



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



invisible
stories that fall through the cracks

Shower sex, pg 8 | Men's fashion, pg 12 | Best in women's soccer, pg 14

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DALHOUSIE STUDENT UNION WEEKLY DISPATCH

Here is a list of upcoming events that you will want to mark your calendars for:

Remembrance Day Friday, November 11

Please note that the SUB will be closed on Remembrance Day.

Jameroke at the Grawood Wednesday, November 16

If you enjoy Karaoke and live bands you'll love Jameroke! It's your chance to be the lead singer for one of the East Coasts best cover bands, **Clam Chowder**. They'll provide the background vocals and instrumentals while you are the lead singer!

There is a \$2.00 cover for this wet/dry event that is open to all Dal students, faculty, alumni and their guests.

Mother Mother at the Grawood Friday, November 18

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From one coast to the other, Mother Mother has become one of Canada's top indy rock bands. Upbeat, slightly quirky, and tons of fun, these five guys and gals are rocking stages across the country.

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For more information, contact Jamie Arron at DSUVPSL@dal.ca

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Other News

There will be \$8.00 Empire Theatre movie tickets available at the Info Desk in the SUB all year long. They are good for any night and any show. So it's cheap night for students all year long!

Stay connected with the DSU through Facebook & Twitter

Facebook: Group and Page – Dalhousie Student Union

Twitter: www.twitter.com/dalstudentunion

November 11 - November 17, 2011 •

The Dalhousie Gazette

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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, Overheard at Dal, 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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The Dalhousie Gazette

from the editor

from
the editor

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Dylan Matthias Editor-in-Chief



A reason to celebrate

Dylan Matthias
Editor-in-Chief

Oh, Dal, you've finally done it. The Tigers soccer teams have finally won an AUS banner. I've covered the teams for four years and have never seen them win one.

Sure, it was over webcast, and yeah, I'm a heartless journalist who shouldn't cheer for any team, but it was still fun. It's fun to watch the AUS trophy hoisted every year, but it's a little better when it's one's home school.

I'm not a sports-centric glory-hunter. The high school newspaper I ran ignored the sports teams almost completely. I never attended or played high school sports. I have never played organized soccer. And yet I was still glued to my 240-pixel viewer window on Saturday.

Maybe there's a lesson we can take from this in the ongoing mystery that is Dal Athletics attendance figures. To be clear: people do come to Dal soccer games, they're just never into it, and not all of them are journalism

students, surely?

There is an element of escapism to watching university soccer, or any sport, really. There is a fantastic quality to it, part of the possibility in amateur sport, captured in people showing what they love and what they've learned.

If you're sitting in one of the stuffier Dal faculty offices or creakier study desks in the Killam and wondering what this has to do with anything, consider: a university is an old institution. The idea of a college of like-minded individuals is what we all hold dear. To watch, learn, grow and demonstrate within ones community is why we're here.

There is, sadly, no high-table at Dal. There is no way to publicly fete the greater achievements. So it's back to the stacks and back to the marking: this is, after all, a "degree factory", isn't it?

But I hate that slang. The idea that my education is just about grades and marks and a piece of paper that will let me get a job is misguided. When I'm watching a game at Wickwire, it

reminds me that this is a college in a small military town. It's like reading a book written of plastic green pages. The effort, often against rain and bitter wind, and all for no grade whatsoever, makes it matter. The win just ends the story.

Watching our sports teams is important for the same reason it's important to go to student theatre or readings, or why you should pop into the Grawood from time to time. The very top of the ivory tower is held up by what people have learned—take that away and the whole thing is just an idea. This weekend, a group of students showed what they've learned, and it's time the college took a little notice.

It's called community—collegiality—and in a world the size of ours, we should take a little pride in this little town and its team that can and did. ☺

No banner's necessary to take pride in your school. ••• Photo by Andrew Meade via The Brunswickcan

DalGazette.com Website Top 5.....➤

1. Citizen journalism's downfall—Justin Hartling, Opinions
2. New food service on Dawgfather turf—Leena Ali, News
3. My beautiful, dark, twisted society—Siobhan Reid, Opinions
4. Walking the SlutWalk—Julia Manoukian, News
5. Men's soccer playoff preview—Tim Vanderweide, Sports



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The Dalhousie Urban Forest Plan will be drafted by December. ••• Photo by Sarah Mateshaytis

Dal maps out forest plan

Students have say in Dal greenery

Sarah Mateshaytis
News Contributor

First-year grad student Stephen Cushing is conducting a survey to get input from students on the future development of Dalhousie’s natural landscape.

The Dal Urban Forest Values Survey is part of a larger project that will be used in creating the very first Dalhousie University Urban Forest Master Plan. The plan will be used when developing future facilities and infrastructure, making sure the trees and shrubs on Dal campus are considered part of the equation.

Dal’s “urban forest” includes all trees and shrubs found within campus boundaries, including the Carleton, Sexton and Studley campuses. Cushing’s survey aims to find out what students, faculty and staff value about these trees and shrubs, and what they hope to see on campus in the future. Their responses to the survey will directly affect the Master Plan, which will be drafted by December.

“Part of talking to people is to make them aware of what we’re doing, and to keep that consciousness out there,” says Cushing, a graduate student in the school for resource and environmental studies. He says that even if students don’t do the survey, it’s important that they’re aware of what’s going on.

The survey asks questions to find out what characteristics students value most in the natural landscape on campus, such as “How strong is your connection to urban green space?” and, “How long do you spend outdoors on campus (on a typical day)?” The Master Plan project also includes interviews and focus groups to provide information on urban forest values.

Peter Duinker, professor and director of the school for resource and environmental studies, says the university needs a plan for the tree canopy on campus, or else no one will

really be satisfied with the way trees are treated. Duinker is the leader of the Dalhousie Urban Forest Master Plan project.

“We need to look at the campus plan over the next 20 or 30 years, and make sure that we put trees in now that’ll be safe through the building process. And if we don’t do the campus tree plan, that simply won’t happen,” says Duinker.

Cushing says they want to find a balance between infrastructure development and the trees on campus. The Urban Forest Master Plan will be given to developers so they will know what the university wants to see done with the trees, and can keep that in consideration when making building plans.

“To have spaces where we can learn in a healthy way, not a concrete jungle, I think would aid our leaning,” says Jamie Arron, the DSU VP (student life) and a fifth-year at Dal.

Arron thinks that Dal has become a leader in green initiatives, especially with the College of Sustainability. “Personally, not speaking from a DSU perspective, but from an individual perspective, I think it’s really important that we’re practicing what we preach, and that we’re creating an environment that’s actually reflective of what we’re learning.”

While there are many student groups working on environmental issues on campus, such as the Environmental Programs Student Society and SustainDal, Arron says he thinks a lot of these student groups don’t even know about the study.

Cushing says that while the survey has only been going for a few weeks, participation has plateaued.

“I know not everyone thinks about [trees] all the time, but I want to know what you do know, or not even what you know, but what you like.”

To complete the survey,
or for more information, visit
Surveys.Dal.ca/opinio/s?s=12696.

news briefs

Truth and Reconciliation

Dalhousie’s VP of research, Martha Crago, delivered a statement last week at the Truth and Reconciliation Commission on behalf of the university. Though Dal had no involvement with the residential school system, the Statement of Reconciliation promised to provide students with “a just and caring educational milieu that encourages them to respect and honour cultural diversity.”

“Any educational value those schools provided to Canada’s Aboriginal children came at an enormous price, a price that cost multiple generations of people their well-being,” reads the statement, which was co-authored with president Tom Traves. The commission was held in Halifax to discuss Canada’s former residential school system with its victims

and with community members. The system forced Métis, Inuit and First Nations children to attend schools that the Statement of Reconciliation called “an abhorrent form of cultural genocide.” Crago’s research involves culture and language in Inuit and First Nations people of Canada.

Dal’s population milestone

Just as the world reaches seven billion people, Dal is reaching a landmark moment as well: this year the school’s population has surpassed 17,000. Dal gives much of the credit to their public outreach and creative marketing teams.

But, the rise in enrolment is not produced solely by Canadian students: there are over 300 international students at Dal, with India, Saudi Arabia, China and the United

States as the main foreign contributors. This time last year the school accommodated 16,693 students.

Despite rising numbers, Dal is attempting to maintain campus quality. A new residence is being built on LeMarchant Street, and a campaign called Bold Ambitions is raising money to enhance campus life.

Living art as therapy

Researchers from Dal’s Resilience Research Centre are working towards creating alternative options for youth working in dangerous jobs. With 215 million adolescents involved in prostitution and street fighting globally, the researchers are hoping to make a change. Song, dance and design are some of the activities proposed to send children

in a better direction.

Linda Liebenberg and Michael Ungar are co-directors in the centre. They have sent a proposal to Grand Challenges Canada in hopes of rebuilding the “Cambodian Living Arts” program.

The program originated in Cambodia to redirect vulnerable children away from unsafe pursuits and proved to be successful. Liebenberg and Ungar are aspiring to create a virtual toolkit as an installation guideline for the project in communities around the world.

Marine Affairs Program turns 25

The Marine Affairs Program (MAP) is celebrating its 25th year of education at Dal. Since the program began, more than 350 students

from all over the world have graduated with master’s degrees in marine management.

Lucia Fanning is the director of the program. She told DalNews the program allows for protection of the environment and good practice in using marine and coastal natural resources. The program is interdisciplinary so it draws a number of different students from a variety of backgrounds. Fanning says this is why “we can have a local and global relevance.”

