



The Dalhousie Gazette
North America's Oldest Campus Newspaper, Est. 1868

OUTLOOK CLOUDY

Dal moves to free Microsoft
service—but how secure is
your data?



FREE!

Dal should dump
fossil fuels, pg 8

The return of the
sex column, pg 14

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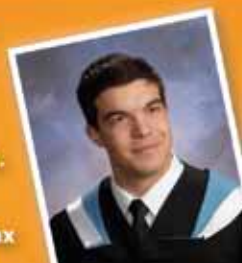


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DALHOUSIE STUDENT UNION



WEEKLY DISPATCH

Stay connected with the DSU through Facebook & Twitter
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DALHOUSIE STUDENT UNION FARMERS MARKET COLLECTIVE

Support Local, Buy Local, Eat Local
Run by Students for the Community

The Dalhousie Student Union Farmers Market Collective is committed to making fresh, local food accessible to students and the community by bringing a weekly farmers market to campus. The farmers market will run every Wednesday in the main floor of the SUB from 10 a.m. to 2 p.m. Join us to try completely local produce and other goods that are produced using products that are sourced as ethically and sustainably as possible.

The Farmers Market Collective aims to provide a conscious consumption model, so please bring your own bag and mug.

Wednesday, October 2nd	Wednesday, November 13th
Wednesday, October 9th	Wednesday, November 20th
Wednesday, October 16th	Wednesday, November 27th
Wednesday, October 23rd	Wednesday, December 4th
Wednesday, October 30th	Wednesday, December 11th
Wednesday, November 6th	

The Farmers Market weeks:

STUDENT LEADERSHIP AND ACTION FORUM

(Saturday, September 28, 1-6 p.m.)

Which part of the student movement moves you?

Join other passionate people for discussions, presentations, spoken word and music while we delve into:

- Student Debt (Tuition Fees and Student Poverty)
- Environmentalism (Fossil Fuels and Divestment)
- Food Sovereignty (Having Food vs. Feeding Ourselves)
- Corporatization of Education (Quality, Corporate Presence and Student Voice)
- Equity and Allyship (Privilege, Oppression and Empowerment)
- Leadership (What It Is and What It Isn't)

Students have always been one of the strongest forces for positive change. Students have won lower tuition fees, stopped wars, prevented environmental destruction, and improved conditions for themselves and their communities through action. This forum will allow us to discuss how we can have meaningful, long-term impact and collectively struggle for justice on all scales.

WHAT DO YOU WANT THE STUDENT UNION BUILDING TO BE?

Do you want a place on Campus to study, chill out, energize, collaborate and play?

Join in on the discussion and help shape the future of your DSU Student Union Building.

There will be a presentation and discussion on October 1, 2013 in the McInnes Room of the SUB (7-9 p.m.)

Sept. 27 - Oct. 3, 2013 •

The Dalhousie Gazette

North America's Oldest Campus Newspaper, Est. 1868

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the fine print

The Gazette is the official written record of Dalhousie University since 1868. It is published weekly during the academic year by the Dalhousie Gazette Publishing Society. The Gazette is a student-run publication. Its primary purpose is to report fairly and objectively on issues of importance and interest to the students of Dalhousie University, to provide an open forum for the free expression and exchange of ideas, and to stimulate meaningful debate on issues that affect or would otherwise be of interest to the student body and/or society in general. Views expressed in the letters to the editor, the Street, and opinions section are solely those of the contributing writers, and do not necessarily represent the views of The Gazette or its staff. Views expressed in the Streeter feature are solely those of the person being quoted, and not The Gazette's writers or staff.

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DalGazette.com Website Top 5

- 1) Rowdies vandalize WWII vet's car—Ian Froese, News
- 2) Letters to the Editor (Sept. 20)
- 3) Travelling Tigers—Graeme Benjamin, Sports
- 4) Ben's Ten: Magnificent Mascots—Benjamin Blum, Sports
- 5) A special day for kids and Tigers alike—Daniel Bergman, Sports



Dal moves to Microsoft

How secure is our data?

Calum Agnew
News Editor

Fluffy and white, floating weightlessly: that's the image of 'the cloud' sold by the sun-drenched complexes of Silicon Valley.

After years of deliberation, Dalhousie is opting in. But the outlook may be gloomier in Halifax.

On Sept. 4, the university began the rollout of its new email, calendar and productivity platform: Microsoft's Office 365. By the end of the academic year, the vast majority of Dal's 60,000 email accounts will be hosted off-campus, somewhere in Microsoft's array of data centres, located nowhere precisely but accessible everywhere.

Into the clouds

"We are rolling out a modern email communications tool, that's much like what consumers can get," says Dwight Fischer, Dal's chief information officer, "for free."

The new myDal site offers students more storage space, a new calendar system and extensive support for mobile devices. Students will also get access to a limited version of Microsoft's office suite. By phasing out the old system, the university hopes to save around \$1.8 million over three years.

As of Sept. 13, the university has moved over roughly half of its users to the new system. There have been some bumps along the way: faculty have not been transferred over yet, and Fischer says that the new calendar system has been somewhat problematic.

While Microsoft has described Dal's move to Office 365 as "one of the more significant deployments" of their software, some of the largest public institutions across Canada have already outsourced IT services to cloud-based alternatives.

"We are not the first school to do this," says Fischer. "This is a big trend in higher education. This is

the direction the industry is taking us."

The University of New Brunswick, and the University of Toronto—an institution over five times the size of Dal—began the move to Microsoft's platform in 2011. The University of Alberta, Ryerson University, Memorial University and others have adopted Google's offering. More are likely to follow.

Cloud reading

Dal has been planning to move away from locally hosted email and calendar services since at least 2011. But now, some are calling for the university to review its decision in light of a series of revelations suggesting that Microsoft is providing America's National Security Agency (NSA) virtually unfettered access to the data it holds.

If these allegations are true, faculty and student's emails and online documents would be readily accessible to prying eyes. And although Nova Scotia law requires the company to notify Dal if it receives a request for data, this may not be a credible promise.

"I think there are exceptions to it," says Fischer. "Everyone is learning that [Microsoft] have been required to comply with some of those requests."

Despite this, Fischer says concerns about surveillance are misplaced. "It's a red herring."

"The way people are using email today, the risk of being monitored by the NSA or the U.S. government is there—but it's already there for all of us," he says.

"Forget where it's hosted for a minute, the plain security of the system—a modern system, by Microsoft, with their army of security experts, is much more secure."

But not everyone is at ease. The Dalhousie Faculty Association (DFA), the union representing academic staff at the university, is concerned by the privacy and security of the new system.

Kevin Grundy is the president of the DFA.

"I don't think anybody—or at least, I hope not—is under any illusions. There's always the possibility of a second pair of eyeballs on our material. Anyone who thought that wasn't possible was probably somewhat naïve," says Grundy.

.....
**"THERE IS NO
GUARANTEE
OF PRIVACY
WITH EMAIL.
THERE IS NO
GUARANTEE OF
SECURITY."**
.....

"But we felt relatively secure when email was held on Dal servers. We recognize that is completely gone on the cloud services."

The DFA is looking to move the union's accounts off of Dal's IT system.

Gone phishing

Information Technology Services (ITS) is less worried about state surveillance than one of the most common threats on the net: phishing.

John Bullock is the information security manager for ITS. He says spam is "the biggest issue facing us as IT providers right now, and as individuals."

An attempted phish can range from the absurd (Nigerian prince) to relatedly elaborate (fraudulent Dal pages). Most recently, an email disguised as being from Dal Security was circulated amongst students.

"The days of you being able to tell it's a scam? They're over. The lack of tells—a request for your password, poor grammar, or a foreign address—"doesn't make it a valid email."

Bullock says that university email accounts are targeted because they have traditionally

had very robust internet connections. "The accounts could be used to send out a lot of spam. They also have the weight of authority."

ITS doesn't know who, exactly, is targeting Dal. "What we know is that it's people making money," he says.

Unfortunately, the move to Microsoft has, at least for the time being, weakened the school's defences against spam. "There is a bit more spam now. We had pretty robust spam filters here at Dalhousie," says Bullock.

Office 365 has a spam filter, but Microsoft told ITS that their system needs time to 'learn' before it is fully effective. "We hope it's going to go away," says Bullock, "but initially it did go up."

Farewell to email

Despite security revelations, there's no thought of backing out of the deal with Microsoft and building up Dal's capacity.

"Even if we said, 'um, yeah, we're concerned about that' and we put in a few million dollars, we would never keep pace with the rapid changes in technology today," says Fischer. "It would give you a sliver of the capacity, and

we would be spending millions of dollars we didn't have to for that false sense of security."

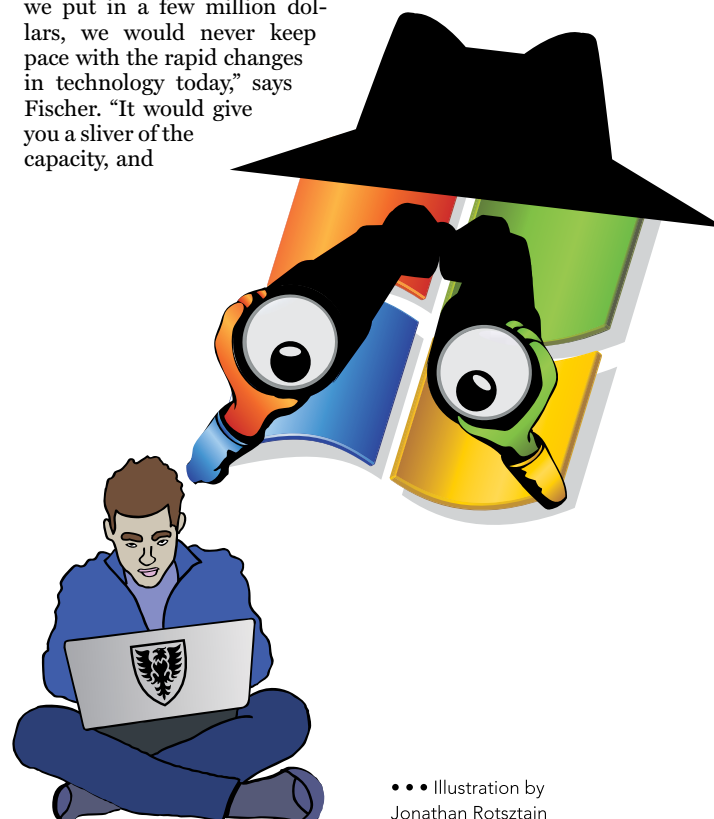
Just as the university rolls out its new email service, it is encouraging people to move away from the ubiquitous form of communication. "There is no guarantee of privacy with email," says Fischer. "There is no guarantee of security."

