



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

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YOUR DALHOUSIE SURVIVAL GUIDE

Cover by Chris Parent

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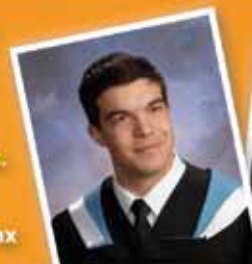


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The Dalhousie Gazette

North America's Oldest Campus Newspaper, Est. 1868

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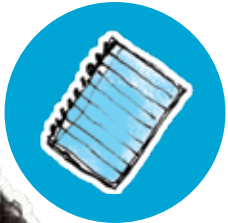
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the fine print

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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editor's notebook



The Dalhousie the brochure didn't show you

Ian Froese
Editor-in-Chief

.....
If you are anything like I was, you have visualized this moment for a while. No, not your first time perusing your campus newspaper, but rather your first few days at Dalhousie University.

You have envisioned a lot of possibilities in your head, the friends you will make, confusion over where your classes are and surely the parties you will be attending.

Let's be honest: you are idealistic. There is a tinge of nerves and perhaps homesickness, yet you are excited.

But that anticipation is now over. You have arrived. And you're probably wondering if you should be as giddy as those hyperactive O-Week leaders who cannot stop smiling.

Here's the short answer: you should be excited. Here's the long answer: read this guide.

Your student newspaper, the *Dalhousie Gazette*, has crafted a survival guide of sorts to help you navigate this campus. It's by students, for students. We know

what it's like to navigate post-high school life and all its challenges.

We will show you the Dalhousie your admission packet didn't—with all its beauty prominently displayed but not ignoring the pimples, blemishes and ridiculousness.

This piece of literature has been formatted into numerous short blurbs summarizing what we know about this place. Our advice runs the full range, from how to pick the right electives to forming friendships, practicing safe sex and why you should explore this great city.

We know you've been inundated with advice from parents, friends, alumni and anybody else within earshot, but we like to think you'll value these suggestions. Trust us, the awkwardness of our first weeks at Dal are still fresh in our minds.

If you are looking for one fundamental tip from somebody who has done his time at Dal, even failed a class or two along the way, I share this: university is entirely what you make of it. Sorry if you were expecting something more

profound than that.

Remember to make your own decisions. I realized after my first week here I had no interest in following the crowd and getting plastered every Friday and Saturday night—so I didn't. Eventually I made some friends who felt the same way, took in my fair share of Tigers games, and came out of it with some good memories.

Whatever you choose, make the most of your time here (volunteering for the *Gazette* is a great idea, by the way). If you follow this mantra, this place will be remembered as more than a degree factory after you graduate. And then you may actually donate money when the university comes calling.

To this year's frosh, we say: welcome to Dalhousie. To the returning students: welcome back. This will be a wild ride. ☺



Photo by Chris Parent

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education



Approximately 30 per cent of this class is on Facebook. ••• Photo by Calum Agnew

1 Note-taking 101

A taxonomy

Rachel Bloom
Staff Contributor

1. The MacBook Pro People:

These specimens always have their hands glued to their laptop. The most obsessive of them take verbatim notes, record the lecturer on their computer for later and look up background information on what the prof is talking about. While this all sounds flawless and perfect, the laptop user is also more likely to succumb to internet distractions and may not really be paying attention to what they're typing.

2. The frantic hand-writers:

In my opinion, when you hand-write, the words are better imprinted in your mind and you get the added benefit of having to pay attention to what's important because you can't write fast enough. (Or maybe you can, and cheers to you). Downsides? If you're a doodler, you may find at the end of the semester that sketch you did of Immanuel Kant in no way helps you decipher the categorical imperative.

3. The iPhonies:

This person spends the whole time texting, creeping Instagram and thinks that the prof truly believes you're just laughing at a crumb on your lap. This person's note-taking style typically involves a delirious mid-semester email to the whole class asking for notes, which is completely unfair. You lose even more points if you offer to buy someone's notes, that's particularly greasy.

So, regardless of how you choose to take notes, my main suggestion is that you take them in whatever medium suits you best, and not to rely on other people lending you their own. ☹

2

How to choose the right elective

Graeme Benjamin
Staff Contributor

Quite often you find the terms "first year" and "pre-req" used within the same sentence. When entering a new program, you're told that it is mandatory for you to take a select number of required classes. They do, however, give most students a little bit of wiggle room.

I'm here to help out with that.

Most of your first year pre-req classes will seem long and even overwhelming. The ideal elective is a class you look forward to throughout the week. It should keep you engaged and hopefully teach you something you wouldn't expect to get out of your university degree. We all love to see that GPA go up from a class we enjoy, too.

Here are a few suggestions of interesting (and easy) Dal electives.

- Human Sexuality (HPRO 4412)
- Photo Journalism (JOUR 3060)
- Geology (ERTH 1080)
- Managing Organizational Issues (MGMT 1000)
- Intro to Computer Science for Non-Majors (CSCI 1200)
- Video Games: Story, World and Play (ENGL 2085.03)

Just remember: it's not too late! You have until the end of September to drop a class that you're currently registered in. Take a week to shop around, and sit in on any course that interests you. ☹

3 Great study locations (that you've probably missed)

Weldon Law Building's secret study space:

Nestled in a corner of the second floor of the Weldon Law Building is a quiet and comfortable study space. Revealing this secret may cost this writer his life, but you're worth it. It allows food and it's a great place to go even if you just want to grab a book from the small student donated library.

The LSC tower tank common space:

In the centre of the LSC lies a large, cylindrical tower. While the first three floors are a massive water tank, the top floor is a study space with sofas, chairs and a kitchenette. Rarely visited by anyone outside the marine biology department, it's a quiet spot with a great view.

Metro Transit:

Like reading on the road? Or maybe at sea? That transit sticker on your Dal card will get you on any bus or ferry in Halifax. Take the ferry to Dartmouth and enjoy a nice sea breeze on the upper deck while you try to memorize chemical compounds, or ride the number 1 bus for a few hours.

