

JOURNALISM

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The Dalhousie Gazette

North America's Oldest Campus Newspaper, Est. 1868

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**The Chronicle Herald factory
prints our newspaper.
We fully support journalists'
rights, but we have a contract
with the printer.**

Untold stories

Reflections on the future of journalism

ELEANOR DAVIDSON, NEWS EDITOR

“Yet, in the close to three years since my first day at journalism school, we have seen Canadian journalism take a beating of nearly unprecedented levels.”

On my first day of journalism school, my professor showed my class a video of a massive tub of sickly pink mystery meat being shoved into a sausage grinder. She said that sausage making is the perfect allegory for the work of the journalist: we must condense any matter of confusing, complicated material and make it into something clear and easily comprehensible. We must shed light on the stories that need to be told, we must question the status quo, and we must never cease to be curious and to query everything.

Yet, in the close to three years since my first day at journalism school, we have seen Canadian journalism take a beating of nearly unprecedented levels.

In recent weeks, we have seen chaos unfold at Canada’s oldest independently owned newspaper, the *Chronicle Herald*.

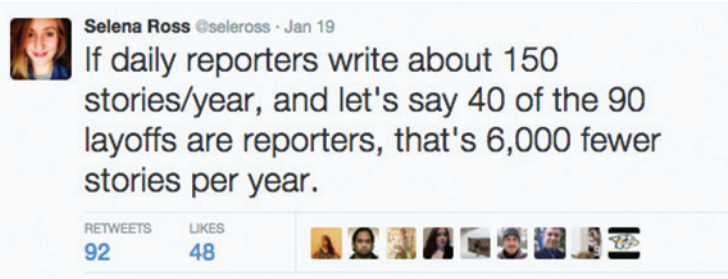
Following several years of cuts to the paper’s newsroom and support staff, journalists at the Herald will now no longer have their by-lines written above their own stories.

The Halifax Typographical Union, the

union representing 61 employees at the *Herald*, has asked for those who support them cancel their subscription to the paper.

Also in the past two weeks, Postmedia newspapers laid off 90 staff across the country.

In the words of Selena Ross, a former reporter at the *Herald* who now writes for the *Globe and Mail*:



On Jan. 15, the *Toronto Star* closed its printing plant and, according to the *Globe and Mail*, cut “13 digitally focused positions from the newsroom, 15 from circulation and offered voluntary buyouts to remaining newsroom staff.”

It seems as though we cannot go more than a few days without hearing of another major

series of cuts to long-established institutions of Canadian journalism.

Here at the *Gazette*, we have spent 148 years trying to provide a place for student journalists to get a feel for the industry.

Canadian journalists such as Stephanie Nolen and Stephen Kimber have written for the paper. Joseph Howe, Lucy Maude Montgomery and Joe Clark have all had their bylines published in the *Gazette*. Past editors, writers and photographers have gone on to work in newsrooms across the country and the globe.

So many of our staff and our contributors came to journalism school with the high hopes to educate the public, tell ground-breaking stories and travel the world.

Yet today, a tone of uncertainty and fear surround the future of journalism. For many of us, the thought of even getting a job in our chosen field after graduation has become a nearly laughable prospect.

People do not get their news from a single morning paper. We consume news on-the-go,

as it breaks. We check a variety of sources, and expect them to be free, easily accessible and up-to-date.

This is not to say that we no longer need reputable journalists; for all of the rapid-fire breaking news, we need people to tell the full story.

The problem, the elephant in the room, is that these two realities are not easily mixed.

It is terrifying to think of the thousands of stories that will go untold as the numbers of Canadian journalists continue to decrease.

These layoffs and cuts do not mean that reporters will be replaced or resources renewed. Instead, newspapers all across the country now must rely on fewer resources, on fewer cumulative years of expertise, to try and paint an accurate picture of the daily happenings.

From us here at the *Gazette*, from dozens of young aspiring journalists, we thank you all. Thank you for reading this. Thank you for getting back to us with your praise as well as with your criticism.

But most importantly, thank you to the countless Canadian journalists out there who have inspired us, taught us, and tirelessly worked to tell the stories that we all need to hear. You will be sorely missed.



New exhibition featuring immigration and skating opens at Pier 21

Exhibit includes figure skaters, shoemakers

SHELBY BANKS

Many immigrants who came to Canada from the 1930s to the late 1990s arrived after fleeing their home countries. Some went on to become world-famous figure skaters.

The Canadian Museum of Immigration at Pier 21 opened an exhibit this week called Perfect Landings that chronicles these skaters.

“Looking at this history is a lens; it provides us with a really useful set of reflections on broader immigration history,” says Steven Schwinghamer, the historian at Pier 21 who organized the exhibit.

“Things like the process of admission, integration into Canada, questions about belonging and transnational identity. The case studies that we use in this exhibit help us answer and understand all of these things.”

One of the case studies featured is about Ellen Burka and her daughter, Petra Burka.

For Ellen Burka, skating saved her life. She was a Dutch Jew living during the Holocaust, and the Nazis sent her to a concentration camp.

“Her connection to figure skating actually saved her life because many of the inmates at the camp were killed,” says Schwinghamer “Her connection to figure skating actually let her be spared.”

John Knebli, who is included in the exhibit, was not a figure

skater but a shoemaker, says Schwinghamer.

Knebli passed through Pier 21 when he came to Canada in the 1930s. He went back to Hungary to pick up his wife and they started their life in Toronto, where he established a shoemaking business. That’s where he started making skates.

“One of the customers had said, ‘Could you make something for my son?’” says Schwinghamer, “and this was his first time making skates.”

“He breaks into the business sort of by coincidence, and winds up being really one of the prime equipment makers in the history of the sport in Canada.”

Most of the skates that were available were unreliable. Knebli could make perfect skates for the sport.

“They were the tie on, or the imperfect screws or something, and so the ability to do anything that would really put any stress on the skate joint at all, you just couldn’t do it,” says Schwinghamer.

Knebli passed away in Toronto at the age of 92 in 1997.

Trafford Bright, who works at the museum, brought his wife to see the exhibit.

“She really wanted to come see the skating exhibit and was looking forward to learning about the history of immigration in Canada and the skaters,” he says.

George Zwaagstra, a volunteer at Pier 21, met some of

the skaters featured in the exhibit, including Victor Kraatz at the 2003 world championships, who became a junior ice dance champion.

“I was there, I have seen some of these people skate at competitions,” says Zwaagstra. “They were great people and I was proud to see them in the Perfect Landings exhibit.”

Halifax hosted the National Skating Championships from Jan. 18-24, lending a modern angle to this historical exhibit.

Schwinghamer hopes that the display will get more people to come out and consider the story of the skating athletes and the history of the sport.

“Many figure skating fans are passionate in a way that it extends good awareness of the sport and the history of the competitors,” says Schwinghamer.

The skating oval on the Common gives Halifax another connection to the exhibit, says Schwinghamer.

“People are continuously investing into the oval because public skating has captured the imagination, a lot of people use it,” says Schwinghamer.

“When we talk about the popularization of the sport of skating, and when we consider sort of the origins of well-organized sports in the country, Halifax is a great place to show this exhibit,” says Schwinghamer. “We have that local hook.”

Perfect Landings will remain open until Mar. 20.

Surprise! Haligonians take to Twitter to complain

What Halifax hates enough to Tweet about

VICTORIA WALTON

Whether you laugh about spilling your morning coffee on the way to work or not, Andrew Bourke sees a lot of humour in the things people in Halifax complain about.

He runs the Twitter account @Hooverbloob, and recently found his newsfeed full of “locavores,” people who tweet about local news and activism. With the help of his followers, Bourke compiled a list of the issues that people in Halifax are ranting about on social media. It then turned into a game: Halifax Outrage Bingo.

These days, more and more people are turning to social media to complain or rant.

“Whereas before Twitter, you wouldn’t hear of these things unless it affected you in your day and someone phoned it in to CBC,” says Bourke. “Now, everyone is doing it.” An instant audience is also important in contributing to Twitter’s popularity.

“Whether you have twenty followers or a thousand, you know people are going to hear that,” says Bourke. “People can easily pile on, they can retweet, they can say,

‘Yeah that happened to me’, and it just seems to snowball.” This time of year, we can all guess what the most complaints are about.

“At the very top it would be sidewalk clearing and plows...either too much salt down somewhere or not enough. Driving and especially parking is a big one,” says Bourke. “We’ve got a lot of accounts that tweet live traffic updates, and Metro Transit gets a lot of heat lately.”

Although Bourke thinks city officials and business owners that the complaints are directed towards probably don’t see or read the tweets, they do often point out some real issues in the community, like the importance of snow removal for people with limited mobility.

As for the next big trend in local outrage, Bourke thinks the IKEA announcement will take the lead.

“IKEA’s big...all the instant outrage about the Victoria

Dalhousie Outrage Bingo

Construction blocking the way to class	Iced Capp machine at the Tim's in the SUB is broken	Waited for the #1 bus for 45+ minutes	First year student still wearing frosh week lanyard	Snow day at every Halifax university except Dal
Tuition rates	A three-hour Monday morning lecture	Student vaping outside Howe Hall	Tiger Patrol has 5 people to drop off before it's your turn	Professor who can't connect sound to their YouTube video
Lineup for the Killam Subway is 20+ people	Still haven't Divested from fossil fuel industry	FREE SPACE – A national news scandal	Bookstore buys back your book at 10% of sale price	Dawgfather serving questionable meat
Professor doesn't send email when class is cancelled	Someone lost in the LSC	Can't get a job in the province after graduating	Subtle undertones of rape culture and misogyny	SMU
Sidewalks not plowed/salted	Someone not using headphones in the Killam's quiet section	Someone asleep at the back of your 8am class	Someone from Toronto talking about how small Halifax is	The lineup at Quinpool Superstore on Tuesdays

General Hospital’s deplorable conditions being completely eclipsed by IKEA. Everything is IKEA,” says Bourke. “I think there will be outrage from local advocates that it will destroy local mom-and-pop shops, but we’ve seen that before with things like Wal-Mart, so I don’t know.”

After much research into Dalhousie’s social media, the *Gazette* has compiled a similar list—Dalhousie Outrage Bingo—to help us laugh about the things we all find a little—or a lot—annoying.

How to twist arms and influence people

Learning how to fundraise effectively

SHELBY BANKS

When it comes to fundraising, a lot of people find the biggest challenge to overcome is the obvious one: asking people for their money.

“You have to be able to have the nerve to knock on somebody’s front door,” says Judy Haiven, a professor in Saint Mary’s University’s management department.

“But you have to be mindful that some people may say no and you will then have to move onto the next person.”

On Tuesday evening, the Halifax library held a talk called Activism for Fundraising, with Haiven acting as facilitator.

When put into groups of three, many people discussed the same challenge: they hate asking for money. Other problems include getting the word out to people and trying to figure out which fundraising event

works best for an organization.