Fisher rattles off a list of problems: people connect over insecure wifi, email travels all over the world and you cannot tell where it is going.

"Say 'if I have to communicate a sensitive file?' We say, 'don't use email.' If I have to send a letter about a student on probation, I won't send it over email. We have a secure file transfer system on our network."

And then there's money.

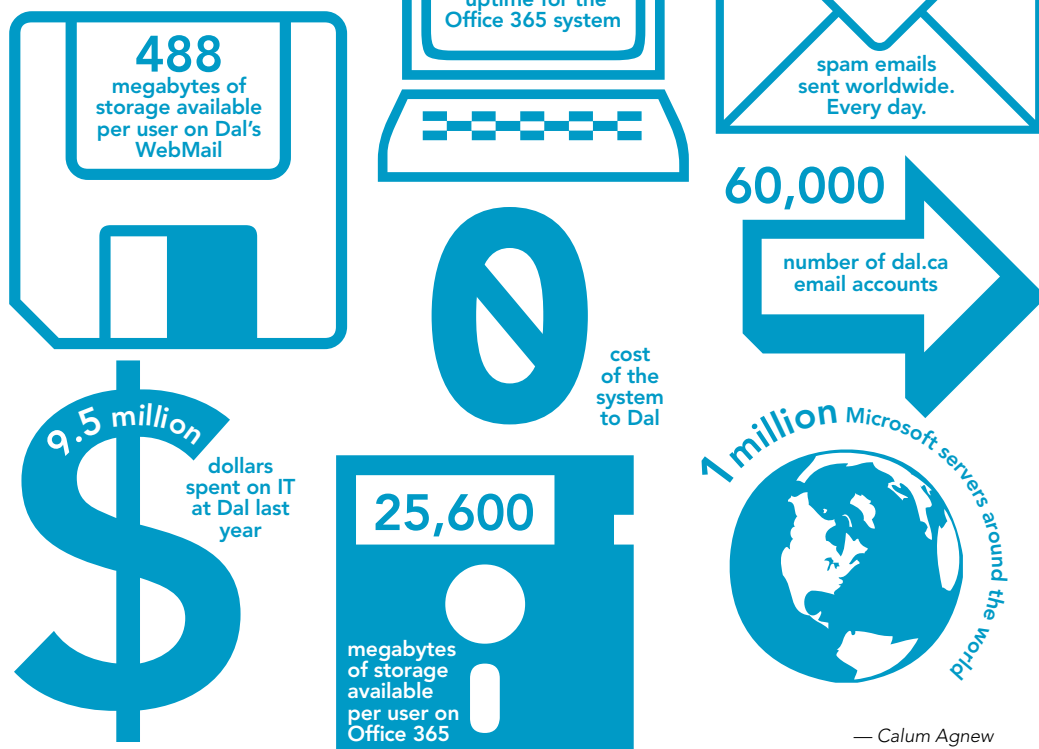
"Why would the university spend millions of dollars when funds are so tight?," says Fischer. "That's an irresponsible use of student fees for a false sense of security." ☹



••• Illustration by
Jonathan Rotsztein

By the numbers: Office 365

Dal's new myDal page has gone live. But how much do you know about it? Here's the website, by the numbers.



— Calum Agnew
& Emily Davidson

Twitter reacts: How do you feel about the new Microsoft-sourced my.Dal page?

Alesia Hebb
@AlesiaDawn2
"too many glitches, slow,
not explorer compatible"

Nicole Crozier
@N_Crozier
"Dislike that Outlook will open
in the same window, so I can't
easily return to myDal after
checking email. On the flip
side, like the integration of the
events calendar, and that I no
longer have to enter password
for myCareer/BbLearn!"

Rebecca MacDonald
@rebecca_mac15
"LOVE IT."

William C. Coney
@WilliamConey
"Kinda dislike how the
"Quick Links" section w/
BBlearn, Dalonline, Clas-
sifieds, etc. is relegated to
the bottom right corner."

i_am_100
@WamorenaC
"it's awesome. However,
feel that Outlook should
open on a separate tag."

NEWS BRIEF

Kristie Smith
Assistant News Editor

The Dalhousie Student Union (DSU) and Lydon Lynch architects are looking for student input leading up to an expensive building renovation project which would drastically change the interior and expand the overall size of the Student Union Building.

The first public presentation is on Tuesday, Oct. 1 at 7 p.m. in the McInnes Room, with a second on Oct. 28.

Prior to this has been four months of interviews, research and design mock-ups based on input from the DSU staff as well as the students, faculty and staff available over the summer months. There are four post-card ads around campus with a

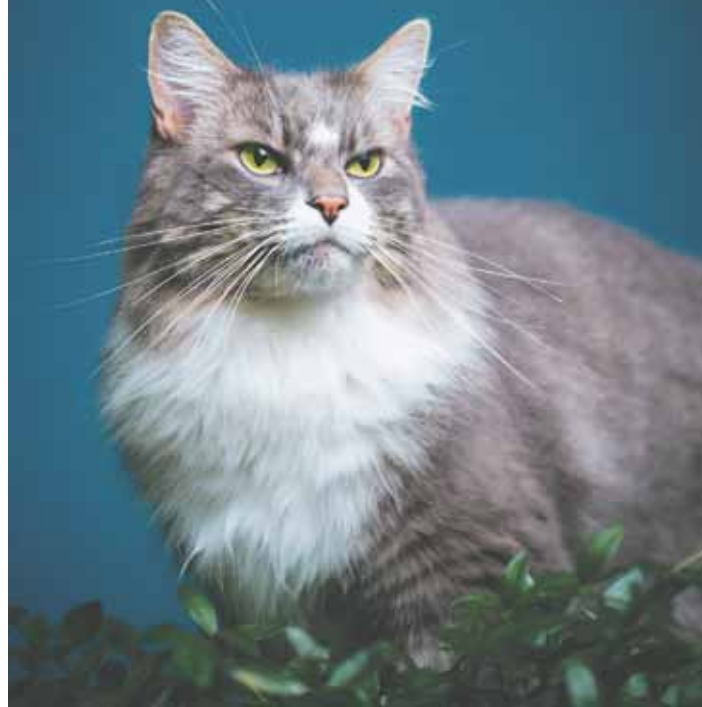
quarter of the current draft for the SUB pictured on the back. The proposed drawings include an expanded wing near the food court, walkout patios, green walls and a new entrance from LeMarchant.

VPI (internal) Ramz Aziz has said that in his findings so far, students are focused on three main topics: room for societies, study spaces, and eating. ☹

SUB renovation consultations

Earl Grey runs in provincial election

He's an aristocat



You won't see this candidate kissing any babies. • • • Photo by Mel Hattie

Jesse Ward
News Contributor

Trying to predict Nova Scotia's next premier?

If you look to Facebook, you'll see that Jamie Baillie, Darrell Dexter and Stephen McNeil are all beat in popularity by a candidate named Earl Grey.

Earl Grey, a cat, was announced as the new leader of the Tuxedo Party of Canada after the death of former leader Tuxedo Stan, who died of cancer earlier this month.

The Tuxedo Party's official Facebook page has over 18,000 likes. That's more than twice the likes received by the official pages of Nova Scotia's NDP, Progressive Conservatives and Liberals—combined.

While bylaws maintain that cats cannot be elected to public office, Earl Grey's campaign for premier aims to raise awareness of the status of cats in Nova Scotia.

Tuxedo Stan, late brother of Earl Grey, became an international media darling last year in his campaign for mayor of Halifax. Since then, the Tuxedo Party

has kept its voice in local politics.

The party's slogan, *Because Neglect Isn't Working*, is reflected in Earl Grey's campaign platform. The platform, released last week, includes suggestions that would have cat-specific issues recognized in the province's Animal Protection Act.

The Tuxedo Party was founded in 2012 by a group of friends concerned about the status of stray and feral cats in the Halifax Regional Municipality (HRM).

In a new documentary on feline homelessness in Nova Scotia, *Wild at Heart*, Earl Grey's owner Hugh Chisholm reflects on the party's beginnings.

"A lot of people chuckled at first," says Chisholm, "and then when they heard what Tuxedo Stan was actually standing for, most people thought 'Hey, that sounds like a pretty good idea.'"

As of press time, the Tuxedo Party has not responded to the *Gazette's* request for an interview.

The Tuxedos' most recent tweet reports their candidate was "grabbing a catnip banana" and "taking a nap." ☹

Q&A with Elizabeth May



Elizabeth May debating party politics at an event on campus last week. ••• Photo by Chris Parent

Kristie Smith
Assistant News Editor

Elizabeth May, federal Green Party leader and lifetime environmental activist, was on campus earlier this month. She was a panelist at 'Afterparty: a discussion on the future of parliamentary democracy in Canada' and a guest speaker at the Stand Up for Science rally.

The Dal law school graduate sat down with her alma mater's student paper to talk politics, environment and students in our democracy.