Nova Scotia Public Archives:

Membership is one of Halifax's best bargains at \$0. Look up your family history with their free access to ancestry.ca, scan through an incredible wealth of historical documents, or simply take advantage of their many quiet areas. Conveniently located on the corner of University and Robie, across from the fire station and next to the Computer Science building. 9

Vaughn Pearson
News Contributor

The Killam Library can feel like a prison, and the dorms are full of drunks. Where is the serious scholar to study? Cafes are a mainstay of the transient student body, but Dalhousie has lots of quieter and more welcoming places to crack open a textbook. Here are some of the *Gazette's* favourites.

.....
"REVEALING THIS
SECRET MAY COST
THIS WRITER HIS
LIFE, BUT YOU'RE
WORTH IT"
.....

4 Meet the student's arch nemesis: procrastination

Shelby Rutledge
Opinions Contributor

With so much happening on campus, it's sometimes essential to put off school work. But as every upper year student knows, staying at the Killam Library until closing—even with a friend—is terrible.

So, do you go to the Killam and do that Stats assignment? Or will you go to the *Gazette* office, get some pizza—and then maybe enjoy a coffee and a chat with the Dawgfather?

If you're not careful, work can pile up, leaving you overwhelmed and stressed. And by leaving things to the last second, you're left with little 'safety room.' You may not have enough time to fix mistakes or you might face unexpected delays. Nothing's worse than handing in a paper late because your printer ran out of

ink, except knowing that a few more hours could have been the difference between a C+ and a B+.

“WORK CAN PILE UP, LEAVING YOU OVERWHELMED AND STRESSED”

On the other hand, there are some benefits to procrastination. By putting things off to the last second, you learn to work efficiently under tight deadlines. It's easy to take on too many responsibilities and the urge to procrastinate may be sending you a message: slow down.

However, you should always try your best to avoid the whole situation by managing your time sensibly and realistically:

- Break down larger tasks into smaller ones—you're not writing a paper all in one chunk, you're writing an outline and a thesis statement.
- Try to limit distractions by working outside of your dorm, or by using a program to disable Internet access on your computer.
- Create a schedule and stick to it.
- Leave space for breaks and emergencies. Good time management allows for some procrastination.

Do your best to make a habit of finishing your work early and manage your time wisely. Good luck! ☺



Cute. But this is a fantastic example of how not to study.
• • • Photo by Adele van Wyk

The advertisement for Bento Sushi features a close-up photograph of several sushi rolls, including salmon, tuna, and avocado. Overlaid on the left side of the image is the Bento Sushi logo, which consists of a stylized green and red swirl inside a black circle, with the text "bento SUSHI" below it.

The day you've been waiting for is finally here...

BENTO SUSHI

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5 APPLY FOR SCHOLARSHIPS, GRANTS THROUGHOUT YOUR DEGREE

Kristie Smith

Assistant News Editor

Welcome to Dal! I know we've just met and this is kind of personal, but we need to talk about how you're going to pay for this. Maybe your parents are helping you or maybe student loans are the answer.

I know when I applied, the agonizing weeks that followed were filled with endless scholarship, grant and bursary applications. It doesn't have to end there—and it shouldn't.

By now you know you should apply for anything you even remotely qualify for. This means for all four (or more) years and

“APPLY FOR ANYTHING YOU EVEN REMOTELY QUALIFY FOR”

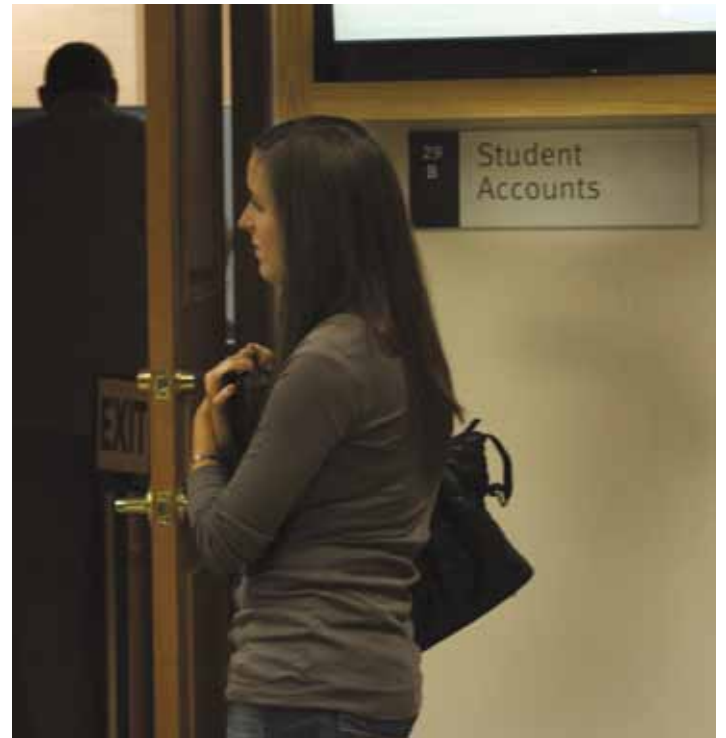
from anywhere offering money: companies, foundations, and most importantly, here.

According to Dal, over \$5 million in scholarships and grants are awarded every year. It's offered before you get here, and also once you've started. Under-

graduate scholarships generally vary between \$500-\$3,000, but require a 3.7 GPA and a minimum of 30 credit hours, so keep it in mind going into second year.

If you have financial need during the school year, you might consider a bursary. They're awarded once per term and the application is available at Dal Online, with exact dates and contact information.

You've done a lot to get here and you're going to do a lot more, so make it easier on yourself and apply. Don't let laziness/forgetfulness/insecurity/whatever screw you out of thousands of dollars. ☹



University is expensive. Get some help. ••• Photo by Abram Guscher

6

Know your rival universities

Mat Wilush

Arts Editor

Welcome, new recruit! Halifax is one hell of a city, but it is a city contested. Dalhousie students are pitted day and night against outside forces who would want the city for their own. It is for your own well-being that we have assembled this list so that you may know your enemy. We're glad you chose the right side.

Saint Mary's University:

Our most direct threat. SMU students are known to be fierce warriors on the ice and quick to dismiss the fact that they inhabit what appears to be a high school.

Mount Saint Vincent University:

Perched high above the Bedford Highway, MSVU students descend into Halifax by night, a tactic we've attributed to them having nothing to do around their campus. Luckily, they usually disperse early—to catch the last bus home.

