little unnatural, for example, The Madeline Swann plotline.

Daniel Craig knocks it out of the park, yet again, as the self-destructive super spy. Considering how much emotional turmoil he has been through in his previous outings, *Spectre* felt a lot lighter, and we finally

get to see Bond have a bit of fun, as fleeting as those moments are. His supporting cast did well too, with Ben Wishaw’s ‘Q’ as the clear stand out.

My biggest gripe with *Spectre* is that the plot still seems to be linked to the previous films. All the films since Casino Royale have an overarching storyline that connects them all in some way. While this is admirable when done subtly, *Spectre*’s attempt at it comes off as forced and almost artificial.

A Bond film is nothing without action, however, and the opening sequence is a doozy. It was definitely one of the best one track shots I have ever seen put to film. While it might not seem like a big deal at first, but it takes place during the Day of the Dead parade in Mexico, so the sheer number of extras that needed to be coordinated for the scene in breathtaking. The train fight scene involving the hulking Mr. Hinx, was another highlight.

In the end, *Spectre* had some great scenes, but the connective tissue between them could have used a little more thought and cleaning up. Additionally, casual moviegoers might find the film’s 148 min. runtime irksome. Nonetheless, even with all of its issues, I dare anyone to not crack a smile when that timeless theme blares over the end credits.



# Till the Witching Hour

## 18th annual CKDU Fundraiser held last Saturday

PAOLA TOLENTINO

From seven ‘til midnight, CKDU 88.1FM hosted the 18<sup>th</sup> annual Witches’ Ball at the Royal Artillery Officer’s Mess.

The venue for the event was perfectly suited, as one of the oldest buildings in these parts (about 200 years old). The rooms were filled with costumes and live music, some covers, some original. Between the bar and the tarot readings (by donation, all proceeds going to CKDU), there was no lack of entertainment.

The Ball was first started by Donald Adams, a CKDU member and Dal Alumni. It started as a house party, until it grew too large and had to search for a new venue. It has always been about connections and the community, especially the Pagan community, and has been a fundraiser for various organizations, most recently CKDU.

“It’s a grassroots kinda thing that [CKDU does]...it’s important to have a place that’s community access, affordable radio!” says Adams, who was acting as the Master of Ceremonies for this year’s ball.

While the ball is usually held close to Halloween, this year the event had to be pushed back due to Hal-Con and the Pop Explosion. Furthermore, the lack of accessibility in the Mess has annoyed the event organizers, who hope to make the venue more accessible in the future.

“I don’t know what the future of the ball is. It’s a lot of hard work, and we didn’t time it well this year, but we didn’t have a lot of choice...it was what it was and I think that’s why we’re light [in attendance] this year,” says Mj Patterson, the lead organizer of the event. She and her team hope to arrange next year’s date as to bring in more people to help support the cause.



From the Archives

Free Lunch

JOHN HILLMAN, OPINIONS EDITOR

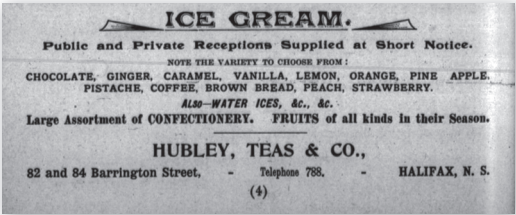
“Free food”—is there any more beloved phrase in the student vocabulary? From law students scamming local businesses into handing out free food and booze in the mid 1800s, to the unladylike fudge frenzy of hungry Delta Gamma girls at a fancy dinner in 1916, to later attempts to find the silver lining in the high-volume cafeteria and diner dishes, the quest for cheap eats has been a core part the student experience since the very dawn of Dalhousie.

“DALLUSIENSIA” – Volume 16, Issue 6 – January 29, 1884

This reminds us of another story, told by one of our judges, about himself and another eminent jurist, who is also on the bench. When studying law in Halifax they roomed together, and turnabout visited all of the leading grocery and liquor stores, and represented themselves as agents to secure samples for merchants East and West, with whom they were clerks. Only the scarcity of grocery stores in Halifax kept them from being afflicted with gout in their youth.

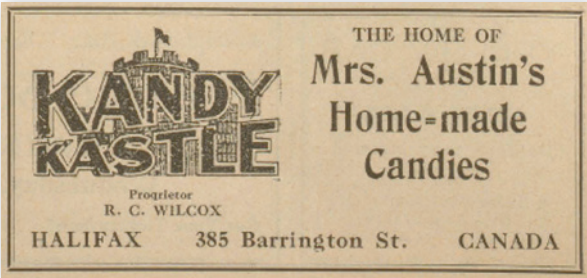


Volume 28, Issue 1 – Oct 11, 1895



“Doings of the Delta Gamma”  
Volume 48, Issue 8 – March 10, 1916

[R]efreshments appeared and disappeared with amazing rapidity. Coffee — hot coffee — with whipped cream on top! The H. L. C. girls fairly gasped but soon recovered and proceeded to show that the shock was only momentary and that, they too knew how to dispose of such an unaccustomed luxury. And cake — with frosting! Not since last Delta Gamma night had they partaken of such a treat. Not till next Delta Gamma night would such a thing occur again, unless a trip to the “Green” might break the monotony and give their gastric apparatus a deserved rest, for a change is as good as rest they tell us. Fudge, too! The biscuit plates, the cake plates, might return to the kitchen still