The interview was conducted on Sept. 16, after the rally for science press conference.

G: How have politics been mucking up the environment?

Elizabeth May: Under Stephen Harper there has been an unprecedented attack on the regulations, laws, and policy that are the tools to protect Environment Canada. Stephen Harper is the first prime minister we've had who has shown a visceral antipathy for anything to do with the environment.

He is tearing apart our ability to know what is happening in the environment, to do anything about it, to monitor it, and certainly he's plowed through anything that could stand in the way of expanded oil sands, tankers, pipelines, drilling or fracking. He's got a very pro-fossil fuels agenda.

“THE TOOLS TO RESCUE DEMOCRACY ARE THERE BECAUSE WE STILL LIVE IN A DEMOCRACY”

G: What would you say is the first step to correcting all of this?

EM: It's critical that Canadians become fully informed of how much damage Stephen Harper has done because otherwise I don't think we can correct it. I'm not going to say anything negative about the Liberal, NDP or any other federal political party but even the Conservatives without Stephen Harper would be a better bunch.

But the problem is the national media isn't covering the dismantling of institutions within the government of Canada, the dismantling of institutions such as the functioning of parliament, the proper budget exercises, evidence based decision-making across many policy areas.

As long as Canadians don't know about this, the next person who occupies the prime minister's office is not going to walk through those doors and think 'I have too

much power, I had better give my power back to the individual members of parliament'. The only way that's going to happen is if Canadians are fully informed and if it becomes an election issue that the prime minister's office has too much power.

G: How would you best recommend students get involved in the process?

EM: If you're interested in partisan politics and tend to support the Green Party or the NDP, join those parties. Try to influence their policies. Be engaged in things like campaigns or demonstrations that need a lot of bodies there holding up signs. If you're busy studying for an exam and you don't think you can help, make yourself go for just half an hour and hold up a sign. Make a commitment to make a difference and follow through on it.

Another effective thing students can do is write a letter to the editor of the *Globe and Mail*, just 300 words in a quick email. Do whatever you can to elevate the level of awareness of the rest of Canada as you delve into these issues in school. Write to the editors of national papers, your hometown papers, your local papers, even your student papers. Otherwise, due to cutbacks at newspapers and the corporate control of a lot of our media, this news just isn't getting out.

G: You've alluded to a problem; politicians think students are

Debating democracy at Dal Politicians meet for Democracy Week

Fern Kaufman
News Contributor

Four politicians debated Canadian party politics at Dalhousie as part of Democracy Week.

The Afterparty: A Discussion on the Future of Parliamentary Democracy in Canada, hosted by the Dalhousie Department of Political Science and the Springtide Collective, featured four politicians from across the political spectrum: Elizabeth May, Brent Rathgeber, Graham Steele and Danny Graham. CBC Mainstreet host Stephanie Domet moderated the event.

The discussion focused mainly on the phenomenon of party discipline, in which members of a political party are essentially controlled by the party leaders. It is said to discourage independent decision making and policy discussions in parliament.

Each of the speakers gave opening remarks about party discipline and the current political climate in Canada, each having a different opinion. May, leader of the Green Party of Canada, spoke candidly about what she called "a system that requires resuscitation."

Steele, former finance minister for the Nova Scotia NDP government, defended political parties. He explained that government is incredibly complex, and that it's best to divide work

amongst your team. "Political parties help keep politics clean," said Steele.

Solutions were discussed as well, mostly being in government and party-based reform.

"The answer lies within the citizen and the voter," says Danny Graham, a Liberal Nova Scotia MLA. "Difficulty comes from citizens who tune in [during elections] only a brief period of time."

Graham also suggested more events like the Afterparty to start an objective discussion and to "make questions viral."

Co-host Springtide Collective has also launched VoteSmartNS.ca, which is a plain language, non-profit, and non-partisan platform for the Nova Scotia primary elections.

The group was founded by Dal alum Mark Coffin, and is run by a team of other Dal graduates including Lisa Buchanan, past Dalhousie Student Union president Chris Saulnier, and The Hub Halifax co-founder Joanne MacRae.

Springtide Collective's mission is to "empower Nova Scotians to fix our own democracy." Its projects include events like the Afterparty, a Youtube series explaining democracy in Canada called the "Three-minute Citizen," and a political poll of young people in Nova Scotia. **G**

apathetic and that in turn makes them apathetic. How would you say is the best way to end this?

EM: One thing I've noticed is that the most educated students who have the most sophisticated political analysis of what's happening in the world tend to opt out of conventional democracy and politics. But, for some reason, they don't think of getting involved with local politics or even running for office themselves, getting involved in election campaigns, making sure people getting elected to parliament also understand these issues. The tools to rescue democracy are there because we still live in a democracy.

There's a spectrum of young voters: some don't vote because they're so disgusted with the performance of some politicians, some don't vote because they don't think they know enough, which is terrible because all you have to do is go to the websites and read the top 10 priorities of every party and figure out where you fit. It's not hard to inform yourself nowadays with the web.

And some are so sophisticated but have decided that the system isn't salvageable. This system must be saved; it's all we've got. **G**

Dying for some attention

Calum Agnew
News Editor

A crowd of 20 students keeled over and rolled down the steps of Dal's iconic Henry Hicks building, apparently felled by the crushing weight of tuition.

This has been the first demonstration of the Dalhousie Student Union's (DSU) provincial election campaign.

The dramatic 'Die-In,' staged on Sept. 20, the day tuition was due, was intended to combat politicians' apathy towards student issues and promote the DSU's 'A Student's Provincial Election Platform.'

Camera crews circled the fallen students as they lay 'dead' for about five minutes before waking up to take questions from the press.

"Everyone wants tuition fees to go down," says James Lively, a

second-year health professions student. "I mean, tuition fees are pathetic."

Despite the symbolism, the participants say that the DSU is interested in more than tuition fees. The union's election platform includes accountable university governance and improved student living conditions alongside affordability.

"The campaign that we're running, through Dalhousie Students Unite, is trying to fight politician apathy," says Borgan Carruthers, a third-year sustainability student. "Our mandate is really just concerning students: our tuition fees, international students health care plans, student housing—the list goes on."

Few of the students had anything positive to say about the platforms of Nova Scotia's political parties. Ryan Hartigan, a fifth-year neuroscience student, wants to see more.



Students 'died' to combat the perceived apathy of politicians. • • • Photo by Calum Agnew

"None of the parties have really mentioned student issues in their platform," says Hartigan. "This is our whole lives we're putting at stake. We're going to be in debt

for a long, long time, most of us."

Carruthers isn't optimistic; she says that the DSU's platform is very demanding.

"Right now, we're fighting their

apathy towards us," she says. "There's still that wall."

The provincial election will be held Oct. 8 with booths on campus leading up to election day. ☎

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Financial health and ethical investments are not mutually exclusive. • • • Photo by Bryn Karcha

False Dal-chotomies

Ethics, profits and endowments

Bethany Hindmarsh
Opinions Contributor

Do you believe doing the right thing *always* means sacrificing your well-being? I don't. Lately, I've been finding a common thread among some of the critiques of fossil fuel divestment I've come across: the assumed mutual exclusivity of financial ethics and financial health. In response, advocates of divestment have been quick to note that oil and gas stocks haven't been performing well in recent months, and many mainstream economists believe that the carbon bubble is going to have

significant detrimental effects on those who are heavily invested in the energy sector in the long term, unless they divest their portfolios from the extractive industries and reinvest their funds in renewable energy sources. The notion that a portfolio bound by an ethical, sustainable investment policy must necessarily be a poorly-performing one relies on an antiquated dichotomy that should no longer be presumed.

The Divest Dalhousie campaign wants to see Dal freeze any new investments in fossil fuel companies, as well as divest from direct ownership and any com-

mingled funds that include fossil fuel public equities and corporate bonds, within four years. These demands flow from the belief that through its investments in extractive industries, Dal has oriented itself toward a narrow concept of profit that impoverishes both the ongoing educational mission of the institution and the future of its students. The campaign is modeled after successful divestment campaigns in history, like the one that focused on the apartheid regime in South Africa in the 1980s. At that time Dal, along with many other public and private institutions, divested from South Africa. While the process of fossil fuel divestment is complex, there are many models of schools, church groups, and municipalities who have begun the process, and we can look to them for guidance.

I joined the campaign urging Dal to divest its endowment from extractive industries *not* because I fear the negative impact of carbon risk on Dal's investments—though I do—but because I believe the principles and values for which Dalhousie stands should permeate its finances. It is essential to the fabric of our community that we reflect on the relationship between our values and our investments. The financial decisions made on behalf of the university should not be walled off from the actions, discourses, and principles that are taken up within it.

In her 1954 essay "The Crisis of Education," Hannah Arendt argues that the role of education is not simply to transmit intellectual traditions, but also to empower students to take up the mantle

of responsibility for the future: "Education is the point at which we decide whether we love the world enough to assume responsibility for it, and by the same token save it from that ruin which except for renewal . . . would be inevitable."

After Arendt, I believe that our learning environment forms us and prepares us for particular modes and qualities of action as surely as our geophysical environments do. It therefore troubles me deeply that institutions of higher learning (especially ones that market themselves as leaders in sustainability) who exist to serve the public good are embedded in the fossil fuel industry through their investment portfolios. The tactic of divestment has education at its core: it is not aimed at crippling the fossil fuel industry through the simple withdrawal of funds, but rather constitutes an attempt to build new norms around an industry whose effects on the social and environmental well-being of future generations are ever more evident and ever more serious.

A meaningful first step in the divestment process is disclosure. It's time for our administrators and board members to champion transparency at Dal. Students are stakeholders in their universities; we ought to be given the opportunity to bear witness to the decisionmaking process around institutional investments, and ultimately to bear responsibility for it as well. Our community should be as informed as it is active.