Nova Scotia College of Art and Design:

NSCAD Students will attempt to dazzle you with their flashy haircuts and wardrobes. Do not be fooled—they are highly trained in the deadly art of critique.

University of King's College:

Friend or foe? All we know about this elusive bunch is that they've infiltrated our programs and have agents working for our publications. ☹

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7 Bed vs. class: the perennial dilemma



Maybe today's the day she chooses a major? ••• Photo by Mel Hattie

Graeme Benjamin
Staff Contributor
•••••

Every morning, you will be faced with a difficult decision: Will I attend class today? Graeme Benjamin breaks it down for you.

PROS

- Even though the lecture may seem useless at the time, you'll thank yourself for attending once you see a question from that class on the final.
- Once you've fallen behind, it is really hard to catch up again.
- If you know the class is going to be solely focused on review, go anyway. It may mean the difference between a B+ and an A-.
- The amount you're paying for tuition is too damn high. May as well make the most of what you're paying for.
- You're not going to see that cute guy or girl from class just sitting in your dorm room watching Netflix.
- You're interested in what you're learning, right?

CONS

- Well it's...class.
- You're behind on something and the deadline is fast approaching (an essay, readings, a project) and two or three more hours is all you need.
- You're disgustingly contagious and shouldn't see the light of day for a very long time.
- The most wretched smelling person always seems to want to sit beside you.
- You didn't sleep last night and you know whatever goes in one ear is just going right back out the other.

The pros generally outweigh the cons, but special conditions apply. Go to class. Remember: 'pain' is temporary. A transcript (and an education!) are forever. You can thank me later. ☹

8 DAL'S MOST DIFFICULT CLASSES

You ~~shall~~ may not pass!

Calum Agnew
News Editor
•••••

University classes are often a big step up from high school. But some classes are more difficult—and often more rewarding—than others. The *Gazette* asked our Twitter followers to submit their nominations for hardest courses: here are four particularly brutal classes.

•••••
"COMMERCE: APPARENTLY THERE'S SOME ACTUAL WORK"
•••••

'The Calculus'
MATH 1500
Calculus is taught in a number of 1000 level courses, and they all have well-deserved reputations for difficulty. But those intro courses are just pretenders: 'The Calculus' is the real-deal. While anyone can register for the small class, it's tailored for mathematics and physics honours students. Good luck, guys!

"Introduction to the History of Science"
HSTC 1200
Taught at King's, this course serves as an example of a common problem: negative feedback loops. Many sign up for this class because it appears to be an easy science credit for arts students. This is a bad strategy. If you're not interested in the material, you're unlikely to put the time required to do well—and if you do poorly, you're less interested in the course. In general, it's a terrible idea to take a course just because it seems like an easy way to check a box on your transcript: take courses that interest you!

"Business in a Global Context"
COMM 1010

I will let one of our Twitter followers, Nicole Croizer, take this one: "COMM1010, hands down. The material was pretty easy, but they expected you to know SO MUCH. (And as a non-commerce student, admitting that is pretty difficult!)"
Indeed, one *Gazette* staffer—who shall remain nameless—failed this course. Commerce: apparently there's some actual work.

Language Courses
Various
Language courses are difficult for many students—and even if you're confident in your abilities, they take up an ungodly amount of time. If you've had difficulty in the past, consider taking a summer course (such as the fantastic summer Latin class at Dal), or a programme such as foreign exchange or Explore. Rather than being spread out over seven months, languages are probably best learnt in immersive or intensive situations. ☹



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social life



9 Transit travel beyond the #1



Life is an open road to me. • • • Photo by Chris Parent

Zoe Doucette
Assistant Arts Editor

.....
The student U-Pass bequeathed to each Dalhousie citizen is more than a quick way to get between home, school, work and nourishment. You hold in your hands a world of cheap and easy city-trotting travel, your key to swimming, hiking and exploration on a dime.

Those patient enough to ride the **#20 Herring Cove** to the end of the line will reach York Redoubt National Historic Site, the remains of a 200-year-old fortress overlooking the mouth of Halifax harbour.

Dartmouth isn't as scary as the unlightened would have you believe. The **#54 Montebello** will get you to HRM's only H&M at Mic Mac Mall, but it also passes

by Birch Cove Beach, a public park on Lake Banook where you can swim out the last of the summer heat.

.....
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CHEAP AND
EASY CITY-
TROTTERING
TRAVEL"**
.....

If you've really been bitten by the travel bug, the **#320 Airport** will get you from downtown Halifax to the gate of your departing flight at Stanfield International. ☹

11

BE SMART WHEN DRINKING ALCOHOL

Graeme Benjamin
Staff Contributor

.....
Alcohol consumption in your first year is inevitable. Everyone—and their dog—knows it happens. However, the side effects to binge drinking can be significant later on in life. Here are some tips on how to control the wild side of the university experience.

Know your limit:

Take baby steps if you're new to alcohol and aren't sure how much you can handle.

Avoid peer pressure:

You may think you're cool at the time by accepting a shot from your friend, but you won't look so cool with your head in the toilet an hour later.

Avoid unfamiliar drinks:

I know, that beer sitting in the hallway looks great. But you really don't know whose lips that has touched.

Watch your drink:

Use a travel mug so nothing can be slipped into your drink.

Don't drink and drive:

Duh.



10 Alcoholic adventures: where to get your drank on

TRY SOME RYE INSIDE A RHODODENDRON BUSH AT ONE OF HRM'S MANY PUBLIC PARKS. Sneak inside the monstrous and camouflaging rhodo in the Public Gardens (Spring Garden and South Park), or hide behind one of Point Pleasant's fallen trees (5718 Point Pleasant Drive).

BE CLASSY AND TAKE A WINE TOUR OF THE ANNAPOLIS VALLEY.

About an hour away from the city, the Valley boasts most of the N.S. wine production industry. Enlist your straight-edge friend as DD or hop aboard a Halifax departing tour through Go North Tours.

DRINKING AND DRAWING IS FAR SAFER THAN DRINKING AND DRIVING. Spend the evening at Draw Nudes with Local Dudes (Khyber Centre for the Arts – 1588 Barrington) to improve your artistic skills—and your buzz.