—Alesia Hebb
News Contributor

Fashion Without Borders goes global

Dal brings six continents together through fashion

Kendra Hoskin
News Contributor

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The International Development Education and Awareness Society (IDEAS) at Dal is putting culture behind fashion. From Indian saris to Afro-peruvian dance outfits to Japanese Kimonos, the IDEAS fashion show will bring the world together on the catwalk.

The society is organizing a fashion show that uses clothes from six continents. The event is called Fashion without Borders, and is being organized by IDEAS external co-ordinator, Andrea Landriault.

Landriault got the idea to put together a cultural fashion show when she was working with international students at the University of Alberta.

"I thought it would be a neat thing to do. It's kind of been playing in the back of my mind for a few years," says Landriault.

Landriault brought the idea with her when she transferred to Dal last year. She says this will be Dal's first Fashion without Borders event and it has already brought a host of challenges with it.

"Getting people going sometimes has been a little hard because people have concerns ... You end up sending pages of documents saying this is our treatment protocol for the clothes, this is the mandate of the event, this is all the people involved. You end up sending these huge packages of information that they don't read because it looks so big," says Landriault.

However, after emailing almost every committee and organization affiliated with Dalhousie, Landriault says people pulled through.

Her networking resulted in multiple outfits from Europe, Asia, the Middle East, Latin and Central America, and North America.

"International development pairs so well with everything. It helps to know a lot of people in the Halifax and Dal communities," says Landriault.

She is expecting hundreds of people to attend the event.

Paige Smith is a second-year theatre student at Dal and a volunteer on behalf of Invisible Children. She is one of 28 models in the fashion show.

Her involvement in the event started at the fitting session Nov. 5, where costume co-ordinators organized the model's outfits.

Smith says it will be fun to see what different cultures wear.

"I hope to get information out about the different cultures, and about our society, and everybody's society, to raise awareness that we're all out there and you can join or you can help out by coming to it," says Smith.

Event-goers have the option of donating the proceeds from their ticket to one of four charities: Amnesty International, which supports issues of global justice; Invisible Children, a protection and awareness campaign for child soldiers; Giving Voice to Hope, a social capital project for refugee musicians of Buduburam; or World University Service of Canada, which allows refugees to obtain post-secondary education in Canada. ☎

Fashion without Borders will be taking place on Nov. 19 in the Grawood from 7 to 10 p.m.



Several Indian saris will be modeled during Fashion Without Borders. • • • Photo by Kelsey Merritt

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Dal students at UN negotiations

Climate change on the agenda



Members of the Canadian Youth Delegation. ••• Photo by Sarah Mateshaytis

Kaleigh McGregor-Bales
News Contributor

Two Dal students, two King's students and a recent Dal grad are traveling across the world at the end of November to attend the UN Climate Change Negotiations in Durban, South Africa.

These students were selected as members of the Canadian Youth Delegation (CYD), which is made up of 18 youth from across Canada who go to the annual negotiations to "represent the demands of an entire generation working to create a just, safe, and livable future for all people," according to the CYD website.

Sonia Grant, a fourth-year international development studies student and one of the delegates explains her involvement. "I'm thrilled to be on the CYD to help bring the voices of young Canadians to these negotiations, which will inform our future and the future of the planet as a whole," she says.

"Climate change, among other things, is about inter-generational justice. Youth from around the world must be provided with a genuine space to represent themselves at COP 17, and during domestic policy discussions. Unfortunately what we have been seeing is the Canadian government negotiating on behalf of polluters."

A report last year from the International Institute for Sustainable Development showed that Canada subsidized the oil and gas industry by more than \$1 billion per year. Additionally, through the Accelerated Capital Cost Allowance (ACCA) program, Canada gives a 100 per cent tax break on capital spending to tar sands developers. On top of that, this fall, Canada has been lobbying in the European Union against their proposed fuel standards that would rank tar sands oil as highly polluting.

Federal Natural Resources Minister Joe Oliver was quoted in the *Vancouver Sun* saying that "having a measure that provides for more onerous treatment for the oil sands relative to other crudes which haven't been analyzed is discriminatory and it potentially violates the European Union's international trade obligations."

He believes the fuel standard is discriminating against the tar sands because it singles them out as having higher carbon emissions without any sound scientific studies examining the emissions from the conventional oil the EU imports.

Robin Tress, a recent Dal grad, says, "We cannot allow this to be Canada's perspective going into this year's negotiation. There are a variety of ways in which Canada needs to show strong leadership. Primarily, they need to negotiate for stronger targets among industrial countries that will peak average global temperature increases at 1.5 degrees Celsius. I am a recent grad and I am upset that the government is investing in dirty industries instead of green jobs."

A recent report by the Pembina institute has shown that if instead of investing in the tar sands, Canada invested in climate-friendly projects including technology and renewable energies, building retrofits and green transportation infrastructure, there would be much better job prospects for young Canadians.

The United States saw the growth of nearly 18,000 jobs since 2009 in the solar energy sector alone. The renewable energy economy requires lots of employees—particularly in manufacturing and services—whereas the fossil fuel industry requires investment in machinery and infrastructure.

In contrast, the mountain pine beetle epidemic of British Columbia, a problem that has been linked to sustained warmer winters from climate

change, has forced 20,000 people out of work in the forestry sector according to Natural Resources Canada.

The Pembina study calculated that if the federal government had devoted 100 per cent instead of 8.3 per cent of its stimulus spending on infrastructure to clean energy investment, nearly three times as many jobs would have been generated, for a total of over 238,000 jobs, compared to the actual total of 84,000 jobs.

CYD delegate Emilie Novaczek explains: "The jobs in the tar sands are concentrated in a few regions. Employment in the renewable energy sector would create jobs across Canada. There is tremendous opportunity for jobs in research and development, engineering, planning, sales, manufacturing and installation across the country. When I graduate I want to work in Atlantic Canada in a job related to my sustainability and biology degree."

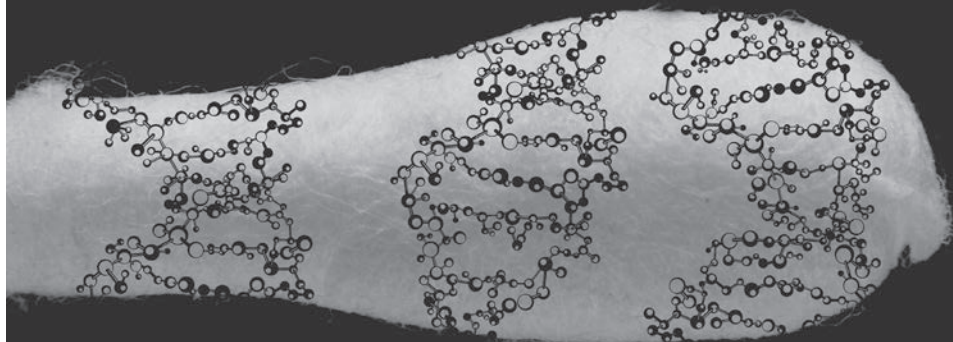
In a July press release, Environment Minister Peter Kent said "The oil sands represent a significant, long-term economic advantage for the people of Alberta, and all Canadians."

Kent said last week in a radio interview on *CBC's The Current* that Canada's global contribution to climate change is "very small" but we must still play a part and that "there is a significant imbalance in the focus on only the oil sands."

Before leaving for Durban the delegates are working in Halifax to mobilize the community by hosting workshops, trainings and events. The next workshop is Nov. 16 in the Mona Campbell building where participants can expect to plan for domestic action during the climate negotiations. ☺

Kaleigh McGregor-Bales is a member of the Canadian Youth Delegation

Students 'Get Swabbed' for research



Dal leads the way in stem cell research

Amanda Saoud
News Contributor

Students in the SUB on Nov. 1 might have noticed the balloons hanging on the stairway with papers hanging from them that read "Get Swabbed." The bustling commotion of people walking in and out of room 224 was the focal point of all the action.

The event, called One Match, was held in affiliation with the Canadian Blood Services. It was a university challenge to see who could get the most participants involved in donating stem cells.

Dalhousie aimed to get about 200 participants to donate. One of the organizers of the group, Kristen Sine, says the campaign aimed to do more than just win the competition.

"It is an event to raise awareness for stem cell research," she says.

"Get Swabbed," the competition's catch phrase, urged students to give

samples of blood or marrow, which would be placed in a registry for future use of someone who needed it.

At 4:30 p.m. there had been about 100 students who had already donated. Organizers were hoping to squeeze in another 100 by 7:00 p.m.

According to the National Institutes of Health resource for stem cell research, stem cells are "unspecialized cells capable of renewing themselves through cell division, sometimes after long periods of inactivity....Under certain physiologic or experimental conditions, they can be induced to become tissue- or organ-specific cells with special functions."

Stem cells are very important in discovering cures for new diseases, or in the case of "Get Swabbed", in creating a vast network of banks that can supply to people in need.

Students around campus seem to show indifference to the subject. "I personally wouldn't donate, but

stem cells are helpful in research and to people, and I agree with it," says Dal student Kenisse Trotman.

There are ethical issues at play in the stem cell debate, though. The procedure for actually harvesting adult stem cells is difficult and unstable, according to Suzanne Holland's article *Science, Ethics and Public Policy*.

Stem cells help to replace organ tissue or blood cells, and donations of stem cells can save lives by rebuilding damaged tissue. But questions of how far to take this sort of research, how dangerous the procedure is, and how likely it is to work prevail in works like Holland's.

Controversy around stem cell research revolves largely around embryonic research, which involves taking stem cells from unborn children to test them or to use them for therapy. ☺





Subway now occupies what was once a
sociable courtyard. ••• Photo by Sam Vlessing

Killam Sch'millam

Study spaces not adequate at Dal library

Sam Vlessing
Opinions Contributor

The Killam Library is a place of congregation where one can study, socialize, cram for exams, watch movies and even fall asleep in the stacks. As many students know, there are a series of standards associated with our beloved library. When those standards are broken, well, people don't seem to like it.