Joining the fossil fuel divestment movement doesn't require us to contract our economic vision; it invites us to deepen it. Divestment is about giving communities back to themselves and affording all of us an opportunity to attend to the future. 20 years from now is much too late; tomorrow is much too late; yesterday was much too late. When the stakes are as high as the question of our survival, patience is not a virtue. ☞



Tuition debt is a problem. Will eradicating interest from student loans help? • • • Photo by Adele Van Wyk

Dropping the debt

NS Liberals chase student vote

Josh Fraser
Opinions Contributor

The provincial campaigning begins to bustle and election platforms rise like skyscrapers on plans and promises. Like everyone else who cares enough about the issues this early to have formulated opinions, I've been wandering around these political construction sites and kicking the supports to see how solid they are. A prime example of a controversial election promise is the bid by the Liberals to do away with the interest on student loans.

The argument put forward in press releases and on the Liberal website is that a Liberal government would not collect \$2.5 million in interest from students to use to foster industry; their point is that students should not be paying for industry in any form and that students are deserving of their education.

These are platform points I would applaud if it made any fiscal sense. The Liberals should be commended for trying something new and targeting young Nova Scotians, a largely untapped demographic of voters.

The issues for me are threefold. First and ugliest, I do not believe that a well-run government in this stage of Nova Scotia's development could write off \$2.5 million annually without making radical concessions; remember, McNeil has spoken of honouring the \$100 million in commitments made by the current NDP government. Second, it is a well-established practice in moneylending to collect interest, as it acts both as a deterrent from neglecting the debt and a way of conceptualizing the intrinsic value of money in the economic world, something often lamented and missing among new generations. Thirdly, the promise does not sound practical or immediate, and I begin to suspect the Liberals of stealing votes rather than earning them.

Professional admission: I've been canvassing with Andrew Black, the Progressive Conservative candidate for Halifax Citadel. Far from scandalous bias, it is precisely for reasons of money management that I think a Progressive Conservative government would be the strongest option this election. Sticking to the issue at hand regarding post-secondary educa-

tion in the province, the rhetoric of the PCs have been less about student loans and more about tuition freezes. This is arguably a policy that would have less of an impact on students, but could prove to be more financially feasible.

I am not calling the Liberals short-sighted. Far from it, I think their approach has a touch of political innovation. Leader Stephen McNeil phrased it rightly as a moral stand, and I am in accord as to the worthiness of that overall goal. The fiscal difficulties I have mentioned are the subject of much debate as we try to find elusive facts in all these statistics and pledges.

Yet I cannot hide from my brain. It tells me that this promise has the potential to be fiscally irresponsible, developmentally negligent, and may come to nothing but a sensationalist ploy to bait young voters.

Remember, this is your decision. All governments have young people in mind, yet simply lack the structures to meaningfully relate. Make your voice heard, make your vote count.

Grad school

Pros and cons



A master of arts is not inherently bad—it's what you make of it.

• • • Photo by Bryn Karcha

Shelby Rutledge
Opinions Contributor

As many students know, there's been a lot of media coverage talking about the uselessness of the arts: an undergrad in English (for example) is a waste of time, and a master's is just another bad decision.

I myself am an arts student at Dalhousie, and I wouldn't consider anything else. My major is sociology, my minor is journalism at the University of King's College, and my floating subject is psychology. In my two years studying at Dal, I've started to love these topics (especially journalism). After graduating Dal, I am planning on continuing on in either a bachelor or master's program in journalism at King's.

Other students react to this decision with comments such as: "that is a waste of time and money," "anyone could write an article, so it would be stupid of you to go further," and "you could be doing something better than journalism after graduation, like science."

I don't think these statements are fair or accurate. Going to grad school is a great way to expand your interests; if you are good at a certain subject, continue on

with it and see where it takes you. If that means getting a job right after university or sticking around for a few more years to finish a master's program, that's fine—after all, it's your decision.

“GRAD SCHOOL IS OPTIONAL—AND IT'S NOT FOR EVERYONE.”

Grad school is a great way to explore different opportunities in education, and it could potentially get you ahead in your future career. However, before you make the decision to go to grad school, think about what you want to do first. After all, it's a lot of time and money, so I would advise you to think twice, make sure you know what career path you want take, and talk to an advisor to make sure this is the right decision for you.

Grad school is optional—and it's not for everyone.

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Material desires are built on external forces, and do not contribute to internal worth. • • • Photo by Amanda Rolfe

Buying happiness

Consumerism and self-esteem

Kay Jeffery

Opinions Contributor

.....
In our culture of rampant consumerism and endless exposure to advertising, one may question its connection to who we are as individuals in a society. Consumerism is an ever-changing medium that connects us to what we desire. If that desire—which is often externally created—is not met, despair occurs. It makes you wonder: is there a causal relationship between materialistic desire and low self-esteem? The desire to consume causes one to feel despair when the desire is not met. Low self-esteem can cause one to cling on to materialism in hopes of gaining self-assurance through consumerism. After all, we'll be more loved and respected if we have a nice car, designer shoes and fancy home, right?

In Itivuttaka, the Buddha was asked, "What is the root of all suffering?" to which he responded, "Desire." He categorized this desire into three main conditions: greed, hatred and delusion. Greed causes desire, desire causes despair, despair causes self-hatred, and self-hatred results in

delusion to satisfy the insecurity. Delusion to satisfy insecurity or identity loss can take many different forms, one being the man-in-the-suit scenario. A man in a suit is the representative what a man *should* be if he is an active player in the world of consumerism. This can manifest as an average man

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"THE MORE YOUR IDENTITY AND SELF-WORTH SLIPS THROUGH YOUR FINGERTIPS, THE MORE DESPERATELY YOU TRY TO CLING ON TO MATERIAL THINGS."
.....

taking on debt to buy an expensive engagement ring, because he believes a good partner should be able to afford such things. Correspondingly, consumerism can cause a woman to desire a large engagement ring in order to fulfill the expectation that her fiancé sets for her. He wants to be the man in the suit and she wants to be the ideal candidate for the man in the suit. *Neither* of them are those people, but neither of them are willing to ruin that delusion because it would mean facing the insecurities they've acquired—and that cannot be done through materialistic tendencies. The more your identity and self-worth slip through your fingertips, the more desperately you try to cling on to material things, all the while knowing that *things* do not deeply satisfy anything within you that would lead to an increase in self-esteem.

There are many ways to increase self-esteem and strengthen identity through lasting positive mech-

anisms. A powerful way to gain self-esteem is to create thoughts of gratitude, love and self-acceptance. Many find this challenging, especially when feeling lost and confused, but it helps to think of oneself from an observational standpoint. Acknowledge yourself as a human being both imperfect and truly beautiful. Forgive yourself and accept that we cannot live a life void of mistakes. Mistakes are blessings that inspire choice and learning.

Another strong way to increase self-esteem is to perform activities that boost your life satisfaction and increase your pride and sense of accomplishment. It could mean picking up a paintbrush, gaining a degree, or learning a martial art. Whatever contributes to a more beautiful version of your world is where happiness lies, not in the desire to collect things you won't care about a week from now.

"And now that you don't have to be perfect, you can be good."
-John Steinbeck



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Art activism 101

Getting involved in Halifax's arts community

Katlin Moore
Arts Contributor

At a public artist talk on Sept. 18 at the Nova Scotia College of Art and Design (NSCAD), Chase Joynt, a Toronto-based artist-activist, answered a question on how he found his vision for his latest exhibit, *Resistectomy*.

"I am motivated," said Joynt, "by an insistent desire to throw questions back into the world, most of which start with the word 'why'..." Joynt is an excellent example of an artist who successfully fuels his creativity by questioning society.

For all the young artsy idealists who are feverish for change, Halifax is a wondrous hub for art and activism. The city is teeming with artistic possibilities for anyone tickled by the creative muse.

Halifax's many campuses have numerous outlets at your fingertips. **NSCAD** has started a new project called *Art and Activism at NSCAD* for the 2013/14 year. The project aims to continue traditions of the connectivity of art and activism through workshops and events. The workshops engage community members and students with creative projects or educational events which concern diversified global, environmental and societal issues.

On Sept. 14, **The Beehive Collective** hosted an event called

Exploring Art and Activism, an interactive workshop where participants brainstormed issues of interest and articulated them with comics and drawings. The Beehive Collective is a dynamic group that designs incredibly detailed posters that tell true tales of Mesoamerican resistance in response to many forms of globalization, and is a great resource to those who desire to create art with a political focus.

"HALIFAX IS A WONDROUS HUB FOR ARTS AND ACTIVISM"

If you're itching to get out on the town and find a nook to meet likeminded people in the arts, you may want to explore some of the city's artsy gems. **The Khyber**, located at 1588 Barrington Street, is an artist-run center which can introduce you to the local art scene through either participating in yearly events, obtaining a membership, or volunteering.

If you're interested in checking out jewelry, local art, taxidermied creatures and many other curious

wares and inventions, it would be wise to head over to **Plan B**, located on Gottingen Street. This merchant's coop is a tridimensional universe that offers a gallery/event space in the back, a cafe and a store. As a merchant/artist, you can rent a space to sell your goods whether it be edgy, activist art or homemade kitten toys.

Also not to be slighted, our own Dalhousie home-world has an array of options for the arts-inclined. During the academic year, Dal and King's often have openings in student productions for those eager to audition. If you're interested in reading stories, becoming a DJ, or putting together radio documentaries, you might want to check out **CKDU**, Dal's campus-operated and student-run radio station which is based out of the third floor of the Student Union Building.

Another great outlet is the **Nova Scotia Public Interest Group (NSPIRG)**. NSPIRG is equipped with an alternative library and zines for all students to use. Additionally, the organization hosts a variety of workshops during the year, including zine making, for those who want to craftily express their interests or peevs.