About 20 people attended, most of them students.

If the person asked to donate says no, Haiven suggested a follow-up question to ask if they know of someone who would be interested in donating time or money.

Even with this advice, Haiven says she still hasn’t come around with the right answer to make it easier to ask for money.

Haiven offered several types of fundraiser events, from easy to difficult.

The first is bargaining fundraising. These fundraising ideas can be bottle drives, bake sales, selling lottery tickets, bingo games and passing the hat.

“A lot of people think bottle drives and bake sales are only for little kids, but that is

not true,” says Haiven. “Bargain fundraisers are usually good for small organizations or small projects. They are easy because you don’t have to think about them as much.”

Jessica Matthews, a student at Dalhousie University, is fundraising for the first time for Out of the Cold, a winter shelter in Halifax.

“We set up donation drives where you pick a day and you encourage people to drop things off,” says Matthews, “and if people bring things to Value Village, then Value Village will pay your organization per pound.”

Instead of asking for money, people are asked to gather items they don’t wear or use anymore and donate them.

“I have just been telling my friends, my classmates and I have made an event on Facebook,” says Matthews. “I have just been telling people to spread the word that way.”

The next level, says Haiven, is organized funding, which includes online fundraising, annual or monthly donations, silent auctions and applying for grants.

“For organized fundraisers you have to put some thought into it, it requires more organizational skills and activities, such as silent auctions,” she says. “You just can’t bring it together fast like you can with bargaining.”

Linda Santoloco, who raises money for Open Harbour, says organized fundraising in her opinion doesn’t work as well as casual and optional fundraisers.

“Dinner with silent auctions—there is so much work involved because, first of all, you have to sell these tickets and it is the hardest thing,” says Santoloco. “I don’t buy those tickets to go for a dinner for \$60 or \$70 because it just doesn’t interest me at all.”

Santoloco would rather have a pass-the-hat event. In the past, Santoloco has played movies where the hat is passed because it creates a better atmosphere because people are not pressured to hand over money.

“It makes a huge difference when you say ‘come to a film, it is free and there will be a hat passed but nobody is obligated to pay,’” says Santoloco. “But we always raise a lot of money that way.”

The organizations that raise the most money are right in people’s faces, Haiven says, because if they aren’t, people are likely to forget about them.

“People tend to forget about them [organizations like Out of the Cold] because they have been in the city for a longer time and they don’t receive as much money from the community,” says Santoloco.

DSU promotes phone line to combat sexual violence on campus

Pilot project extended until April

ERIN BROWN

"You are not alone. It is not your fault." This is the message that the Dalhousie Sexual Assault and Harassment phone line will share on campus and in the community, with their promotional advertising this year.

The phone line is a peer-to-peer service, which allows survivors of sexual-based violence to turn to a confidential source in times when they need support. The service also offers that it is anonymous, and will not pressure people to report or take action. While it is currently still a pilot project, it has received funding from the university to continue as a service until April 2016.

The Dalhousie Student Union (DSU) is also advertising that there are numerous roles to take on in support of the phone line. Whether you're looking to offer counsel on the lines or working as part of their promo group, students can help the phone line by putting up posters, doing outreach to students of its services or spreading the word on social media.

Kaitlynnne Lowe is the Vice President Internal on the DSU, and the phone line was the project that she took on since taking office last year.

"The idea actually came about before orientation week 2014," she says. "It was a group of students who felt like there was need for a phone line like this for students who find themselves in a situation of sexual assault or sexual harassment. It was the project I took under my portfolio, so I just helped get it off the ground, but the idea had existed before I took office."

The phone line has a fulltime staff member and consists primarily of student volunteers, with some community members also helping the cause. However, the cost of training, promotion, educational programs and staff means that the line needs sustainable funding in order to keep going.

"There is going to be a review on the phone

line and making sure the money is being used properly," says Lowe. "We are also seeking grant and funding opportunities, like the new provincial sexual violence prevention strategy, so we've also been working with those folks to try to access funding."

While finding funding for the program is one step of the process, Lowe did the bulk of the foundational work for the line this past year. Lowe says it took a lot of logistical work, research and working with other student unions to "find out how people are forming crisis lines and resources lines."

Lowe is not alone in the fight to keep the service available to students, as

South House, Nova Scotia Public Interest Research Group (NSPIRG), DalOUT, Loaded Ladle and the Dalhousie Faculty of Dentistry have all given their support for the line.

"We're trying to incorporate as many student organizations who have a stake in this subject as possible," says Lowe.

"It's very much a collaborative project, which is amazing because it just goes to show what can happen when students, the university and community groups come together to combat issues on campus."

While the phone line hasn't existed for very long, Lowe is already thinking of what she would like to see the project develop into.

"I would like to see it grow to expand educational outreach and to raise awareness around what consent is and what sexualized violence is, and the vast array of experiences that can fall along that spectrum," she says. "I think that these services need to extend beyond just a phone line, and I would like to see that happen in the next five years."

"If you would like to volunteer for the phone line, contact phoneline@dsu.ca. If you are in need of support as a victim of sexualized violence, you can call the Sexual Assault and Harassment phone line at 902-425-1066.



This is 211.
How can I help you?

I don't know if you can. I'm a student and I just can't keep up with everything.

It sounds like there's a lot going on.
Tell me what's happening and we'll see how we may be able to help?

It feels like such a long list.
I'm broke for one thing.
I thought the money would last longer.
I've always got papers and exams.
Everyone else seems so organized but I'm all over the place.
I'm really stressed out.

Many students feel like you do from time to time.
Let's try to get you some help.
Have you tried student services on your campus?

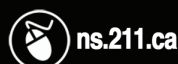
No, I didn't.
What can they do?

They can help you with organization and study skills and give you information to help manage so you're not feeling so overwhelmed.
I can also connect you with someone who can help with budgeting.
Does that sound like a good place to start?

Yes, it does.
I feel a bit better already.
Thanks.



When you don't know where to turn.



Canada needs more local voices

Why local, independent journalism matters

ERIN BROWN

It's 9:30am, and I'm in a sleepy room of 25-or-so future journalists at King's College as we're sitting in on our Ethics of Journalism course with Geoff Turnbull. He gets up from his chair, holding up the morning's copy of the *Chronicle Herald*, and asks his class what it is. As with many early morning classes, the group is rather inactive in answering. One student finally speaks up.

"Well, it's a newspaper."

"Yes, it's a newspaper," Turnbull replies, "but what it is, is the last independent newspaper in a major Canadian city".

The cuts done by Postmedia on Jan. 19 were tragic to the news world. 90 journalists in sports, political commentary and photography (to name a few) were laid off due to poor revenue. Canada now has even fewer sources to turn to in coverage of their country.

In Halifax, our journalists at the *Chronicle Herald* are having their bargaining rights and bylines taken away. While taking away someone's right to publish their name on their work may not seem like the end of the world, I'm learning that as a journalist, the most important thing you have in your career is your name.

So what does this mean?

Turnbull throws the discussion to us. He asks us what is wrong with journalism? Why is it failing? While many issues are raised such as the pressure to create clickbait and the value of entertainment over information, one of the major issues raised was the lack of voices in today's media. This has become a growing concern because of the increasing inequity in the world.

Simply put, money is power. Major news companies are important because they are mainly the ones who hold all the funds when it comes to producing the news, and they often own smaller news companies thus creating more journalism jobs.

However, if people are not buying the news (newspapers, pay walls, subscriptions), it doesn't take an economist to figure out what will happen to the companies. One of the only ways we can ensure that our country's press

doesn't become one-sided is to make sure we financially support a diversity of options.

We're all very quick to sponsor Support Local campaigns, especially in Halifax, but one local company that gets overlooked is the *Chronicle Herald*.

"But why would I buy a subscription if I can read the same news online?"

Just like you choosing to buy your vegetables at the Farmers' Market to support a local farmer, that purchase of a subscription is being used to hire local people to write local stories.

Yes, it's true that you can find similar news stories in free papers or on the internet from reporters who are not local. I challenge you to read an article on a local issue and try to tell me that Frances Willick doesn't capture the humanness of Halifax in those lines. Read the latest political issue-of-the-day coverage from Jean Laroche or Michael Gorman, because I guarantee you, you cannot find that level of reporting from someone who is not sitting in the legislature for those long days.

Supporting local newspapers and stations not only gives character to the stories they produce, but creates jobs right here at home. These jobs don't only benefit those employed, they benefit the entire system upon which we base our free country.

Without competing news sources working to give you the most coverage and the most diversity in messaging, we risk allowing ourselves to be subjected to one-sided stories produced by a singular news company. When we allow the entire wealth of the industry to be concentrated in the hands of a few, our messages are too easy to become manipulated or have the truth diluted.

Joseph Howe, the "King of Halifax" after whom seemingly every nook and cranny of the city is named, challenged what the press could be. He challenged what freedom of speech meant, and fought for the independence of journalists. Perhaps the best way we could honour Howe would be to support today's writers because Canada needs more local voices.

You don't have to sit in school to stand among greatness.



› **Thomas Edison:**

The world's most extraordinary failure never gave up.
Thank goodness.



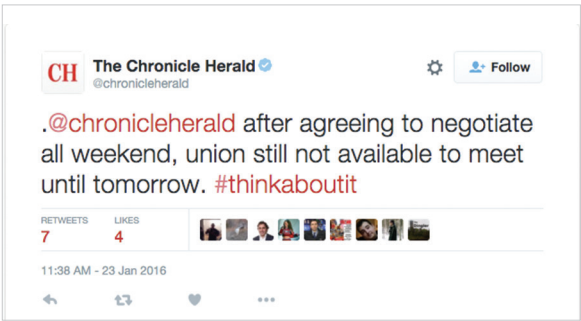
open. online. everywhere.
go.athabasca.ca/online-courses

#thinkaboutit

Chronicle Herald oddly unaware of how to build a social media presence

WILLIAM CONEY

As I write this, the strike between the Halifax Typographical Union and the Chronicle Herald has entered its second day. At 3:38pm on the 23rd, the Chronicle Herald Twitter account put out this tweet:



Let's "#thinkaboutit"*.

As a contributor to the Dalhousie *Gazette* and in my own personal capacity, I tweet a lot. I tweet out what's happening over the long and tedious Dalhousie Student Union and Dalhousie Senate Meetings, often acting as one of the only voices who's sharing the spirited discussion which is happening.