There are a lot of great things about the Killam, but with exam time approaching, some changes need to be made.

Not enough study space

Sure, you can find somewhere to sit down and do your work during the bright hours of the day, but come evening you'll be hard pressed to find even a sliver of study space at the Killam.

Constructed in 1971, the library simply isn't equipped to provide sufficient study space for a 17,000 strong student body. The study spaces overlooking the atrium on the third, fourth and fifth floors are prime real estate, and you'll be hard pressed to get your *tuchus* in one during midterms or final exams. For those of you more accustomed to cave dwelling, the stacks are your best bet, which are pleasantly quiet and filled with retina-searing fluorescent light. But like the spaces overlooking the atrium,

they're generally full.

If you get shafted from all three floors, then your next best bet is the second floor quiet area. But even that space has issues when it comes to studying. Not only is walking into the room extremely awkward, but due to the lack of space, you're forced to share tables with people you don't even know.

Quiet floors aren't quiet

I'm going to step out on a limb here and assume that most people who use the Killam are literate. However, no one seems to understand what the quiet signs all over the library actually mean. I can't tell you how many times I've seen signs that read, "This is a quiet floor" or "Please refrain from conversations, cell phone use and music" that no one seems to follow.

There is a tremendous amount of rationale associated with the rules that exist in our library. Students go to the Killam in search of a safe haven from the usual bustle and noise associated with student life. But when students go to the library, all they find are quiet study floors being used for casual conversation.

This has to end. The library is a place to relax, concentrate on work and remove one's self from as many forms of procrastination as possible. For those of us who yearn for quiet study spaces, the constant back-

ground noise of whispers and overtly loud iPod headphones provide us with a considerable obstacle that prevents us from studying. It almost seems as if the majority of the student population doesn't care about sustaining the learning environment the Killam is supposed to be creating. To all of you whisperers and talkers out there: We can hear you, and it's really annoying.

The place smells like Subway

The pungent aroma of processed cheese, fulsome breads and genetically modified meats fill the air in the Killam atrium. That's not what a library is supposed to smell like.

Not only does the smell have a negative effect on the library's atmosphere, the fast food joint takes up most of the usable seating in the once charming atrium. The commodification of the atrium into a Subway has displaced the many students who once congregated there to study and socialize. Now, every time someone enters the library they are faced with the aroma and bustle associated with a restaurant. I highly doubt architect Leslie Fair's original design incorporated a fast food restaurant instead of seating areas and study spaces.

The Killam is a decent place to study on campus, but some things need to change to make it more accessible for Dal's students. ☹



Have a topic you want to see covered?
Tell us about it: opinions@dalgazette.com





Out on the tiles

Safety comes first when having sex in the shower

Mina Atia
Sex Columnist

A lot of people attempt shower sex to spice things up. And as sexy as it can be, people like where they were going with it, but don't like where they end up and are left wondering why.

Having sex in the shower is not that simple. Many things can go wrong, making the whole experience not worth it. However, certain sexy steps, along with some precautions, can turn the experience around from cold to HOT (in the non-scolding temperature sense).

“Whether it’s a tub or a stand-up shower, a close-embrace is your go-to position.”

The way you position yourself in the shower is key to maintaining your balance, and is indicative of the utmost satisfaction. Pleasing each other with minimal movement is really important when trying to avoid any accidents waiting to happen.

Take for example my friend who had a shower sex mishap. She had to retract to the fetal position, trying to evade the scalding water, after her boyfriend got really excited during oral sex and accidentally jerked his arm mid orgasm, knocking the water handle all the way to hot. Good indication of sexual satisfaction, but not so much for safety while having shower sex.

Whether it’s a tub or a stand-up shower, a close-embrace is your go-to position. This maintains balance, and adds much needed intimacy to the experience, helping you get in the right mood.

A tub offers space for more comfortable grounding when giving blow jobs or going down on your partner. Different positions to perform include the “fire hydrant,” which involves staying under hot water (if tolerable) while both of you face each other and do the deed, as well as positions like “your turn to stare,” where one lays on their back and stares at the other on top as they please themselves.

The shower has more stability when standing up straight in comparison to the tub, as it allows all of those up-right positions to be performed down to a tee. Start with washing each other erotically, allotting enough time for each of you to get a hold of the other to service and take care of business. Positions like the “wrap-around,” where one lifts the other with legs around the waist, and “staring at tiles,” when one bends over the shower-floor tiles, are great techniques with the right space. They are also easy to achieve for beginners and can lead to an intense orgasm.

Watch out for slippery surfaces. Other than looking like a complete fool when falling down, you don’t want to risk any unwanted injuries to the back and knees, or any kind of bleeding. Bar handles, anti-slip shower mats and being extra careful with every move are necessary precautions when attempting full-on action in the shower.

As sexy as sex in the shower can be, it can also be time-consuming if it’s early on in the day. However, the shower can be used as another form of foreplay, allowing you to start the day with something as fresh and sexy as cleaning each other’s bodies.

It’s definitely something to entice you to come home early for a little something-something after a long day. ☺

Safety is important in the shower if you don’t want to end up like Janet Leigh in *Psycho*. ••• Photo courtesy of *Psycho* (1960) by Universal Pictures



Lest we forget

Students need to show more respect for our veterans

Alice Hebb
Opinions Contributor

As Remembrance Day approaches, the issue of respect towards our veterans always arises. The purpose of Remembrance Day is quite obvious to some, but for younger generations, the meaning behind the day can be lost or conflicted.

Since I can remember, Remembrance Day has always been a big deal. In elementary and high school, our schools would hold assemblies, and contests for posters, poems or stories, and the drama club would perform a play that all of the local veterans would attend. Respect was not an issue; we all knew our place.

As I look around at my fellow university students, I see a lot of proud Canadians and people living here from all over the world who are happy to be spending their time in Canada. It gives me hope that our society still views the red poppy we

wear as more than a mere fashion statement. It makes me believe people are proud to live in a country so “glorious and free.” But then there are moments when all it take is one person to cause some doubt on the meaning of Remembrance Day for the younger generations.

I was sitting in one of my classes at Dalhousie while waiting for the professor to arrive. I overheard some students talking about the long weekend in November, and how many days off Dal students would receive. When one of the students learned it was going to be a four-day weekend, he became excited and suggested that maybe he could binge-drink the whole weekend, saying, “Well, you know, in honour of the veterans.”

I couldn’t believe what I was hearing. So many years of learning how to behave toward our praiseworthy veterans who fought for Canada, and this is the comment one of our students makes? No one disagreed with him. In fact, his comment was fol-

lowed by laughter.

In a country where we live in freedom and are relatively unburdened by some of the major issues that occur in other parts of the world, I think a lot more respect is needed for our veterans. We are talking about people who lived through horrific conditions from which I doubt anyone could fully recover. In some cases, they even gave their lives for our freedom. These people were far braver than I could ever dream of being, and it brings a tear to my eye to write this and contemplate everything our veterans have had to overcome.

For those who need to show a bit more respect, take a moment to think about all that you have. Think about what was sacrificed for you to live in the conditions you live in today. And to the majority of us who take Remembrance Day seriously and honour it with the utmost respect: lest we forget. ☹

••• Photo by Angela Gzowski

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This professional two-year graduate program offered by Dalhousie University in partnership with the IWK Health Centre offers orthoptics/ophthalmic medical technology education that provides students with unparalleled research opportunities in the vision sciences along with extensive clinical practice to prepare them for the profession of orthoptics/ophthalmic medical technology.

Orthoptists/ophthalmic medical technologists are allied health professionals who perform a wide range of diagnostic and highly technical procedures and, in consultation with an ophthalmologist, plan, implement and monitor treatment of a wide variety of ocular disorders, including disorders of binocular vision and ocular motility. They are engaged in a wide range of activities including research into ocular motility, education of other eye care professionals, patient education and vision screening.

The program involves 7.5 class credits, two extended practica and a thesis in an area of vision research. Students are permitted to exit the program after two years (prior to completing a Master’s thesis) with a Graduate Diploma in Orthoptics and Ophthalmic Medical Technology.

Applications for the MSc (Clinic Vision Science) program beginning in September 2012 are now being accepted. Applicants must hold a four-year bachelor’s degree with a minimum B average (GPA 3.0), with at least one undergraduate class in human anatomy and/or physiology, and a class in psychology with a laboratory component. Exceptional students may be accepted without these prerequisites on the condition that they are fulfilled either prior to or concurrent with the program. Work/volunteer experience in the health care field is considered an asset.

Students whose native language is not English must demonstrate the ability to participate in a graduate program conducted in English prior to acceptance into the program. The minimum acceptable score on the TOEFL test is 580 for the written test and 237 for the computer test.

Financial assistance may be available to qualified students.

Deadline for applications is March 1, 2012.

Further information is available from our website www.dal.ca/cvs or by contacting
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IWK Health Centre
5850/5980 University Avenue
PO Box 9700
Halifax, NS B3K 6R8

orthoptics@iwk.nshealth.ca
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Mr. Smith goes to Halifax

Kevin Smith makes his Halifax debut



Smith at a speaking engagement in Toronto. Photo by Ian Mutttoo via Flickr

Matthew Ritchie
Opinions Editor

Director Kevin Smith is known for making hit comedies of the stoner variety, including *Clerks*, *Chasing Amy*, *Dogma* and *Zack and Miri Make a Porno*. But in recent years, the 41-year-old writer/director has taken on a new career as a podcaster and public speaker.

