

# ACADEMY ON ADDERALL



**The Dalhousie Gazette**

North America's Oldest Campus Newspaper, Est. 1868

**HOW UNPRESCRIBED  
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North America's Oldest Campus Newspaper, Est. 1868

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the fine print

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DalGazette.com Website Top 5

1) UNB faculty's demand unreasonable—Ian Froese, Editorial

2) What to know before you rent—Kristie Smith, News

3) Letters to the Editor: Florizone's tacit endorsement of Israel divisive—Mary MacDonald

4) Painter's Valhalla—Mat Wilush, Arts

5) It's freezing!—Jessica Melanson, Opinions





# Study drugs “extremely easy” to find in residence: Dal student

Science undergrad describes first-hand experience using Adderall, Ritalin

Kristie Smith  
News Editor

Adderall. Ritalin. Concerta.

Students cramming for mid-terms and exams probably make less-than-great decisions. But some take all-nighters and stimulants to a whole new level. Some students turn to study drugs, prescription medications used to focus the mind. For most, it's meant to be harmless. Anything to survive that last exam. For others, it's as regular as the exams themselves.

“I don't think they're looked upon the same way as other drugs because so many people are prescribed them,” says one upper-year science student who used them, both unprescribed and later with a prescription.

“Children are prescribed them.”

The *Dalhousie Gazette* found a student with years of experience using various pills to excel academically. His name is being withheld considering the illegal nature of buying prescription drugs.

“My first year at Dal I was introduced to Concerta, 54mg pills, just before exams started,” he says. He used it every exam period, including during midterms, in his first year.

Then came Ritalin. Then, later and with a prescription, Adderall.

“Each pill affected me differently. Concerta was definitely more of a euphoria, I was extremely focused. I never became tired. I was never yawning or complaining, but I always felt motivated, focused, ready to go. The experience on Ritalin was much the same. The experience on Adderall was different, and that's actually why I no longer take these drugs. Adderall made me quite anxious.”

The three pills he took—Concerta, Ritalin and Adderall—are typically prescribed for attention deficit hyperactivity disorder, or ADHD. For one 54mg pill, he would have paid \$5 on average. The lowest he recalls paying was \$3 a pill, but only when he bought them in bulk.

The largest order he ever placed was for 50 pills.

“You can just continue to go, go, go, so long as you time when you're taking the pills correctly, then you can go,” he says. “And you can go for as long as you want.”

“I suspect it is not a significant issue here,” says Bonnie Neuman, vice-president student services at Dalhousie, “given that we're a strong academic school and our students are strong scholars.”

According to Neuman, Dal participates in the National College Health Assessment survey but there are no questions about the abuse of drugs “for energy or as study aides,” so Dal has no relevant policies because there is no data to say there is a need.

The survey does, however, ask about the abuse of prescription medications. In 2013, 3.7 per cent of Canadian postsecondary students polled admitted to using non-prescribed stimulants.

Our source disagrees. While other students may not use them long-term the way he did, he would estimate three or four students of 10 would have used them at some point. He also says they were easily accessible.

“When I was in residence it was extremely easy. You could find it in your hallway in some cases,” he says. “I would go to the library, and it would be funny, but I'd be studying while I was on it and I would hear the people behind me asking their friends for it, or I'd

hear people around looking for it.”

“I don't really think that the use of Adderall makes a substantive difference in terms of their academic outcomes,” says Neuman, “because of course it's not the one test but it's about all the academic work you do.”

The anonymous student disagrees again. He says that because the pill is used for academic purposes, it's more of a tool than a recreational stimulant.

“These drugs offer me a benefit to get ahead academically and I think that's the point here. People that use these drugs don't look at themselves as drug users or drug abusers, in the same sense that someone who smokes marijuana would. A lot of people that I know who have used them don't use other drugs, not even marijuana. They don't smoke cigarettes. They're generally against using drugs, but they do use these because they offer a benefit.”

That benefit is concentration and the ability to go long periods without sleep. These drugs target the central nervous system and are time-released, and used properly can make a study session last days.

The list of negative side effects is long and can be long lasting. Users can become nervous, agitated, anxious, depressed, suffer from insomnia, loss of appetite, dizziness and headaches—and those are the milder side effects.

The science student developed the sense that he couldn't study without it.

“You become very dependent on it,” he admits. “I'm consistently anxious now because of this. I wasn't an anxious person before, now I'm extremely anxious.”



Prescription drugs are changing hands at Canadian universities.

• • • Photo by Adele van Wyk

## On the cover:

Study drugs are a sensitive subject, so it's difficult to photograph the concept. We don't want to inadvertently accuse someone of taking unprescribed drugs. Keeping this in mind, photo editor Chris Parent created a photo collage of a posed snapshot.



Budlakoti, left, and Halifax lawyer Lee Cohen answer questions at Dal. ••• Photo by Sima Sahar Zerehi

## Canadian facing deportation speaks at Dal

"He was a citizen...they took that away."

Eleanor Davidson  
News Contributor

Deepan Budlakoti is a stateless man. Born and raised in Ottawa, he is now facing deportation from his own country.

Seated in front of a captive audience, Budlakoti spoke at the Dalhousie Student Union Building on Jan. 23, his eighth stop on a whirlwind speaking tour across the country.

Questions regarding Budlakoti's status as a Canadian citizen began in 2010, while he was imprisoned for drug trafficking and weapons charges.

Budlakoti's parents were born in India, and previously worked for the Indian High Commission in Ottawa.

This country's Citizenship Act states that the children of foreign diplomats will not be granted Canadian citizenship if they are born in Canada, yet Budlakoti's parents, the family maintains, had left the Indian High Commission four months before he was born. The government asserts that his parents were still working at the Indian embassy at the time, which precludes him from citizenship.

During Budlakoti's time in prison, his right to Canadian citizenship was called into question—and subsequently revoked.

"No adjudication, no lawyer

present, no trial, no nothing. My passport was just taken away," he said.

The Canadian government issued an order for Budlakoti's deportation, claiming that he should be banished like any convicted criminal who is not a legitimate Canadian citizen or landed immigrant. The deportation would send Budlakoti to India, a country he has never been to and has no connections with.

"Foreign Affairs in India has written a letter stating that I am not an Indian national, that I have no Indian documents, and that they will not respond to Canada's request," he said.

Despite pleas to various political parties and government organizations from his lawyers and supporters, no changes have been made to Budlakoti's situation. He remains stateless.

The Conservative government has offered limited statements regarding the order for Budlakoti's deportation, and previous support offered by the Liberal party has disappeared.

"In 2011, Justin Trudeau gave me a letter promising his support. But now, in 2014, he's not doing nothing. He's going back on his own word," said Budlakoti during his speech.

Lee Cohen, a Halifax-based immigration lawyer, spoke alongside Budlakoti at Dalhousie, offer-

ing his comments on the legal aspects of the case.

"This event could not be happening at a worse time in Canadian history. It could not be a worse time for immigrants, refugees, or citizens in Canada. The concept of citizenship is the highest status that you can get in this country... he was a citizen, and they took that away from him," Cohen commented.

Cohen warns that Budlakoti's time in his birthplace might be running short.

"Sooner or later the Canadian government is going to move to execute that deportation order. When a person is deported, they are removed from Canada unceremoniously."

Both Budlakoti and Cohen emphasized the importance of gaining support from the public in order to alter the deportation order, saying the prospect of losing a significant number of votes could create a change in the current government stance.

This case of a Canadian citizen facing deportation from his own country is unprecedented in the nation's history, the lawyer explained.

Cohen summarized the urgent nature of Budlakoti's case, asking "if [the government] can do that to him, then what's to stop them from doing that to any of us?"

## Greek societies feel "targeted" by sexual violence report



The Sigma Chi fraternity on South Street. ••• Photo by Kit Moran

Josh Stoodley  
News Contributor

Members of the Halifax Greek Council believe they were misrepresented in a report released earlier this month by StudentsNS, examining sexual assault on Nova Scotia's university campuses.

In the report, 'A Review of Student Union Policies and Practices to Prevent Sexual Violence', one section explains that fraternity cultures are viewed as "especially problematic" and "more likely to perpetuate sexual violence."

The document cites an American study from the early '90s linking fraternities to a disproportionate number of violent acts of sexual assault.

Evan Hallward, president of the Halifax Greek Council, feels the report unfairly targets fraternities.

"I don't want to sugarcoat these allegations," says Hallward, also a Dalhousie management student and chapter founder of the Zeta Psi Fraternity, "but instead of stating facts or talking to us, they created a divide where fraternities are the bad guys. It puts the word 'fraternity' in a negative light, even when the report doesn't necessarily mirror what we do out here in Halifax."

Throughout the report, StudentsNS explores how universities could build a safer campus culture, explaining that university campuses in Nova Scotia lack proper dialogue on sexuality.

When asked about the report's portrayal of Greek life, StudentsNS executive director Jonathan

Williams said, "The report doesn't try to single out fraternities, but it identifies that in the literature and research, it was communicated that there were particular concerns around fraternities and athletics."

The report also illustrates the challenges presented by the "perfect storm" of alcohol and sexual assault, and how fraternities are often associated with this combination. Hallward believes that if given the opportunity, the Halifax Greek Council would be willing to work with StudentsNS on tackling these issues.

