



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



at the
END
of the
WORLD

Zombies, pg 6 | Self-Sufficiency, pg 12 | Men's hockey, pg 14

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WEEKLY DISPATCH

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

Slowcoaster at the Grawood

Friday, January 13

Winner of the 2011 Alternative Rock Album from the ECMA, Cape Breton's finest, Slowcoaster, has been tearing up the East Coast music scene for over a decade and they just keep getting better. Their unique, eclectic fusion of rock, reggae, and ska is just the kind of danceable tunes we need to kick off another semester of Feel Good Fridays at the Grawood. Get ready to jam.

Tickets go on sale January 5th at the Info Desk in the SUB for \$7.00.

Open to Dal students, staff, alumni and their guests

Wet/dry (must show valid Dal ID if under 19)

Shad at the Grawood

Friday, January 27

Whether you call him a rapper, a poet, or an artist, Shad K has taken Canada's hip hop community by storm. Shad is the recent winner of the Juno for Best Canadian Hip Hop Artist, and a two time nominee for the coveted Polaris Music Prize. January 27th he is coming to the Grawood, in celebration of the **Brains For Change** weekend, and will be playing alongside the pride of Halifax - **Three Sheet**.

Tickets will be \$12.00 advance/ \$15.00 at the door and will be on sale next week at the info Desk in the SUB.

Get yours early, they won't last long.

Open to Dal students, staff, alumni and their guests

Wet/dry (must show valid Dal ID if under 19)

The Arkells at the Grawood

Thursday, February 2

Since winning the Edge 102's CASBY award, the Arkells have been pumping out top 20 hits while staying true to their rock roots. Winner of the Juno for Best New Group of the Year in 2010, they are coming to The Grawood on February 2nd, as a special THURSDAY show, in celebration of your Monroe Day vacation.

Arkells tickets will go on sale January 23rd at the DSU Info Desk

\$12 advance/ \$15 at the door

Open to Dal students, staff, alumni and their guests

Wet/dry (must show valid Dal ID if under 19)

ELECTIONS NEWS

A MESSAGE FROM YOUR CRO

Dear Students,

As many of you may be aware, the schedule for the 2012 DSU Elections has now been set. Nominations will run from January 23-February 1st, campaigning from February 6-13, and voting from February 14-16 with results announced the evening of the 16th.

As these dates are earlier than usual, we want to remind anyone interested in proposing a referendum for this election that this process must be initiated immediately. While nominations do not open until January 23rd, anyone interested in putting a referendum on the ballot must first present the proposed question to Council, allow for it to be discussed between the Board of Operations and the Elections Committee, and then have 2/3rds of Council agree that the question be included on the ballot. Once a question is approved by Council, campaigns will be free to nominate their referendum question through the same process used to nominate candidates and will be able to pick up their nomination forms as of January 23rd.

In order to allow enough time for all of this to occur, any potential referendum campaign team must have a brief proposal explaining your referendum question to present to Council during the upcoming January 11th meeting. The Board of Operations and Elections Committee will meet the following week, and the Council vote will take place on January 25th. You will then have a week from this date to complete your nomination forms and collect the necessary signatures. For your reference, the process of introducing a referendum or plebiscite question on the ballot can be found in By-Law XIV of the DSU Constitution.

I thank you for your understanding, and please don't hesitate to contact me with any questions or concerns.

Sincerely,

Katelynn Northam, Chief Returning Officer, DSU Elections 2012

Katelynn.northam@dal.ca | 902.449.5454

January 13 - January 19, 2012 •

The Dalhousie Gazette

North America's Oldest Campus Newspaper, Est. 1868

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the fine print

The Gazette is the official written record of Dalhousie University since 1868. It is published weekly during the academic year by the Dalhousie Gazette Publishing Society. The Gazette is a student-run publication. Its primary purpose is to report fairly and objectively on issues of importance and interest to the students of Dalhousie University, to provide an open forum for the free expression and exchange of ideas, and to stimulate meaningful debate on issues that affect or would otherwise be of interest to the student body and/or society in general. Views expressed in the letters to the editor, 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.