Zoe Doucette
Assistant Arts Editor

.....
Halifax may be known for its drinking scene, but there's no reason to confine your aperitif imbibing to a dorm room or a urine-scented bar. Throw caution to the wind and find your own secret nook in which to sip the night (or day) away. ☹

12 EXPLORE THE FINER
SIDE OF BEER

Zoe Doucette
Assistant Arts Editor

University is a time of commitment to learning—you broaden your horizons by slogging through Dante's Inferno, or by doing whatever it is that you science people do here. You may even learn that there is more to drinking than downing and regurgitating a litre of Colt 45 or Boone's strawberry over a two-hour period.

For those looking to learn all about this crazy stuff called "beer," the hands-on approach is recommended. Exploring the offerings of Halifax's many microbreweries is a great way to get schooled on enjoying quality brewski.

Check out **Garrison Brewing Company** (1149 Marginal Road)

for a variety of classic on-tap ales, from Nut Brown to Irish Red, as well as a roster of seasonals and specialties, like the thick Martello Stout and Black I.P.A (that's 'India Pale Ale,' for the uninitiated).

Get a 1.89 litre growler filled with autumnal Pumpkin Ale or Extra Special Bitter at **Propeller Brewery** (2015 Gottingen Street), or try the award-winning Bohemian Pilsner, described as having a "slightly sulphurous nose...and

light malt sweetness."

In a cool cellar beneath Your Father's Moustache is the illustrious **Rockbottom Brew Pub** (5686 Spring Garden Road). Voted Halifax's best brew pub by The Coast readers, Rockbottom has a variety of premium beers and in-house concoctions, like the Fathom I.P.A, and weekly small batch brews called firkins. ☎

.....
"THERE IS MORE TO DRINKING
THAN DOWNING A LITRE OF COLT
45 OVER A TWO-HOUR PERIOD"
.....



Beer with a distinct taste? No room for swill here. • • • Photo by Adele van Wyk

13 Being active in student life
Advice from someone who's done it all

Mohamed Hashem
Opinions Contributor

So you want to get involved on campus? It's much easier than you think.

Seriously, I'm having a hard time narrowing down all the options available to you.

Whether you're just starting university or coming back for more, there's the stigma that being involved on campus is for the popular crowd.

That idea is true only because the sheer breadth of university social life intimidates people.

Don't let the magnitude of campus life prevent you from getting involved. Student life is welcoming and interconnected. This explains why you have orientation leaders who are involved in the student union, members of student government who contribute opinion pieces to the *Gazette*, writers who compete as Dal Tigers and athletes who run societies across campus.

The truth is you don't have to be part of a clique to get involved. Find your passion and move towards it. Volunteer, try out for a sport, get on the radio and most importantly, meet new people.

Everyone has an opinion on student life, so don't be afraid to create your own. Be true to yourself, ask questions, keep an eye on your schedule and make your university life memorable.

I mean, you're only here for four or five years, right? ☎

Balancing
work and school

14

Ben Smith
Opinions Contributor

Balancing work and school is kind of like being in the middle of an extremely rickety teeter-totter: your bosses and co-workers are at one end and your teachers, peers and parents are at the other. Underneath the teeter-totter awaits certain failure, destitution and judgement. Both sides have the same weight—if you start to move in one direction,

you begin to let the other dip, and down you slide.

Don't worry though, because you've only let one party down and they're sure to tell you to move to the other side as quickly as possible.

Now here's the part to remember—don't rush to the other side, just rush back to the middle. If you keep running back and forth you'll eventually break the teeter-totter, and you'll fall into your very own version of hell. ☎

  **TWEET US**

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15 Living with your roommate



Poetic advice on how to avoid this situation. ••• Photo by Alice Hebb

George Woodhouse
Arts Contributor

.....

In life we have people that we all get to know
With some we've lost touch, with others we grow
But the one way to learn the true worth of a friend
Is to sign a lease and stay friends till it ends.

There's the honeymoon stage—no dishes in sight
Then one dish, then two dish, then you reach for the knife
But the best knife you have is nowhere to be seen
So you crack eggs to fry but the pan isn't clean!

And the bathroom, a place that should make you feel calm
Is now the aftermath of a big bathroom bomb
They sleep in past eleven and stay out till the dawn
As a friend they were pro, but now they seem con.

But wait, breathe my friend, because all is not lost
For you don't have to keep paying such a high cost
Your friendship can be spared and your apartment restored
All in time to re-sign with your current landlord.

Communication's cliché, but it's also the cure
Differentiate anger from words that are pure
Approach with respect and a clear point of view
And express what you think is most bothering you.

Communication's like water and roommates are like plants
Conversation's like singing and living's like dance
So bring roommates water then sing them a song
And the dance with your roommate will last all year long. 🐸

16 HOW TO DO YOUR LAUNDRY

Beth Brown
Opinions Contributor

.....

Helpful hints for fresher threads, sans mom's shiny high-efficiency front-end loader.

- Separate lights, brights and darks.
- Unball your socks.
- Empty the lint trap *every time*.
- The hieroglyphics on tags are called Common Care Symbols. See Google.
- Get a drying rack for delicates.
- Over-washing wears clothes out. Sniff check.
- Time your load. Wait too long and your stuff will end up in a soggy pile atop the machine.

- Fold knits, hanging will stretch them.
- Wash new towels by themselves.
- Heat sets stains. Check that coffee spot before throwing it in the dryer.
- Buy baby/organic laundry products for sensitive skin.
- Dryer sheets shield clothes from public dryer lint.
- Don't overfill small machines.
- Always wash your pillow case.

And remember, for low maintenance laundry, buy low maintenance clothes. When tempted to cheat, remember *Spiderman 2*, when Peter Parker turns his underwear pink by washing them with his Spidey suit. Don't be that guy. 🐸



Laundry doesn't have to be as intimidating as this photo looks.. ••• Photo by Bryn Karcha

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17

FIVE TIPS FOR SURVIVING OUTSIDE DORM MEAL HOURS

Daniel Bergman
Assistant Sports Editor

1. Improvisation is key:

Unfortunately, no stoves or hotplates are allowed in residence, meaning that snacking in your room requires the ability to mix and match between all four basic food groups. This conveniently brings us to our next tip.