"That is something that I believe no one in our organization would be opposed to. It's what we stand for," says Hallward. "If they would have contacted us, we could have easily worked together to create a campaign."

The Halifax Greek Council is made up of several fraternities and sororities across the city, holding various events throughout the year. For one fundraiser, the council hosted a Quidditch tournament with proceeds going to Shinerama.

Hallward hopes to help Halifax's Greek organizations focus on their positive contributions, such as this fundraiser, while acknowledging the challenges that are presented by the stigma of fraternities.

"We're not shy to talk about sexual assault. If we're hosting an event, we make sure to be aware of everything going on. My brothers and I collectively and responsibly look out for these things. We don't take it lightly."



# New owner deflects criticism of run-down laundromat

## Sociology lecturer calls 24/7 laundromat a blight to community

Sabina Wex  
Staff Contributor

Construction recycling worker Curtis Richardson bought Henry Street's Varsity Laundry laundromat on Jan. 6. He hung a multi-coloured construction paper sign proclaiming his new business' name, Suds Your Duds, on the window of the laundromat, along with other signs reading: "NEW OWNERS" and "FREE SOAP." The other window, with clear plastic bags and packing tape covering a hole in it, has a sign reading "OPEN 24 HOURS."

When Dalhousie sociology lecturer Shaun Bartone saw these signs from afar, he thought they might be from a city department. He had already reported Varsity Laundry for bylaw violations for not fixing the broken window, as well as the broken front door. When he saw the signs were declaring the opening of Suds Your Duds, he didn't believe the ownership had changed.

"There's nothing new going on there. Window's still broken, door's still broken, machines' still broken," Bartone said. "They've put out pretty things to make it look new, but it still smells bad because if you leave standing water sitting around it starts to

stink."

Richardson called Todd Johns, the owner of two Varsity Laundry locations, about a week before he bought the business at the corner of Henry and South streets—a block away from Dalhousie's Student Union Building. He had seen the Henry Street and Oxford Street locations, both in bad condition, and their widely negative reviews on Yelp.ca.

.....  
"WINDOW'S  
STILL BROKEN,  
DOOR'S STILL  
BROKEN,  
MACHINES'  
STILL  
BROKEN"  
.....

But Richardson knew that Johns was a real estate agent and did not have much time to put into maintaining the self-serve laundromats. The Henry Street location had barely broke even in the last six months. Richardson couldn't understand why,



The run-down laundromat might be getting a new lease on life. • • • Photo by Deborah Oomen

with its prime location in the 'student ghetto'—near Dalhousie and Saint Mary's—where many student homes don't have laundry machines.

Willing to put his construction expertise to good use, Richardson decided to buy Henry Street's Varsity Laundry and convert it into Suds Your Duds. Having bought the place a month ago, he plans to start fixing and replacing the broken windows, walls, floor and dryers. If the place gets busy enough, he'll even replace the washers.

"Once everything starts turning around," he said, "it'll be worth it."

Bartone wanted the window and door to be fixed because he felt it made the area more susceptible to crime.

And with Suds Your Duds now open 24 hours with a decrepit window and door, it could become more susceptible to crime.

"Now it's become a place for vagrancy, a place for homeless to stay overnight, possibly. It's open all the time, it invites more crime," Bartone said. "It's a worse problem."

Bartone reported another bylaw violation against the laundromat in case they hadn't received permission from the city to be open 24 hours.

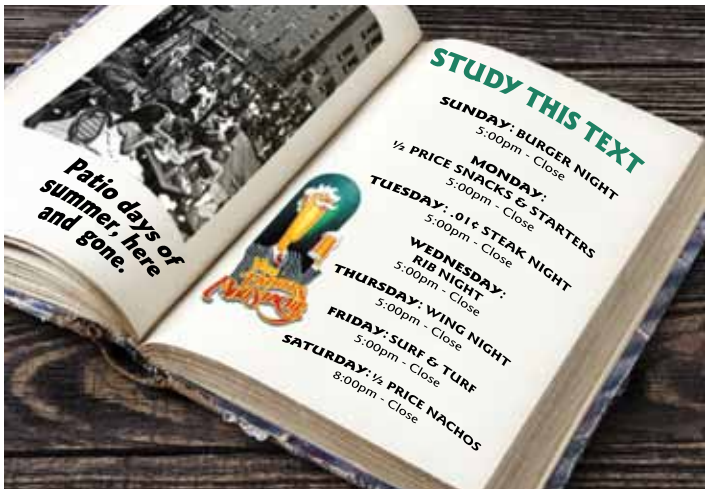
Richardson knows many students are busy during the day, with class or part-time jobs, so he thought it would be good for the only laundromat in the South-end to be open 24 hours.

Richardson hasn't noticed any homeless people or crime at the laundromat. He comes in every night to clean the floors, the washers and clear the lint out of the dryers.

Multiple signs in the laundromat warn of video surveillance but no cameras have been installed, though Richardson says he is planning on it.

He says once his girlfriend has given birth in February, she will attend to the laundromat during the day. If there's a demand, Richardson will hire a nighttime attendant.

"If it fails, it fails," Richardson said, "but I'm willing to give it a shot." ☹



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# Florizone in Israel

## What it means, to and for Dal?

Josh Fraser  
Staff Contributor

Dalhousie president Richard Florizone was in Israel earlier this month as a member of Prime Minister Stephen Harper's Canadian delegation. During a press conference held by Israeli Prime Minister Benjamin Netanyahu, Florizone and Dal VP of research Martha Crago signed a memorandum of understanding specifying shared interests in oceanography between Dal and Ben-Gurion University in Eilat.

"The excellent science done by Marlon Lewis and other Dal ocean researchers, together with Seymour Schulich's strong support and Martha Crago's facilitation, has given great momentum and credibility to our partnerships with leading Israeli universities and research institutions," said Florizone at the signing.

Both universities have renowned oceanography departments, but it's the coral reefs near Eilat that interest Dal oceanography department chair Marlon Lewis, who spoke with intense interest of their accessibility and uniqueness.

"Whether or not these two groups come together in Eilat, I think it's a little early to say, but why not? It's certainly a goal to make [Eilat] an accessible site for a whole wide range of folks," says Lewis.

This joint endeavour could present domestic oceanography students with opportunities

abroad and stands to improve our understanding of aquatic life, a pursuit for which Dal oceanographers have a global reputation and aptitude.

The ultimate goal is to create an ocean studies centre in Eilat.

"Dalhousie and the greater Halifax area is one of the world's top three places for ocean science," says Lewis. "We attract graduate students from around the world in many departments based on the reputation for science Dalhousie has."

Some members of the Dal community have expressed concern about Prime Minister Harper's close presence during the signing. In a *Gazette* letter to the editor, MBA candidate Mary MacDonald wrote that Florizone's presence is a tacit approval of the statements made by the Prime Minister.

Members of the Canadian delegation include Rev. Shawn




Richard Florizone with Rivka Carmi, president of Ben-Gurion University.

• • • Press photo via Dal

Ketcheson of the Trinity Bible Church of Ottawa, who has made several Bible-based statements that homosexuality is wrong and unnatural. Of the 208 members of Prime Minister Harper's accompanying party, a majority fell into categories of wealth management and commercial enterprise,

including Gibralt Capital Corporation and Suncor Energy Incorporated.

In terms of the memorandum itself, it marks the early stages of planning a facility to be built in Israel and over time more details will emerge. ☹

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# letter to the editor

## Florizone's tacit endorsement of Israel divisive

Dear editor:

By joining the Prime Minister's delegation in Israel, Dalhousie University president Richard Florizone tacitly gives approval, on behalf of the university, of the divisive political statements made by Stephen Harper. While speaking to the Israeli Knesset, Stephen Harper likened any criticism of Israeli policy to that of an anti-Semite.

Dalhousie president Richard Florizone enthusiastically tweeted about the Prime Minister during this delegation's trip. Should the Dalhousie community now be careful about what it says about Israeli foreign policy for fear of

being labeled anti-Semitic? There are hundreds of Middle Eastern students at Dalhousie who would feel alienated by the university president's cheerleading of Prime Minister Harper's performance during this mission to Israel.

In pandering to Harper the university administration cannot maintain a neutral position that allows academic freedom to prosper.

Yours truly,

Mary MacDonald  
MBA candidate, Dalhousie University



## School on full speed



Four writers weigh in on the growing use of prescription drugs to study. ••• Photo by Adele van Wyk

### An issue of academic integrity

**Sam Elmsley**  
Opinions Editor

This week, I asked my writers to weigh in on the increasing abuse of so-called “study drugs” on university campuses. This catchy term refers to the non-prescribed use of drugs meant to treat ADD

and ADHD (Attention Deficit (Hyperactivity) Disorder), such as Ritalin and Adderall, by students hoping to get an advantage in their studies. In case you hadn't heard (but since you're reading this, you probably have) these drugs allow those not dealing with ADD or ADHD to focus intensely

for hours—perfect for banging out a term paper or cramming for a final in one sitting.

There could be a million reasons—one for every individual user—as to why these drugs are a growing trend on campus. For some, they're a way to excel in school and multiple extracurriculars at once. For others, they're a way to focus on having fun until the day before that paper is due.

They could also be a solution for those who feel the pressure to do well on a full course load, but who also have to work to pay tuition. Maybe it signals a growing epidemic of concentration. Maybe my generation is lazy/too competitive/overachieving. Everyone has a different answer.