So when it was announced in late September that Smith would be coming on his first trip to Halifax for a solo engagement, tickets sold out in less than a day for his Spatz Theatre performance.

But the high school auditorium offered a pretty unusual atmosphere for Smith's brand of comedy, especially considering most audience members were over the age of 30. Smith also chose to present the show as a Q&A as opposed to his recent tours, which consisted of him recording live podcasts.

The first question had to do with his favourite strains of marijuana. The director, who began experimenting with the drug in his late 30s, waxed poetically about its effect on his creativity, explaining how it has led him to create more content than ever before. But even though he openly discussed his positive experiences with drugs, he also stressed the negative impact hard drugs have had on his life in the form of collaborator Jason Mewes' longtime battle with

heroin and OxyContin.

Things started to get looser when a comic fan asked a question regarding his interest in directing comic films, which transgressed into Smith dissecting his work as a filmmaker for almost an hour. This offered the best moments in the show, with Smith discussing everything from watching Richard Linklater's *Slacker* for the first time, to his feelings on his recent films and the pitfalls of directing *Cop Out*. Smith captivated the audience, urging people to follow their dreams and take a chance on life.

What followed were some of the more awkward moments of the evening. One fan asked about seven different questions regarding Smith's foray into podcasting, diverging into the questioner's own experiences as a podcaster. At \$60 a ticket, most people in attendance weren't too pleased with the fan having his own conversation with the director, leading to audible groans from the crowd.

The show wrapped up with Smith discussing his promotion for his recent feature, *Red State*, and the Westboro Baptist Church that inspired it.

In the three-hour performance only five people were able to ask questions, mostly due to Smith's tangents. But Smith promised a repeat visit to the Maritime town, complete with some of his podcast friends in tow.

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flicks review 50/50

Caroline Elias
Arts Contributor

If you're in the mood for a funny movie with a few tearful moments, this is the one to see. Inspired by a true story, *50/50* tells the tale of 27-year-old Adam (Joseph Gordon-Levitt), who is diagnosed with a rare form of spinal cancer. The movie shows Adam's journey as he tries to not only beat his cancer, but also come to terms with his projected 50 per cent chance of survival.

Despite the sober topic, this movie provides an appropriate amount of humour, mostly provided by Adam's best friend Kyle (played by Seth Rogen). Here, Rogen manages to bring along with his usual slapstick comedy a more developed character—a slightly obscene, but kind one. And Rogen isn't the only one who provides the "funny" within the "sad." In fact, the only character who isn't funny is Gordon-Levitt, which is what makes this movie work so well. Every awkward moment between Katherine, a 24-year-old, barely-out-of-university psychologist, and Adam, the cute 27-year-old cancer patient is exposed through this dynamic. Besides this, the typical overbearing mother character is taken to a whole new level with Adam's mom, Diane (Anjelica Huston). Yet all of this becomes



balanced by the central storyline of Adam's soberness, adding to the realism of the whole film.

Ultimately, this movie provides viewers with a comedy, but more pertinently, gives insight into the physical trials of chemotherapy, and the psychological consequences of a young cancer patient. It's definitely a must-see.

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DalGazette.com

STREET INTERVIEW

What would you do if you had the power to become invisible?

by Katrina Pyne and Jonathan Rotsztain



"Travel all over the world"

Woil Lee
2nd-year commerce



"I would just be visible"

Simon Meynel
2nd-year physics



"Steal exam answers"

Jessica Fawcett
1st-year sciences



"Trip people"

Madison Acker
2nd-year neuroscience



"Pinch people's butts so they jump"

Jessica Muise
4th-year management



"Get mid-term questions beforehand"

Amina Abawajy
1st-year computer science



"It would suck"

Dan Malone
2nd-year journalism



"Go to Freak Lunchbox—stock up on Jelly Bellies"

Rebecca MacDonald
3rd-year arts



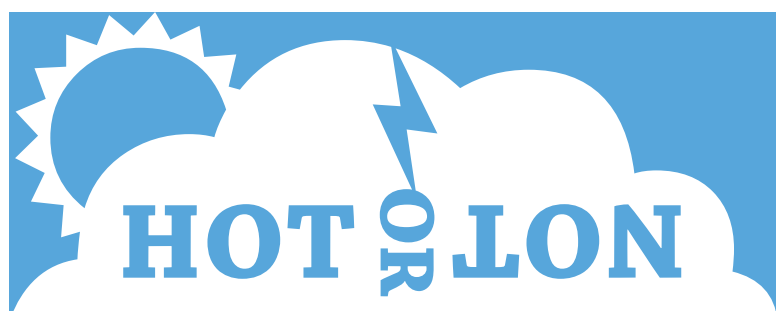
"Fight crime"

Spence Campbell
1st-year computer science



"Secretly help people"

Mahmoud Kamel
2nd-year engineering



HOT

NOT

Kevin Smith in Halifax

Weird guys who won't stop asking him questions

Invisible Woman

Plastic Man

Wonder Woman's invisible plane

Wonder Woman's misogynistic outfit

Tracing paper

Final papers

Fresh sandwiches on campus

The smell that goes with them

Occupy Halifax moves to Victoria Park

Drunk people mistaking them for campers

Sasquatch

Yeti

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CHECK THE BACK OF YOUR GRAWOOD MENU FOR DATES

Semi-healthy surprisingly delicious brownies

Rachel Eades
DIY Columnist

Now, I know there's nothing surprising about brownies being delicious, but these are a special case. You won't find any milk, butter or flour in these brownies, but they come out moist, rich and delicious. What makes these so surprising is the main ingredient: black beans.

I had heard rumours that using mashed up black beans was a healthy alternative to butter and flour for brownies and other chocolate recipes, but I was skeptical. I don't like beans, at all, and I was imagining that these would taste like a vaguely chocolatey veggie puree. But, for whatever reason, I was feeling brave today, especially when I found a recipe that seemed both simple and economical.

To say I was pleasantly surprised by the outcome would be an understatement. These are good. Really good. Do they taste exactly like classic brownies? No. But are they rich, moist, chocolatey and delicious? Yes! Even better, they take about five minutes to assemble, and you whip up the whole recipe in the blender, which makes cleanup ridiculously easy.

Without further ado, here's the recipe!

Ingredients:

1 19oz (540ml) can black beans, well rinsed and drained (I used an organic variety which is preserved with seaweed instead of salt or calcium chloride)
3 large eggs

3 tbsp vegetable or canola oil
1/4 cup cocoa powder
2/3 cup unrefined white sugar (unrefined is a personal preference and what we have in the house. I'm sure refined is just fine though)
1 tsp baking powder
1/4 tsp salt
1 tsp pure vanilla extract
1/4 cup bittersweet chocolate chips (I used Cocoa Camino dark organic chocolate chips, and they were perfect)

Directions:

- 1) Rinse and drain the black beans well.
- 2) Add all ingredients except for chocolate chips, in blender.
- 3) Blend until very smooth, pour into an 8 inch square baking pan which has been greased lightly, sprinkle with chocolate chips and bake at 350 degrees for 30-32 minutes.

*Note: Although the original recipe says to bake for 30-32 minutes, I did mine for 25 and they were perfect, so I'd recommend checking them around the 20-25 minute mark. A knife inserted into the middle should come out clean.

A healthy advantage that these have over regular brownies (besides reduced sugar and significantly less fat) is that they are *packed* with fibre, and also have a healthy dose of antioxidants if you use dark chocolate chips. I'm sure you could also add some chopped walnuts for some added healthy fats, if you're the type who likes nuts in your brownies.

Enjoy! 🍫



YUMMY! ••• Photo by Rachel Eades

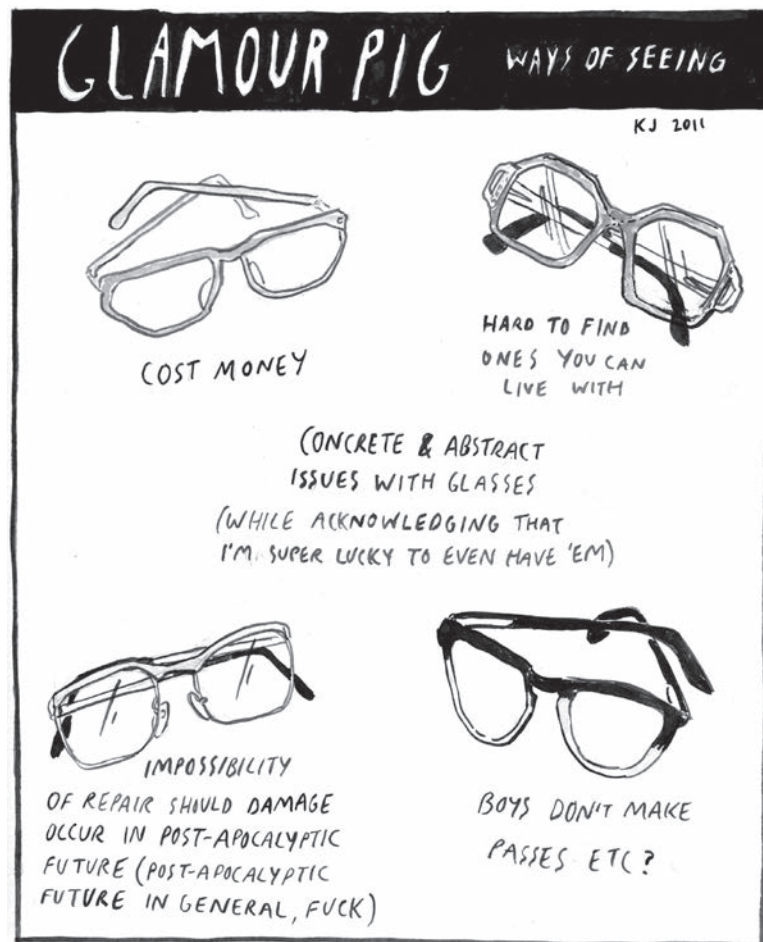
WTF IS JAMEROKE?