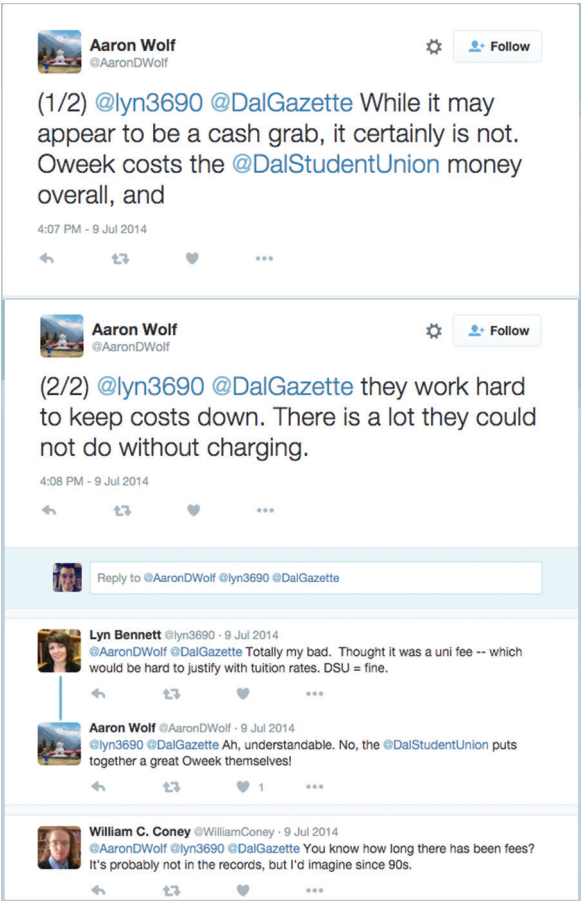
For some of these, like the Dalhousie Board of Governors, I'm one of the only unfettered voices. While we've had many different student representatives serving with them, they're bound up by the relationship they need to maintain with the Administration and the BoG as a whole.

I wouldn't pretend that I am the most well trained at reporting—unlike many of my peers in the *Gazette*, I've never formally taken any classes associated with the journalism school, and my written style often is just like my spoken—too verbose, too much in the vernacular, perhaps a bit too distinct from the "neutral" tone demanded of reporting in this most modern era. But I would say that I know a thing or two about Twitter.

With Twitter, unlike other manners of communicating or sharing news, one needs to be engaged and sharing, even with individuals challenging your beliefs or the specific information you're reporting. During this all, you must also be respectful, or at least tersely courteous, as sometimes some of the most inane things are said.

How does this manifest? Let's take a look at one example from nearly two years ago:

While this example could be cast as atypical because it is so



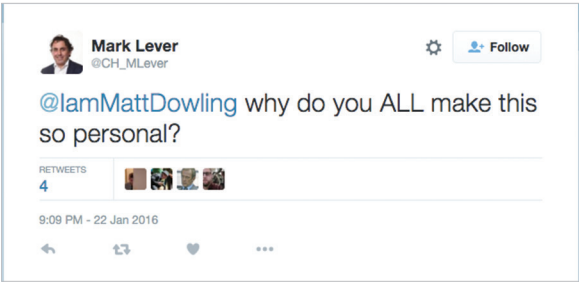
civil and more formal than others similar exchanges, it still works—it has an former executive of the DSU responding to a query which a faculty member brought up regarding how the DSU operates—all brought up off of a tweet which wasn't detailed enough in the first place. All a form of community building and engagement which would be either impossible in how traditional news media operates or would've been a long and drawn out over several letters to the editor.

Let's get back to the *Chronicle Herald*, to "#thinkaboutit." As the strike began, the entire web editorial team of the Herald was replaced with workers out of Toronto, apparently. And this means that as a result, any of the lively debate, any of the secondary questioning or heckling of what has been stated at city council, in Province House, or at any town meeting simply won't have any official voices of the *Herald*. This weakens it as a paper, and it is content which will be in many ways non replaceable, simply lost for however as long as the strike extends for.

What's perhaps the worst of this is how the administration of the *Chronicle Herald* does not seem to get this. As the Coast pointed out late in the evening of the 23rd, Mark Lever (and the *Chronicle Herald*) are getting "snippy" on the Twitterverse (see www.thecoast.ca/RealityBites/archives/2016/01/23/the-chronicle-herald-is-getting-snippy-on-twitter/).

The @CH_MLever account, by which all means seems to be genuinely from Lever himself, has put out tweets which varyingly attacked others from the Haligonian Twitter commentariat about the opinions and thoughts that they've shared on the strike. I'm all for debate, arguing, etc—as is our Opinions Editor John Hillman, and most all the other contributors for this Opinions section. But Lever, unlike many of the others discussing and engaging, makes big declarative statements, and asserts fact without, most basically speaking, playing nice and trying to be courteous to others as they explain there positions.

It is little surprise as such that Lever tweeted this:



Twitter is, and has been a personal space. It's just like any other social media network in that regard. One just needs to know and understand that.

One needs to "#thinkaboutit."

*For those interested, the #thinkaboutit before the *Chronicle Herald's* tweet seems to have been mostly used for a variety of self-help philosophy, statements regarding the #BlackLivesMatter movement, and non sequitur internet memes. After the Chronicle Herald's tweet, a 4th distinct category of Haligonians making fun of the *Chronicle Herald's* use of the hashtag seems to have emerged.

William Coney (@WilliamConey) often live tweets Dalhousie Student Union and various Dalhousie governing meetings, and is a regular contributor about their functions.

The Danger of Dismissing The Donald

Trump has a lot of faults, but stupidity isn't one of them

SHANNON SLADE



Let me just start with this: I do not like Donald Trump. I do not want him to be president. I have not liked him since I first heard about him back when he was just a cheesy, megalomaniacal symbol of cartoonish excess, well before “The Apprentice” even aired.

I just wanted to make that clear before I make my next statement.

I may not like him, but some of the most prominent criticisms I’ve seen of him are that he is stupid, crazy or both. I disagree. Often people are accused of being stupid or crazy when people are deeply agitated with them. In Trump’s case, I disagree and more than that, I believe such dismissals are playing into his strategy.

Donald Trump has said some very upsetting, outlandish things over the years. He kicked things into gear years ago when he led the crusade to discover the “truth” about President Obama’s birth certificate, and this past year alone has been an unending parade of one outlandish or offensive statement after another. But this is all part of his plan. Every meme that is generated mocking him, every angry think piece that is written, and every TV interview with someone getting

frustrated with him is playing into his plan.

I don’t think he’s stupid or crazy; I think he’s smart and manipulative. He knows he’s not going to appeal to left-wing voters (he’s too rich, too unapologetically business driven for that), and he’s not going to appeal to more rational, attentive Republicans because of his lack of experience and more liberal leanings in the past, so why not go after the lowest common denominator? Spout off an unending stream of outlandish things to fire up Tea Party types—they’ll eat that shit up.

And it’s worked. Those voters were already primed and ready to go. They were a demographic waiting for a demagogue, and who better to lead them than their favourite reality TV tough-talker?

Things have not gone these conservatives’ way lately. They’ve had eight years of Obama as president, during which they’ve lost pretty much every significant political, judicial, and cultural confrontation. American attitudes are gradually shifting in more and more in favour of gun control, threatening their right to carry AK-47’s in self-defense. The economy crashed, and while it recovered, many of the blue-collar jobs never returned. (I won’t fault them for being upset

over that, but I will fault them for all of the 1930s Europe-esque immigrant scapegoating.) And of course, many of them hate the increased acceptance and newly gained rights of the LGBT community, which apparently somehow ruins their marriages or turns their kids into atheist socialists or something—I don’t know, I’ve generally stopped listening to their rants by this point.

These voters feel their rights are being taken from them and their way of life is becoming harder and harder to sustain. They want a leader who says what they are thinking, and who better than a loudmouth with an attitude. Enter Donald Trump, who knows they feel that way and because his public image is already that of an aggressively opinionated jerkbutt, he slid in there and took the job. Hell, he’s even hinted he could be bringing fellow outrage peddler Sarah Palin along with him as his running mate.

The strategy has been working flawlessly so far. He pisses off progressives and moderates multiple times a week. They in turn are vocal on social media, sharing articles and videos millions of times, and giving him a platform bigger than anything he could afford on his own, even with his billions. The kinds of people Trump is targeting can’t help but be exposed to his message constantly, and they are even more encouraged to vote for him because they hate those ‘elitist snobs’ and ‘left-wing commies’ they knew back in high school who keep posting those articles.

Despite his lack of experience in policymaking, diplomacy, and political campaigning, Trump has something that no presidential hopeful has ever had before: a long, successful career in reality television. In the 2000’s, Trump had one of the most successful, long reality show runs as host of “The Apprentice” and “Celebrity Apprentice.” He infected pop-culture in a way that few other reality figures managed. Hell, for like five years, pretty much every minor screw up in any aspect of your daily life would be greeted by some nearby goober’s terrible imitation of his “You’re fired!” catchphrase.

He’s made a career of appealing to the masses, or at least the people he knows will stay tuned.

He has experience manipulating the emotions and desires of Joe Public. He knows his target audience and he’s playing them like a fiddle. I don’t even know if he believes most of the stuff that he says, but it gets press, and it appeals to the section of America he’s trying to win over.

We can’t ignore Trump at this point. Since we have to keep talking about him (and believe me, I’m fully aware that I just added 800 words to his publicity machine), we should at least take him seriously. So, while I really, really don’t want Trump to be president, I think dismissing him as crazy or stupid is every bit as shortsighted and dangerous as the ridiculous policies he has proposed.

“BDS is coming to get you!” Not really...

Let's tackle arguments against BDS head-on

STUDENTS AGAINST ISRAELI APARTHEID AT DALHOUSIE UNIVERSITY

Last week, the *Gazette* circulated an open letter that was sent to its editor. The letter was in response to an article we wrote earlier this semester, which was directed to the Dalhousie Student Union (DSU).

To provide some background for those who missed it, in our article, we called upon the DSU to develop a more ethical approach to investment. We maintained that the DSU must do so by divesting from unethical companies, and by preventing future investments in harmful institutions. We explicitly stressed that the DSU's approach must be comprehensive, and that it should not focus on one issue, nor one campaign.

At the same time, we also insisted that human rights abuses in Palestine must not be overlooked, and that the international Boycott, Divestment, and Sanctions (BDS) campaign against complicity in Israeli human rights abuses must be debated, and perhaps eventually endorsed.

For whatever reason, the last demand angered some. They appear to believe that Palestinian human rights are not worthy of discussion. Such individuals would, as they have already done, go so far as to spread misinformation about the BDS campaign to accomplish their goal. So let us address these myths head-on by examining the arguments made in last week's letter to the editor point-by-point:

Argument 1: BDS is a movement “against one nation and its people.”

False. The underlying claim that this argument makes is that the BDS campaign is against Israel for the sake of being against Israel. In reality, the BDS campaign is against complicity in Israeli human rights abuses, and that is a qualifier that must not be ignored.

In fact, the BDS campaign's website (bdsmovement.net) lists the following objectives that it hopes to achieve as it fights to end our complicity: (1) Ending the Israeli occupation and colonization of Arab lands; (2) Respecting the rights of Arab and Palestinian citizens of Israel to equality; and (3) Respecting the rights of Palestinian refugees to return to their homes.