2. Always remember the four basic food groups:

Tea, Cinnamon Toast Crunch, Nutella and French Toast Crunch. Bring a kettle, spoon and bowl and you will be set for the year. Renting a fridge is also a good idea if you enjoy adding milk to one of General Mills' wide variety of wholesome toast-themed cereals.

3. Stock up on nighttime refreshments:

The meal halls tend to close early, so be sure to have a few granola bars in stock. Avoid toast-themed food groups late at night, as the sugar rush—I mean, nutrition—may make it difficult to sleep.

4. Don't let the dishes pile up:

Get it? It's funny because you'll only have one dish.

5. Move in with a sibling who went to culinary school:

But do not, under any circumstances, introduce them to the cute boy and/or girl down the hall. You have been warned. ☹

18

A parent's advice: gems on and off campus

Deborah Evraire
Opinions Contributor

It feels like it was only yesterday when I found myself en route from Ottawa to Halifax to send my son off to university three years ago.

Considered to be an exceptionally organized individual, I remember having only a few small items left to pick up. I envisioned we would have ample time to be "tourists," but I was wrong.

It is said that a crisis can test your ability to be resourceful. As I share with you some hidden gems we found in and around the Dalhousie, I hope that all students can find some helpful tips here.

Killam Help Desk:

My son's laptop died almost immediately upon arrival and I remember having visions of an exorbitant repair bill. After making some panic-stricken phone calls, we stumbled upon this incredible resource. Killam Help Desk and their staff are inside the Killam Library. The cost for repair was under \$40.

Coburg Coffee:

Just down the street from Studley campus at 6085 Coburg Road, this gem is a hot spot for hot beverages, soups and paninis. Gift certificates are great for care packages.

Halifax Public Gardens:

A hop, skip and a jump from campus, this beautiful Victorian-inspired garden is an ideal spot for some quiet studying or a place to enjoy a quick picnic or brown bag lunch. You can find it north of Spring Garden Road, between South Park and Summer streets.

The Art Expo:

A great place to find reasonably priced posters for your home away from home. This gem is tucked away on the lower floor of the Park Lane Mall on 5657 Spring Garden Road.

Alexander Keith's Brewery:

For Halifax newcomers, this is a period tour that you want to take in, located at 1496 Lower Water Street. Cheers!

The DSU Health and Dental Plan:

This is a student-oriented health plan that provides students with a full range of coverage and services. All full-time students are automatically enrolled in the DSU Health Plan with the price of tuition. This plan was an extraordinary relief to us when we were surprised by unexpected dental expenses. ☹

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relationships



19 HOW TO MAKE FRIENDS (AND HOW NOT TO MAKE FRIENDS)

Rachel Bloom
Staff Contributor
.....

How to make friends:

- Borrow notes from someone in your class to get the conversation started.
- Strike up a conversation with your residence neighbour— you have some common ground, literally.
- Join an intramural sports team or a club (or write for the *Gazette*!) It's a great way to find people with similar hobbies and interests.
- Go to a bar. Let's be honest, liquid courage helps.
- Ask someone at a party about an item of clothing they're wearing. We all love to be complimented.
- Network! Meet friends through friends, especially in the first few weeks of school. People aren't busy with classes yet, so there will be lots going on.
- Don't turn down invites. For anything. Ever.

- How NOT to make friends:**
- Watch television/play distracting games/creep every person you've ever known on Facebook/etc., in class. If you're not there to learn, stay home. You're not learning, and you're hindering everyone else.
 - Play bad music loudly at all hours of the night. We all have our guilty pleasures but I really don't need to hear you and your friends drunkenly singing along to Enrique Iglesias at 3 a.m.
 - Stay home and watch every single episode of *Mad Men* ever created. Don Draper may be hotter than any guy on campus, but he cannot be your friend.
 - Any library faux-pas. Don't take phone calls, talk on quiet floors or take up prime real estate at the Killam with anything other than schoolwork during midterms and finals. ☹



Homesickness happens. Here's some tips on how to deal. ••• Photo by Mel Hattie

20 How to find a romantic partner

Samantha Elmsley
Opinions Editor
.....

The following contains the secrets to finding a partner. Here we go.

1. Be in the right place at the right time.
2. Attach a specialized magnet to your body to attract potential lovers.
3. Frequent happenin' places in Halifax and sip your drink seductively. Although I'm not sure I'm the best person to be giving advice about

- where to find a partner in Halifax. My partner lives in Toronto.
4. Move to Toronto.
 5. Don't worry about it. Romcoms and hormones have taught you that being romantically entangled is the end goal. It's not. Winning Settlers of Catan is the end goal. Romance will happen when it happens; you're better off doing cool things and having fun while you wait for Mr./Ms. Right. ☹

21 How to cope with homesickness

Graeme Benjamin
Staff Contributor
.....

For many, this will be your first time living on your own. You'll have to start buying your own food, doing your own laundry and won't have anyone telling you to do your homework.

On top of that, you have to leave the people you've lived with for the majority of your life. You may have a self-diagnosed case of "homesickness"—and that's OK. There are many other Dal students facing the same dilemma. Here are some tips to help you get through it.

Stay focused:
You came to Dal for a reason—to expand your education and lead you toward a career path. Be aware of that and always keep it in the back of your mind.

Stay connected:
Talk to your friends and family from your hometown, but don't let it restrain you from meeting new people.

Stay positive:
There will be times when you start to feel rather lonely. Just remember, there's a difference between being lonely and being alone. Time spent on your own can be beneficial.

Get out there:
Join a society, club or team. Find a reason to not want to leave Halifax.


Use the resources:
Dal has several facilities on campus where you can talk to someone about how you're feeling and they can help you get through difficult times.
Always remember—it's good to miss home sometimes. It makes for a more memorable and significant trip back when you see everyone once again. ☹

Quick guide to safe sex and consent

Joelline Girouard
Copy Editor

When it comes to sex, protection and consent are the most important elements to ensure all parties involved are having a good time. Here are some do's and don'ts to make sure that happens.