Whatever the cause, the effect of study drugs is a widespread issue of academic integrity. Students

taking study drugs to cram for an exam are comparable to athletes using steroids in their sport. In both cases, drugs artificially enhance the user's competitive edge, pushing the body beyond what it can naturally accomplish. The use of drugs is, obviously, illegal in sports, and their discovery will cause athletes to lose their titles. But in academia, no one is testing our blood samples as we flood the Dalplex for exams. Study drugs slip under the radar, and anyone who uses them can get away with it.

**“BY KEEPING  
SILENT, DAL  
SENDS THE  
MESSAGE  
THAT THE  
USE OF STUDY  
DRUGS ISN'T A  
PROBLEM”**

I'm not advocating that Dalhousie start monitoring student bodies. But this is an issue that must be addressed. Currently, Dal appears to hold no policies regarding study drugs. Even the “other forms of cheating” section on the university website doesn't list an official stance on it (unless you count the reference to “irregular procedures,” which could cover all manner of sins). If Dal decides to declare this an issue of academic integrity, clarifying the website, as well as detailing their policy right next to the plagiarism blurb on class syllabuses, would help students understand the gravity of this offence.

Study drugs will likely always remain untraceable, but Dal could do more to make their use preventable. By keeping silent, Dal sends the message that the use of study drugs isn't a problem. It is—but students need their school, not their opinions editor, to tell them that. ☹



# Perspectives on campus “study drugs”

## A product of pressure

Rosalie Fralick  
Opinions Contributor

Students nationwide are feeling the pressures of getting the best grades, applying for the biggest scholarships and getting the top jobs in their fields. With tuition rising at an inordinate rate, the push to do well and get your money’s worth is stronger than ever. Midterm papers, three exams, a major research project, a part time job, volunteer work and trying to find time to sleep and eat: to many university students, this sounds like an average week.

Some students are finding ways to cut out the last two items by using prescription drugs to boost their energy and cut their appetite. The U.S. National Institute of Health recently published a study of 1,253 college students which found that 18 per cent of students surveyed who had no prescription for stimulants were using them, and of those students 85 per cent of them were using them with the goal of performing better in school.

It’s worthwhile to question the type of environment that’s leading students to risk their physical and mental health in order to achieve marginally higher grades. In an article published in the *Globe and Mail*, the mental health clinic at McGill says it gets four times as many emergency drop-ins during exam season, and that the average number of drop-ins the rest of the year is more than double what it was five years ago. The *Toronto Star* reported a national survey of post-secondary students showing a whopping 89 per cent of students reported feeling overwhelmed and nearly as many described themselves as feeling constantly exhausted. Assuming this generation of students isn’t

significantly less competent than the last, the logical conclusion is that the pressures of being a student are getting worse as time passes.

One fourth-year student at Concordia told the *Globe* the majority of her friends have used prescription drugs as a study aid. It has to make you wonder: what are these enormous pressures leading students to engage in illegal, unethical and dangerous behaviours in order to make the grade? Well, the push to get the biggest scholarships is certainly present, with the average student graduating university with around 30k in debt. The need to be top of your class is looming, with 4.5 per cent of university graduates living unemployed (that’s one out of every 25 students graduating from university) and (American) universities giving out 30 per cent more diplomas than they were 10 years ago. In many cases, this has resulted in larger class sizes with disengaged professors, teaching assistants marking every paper and minimal focus on the well-rounded education that was once the cornerstone of the university experience.

With these kinds of pressures, it’s no wonder that students are turning to drugs that allow them to sit fully concentrated for upwards of eight hours without getting tired or needing to take a break. That could be two papers and an online quiz. The real problem here is not lazy students who want to take the easy way out; it’s a results-oriented university system that pushes its students to their breaking points with no regard for what they’re actually learning.

After all, unless you’re the best at something, you’re just a banner number and a tuition fee. ☹

## Students shouldn’t purchase productivity

Laura Churchman  
Opinions Contributor

As midterm season steadily approaches, many Dalhousie students will find themselves overwhelmed by heavy workloads and the stress associated with time management. Often, students argue that their professors are all assigning due dates and exams at the same times, causing unmanageable swells of work throughout a term. As frustrating as this has always been, it is not a new pattern. Knowing this, students should be keeping on top of assigned readings and class notes in preparation for the onslaught of deadlines.

But how can we be expected to manage time properly when we are part of a generation fixated on social networking, technology, and media? These aspects of our lives leave us procrastinating until the stress of deadlines forces us to miraculously sit down and complete mass amounts of work the night before exams and due dates.

These habits are extremely common among students, and this has contributed to a culture of study drug abuse. This gives students the ability to take medication and instantly be able to focus for large amounts of time. Students are purchasing prescription medication off of their peers who have been properly diag-

nosed with Attention Deficit Disorder (ADD). These medications, most notably Concerta, Adderall or Ritalin, can have similar positive effects on prolonged attention span. Students who are not diagnosed and are using the drugs for occasional academic productivity have been said to focus for up to eight to 10 hours with little distraction. On top of the side effects of increased ability to focus, these medications also allow students to stay awake much longer, and lose their appetites.

So why don’t we all use these medications? There are obvious health concerns and risks associated with taking prescription drugs you haven’t been prescribed, but aren’t there also academic ramifications associated with the use of study drugs? Students with learning disabilities are given extra time, just as students with ADD/ADHD are given the proper medications. Therefore, students who have no attention disorders, but are still benefitting from the illegal use of prescription drugs, are getting an untraceable academic advantage. The sale of prescription drugs is illegal, but Dal does not presently have policies in place restricting the use of study drugs without proper diagnoses of an attention disorder.

Can the academic pressure felt by students justify the abuse of these drugs? Or is the increased

use in these drugs a result of a generation consumed by technological distractions? Students who have purchased prescription drugs from their friends feel secure in procrastinating and feeling the instant gratification of being able to complete assignments or study for exams the day before. Our lives are full of constant distractions, leaving many of us with less and less ability to force ourselves to focus.

.....  
**“THESE  
HABITS ARE  
EXTREMELY  
COMMON  
AMONG  
STUDENTS”**  
.....

Unfortunately we cannot look to our academic institution to make the proper changes and meet the needs of our highly distractible generation when it has operated the same way for many years. At the same time, the answer must not be resorting to the abuse of prescription medication for academic purposes. ☹

.....  
**“IT’S A RESULTS-ORIENTED  
UNIVERSITY SYSTEM THAT  
PUSHES ITS STUDENTS TO  
THEIR BREAKING POINTS”**  
.....

## Bad for your health

Shelby Rutledge  
Opinions Contributor

University can be a stressful time, especially for first year students. Some students feel the need to take “study drugs” to increase their motivation and generally do better in school.

These study drugs—prescription drugs such as Adderall—are used to increase concentration and motivation to get things completed, such as studying for that test or assignment due tomorrow. However, these prescription drugs are not intended to fix bad study habits. They are for individuals with attention deficit disorder

(ADD) or attention deficit hyperactivity disorder (ADHD). Using them without a doctor’s diagnosis is ultimately more harmful than helpful. Sure, there are some positives to using the drugs in this way, like increased motivation to get stuff done, increased concentration during your late night readings and during classes.

But, in this case, the negatives outweigh the positives. Some of the drawbacks of these drugs can include: irregular heartbeat, increased blood pressure, restlessness, anxiety, nervousness, sweating, paranoia, consuming a dangerous amount of alcohol because your body misses all the

signals that you have had enough to drink, and changes in sex drive.

University students may feel pressured into taking these drugs because they feel the need to compete with their peers. However, are they worth taking after seeing all of those negative effects?

Stick with Mr. Coffee instead, or just practice a natural way of studying at school. Hit up the library alone, have that coffee break when needed, or try to take courses you’re actually interested in. That way, you won’t need study drugs or anything else to keep you motivated and on task. ☹

## Riding out the abortion debate

### Pro-life ads misleading Metro users

Josh Fraser  
Staff Contributor

Maybe it's my cynical internet self who was not surprised to see pro-lifers advertising on Metro Transit, and I admit I did not pay the ads much attention until South House spoke out. The more I thought about it, the more annoyed I became that the ads were even allowed to be posted, and I debated a rare donation to the crowd-sourced counter campaign of pro-choice ads. My finger hovered on the button, then I left the page without donating.

If you're glued to campus or prefer your two feet to trundling busses, you may have missed the ad featuring a newborn that read "Luc was born today but his life began nine months ago." The ad runs on every Metro Transit bus I've seen or ridden, and was posted for a time at many stops around the city.

First, I have a problem with the text. It isn't a vague and debatable statement, it's a claim stated in a factual manner, one that is not supported by science or social discourse. The fact is that we have not come to an agreement

on when life begins, and these ads are engaging in the American style of political opposition where each side has its own 'facts' and argues ad nauseum. This erroneous form of debate does not foster discussion as Signs for Life's Stephanie Potter has claimed, but encourages people to be dogmatic about what they believe—in this case that life begins at conception regardless of what we might learn.