These are the same goals that every human rights organization has been echoing for decades, including Israeli human rights groups. A simple Google search for those key

terms confirms this. We urge every reader to not take our word for it. Look up: ‘Human Rights Watch & Israeli settlements,’ or ‘Amnesty International & the Israeli occupation.’ Better yet, search for phrases like ‘Israeli human rights groups & Arab-Israelis,’ or ‘The UN & Palestinian refugees.’ (We are actually serious. Go Google it now.)

In light of all of this, why is the reaction to BDS so different? We believe it is because some are scared, and they are scared because they know that the BDS campaign might actually work in achieving what years of political rhetoric could not: Justice, the most important prerequisite to peace.

Our hope is not that the DSU will become a world-wide enforcer of justice and peace. Our hope is that, at the very least, it does not contribute to oppression and human rights abuses via its investments.

Argument 2: Israel treats gay people better than Arabs do, so just give it a pass on its abuse of Palestinians! (We are paraphrasing, of course.)

There are two main problems to note about this argument.

Number one: It is simply an attempt to change the subject. We are told that Israel is a democracy, and that it has a vibrant LGBTQ community. But whether or not this is true is simply irrelevant. Israel may be all of that, but it still abuses human rights in Palestinian lands, and we still invest in companies that profit from such abuse. To claim that, Israel has an LGBTQ community, and hence its abuse of Palestinians should be ignored is a gross appropriation of the struggle of queer folks, both in Israel and the Palestinian Territories.

Number two: This argument is not new. Whereas in the past it took the form of: ‘Unlike them, we are civilized, so support us,’ now it takes the form of “We are the only liberal democracy in the Middle East, so you should like us.” These statements were used, as they are now, to portray the people whose rights are being denied (in this case, Palestinians) as ‘backwards’ and ‘barbaric.’ As a matter of fact, similar attempts to conflate the victim with savagery are not foreign to Canadian history. We need only learn how European settlers who occupied indigenous lands in Turtle Island and elsewhere portrayed aboriginal

peoples. The purpose was then, and is now, to deny the victims sympathy and the moral high ground to demand their basic rights.

To put it a little more frankly, what this fallacious argument aims to convey is not merely that we should overlook abuses against the Palestinians. It is that Arabs and Palestinians—because they live under undemocratic regimes—don't deserve sympathy in the first place. Such a message reeks of illogic and victim-blaming. The DSU and its membership must not fall for it.

Argument 3: Canadians have rejected BDS because all three major parties are against it.

False—for the most part. While the Liberals, New Democrats, and Conservatives have indeed rejected BDS, probably out of political convenience, Canadians have not:

Canadian student unions (like Ryerson's and Concordia's), as well as provincial student federations, (like the Canadian Federation of Students-Ontario) have come out in support of BDS.

The United Church of Canada has adopted resolutions to boycott and divest from

companies exploiting the Israeli government's inhumane policies towards Palestinians.

Independent Jewish Voices-Canada continues to campaign for BDS.

The Canadian Union of Postal Workers supports BDS.

The NDP Socialist Caucus is actively pressuring the NDP leadership to champion BDS.

For the sake of your time and ours, we will not prolong this list any further...

Let us conclude by saying this: We are not asking for one set of human rights violations to be given preference over another, neither in treatment nor in debate. We support all efforts to end the DSU's complicity in human rights violations, including those that target other regions in the Middle East. If anything, we think that the DSU's endorsement of the BDS campaign would set an important precedent for future groups that look to tackle other issues around the world. The DSU has a moral obligation to live up to its values and end its complicity in the suffering of fellow human beings. The time has come for our student union to show principled leadership on this matter.

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From the Archives

A History of Herald Hatin’

JOHN HILLMAN, OPINIONS EDITOR

It has become especially popular as of late to publicly ridicule the *Chronicle Herald*. We’re sure your Twitter taunts are cute and all, but we at the *Gazette* would like to point out that we’ve been roasting the *Herald* for nearly a century and a half—yes, we actually started mocking the local journalists who would go on to write for the *Herald* FIVE YEARS before the paper was even established. We were there to cast doubt on the paper’s integrity the moment it was founded, labeled it a mob-pandering rag during both World Wars, and spent the past 50 years more-or-less continuously accusing the paper of selling out to advertisers. (This proud history is only slightly undermined by the number of our shade-throwing alumni who eventually set aside their lofty principles in order to spend long and productive careers writing for and editing the *Herald*—a testament to one of the major professional advantages of writing in the era before bylines.)

“Virtues and Vices of the Daily Press”
Volume 2, Issue 3 — December 27, 1869

We had intended to make a third article of this subject and devote it to our Halifax contemporaries, but on consideration we have concluded to let sleeping dogs lie—not meaning anything rude. For look you it is not good nor pleasant to be abused, and if we attempted to criticize our elders, in this our infancy, we might get our infant existence endangered—though we confess we would like to attempt to strangle a snake or two in our cradle.[...] If we hinted at the feeble windy inflated nonsense of the ----- we might be called wicked names and pelted with expletives “ as big as the crown of my hat.” If we ventured to deprecate the low scurrility and feeble malice of the ----- we might be told “our sister had a cock eye,” and the faults of our ancestors might be brought up to confute our argument. So on the whole we merely remark that our contemporaries have some little faults; but we will overlook them at this time, when the better feelings are getting the upper hand of us, when we are more christianized, and less editorial and critical, and when in all sincerity, we can wish our brothers a “ Merry Christmas and a Happy New Year.”

“Politics in Nova Scotia”
Volume 7, Issue 4 — January 16, 1875

It is here necessary to glance at the character of the Press. [...] We may have read, day after day, during our late election, the political sheets which grace, or rather disgrace our Iand, and what do we find? Questions of general interest and importance carefully kept in the background, if at all noticed. [...] The organs of each party laud their own men extravagantly, and denounce their opponents outrageously. No reliance can be placed in either side. The only way to come near the truth is to add both sides together, divide by two, and then, with Mark Twain, deduct about fifty per cent, and be very cautious about the remainder. Were Charles Dickens to appear in Nova Scotia, he would be sorely grieved to find so many descendents of the “ Eatanswill Gazette,” and the “ Independent,” still rearing their heads with marvelous intrepidity. Just imagine him drying his tears as he beholds the dying agonies of the “ British Colonist,” and then watch him trembling with anxiety as he sees the “Morning Herald,” enter upon the scene. He wonders if it will start on an independent and upright career; but is fearful lest he be disappointed.

“Editorial” — Volume 37, Issue 9 & 10 — May 31, 1905

The *Halifax Herald*, in the issue of April 26th, is responsible for a report apt to spread ideas which have no real foundation. We do not deny that considerable difference of opinion has existed between the Senate and the students, but the statements that “ the students are disgusted with the senate” and prepared to “riot” are absurd. We do not doubt the *Herald’s* veracity in quoting the expressions of any “prominent freshman,” or any other individual student, but it should remember that their opinions are not official for the student body, and that Dalhousie students entertain no disloyal thoughts toward their college, nor are in the least disposed to “riot” as some far-seeing one has informed it.

“Editorial” — Volume 47, Issue 4 — November 19, 1914

The *Gazette* published [...] the expression of a student against the formation of a Training Corps within the University. A matter which affects the students greatly but which in nowise affects the *Halifax Herald*. Needless to say the *Gazette* has and will publish articles both for and against such an organization, because it is only from these articles that the student attitude to such a scheme will be determined. The article in question was met with considerable adverse criticism at the hands of the students, expressions of which are published in this issue, others have been held over for lack of space. But what has all this to do with the *Halifax Herald*? We must confess we do not know, but what we do know is that on Tuesday, November 10, the *Halifax Herald* undertook ostensibly to reprint the whole of this particular article. Mark the word “ostensibly”. By publishing it as they did, the Herald represented to the public that what was reprinted therein was the complete article. The truth of the matter is that the *Herald* did not reprint it fully, but only copied the paragraphs that suited its particular purpose. The result was a natural consequence. The article appeared to the reader disjointed, illogical, a series of paragraphs without any point. With its high regard for the Ethics of Journalism, a regard for which the *Herald* has professed so much in the past, this little act on the part of that paper comes as a distinct shock to the ordinary mortal. We will not mention the fact that the *Herald* reprinted this article in a garbled form, without even asking the consent of the *Gazette*. Of course we can imagine that the greater part of the material published in the *Herald* is gleaned in a like fashion. But after all, what matters that, when the *Herald* professes a high regard for the Ethics of Journalism?

“When is a Newspaper Not a Newspaper?”
Volume 72, Issue 8 — November 24, 1939

Nazidom’s well known Dr. Goebbels likes his newspapers to be “sharp instruments of policy, tuned like a piano, ready to play upon a moment’s notice.” This being so, the little Doctor would be eminently pleased this week to be in control of the *Halifax Herald and Mail*, which has burst forth three times in the lordly strains of despotism. [...]

Whatever the exigencies of the war and the however great the desire of newspaper publishers to ride on the crest of war hysteria, we should be able to look to our press editorials for something more than the fertilization of this dangerous weed by the endorsation of mob sentiment.

“The Campus Roundup” — Windy O’Neill
Volume 81, Issue 17 — November 26, 1948

Responsible publications have noted the decline in influence of newspaper editorials. The editorial writers, through their boards of directors, have too many axes to grind for people to put any trust in what they have to say. For years. Nova Scotians have been subjected to that inane, thoughtless torrent of drivel that flows from the editorial columns of the *Halifax Herald and Mail*. It is irksome to thinking people who usually pass it with a shrug and a smile.

But, last Thursday, this publication reached a new depth in irresponsible editorials in a piece called “Want Freedom To Destroy Freedom”. Here, they take the side of the B. C. Law Society which has recently barred a graduate of the University of B. C. from practising law, because, he openly avows himself to be a communist.

“Merry Christmas”
Volume 103, Issue 11 — December 11, 1970

The Dalhousie *Gazette* is pleased to present a special Christmas catalogue for all its readers, specially put together by the Gazette staff for the upcoming holiday.

CHRONIC HERALD NEWSPAPER SET This little item is available for the man who has everything but doesn’t want to do anything with it. By playing with this toy your loved one can learn how to avoid offending anyone with money. This game however, does not teach how to avoid anyone with any intelligence. This set includes a full set of spineless writers and a complete set of righteous editorial cliches such as: “It is to be hoped that ... “
PRICE: 10¢ a day or \$11,000, for the *Gazette* model.

“No Virginia, that’s not Santa Claus”
Volume 108, Issue 14 — December 11, 1975

Since this is the last issue of the *Gazette* until January we would like to take this chance to ask Santa Claus for a few little trinkets for those we think should have them— whether they want or deserve our suggestions is irrelevant.
(...)