This publication is intended for readers 18 years of age or older. The views of our writers are not the explicit views of Dalhousie University. All students of Dalhousie University, as well as any interested parties on or off-campus, are invited to contribute to any section of the newspaper. Please contact the appropriate editor for submission guidelines, or drop by for our weekly volunteer meetings every Monday at 5:30 p.m. in room 312 of the Dal SUB. The Gazette reserves the right to edit and reprint all submissions, and will not publish material deemed by its editorial board to be discriminatory, racist, sexist, homophobic or libellous. Opinions expressed in submitted letters are solely those of the authors. Editorials in The Gazette are signed and represent the opinions of the writer(s), not necessarily those of The Gazette staff, Editorial Board, publisher, or Dalhousie University.



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Katrina Pyne News Editor



Faculty and administration
call for help in negotiations

Province appoints mediator

Faculty Association president Anthony Stewart says meeting
aren't accomplishing much. ••• Photo by Calum Agnew

Calum Agnew
News Contributor

The Dalhousie Faculty Association (DFA) has called for conciliation in their ongoing contract negotiations with the university's board of governors. The provincial government has appointed John A. Greer from the Department of Labour and Advanced Education to mediate between the two sides' bargaining teams. The DFA represents over 800 members of faculty, including professional librarians and members of faculty from all of Dal's departments. The previous contract expired in June. DFA president Anthony Stewart says the 40 hours of meetings thus far have accomplished "shockingly little." He says the board of governors and administration are "not as seriously engaged with the non-monetary issues as they should be." Parental leave and other benefits are "important on a day to day basis"

to the faculty, he says, but neglected by the administration. Although some informal programs have arisen in various departments to address specific issues, Stewart says the DFA would like these codified "for equality's sake." At the start of the bargaining process both sides agreed to tackle non-monetary issues, such as child care and paternity leave, before moving onto the financial ones. However, Stewart says the administration now refuses to address those concerns before the problems surrounding the governance of the Dalhousie Pension Plan are addressed. This move, he says, has "hamstrung negotiations." The pension plan serves over 3,000 full-time and part-time members of university faculty, and is currently underfunded and insolvent. The plan cannot fully cover its payments, and as the sole sponsor of the plan, Dal is responsible for the difference. This 'going concern' test is

one of two ways to evaluate the health of the pension plan, the second being a solvency test. If the university were to close tomorrow, the plan would be unable to meet its obligations, and would face a \$270 million shortfall. Currently, the university is exempt from making solvency payments to address the problem, but that temporary exemption runs out in 2013. By law, the university will then be required to pay \$72 million per year into the plan, amounting to 32 per cent of Dal's annual payroll costs, says Jasmine Walsh, chief negotiator for the university. Both the DFA and the administration have lobbied the provincial government for a permanent blanket exemption from solvency tests, arguing that it is extremely unlikely Dal will shut down. Similar exemptions for universities are common throughout the country. The provincial government has indicated it would be willing to grant

such an exemption, says Walsh, but only if the plan is jointly sponsored. Under that structure, plan members would be partially responsible for benefits and liabilities of the plan, as well as its governance. In that case, the plan's ongoing deficit would likely be covered in part by increased contributions from its members, or by a change in the benefit structure. Kevin Grundy, the chief negotiator for the DFA, says in a newsletter that "there is no reason that a solvency exemption cannot be applied" to the pension plan in its present, sole-sponsored form, and that the DFA has "at no point" ruled out the possibility of increased contributions to address the plan's deficit. However, Walsh says the administration wants to move to a jointly sponsored system in order to "achieve a sustainable defined benefit pension plan." Walsh says this is a question of fiscal sustainability, and of the sustainable and stable governance of the