I also have a problem with Metro Transit ducking responsibility. Just because the Canadian Supreme Court upheld our right to advertise on public transit in previous cases of controversial content does not indemnify whoever approved the ads from the responsibility of thinking. It's not enough to insulate yourself from litigation; you have to ask yourself what is in the best interest of the public riding the bus. No, I don't seriously expect Metro Transit to have had the capacity to pre-empt an ad campaign of questionable accuracy, but I wish to encourage them to have community experts weigh in on the accuracy of a given ad when it is of controversial nature.

It is important to understand

who this ad affects. The intention is clearly to promote moral and healthy choices for mom and baby, and the bus ads conceivably target young sexually active women. Yet everyone sees the ad, including males who have a necessary voice in the abortion debate but nowhere near the same stakes. The ad as it stands also shames people who have already had abortions, sometimes for important medical reasons, and we need to be sensitive to their struggle.

Given my vexation with Signs for Life and my sincere desire to give pro-choice voices a chance to respond in kind, it is strange I was not compelled to donate to the cause. I can give two reasons: one, I have not seen an example of the content of South House's ads, and I reserve my support for a well-made message that I personally endorse; two, Metro Transit stands to profit either way from advertising revenue, and I cannot endorse their negligence on the first ad even if additional ads lend balance.

Nevertheless, I applaud South House for their pluck and for their solid message that informed choice is paramount and should



Metro Transit will profit from South House's response to an offensive ad that shouldn't have been published in the first place. • • • Photo by Josh Fraser

not be denied to anyone. If they post ads in venues other than Metro Transit, assuming I agree

with the tone and content of the message, you can bet I'll put a few dollars behind it. ☹

## Defining your dreams

### Should shaky markets determine your path?



The ebb and flow of job markets shouldn't dictate what we study—degrees are worth more than their cash value. • • • Photo by Jeff Johnstone via wikipedia

Sabina Wex  
Staff Contributor

In September 2015, Ontario's teacher's colleges will extend their programs to two years rather than one. The extra year means the colleges must cut their enrolments in half, which will decrease the number of graduated teachers from around 9000 to 4500. The Ontario Liberals rationalize that the two years will be more costly and require fewer acceptances by the teacher colleges, making applicants seriously consider whether they want to teach for the rest of their lives.

Though this strategy may decrease the number of unemployed teachers in Ontario, the unemployment rate will remain high for teachers. Ontario school boards don't hire new teachers until current teachers have had the chance to apply to open positions. Many graduated teachers will be left with two years of specialized training and no job.

A BA is the new high school

diploma. Many people who don't like school will go to university anyway because they believe it necessary for jobs that aren't at McDonald's. But why would a rational being spend \$8,000 per year to pursue things they don't like? If someone doesn't like education, then they shouldn't be at a university. They take up my T.A.'s time that could be spent marking my paper more carefully, and waste a space that could be filled by someone who wants to learn. If money is what one is after, then go into the wide market of trades. The world will always need electricians—we have enough political science try-hards who never make it to a place where they have three homes funded by the government.

Don't go to university just for a credential that might be impressive on a résumé for a specific job. Life isn't about specifics because you can't really plan it, and humans are at the top of the food chain because we can adapt to any environment. I know the job mar-

ket is depressing, but a specialized degree is unlikely to help students in a world where old pros get fired daily. Gaining skills that are transferrable to any environment is more important in a time when jobs are uncertain and often unrelated to degrees.

And if you want to do something you love, then do it. If you want to be a gallery curator, go to the art galleries often and converse with the curators. Employers want interest, hard work and passion—a degree is secondary to those traits (except for science, where it's expected to understand those mechanics at an advanced level). But don't sit around with your B.A. in art history crying that the curatorial world is shrinking and oh, no, whatever shall you do?

Yeah, we're coming out of school to a bad economy, but it's not completely impossible to get the job one wants—it just takes more than simply having a degree (hell, even two). ☹



# Are we all in this together?

## Probing low turnout at Dal varsity games



This author has watched more St. FX sports than Dal's. Here's why. • • • Photo by Kit Moran

**Jackson Haime**  
Staff Contributor  
• • • • •  
When was the last time you were  
at a Dalhousie sporting event?  
When was the last time you

watched the Tigers from a set of  
stands packed with screaming  
fans with painted faces and over-  
sized fingers?  
The answer to the first question:  
not very recently. The answer to

the second question: never.  
Embarrassingly enough, I've  
actually been to more games at  
St. FX than I have at Dal. I have  
cheered for the X-Men more times  
than I have the Tigers. Aside from

making me a dirty traitor, I think  
this says something about the Dal  
sports program.  
Third question: when was the  
last time that you knew a Tigers  
game was going on? Don't be  
embarrassed if the answer isn't  
recently—the last time I knew  
about any of them was during  
homecoming. Aside from that,  
I heard about a few of them  
through the grapevine when I  
lived on campus last year. These  
events aren't exactly heavily pub-  
licized. If you want to find out  
about a Dal sports event, you are  
going to need to look it up your-  
self. It's not much effort, but it's  
also not a step that many people  
take—looking at that white wall of  
a sports calendar is almost pain-  
ful.  
Right now, Dal is stuck between  
a rock and the side of the Kil-  
lam. Even if you do manage to get  
out to the game, the experience  
is a mediocre one. The stands of  
Wickwire admittedly suck, there  
isn't really cover anywhere near,  
and everything feels worse when  
you're the only person at the party.  
Dal also lacks a beer tent, which  
is very important, but the biggest  
issue is that it's stuck in a nega-

tive cycle. The Tigers need fans in  
order to make games fun so that  
they have more fans.  
Even if you try to blame it on  
my bad experiences, the problem  
does come down to a lack of inter-  
est. The reason the St. FX field  
looks so much nicer than ours is  
because they have alumni donat-  
ing directly to the sports program.  
Why did they donate to the sports  
program? They went to games  
that were fun because people were  
donating to the sports program.  
At this point, Dal is on the los-  
ing end of that cycle. If people  
aren't participating in the sports  
program, then they aren't going to  
want to donate to the sports pro-  
gram as alumni, which means that  
the next generation is less likely to  
participate in the sports program.  
This cycle goes on and on to the  
point where I am a dirty traitor.  
Perhaps with concentrated  
effort we could turn this around.  
Maybe in 30 years we could have  
the most popular sports team in  
Canada and have people writing  
about how their school isn't like  
Dal. But first thing's first: can we  
get a better-looking sports calen-  
dar? ☹

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## Life on the FM waves

Dal student by day, radio host by weekend



Smooth-voiced wave surfer Hannah Witherbee. • • • Photo by Kit Moran

Sabina Wex  
Staff Contributor

Hannah Witherbee turns down the microphone level when she

speaks. She capitalizes certain words on the pre-written speech she's delivering. She gives the cap letters the loudness they deserve, even after seven hours of sitting in the 101.3 The Bounce studio.

"I find when my voice is louder," the Dalhousie student and radio host said, "I sound more excited."

Like Drake's eponymous song, Witherbee started from the bottom. She worked for The Bounce

as a promoter and cruiser the summer she was 18. She was tasked to run and dance along to music in a blue morph suit on Halifax street corners, handing out stickers for The Bounce.

From the hourly on-location cut-ins on The Bounce from the promoters, the studio got a sense of Witherbee's voice and liked it. So, she was offered a job as a radio host. The only problem was that she wasn't 19, the mandatory age to work at the station. The day before her 19th birthday, she called The Bounce with the happy news, and they hired her.

"I harassed them, basically," Witherbee said.

She began working full-time this past August, recording fake shows for The Bounce so that they could be sure that she was a good fit for the station. By October, she was pre-recording content to be added in to live shows. By December, her position became permanent and she began recording live shows.

"I wanted to throw up because I was so nervous," she said of the first time she spoke into the microphone on a live show.

Somehow, Witherbee manages to find time to work a weekly five hour shift on The Bounce, as well as occasionally covering for evening and weekend hosts. The third-year political science and journalism minor student couldn't even stay away from Greek life.

Along with weekly meetings and as many social events as she can fit into her schedule, she's also Alpha Gamma Delta's social chair.

"If I have one weakness, it's trying to be too much," she said. "I'm walking the line right now, but we'll see."

Most of the hosts at The Bounce attended radio school, but Witherbee never even considered a radio career until the summer. She emulates her father, a TV host, and originally set out to follow in his shadow. But with the positive feedback she's gotten from radio, she's since changed her mind.

Witherbee loves the social aspect of The Bounce. She must post something on Twitter and Facebook every hour, as well as write one blog post per shift. She loves when the switchboard lights up after she's asked a question on air, which means that listeners have called in to express their opinions. When Witherbee mentioned on-air that she saw a state in the USA will only allow apple pie to be served with cheese, six listeners called in to tell her that the cheese is apple pie's necessary side dish.

"Don't be afraid to make a fool of yourself," Witherbee said, "especially in radio, everybody's crazy."

Tune in to Witherbee's show on 101.3 The Bounce on Saturdays from 3-8 p.m. 📻

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# Life-lessons on flesh in public

## Losing my Sex Show virginity

Mat Wilush  
Arts Editor

Upon entering the Cunard Centre on Saturday, Jan. 25, it was clear that I, in my bulky winter coat and grey knit scarf, was overdressed. The air inside the convention centre was warmed to the temperature of skin and was leaking a dull neon glow. A deep bass from somewhere reverberated off the walls and tent-tops of the many vendor stalls. It was my first time at the Everything to Do with Sex Show, and I was nervous.