For the *Chronicle Herald*: a news staff, layout editor, and anything else that will make it a newspaper

“Talking gonads and Santa, too” — Richard Lim
Volume 128, Issue 3 — September 21, 1995

There are days when I think you could get more out of an issue of the *Chronicle-Herald* if you were to roll it up and smoke it.
I say this because of my irrefutably infinite wisdom, not to mention the free fast food coupon booklet which I received for subscribing to the Daily News.

The Chronically-Horrid

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Managing Editor	Bull Schmidt
News Editor	Aunt Mabel Dentist (no relation)
Business Editor	Cousin Fred Dentist (me neither)
Ace Reporter	Heather Dentist (uh-uh, wrong again)
Circulation	Granny Mae Dentist (sheer coincidence)

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VOLUME 229, NO. 3

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THE CHRONICALLY-HORRID

VOLUME 34, NO. 16 HALIFAX, CANADA, THURSDAY, JANUARY 28, 1982

Drivers watch
out for children.

They leave spots on
your chromium.

The Chronicle Herald picks a fight at Auburn High

T-B: (#1-3) Volume 109 — January 20, 1977; Volume 129, Issue 20 — March 6, 1997; Volume 100, Issue 2 — September 28, 1967

Chronicle- Herald toes neo- fascist line

Is it more expensive to eat local?

Prices between farmers’ markets and supermarkets reveal an advantage to eating local

DAVID FRIGHT

It is often remarked by critics that eating local is nice, but too expensive for most people to enjoy. It is even portrayed as elitist, an indulgence limited for the select few. Is local produce more expensive than the conventional large-scale multinational alternative? No. Indeed, the opposite is true. My investigation reveals that local produce is almost always less expensive.

Aside from the immediate benefit of lower prices, there is also the added quality and the environmental and economic benefits. Is an organic apple grown on a massive plantation in California and shipped the vast distance to Nova Scotia superior to an apple produced in the Annapolis Valley that was grown with care and attention to the local environment but does not meet the stringent requirements for organic certification? Most of the items sold in the farmers’ markets are not “organic” in this sense, but I would argue that they are in every way superior from an environmental perspective to the organic produce sold in the supermarkets.

In my analysis, I compare the price of local produce purchased at the farmers’ market to the price of conventional produce typically available in the supermarkets. Of the 19 items I compared, 84 per cent were less expensive when purchased locally. The difference in price between local and conventional produce is staggering: local parsnips are 53 per cent cheaper, local cabbage and squash are 33 per cent cheaper, local apples are 28 per cent cheaper, local turnips are 24 per cent cheaper, and local beets are 15 per cent cheaper.

Compared to imported “fresh” items, preserved local produce is also much cheaper. A can of Canadian tomatoes costs \$1.15/lb compared to fresh imported tomatoes at a price of \$4.99/lb. The canned Canadian tomatoes were preserved

at their peak ripeness, whereas the imported fresh tomatoes are unripe and were turned red using artificial means. For cooking purposes, the canned tomatoes are far superior. Frozen Canadian green beans are 65 per cent cheaper than imported beans. Frozen Canadian broccoli is the same price as fresh imported broccoli. However, the frozen broccoli contains 1lb of florets and is arguably superior to the fresh broccoli which is mostly stalk and contains maybe less than a quarter pound of florets.

Eating locally is not only possible in a challenging northern climate, it is considerably less expensive. The only exceptions are potatoes, haddock, and eggs. However, the potatoes in the grocery store tend to come from the Atlantic provinces anyway. Potatoes can also be transported and kept at minimal cost. As such, they can be grown in areas where the impact of other human activities is minimal and they also offer some environmental benefit by providing wetlands for migratory birds in the winter, which offsets some of the harm they cause.

Indeed, much of the seasonal produce in the large grocery stores tends to come from the Atlantic provinces. It is, therefore, possible to eat locally even if a large grocery retailer is the only source available. While free range eggs are more expensive than the conventional alternatives, I think that a 43 per cent increase in the price of a relatively inexpensive item is a worthwhile expense to eliminate the cruelty suffered by chickens in industrial battery farms which offer them a life that is joyful and rewarding.

Produce that is picked, processed, packaged, distributed, and warehoused mainly outside of Nova Scotia offers little economic benefit to this province. About the only benefit Nova Scotia receives is from the small amount of fuel that is purchased in this province for regional trucking and the labour required for warehousing and retail. Few of the companies that provide these services are owned and operated in Nova Scotia. This is to say nothing of the greenhouse gas emissions that result from shipping all that produce thousands of kilometers.

It is almost always less expensive to purchase local produce at the farmers’ market than it is to purchase the conventional industrial produce available in most supermarkets. It could even be argued further that access to farmers’ markets is a basic provision for ensuring access to low cost food.

Item	Local Produce (\$/lb)	Conventional Produce (\$/lb)	Price Difference (%)
Apples	1.20	1.66	-28%
Beets	1.26	1.49	-15%
Broccoli*	3.99	3.99	0%
Brussel’s Sprouts	3.5	3.99	-12%
Cabbage	1.00	1.50	-33%
Carrots	1.00	1.25	-20%
Celery Root	2.00	2.99	-33%
Green Beans*	1.75	4.99	-65%
Kale	3.99	3.99	0%
Leeks	3.50	4.99	-30%
Onions	1.00	1.25	-20%
Parsnip	1.86	3.99	-53%
Potatoes	1.66	0.70	137%
Squash	1.00	1.50	-33%
Tomatoes*	1.15	4.99	-77%
Turnip	0.75	0.99	-24%
Haddock Fresh	8.50	7.99	6%
Haddock Frozen	7.50	7.99	-6%
Eggs	5.00	3.50	43%
* Preserved Vegetables vs. Conventional			

Phaedra’s Love

Blowjobs, betrayal, and lots of blood

LOGAN ROBINS

From Jan. 28 to 30 at the Bus Stop Theatre on Gottingen, the Dalhousie Theatre Society presented “Phaedra’s Love,” written by Sarah Kane. I caught up with some of the creative team and cast to ask them some burning questions about the new play.

Logan: Lara, I’m wondering what motivated you to propose this show to be put on by the DTS?

Lara [Director]: I did “Three Sisters” last year, towards the end of it I started to get really sick of it, and we were reading some Sarah Kane in my production Dramaturge class, and I was like, oh! I wonder what else she’s done..Then I was like, oh, that’s a good amount of oral sex for a play. Now we’re here.

Can you tell us a little bit about the characters you play in “Phaedra’s Love”?

Mike [Priest + Man #1]: The main character I play is “the priest,” he comes to the main character, Hippolytus, when he [Hippolytus] is essentially on death row. He [the priest] is just trying to absolve his soul, he is in prison, so the priest goes there as a way to try and get him to confess his sins.

Yasmin [Woman #2]: My character is “woman #2,” she is a townsperson, who shows up to the riot at the end of the play.

She is very angry with Hippolytus, and she basically wants to...seek revenge for Phaedra’s death because Phaedra meant so much to the community and the town.

Kaelen [Phaedra]: I’ve been thinking about the role of Phaedra a lot lately... She’s a desperate and twisted character, sort of what the ideal women is. She’s maternal, but she’s also sexual, but she tries to hide that... It’s difficult to play for a number of reasons. I haven’t really told my grandparents about the content of the show, because she [Phaedra] blows people on stage, and that’s not really something that’s okay to do... The hardest thing playing her is that she’s constantly having an anxiety attack, so trying to divide me not having an attack, from my character, is... interesting... She’s a fun character—but, really fucked up.

Cory, can you tell me a bit about the challenges of playing the character of Hippolytus in the show?

Cory [Hippolytus]: Well, first and foremost, there is...what happens to him. It’s no secret that he gets blown a few times, he has to masturbate on stage... Just the personality that he has is so... If you took all the bad traits that anyone has had ever, and put them into one person, that’s basically who it is. It’s also challenging because there isn’t much acting, because he is just so... apathetic.

This show is fairly well known for containing material you wouldn’t expect to see on stage. A lot of things that some people may deem as “inappropriate.” What was your first reaction to reading the script?

Mike [Priest + man #1]: I was definitely kind of like, well...okay... that’s on stage? As you said, I have heard a bit about it, so I knew that it was going to be sort of grotesque, and

an “only for adults sort of thing”... It follows Greek tragedies, and the sort of gruesome actions that usually happen off stage, and Sarah Kane, the playwright, puts it all on stage.

Yasmin [woman #2]: I was definitely very surprised at how edgy and out there it was. As we got to rehearsing and really knowing the characters and the story, I got a lot more comfortable with it, and started to really understand the story.

Mike [Priest + man #1]: I guess the most difficult thing has been, because it’s such an abhorrent play, in that way, that it displays violence and sex... The most difficult part has been getting to know all the cast members and getting comfortable with each other, to get the best out of the script... After the first few weeks, it got a lot easier.

Sansom, as a graduate of the Dalhousie acting program, how would you say this show compares to the countless others you’ve performed over the years?

Sansom [Theseus]: This show is great [because] everyone who is here really wants to be here... It’s nice to see everyone putting their all into it. It’s nice not having the pre-disposition of seeing each other every day in class... With this, everyone brings something new to the table, which is really exciting.

Christine, how would you say this show compares to some of the other DTS projects you’ve worked on?

Christine [Assistant Director]: It’s an edgy take, and I feel like Dalhousie Theatre Society has never done something that’s gone in this direction. I think it’s a good step because it shows what are students are capable of, it shows the range we have, and totally talented individuals!... I think it has a lot to offer in its artistic vision, and Lara’s artistic vision.



Cheer Up ... For God’s Sake

As you go through college, take comfort in the fact that there is nothing new under the sun. While there is never going to be anyone with identical genes who will experience life exactly as you do, your feelings, good and bad, emotions, good and bad, are universal. Life as you know, comes in phases, getting a college education is one phase. This is around the time in which your prefrontal cortex is fully developed and when you become more aware, emotionally, that your behaviour affects others. It is a time of greater self-awareness, particularly awareness of a moral conscience. Up to this point your behaviour has been mostly shaped by fear of punishment, or what you can get away with. With a moral appreciation of consequences, your behaviour should be shaped by a desire to pursue goodness, for goodness’ sake. This is a narrow road, but it brings peace of mind, success and happiness. It is also the surest road to wisdom. So try not to despair when the day seems dreary or the task seems impossible. Bad times never last, and you will adjust like you’ve always done. Don’t be hard on yourself, after all, you did not make yourself and you are not responsible for the factors that shaped you up to this point. Never forget that we live in our minds and so just as negative thoughts bring you down, positive thoughts will lift you up. And so it is important to control your thoughts. This, by the way is one of the triumphs in life – the control of what we allow our mind to dwell on. No one knows where thoughts come from, but thank God that we can shut out the bad ones and nurture the good ones. Work hard, and try to remain honest, so you can keep growing in your ability. You are capable of much more than you realize. Learn self-discipline and organisation so that work doesn’t spill into play, and your play is not spoiled by guilt from work left undone. Try never to panic. Better to seek help and buy yourself precious time to recover from trouble. Offer good advice and don’t hesitate to seek counsel. We are all in this together. Don’t be embarrassed to embrace faith but do not become self-righteous or a hypocrite. Your friends may not tell you so, but they will respect and admire you as a spiritual person. After all, true spirituality is about learning to love others. You will find that the more you pray, the better you know yourself and the less mistakes you make. Pray for those you don’t like and forgive others so that it is easier to forgive yourself. Overcome your shyness, not by heavy drinking or by using drugs, but by reminding yourself that we are all shy more or less. In fact, shyness tends to be a function of self-awareness. You are about to come into your own so learn to pick up after yourself and hang in there. You have yet to taste the best that life has to offer.