plan. Although the board of governors has put their "cards on the table," says Walsh, a specific proposal has not yet been made to the DFA. Stewart says they don't want people to worry about the call for conciliation. "And we certainly don't want students to worry," he adds. Walsh says that conciliation is a "normal part of the bargaining process," and that the two sides are not at an impasse. But Stewart says it is a shame to call for conciliation again, and that the university has had a poor track record in labour negotiations. He says that the "common denominator" amongst the various faculty groups is that they feel they are "not being valued for what we do." Morale is "disturbingly low around here," says Stewart. ☹

news briefs

Dal prof joins
President's Circle

Dalhousie welcomed Dr. Karl Dilcher into the President's Circle on Dec. 14, 2011. The President's Circle is a group of donors who donate more than \$100,000 to Dalhousie within their lifetime. Dilcher, chair of the mathematics and statistics department at Dal, was astonished to be announced a new member of the Circle. Dilcher

told DalNews that despite the fact that he is a mathematician, it never occurred to him that his donations had added up to such an amount. Dilcher was among five others who became members of the President's Circle that evening. A "family-friendly" university Dal was recently chosen as one of Canada's Top Family-Friendly

Employers for 2012, an award organized by the editors of Canada's Top 100 Employers. Award-winners are also qualified to win further recognition including the Top Family-Friendly Employer honour, says DalNews. This award acknowledges establishments that aid their employees in harmonizing both work and family commitments. 20 employers throughout Canada managed to make the list. Among the reasons for Dal's rec-

ognition are its counselling and support services available for families, and the health benefits package that employees receive. Employers must apply to win this award, according to the Canada's Top 100 Employers website. Any organization in either the public or private sector is eligible. —Alesia Hebb
News Contributor

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MONDAYS, 5:30PM
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One of hundreds of protestors demonizes NS Premier Darrell Dexter at last year's Feb. 2 Student Day of Action against tuition fee increases. ••• Photo by Pau Balite

Tuition caps up three per cent

New MOU signed spells out tuition hikes

Katrina Pyne
News Editor

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The province of Nova Scotia and Nova Scotia universities signed a new Memorandum of Understanding (MOU) Jan. 5 that is leaving much to be desired for students.

The government of Nova Scotia announced it will allow tuition for Canadian students to increase by three per cent per year for the next three years. This limit will not apply to medicine, dentistry or law faculties, or international students. Over the next year, the possibility of lifting the cap for domestic out-of-province students in 2013/14 will be examined as well.

Operating grants to universities will also be cut by three per cent for 2012/13. Last year the operating grant was cut by four per cent. The Council of University Presidents estimates that by the end of 2013, universities will be expected to have absorbed \$75 million over the three years of the MOU.

To replace the cuts, the government will be pumping \$25 million into a University Excellence and Innovation program that will require projects to bring out their competitive edge to receive the funds. The strategic objective of the fund is to reduce the total annual cost structure of the university system by \$25 million. At this time the government is not accepting project proposals for the funds.

The MOU also hopes to establish a sustainable, system-wide cost structure that takes into account the fiscal capacities of the province. In the

MOU announcement Marilyn More, Minister of Labour and Advanced Education, said the current funding formula is "outdated."

The MOU was signed by More and the Council of Nova Scotia University Presidents. It took effect Jan. 1, 2012 and will expire March 31, 2015.

"You can't cut your way to quality," says Peter Halpin, executive director of the Council of Nova Scotia University Presidents. "The universities have to absorb all of their inflationary costs, the operating cost and ever increasing salaries. Something has to give somewhere and we are deeply concerned that it is going to be on the quality front."

According to the Canadian Federation of Students, tuition fees in Nova Scotia are currently \$5,731. That's \$365 dollars more than the national average.

The MOU also outlined the role of a newly established partnership between all university presidents and up to five deputy ministers. Halpin says one of the first things to be discussed will be student tuition policy and whether the three per cent increase will last for more than one year.

In regards to the \$25 million Excellence and Innovation Program, Halpin says it is an opportunity for a greater university partnership. However, he isn't sure just how much more collaboration could be expected from already stressed university presidents. He says the fund will in no way cushion the full blow of the MOU.