DO be attentive to your partner. Do they appear hesitant or uncomfortable? DON'T push or pressure. DO ask them if they would rather stop or take things more slowly. DO make sure your partner is capable of making these choices. If they aren't, DON'T go any further. DO you have protection? You SHOULD, at all times.* Consent is not constant. Even if your partner has consented, if they change their mind, DON'T keep going.

**Some people think carrying a condom/dental dam at all times is presumptuous. While you should never assume you'll be going all the way—or anywhere—it's ALWAYS best to be prepared. You never know.* 

Are you into light bondage?
Great—make sure your partner is, too.
• • • Photo by Mel Hattie



24 MENTAL HEALTH


Where to go to get help

Rachel Bloom
Staff Contributor

The Student Union Building on Studley campus, located kitty-corner to the hot mess that is the Killam Library, houses many things which improve student life. Besides snacks and caffeine, you can find Dalhousie Counselling and Psychological Services, located on the fourth floor.

University life can be tough enough without added stress crowding your brain. It's important to know that if you're feeling this way, you're not alone. Approximately 20 per cent of people in Canada are affected by mental illness, and talking to someone doesn't mean you're damaged or weak—it means you're smart and proactive for taking care of your health.

While it's hard to balance schoolwork on top of negative feelings, taking the time to talk to someone external to the situation can be beneficial for anyone.

If there's something weighing heavily on you, reach out—there's always someone to lend an ear. 


23 Take care of your heart

Josh Fraser
Opinions Contributor

Life's twists and turns are navigated by hopping from one choice to the next, making sense of it as you go along. It's impossible to dictate your circumstances, and you will be pushed both physically and intellectually your entire life, university and beyond.

You can handle it and thrive. Trial and error are your friends, so long as you take care of yourself at all times. Have fun and

work hard, but take time aside to give your body and mind what it needs.

This means making a conscious effort to drink a lot of water, not just coffee and alcohol. It means being honest with yourself when you are tired and need sleep. It means being choosy and deliberate about what types and amounts of food you are putting in your body. Above all, listen to your inner voice; it is both your guide and your truest friend. 



Cultivate a loving heart and extend it to the world. • • • Photo by Adele van Wyk

STREETER

What advice would you give to first-year you?

By Calum Agnew



"Get to know your profs.
They're awesome people."

Sarah Blanco

4th-year philosophy



"Go to class."

Quesha Glasgow

4th-year sociology



"Don't panic."

Setarah Lahsae

4th-year neuroscience



"Listen in class, or stay home.
Class isn't for Facebook."

Mehrshad Vataniman

2nd-year microbiology



"Twain's greatest quote: don't let school
get in the way of your education"

The Dawgfather

PhD Dawgonomics



"Meet as many people as possible.
Find the right ones. Stay in touch."

Sulemaan Ahmed

Class of 1999



"Find a balance between work
and play."

Jeremy Thorbahn

Physics Masters



"Get to know your profs."

Naomi Aloysius

Class of 2012



"Study hard, but play hard."

Cody Hill

5th-year arts



"Join a fraternity."

Emerson Steink

3rd-year commerce



"Go to lab."

Courtney Calico

Chemistry PhD



"Take it all in."

Josh Coole

DSU VP (finance and operations)

arts&culture



Yukon Blonde played at Dalhousie last year—one of many great bands to feel the pull of the coast. ••• Photo by Chris Parent

26 WHERE TO TAKE YOUR DATE

Romance by the Ocean

Samantha Elmsley
Opinions Editor

I, Samantha Elmsley, Queen of Romance, pronounce myself an expert on where to woo a lover in Halifax. Behold my suggestions.

The Company House: (2202 Gottingen Street) for an acoustic concert. Picture candlelit tables and cozy seating. Plus, someone is there to entertain you, so you don't have to make a fool of yourself by trying to maintain a conversation.

Williams Lake: (from rotary, continue south onto Purcells Cove Road, turn right at Williams Lake Road). Possibly save this for a later date, when being sweaty and exhausted from the bike ride out to this gorgeous, secluded swimming spot won't be a huge turnoff.

Obladee Wine Bar: (1600 Barrington Street), for when you need to fool them into thinking you're sophisticated.

The boardwalk: on the Halifax harbour for an ice cream. Enough said.

Your kitchen—cook them dinner. This impresses literally every student you will ever meet. If it doesn't win your date over, cook for me instead. I guarantee my awe.



25 Where to see live music

Mat Wilush
Arts Editor

Halifax is one of those communities where great music flourishes. Musical talent seems to gravitate to the coast, and Halifax houses plenty of venues.

The renowned **Seahorse Tavern** (1665 Argyle Street) is a must visit for any self-respecting aficionado—the coastal tavern has been home to the city's best since 1948. For the real Easterner experience, just mix one part friends, one part Keith's, and one night in the city's trendiest basement bar.

"INDEPENDENTLY ORGANIZED VENUES POP UP ALL THE TIME"

In the 1990's, Halifax was toting itself as the "next Seattle," and at the center of it all was the **Khyber Centre for the Arts** (1588 Barrington Street). The Khyber has been a home to many Halifax veterans (note the Joel Plaskett album, *Down at the Khyber*), and is always at the forefront of the coastal cutting-edge.


Most nationally-touring bands will be stopping at the **Halifax**

Forum (2901 Windsor Street.)—a hangar of a building devoid of any human charm. This is the sort of venue you visit before going out on the town.

Gus' Pub (2605 Agricola Street) and **Michael's Bar and Grill** (6100 Young St.) are north-end staples. By combining elements of dive-bar and rock club, they're two of the most homely venues in the city. What better suits burgers

and beer than some fuzzy, home-grown punk rock?

For those who prefer to be crooned to by singer-songwriters, **The Company House** (2202 Gottingen Street) is a gentler way to hear the city's voice. Here you'll find a cozy atmosphere that emphasizes artistic integrity and community involvement.

Of course, for those listeners who want to dive into the city's veins—keep a look out for posters pinned to traffic lights and telephone poles. Independently organized venues pop up all the time, and are a cheap fount of local talent. 

27 Where to see plays in Halifax

Zoe Doucette
Assistant Arts Editor

In spite of your lengthy Netflix queue, theatre lives on. Get out of the house and plop your bum in a seat at one of Halifax's dramatic theatre venues.