– Compassionate Listening Society of Alberta

WeDareToListen.com

Definitely Fiction

Hannah Ascough’s winning entry to the Fan Fiction Contest

Fanfiction is, sadly, an under-appreciated art form. A coalition of Dalhousie Res Publica Classics Society, the Dalhousie English Society, and the King’s Creative Writing Society recently got together to host a classical literature fanfiction contest, in which participants were required to write a piece about any work of literature written before 1967. The winning entry, written by Hannah Ascough, is printed here.

Redheaded Snippet
Hannah Ascough

Oberon sighed and rubbed his forehead as he pushed through his front door. Weddings always gave him a headache—he blamed the incessant, gaudy music mortals insisted on having—and a group wedding simply doubled the pain.

“Puck!” he called, making his way through his summer home, a maze of gnarled tree trunks and speckled leaves, perfumed by wooden walls and flowers.

“Puck!” he called again, and rubbed his forehead. He’d enjoyed the wedding overall—at least, he’d enjoyed being with Titania, laughing at graceless humans. Of course, most of his enjoyment came from knowing that he’d won the little changeling child from his wife.

The changeling child that he wanted to see, dammit Puck.

“Puck, where are you?” Oberon shouted, then stilled, suddenly catching the faint chatter of a high-pitched voice. He smiled and followed his ears until he could make out words in his courtyard.

“...of course, it was such a thrill to look at that amethyst brooch—just like these purple flowers, don’t you think? But Marilla is awful fond of that brooch and I knew I had to be careful around it, so of course I didn’t put it on like I said I did, but then she left it on her shawl anyhow and of course, I didn’t have it but she didn’t know that at the time...”

Oberon blinked and frowned. Something was amiss. He stepped into the courtyard and gaped.

Sitting on the stone steps, in a flat-sleeved winy dress, was a skinny girl with red braids and a flushed, freckled nose, weaving flowers into a contented Puck’s hair.

“Puck!” Oberon bellowed, and strode forward.

The fairy jumped to attention, scattering flowers and looking appropriately stricken.

“What have you done with my changeling boy?” Oberon shouted, and lifted Puck by the collar.

Puck swallowed loudly. “I don’t know, sir,” he said. “I arrived and she was here, wandering around, talking about a green gable.”

Oberon dropped Puck. “Blast, Titania,” he growled. “She’s tricked me again.”

He felt a small hand on his forearm and looked down. The skinny redhead was staring at him with wide, tearful grey eyes. “You don’t want me because I’m not a boy?”

Oberon sighed and rubbed his forehead. “I just wasn’t expecting you, that’s all,” he said tiredly.

To his dismay, the redheaded girl threw herself onto the ground and began to sob.

“Now, hold on,” the fairy king began helplessly. “Uh...”

Puck knelt down and patted the girl on the back. “It’s always the same,” she wailed. “No one wants me because I’m not a bo-o-oy!”

“Look here,” Oberon said, rubbing his forehead. “There’s no use crying about it. There’s been some kind of horrible mistake, and you’ll have to be sent back home.”

The girl sat up, rubbing at her salted freckles. “Are you sure you don’t want me?” she asked hopefully. “My name is Anne, but you could call me Lady Cordelia too, and I know the difference between raspberry cordial and currant wine so I make an excellent host, even though Marilla says that my tongue moves too much when I should be paying attention to my studies or my chores, and I work really hard, especially if there are twins around, not that I’m hoping you have twins, so please, please let me stay here because this place is so enchanting and elegant and I always knew fairies must be real.”

Oberon blinked, wondering how she breathed. “I...” he trailed off. A flash of purple caught his eye and he stared at the half-finished crown of flowers in Puck’s hair.

“My flower-amethysts!” Oberon cried out, horrified “You’ve pulled them off the trees!”

“Uh oh,” Puck whispered.

Anne tilted her head to the side. “Did I do something wrong?”

“Blast, you skinny red-headed snippet, yes, you did something wrong!” Oberon roared. “Those were my father’s prized flower-amethysts!”

Puck grabbed Anne’s hand and began pulling her towards the door. The freckled girl looked at Oberon, seeming torn between apologizing and scolding him.

“You insolent little carrot head,” Oberon shouted, rubbing his forehead angrily.

“We should leave, Anne,” Puck whispered.

“Carrots?” Anne exclaimed, outraged.

“Now, Anne!” Puck said, and threw a handful of marigolds at Oberon’s nose. The fairy king gasped and began to sneeze so violently that when he finally managed to open his burning eyes, Puck and the redhead had disappeared.

Oberon sighed and rubbed his forehead. His head was ringing and he felt strangely sorry for Marilla, whoever *she* was.



Pre-Shrunk: A Big Show of Small works

4x5 paintings cover the walls of Argyle Fine Art

KATIE LESSER

This year, Argyle Fine Art will present over 300 works of miniature art by over 60 different artists in their Annual Pre-Shrunk Show. Branding itself as “A Big show of Small works,” Argyle Fine Art opened its doors on Jan. 22 to the public to showcase the work of many talented local artists.

The show encourages emerging artists, as well as professionally established artists, to participate. All mediums, themes, and styles are accepted within the guidelines as long as they all have one thing in common: the size. The size of the works are all 4 x 5 inches—every single one of them. The show will run until Feb. 13 at the 1559 Barrington Street Gallery. Each work is for sale—and the \$175 price tag includes the 50 per cent commission fee for the gallery.

Erin Hollingshead is one of the featured artists participating in this year’s Pre-Shrunk show. Erin is a fourth year student at NSCAD University whose focus is in painting. Her work is a reflection of Nova Scotian nature. Hollingshead

took her inspiration from the barnacles and shells she had found on the shores of several Nova Scotia beaches. She enjoyed the variety of shells that she had found, giving room for lots of creativity within her work. Hollingshead’s style of graphic, outlines, and bold colors allow her work to stand out and have a voice.

“It’s important for artists to involve themselves because it gives an opportunity to meet other artists, and also to create something,” says Hollingshead when asked why she participated in Pre-Shrunk. “It is also an opportunity to let the community see your work!”

As all works are of many styles, genres, and themes, it is easy for anyone to find a favourite. With over 300 works, there is bound to be one for everyone. It is an amazing show that Argyle Fine Art puts on and it brings together the artist community as well as the general public to oooh and awe at the amazing talent Halifax has.

Argyle Fine Art is very in touch with social media, they have a blog, a Facebook page as well as an Instagram account where you can follow daily updates of artworks, shows and events. Each day leading up to the Pre-Shrunk show there would be a featured artist and the work they had submitted into the show. The show doesn’t just have paintings, as there are also sculptural works, felted works, and mixed media works.

This annual show is one you do not want to miss. Argyle Fine Art knows how to bring together the artist community and the general public into one tiny but big show! Over 60 local artists are participating this year, and many are students, which allows the opportunity for them to put this show on their CV. Being in a curated and highly recognisable show puts these artists on the map. Pre-Shrunk is a Big show of Small works, and it is a great way to get to know your local Halifax art community.



Men's basketball

CAM HONEY, SPORTS EDITOR

Tigers bounce Huskies 78-73 on Shoot for the Cure night

The Tigers men's basketball team did not trail once on their way to picking up a 78-73 win over the SMU Huskies on Shoot for the Cure night at the Dalplex on Friday, Jan. 22. The win gave the Tigers an 8-4 record on the season.

Shoot for the Cure night was held to raise money for breast cancer research. The Tigers wore pink warm-up shirts for the cause. Tigers women's basketball players Christina Brown and Meghan Thompson shot free-throws at halftime to raise money. Each player's sponsor donated \$100 to the Canadian Breast Cancer Foundation.

Ainsley McIntyre of the women's Tigers team cut 10 inches of her hair for the cause. She also raised over \$2600 to donate, with her hair, to the Canadian Breast Cancer Foundation.

The Tigers were ready to roll from the opening tip and kept up the pace for the rest of the game.

"It's a W and it's two points," said Tigers Head Coach Rick Plato. "It wasn't pretty at the end, but we'll take it."

The Tigers opened up a 5-0 at the start of the game and ended up taking the first 24-20.

The Huskies were able to tie the game up in the second a couple of times, but could not take the lead.

Kashrell Lawrence had a monster two-handed jam, off a fast break in the middle of the quarter that made it 34-30 Tigers. Sven Stammberger hit three three-pointers on 3/4

shooting to lead the Tigers with 9PTS in the frame.

The Huskies, however, fought back and won the second 22-18 to send the game to the break tied at 42-42.

The game slowed down in the third. The Tigers were paced by Lawrence's 7PTS to win the frame 17-12 and take a 59-54 lead into the fourth.

In the fourth, the Tigers were able to stretch their lead to as many as nine. They seemed to have the game on ice up 77-68 with 29 seconds left. The Huskies did not roll over and played the foul game to work it to 77-73 with seven seconds left. Ritchie Kanza Mata locked up the win with a free-throw.

Lawrence led all scorers with 21PTS and added 6REB. Stammberger was the next highest scorer with 17PTS and 6REB. Kanza Mata had a double-double with 11PTS and 12AST and Jordan Aquino-Serjue also had 11PTS for the Tigers.

"They had our number through the first two regular season games," said Plato. "I think we hung in there, we got up a little bit, we made some shots, we've still got a lot to do, but the boys seeked it out and that's the main thing. Got another W got another two."

Tigers stifle Panthers to win 79-78

The men's basketball Tigers picked up their second win in as many days beating the UPEI Panthers 79-78 in Charlottetown

on Saturday, Jan. 23. The four-point win gives the Tigers a 9-4 record and puts them in a tie for first in the AUS with the Panthers at 24 points.

The Tigers defense was the key to the win, as they kept the AUS's highest scoring team under 80 points.

The Panthers took the opening quarter 22-20.

In the second it was the Tigers who had the explosive offense. Led by Sven Stammberger's 13PTS in the quarter, they lit it up in Charlottetown taking the frame 27-18. The big 10 minutes gave the Tigers a 47-40 lead going into halftime.