So, for all you aspiring activist artists, there is no excuse to not get involved; get out there, express yourself and make us proud. ☺



Chase Joynt is an activist and artist. ••• Press photo



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Fool's cooking school: breakfast edition

Part one of a series wherein you hopefully learn to make tasty and nourishing things to put in your mouth

Emily Hiltz
Arts Contributor

With school back in session, it's easy to fall into a grab-and-go breakfast routine when hitting snooze seems like a better idea than cooking. We've all fallen victim to the Tim Horton's line on Monday morning. Unfortunately, what you gain in naps you lose in nutrition, which can affect your academic performance for the rest of the day. However, I'm here to tell you that you can make a tasty and healthy breakfast in the same time it takes you to stand in the Tim's line for your coffee and breakfast sandwich.

Diandra Phipps, co-owner of enVie - A Vegan Kitchen in Halifax's north end, believes it all comes down to preparation. She says having all the components of what you're making ready to go, for example having things washed, prepped or measured, will help you follow a recipe and prevent things from burning or being overcooked.

"I'm a terrible morning person, as my husband would say, so breakfast is usually quick and easy," says Phipps. "Oatmeal with fresh fruit and granola or a bagel with almond butter and a banana is usually a go to for us."

"MY ADVICE FOR BUSY PEOPLE IS TO TAKE ONE DAY TO DO YOUR SHOPPING AND COOKING."

Phipps said when she first began eating healthy she would spend hours in the kitchen every night trying to make dinner.

"My advice for busy people is to take one day to do your shopping and cooking," she says. "Smooth-



Fool's Cooking School presents: miracle oats and making breakfast simple. ••• Photo by Mel Hattie

ies and juices in the morning are also a quick, healthy option when you're short on time, and the options are endless."

Another great option for your morning breakfast routine is oatmeal. According to Johnny Bowden Ph.D., C.N.S., author of *The 150 Healthiest Foods on Earth*, oatmeal is not only high in both soluble and insoluble fiber, but it also turbo-charges your immune system because of the long strings of glucose molecules it contains.

This means a bowl of oatmeal will keep you full all morning and give you the energy you need for class. Forget the Tim's line!

Whether you have 20 minutes to make steel cut oats, five minutes to whip up a pot of quick oats on the stove, or two minutes to pop oatmeal in the microwave, you have an abundance of options. If you want to be adventurous you can add fresh fruit, almond or soy milk, mixed nuts or my personal favorite—a table-

spoon of peanut butter and half a banana. This gives you not only a tasty treat, but a combination of energy-fueling carbohydrates and muscle-building protein.

If you're still unsure about healthy breakfast options, or cooking in general, Phipps has the solution. enVie will start a series of workshops and cooking classes late this fall. ☎





Sex's numerous benefits, exposed. • • • Photo by Bryn Karcha

that three-letter word

What can sex do for you?

Joelline Girouard
Sex Columnist

It's generally understood that people like sex (if you don't, that's cool, too). Far from just being awesome in and of itself, getting busy could also have several benefits you might not know about. Aside from dishevelled and sweaty, sex can make you...

Happier.

When you have sex, your entire body is involved—chemically as well as physically. Orgasms are accompanied by a flood of a bunch of different hormones, including endorphins and serotonin. That warm and fuzzy feeling so often experienced after sex? You've got those guys to thank (and your partner. You should probably thank your partner—even if you're flying solo). Serotonin lifts your mood, while endorphins can act as a natural pain reliever. It also produces feelings of euphoria—what's not to like?

Fitter.

Whether or not you're on top, sex can be a great way to work, stretch

and flex body parts you wouldn't otherwise. Does your downward-dogging improve your sex life, or is it the other way around? Does it really matter? Bend, twist, stretch—accidents are bound to happen, but if someone gets hit in the face you can just laugh about it, right?

“DOES YOUR DOWNWARD- DOGGING IMPROVE YOUR SEX LIFE, OR IS IT THE OTHER WAY AROUND?”

Sleepier.

As far as neurotransmitters go, endorphins are pretty cool. Aside from relieving pain and making you feel super stoked, they can calm you down and help you fall

asleep. Popular culture dictates that snoozing after sex is a man's domain, but according to a study by Brown University, women's bloodstreams are flooded with endorphins during orgasm as well. So, just relax. If all you want after sex is a nap, there's a good reason for it.

Healthier.

No joke, having frequent sex can make your immune system more resistant to the common cold. A study conducted at Wilkes University in Pennsylvania has shown that students who have more sex have a higher level of immunoglobulin A, or IgA, in their saliva. IgA is thought to be a front-line fighter when it comes to colds and the flu—which means getting busy is an ideal way to warm up during the chilly months.

Live longer.

I know, I know—why worry about retirement when you can't even stick with a major? But if you have more sex, you might not need to worry so much. Studies have shown that more frequent orgasms could help both women and men live longer. Is it the orgasms themselves, or the other benefits coming together to produce the be-all-end-all of benefits? Does it matter? Nah, didn't think so. ☺

The constructor

MSVU's Art Gallery brings the images of 20th century photographic wunderkind August Sander to Halifax

Sabina Wex
Arts Contributor

Photos of Germany in the first part of the 20th century often focus on the two World Wars. However, August Sander, a portrait photographer during this period, preferred to focus on everyday Germany and its people. Until Oct. 20, the Mount Saint Vincent University Art Gallery presents *August Sander: Objective Romantic*, an exhibit of Sander's photography.

“None of the local museums have his work in their collections,” said Ingrid Jenkner, the MSVU Art Gallery director.

Though the gallery only hosts 32 of Sander's many photographs, these are enough to understand and appreciate his simple yet elegant style of black and white chemical photography. Five of the exhibited photos portray landscapes, with the remainder being portraits of people in Sander's hometown of Cologne, Germany from 1910 to 1942.

Before photo shoots, Sander would spend a few hours getting to know his subjects.

“They felt comfortable trusting Sander with their inner selves,” said George Steeves, the exhibit's curator and a local photographer, via email. “And he skillfully recorded the moments when these revelations of self were made manifest.”

Sander further captured his subjects by placing them in positions and backgrounds that represented their lives. This enabled their identities to permeate the photograph, giving the viewer an even more intimate understanding of the subjects' lives.

Bricklayer features a man balancing a ton of bricks on a hod across his shoulders with one hand, the other on his hip. A newsboy cap hides most of his forehead and brow line, leaving only a glimpse of one semi-raised eyebrow. The shadow of the cap hides the other eyebrow, and along with the pitch black background, portrays a deeply stern

and serious man.

Other portraits contain scenes of families positioned in ways that explore their relationships or workers set in their appropriate backgrounds.

“HE SKILFULLY RECORDED THE MOMENTS WHEN ... REVELATIONS OF SELF WERE MADE MANIFEST”

When Sander shot, it was an all-day commitment for him and his subjects. Not only would he take time to form a rapport with his subjects, but his large-format view camera meant it took another three hours to shoot. The lengthy process of film insertion made it too time-consuming for Sander to take more than about three photos per subject.

The dark background of *Bricklayer* symbolizes the void that the bricklayer fills when he begins to build. The bricklayer stands in the middle of the frame with the bricks on his shoulders to show that he is the foundation of his structures.

In an age without digital cameras, Sanders needed to give this kind of careful thought to the few photographs he took of each subject. The result of the photo would only have been revealed after its development (another lengthy process), requiring Sander to even more carefully and appropriately compose every photograph.

“So, this show is, among many other things, a caution to viewers about the meaninglessness of thoughtless digital easiness,” Steeves said via email. ☺



••• Illustration by Emily Davidson

Pumpkin spice and everything nice

A McDonald's vs. Starbucks pumpkin spice battle royale

Meagan Wiederman
Arts Contributor

.....
Everyone loves the taste of pumpkin in the fall, especially with a hint of spice. This pumpkin phenomenon is unparalleled in coffee, with the Pumpkin Spice Latte making for one of Starbucks' fall season best-sellers. The popular drink gathers such attention that other franchises have come out with similar products, including the newly minted McDonald's McCafé Pumpkin Spice Latte.

And so begins a McDonald's vs. Starbucks Pumpkin Spice Latte Battle Royale:

Round 1: Branding

While many would argue that it's not relevant to the quality of the coffee, the atmosphere within the establishment—the aura projected by the franchise, general aesthetic qualities—does affect general enjoyment.

While McDonald's has more recently taken to renovating its establishments, creating the "McCafé" persona, one doesn't just stroll down to the local McDonald's to enjoy a fine latte. A long list of fancy new café-esque products and creative décor may provide a temporary façade of swanky dining, but ultimately McDonald's has created a brand

as a greasy kid-friendly fast food chain.

Starbucks offers a pumpkin spice latte in a classic coffee shop location. Thus, a hand goes to them for correct marketing.

Winner: Starbucks

Round 2: Price

Unfortunately, all that sweet goodness comes at a cost: \$5.95 for Starbucks' premium original pumpkin spice drink, to be exact. McDonald's offers a surprisingly delicious alternative for less than half the cost at \$1.95 for a similar size.

Winner: McDonald's

Round 3: Calorie count

For those of us watching our figure, McDonald's offers the less calorie charged drink at 325 calories. However, Starbucks' steeply sugared drink (with 49g of sugar and 380 calories) also comes sugar-free, making the statistics comparable.

Winner: Tie

Round 4: Texture

While both brews are creamy and velvety mixtures, the thickness of the Starbucks coffee sets it apart. Lots of cream and dense pumpkin taste hang on your taste buds for up to 10 minutes after a cup. McDonald's thinner version is

creamy, but doesn't kick around too long. The after-coffee breath is more easily shaken because of this.

Winner: McDonald's

Round 5: Flavour

Arguably the most important factor in a coffee drink is the flavouring.