Volume 59, Issue2 – October 14, 1926

bearing remnants of the feast, but never again will that fudge be seen. Here Forrest Hall had its innings. Not a girl desisted until the exhaustion of the supply compelled her to do so.

“Girls,” said a voice, “the eleven o’clock bot leaves in ten minutes.” What a scramble ensued! [...] They ran down the stairs, shook hands with the hostess, and were off to catch the boat. [...]

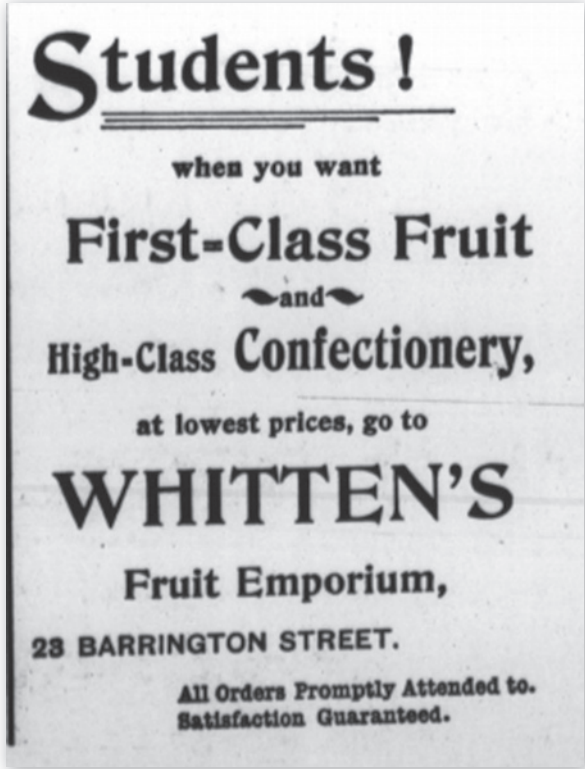
All gathered in the bow, and, in the clear night air, watching the lights around one of the best harbours in the world, they sang college songs. Standing there, a healthy hearty group of college girls full of hope and enthusiasm for the future, yet do you wonder if the thought went through some minds that college days are the best in life?

“Mange Bien” – Jon Pierce  
Volume 103, Issue 3 – October 9, 1970

*An Endeavor at a Critical Yet Humane Analysis of the Gastronomic Conditions Obtaining at our Fair University*

What one must ask of institutional cooking is, does it provide an adequate and balanced diet, presented in attractive enough form so most are willing to eat it?

At the [favourable end of the spectrum], I am pleased to report after a dozen or more meals, in both Howe and Shirreff,



Volume 34, Issue 2 – November 8, 1901

lies most of the food served in the Dal dining halls. There are difficulties, which, I shall be pointing out shortly. But on the whole, the food is well prepared, sensibly balanced, fairly pleasantly arranged — and, most significantly for those of robust appetite, ample in quantity. “All you can eat” makes the meal ticket or even the single meal a good buy for those who, like yours truly, are as close to gourmands as gourmets.

For the finicky, of course, that’s another story. But the truly finicky are going to have trouble getting their money’s worth out of a meal ticket in any event; at least the variety afforded at the dining halls gives less cause to be finicky than at most halls, where, where, if you don’t like the main course, you’re out of luck — and pocket.

Retourner a nos moutons, or, I should say, to our salads. Perhaps the most humane feature of the dining halls is the ample cold buffet, served at lunch and supper, and consisting of cold cuts, potatoes and green salads, cole slaw, breads, rolls, and relishes. Even in the event of a main dish’s absolute impossibility, this assures an adequate if not exciting repast — the potato and green salads, in particular, are really quite decent.





Volume 93, Issue 13 – February 2, 1961

Occasionally, once in a long while, there is cheese on the cold table. It would be nice to see the cheese there more often.