The Panthers responded in the third. They opened up their own offense taking the quarter 24-17 to send the game to the fourth tied at 64.

The Tigers were able to build a five point lead at 77-72 on a Kashrell Lawrence jumper. The Panthers came right back and four straight points from Brad States gave them the lead at 78-79 with 33 second left. Lawrence made a layup with 13 seconds left to put the Tigers back on top 79-78 and AUS leading scorer Tyler Scott missed a chance at a game winning jumper, securing the Tigers the win.

Stammberger had 17PTS and 5REB to lead the Tigers. Lawrence added 16PTS and 6REB, Ritchie Kanza Mata had 16PTS and 5AST, while Jordan Aquino-Serjue dropped 12PTS and picked up 7REB.

The Tigers play at the Dalplex against the Acadia Axemen on Saturday, Jan. 30.

Women's basketball

CAM HONEY, SPORTS EDITOR

Tigers fall 62-51 to Huskies on Shoot for the Cure night

The women's basketball Tigers fell 62-51 to the SMU Huskies on Shoot for the Cure night on Friday, Jan. 22 at the Dalplex. The loss dropped the Tigers to 4-8 on the season.

Shoot for the Cure night was held to raise money for breast cancer research. The Tigers wore pink warm-up shirts for the cause. Men's team Tigers Sven Stammberger and Matt McVeigh shot free-throws at halftime to raise money. They went a combined 16/20 to raise \$160 for the Canadian Breast Cancer Foundation.

In the game, the Tigers were right there through three quarters, but could not hang on in the fourth.

"It was a good game," said Tigers head coach Anna Stammberger. "We were short shifting some people in anticipation of the tough road trip tomorrow. We did a lot of good things."

The Tigers opened the game 4-0, but the Huskies responded and held a 14-10 lead after one.

The scoring opened up in the second quarter with the two sides exchanging baskets throughout the frame. The Huskies took the quarter 18-17 and held a 32-27 lead at the half.

In the third, the Huskies stretched their lead to 8 points at 37-29 before the Tigers started to claw their way back. Megan Thompson made two free-throws, a layup and a three-pointer to close the Huskies lead to 40-36. Tessa Stammberger made three free-throws and a jumper for the next five Tigers points and Diedre Alexander hit a jumper with 0:03 on the clock to end the third 45-43 Huskies.

The final frame was all Huskies as the Tigers bench struggled to score. The Huskies took the fourth 17-8 for the 62-51 win.

Tessa led the way for the Tigers with 13PTS and 7REB despite sitting for most of the fourth. Diedre Alexander finished with 8PTS and 5REB, while Ainsley McIntyre and Megan Thompson had 7PTS each.

"It wasn't our day to beat them," said Stammberger. "They're beatable we can see that, it wasn't today. We still have another couple of chances to play them, I hope, so we'll keep focusing on that and keep working at it."

Tigers end three game slide, beat Panthers 73-68

The women's basketball Tigers ended a three game skid with a 73-68 victory over the UPEI Panthers on Saturday, Jan. 23 in Charlottetown. It was a four-point win for the Tigers, improving their record to 5-8 on the season. They sit comfortably in fifth place in the AUS with 14 points and are only two points back of third.

It was a game of momentum swings.

The first quarter was close with the Tigers taking the frame 14-13.

The Tigers' offense exploded in the second as Megan Thompson, Ainsley McIntyre, Diedre Alexander and Tessa Stammberger all chipped in to help win the frame 21-11. The Tigers took a 35-24 lead into the half.

The third quarter was a complete reversal of the second with the Panthers storming out of the break to take the frame 23-14. The game went to the fourth with the Tigers up 49-47.

The fourth was a high scoring affair that got exiting late. The Tigers were able to stretch their lead to 10 at 57-47 and 59-49 before the Panthers started to close the gap. Christina Brown made a layup with 48 seconds left to give the Tigers a 71-65 lead. Anne Kiberd hit a three to make it 71-68 before Stammberger iced the game with two free-throws with 27 seconds left and a defensive board with seven seconds left.

Stammberger led the way for the Tigers with 19PTS 9REB and 5AST. McIntyre added 14PTS, Brown and Alexander each had 10PTS, while Shalyn Field chipped in with 8PTS 10AST and 5REB.

The Tigers are back on the court at the Dalplex on Saturday, Jan. 30 against the Acadia Axewomen.



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Men’s hockey

JOSH YOUNG

Tigers lose in a shootout to St. Thomas

The Dalhousie Tigers men’s hockey team lost to the St. Thomas Tommies 4-3 in a shootout on Saturday, Jan. 22 in Fredericton, New Brunswick.

For the second straight game, the Tigers have allowed the opening goal 58 seconds into the game. Tommies forward Andrew Fristsch had the puck at the left face-off circle and passed the puck over to teammate Bryace Milson at the right side of the Tigers’ net. Milson shot the puck in the net. Eric Diodati got the other assist.

Later on in the first period, Tommies forward JC Campagne hit Tigers forward Andrew Rieder up high when Rieder did not have the puck. Campagne got five minute major for interference and a game misconduct. On the power-play, Tigers forward Colton Parsons passed the puck in front of the Tommies net to Andrew Wiggington. Wiggington shot the puck past Tommies goaltender Tyson Teichmann. Fabian Walsh got the other assist.

With almost a minute left in the first period the Tommies re-gained the lead. Tommies forward Matt MacLeod sniped the puck from the left face-off dot into the top left hand corner of the net. Marc-Andre Levesque and Colin Martin got the assists.

The Tigers tied the game again 6:20 into the second period. Tigers forward Mike Evelyn muscled the puck to the left side of the Tommies’ net. Evelyn spun off his defender and tried to jam the puck between Teichmann’s leg and the left goal post. His teammate Tanner Williams came in and banged the puck into the net.

Fourteen seconds into the third period, Williams scored again. The Tigers dumped the puck into the Tommies zone and Tigers defenseman Wes Herret stole the puck and skated over to the left side of the net. Herret passed the puck over to Williams on the right side of the ice and Williams fired the puck into the net to give the Tigers their first lead of the game.

Almost six minutes into the third period, the Tommies tied the game. Bryce Milson skated out to the point and fired a slapshot that was tipped by Tommies forward Rankyn Campbell and went into the net. The game remained tied at the end of regulation and went into overtime.

Dalhousie outshot St. Thomas 7-6 in overtime but neither team was able to score, sending the game into a shootout.

In the shootout Walsh and Page were not able to beat Teichmann while Dillon Donnelly and Colin Martin scored for St. Thomas giving the Tommies the win.

The Tigers outshot the Tommies 43-38. Tyson Teichmann made 40 saves for the Tommies while Boes made 35 saves for the Tigers.

Tigers rip Aigles Bleus

The Dalhousie Tigers men’s hockey team beat L’universite de Moncton (UdeM) 6-1 on Saturday, Jan. 23rd at Aréna Louis-Lévesque in Moncton, New Brunswick.

For the third straight game, the Tigers have allowed the first goal in the first minute of the game. UdeM forward Alex Saulnier passed the puck down to his brother Allain Saulnier who was to the right of the Tigers’ net. Allain then passed the puck in front of the Tigers’ net to teammate Jean-Francois Plante. Plante shot the puck past Tigers goaltender Corbin Boes to give UdeM an early lead.

Thirty-two seconds later the Tigers struck back. Tigers forward Colton Parsons had the puck on the left wing and fired it in front of UdeM’s net. UdeM goaltender Brandon Thibeau made the save but the rebound came out to Fabian Walsh. Walsh banged away at the puck but teammate JP Harvey came in and whacked the puck into the net.

At the 11:41 mark, the Tigers took the lead. Captain Luke Madill shot the puck from the point however it was blocked. The Tigers managed to get the puck loose to Steven Johnston in the slot. Johnston took the puck and fired it over Thibeault’s blocker and into the net. Andrew Wiggington and Felix Page were credited with the assists.

The Tigers stretched their lead to 3-1 on a power-play goal 8:40 into the second period. Fabian Walsh shot the puck from the point Thibeault made the save but Wiggington passed the rebound over to Felix Page near the left side of the net. Page shot the puck past Thibault and into the back of the net.

Almost a minute and a half into the third period the Tigers stretched their lead to 4-1. Fabian Walsh got the puck at the top of the left face-off circle and fired a wrist shot over Thibeault’s glove and in. Parsons and Harvey were credited with the assists.

With seven minutes left in the third period, the Tigers scored again. Wiggington intercepted a pass in the neutral zone and skated down the right wing. He passed the puck over to Parsons in the middle of the ice and Parsons shot the puck past Thibeault and into the net.

The Tigers capped the game off with another power-play goal with two minutes left in the game. Wiggington skated to the top of the right face-off circle and passed the puck over to Johnston at the left side of the net. Johnston shot the puck into the net to make the score 6-1.

The Tigers power-play was terrific in the game, scoring on both of their two-power play chances. Their penalty-kill was just as good killing UdeM’s four power play chances.

Even with the loss, UdeM still outshot the Tigers 32-30. UdeM goaltender Brandon Thibeau made 24 saves; Tigers goaltender Corbin Boes made 31 saves.

The win improves the Tigers record to six wins, 12 losses and four overtime losses (6-12-4). The loss drops UdeM’s record to 8-11-2. The Tigers’ next game is at home on Wednesday, Jan. 27 at the Halifax Forum at 7 p.m. against Saint Mary’s. That game takes place on Bell Let’s Talk Day. There will be a lot of activities for fans to enjoy the game, win prizes and help spread mental health awareness. Admission is free.

Tigers fall to powerhouse Axemen

The Dalhousie Tigers men’s hockey team lost 5-2 to the nation wide number one ranked Acadia Axemen (Jan. 19 rankings) on Tuesday, Jan. 19 at the Halifax Forum.

The Axemen opened the scoring one minute into the game. Forward Zachary Franko received a pass in the neutral zone and skated down against two Tigers defenders. Franko stick-handled through one defender and went to his backhand near the right side of the net and shot the puck past Tigers goaltender Corbin Boes. Stephen Woodworth and Geoff Schemitsch got the assists.

Four minutes and twenty seconds into the period, the Axemen scored again. Axemen forward Kyle Farrell stole the puck, skated into the slot and fired the puck past Boes to make the score 2-0.

Two minutes later, the Tigers answered back. Tigers forward Stephen Johnston intercepted an Axemen pass right in front of Acadia’s net. Johnston made a deke and put the puck past Axemen goaltender Brandon Glover.

Ten minutes into the second period, Franko scored his second goal of the night. Axemen forward Brett Thompson intercepted a pass at the Tigers’ blueline and skated into Dalhousie’s zone. He passed the puck across the net to Franko at other side of the net. Franko tipped the puck in to make the score 3-1.

Two and a half minutes later, the Axemen stretched their lead to 4-1 on a power-play goal from Axemen captain Mike Cazzola. Geoff Schemitsch and Brandon Glover get the assists.