Neptune Theatre (1593 Argyle Street) is the venerable and crowd-pleasing uncle of the local thespian scene. The coming season promises popular productions like *Mary Poppins* and *The Comedy of Errors* alongside smaller Canadian-penned works such as Michael Melski's *Hockey Mom*, *Hockey Dad*.

The **Bus Stop Theatre** (2203 Gottingen Street) is a cosy black-box number which hosts a more colorful and artsy-fartsy crowd than the occasionally lamestream Neptune. Check out some freaky experimental stuff here at the annual Atlantic Fringe Theatre Festival from Sept. 1-8.

If you are one of those who dreams the universal dream of living in the limelight, get yourself out of the audience and on stage. Get involved with **Dalhousie Theatre Society**. ☺



Theatre is alive in Halifax. • • • Photo by Dave Williamson



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28

WHEN YOUR PARENTS CHECK UP ON YOU

Kristie Smith
Assistant News Editor

The only date more awkward than the first is the one with your parents. You're new in town and they've come to visit to see how you're doing and make sure you aren't living in some morally-deprived hovel. So, how will you impress them with your independence? Coffee shops are fun and cheap but you can do better.

Halifax Seaport Farmers' Market:

Teach them refined taste by sampling spicy chocolates, local jams; all while reminding them how expensive quality groceries are (and maybe walking away with a bag of food to boot).

Something new:

Come from a small town? Take your family out for something they've never had. We're lucky to have quite a few culturally diverse

options, all within a short walk from campus. Try something they (and maybe you) have never tried to show off that sexy diverse palate you've gained.

Recommendations:

Indochine (1551 South Park Street), **Gingergrass** (1284 Barrington Street), **Curry Village** (1569 Dresden Row), **New Asia** (1252 Hollis Street).

Something old:

You're a part of the Maritimes now. Find yourself some fish and chips, then walk it off by exploring. Or, budget permitting, go to a seafood restaurant on the waterfront. Seascapes are beautiful year-round.

Something not food-related:

I must apologize: I take any occasion as an excuse to eat, but I also appreciate a good movie, play, art show, what have you. ☺

sports



Feel the love: grab some friends and support your Tigers. • • • Photo by Juliano Franz

29 *Cheer for your Tigers*

Benjamin Blum
Sports Editor

Before I was a journalist, I was a sports fan.

That's one reason I started contributing to the sports section at the *Gazette*. It was my passion for writing and sports, along with a concussion I sustained while playing rugby, which eventually led me to the editor's chair.

Like all of Dalhousie's varsity and club athletes, I am eagerly awaiting the upcoming season.

Some teams are looking to build on last year's successes, including women's soccer, women's volleyball and the swimming and track teams. Other teams, like men's and women's hockey, are ready to start a new chapter in their history and, regarding to the women's team, put last year's hazing incident far behind them.

As students, we have the luxury of not only seeing our Tigers play frequently at the Dalplex, Wickwire Field and more, but have a chance to get to know the

student-athletes on the teams. If you see someone wearing Tigers athletic gear in class or on campus, wish him or her luck and ask when his or her next game is.

You have the chance to see some high-quality athletic competition for absolutely free, so grab some friends and cheer on your fellow students.

Don't worry, there will be plenty of seats available at the games—even if the above photo says otherwise. 🐾



Your new home gym. • • • Photo by Amanda Rolfe

31 *THE PERKS OF A DALPLEX MEMBERSHIP*

Shelby Rutledge
Opinions Contributor

By now you've probably seen the advertisement posters around campus mentioning the Dalplex. My favourite would have to be, "It will not do your readings, but it will get you in shape."

While the Dalplex will not do your homework, first year students are in luck: a free Dalplex membership is already included in your tuition.

Some of the amenities available include a cardio room at select times, swimming pool, squash courts, running track and an indoor court space for basketball, volleyball, badminton and other sports. There's also an array of classes you can join, like pilates, yoga, dance and more.

You can enjoy all this with just a swipe of your DalCard—but make sure you check out facility hours before you go. Enjoy the membership while you're here. 🐾

BUY A BIKE

30



Kristie Smith
Assistant News Editor

We never think about why we rode bikes as kids, it was just fun. Well, it's still fun as adults, but now it's practical, too.

I don't imagine these points bear repeating, but you have entered a positive bike culture if you're new to Halifax. This surprised me when I moved here,

given the hills, but every year the city seems to paint new lanes and more people get in on the action.

If you live off-campus, you'll be working your way in and out every day, so why not ride in style? Even if you're on campus, the convenience of a bike can't be beat. Spend a little now and invest in a mode of transportation that can (if done properly) be used all year and for years to come.

If it wasn't already obvious, biking helps the environment. Stand on Spring Garden and count how many

of the same buses are lined up behind each other and you'll understand why this is important in Halifax.

Additionally, you can get involved and learn your home in a unique and engaging way. Get to know groups like Open Street who fight for better and smarter roads and help build the culture further.

And while you're building a better community, you can build a better body. Have you ever looked at a cyclist's legs? Trust me, you should. 🐾

32

WHERE TO WORK OUT OFF-CAMPUS

Abby Surrette
Sports Contributor

This article cannot do the subject of fitness options in the HRM justice. There are simply a ton of activities to enjoy. Here are only a few of those highlights.

Moksha Yoga Halifax:
(1512 Dresden Row) Not just for the ladies, hot yoga promises to give everyone a good workout. Give it a shot with one of their \$5 karma classes available Fridays at 9 p.m. and Sundays at 6 p.m., or jump right in with their \$40 intro month. You'll be surprised how much you love the sweat!

Cyclone Studio Indoor Cycling Specialists:
(2-5187 Salter Street) With options that include cycling and more, Cyclone Studio is the place to go for your cardio fix. They offer \$5 Karma and Core classes Wednesdays at 7 p.m. as well as a two-week trial for \$40.