Entering the main serving area itself, usually in a foaming sweat (for reasons no one has explained to my satisfaction yet the dining area is kept at 78-80 degrees and the kitchen, naturally, is warmer than that), you again find a pretty good choice. The soups (I recommend particularly the fish



Volume 54, Issue 8 – February 22, 1922

chowder) all seem quite good and are a welcome addition, especially in cooler weather. In the main dishes (more often than not there is a choice of two) there is quite a wide range - both the use of two and the existence of the cold plate give the chef more scope than in the usual setting. He seems to have a knack with leftover beef; his “beef stroganoff”, “goulash,” and “cottage pie” all were delicious, if not precisely classical. I also remember with pleasure a fine Irish stew in casserole and a casserole of left-over pork called “Pork Mareggo.” Other dishes, such as chicken a la king, hamburgers, grilled fish, and steak, have been pretty much run of the mill. The fish would be

improved by the serving of Tartar sauce along side. Vegetables are usually the bete noire of institutional cooking, and they are not often very good here, except when they are used in caseroles or stews. Luckily, the generous juice and salad selections give you other ways of guarding yourself against scurvy and vitamin deficiencies. No special blame attaches to anyone for this; it is simply impossible to cook vegetable properly in the quantities required at a large university. (A couple weeks ago a noble but futile experiment of corn on the cob was tried. My piece came out raw in the middle. It was interesting to see corn chowder appear as soup shortly thereafter).

For some reason I haven’t yet figured out, all the dishes I’ve tried that really seemed to fall were colored white. A macaroni dish was dreadful. So was a tapioca custard. With one item called “scalloped potatoes” I was simply unable to continue. My only complaint, in fact, is on a white substance, allegedly a food – though it tastes more like a cross between



Volume 76, Issue 3 – October 22, 1943

contraceptive foam and mildew library paste. I refer to instant mashed potatoes, so-called, a substance transportation of which should be made illegal on bridges and through tunnels, as is the case with explosives and dangerous chemicals.

There, now you’ve had my gripe for today.

### “Greasy Spoon Review” Ken Burke, Rick Jamon & David Olie Volume 118 – September 5, 1985

Maybe it’s the leatherette seats. Or the postcard pastoral photograph on the wall. It could even be the food.

For whatever reason, students rarely find their eateries of choice reviewed or mentioned in the establishment press. Finding a meaningful place to get a stomachful has been an occupation fraught with danger, bad advice, and many a bellyache for the average student at Dal... until now.

This year *Gazette Arts Magazine* is taking on the responsibility of covering those places with no dress code, a low price code, and quite possibly a few violations of the health code, where students spend their meals. And nothing could be more logical than beginning at the beginning – the greasy spoons of Halifax.

### Camille’s (2564 Barrington)

Camille’s gets the nod over Mama Camille’s other grease-baby on Agricola for its two dining lounges and tasty wall decor of painted-mussels-in-goop. Even so, the fun really begins when you look above the musselmania to the huge menu posted on the inside wall – especially if you don’t have much to spend.

Camille’s made itself a legend over the last four decades by doing the simple things right – good fish, fast service, and the cheapest prices anywhere. The menu’s broadened a bit of late to include stuff that’s “not so fishie” (sic) but the seafood’s still where it’s at.

Whether it’s the finger-long juiciness of the breaded shrimp, the light flavour of the liberally greased haddock portions, or the rich staying power of their large scallops, there’s no way to go wrong with these Pisces. The Marine platter, with enough of everything to kill a starving appetite, is one of Halifax’s best deals at \$5.95, as is the three-piece fish & chips for a tad over two bucks. The chips are... chips, okay?

Camille’s is located under the shadow of the Macdonald Bridge on the corner of North and Barrington.

### The Doric (5650 Spring Garden Road)

Despite its name, the Doric will not give you the impression of dining in Greece. Fortunately, neither will you be dining in grease.

Don’t let the decor put you off. Tacky but clean, it’s hard to imagine that the Doric has changed much in the last 40 years. They must be doing something right, and in fact they are. If you won’t take our word for it, try getting a table at lunch-time.

What the Doric lacks in quality of presentation, it makes up for in basic quantity.

If you want a real feed on the cheap, this is the place. The two-piece fish and chips (\$2.95) comes with a logjam of fries it would take a lumberjack to wade through. Other popular items are the spaghetti with meat sauce and the milkshakes, still made with their 30-yearold mixers. A few good Greek dishes are also available.



Volume 133, Issue 8 – Oct 26, 2000



# Because It’s 2015 — Not 1968

## Take a deep breath—Trudeaumania is an embarrassing but treatable condition

SHANNON SLADE

During the election, Justin Trudeau promised that his cabinet would be 50% women. He recently made good on that promise. Asked why this was a priority at a press conference, his response was ...

*(Dramatic pause)*

“Because it’s 2015.”  
Needless to say, the internet broke.

If my Facebook feed is to be believed, this was the most profound single phrase uttered in Canadian history. Trudeau is the prophesied messiah — a golden god fusing the wicked wit of Winston Churchill, the Apollonian good looks of Brad Pitt, and the emancipatory vision of Moses, Gandhi and Lincoln all rolled into one bilingual babe.

If you’ve been reading closely, you may have detected some sarcasm.

Look, I’m all behind gender parity in cabinet. But I have some nagging concerns.