The centre's wide, rectangular floor space was divided into multiple stage areas, each boasting different sex-oriented itineraries. Against the far left wall was the main stage, where acts such as the Latex and Lace Fashion Show, the Male Review and burlesque performances would be held. Opposite that, far to the right, was the Kink Corner stage and dungeon area. Seminars, on topics ranging from the Guide to Women's Orgasms to lube preferences, were being held in a boxed-in area in the middle of the floor. And weaved throughout it all were vendor booths and stockpiles of

dildos, vibrators of every imaginable shape, corsets and lingerie, candied underwear, leather everything, ball gags, rope, a menagerie of lubricants and anything else that has ever been invented to assist human beings in getting off.

Heading towards the Kink Corner, which prohibited the use of any cameras, I was asked whether or not I had a latex allergy, as the Corner would not suit me well if that were the case. Along one side of the small, dimly lit area was a black square of inflated latex—a vacuum bed used for sensory deprivation, where a person lies on their back, breathing out of a plastic tube, as the air is sucked from the bed until the person inside is sealed tight like Han Solo in a carbonite slab.

"It's relaxing as hell," one demonstrator mentioned.

From there, I was lightly electrocuted by a human conductor and a small voltage apparatus called the Violet Wand, and watched a humiliation performance, in which a nearly-nude woman was tied to a chair and covered in felt-pen profanities. A woman in the crowd turned away

with a smear of vehement disgust on her lips.

However, outside the dungeon, an older gentleman pointed out that, "in there [the dungeon], it's all done with the utmost respect. If we were to take the woman outside, here, that would be shameful and crude. Inside, though, it's monitored and merely a physical act."

I headed to the seminar area to take in some oral sex advice, but found it to be more akin to a pep-talk than to an informative lesson ("if you like sex, clap your hands!") and promptly left.

On the main stage, the Leather and Lace Fashion Show was underway. As men and women took turns parading down the catwalk in skin-tight neon-bright leathers (many of which would have looked great in an '80's film about people living in the year 3440) and thin, revealing laces, I was struck by the lack of object sexuality at the Show.

Sure, I was standing beneath a stage upon which shaking flesh peered down at me, but there wasn't that soda-pop, Botox and plastic sort of simulated sexuality that we are so bombarded by from



Dare to bare. • • • Photo by Donna Rae Milligan

media sources. It was pure sexuality, for the sake of the body and joy over one's ownership of it.

Lastly, I stuck around for the burlesque show, which amazed me in its totality. Having never seen such a thing in my life, it was

as if I were in some black-and-white jazz bar huddled around an ashtray and gin martini.

A little more numb to flesh than when I had entered, I left the show for the rain, and was happy to have my coat. ☹

## Life, love, and Siri

### REVIEW: *Her* looks at the paradox of constant connection and forever-aloneness

Zoe Doucette  
Assistant Arts Editor

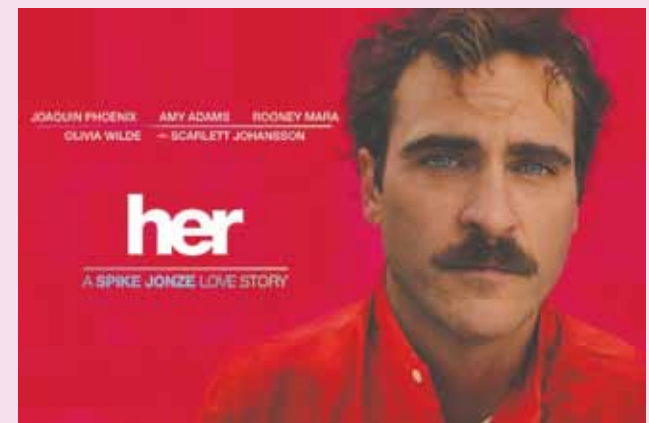
In 2003, dour magician David Blaine sat in a plexiglass box high over a London street for 44 days. Blaine was suspended alone above crowds of curious onlookers. It must have been exciting at first, but eventually he became a part of the scenery. People must have stopped noticing and returned to their own lonely bubbles. His impermeable, yet visible singularity is only a clumsy metaphor for the contemporary condition anyway, isn't it? By now, we're used to the paradoxes of public and private,

the infringement of commentary into quiet spaces. Our minds are not our own, and we're pretty okay with that.

*Her* is a science-fiction story without wars or inter-planetary travel or aliens of unknown origin. It's a clumsy attempt at articulating something about the particular shapes and textures of technology-saturated life, and for that it is unique among the endless period pieces and 'real-world' dramas. *Her* is the opposite of escapism. It's turning around into a mirror and looking too long at a reflection. You start to hate what you see about neediness and overly-tender couch talks. You start to wonder

why the pants of the future are so strangely high-waisted and smooth. You're used to people talking to someone all the time, and still being alone. You're probably used to the discomfort that you feel when you're alone.

It's not unfeasible that someone would be solipsistic enough to fall in love with their sentient operating system. The desperation of trying to get out of your own head isn't new. It's simply transferred onto a receptive agent, as writer Theodore Twombly (Joaquin Phoenix) does with his artificial assistant Samantha (Scarlett Johansson). She could be anything. A pug, another girl. This the film's main



A story of moustaches and A.I. • • • Press image

problem. Theodore and Samantha don't have an epic love story for the ages. This isn't a movie about a man loving something or someone beyond himself. It's a man in love \*with\* himself. Sometimes it feels like director Spike Jonze forgets this.

The best moments in *Her*

are the ones where Theodore is truly alone, and feels the blinking quiet of his disconnection. It's time spent looking out of windows into the lights of the city from a dark room. No matter how much this man tries, he's always one step out from feeling something. ☹



that  
three-letter  
word

# The Sex Show comes out to play

Joelline Girouard  
Sex Columnist

As some of you might know, last weekend the Everything to do With Sex Show did Halifax. Alongside some fun and informative talks, seriously sexy burlesque performers and exotic dancers, the Show harbored a number of vendors hawking an impressive array of erotic accessories. These ranged from lingerie and latex to break-the-bank vibrators and Pyrex butt-plugs. Yup. That's right. Pyrex butt-plugs. (They're microwave *and* dishwasher safe!) So needless to say, there were a lot of toys. While most toys of a given kind tend to resemble one another—a dildo is a dildo, a Fleshlight is a Fleshlight—a few of them caught my eye.

## The Pyrex

There were dildos and butt-plugs and even hot peppers. No, I'm not kidding and yes, they were (apparently) very popular. A few pros to glass toys are that they are easy to warm up/cool down using water, and they're non-porous, meaning they can be used with any type of lube, and can even be boiled for a thorough clean. Glass toys can be bought smooth or ridged/textured for enhanced sensation.

## Split vibrators

These are hard to describe. With a ring at the bottom and made of soft medical grade silicone, the shaft of this vibrator is split right down the middle, splaying outwards. This means many, many things for the genitals they're being used on. These vibrators can stimulate both the

g-spot (a particularly pleasurable area located a few inches up on the anterior (front) wall of the vagina) and its opposite, providing a unique sensation. Both forks can be used externally, straddling the vulva, or internally for double penetration. This is a great toy to use with a partner, and its uses aren't limited to the vagina—it can straddle a penis as well as it does a clit.

## Fleshlights

These aren't really anything new, but not having the requisite penis, they're not something I'd ever looked at too closely. Upon further investigation, these toys come in many variations. You can chose your "hole"—vagina, mouth, anus—as well as from many lengths and widths. Apparently there also exist blue Fleshlights that



A multitude of hand-blown delights. ••• Photo by Donna Rae Milligan

resemble the Navi from *Avatar*, but you didn't hear that from me. I'm sure there were many more curiosities to be found at the Show, but I got distracted by the Latex & Lace Fashion Show. Oops. ☹

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## Why aren't you playing: *Octodad: Deadliest Catch*

\*Squibble noises of approval\*



Octomom has nothing on this guy. ••• Press image

**Vaughn Pearson**  
Games Columnist

It was during E3 2013 that I was first introduced to *Octodad: Deadliest Catch*. Watching the Playstation press conference via live stream, the flow of heavy and visceral games being announced was interrupted by a curious creation, *Octodad*. With the tagline “Loving father, secret octopus,” I had to know more. What followed was a video of an octopus, dressed in a suit and living in a classic nuclear American family, trying to do day to day tasks.

It was pure, genuine hilarity, and I had to get my hands on it.

*Octodad* has you control the arms and legs of the titular main character as he continues his charade as a suburban father. You start the game with a wedding, dressing yourself and navigating the wedding hall, trying not to destroy too much on the way as you wildly flail your tentacles about in hopes of moving forward. The game offers challenges that range from the mundane (like mowing the lawn) to the more adventurous, like avoiding detection by marine biologists at the aquarium during a family outing, or outwitting a sinister chef who seems to be the only person who sees you for what you are.

You flail and you flop and you fall flat on your face plenty. It is not an easy game, and it may very well have you swearing at the screen. Climbing a 30-foot obstacle course at the aquarium had me ready to throw my controller across the room (I *highly* suggest the use of a controller if you are playing on a computer rather than on a PS4), and I do not anger easily when gaming. But the sense of accomplishment when you finally land your tentacles at the top of that jungle gym is more than worth the effort.