Jane E. Bartender
Arts and Beer Contributor

The Grawood stage, an audience full of friends, and the best pub band in Halifax as your back up band. That's Jameroke. A combination of open mic and karaoke. Jameroke was launched at The Grawood on Sept 21st 2011. The well known pub band Clam Chowder brings their boundless collection of tunes, versatility and back-up vocals to help you or you and a friend sound like

the front-man/woman that you are. Song booklets are on hand to help you with the lyrics in case you get stuck. Thanks to the S.U.B.'s wifi though, the songs that can be selected are limited only by what can be found on the internet. So if you are craving the spotlight, or always wanted to jam with a real band on a great stage Jameroke awaits you. Come check it out Wed. Nov 16th it begins at 9pm along with power hour.

THE GRAWOOD
CAMPUS PUB



HAL-CON
COVERAGE:

Dal
Gazette.com



Too sexy for their stripes: A Dal men’s fashion special

The fashion column in the Gazette has been, admittedly, very female-focused this year. After looking through past articles, I started to feel a bit guilty about how little fashion advice I had to give to those with a Y-chromosome. Unfortunately, not having that chromosome, I knew I couldn’t truly do the topic justice. So, I decided to recruit some fashion-savvy Dal males and let them have their own say on what’s trendy, and what’s not.

Rose Behar Fashion Columnist • • • Photos by Angela Gzowski



Greg Averty
Third-year mechanical engineering student

What would you call your style?
Greg-style. I wear a lot of skate stuff.

What would you like to see come back in style?
80s hair-dos. Long in the back, short in the front—sort of like a mullet. I just wish I could see people walking down the street with them.

Cringe-worthy fashion moment?
The Pokémon sweater I wore to picture day in grade five. It had Pikachu, Squirtle and Bulbasaur on it.

Fashion advice?
When people wear beanies, it should cover their ears and most of their forehead; you lose the most heat from your head. And I dislike Lady Gaga’s style. You shouldn’t wear a costume every day.

Largest collection?
Socks. I probably have 20 pairs.



Christopher Miller
Physiology grad student

Favourite Hali shops?
Biscuit is great. I’d like to say Duggers, but it’s a little too expensive for me. Anything from Banana Republic or Club Monaco, and vintage from Dressed In Time.

What should come back in style?
The daily mustache. I would wear one, every day.

Fashion advice?
Wash your sweatpants before going to the library. Also, wear what you like, be comfortable and unique.

Why is it important to dress well?
You should always dress for the part you want, not the part you have.

Largest collection?
Shoes. This is a little embarrassing. I have probably around 75 pairs. And I only really wear a couple.



Pookiel McCabe
Second-year management student

Favourite Hali shops?
Fresh Goods, H&M, and Don Deez clothing.

Favourite item?
My favourite purchase would be my Obey 5 panel hat. It’s nothing expensive or super exclusive, but I just love wearing it, probably too much. I really should start switching it up a bit.

What should come back in style?
Corduroy pants and five-panel hats need to come back in style!

Cringe-worthy fashion moment?
My worst fashion moments would probably be when I used to wear XXXL T-shirts, hoodies and baggy pants. Thinking back on it, me being tall and slim didn’t help either. It just made me look that much more awkward.

Why is it important to dress well?
It’s important because it is a way of portraying confidence, expressing yourself and your style, as well as the fact that looking nice is never a bad thing.

Largest collection?
The item that I have most of would probably be hats, with 13.



Casson Foster
First-year sustainability and political science student

Favourite item?
My old rep tie. It’s got red and blue diagonal stripes. It was my grandfather’s.

What should come back in style?
I’m not sure. There’s been a lot of revival lately, like with bringing back Ray-Bans and oxfords. I just think if you want to bring something back in style, it’s pretty simple: you just wear it.

What was your most cringe-worthy fashion moment?
One time I was at American Apparel and I was feeling especially fashionable, and I bought a purple baseball jacket. I might have worn it a couple of times, and then put it away and was ashamed. That was many years ago.

Why is it important to dress well?
It has to do with people’s perceptions of you. In some ways, that shouldn’t matter, but it’s good to show people you know who you are. If you dress in your own personal style, people will know you’re true to yourself. And people will think you look good, too. ☺

“The way her shadow used to walk by your side,
in a different time, a different city”

tunes review

Jens Lekman—An Argument With Myself

Nick Laughner
Staff Contributor

Relentlessly adorable, devilishly witty and thick with affected poignancy, *An Argument With Myself* is the new EP from the precocious, loveable, Swedish indie mastermind, Jens Lekman.

The EP sees the forlorn, fickle song-man glossed in lavish and bombastic arrangements, diversely crooning off-kilter yacht rock tales, arguing with himself, trying to meet actress Kirsten Dunst, and crafting sensual tales of South American wine regions.

The EP’s bouncy, eponymous opener is a jangly serenade of self-reflection and frustration as Lekman drawls, “How long’s it been there two years? I bet if I smell it, it’ll smell like a cigarette / When was the last time you smoked a cigarette, and more importantly, who did you smoke it with?” with slick, rhythmic confidence.

“In Gothenburg we don’t have VIP lines / In Gothenburg we don’t make a fuss about who you are,” he sings on “Waiting for Kirsten”—an unrequited ukulele love ballad, backed with soaring, amorous strings about Lekman’s failed meeting with Kirsten Dunst—charming us all with his smirky, small-talk way; singing, it seems, with a wink.

Keeping in line with Lekman’s legacy of quirky, endearing soliloquy, *An Argument With Myself*, sees the sultry Swede adopting more fleshed out, orchestral arrangements. It also showcases his ear for complex melody and counterpoint with songs like “A Promise,” where shifting shades of sparseness enrobe Lekman’s sombre sympathetics, or “New Directions,” with its climbing glockenspiel, wandering bass and soaring voice harmonies, which slide in and around each other to be met by the literal fanfare of a trumpet duo.

An expert on analyzing the peculiar idiosyncrasies of life, Lekman has the rare talent of being able to—essentially—drunkenly ramble in the form of song, while remaining utterly poetic and sincere. ☺

I signaled around with my hands. The odd couple did not approve the gesture. After waiting for a  reply for what seemed to be an eternity, I slunk back, feeling defeated. “The strong, silent type, eh?

Chicken and asparagus risotto

Rob Sangster-Poole
Assistant Online Editor

Risotto—giver of life, emitter of warmth, harbinger of satisfaction—how I love you. What's that you say, a man can't love a meal? Sucks to you, hypothetical person! Winter is descending upon us, and warm dinners are a must. So here's a recipe that's sure to warm you up—body and soul.

Risotto is great, simply because once you get the basic idea down, coming up with your own recipe is a breeze. And it's a great way to impress your friends. Or your family. Or someone else's family.

The only downside is that risotto is somewhat labour-intensive. Once the rice starts cooking, you have to keep stirring every two minutes or so. This recipe is designed to give you an idea of the basic structure of risotto. The secondary ingredients (meat and veggies) can be whatever you want them to be. I went with chicken, asparagus and leeks. There are tons of vegetarian versions of risotto too. In theory you can do a vegan risotto, but then it's really just a paella (which is also delicious). All in all, risotto doesn't take quite as long as it seems, and you can always do some steps simultane-

ously. However, this is not a recipe for someone in a rush. As I said before, it takes love.

Basic ingredients:

- 1 1/2 cup arborio (short grain) rice
- 5 cups chicken/vegetable stock*
- 1/2 cup white wine (optional)
- 2 tbsp butter
- 1 medium onion, diced (1/2 cup)
- 1/3 cup grated parmesan cheese

**I only use 4 cups stock, then add water for the rest*

Secondary ingredients:

- 1/2 bunch asparagus, chopped, thick ends discarded
- 1-2 chicken breasts, cut into cubes
- Salt and pepper

Optional:

- 2 medium leeks (white/pale parts only), halved, thinly sliced crosswise, and rinsed in a bowl of water
- 1/3-1/2 cup whipping cream

Step 1. If you're including them, put the cream and leeks in a small saucepan or pot on medium-high heat. Once the cream starts boiling, turn down to medium-low heat, stirring often, until leeks are tender. About 10-15 minutes total. Set aside.

Step 2. Melt 1 tbsp of butter in a frying pan on medium heat, and sauté the asparagus for 3-5 minutes. Remove the asparagus, and throw in the chicken pieces. Cook all the way through (10 minutes) adding salt and pepper to taste. Set aside with asparagus.

Step 3. Heat up the broth in a medium-sized pot.

Step 4. In another fairly large pot melt the remaining butter on medium heat. Then, add the onion and cook until tender (7 minutes). Next up, add the rice, and stir vigorously. If you're using wine, add it and stir until mostly absorbed (1minute). Add 1 cup of the hot broth and let simmer for 3-4 minutes. Add more broth, half a cup at a time, stirring often. Wait for each addition to be absorbed before adding the next. Repeat until rice is tender and creamy (20-25min).

Step 4. Stir in the creamed leeks, then the chicken and asparagus, then the cheese. Transfer to a large bowl—and enjoy!