While the McDonald's blend of pumpkin and spice is impressive for a fast food joint, it is harsh and unbalanced. The latte is too aggressively spiced, to the point where it is difficult to even taste the pumpkin. What little pumpkin flavour comes through tastes fake, as the sugar is so potent: no extra whipped cream is needed—it's already sweet enough.

On the milder side of things, the Starbucks latte possesses lots of character: the coffee flavour is only enhanced by the addition of the pumpkin and spice. It's a much gentler blend, for those of us who prefer to taste coffee in our latte.

Winner: Starbucks

Overall, while McDonald's puts on an impressive show for a fast food chain coffee drink, it just cannot compete with the original and classic taste of Starbucks. ☹

To twerk or not to twerk

Understanding cultural appropriation in the arts

Emma Skagen
Arts Contributor

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In case you haven't noticed, a topic of great importance is emerging in the discourse and criticism that surround the arts. That would be the way in which artists, often those from privileged/white culture, habitually appropriate from other, less privileged (often minority or somehow perceived as inferior) cultures. Criticism of this common phenomenon is definitely a good thing; it's a step towards undermining the larger problem of systemic racism in Western society.

A popular example of cultural appropriation is Miley Cyrus' recent, highly criticized music video and performance of "We Can't Stop," which has added to the popularization of the dance move known as 'twerking'. Although twerking has only recently become a blip on the radar of mainstream pop culture, it has been a popular dance move for women of colour for much longer.

Synonymous with the African dance known as mapouka, twerking is thought, according to Norimitsu Onishi of the *New York Times*, to have descended from a "far tamer, traditional dance in the [Ivory Coast's] coastal regions."

Cyrus's use of this dance move, then, is obviously problematic. Cyrus is using a culturally significant, nuanced practice for her own profit. Cyrus pushes this problem even farther, too, by having all of her backup dancers in the music video be women of colour.

Dodai Steward of *Jezebel.com* poignantly suggests that Cyrus "is very privileged to be able to play dress up and adorn herself with the trappings of an oppressed/minority culture. She can play at blackness without being burdened by the reality of it."

While one can probably assume that Cyrus was unaware of the offensive nature of her video and performance, it is still hugely problematic. Such appropriation

can be found all over pop culture and the arts, and it is definitely not new. Remember Gwen Stefani and her Harajuku Girls?

The good news is that cultural appropriation is now being talked about on a large scale. Things are improving in the world of fashion: in 2010, the Hudson's Bay Company did not get away with selling knock-off Cowichan sweaters as official Olympic merchandise, just as Urban Outfitters did not get away with selling their "Navajo Hipster Panty" in 2012.

..... "IT'S A STEP TOWARDS UNDERMINING THE LARGER PROBLEM OF SYSTEMIC RACISM IN WESTERN SOCIETY."

While things *might* be improving in that we are now aware of cultural appropriation, it is clearly part of a larger struggle—the ever-present systemic oppression of any and all persons who are not middle-class white males. By staying informed about these issues, however, perhaps we can move things in the right direction. Even if you do not feel that this issue directly affects you, remember—as the now popular phrase says—to "check your privilege." ☹

Still confused? A good resource to help understand the difference between unacceptable cultural appropriation and mere appreciation is a zine called *Cultural Appreciation or Cultural Appropriation*, which can be found online.



GTA V's three "heroes." • • • Press image

Vaughn Pearson
Arts Contributor

Before starting this review, I'd like to share something. I remember thinking to myself as a young gamer that one day, games would be so detailed that when somebody walked up stairs, they'd take each individual step. For some reason, that was my yardstick for game craftsmanship.

Grand Theft Auto 5 takes every step. Why do I tell you this, dear reader? Because it is detail, and detail, in this game, is king. Every inch of the fictional Los Santos County feels as if it was crafted with loving care and a tongue firmly planted in cheek.

Best known for their brand of biting satire, Rockstar Games has certainly not held back. The game tears the celluloid off this faux southern-California, revel-

ing in its true ugly face. You'll be hard pressed to find a character in-game—including any of the game's three main pseudo-protagonists—that you would ever want to even brush up against in real life. They're slimy, selfish, violent and self-absorbed (although the psychopathic Trevor has a certain manic charm). While this may deter some, the point of the game remains to have fun, and along the way, to make a bit of a statement. *GTA 4* was about the death of the American Dream; *GTA 5* is about the people that killed it, and where they're all left off.


Granted, there's plenty to do beyond the satirical trapeze that makes up the main storyline. I set one simple goal after com-

pleting the brief introduction: to get to the Hollywood inspired "Vinewood" sign. The ensuing adventure had me stealing a 780-ton dump truck from a quarry, running across a desert, accidentally steering into deer with a cement truck, and even climbing through an in-game version of the SETI array. I never did make it to the sign, come to think of it—getting there was more fun.

Beyond the open world, the heists that make up large portions of the story are a blast. Providing you with the chance to plan how you want to pull off the heist and who you want to hire, you're tasked with weighing risks and rewards, and it's brilliant to watch your plans play out.

Really, there are a wealth of aspects that make this game what it is. Gameplay is smooth and efficient, improving on previous games in the series while retaining that familiar GTA feel. Driving has been greatly improved and the AI is clever. The three protagonists' special skills add wonderful variables to the formula, a noteworthy case being Franklin's slow motion driving skill, which turns my vehicular destruction into artful trick jumps.

But ultimately, one question must be answered: is it fun?

Yes, dear reader, it is. A perfect game it is not, but it promises to entertain, and without fail it delivers. 

Why aren't you playing: *Grand Theft Auto V*

REVIEW: The devil's in the details

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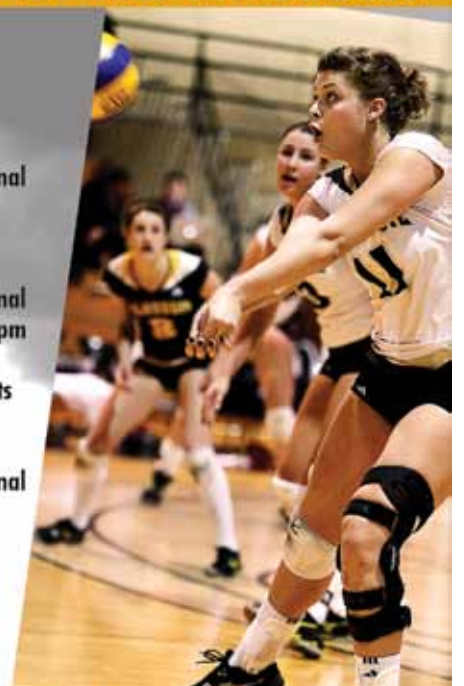
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PLAYING THROUGH PAIN

How far is too far for athletes to push themselves

Mohamed Rezk
Sports Contributor

“No pain, no gain” is a common phrase in the athletic world. It can be heard anywhere from your local gym to the highest levels of competition. In some cases, though, it couldn’t be further from the truth.

The competitive nature of sports often drives most successful athletes to fight and work harder. Unfortunately this often leads to small injuries, or in more serious cases, career-ending ones.

“YOU SHOULD
KNOW IF
THIS PAIN IS
SOMETHING
YOU SHOULD
KEEP
WORKING
THROUGH OR
NOT”

There are countless different types of injuries. Injuries that occur during sports are usually game-specific, meaning that each sport places the athlete at greater risks for specific injuries. Emma Rount, a member of Dalhousie’s women’s track and field varsity team, has had recurring bilateral stress fractures in the navicular bone—four fractures every year and a half, to be exact.

Rount specializes in short distance sprints and has competed on Team Ontario at nationals and on the Dalhousie varsity team for two years.

“One time I was in a lot of pain, I could barely walk, and I ran a

200 metre race and won it to join Team Ontario. I collapsed after the race,” she says. “I don’t regret it because I had the best time in nationals, but it’s something I should have thought of the long consequences of.”

Does she want to keep running? Rount, with a big cast on her foot and a bigger smile on her face, says, “Definitely, that’s the goal.”

To high-performance athletes, injuries are not at the forefront of their mind. This is because most athletes are preoccupied with training hard, competing and thinking of new ways to gain an edge in their sport. For many of them, the idea of an injury is far-fetched, and they completely disregard the signs until it happens.

In terms of pain, there is a very large difference between sore and sharp pain. A sore pain is often associated with muscular fatigue and is a good indicator of hard training. Soreness will also be felt gradually, and if worked through, often leaves a burning sensation in the muscles due to lactic acid buildup.

Conversely, a sharp pain is associated with extreme pain either at the very beginning of the exercise because of improper form or an abnormal body movement, or at the middle or end of an exercise. Sharp pain should never be worked through or ignored.

Training through sore pain should be done with caution and with proper form. However, training through sharp pain is never recommended and should be investigated immediately.

Water sport athletes have a different injury risk profile and are faced with different challenges. Sports such as swimming, water polo and synchronized swimming are low impact sports due to the water acting as a buffer. The challenge in water sports is that injuries will often occur over time as opposed to on-the-spot injuries such as stress fractures.

Alexander Martineau, a member of the Dalhousie water polo



The decision whether to keep going or not is difficult. ••• Photo by Amin Helal

club, has played in Division 1 in Quebec for seven years and has competed in several national tournaments. He’s had inflammation in his shoulder for several years.

“I was at nationals in 2007 during the bronze medal game, took a shot and couldn’t move the shoulder. It had already been hurting and I had to sit out but I still played at the end,” says Martineau.

“If you don’t leave a game tired, sore, mentally exhausted, then you haven’t done your job right,” says Martineau of “no pain, no gain.” He adds that “you can give 100 per cent and not injure your-

self, if you practice proper form and correct technique.”

The stories and attitudes of both Rount and Martineau fit their sports perfectly. Rount plays a sport where on-the-spot injuries occur often and believes “no pain, no gain” is not appropriate for her sport, saying that “pain can deteriorate your gains.” Martineau, on the other hand, plays a sport where injuries occur incrementally due to wear and tear and believes that giving 100 per cent is important and that injury is a result of bad form.