*Octodad* is a wholly silly game. In no way does it take itself or its content seriously. You are an octopus dressed up like a dad, and you are tasked with doing things an octopus dressed up like a dad would logically do, if any semblance of logic could ever be applied. It's just good, clean, family fun and that's something gaming has seen a regretful lack of in recent years. With mainstream gaming being dominated by gritty shooters about shooting gritty people, it's nice to have a game about squibbling unintelligibly while struggling to play soccer without any bones.

You can pick up *Octodad: Deadliest Catch* on Steam or the Playstation Network. 🐙



# One day with the Tigers

## Behind the scenes with Tessa Stammberger

Benjamin Blum  
Sports Editor

### Morning

Saturday morning is the beginning of a quick turnaround for the Dalhousie women's basketball team. Fresh off a loss to the AUS-leading Saint Mary's Huskies the night before, the Tigers need to regroup in anticipation of an evening matchup with Cape Breton at the Dalplex.

Today, third-year forward Tessa Stammberger heads to the shoot-around at 9:15 a.m., earlier than usual. Having tread this path many times before, she zigzags between buildings on campus to get to the physiotherapy clinic inside the Dalplex, where trainers Tani and Hannah are there to meet her. While the three catch up, Tani applies heat packs on Tessa's back and legs, making sure she is ready for the day ahead.

Players and coaches begin filing into the empty bleachers as the men's team finishes practice.

As Tessa and the players begin stretching, the brain trust of head coach Anna Stammberger and assistant coaches Tina Lum, Noel Pendergast and Leah Girdwood meet to discuss how the shoot-around will progress.

The forwards and guards break into their own shooting drills. With a calm demeanour and laser

focus on the basket, Tessa begins working away at her shooting. From the sidelines, Tani is quick to praise her work ethic.

"She's one of the most dedicated players at this school," he expresses. "She's a special player."

Far from armchair generals, the coaching staff is very active in the practice, with Girdwood acting as a defender in the post and Stammberger frequently chiming in with the theme of the day.

"It's game day, we gotta talk!" exclaims the head coach as she runs through their defensive setup for the Capers.

After an hour of various drills and gameplay strategy, the team receives scouting reports and heads to a nearby classroom to study game tape. Once again, the themes of communication and defence are emphasized as they watch clips of the Capers from a recent game.

The film session concludes, and many of the Tigers head to Shirreff Hall for a team brunch. Tessa, however, stays behind, retiring to the physio clinic with Hannah for a painful but necessary ice bath. As the metal tank begins to fill, the two discuss an episode of "Friends" Tessa watched the night before as a remedy for the loss against SMU.

The frigid waters ready, she gets in.

"Oh my god! It's so cold!" she

shouts as she slowly acclimates to the tub's frosty touch. "I've never had it this cold!"

The first few seconds consist of an animated Tessa exhaling loudly as Hannah adds a bucket of ice to the mixture. Tessa tries to busy herself with the scouting report, but then a new development arises.

"My toe got sucked into that!" she exclaims, referring to the pipe that pumps in the cold water.

After freeing herself from a potential mishap, Hannah helps Tessa study the scouting report, quizzing her on the defensive assignments. Hannah counts down the last few seconds and Tessa eagerly jumps out of the tub.

"This better help," Tessa says.

"It will," Hannah reassures her.

### Afternoon

Every player has a pregame routine to prepare for the upcoming match. These routines usually consist of a specific meal, examining the playbook and scouting report, a quick nap and some time to unwind on their own.

Tessa's routine this afternoon is interrupted by her job as a bantam coach in a girl's basketball league. Today she goes through her routine quickly before embarking on a 20-minute drive to Bedford.

Normally accompanied by teammate and co-coach Robbi Daley, Tessa goes on her own



Tessa Stammberger (10) confers with her Tiger teammates.

• • • Photo by Kit Moran

today as Daley takes extra time to reset for the evening's game. Upon arriving at the community centre at 1:40 p.m., Tessa transitions from player to coach, leading the red-clad Martyrs in what will be the first of her two games today.

Inside the modern charcoal and orange complex, Tessa appears at ease in the coach's chair. The measured composure evident in her play suits her well when direct-

ing from the sideline. Imparting wisdom to her players, she echoes the lessons learned from years of experience competing at the collegiate as well as provincial level.

With the game ending in a Martyrs win, Tessa must now reset and resume preparations for her next game. She drives back into Halifax to pick up her mother Anna, a player turned coach herself, and then Tessa adjourns to the team room for some alone time.

# THE TICKER: WOMEN'S VOLLEYBALL

By Daniel Bergman  
Katherine Ryan (6) leaps into action.  
• • • Photo by Chris Parent

## Tigers rout Axewomen

The Dalhousie Tigers' women's volleyball team dominated the visiting Acadia Axewomen on Friday, Jan. 24, winning their evening game in straight sets (25-18, 25-14, 25-18). This decisive victory allowed the Tigers (9-4) to keep pace with

the conference-leading Saint Mary's Huskies (9-3), as both teams now sit atop the Atlantic University Sport (AUS) standings with 18 points. Maggie Li provided the home team with an offensive spark, contributing eight kills on 21 attempts

and generating 13.5 points. The Tigers will need to stay sharp as they embark on a road trip to Fredericton, where they will square off against third-place UNB on Feb. 1. 🐅







Team brunch provides a bonding opportunity for Tiger players. • • • Photo by Kit Moran

Evening

The Dalplex's main court slowly evolves from an afternoon of pickup hoops to the centre of AUS attention.

As university students and high-schoolers get their final shots in before vacating the main stage, the event staff finish setting up the concession stand, sweeping the bleachers and making sure the electrical equipment is ready for the evening's festivities.

An hour and a half before tipoff, Tessa emerges onto the floor and begins reacquainting herself with the court. Joined by men's guard Derek Norris, she shoots from targets all around the floor, methodically moving from the baseline to the elbow and free throw line. Her teammates join her shortly after, and the atmosphere picks up as the ubiquitous "Eye of the Tiger" by Survivor plays over the loudspeakers. The Capers then take the court to warm up as the Tigers retire to the locker room for a pre-game talk.

When the team returns to the

court, Stammberger and her lieutenants go over strategy as both the Tigers and Capers begin preparing at an energized pace. The team convenes once more under the basket, then heads to the bench to get ready.

The game begins, and immediately the Tigers bench is vocal cheering their teammates on. As players chant the traditional "Defence!", coach Stammberger paces the sidelines delivering instructions to her players and occasionally directing 'suggestions' to the referees.

Playing for most of the half, Tessa hustles on defence and tries to push the ball up the floor, but it isn't enough. The team isn't clicking on offence and not closing out on their end.

As the exasperated forward heads to the bench with her third foul, the Capers finish the half up 35-19.

Before the start of the third quarter, Stammberger leaves her team with a final message. "Work harder to get the ball!" she

exclaims. "Let's go get a steal and get after the ball!" The team takes this message to heart, starting the quarter on a 14-2 run. With the Tigers now effectively communicating and hustling on both ends of the floor, momentum swings in their favour.

The level-headed Tessa begins to show some emotion after some big plays. With every steal and "and-one" play, Tessa high-fives her teammates on the floor. The bench explodes in applause after each score, cheering their team on as the Capers' lead narrows.

The match continues at a physical pace with time winding down in the fourth. "Just keep plugging away one minute at a time, one possession at a time," Stammberger says during a huddle.

With the score levelled and under a minute to play, the Tigers push the ball up the court to take the lead. After a missed shot, forward Ainsley MacIntyre wrestles the rebound from her Caper counterpart, and the ball gets to Tessa behind the arc. These moments



Tessa takes advantage of some downtime in the physio clinic.

• • • Photo by Kit Moran


are why she puts in the extra work hours before the game. Just like she practiced, she effortlessly rises, releases the ball and with a smooth stroke drains the bucket to put the Tigers up by three with 42 seconds left.

The bleachers, close to full capacity, erupt as the team mobs a smiling Tessa while Cape Breton calls a timeout. Dal's defence hold on to secure the win.

Minutes later, their pleased head coach congratulates the team on a hard-fought battle and hands each player a reflection sheet to evaluate their performance over the weekend. After filling out the

sheets amid calls of "no group work!" from coach Stammberger, the team retreats to the locker room.

As the men's team prepares for their game, also against Cape Breton, several coaches and players grab seats in the stands to cheer their Tigers counterparts on. Tessa is one of the last to emerge from the team's headquarters, ready to join the crowd.

It has been 11 hours since her day began, a day filled with hard work and attention to detail. If dedication is measured by logging the extra time to hone one's craft and stopping at nothing to succeed, she has it in spades. 


THE TICKER: MEN'S BASKETBALL

By Daniel Bergman  
Devon Stedman (15) on the court. • • • Photo by Chris Parent

Tigers sink in standings

The weekend was not kind to the members of Dalhousie's men's basketball squad, who lost 78-60 to Saint Mary's on Friday night before managing only 46 points in a sluggish 56-46 defeat at the hands of the Cape Breton University Capers on Saturday,

Jan. 25. **Kashrell Lawrence** led the offence against Saint Mary's, putting up 20 points in only 10 minutes of play off the bench. Both the Capers and the Tigers experienced offensive off-nights on Saturday, but 12-point games from Cape Breton starters

Meshack Lufle and Seth Amoah proved sufficient in handing Dal its 10th loss of the season. Now in second-last place in the conference, the Tigers will have an opportunity to regain some ground when they play UPEI on Jan. 31. 