First off, there is just something about the promise that bothered me. I’m glad he followed through with it, and yes, I know he wanted to commit the Liberals very publically to a progressive agenda. Still though, I’d feel better about it if it had just happened a little bit more organically. Don’t make a speech about it. Don’t set a hard quota and parade it around the country as a major plank of your platform. You know this will inevitably just subject us all to an endless cycle of manufactured concern articles worrying about whether the ministers will be qualified. Just pick a bunch of talented women, and when someone comments on it, then blow us away with your mic-drop moment.

But I’m being nitpicky.

It’s not really even Trudeau who is getting to me here. It’s our reaction as a country. A lot of people are applauding Trudeau and making a big freaking deal about this, but something about it makes me uncomfortable. I think it’s the way many people and news outlets are framing the move: he’s a benevolent man who is bringing more women into his cabinet, his generous gift to the females of Canada. How magnanimous of him.

This is a nice symbolic gesture, but we’re embarrassing ourselves in the way we’re tripping over each other to proclaim our exultation.

We need to stop acting like Trudeau making half of his cabinet women is revolutionary. To hear people talk (and post, and post, and post...) you’d think women just won the right to vote. Trudeau appointed three more women to his cabinet than Stephen Harper did. I’m not a fan of Harper by any means (I will miss making jokes about him though), but I do feel it necessary to point out that fact. Sure, the proportion of women is higher due to a downsizing of cabinet, but let’s not bullshit ourselves: this will have almost no practical impact on any of our lives.

It’s about more than just getting cringe-worthily worked up about something relatively insignificant though. I think there’s a danger of becoming complacent in our celebration and losing track of the big picture.

Parties prattle on about how important it is to them that women are involved in politics, but while Rona Ambrose was appointed (not elected) interim leader of the Conservatives this past week, the last time a woman was the permanent leader of a major political party (sorry Liz) was in 2003. If the Liberals gave that much of a shit about women in politics, perhaps they could have found a qualified woman to lead their party? I mean, you could throw a Timbit into the Liberal caucus and hit a woman with more relevant experience than the guy with the iconic last name and sweet head of hair that they went with.

Okay, okay. I’m being a bit too harsh. I don’t dislike Trudeau, and I’m perfectly fine with the Liberals forming the new government. Our new PM is likable enough, and I do think he is smarter than he is given credit for.

But women who have been very successful in Canada — and proven themselves a hell of a lot more than Trudeau ever has — aren’t always the most respected people either. Kim Campbell, Canada’s only female Prime Minister, was saddled with the job only after Mulroney retired. She inherited his abysmal polling numbers and was only in power for a few months. Now she is largely ignored and occasionally joked about due to the electoral massacre her party suffered in 1993.

I would love to say that Elizabeth May is the leader of the fourth major national political party in Canada, but I can’t, because she wasn’t even invited to most of the debates in this year’s election. Lots of respect there. Flora MacDonald, whom I wrote about earlier this year, was a major figure in the history of women in politics, but when she died was largely ignored by her own party. She didn’t receive a state funeral, when men like Jack Layton and Jim

Flaherty did. Stephen Harper didn’t even spell her name right in the lazy, half-assed tweet he sent out.

The three major parties love to talk about supporting women in politics, but rarely put this enthusiasm into action when it comes to choosing a leader. While recent events have slightly improved the position of women in Ottawa, I don’t suspect any girls woke up November 5<sup>th</sup>, read about the three additional female cabinet members, and had an epiphany about running for politics. Seeing more women in charge, at the top of the political food chain — that is the sort of #real-change that will make a #realdifference

So maybe we should just step back and take a few deep breaths. Trudeau’s move was a minor step forward, but there is still a lot of work left to do before women achieve true political parity in Canada. We can be pleased, but we can’t let ourselves get complacent. And maybe let’s save the weeping, the gospel hymns, and the sharing of Will-Ferrell-in-Elf gifs for something a little more substantial, shall we?

# TIGERS ACTION!



**FRIDAY, NOVEMBER 13**  
Basketball vs. MUN, W 6pm, M 8pm, Dalplex

**SATURDAY, NOVEMBER 14**  
Basketball vs. MUN, W 1pm, M 3pm, Dalplex

**SUNDAY, NOVEMBER 15**  
Women's Volleyball Home Opener vs. ACA  
2pm, Dalplex

Women's Hockey vs. MtA, 6:30pm,  
Halifax Forum





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# In Defense of the Art of the Troll

Even the darkest of arts has its virtues

ANDREW HART

Outside: a cold, empty night. Inside: a sharp-witted intellectual traps a partisan, humourless boob in a net of rhetoric and barbs. As the poor bastard scrambles and screams, the trap grows tighter, the words dig deeper, and the wounds begin to open.

The brief twilight before the era of Twitter and Facebook where you could be as honest, cruel, and witty as you pleased. Troll: v. a form of fishing, whereby you dangle your hook

behind your boat to lure your unsuspecting prey to their eventual demise.