Run, bike, board and explore:
From Point Pleasant Park to the Cable Wharf, there are plenty of sights to be seen while being active. If you're hesitant to run alone, both Lululemon (5490 Spring Garden Road) & the Running Room (5514 Spring Garden Road) offer several free weekly running clubs. What are you waiting for? Get out there and have fun. 📍



However you want to do it, go out there and just do it. ••• Photo by Bryn Karcha

33

What to watch in addition to the Tigers

Benjamin Blum
Sports Editor

Choosing local, sustainable options isn't just for hipsters anymore. Sports fans in the HRM are getting in on the trend, too. There's no better way to aid local business than by supporting one of Halifax's minor league teams. If you want high-quality hockey for a good price, head down to the **Halifax Metro Centre** (1800 Argyle Street) to cheer on the reigning Memorial Cup

champion Mooseheads. Even when the arena is filled to the rafters, there are always seats available right before the puck drops. For all you basketball fans looking for a fun afternoon, the Metro Centre is also home to the NBL Canada's Halifax Rainmen. If you're still yearning for pro sports, you have several options. **Bubba Ray's** (5650 Spring Garden Road) offers wall-to-wall screens, a diverse menu and an entire section dedicated to Cole Harbour's own Sidney Crosby.

If it's too crowded, just cross the street and enter Oasis, another perfect venue for the big game. For the footy fan, there are places like **Maxwell's Plum** (1600 Grafton Street) that offer beer and breakfast with your Saturday morning match. To the fiscally conscious fan, you can still have a great time and stay on budget. Just make sure to befriend someone with a comfy couch and nice TV and you're set for the year. 📍

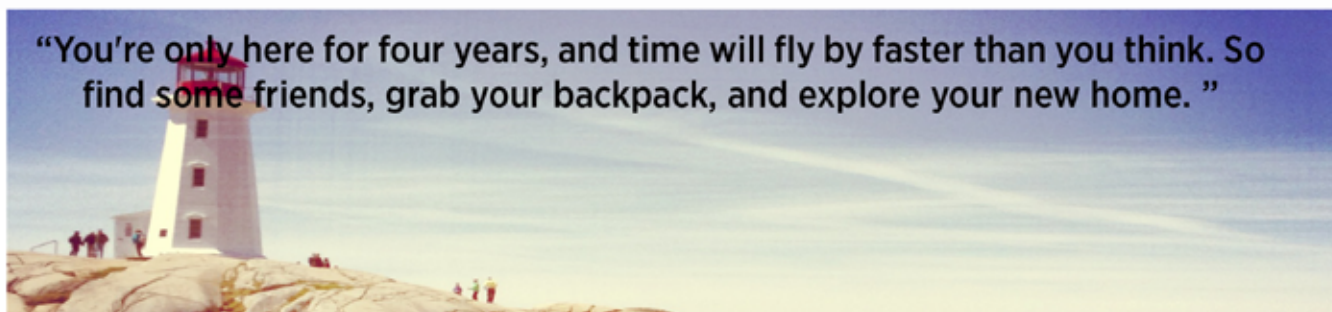


The Halifax Mooseheads. ••• Photo from the Gazette archives

Thinking outside “the Bubble”

Samantha Begelfor
Travel Contributor

From Oxford Street to Quinpool and Robie lies the infamous “student bubble”. It can be hard to pop when you live on campus and everything you need is only a few



blocks away. It’s easy to fall into a routine at school, but making the time to explore Nova Scotia is one of the most rewarding things you can do during your time at Dalhousie. Chances are, being in an amazing city like Halifax helped make your decision of coming to Dal a lot easier. Sure, we’re all here to study, but nothing rounds out the

student experience quite like exploring a new place. Finding the time and resources to do it is all about mindset. By scheduling time in between classes you can get out and explore Halifax’s north end or Point Pleasant Park. On the weekends venture as far as the Annapolis Valley to see amazing vineyards, or to the Eastern shore where

you’ll see a side of Nova Scotia that shouldn’t be missed. No car? No problem. There are plenty of options around Halifax, so rent a bike and make it out to the nearby lakes while getting some exercise in as well. Bringing a packed lunch and taking out a pre-determined amount of cash to spend can help keep things under budget.

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N	O	R	T	H	U	M	B	E	R	L	A	N	D	S	T	R	A	I	T	D	L	C	I	U
U	I	L	U	A	F	P	I	N	K	R	U	A	A	G	K	X	N	P	S	G	I	E	D	Y
B	P	R	I	N	C	E	E	D	W	A	R	D	I	S	L	A	N	D	M	E	N	B	M	N
A	E	A	Y	O	E	N	D	S	Y	C	B	C	M	M	R	I	V	Y	F	W	G	A	O	A
Y	P	V	M	O	O	I	Y	S	G	E	W	D	M	L	R	O	I	C	A	A	T	Y	U	M
O	U	O	O	F	I	S	O	J	Q	B	A	W	O	N	I	A	E	D	Y	T	O	T	N	H
F	N	P	O	O	M	E	K	E	J	I	M	K	U	J	I	K	L	A	K	E	N	R	T	E
F	N	E	W	B	R	U	N	S	W	I	C	K	U	N	P	E	Y	N	C	R	R	U	A	R
U	O	U	U	N	Y	N	D	C	Y	I	I	Y	A	D	U	J	U	O	I	O	I	R	I	S
N	E	P	Y	A	N	N	I	Y	E	D	M	Y	X	N	R	V	D	P	M	H	V	O	N	T
D	A	I	S	N	I	C	W	E	Y	I	N	C	F	K	U	C	E	D	O	C	E	D	S	F
Y	I	C	T	W	D	D	H	K	K	J	C	E	X	C	K	A	B	O	C	M	R	F	U	Y
Y	O	R	Y	L	S	C	Q	S	D	D	P	V	Y	V	T	E	M	H	A	L	I	F	A	X
A	T	L	A	N	T	I	C	O	C	E	A	N	E	W	G	L	A	S	G	O	W	C	E	I
K	A	I	N	S	L	I	E	L	A	K	E	N	T	V	I	L	L	E	X	T	E	C	M	E
B	R	A	S	D	O	R	L	A	K	E	S	A	B	L	E	I	S	L	A	N	D	V	K	V

Cobequid Mountains North Barren Mountain Prince Edward Island Northumberland Strait
Panulke Lake Atlantic Ocean Sydney Mines Arlington River Bay of Fundy New Glasgow
St. Marys River New Brunswick Kentville Bras d'Or Lake Kejmkujuk Lake Lake Rossignol
Truro Sable Island Glace Bay Ainslie Lake Halifax Sydney Amherst Bridgewater