Satisfies 4-6 people. ☺



Gypsy Stories

The wax gathers at its feet,
dancing, dancing.
White bright light with a dirty base.
It clings to a single point. Pulling
air from a straw under water.
That which it leaves behind
glows, reaction.
Fuelled by the fluid action.

Once a home exploded.
Propane fury, bottled
into the night, until
the heat was just right.
All vanished in a scream.

Sharp burst of air. A beam
was all that remained.

A single-minded swaying in the dark.

We must not let it
out of our sight. Watch
the rivers of wax as they are
drawn in –
breathed out.

What else will disappear when we are
not looking?

The restaurant across the road,
in one night, was consumed.
Its roof gaping open, black,
to the night sky. Its bowels exhaled,
up, in smoke.

Lick your finger.
Snuff it out past
the sparks in the blue.
Let it curl around you
as it fades away.

—Virginia Houk

Postman

Lest we break the immovable bil-
liards game,
billboards that bridge and broaden
our horizons,
harangue us on the line of creden-
tials.

We all speak like we spell,
spill our words out aimlessly in a
hope that they instill a facsimile of
general banter.

A bastion, a monument to our con-
stant conversations about conversing
about nothing,
we're building a better scene for all of
those who bide time,
abide by the cantos,
craft fools of gold as they spin the lies
lengthwise.

An antiquity, quilted soft with insan-
ity for ageless sycophants of the
phrase,
turning out tourniquets like it's their
job to be worn.
'Fuck that phase of industry, we'll
skip the line and jump on anything
that moves units!'

So join,
better to be dead on arrival than dead
in silence of a saudade.
Post bail for me, postman,
we're living post-man.

—Nick Laugher



CATCH THE TIGERS ACTION!

DAVID MacDONALD (men's hockey defender)
COURTNEY THOMPSON (women's basketball guard),
and **STEPHEN LOPEZ** (men's basketball guard)



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Congratulations to the women's cross country team and the
women's soccer team for bringing home AUS championships!!



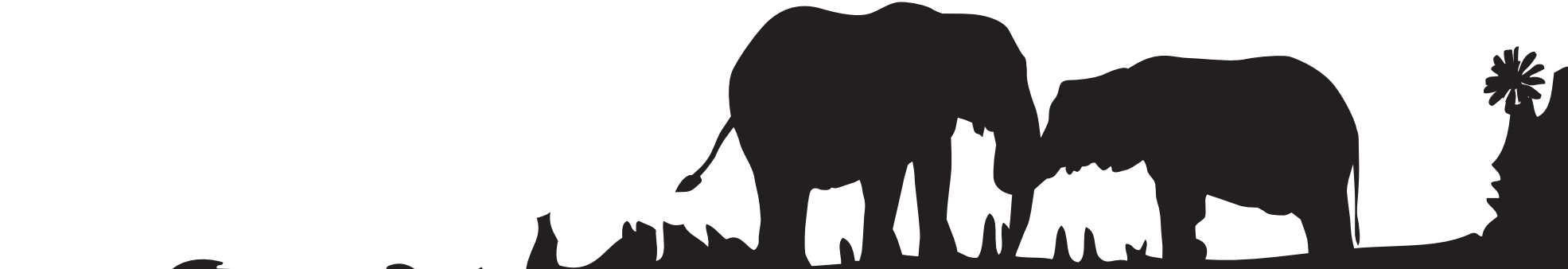
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Tigers tame AUS

Women's soccer upset higher seeds for AUS crown

Ian Froese Sports Editor
with files from Andrew Johnson

This was supposed to be a rebuilding year for Dalhousie's young women's soccer team—a squad with no business vying for an AUS title.

“In this final, we completely dominated. There was no excuse—we definitely deserved to win.”

If that is the case, future seasons at Wickwire are looking very bright.

The No. 3 ranked Tigers took their 9-3-1 season record and upgraded it in favour of women's soccer supremacy Nov. 6 at BMO Centre in Fredericton, upsetting the top-seeded and CIS nationally ranked UPEI Panthers 2 – 0 in a bout that was never out of Dal's control.

The title marks the Tigers' first banner in 10 years and the school's 11th championship, the most of any AUS club.

If you ask Dal coach Jack Hutchison, he'd say this result was in the making from the start of the season. He knew his team was capable of going far.

“I got from the girls right from the start that these were a bunch of players that were about the team, not a bunch of players that were about themselves. It went from top to bottom.”

Dal's banner qualifies the team to be the sole Atlantic representative at the national championships this weekend at McGill University.

The victory also can be seen as a redemption for a Tigers squad still smarting from past failures. They were disappointingly bounced from the semifinals in 2009 and 2010 after entering the playoffs as the top seed.

Third-year Emma Landry does not recall those past postseasons fondly, although 2011 will play a big part in blurring those memories.

“It feels pretty amazing to finally win,” she said. “The past two years I felt we definitely had one of the top teams in the league, but we couldn't come out on top.”

“In this final, we completely dominated. There was no excuse—we definitely deserved to win.”

The Tigers staked their claim to the league crown early in the final match, displaying strong possession, even if they could not score in the first half. The Panthers were undoubtedly hurt offensively by the absence of leading scorer Maria Schichilone, who was sent packing in the semifinal and the final as well for a red card.

“You guys have never let me down all year and I don't think you will today.”

Dal came roaring after the half to end the draw thanks to Landry capitalizing on a great cross in the



UPPER LEFT: Jubilation as Tigers lift AUS trophy for the first time in 10 years; UPPER RIGHT: Bianca Jakisa leaps over the UPEI challengers in the championship game; ABOVE: Victory is sweet for Dalhousie. • • • Photos by Andrew Meade via The Brunswickcan

46th minute. The Tigers held the lead for the remainder of the game, withstanding a desperate free kick during extra time in which every Panthers player, including keeper Channele Roy, came forward to the box. It didn't work, however, as the Tigers cleared the ball, springing it to Joanna Blodgett who sealed the match with the empty netter.

For Rieka Santilli, the victory has been a long time coming.

“It feels pretty great, but it's more rewarding than anything, really, rewarding of our efforts for the past two-and-a-half months. For us fourth-years, it's been four years.”

The Tigers did not receive a semi-final bye in the AUS championships

like they did in their past two trips, meaning they must play in the quarterfinals, a change Landry believes might have amounted to Dal's changing fortunes.

“I was happy to be third. I thought this was the best ranking we could have got. It's a chance to get all the nerves out of us right away, especially on a team with a bunch of rookies.”

With at least four first-years on the starting roster every game, their rise to AUS glory all the more surprising, and the usefulness of an easier quarterfinal match a necessity. The Tigers got most of their initial kinks out against sixth-seeded UNB this past Friday in what Hutchison considered their worst game of the weekend, a 2

- 0 victory. The Tigers perhaps faced their biggest challenge the next day in the semis when they were down by a tally after the half to Saint Mary's.

Hutchison recalls what he expressed to his charges during the break.

“I told them, 'you guys have never let me down all year and I don't think you will today,'” he said.

The Tigers wound up following their coach's orders, scoring exactly the three goals he said would be needed to edge the Huskies 3 – 2.

The rest, as they say, is history.



TIGER
TONING

MAKING FITNESS
AT HOME WORK

Colin Hebb
Health Columnist

“I don’t think the gym is my scene. I feel I would be very uncomfortable there and have no idea what I’m doing. What do you know about home gym equipment and some of those gizmos they sell on TV?”
—Take Home Abs

Your question is shared by many and is indeed the reason there is a huge home workout industry churning out the latest gadgets that require minimal effort for maximum results. Back in the day when I had cable and pulled all-nighters, I got to witness some of the most spectacular inventions, which would finally discover those long-hidden abs that had previously only existed in myth and legend.

There were the pads you could attach to your flabby areas and wait until they magically sent currents into your body to give you the perfect physique you’ve always wanted. There was the gym that slipped under your bed but apparently could turn you into a body builder. And then, of course, there were classics such as the thigh master that seemed to be very targeted exercises, yet always hinted at a full body benefit.

My personal favourite, and one I suggest you check for on YouTube, is the neck slimmer. I can’t say whether there is even a minimal benefit to this one, but I guarantee you this is probably the purest form of gimmick on the market. I’ll stop there and let you see for yourself.

Anyway, let’s get back to your question. The point I’ve tried to make thus far is to be skeptical. Always remember that fat is energy, and if you are not doing something that increases your use of that energy, your fat is not going away. If a product promises you the world but doesn’t have you sweating, you should be wary.

That’s not to say there aren’t home options that may work for you. If you are a beginner and there is a fairly holistic home gym product you feel will move you from couch potato to at least some movement, pick it up. If it’s going to cost you your first born though, perhaps you should give it a second thought. Much of this equipment gathers dust in the basement/garage/room of son or daughter who has left for university (see: my parent’s house). Good intentions can be very deceiving and seem a lot more sincere than they really are.

So, why does the home option have a low success rate? Well, there are a few reasons. Your home, for one, is filled with many, many distractions. When you go to the gym, you are there to workout. That’s not to say being social or looking at yourself in the mirror—you know who you are—are not potential disturbances, but you often get at least a portion of your workout done. At home, life is right there in front of you and when you are between rough sets, your mind is much more susceptible to procrastinating.

“If a product promises you the world but doesn’t have you sweating, you should be wary.”

Secondly, unless you have installed a full home gym, costing you a pretty penny, you will have a limited variety of workouts to tackle. The repetitive nature of doing the same three to four (or fewer) exercises may get pretty boring after awhile. Why do you think they always have so many new and exciting classes starting at the gym? People need variety and something new to keep their interest—a home gym usually fails at this.