It was an art. It took many years of practice and experimentation. Few ever mastered it. It required patience, finesse, and just enough humour to give your victim the thread by which he hung. It thickened your skin, quickened your pulse, and sharpened your tongue.

To troll was to question, to subvert, to challenge, and to mock. It was to step outside the

bounds, over the line, and beyond the pale. It found holes and pulled on loose threads. It attacked the ignorant, the unquestioned, the ill-reasoned, and the uninformed. It was sometimes a boot-camp, other times a safe space, but often a battle-ground.

Yet, all of this has been lost. The word has become denigrated and bastardized. Troll: n. a stupid, ugly creature that lives under a bridge. It has become a string of insults, clumsily

put together without craft or patience. It has been deemed to be the domain of the bigot, the racist, the homophobe, the misogynist. Politicians, activists, and media have targeted it as an evil that must be crushed, silenced, and censored.

To those few who still practice the forgotten, brutal, and careful art of the troll, I say to you: do not go gently into the good night, rage, rage against the dying of the light.



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# G2 Athletes of the week

Dalhousie University presents our G2 Athletes of the Week for the week ending Sunday, November 8, 2015

THIS ARTICLE IS PROVIDED BY TIGERS ATHLETICS

## TESSA STAMMBERGER, Basketball

Fifth-year forward Tessa Stammberger is this week's G2 Female Athlete of the Week.

Tessa had 46 points, 11 rebounds, seven steals and four assists in two games against the Varsity Reds over the weekend.

In Friday's 63-59 OT win, Tessa led the Tigers with 22 points, seven rebounds, three assists and two steals. She was hot again on Saturday, scoring 24 points; more than half of the Tigers total points in the game. She added six rebounds and five steals in the 73-45 loss.

Tessa is from Kensington, P.E., and is a kinesiology student.

Other nominees: Abby Czenze (volleyball); Jessica Severeys (hockey).

## SVEN STAMMBERGER, Basketball

Third-year forward Sven Stammberger is this week's G2 Male Athlete of the Week.

Sven averaged 27 points in two games to kick off the Tigers regular season campaign.

In Friday's 68-63 win over the visiting UNB Varsity Reds, Sven led the Tigers with 14 points and four rebounds in 28 minutes on the court.

He was hot again Saturday night, pulling the Tigers out of a 20 point deficit mid-way through the second quarter and into an 84-82 victory over the Varsity Reds. He had an AUS career-high 40 points in the effort and added six boards while sinking 15 of his 17 free throws.

Currently first in the AUS with 73.1 shot percentage, Sven is second in points per game with 27.

A native of Kensington, P.E., Sven is a science student.

Other nominee: Wendell Vye (hockey).

# HOCKEY

JOSH YOUNG

## Women's Hockey Tigers beat X-Women 3–2

The Dalhousie Tigers women's hockey team won their second game in a row beating the St.FX X-women 3-2 on Saturday, November 7th at the Keating Centre in Antigonish, Nova Scotia.

St.FX scored thirty-six seconds into the game. Kara Power skated down to the left of Tigers' goaltender Jessica Severeys and fired the puck past her and into the net. Daley Oddy and Heather Tillsley got the assists.

The Tigers' tied the game four at the 5:09 mark of the first period. Tigers' forward Joleen MacInnis skated into the X-woman zone and passed the puck to teammate Taylor Reicheld. Reicheld shot the puck passed X-Women goaltender Pascale Daigle to score her second goal of the year.

A minute and twenty seconds later the Tigers' scored again. Sarah MacNeil got on a breakaway and put the puck past Daigle on a backhand shot to give the Tigers' the lead. Rachel Carr and Jessie Rietveld got the assists.

In the second period St.FX out shot Dalhousie 13-2 but were unable to solve Severeys. The score remained 2-1.

In the third period the X-woman pulled their goalie for an extra attacker. However, Tiger forward Lisa Maclean stole the puck and shot it into the open net to give the Tigers' a two-goal lead with forty-five seconds left in the game.

With six seconds left in the game St.FX defender Jenna Pitts scored to make the score 3-2. Unfortunately for the X-Woman it was too late to start a comeback, and the Tigers' won.

Tigers' goaltender Jessica Severeys was fantastic in the hockey game. She was the second star of the game and stopped thirty out of the thirty-two shots she faced. While X-women goaltender Pascale Daigle stopped twelve of the fifteen shots she faced.

The win improves the Tigers' record to 3-4. Their next game is at home on Sunday November 15th against Mount Allison.

## Men's Hockey Tigers Lose to Axemen in Overtime

The Dalhousie Tigers men's hockey team lost by a score of 3-2 in overtime to the Acadia Axemen on Wednesday, Nov. 4 in Wolfville, Nova Scotia.

Acadia opened the scoring at 7:23 into the first period. Acadia defensemen Matt Pufahl passed the puck in front of the Tigers' net to teammate Dylan Anderson who put the puck in the net.