# Student athletes honored at Academic All-Canadian luncheon

## 100 athletes receive prestigious award

Graeme Benjamin  
Staff Contributor

After a near cancellation due to budget cuts, 69 of 100 of Dalhousie's Academic All-Canadian honourees took centre stage at the 15th annual Academic All-Canadian Luncheon on Jan. 23 in the McInnes room of the Student Union Building.

Parents, coaches and academic mentors were in attendance to celebrate the athletes' successes on and off the field. To qualify as an Academic All-Canadian, athletes must be full-time students who maintain a 3.43 grade point average and compete on a Dalhousie varsity team.

Director of varsity athletics Karen Moore opened the ceremony by thanking Terry Worthen, a graduate of Dal's dental school, for sponsoring the event. Moore

says Worthen's donation was a key component in the banquet taking place.

"We've been facing budget challenges for the last three or four years," says Moore. "This event is not core to the activities of the varsity programs, but it is so important to us."

Moore says they made it a priority to ensure the banquet stays alive because of its importance to the athletes.

"It bridges that academic and athletic gap where we want as many faculty and staff to come and understand their huge commitment and accomplishments."

Eric Villeneuve, the 14-time master of ceremonies for the luncheon and former Dal volleyball player, agrees.

"For the amount of time and commitment that these students put in academically and athleti-

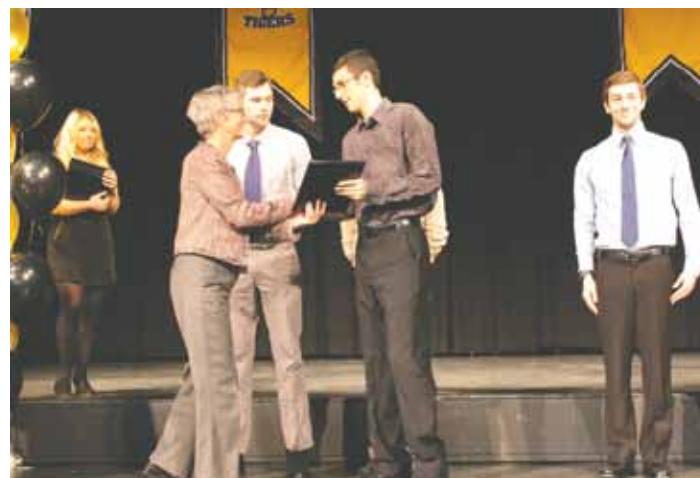
cally—especially academically—I think it's a really worthwhile thing and it would have been a shame to see it disappear," says Villeneuve.

Notable recipients of the award include Holly Van Gestel, Rebecca Haworth and Robert McCulloch, who all joined the exclusive class of five-time Academic All-Canadians.

Out of 240 varsity athletes, 100 were given All-Canadian honors for the 2012-13 academic year, which is a higher number than ever before. Moore says this alone is a huge accomplishment.

"I would think that [the percentage of All-Canadian athletes at Dal] would be one of the highest across the country," says Moore.

She also says this event has had an impact on the rising number of Academic All-Canadian athletes at the university.



Dal Athletics rewarded its high achievers on Jan. 23.

• • • Photo by Jasspreet Sahib

"When athletes come in they really strive to become Academic All-Canadians," says Moore. "Whereas 20 years ago this didn't exist and nobody really knew about the Academic All-Canadians."

Ben MacAskill, who spoke on behalf of all athletes at the banquet, says there have always been initiatives implemented by the university to ensure student-ath-

letes are able to balance their academics and athletics, including study hall for first-year athletes, tutoring services and putting a focus on having upper-year athletes providing support for new varsity athletes.

"They definitely push for athletes to do well in school," says the men's hockey player. "You can definitely see it since the numbers are increasing."

## CATCH SOME TIGERS ACTION!

**Friday, January 31**

**BASKETBALL vs UPEI, W 6pm, M 8pm**

**WOMEN'S HOCKEY vs STU, SMU Alumni Arena, 7pm**

**MEN'S HOCKEY vs STU, Halifax Forum, 7pm**

**Saturday, February 1**

**BASKETBALL vs UPEI, W 2pm, M 4pm**

**MEN'S HOCKEY vs UPEI, Halifax Forum, 7pm**

Dal students admitted FREE with ID!



Watch webcasts at



**DALTIGERS.CA**



# Tigers playoff hopes defeated

## Men's hockey fights hard in losing effort



Brett Theberge (27) puts a shot on net in an earlier contest. • • • Photo by Nick Pearce via Dal Athletics

**Hamzeh Hadad**  
Sports Contributor  
• • • • •

The Dalhousie Tigers men's hockey team faced the co-first place Acadia Axemen Friday, Jan. 24 at the Halifax Forum. Despite being at opposite ends of the standings, both teams came into the match coming off two-game losing streaks and were looking to turn things around.

Unfortunately, the Tigers were struggling with injuries and only had four defensemen dressed for the game, falling 7-2 to the Axemen.


Despite the extra two days of rest due to their postponed Wednesday match, the Tigers were eliminated from playoff contention.

The game started with both teams coming out strong and playing even end-to-end hockey. However, midway through the game Acadia reaffirmed their first place status, adding to their lead by scoring two goals 48 seconds apart to make it 3-0.

With Dal down 4-0 entering the third, Fabian Walsh would get the Tigers back in the game with an early goal in the third period to

make it 4-1, but Acadia continued to run away with it, adding three more goals before the final buzzer. "That's been basically the story of the season, those little breakdowns playing 58 minutes and not 60," says captain Pierre Vandall, voicing his displeasure after the game.

The loss would prove costly for the Tigers as Saint Mary's went on to beat St. FX that same night 4-3 in a shootout, crushing any remaining playoff hopes for Dal with six games remaining in the season. "There are a lot of positives to take out of our season despite where we are in the standings," says head coach Chris Donnelly.

Walsh, who scored his sixth goal of the season, believes his team can still have a positive run of games to close off the season. "We still have lots of hope," he says. "It's a tight knit group in there, we just need to stick together and ride it out." 

*The Tigers will play the St Thomas Tommies on Jan. 31 at 7 p.m. at the Halifax Forum.*

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# STREETER

By Ian Froese and Chris Parent

## What helps you study?



"Organization and music"  
**Meredith Cox**  
3rd-year Health Promotion



"Caffeine"  
**Kaitlyn Forbes**  
3rd-year Sociology and History



"A quiet place"  
**Weifan Duan**  
2nd-year Management



"Flash cards"  
**Heather-Anne Ross**  
2nd-year Arts

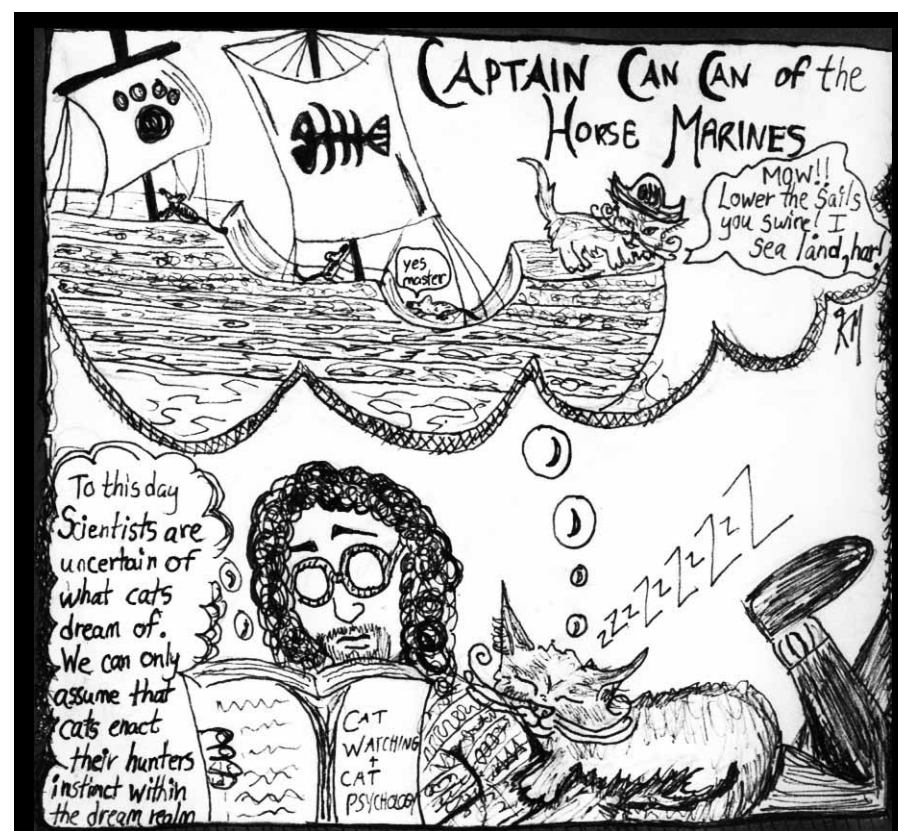


"The library"  
**Nick Zheng**  
2nd-year Commerce



"Quiet music"  
**Ben Cable**  
2nd-year History

Captain Cancan of the Horse Marines by Kat Moore



## EVENTS @ DAL

for more listings,  
visit [dalgazette.com](http://dalgazette.com)

### FRIDAY, JAN. 31

2014 Academic Program Fair,  
10 a.m.- 3 p.m., SUB, McInnes  
Room

Beauty and the Beast – the  
Pantomime, 7:30 p.m. in  
the Arts Centre, fourth-floor,  
MacAloney Room. Tickets: \$9  
for adults.