If you are engaged in any form of sport, warming up, stretching, practicing proper technique,

hydrating well, eating healthy, giving your body time to recover and sleeping well can all help to prevent injuries. Both Rount and Martineau echo these sentiments.

“A lot of people need to realize that recovery, rest and healthy eating is [sic] very important and that you also need to remember that you are a student and not just an athlete,” says Rount.

“Being an athlete is about knowing your body. You should know if this pain is something you should keep working through or not,” adds Martineau. 🧠

Mohamed Rezk is a certified personal trainer and competed in water polo at the national level.



The Gazette debates the future of Dalhousie football

Daniel Bergman
Assistant Sports Editor

After a prolonged hiatus, Dalhousie Tigers football returned in 2010 in the form of an Atlantic Football League (AFL) club team. In the inaugural edition of *The Water Cooler*, the *Gazette's* esteemed panel breaks down what that means and why it matters.



Football is the focus for this issue's panelists. • • • Photo by Chris Parent

Our Questions:	Why should the student body care about Dalhousie football?	What is the most significant challenge facing the Tigers this season?	Where do you see the Dalhousie football program headed in the coming years?
Ian Froese Gazette Editor-in-Chief	Because it's football. Is that a lame reason? Probably, but the argument stands. The big-ticket status of football has the potential to fill seats, build community, and, most notably, generate alumni donations like few teams or events can. Students should care because they should care about their school.	Chemistry. Each season brings a host of new recruits, making consistency a struggle. We saw it last season when the Tigers often played three quarterbacks in a game. Here's hoping that this season's squad will get in a groove quickly.	I see Tigers football where they are now: a group of hard-working volunteers trying to revive Dal's gridiron heyday of the 1970s. The dream is that this team will return to the AUS (Atlantic University Sport), but that will require at least six-figures in start-up cash. Dal will need alumni support.
Nick Schroeder Innocent Bystander, Fan of Panels	For the same reason we wear Dalhousie sweaters around Halifax and Dalhousie backpacks around campus. We're part of a community and it is important to support our fellow students and athletes. It's about building a collective identity.	Getting people out to the games and creating interest to build the program seem like significant challenges for the Tigers. Maybe once they are more established, I or anyone will have a more satisfying answer to questions about on-field challenges.	Hanging around the AFL for the foreseeable future. It will be hard for the Tigers to break into the AUS for football, as it's already such a competitive and expensive division. When you look at AUS programs like Saint Mary's, you see a well-established program. That's where Tigers football needs to be heading.
Torie Joy-Warren Racquet Sport Enthusiast	I think if students are interested in football in general, then Tigers football is worth caring about. There's something very powerful about students coming together, and sports are a great way to do that.	I think most students see the football team as separate from the rest of the student body, and their biggest challenge will be changing that. Getting students more excited about Tigers football won't be easy either.	The students who are involved with football at Dal seem very enthusiastic about it, and that's really what you need to keep a team going.
Scruffy MacMinster Angry Scotsman	Because a silly, wimpier version of rugby is stealing the name of the greatest sport known to man! It's an outrage. They call it "football" but they never use their bloody feet! Then they go ahead and name the sport where you do use your feet "soccer." That makes no sense!	No, wait, let me finish. In real football, you have a ball and you use your feet. At least you did, until some American wanker decided to play a game where you throw and catch an oval and call it football! It's the literal opposite, man. The literal opposite.	And another thing: why do they need eight refs, video replay, and all that tomfoolery? In real football, you get one ref with a whistle and two flagmen—if you're lucky. Lousy American football thinks it's all that with its long games and stupid rules. Well, it's not! Now, what was the question? 🏈



Nick Hunsley (7) drops back to pass in a Sept. 14 game.

••• Photo by Chris Parent

Tigers football loses bite in Saint John

Turnover-filled affair ends in heartbreak for visitors

Daniel Bergman
Assistant Sports Editor

Inclement weather and a botched last-minute field goal attempt spelled defeat for the Dalhousie Tigers football club in their Sept. 22 afternoon game against the University of New Brunswick Saint John Seawolves.


The match, played amidst a roaring gale in Saint John, saw the now 1-1 Tigers succumb to turnovers brought on by poor field conditions as the Seawolves walked away with a narrow 13-12 victory.

On the positive side of the ledger, the Tigers defence followed an impressive season opener with another disruptive outing, swarming the backfield and forcing several Seawolves turnovers. With heavy rain and gusting winds forcing both teams to run the ball on nearly every play, this defensive pressure proved vital in keeping victory within reach.

Three quarters of defensive, gaffe-filled play left many onlook-

ers unprepared for the game's frenzied finale. With 2:48 left and the Tigers in front 12-10, the Seawolves nailed a 17-yard field goal to nudge ahead by a single point. Undeterred, Dalhousie marched up the field to UNB Saint John's 20-yard line before the drive stalled, forcing the field goal team onto the field with less than 30 seconds to play.

In a moment that will linger in the minds of Tigers special-teamers, three Seawolves linemen surged over the line of scrimmage the second the ball was snapped, batting down the potential game-winning field goal as it left the boot of kicker Ron Wilson. The home bench exploded onto the field in celebration, while the Tigers stared dejectedly down at their cleats.

Several issues remain for the Tigers to address heading into the Saturday, Sept. 28 game against Holland College, including costly timed penalties and ill-advised passes. A little bit of sunshine probably wouldn't hurt either. 

Inside: Madden NFL 25

Analyzing the world's most famous sports video game

Vaughn Pearson
Sports Contributor

It's 9 p.m., I've got a drink in hand, chips and Grandma's homemade pickles within reach, and my good friend Ben seated across from me on the sofa. The television screen is glowing with the main menu of Madden NFL 25. Not a bad way to start a Saturday night.

It's hard to believe it's been 25 years since the first Madden game came out, and harder to believe how far the games have come. Madden NFL has, since 1988, been commonly referred to as "the NFL's 33rd franchise," earning more than \$3 billion in sales across the 85 million copies sold.

Beginning as pixilated sprites running slowly on the Commodore 64 to accommodate the 11-player teams John Madden insisted be present for the sake of authenticity, Madden NFL has certainly progressed in leaps and bounds. Playing Madden 25, individual blades of grass can be seen being kicked up by players. Sweat beads on skin, muscles flex and bend, and players react dynamically to each other's presences. At a glance, one could be fooled into thinking he or she was watching the real thing.

The Madden franchise has always served as a sort of simulator. John Madden, former Oakland Raiders coach and NFL commentator, insisted throughout development that a strong sense of realism be maintained. He envi-




Looks pretty realistic, eh? ••• Press image

sioned the series as a learning tool for people to be able to pick up and fluidly learn the basics and, eventually, the intricate details of the sport. With the introduction of the "Ask Madden" feature in later games, gamers can learn the sometimes daunting plays function and eventually become familiar with them. This is not to say that Madden NFL is purely about stats; it is still a game, and it's great fun even to those who wouldn't describe themselves as football fans.

Of course, you can't talk about Madden NFL without bringing up the infamous Madden Curse. From 1999 onwards, starting with Garrison Hearst, players appearing on the cover of Madden games all faced a sudden decline in their careers. While players like Hearst,

Daunte Culpepper and Donovan McNabb would lose large chunks of their seasons due to injury, others would have their seasons slip through their fingers, like a missed catch by former Tennessee Titans running back Eddie George that led to an interception and a playoff loss in 2001. Not one player has gotten out of a Madden cover deal unscathed.

Despite a slow start in 1988, the Madden NFL franchise has never sacrificed quality and never compromised its principals of excellence. As a result, it has remained the undeniable pinnacle of football gaming, leading the industry and serving as a guideline for not only other football games, but sports video games as a whole. 

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CONTRIBUTORS MEETINGS

Mondays 5:30 p.m.
Rm 312, The SUB

Women's soccer earn two well-deserved wins

Tigers take first place with four-game winning streak

Samuel Perrier-Daigle
Sports Contributor

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The women's soccer team has been busy, playing games on both Wednesday and Saturday of last week. Their hard work has paid off, and the Tigers now sit firmly atop the Atlantic University Sports (AUS) standings.

The team's hectic week began on Sept. 18, with a home match against St. Francis Xavier. Kristy McGregor-Bales' header opened the scoring for Dal after St. FX had difficulty keeping the ball away from their net.

The goals kept coming in the second half. Elise Bilodeau and Joanna Blodgett each put one past the keeper to bring the final score to 3-0.

"The intensity both in attack and defense was very, very good," says Tigers head coach Jack Hutchinson, who was pleased with the way his team played. "From the players that come off the bench to the players on the field, just being tuned in to what was going on, we are very, very happy."

Two days later, the Tigers travelled out to Acadia to face off with the Axewomen. Both teams

played an aggressive game, with each team drawing a yellow card. These calls, along with others throughout the match, were met with disapproval from both Acadia and Dal fans.

With three minutes left to go in the game, Victoria Parkinson managed to turn the tides and deliver a goal for the Tigers. After a near-miss from the Axewomen kept the fans on the edge of their seats, the Tigers claimed their sixth win of the season.

Even with the team achieving the desired results, there was some constructive criticism about the Tigers' decision-making. "Being able to know when to do what is really hard," says Hutchison, explaining that there was a little confusion during the match. "A minute ago you told me to pass to feet, now you're telling me to kick long," says Hutchison, paraphrasing the dialogue with his players.

However, Hutchison was not displeased with the way the ladies played. "Today I thought we did much better on that regard," he says, referring to the team's improved ability to perform under pressure. ☎



Victoria Parkinson (8) waiting to play the ball. ••• Photo by Samuel Perrier-Daigle

Men's soccer split weekly matches

Tigers defeat St. FX, lose to Acadia



Bezick Evraire (7) chasing the ball out of bounds.