Finally, you aren’t surrounded by the same gym-minded folk at home as you have in a fitness centre. Often you are alone or worse with people who aren’t exercising at all. This is the opposite of inspiring and makes it much harder to push yourself and get the great workout you are looking for. Spending time with people who have the same goals and challenges as you can really keep you going. You are also much more likely to injure yourself at home without anyone to advise you if you are doing something dangerous.

As I’ve outlined, there are a lot of negatives associated with taking the gym home. However, that is not to say there are not success stories. Just be smart and do your homework. If you find yourself at home with a neck slimmer on the couch, well, don’t say I didn’t warn you. ☹



Sixth seed shocks: Saint Mary’s wins AUS
Men’s soccer Tigers eliminated in semis

Tim Vanderweide
Sports Contributor

Saint Mary’s striker Elivir Gigolaj finished with four goals, scoring in the 20th, 33rd, 63rd and 65th minutes, as his team beat the UPEI Panthers 6 - 0 to win the AUS championship.

It is Saint Mary’s second straight banner and 13th ever. The Huskies entered the tournament as the sixth seed, winning three games in three days to take the crown.

Gigolaj missed his chance at a fifth when UPEI keeper Trevor White made a diving save on a penalty shot in the 35th minute. Derek Gaudet added the final two in the second half.

The Cape Breton weather flexed its muscles throughout this past weekend as the men played through it all: hail, sleet, snow, torrential rain and high winds.

Despite the weather, all six teams were prepared to earn the second AUS slot at the CIS championships in Victoria, B.C. Nov. 10-13. Top-seeded Cape Breton already clinched a spot for finishing first in the season standings.

SMU’s road to the finals led them past the hometown favourites, scoring two quick goals. Cape Breton found a way back into the game early in the second half through Shayne Hollis, but the Huskies were awarded a penalty shot soon after, which Ian Coke calmly put home. The Huskies would add one more late goal to win 4 - 1.

In the other semifinal, the Dalhousie Tigers had every reason to walk off the Cape Breton Health Recreation Complex with their heads held high, despite their 2 - 1 loss to the UPEI Panthers.

“We had a solid week of training and that hard work showed in the Moncton game,” said goaltender Ben Ur of their quarterfinal match. “The

effort and determination was there in the UPEI game, but it’s unfortunate a poor five minutes of play cost us the game—but that’s soccer.”

With the wind at their backs, Dal struck early in the semifinal after some well-sustained pressure. Tyler Lewars headed a well-crossed ball across the box for Julian Perrotta to tap home nearly from the goal line. The Tigers did not capitalize on the weather advantage beyond the 1 - 0 advantage they earned though.

“It’s unfortunate a poor five minutes of play cost us the game—but that’s soccer.”

With the wind in UPEI’s favour in the second half, they quickly got two goals in the 53rd and 56th minutes from Marc Pineau and Andrew Hayes, respectively. The second resulted from a well-struck free kick just outside the 18-yard box.

The Tigers took some time to regroup, but once they did, UPEI was left to desperately defend. Dal threw everything they had at the Panthers goal but could not find the equalizer, although they were close.

“It ultimately came down to the high winds, as every game really was a tale of two halves,” said coach Pat Nearing. “We really should have capitalized more in the first half with a second or third goal. PEI came out and got two with the wind. The boys

really battled hard though and still managed to create a couple chances without the wind but just couldn’t finish one.”

Lewars, Philip Parsons and Rylan Palmer-Dixon all scored for Dal in the first half against Moncton. The Tigers went on to win the quarterfinal 3 - 0.

Ur’s stellar play throughout the year earned him an AUS first team all-star award, while teammate Bezick Evraire took home the AUS Rookie of the Year title and a second team all-star honour Thursday evening at the league banquet. Fifth-year Wesley Hawley was also recognized, as the second team all-star.

“Ben [Ur] has been great for us the past few seasons and this year was no different. We’re really hoping that he gets a fair chance at a CIS award,” said Nearing. “Wes [Hawley] had probably his best season in five years, filling in for Kerry Weymann at centre-back, and obviously Bezick [Evraire] fulfilled all his big expectations coming into the season by winning the AUS Rookie award.”

Aside from Ur, the Tigers are only expected to lose two other players, who have played out their five years of eligibility, Hawley and Nick Persichino.

Removing his black and gold jersey for the last time is something Ur won’t forget anytime soon.

“Hearing that final whistle was pretty devastating. Looking around at our team, standing in the snow, I couldn’t have asked for more of an effort from all the players and the coaching staff. I can’t think of a better group of players for my final year as a Dalhousie Tiger.” ☹

Dal keeper Ben Ur makes a desperation stop in his final university game.
••• Photo by Vaughan Merchant via CBU

Send your fitness-related questions to cghebb@dal.ca and check back in the Gazette weekly to see if your question gets answered





Dal's defence has had gaping holes during their five game losing streak. ••• Photos by Rob Grandy

Men's hockey tied for last Tigers thumped in front of honoured alumnus

Arfa Ayub
Sports Contributor

On a night when Dalhousie's men's hockey team should have been reminiscing about the glory days, the St. FX X-Men decided to crash the party.

Brett Morrison led the way with two goals and an assist as the X-Men handed a 7 - 2 drubbing to the Tigers in front of a packed crowd which included alumnus Ken Bickerton. The former Tigers player was honoured during a short pre-game ceremony.

Bickerton played for the Tigers from 1976-1982, most notably in 1979 as a member of the only Tigers team to win the Atlantic University Sport championship. He was an AUAA (AUS) rookie of the year in 1976-77 and a second team all-star in 1978-79 and 1979-80. He was voted the school's male athlete of the year in 1980.

After saluting Dal's newest inductee into their Hockey Wall of Fame, the game to come was less than celebratory.

"Things didn't go our way, that's for sure," said Dal captain David Mac-

Donald. We had a lot of turnovers and they capitalized on their chances. We didn't capitalize on ours."

It has been a disappointing couple of weeks for the Tigers. They have had a hard time scoring goals and winning games, losing their previous three on the road to UNB, UPEI and Moncton by a combined total of 21 - 4.

To make matters worse, Dal's number one goalie Bobby Nadeau to a minor groin injury. Nadeau started the game, but took himself out after allowing two weak goals 72 seconds apart early in the first. It is not known at deadline whether Nadeau will be able to play this weekend.

With the score 3 - 0 heading into the second, the Tigers played a better period, aggressively forechecking and keeping the puck out of the defensive zone, even if they were unable to score any goals. The X-Men, however, added two more to build the lead to 5 - 0.

"It's frustrating because we can't score goals and we are having a hard time stopping the other teams from scoring goals," said Tigers head coach Pete Belliveau, referring to his

team's recent struggles. "This game I thought we played a little bit better, just gave up a couple of lucky goals."

Francois Gauthier finally got the Tigers on the board just 1:34 into the third to make it 5 - 1. Michael Kirkpatrick responded for St. FX just three minutes later. In the final 10 minutes, Dal forward Benjamin Breault and X-Men forward Brennan Wray scored to make the final 7 - 2.

The following evening the Tigers once again did not see a favourable scoreline, extending their losing streak to five games after falling 5 - 1 to Acadia.

The Tigers, 2 - 6, are tied for last in the league with St. Thomas. After their victories against Dal, Acadia is 4-3-1 and The Axemen is 3-5.

Jacob Johnston had the Tigers' only goal in the first period to tie the match at one. St. FX would follow with four unanswered markers. ❧

Dal returns home this weekend to a Nov. 11 match against the nation's No. 1 ranked UNB Varsity Reds at 7 p.m. The UPEI Panthers clash with the Tigers Nov. 12 at 3 p.m.



A Canadian hockey great: Paul Henderson. ••• Photo by Bianca Müller

Summit Series hero visits Halifax

Paul Henderson recalls country's
greatest hockey moment

Omar Rawji
Sports Contributor

Thirty-nine years after it was scored, Paul Henderson's 1972 Summit Series winner is still remembered as the most memorable goal in Canadian hockey history. While there have been contenders since—the Canada Cup goals by Bobby Orr in 1976 and Mario Lemieux in 1987, or perhaps Sidney Crosby's golden goal at the 2010 Olympics —Henderson's tally has stood the test of time.

This past Saturday, the Henderson Jersey Homecoming Tour rolled into Halifax. An all-ages crowd visited a mobile trailer at the BMO Centre in Bedford to meet the Summit Series hero.

Willis Eisner, 80, a former member of the Canadian Forces, was stationed in Summerside, P.E.I. during the 1972 series. He and his now-51-year-old son Brian recalled how shocked they felt seeing Russia dominating Canada at "our game."

"It seemed to bring the country together, let's put it that way," said the elder Eisner. "We thought we were the best in the world. We got an awful surprise when they come over here and they beat us. We got a wake-up call, we did."

Henderson warmly addressed the group in the intimate confines of the tour's trailer, allowing everyone to share in the memory of that 1972 tournament. A natural speaker, he joked that the most memorable of his seven goals in the series—the Game 8 winner—was the one he was least proud of, skill-wise.

"The winning goal I scored in the seventh game where I go through the whole team, man, you've got to watch that thing," he said.

Prompted by an audience member to explain how he managed to score the series-winning goal, he said he wasn't even supposed to be on the ice but felt inspired to get out there.

"I found myself standing up and yelling at Peter Mahovlich, maybe because I'd scored the goals in the two previous games," he said. "I'd never done it before in my life, and I never ever did it again."

He went on, joking that Mahovlich must have thought it was head coach Harry Sinden yelling as he headed to

the bench.

"Players do not call other players off the ice, the coaches do," he said, emphatically. "There was about 30 seconds left and I scored that goal."