Fifty seconds later Acadia defenseman Stephen Woodworth got a pass in the high slot by teammate Kyle Farrell. Woodworth shot the puck past Tigers goaltender Wendell Vye and into the net to make the score 2-0.

The Tigers did not go away. A little over five minutes into the second period first-year forward Phil Gadoury scored his fifth goal in the past three games to make the score 2-1.

7:33 into the third period Tigers' forward JP Harvey one-timed a pass from Jackson Playfair behind Axemen goaltender Brandon Glover to tie the game.

Acadia forward Kyle Farrell scored fifteen seconds in to overtime to win the game for the Axemen.

Tigers' goaltender Wendell Vye made his first start of the season stopping thirty-six out of thirty-nine shots he faced. While Acadia goaltender Brandon Glover stopped nineteen out of the twenty-one shots he faced.

The loss drops the Tigers' record to 2 wins, 4 losses, and 2 overtime losses (2-4-2). Their next game is at home against Saint Mary's on Wednesday November 11th at the Halifax Forum.



# BASKETBALL

CAM HONEY

## Tigers Men's Basketball open AUS title defense with a win

Playing their first AUS game since their thrilling AUS Championship win last season, the 2015 Men's Basketball Tigers won 68-63 over the UNB Varsity Reds.

The game was played in front of an energetic and nearly packed house at the Dalplex on Friday, Nov. 6.

"It's a great way to get off to a good start," said Tigers head coach Rick Plato. "UNB (was) first place in the league last year. The key was controlling the tempo, these guys like to score 80 and we kept them in the low 60s."

The Tigers used a balanced attack against the Varsity Reds on Friday night. Sven Stammberger led the way with 14 pts, Kashrell Lawrence had 12pts, William Yengue 9pts, Cedric Sanogo and Sascha Kappos each added 8 pts. In all 10 of 11, Tigers players scored a point.

The game was a back-and-forth affair with plenty of lead changes and neither team able to pull away. The Varsity Reds had the biggest lead of the game of 8pts in the third quarter.

The perimeter shooting was weak for both teams in their opening games of the season, as a vast majority of points came from in the paint (no stat available).

The Varsity Reds roster boasts two-time CIS scoring leader Javon Masters. The Tigers were able to keep Masters in check for most of the night, holding him to 17pts, 11 of which came in the third quarter.

"Masters is a killer in transition," said Plato. "You just can't turn it over and you gotta get back. They were hurting us a bit so we went to the zone and the zone slowed them down."

## Cardiac cats! Tigers erase 20 pt deficit to win

The Men's Basketball Tigers came back from 20pts down to beat the UNB Varsity Reds 84-82 on Saturday Nov. 7 at the Dalplex. It might be the game of the year in the AUS and the season is only through game two. The Tigers record is now 2-0 on the year.

"You gotta show up in this league," said Tigers Head coach Rick Plato. "You gotta show up and you gotta play 40 minutes. Their backcourt is as good as any backcourt in the country and they made us pay early ... we gutted it out and got the W at home, the wins at home are key."

The first quarter was a back and forth affair between the two teams, as they exchanged big buckets at both ends of the floor. The Varsity Reds had the lead 24-20 heading into the second quarter. Varsity Reds G Jesse Kendall was on fire from beyond the arc going three for three from downtown in the quarter on his way to 22pts on seven of 10 from the field and five of seven from three point land.

The start of the second quarter was where the Tigers dug themselves the 20pt hole. The Varsity Reds went on a 16-0 run in the first five and a half minutes of the frame. The Tigers settled for jump shot after jump shot and could not get any of them to fall.

Trailing 40-20 with 4:30 left to go in the first half Tigers F Sven Stammberger put the team on his back. Stammberger was aggressive with the ball in his hands, driving hard to the basket and showing great poise in the post on his way to a career high 40pt night. The Tigers finished the frame on a 16-4 run of their own to go into the half trailing 44-36.

"It's the heart," said Stammberger, referring to his team's ability to come from behind. "I think it just sets the tone for the rest of the season."

The third quarter was a see-saw affair. Every time the Tigers seemed to be on the verge of closing with eight points the Varsity Reds answered with big shots of their own. Matt Daley in particular seemed to answer with a clutch shot to keep the Varsity Reds out in front. Daley finished with 18pts on the night. Stammberger had a monstrous jam plus the harm, hitting the 'and one' from the line in the middle of the quarter.

The fourth quarter is when the Tigers made the final push. They entered the frame trailing 66-56 but would not be denied victory. With the big crowd at the Dalplex growing their energy on every possession the Tigers clawed their way into the lead with three minutes left to play and did not look back.

Stammberger iced the game with a couple of free-throws to give the Tigers an 84-79 lead with only a few seconds left. Daley hit a deep three at the buzzer for the 84-82 final.