Almost four and a half minutes into the third period, the Tigers get a power play goal of their own. Tigers forward Colton Parsons passed the puck up to the team’s second leading scorer Fabian Walsh. Walsh fired a wrist shot from the point that got by Glover to cut Acadia’s lead to 4-2.

With four and a half minutes left in the third period, the Axemen get another power-play goal. ON a 5-on-3 power play Axemen defenseman Matt Pufahl fired a wrist shot from the point that beat Boes and went into the back of the net. Franko got the other assist and the Axemen won the game 5-2.

On the bright side, the Tigers played well against the country’s best team getting narrowly outshot 27-26. Acadia’s goalie Brandon Glover made 24 saves while Corbin Boes made 22 saves.



Women's hockey

JOSH YOUNG

Tigers beat Mount A 3–2

The Dalhousie Tigers women's hockey team beat the Mount Allison Mounties 3-2 on Saturday, Jan. 23 at Mount Allison.

The Tigers opened the scoring 11:20 into the first period. Tigers forward Sarah Robichaud got the puck near the left corner in the Mounties' zone and skated in front of the Mounties' net and backhanded the puck past goaltender Keri Martin.

About a minute and thirty-six seconds later, the Mounties struck back on the power play. Mounties forward Kara Anthony shot the puck from a bad angle to the right of the Tigers' net. Tigers goaltender Jessica Severeys stopped the puck, however the Mounties dug at the rebound and the puck squeaked in. Shelby Colton was awarded the goal for the Mounties.

After a scoreless second period, the Mounties took the lead two and a half minutes into the third period. While shorthanded the Mounties cleared the puck out of the zone. Mounties forward Rachel Heffernan out raced everybody for the puck and went on a breakaway and beat Severeys to score. Anthony and Samantha Bujold were credited with the assists.

The Tigers tied the game up at the 05:15 mark of the third period. Tigers forward Elizabeth MacArthur stole the puck near the Mounties blueline. She skated into the slot and fired the puck but Martin made the save. The rebound came out to Tigers assistant captain Lisa Maclean and she put the puck into the net.

Maclean put the Tigers in front with a great individual effort. She got the puck in the Tigers zone and raced down the ice. She deked a defender to gain entry into the Mounties' zone and then skated down the left wing, cut across the net and tucked the puck around Martin's leg and into the net.

The Tigers managed to shutout the Mounties in the final six minutes and win the game 3-2.

The Mounties scored on their only power-play chance of the night. The Tigers did not score on any of their six power-play opportunities.

The Tigers outshot the Mounties 34-25 for the win. Keri Martin made 31 saves for the Mounties while Jessica Severeys made 23 saves for the Tigers.

Tigers lose to X-Women

The Dalhousie Tigers women's hockey team lost 3-1 to the St. FX X-Women on Sunday, Jan. 24 in Antigonish, Nova Scotia.

The X-Women opened the scoring two minutes into the game. X-Women Taylor Dale skated behind the Tigers' net and backhanded the puck towards the net that surprised Tigers goaltender Mati Barret. The puck went through Barret's legs and into the net.

The X-Women stretched their lead to 2-0 with three minutes left in the opening period. Forward Taylor Campbell took the puck in the right corner in the Tigers' zone. She skated out right in front of the Tigers' net and shot the puck past Barret's blocker and in. Sarah Bujold got the assist.

At the 7:20 mark of the second period, the Tigers struck back. While shorthanded Tigers forward Corinne Desjardins poked the puck away from an X-Women defender and went on a break. She fired the puck but it hit X-Women goaltender Sojung Shin in the shoulder. The rebound came out to Tiger co-captain Sarah Robichaud. Robichaud shot the puck but Shin sprawled out to make the pad save. Robichaud got her own rebound and shot the puck into the net.

The X-Women rebounded with their own shorthanded goal with a minute and a half left in the second period. X-Women defender Nicole Halladay shot the puck and Barret made the save but the rebound came out to Dale. Dale shot the puck off the left post and the puck landed in the slot. St. FX forward Daley Oddy got to the puck first and fired it into the back of the net.

The Tigers and the X-Women both recorded six shots in the third period, but neither team was able to score resulting in the X-Women to win the game 3-1.

It was a tough game for the Tigers as they got out shot 40-11 by the X-Women. Sojung Shin made 11 saves for the X-Women; Mati Barret made 37 saves for the Tigers.

The loss drops the Tigers' record to seven wins, 10 losses, and one overtime loss (7-10-1). The win improves the X-Women's record to 8-8-2. The Tigers' next game is on Saturday, Jan. 30th at 6:30 p.m. against Mount Allison at the Halifax Forum.

Track and Field

CAM HONEY, SPORTS EDITOR

Tigers grab 10 events in Moncton

The Tigers track and field team won 10 events at the Jump Start Athletics Moncton Open on Saturday, Jan. 16.

Jordan Bruce won two events himself and his performance in the triple jump has him as the top ranked triple jumper in the CIS.

Chantelle Robbertse and Jessica Shannon also won two events each.

The full list of event winners are:
Jessica Shannon: 60m hurdles, shot put
Riley van den Heuvel: High Jump (18-19 age group)
Chantelle Robbertse: High Jump (20-34 age group)
Sarah Taplin: Triple Jump
Jordan Bruce: 60m Dash, Triple Jump
Devin Errington: High Jump
Chas Smith: Long Jump



Tigers track runners win big at ANS Open

The track unit of the Tigers track and field team won big in the Canada Games Centre at the ANS Open on Sunday, Jan.17.

The Tigers were able to pick up first place in 12 different events.

Michelle Reddy is now the top ranked runner in the 600m category after winning gold. Mathew Coolen picked up two wins for the team.

Jacob Wing: 1000m Run
Callum Drever: 1500m Run
Matt McNeil: 3000m Run

The Tigers track and field team will compete in the McGill team challenge at McGill University on Jan. 29-30.

Files from Daltigers.ca

Event winners:
Michelle Reddy: 600m Run
Abby Llewellyn: 1500m Run
Colleen Wilson: 1000m Run
Kayte Kowal: 6000m run
Gabe Stephen: 60m Dash (18-19 age group)
Matthew Coolen: 60m Dash (20-34 age group) and 60m Hurdles
Mike Van Der Poel: 300m Dash
Shiloh Johnson: 600m Run

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THE SEXTANT

THE OFFICIAL PAPER OF DALHOUSIE SEXTON CAMPUS

January 29, 2016

Mental Health Awareness on Campus

Ozi Onuoha
Assistant Editor
Mineral Resources '16

It isn't mental health week yet but we should not confine an issue that affects a significant percentage of Canadian students everyday to a single week in May. I think its more fitting to talk about mental health issues and the forms of help available on campus way before the start of the exam period. By doing so, students who are unaware of the various types of support available are able to utilize them and take charge of their mental health early on.

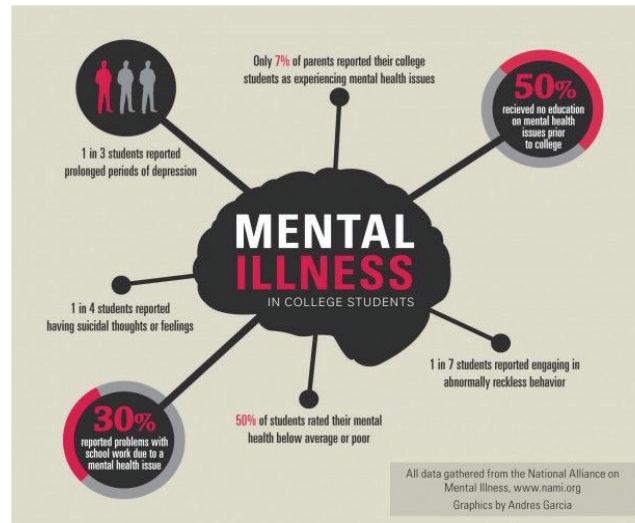
There are a variety of mental health disorder that can affect a student's academic performance and general functioning; common examples would include stress, anxiety and depression. The effects of ignoring these problems could be academic, dismissal or lowered grades, social, withdrawing from others or becoming angry, or related to individual wellbeing such as self-harm suicidal tendencies. Some of the reasons why students face mental health challenges include: the stress associated with moving away from home for the first time, academic and social pressures and parents' expectation. The stigma surrounding mental disorders also creates an environment where students are less likely to seek help due to what others may think.

Mental health issues are very complex and properly addressing them is no easy task. I propose that the problem of adequate treatment is two-fold. Not only do

affected persons have to step up and decide to take control of their lives and mental well-being by making use of the various services available on campus, friends and families of affected people must remain vigilant so as to notice the signs and symptoms shown by individuals experiencing a mental health crisis. This vigilance and cooperation between affected persons and friends and families can go a long way in helping an affected person cope with a mental disorder and in some cases could save a life.

Some of the support available on campus include: mental health counseling services (available for all Dal and King's students), learning disability services such as the option to apply for and receive test and exam accommodation, in-class note taking services and personal counseling among others. It is helpful to know that Sexton campus faculty and staff is aware of the seriousness of mental health issues in the university and as such treat issues related to student's mental well-being with the utmost seriousness and sensitivity. It is important to reiterate that the mental well being of students is as important as the physical well being and as such must be treated with the same level of seriousness as other physical health related issue.

Visit www.dal.ca/campus_life/student_services/health-and-wellness for more information on what you can do to take care of your mental well-being and the various forms of assistance available through Dalhousie.



Infograph of the prevalence of mental illness on American college campuses
Source: www.psychologytoday.com



DALHOUSIE UNIVERSITY

Inspiring Minds

Ed: Turns out it is pretty hard to inspire a mind when it spends about 60% of its time anxiously worrying about everything happening around it and the other 40% is spent too depressed to function. Keep increasing tuition though, I am sure that will help.



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SUBMIT:
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SEXTON EVENTS

**ENGINEERING: EVERY FRI-
DAY. 1:30PM-5:30PM**

**T-ROOM TRIVIA W/ STAN
AND THOMAS EVERY FRI-
DAY @ 9:30 (\$2, 19+)**

Share your Sexton event by sending details to sextant@dal.ca

The Sextant aims to represent all of the students studying and living on Sexton Campus. If you have any concerns about the paper, please email sextant@dal.ca

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Questions, Comments, Contribute
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DalSexton.ca

JOURNALISM IS ABOUT PEOPLE

Postmedia or the *Toronto Star* may have laid you off, or the *Chronicle Herald* may have taken away your byline, locked you out or sent you a layoff notice. Whatever your current situation, you, at one time, told us stories. You know the job is thankless, but you did it anyways. We want to recognize your hard work in the most permanent way: printing your name. With more media cuts every week, we couldn't compile all your names, but we tried to get a list of most people affected by last week's cuts and lockouts. Everyone knows that journalism is about people, but they often forget that journalists are people, too.

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