••• Photo by Samuel Perrier-Daigle

Graeme Benjamin
Staff Contributor

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Acadia Axemen snapped the Dalhousie men's soccer team's two-game winning streak in Wolfville on Sept. 21, beating the Tigers 2-0.

After the Tigers defeated the AUS-leading St. Francis Xavier X-Men 2-0 three days prior at Wickwire, the Tigers lost by the same score to Acadia. Goal scorers for Acadia were Matthew Berrigan and Erik Merchant. Bezick Evraire led Dal with three shots on goal. The Tigers subsequently slid down the standings into a three-way tie for fourth.

A much different team showed up against the X-Men in the Sept. 18 match. The Tigers got off to an early start with Evraire scoring off

a free kick in the first five minutes. Defender Nathan Rogers notched the insurance marker in the 67th minute, leading the Tigers to victory in front of the home crowd.

Following the match, team captain Rogers complimented Evraire's work ethic. "A lot of our creativity comes from (Evraire)," says Rogers. "It's nice knowing that if you're able to do the defensive work and can get the ball to his feet then he'll be able to do the offensive work."

Entering the Acadia game, Dal head coach Pat Nearing knew his squad had a few things to work on. "I think we need to increase our communication as a team," he says. "We need to stick to the game plan. We need more jump up front and to get players into attacking positions quicker."

Since the Tigers were unable to

walk away with six points on the weekend, the upcoming games will be critical to the team's play-off positioning. The game marked the halfway point of the season for the Tigers.

With a 3-2-1 record, Dal sits in a three-way tie for fourth alongside Acadia and the Saint Mary's Huskies. However, the three teams are not trailing far behind the top teams. Moncton and UNB currently hold the second place position with 11 points and St. FX is sitting in first with 13.

The Tigers hit the road once again this weekend as they take on the UPEI Panthers in Charlottetown. With only four games under their belt this season, the Panthers have only managed two points so far, both coming from ties. ☎

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STREET INTERVIEW

By Ian Froese & Calum Agnew

What do you think of Dal's new email system?



"It's not bad. I like it way more than the older one."

Michael Collins
1st-year BA



"It's OK. It's better than it used to be."

Gavin Jardine
5th-year international development/
sustainability



"It's very confusing. I don't get it."

Cameron Mitchell
4th-year linguistics



"It's not so bad. It takes time to learn."

Yi Wang
4th-year commerce



"I detest it so much I can't even put it to words."

Alanna Loewen
5th-year English



"I don't really like it on the website, but I put it on my phone."

Kate Siri
1st-year science

sudoku

6		4	1	3				
		9	5			4		2
	7			9		3	8	
	5			1	9		3	
1			2		7			8
8		7					1	5
9		3	7		1	8		
	4			6			2	
5		1			4	6		7

EVENTS@DAL

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FRIDAY, SEPT. 27

AGM: Political Science Society, 6 p.m. in the SUB, Room 303
"Econo-Brew", Dal Economics Students Association, 8:30-11:45 p.m. in Economics B Building, Seminar Room

SATURDAY, SEPT. 28

"Happily Ever Active" Tea & Tango, 1:30-3 p.m. in the Bethune Ballroom
Case Analysis Workshop, Dalhousie Commerce Society, 1:30-4:30 p.m (Registration Required)

SUNDAY, SEPT. 29

"Women's Volleyball Scotiabank Invitational Tournament," 12 p.m. in the Dalplex
Terry's Cause, 5K race. Start/finish at Studley Quad, 1 p.m. (Online registration)

MONDAY, SEPT. 30

"100 Days of Listening, Open Session," 8-9:30 a.m. on Sexton Campus (Registration Required)

TUESDAY, OCT. 1

Tuesday, Oct. 1
Public Consultation: SUB Renovations, 7-9 p.m. in the SUB, McInnes Room.

WEDNESDAY, OCT. 2

"4th Annual Campus Mawio' mi (Pow wow)," 12 p.m. in the Studley Quad

Lecture: "Researching Genetic Disease in the Bedouin Community: Ethical and Social Issues," 12:10-1:45 p.m. in the Weldon Law Building, Room 104

THURSDAY, OCT. 3

Charity Event: "The Inside Ride," 4-6 p.m. in the King's Gym

Homecoming Weekend begins; various events on campus

FRIDAY, OCT. 4

Friday, Oct. 4
Homecoming: "Come Back to Class," The Rise of Rome: Consuls, Classes and World Conquest (Henry Hicks 217, 10:35-11:25 a.m.)

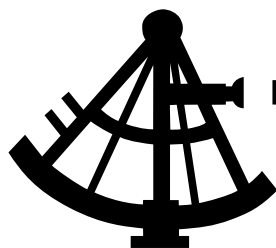
Black Death, Silk and the Mongols - Shock, Culture and Awe in Medieval Eurasia (LSC C240, 11:35 a.m. to 12:25 p.m.)

Stars and Stardom on Stage and Screen (Henry Hicks 212, 2:35-3:35 p.m.)

Homecoming: "The First Annual Black & Gold Club Homecoming Social," 4:30-7 p.m. at the Grad House



submit listings to events@dalgazette.com



THE SEXTANT

THE OFFICIAL PAPER OF DALHOUSIE SEXTON CAMPUS

Elizabeth Croteau
Sexton Campus Director

Introduction to university politics: Dal admin vs Engineering

In the war between faculties and the administration, the students are the ones who lose

It's a fact of life that, where you have people, you will have conflict. Two people means one relationship, and as anyone who has ever talked to anyone else will be able to tell you, one relationship can be hard enough. The more people you add, the more relationships there are, and when you have a whole university of people, well – things can get a little tense sometimes. Dalhousie is no exception.

I'm sure that there are many universities where relationships between faculties and the university administration are occasionally strained. It seems, however, that Dalhousie has a few extra factors that lead to some clear and consistent divides. One of these is between the Dal Admin and Sexton Campus. Somehow, the 20 minute walk between Studley and Sexton seems like a chasm between worlds; the teeming, careless pedestrians and sufficient services of Studley contrasting with the close-knit, book-bound students and sparse support structures of Sexton. Just to list the differences would be a Sextant article in and of itself. But perhaps the most obvious divide is over how the professional programs are handled on Sexton versus Studley – specifically, the engineering program.

I (possibly bizarrely) chose Dalhousie's engineering program based on things I liked about the school and the city of Halifax rather than the Faculty's reputation. I happened to enter into a discipline (Industrial Engineering) for which Dalhousie is well known and held in high regard. I enjoyed every year of

my program, which I started in the fall of 2008. The courses were modern and continuously updated; the Faculty took steps to not only take student opinions into account, but to actively seek them out; and I could see the point in what I was learning. The class sizes were manageable – my year started out with a little less than 200 people, and by second year we were down to about 120 full-time students. In essence, the program worked, and I enjoyed all 5 years of it.

Perhaps the program worked a little too well, however, because somewhere along the line the Dalhousie Administration decided that engineering was popular enough to warrant increasing the admissions into first year – current numbers are closer to 340 first year students. I'm sure someone, somewhere, made the logical argument that if you really want to be an engineer, you'll work hard enough to pass through the program, and if not, you'd fail out and hey – at least we gave you a chance, right? This logic may have been enough if the Engineering Faculty had been allowed to run the program they wanted – but here's where the politics come in.

The Faculty of Engineering designed two new first year math courses back in 2007 – Engineering Mathematics I and Engineering Mathematics II. These were meant to logically feed into Engineering Mathematics III (the notorious Differential Equations) and Engineering Mathematics IV (the essential Vector Calculus). The courses were designed to teach calculus from a design perspective – to tailor theoretical mathematics

to engineering. They were hard courses, and a lot of people failed – but if you made it through, you knew what you needed to know.

You'll notice I keep referring to these new courses by the full name – Engineering Mathematics. Unfortunately, Dal Admin did not allow the Faculty of Engineering to take responsibility for these courses, and left the Mathematics Department in charge of them – which meant the Mathematics Department (in the Faculty of Science) received a portion of the tuition from these first year engineering students, rather than the Faculty of Engineering. Without control over the course, Engineering professors eventually stopped teaching the course, and the material is now taught by Mathematics professors at a mere fraction of its original scope.

The course failure rate has dropped as well. This has led to more students moving on to advanced engineering courses who do not have the proper background to be there – and it has put professors in a tough spot. Is it fair to demand a high standard of performance from students who never got the background they needed? Professors either have to in turn tailor their courses to the level of the students, or demand – perhaps unfairly – levels of knowledge from students who have not been properly prepared by their academic institution.

What all this means is we have more students in Engineering than the Faculty can reasonably handle. The IDEA building – a new, student-space

oriented building on Sexton campus with two large auditoriums to handle first and second year classes – was put on hold in 2008 after the economic crash. It's in motion now, thanks to a student-approved levy, but it'll still be 5 years before Sexton has that space. As a result, second year students are having classes in Park Lane theatre – which tells us where the Dalhousie Administration prioritizes engineering students. In addition, all Sexton students – architecture and planning included – are feeling the crunch of not enough study, lab, or group work space on the campus.

It's a sad way to see a program I enjoyed go. It's made worse by watching professors I respect and admire fight tooth and nail to give their students what they deserve. But it's never going to happen unless the Dalhousie Administration decides to treat engineering students – and all Sexton students – as equal to their Studley counterparts. We need control of our space. We need control of our exam schedule. We need control of our course material. We need the Administration's support.

I want to be able to give Dalhousie Engineering a glowing recommendation. I've enjoyed my time here so much; heck, I even stuck around for grad studies. But I'm not sure if I can anymore, not in good conscience. Not until I see my university's administration commit to the quality of education over university politicking, and not until I see a decision made to prioritize what we're all here for – an education we can count on.



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Editor-In-Chief: Brett Ziegler
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