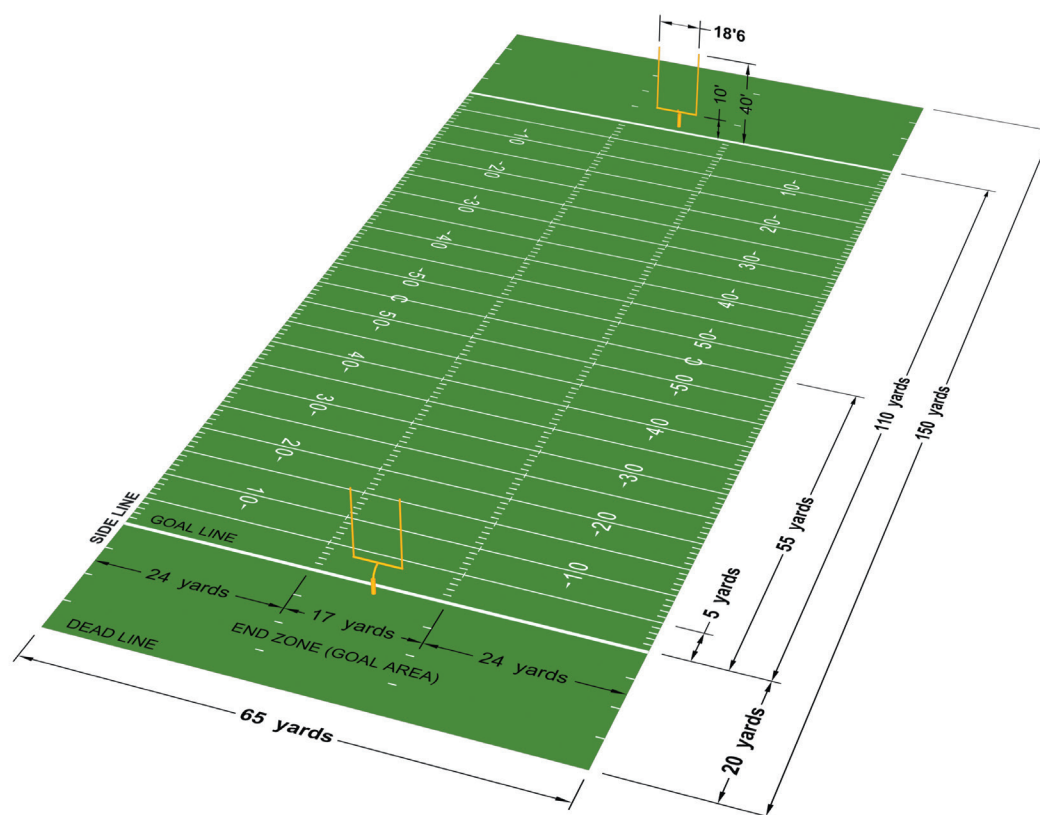
"We came out really flat," said Stammberger. "But we fought back and it just shows us that we can win any game even if we're down 20."

Cedric Sanogo had a solid game dropping 17pts and Kashrell Lawrence came up big down the stretch and finished with 10pts.

"It's not good for a coach's constitution," said Plato. "But we'll take the result."

Up next, the Tigers play at home in the Dalplex against the Memorial University Seahawks on Friday Nov. 13 at 8:00pm and Saturday Nov. 14 at 3:00pm.





# Tigers Football Club falls one win short

CAM HONEY

Playing in the AFL Championship for the Moosehead Cup the Tigers fell 32-24 to the Holland College Hurricanes in Charlottetown, PEI on Saturday, Nov. 7. The win gave the Hurricanes their third straight championship.

The Tigers got on the board first early in the game when the Hurricanes were backed up deep in their own end and decided to concede a safety in order to gain field position. The safety made the score 2-0 for the Tigers.

That was all the points the Tigers would generate in the first half. The Hurricanes scored 25 unanswered points to go into halftime up 25-2. The Tigers D could not contain the big-play as the Hurricanes busted two deep runs around the edge for touchdowns and another deep touchdown pass to build their lead. They added a rouge in the

middle and a field goal right before halftime in tallying the 25 points.

Late in the first half, the Tigers brought Matt Shannon in to play QB and shifted starting QB Nick Hunsley to SB trying to spark their Offense. The move paid off early in the third quarter. Shannon hit WR Alex Bayne down the right sideline and Bayne cut to the middle of the field and raced about 80-yards before being tackled at the Hurricanes two-yard line. Two plays later Hunsley took a SB sweep around the edge to the right pylon for the TD. The extra-point made the score 25-9.

The Hurricanes were forced to punt on their next possession. Tigers returner Mackenzie Inglis fielded the ball at his own 45-yard line in front of the Hurricanes bench and worked up-field for a five-yard return on a seemingly routine play.