The jersey tour was the brainchild of Canadian Mitch Goldhar, owner of SmartCentres Inc., who bought the uniform in June 2010 for \$1.27 million. The uniform has been owned by a number of parties over the years. It was the largest sum ever paid for a hockey jersey.

Henderson, who gave the jersey to trainer Joe Sgro after the game, described his family's reaction when they found out how much it sold for.

"My grandsons were saying, 'Grandpa, how could you be so stupid?' My excuse is, 'I had six concussions, boys. I'm not very sharp.'"

The tour kicked off in January and travelled through Ontario and Western Canada before beginning its second trip in Eastern Canada.

To many people in attendance, Henderson was a childhood hero, and his presence had been long-awaited.

Frank Kirby, 60, of Bedford donated his parents' Game 2 tickets for display on the tour. He explained to everyone in attendance how his mother had entered the ticket lottery by mailing in hundreds of applications.

"I haven't seen these for two years," he said, pointing at the display case where his tickets now sit. "It's just so nice to see people enjoying them. That's why I put them here, to share with Canada."

Another person waiting for the tour to come through Halifax was author Jim Prime, who recently co-wrote the book "How Hockey Explains Canada" with Henderson. After months spent doing phone interviews, it was the first time the two met in person.

Following the meeting, Prime shared his insight into the type of person the hockey legend is.

"He's just so self-deprecating, so humble about what he did. He's always deflecting praise to his teammates. You don't see that too much anymore," said Prime.

"It's kind of nice to see a humble hero." ❧



Dal wins fourth lacrosse title in five years

Jason Savoury
Sports Contributor

.....
They don't come much sweeter than this one.

What was a nail-biter at halftime turned into a laughter, and no one laughed harder or cheered louder than Dalhousie's lacrosse team after they handily defeated St. FX on Nov. 6 at Huskies Stadium to capture their fourth championship in five seasons.

Saint Mary's won the league championship last year.

The final score was 13 - 4, but somehow it seemed even more lopsided than that. After a game that had the Tigers up 4 - 3 midway through the match, it got out of hand in a hurry. Dal scored their next six goals out of the break in rapid succession, refusing to take their foot off the pedal.

Dal's first-year head coach Glenn Dunbar commented on his team's seemingly Jekyll and Hyde performance: "I think in the first half our team was just a little nervous and made some fundamental mistakes. In the second half, we just got better and better and better. We loosened up a

bit.

He was also quick to give credit to his entire team, from the coaching staff down, praising them for their hard work and dedication, both of which clearly paid off.

The result comes after a much

.....
"In the second half, we just got better and better and better. We loosened up a bit."

.....
more tightly fought semifinal on Saturday in which Dal beat Mount Allison 13 - 8 to earn their way into the championship game. The reigning champion Huskies lost to the X-Men that day as well, setting up what most had expected to be a closer championship game, and for the first 40 minutes it was.


Though it seemed that everyone on

the Tigers must have scored, it was actually far more concentrated than that. Duane Davis led the Tigers in scoring, netting five goals on his way to winning the offensive MVP award. Dal's Matt Dunbar won the defensive honour.

Davis, like his head coach, is a first-year addition to the team. He speaks to the bright future the already dominant squad has ahead of them. His coach agrees:

"We are losing two or three of our best offensive guys and a couple of real good defensive guys are going. But we played a lot of our guys this year to give them experience for next year."

If this is only a work in progress, the rest of the league should be considered on notice for the foreseeable future.

St. FX's goals were scored by Chris Foran and Rob Diamond, both of whom scored two apiece. 

LEFT: Duane Davis, middle, had five goals in Dal's title win; RIGHT: David Gagnier was part of Dal's masterful attack.
... Photos by Alice Hebb

sudoku

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

Dalhousie drops football finale

Tigers head to playoffs despite 1 - 5 season

Henry Whitfield
Staff Contributor

The Dalhousie Football Club played one of their best games of the season, but were unable to dig themselves out of an early 14 - 0 deficit, losing 43 - 29 on the road to the defending AFL champion Saint John Seawolves Nov. 5 in their season finale.

Dal's dismal 1 - 5 record does not affect the team's playoff hopes as all four league members qualify. The Tigers play No. 1 Holland College Hurricanes in the semifinals Nov. 12.

The other semifinal matchup sees the UNB Saint John Seawolves opposite the second place UNB Fredericton Red Bombers.

Dal head coach Mike Tanner was obviously frustrated with another loss.

"We're snake-bitten. Plain and simple, we're just snake-bitten."

"No matter what happens, each game something different goes wrong and we're on the back foot trying to win the game," said Tanner.

The Tigers started sour after their five-hour bus trip, giving up 14 early points to the Seawolves, courtesy of a pair of Justin Cavan touchdowns. The first was run off a kickoff return.

With a 14 - 0 lead less than two minutes into the game, the Seawolves looked poised to thump the Tigers all night, using short kicks off each kickoff and relentlessly pressuring Dal's offensive and defensive lines.

The Tigers, however, regained composure and their defence forced a Seawolves fumble midway through the first, which Dal recovered. With strong field possession, quarterback Brendan Festeryga connected with Steven Fox before a run by Greg Pelly

had the Tigers within the 20-yard line.

Festeryga was pressured off the snap, but after scrambling, the second-year pivot found receiver Darko Stasevic in the endzone to reduce the deficit to seven points.

The Tigers then conceded a single point late in the first quarter, leaving the Seawolves with a 15 - 7 lead heading into the second.

Festeryga called his own number with 10:40 left in the half, jumping over the scrum at the line for the touchdown. The Tigers would then tie the game at 15 on a successful two-point conversion pass.

With UNB driving down the field, Dal's Bryce Wade made a timely interception on his own 10-yard line, but the Tigers were unable to get the ball deep into opposition territory. The Seawolves came right back, finding a wide open Joel Seale in the endzone to give his team a 22 - 15 lead.

The Seawolves tried another inside kick and successfully recovered. Wasting no time, they connected on a deep throw to receiver Sean Wedge, who stormed the endzone for a touchdown. The score widened the lead to 29 - 15 heading into halftime.

Starting off strong in the second, Festeryga found his brother Pat with a deep throw, scrambling into the endzone for his second rushing score of the game. The scoreline stayed at 29 - 22 to end the third quarter.

Regaining momentum in the fourth, the Seawolves added another score to take a 35 - 22 lead, although their extra point conversion was blocked.

Tanner shortly after switched quarterback Festeryga out of the match in favour of third-string Mike Tassone,

using backup Scott Seamone's back injury as an opportunity to give Tassone some playing time.

Showing his mobility, Tassone scrambled for a touchdown early in his stint, drawing the Tigers within six points with just two minutes left in the game.

Taking over with a 35 - 29 lead, the Seawolves pushed the chains and moved methodically down the field, taking valuable time off the clock. The Tigers defence continued to bend but were holding strong on the goal-line.

In the last play of the game, the Seawolves broke through, adding their final score of the game to give them a convincing 43 - 29 advantage.

Even though the Tigers played one of their best games of the season, it wasn't enough to stop them from dropping to a 1 - 5 record heading into the playoffs.

"Tonight it was a slow start and they had a 14-point lead within minutes of the game starting," said Tanner. "But each week it's something different and I've never known a team to have the kind of luck we've had this season."

Despite the loss, Tanner saw a number of positives from his team.

"Our defence held them all day long and trailed by just six points with two minutes left in the game. To hold those boys that close shows how far we've come this season, but it wasn't enough to win."

Dalhousie visits the Holland College Hurricanes Nov. 12 at Holland College in their AFL semifinal match. Kickoff is at 1 p.m.



A classic Dal football moment from way back in the day. ••• Photo via Dal Archive

AFL 2011 Final Standings

Team	Games	Win	Loss	PF	PA	Points
Holland College	6	5	1	179	111	10
UNB Fredericton	6	3	3	130	138	6
UNB Saint John	6	3	3	134	141	6
Dalhousie	6	1	5	102	154	2

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"We're snake-bitten. Plain and simple, we're just snake-bitten."
.....

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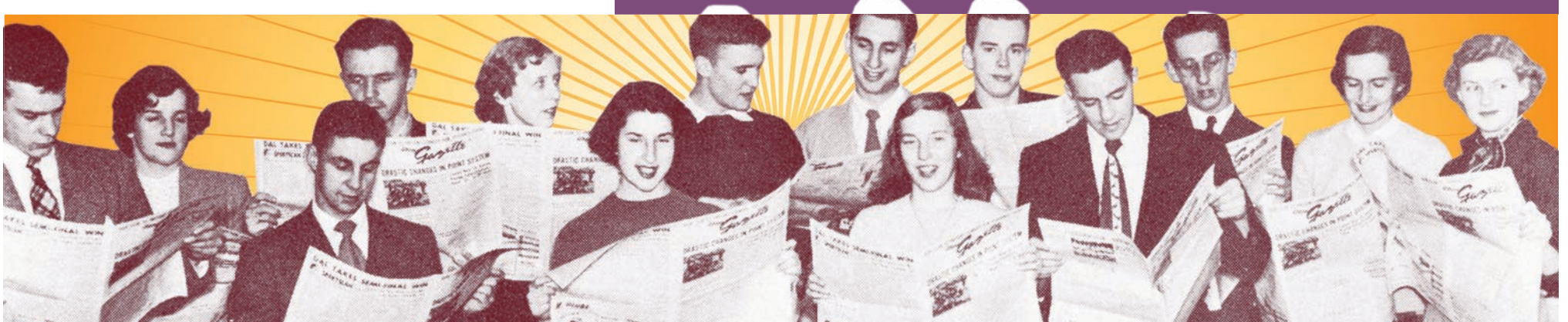
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