Math for Econo-brew! Hosted  
by Dalhousie Undergraduate  
Economics Student Association.  
8:30-11:45 p.m. Colloquium  
Room, Chase Building.

Dalhousie Open Mic Night, 9  
p.m. - 1 a.m. at the Grawood.

Dalhousie Children's Wish  
Society Pacifico Night. 9  
p.m. - 1 a.m. at Pacifico, 1505  
Barrington Street. Tickets: \$10,  
includes two drink tickets.

### SATURDAY, FEB. 1

28th Annual Cameron  
Conference for Biology and  
Marine Biology Honours  
Students, 9:30 a.m. in LSC, 3rd  
floor link

Breaking the Ice: Arctic  
Coalition Conference. An  
international virtual conference  
streamed live at Classroom 3 at  
King's College. Starts at 9:30  
a.m., ongoing all weekend.

Women's basketball vs. UPEI. 2  
p.m. at Dalplex

Men's basketball vs. UPEI. 4  
p.m. at Dalplex

### SUNDAY, FEB. 2

Irish Film Series: Waveriders,  
8 p.m., NSCAD Academy  
Building

### MONDAY, FEB. 3

Stop Making Sense - A CKDU  
Birthday Screening. 7:30 p.m.  
at Alumni Hall, King's College.  
Afterparty at The Wardroom  
featuring CKDU DJs. (\$2  
suggested donation)

### TUESDAY, FEB. 4

Workshop: Oral Communication  
for Undergraduate Students,  
4-6 p.m., Mona Campbell  
Building

Dalhousie Toastmasters, 6:30  
p.m., Council Chambers,  
Student Union Building

### WEDNESDAY, FEB. 5

Summer Job and Career Fair,  
11 a.m.- 3 p.m., SUB, McInnes  
Room

### THURSDAY, FEB. 6

"Cinderella", Dalhousie Opera  
Workshop, 7:30 p.m., Dal Arts  
Centre, Sir James Dunn Theatre  
(\$15 students)

### FRIDAY, FEB. 7

No classes - Munro Day

DSU Munro Day Ski Trip at  
Wentworth Ski Hill. (\$50 cost  
includes rentals, lift ticket,  
lesson and transportation).  
Tickets on sale at SUB info  
desk.

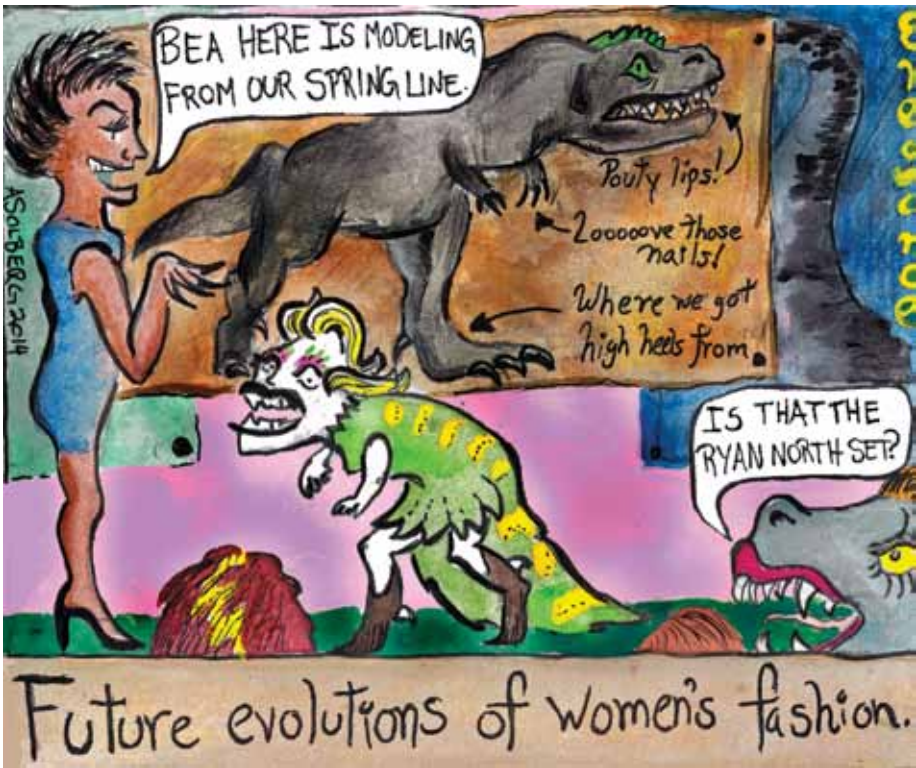
Second Annual University Cup  
Climbing Competition, 12-7  
p.m., Dalplex Rock Court (\$15  
student registration)

submit listings to [events@dalgazette.com](mailto:events@dalgazette.com)





*Old Heart* by Amber Solberg



*Adventures in Servitude* by Caitlin McGuire



*Jocular Impulse* by Aniruddha Waje



*Hoo-Haw* by Andrea Flockhart







# THE SEXTANT

THE OFFICIAL PAPER OF DALHOUSIE SEXTON CAMPUS

## Brett Ziegler 5th Year Industrial

Ten university delegations met in Toronto this past weekend for the 2014 Institute of Industrial Engineers student conference, hosted by Ryerson University. The conference provided an opportunity for students to attend key note speeches from various professionals in the Industrial Engineering field as well as multiple networking opportunities.

In addition, teams from each delegation were selected to compete in several events;

## IIE National Conference

### Dal's Industrials bring home the hardware

Dalhousie was involved in the technical paper, the theoretical exam, and the case study competition.

Taking gold in both the technical paper and theoretical exam, coupled with high activity attendance rates propelled Dalhousie's delegation into first place overall, winning the coveted "Golden I" trophy (pictured to the right). Next year's conference will be hosted by École de Technologie Supérieure in Montreal. 🏆



## WRITE. GET PAID.

100-200 words = \$15

200-400 words = \$25

400-600 words = \$30

600+ = \$35

Picture of the Week,

Comic, Abstract = \$20

## SUBMIT:

**SEXTANT@DAL.CA**

*The Sextant is published by the Dalhousie Sextant Publishing Society and 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 and we'll arrange to meet and discuss them.*

Editor-In-Chief: Brett Ziegler  
Assistant Editor: Richard Wile  
Treasurer: Nikheel Premasagar

## Sharique Khan Dalhousie Alumni

Towards the end of every year I sit down to make a list of resolutions. And every New Year sees me not following through with that list. The year 2013 was one of great struggle, success, and failure for me; it was probably the most eventful year of my life to date. I learned many things that I would like to carry forward into the New Year.

Unfortunately, I also cannot remember the last time I crossed off all the items on my New Year's resolution list. To try something different this year, I decided to instead put together a list of goals, instead of resolutions. Here is how I plan to tackle my list this year:

### SET ACHIEVABLE GOALS

It's easiest to accomplish a task when you have a clear path and goal in sight. Like many of you, I used to make the mistake of

## Managing motivation

### Sharique Khan discusses strategies for personal efficiency

setting impossible goals for myself. I compare my enthusiasm for these lists with the fizz in a bottle—it comes out all excited and bubbly but dies down just as fast. If you share the same problem, you need to start making more plausible and easier to accomplish goals. Try to break them down into several smaller tasks to make your life easier.

### SET MILESTONES

What I've learned from my experience is that the only way to complete a task is to set a deadline for it. When you have a deadline to meet, you are likely to work harder and be more focused. Setting up targets or milestones will allow you to have a better picture of where you're headed and help you realize how long it will take you to get there. It's time to stop making the mistake you've been making all these years. Stop rushing things!

Remember the saying, "Rome was not built in a day." There is a reason people tell you, "good things come to those who wait." You need to believe that patience, perseverance, and hard work will get you where you want to be.

### HAVE A STRATEGY

Looking back at my time at university, I realize that the only exams I didn't perform well on were the ones I wasn't prepared for. By not being prepared, I mean I didn't have a strategy. Without a strategy and a plan you're bound to flounder. Regardless of whether it's a battlefield, an exam, or a marathon, there is no way one will survive that test without a strategy. Be smart and be strategic.

### FOCUS ON THE RESULT

If there is one sure-fire way of reaching your goals, it's to focus on where you want to be and what you

want to achieve. Recently I talked to an entrepreneur who sold his IT company for \$4 million. I asked him if he ever imagined selling his company for that much money within three years of its inception. This is what he had to say:

"I started a business with an end goal in mind. I knew what I wanted to do with this company and that's exactly what I did."

Keeping the end goal in mind keeps you going. Even during rainy days when it gets too hard and painful to keep going, a picture of where you want to be will give you the strength to cross the finish line.

At the end of the day all these goals or resolutions boil down to one thing, how bad do you want it? Always remember, without discomfort we never progress. Without stress we never adapt. Without pain we never rebuild. 🏆

Questions, Comments, Contribute

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