However, a flag came in for a late hit at the end of the return and Hurricanes head coach Kyle Quinlan voiced his displeasure at the call. One of the officials broke a cardinal rule and said something back to him, which caused Quinlan to storm the field shouting at the official. Quinlan was ejected from the game and 30-yards worth of penalties were applied against the Hurricanes.

The Tigers went first and 10 from the Hurricanes 30-yard line and worked the ball inside the five. The Tigers were unable to put any points on the board after a fumble gave the Hurricanes the ball back. Tigers head coach Alan Wetmore questioned the call saying that the forward momentum of the player had been stopped before the fumble but his appeal fell on deaf ears.

A Mackenzie MacNeil interception gave the Tigers the ball back heading into the fourth quarter.

Shannon hit Louis Gauvin for a drive saving play on third and five. Then lofted a perfect pass that hit Hunsley in stride on a corner route to the left for a 20-yard gain. After a sack had backed the Tigers up Shannon lofted a ball to Bayne that drew a pass interference

penalty on the Hurricanes and gave the Tigers a first and goal from the one. Hunsley scored on a QB keeper behind left guard two plays later. The Tigers decided to kick the extra point to make the score 25-16.

The Tigers attempted on onside kick but the ball sailed out of bounds. On the next Hurricanes play QB Anton Sianchuck found WR Steve Knapton who beat double coverage up the right sideline for a 70-yard TD. The long pass and extra point made the score 32-16.

With time running out in the game the Tigers were able to score again with five seconds left on the clock. They converted a two-point convert try to make the score 32-24. A Hurricanes recovery on the ensuing kickoff ended the Tigers comeback bid.

**Opinion:** This was a vastly improved Tigers team over the 2014 version. I had written coming out of last season that coach Wetmore and his staff would put a much better product on the field for 2015 given a full offseason for recruitment and training and they did not disappoint. With another full offseason I expect Wetmore and company to take the program to an even higher level in 2016.





# THE SEXTANT

THE OFFICIAL PAPER OF DALHOUSIE SEXTON CAMPUS

November 13, 2015

## Exploring the Synergy Between Immigrants and the STEM Fields

Ozi Onuoha  
Assistant Editor  
Mineral Resources '16

As the war in Syria rages on, the issue of mass refugee migration from the Middle East has slowly yet steadily become front-page news. The refugee crisis is such a compelling news story because of the complex variables involved and the differing opinions surrounding the issue – the refugees themselves, their target countries and the atrocities that have forced them out of their homes.

The main issues surrounding the immigration of refugees from the Middle East are the sheer number of people who are seeking asylum in the west, the perilous journeys they take to reach their destinations and the ability of target countries to absorb a large number of people in short a time frame. In the face of these varied issues, the societies' of the target countries have taken greatly varied stances on the refugee crisis. Some support providing asylum

to refugees, others are fearful of the erosion of cultural values, jobs, and prosperity this would cause while others still use those same fears to mask their xenophobia.

Those who are against accepting refugees often fail to see the positive impact immigrations bring to a country. From increasing the size of the potential economic market to bringing in fresh perspectives in what ever career fields they decide to enter, immigrants from less fortunate countries bring with them skills that might have languished away had they remained in their countries of origin. The different backgrounds of immigrants provide them a different viewpoint on how to solve problems which is critical when working in the STEM fields.

A quick search will reveal that a number of the most preeminent scientists of the 19th and 20th centuries were not born into the countries in which they conducted their most important works. Scientists such as Albert Einstein, Nikola Tesla and Enrico Fermi were all

immigrants. With the dismantling of colonialism after the Second World War the developing world began to build its science and technology fields. Scientists, technicians, engineers and mathematicians from outside the western world have gone on to contribute significantly to the field of science and technology. Often times these scientists and engineers have been forced to leave their home countries due to limited opportunities, such as a lack of funding in their fields, or because of conflict. Whether they are forced to leave their countries for lack of opportunities or because of armed conflicts, these scientists and engineers want to settle in countries that are safe and scientifically minded; they want to settle in western Europe and North America.

An article by Michael White, published in the Pacific Standard Magazine, dated: February 21, 2014, states "About 25 percent of the U.S. scientific workforce consists of foreign-born scientists, in both industry and academia. But this

statistic understates the crucial role these scientists play in sustaining U.S. preeminence in basic research. A better number is 49 percent: foreign scientists fill nearly half of the mid-level positions that make up the backbone of the scientific labor force at U.S. research universities." In addition to first generation immigrants a number of the leading individuals in STEM fields were born to at least one foreign parent, a name that immediately comes to mind is the late Steve Jobs whose biological father was a Syrian immigrant. Other more recent foreign-born entrepreneurs include Sergey Brin of Google and Jan Koum, co-founder of Whatsapp.

It is important to remember that the relationship between host country and immigrant is symbiotic more often than it is parasitic. Immigrants are given a chance at a new life while the host country can invigorate its scientific and economic sectors with new ideas and new people.



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