Mark Coffin, executive director of the Alliance of Nova Scotia Student

Associations, representing about 35,000 students, says this MOU is extremely different from its 2008 predecessor. The last MOU, which provided a tuition fee freeze, expired in 2011. "This MOU does not guarantee university stable operating funding," he says. "We are also learning that if there is another three per cent operating cut coming to universities in the future years that we won't have any idea about it until up to four months before they have to set their budget."

"For international students, dentistry students, medicine students and law students, they are going to see more unregulated increases on top of the tens of thousands of dollars they already pay."

Coffin says students can expect larger class sizes, fewer classes taught by full-time faculty and declines in the services the university can provide on top of the burden of increased tuition.

He says the "neediest students" will be the hardest hit. In Nova Scotia there are about 2,200 students who have \$3,000 in unmet need. "Unmet need" means they cannot pay the cost of groceries, tuition, rent, books and living. There has been no indication that student loans or grants provided by the government will be directed to the high need students."

"We know these reductions may be challenging for the institutions," says More, "but we believe they are necessary to make our university sustainable and affordable." ☹

2012 ROSEMARY GILL AWARD CALL FOR NOMINATIONS

In June of 1995 the President approved the establishment of the Rosemary Gill Award in memory of Dr. Rosemary Gill, Director of University Health Services, who exemplified a high level of commitment of service to students, both in terms of her responsibilities as a physician on campus and as a member of the larger University community.

Awards are presented annually to a member or members of faculty or staff of the University who have provided outstanding service, other than teaching, to students. Up to four awards can be made each year. The selection of recipients is made by a committee consisting of the President; the Vice-President, Student Services; the Chair of the Student Experience Committee of the Board of Governors; and a student appointed by the Dalhousie Student Union.

The first Rosemary Gill Awards were presented in February, 1996, and nominations are now being sought for awards to be presented in 2012. Nominations should be made in writing and include the rationale for the nomination and up to three letters of support, preferably including at least one from a student or students. To assist you in planning your submission, a nomination form can be found on the Student Services website, studentservices.dal.ca.

The Rosemary Gill Award is a plaque presented to the recipient at a spring reception hosted by the President. In addition, a permanent plaque bearing the names of annual recipients is displayed in the Henry Hicks Academic Administration Building.

Please submit nominations to:

The Office of the Vice-President
Student Services
Room 325A
Henry Hicks Academic Administration Building
Dalhousie University
6299 South Street, P.O. Box 15000
Halifax, NS B3H 4R2

The deadline for nominations is Friday, January 20, 2012.

LOL--LOOK WHAT I RENTED FOR THE WEEKEND!!! :-P

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Frosh, take two

The buzz on Frost Week 2012

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“The goal is to break up cliques before they form.”
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A group of Risley students enjoy swimming in the DalPlex pool for Frost Week. ••• Photo Pau Balté

Paige Black
News Contributor
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To start 2012 in style, the Dalhousie Student Union has decided to host Frost Week, a week of events for first year students. DSU vice president (student life) Jamie Arron says the goal of the event is to get students active and to make opportunities for them to meet new people.
“Frosh week was divided up into floors in residence, and we want to mix it up a little more this time so people aren’t always with the people they hang out on a day-to-day basis,” says Arron. “We think it’s a great idea for first years to meet new people so

they realize that their first semester friends might not always be their friends all the way through university. The goal is to break up cliques before they form.”
Exposing frosh to new people wasn’t the only reason the DSU decided to host Frost Week. “People come back from the holidays and it’s easy to fall into a lull, stay in and have unhealthy habits. We’re hoping this week will get students out and active and show them all the opportunities they have to be active at Dal this winter,” Arron says.
With Frost Week being a new idea, the DSU realizes things may not always go smoothly. Arron says

everyone helping organize the event accepts that there is always the chance of unforeseen problems when running an event for the first time. He says they will be ready to deal with those problems if they happen.
The other potential problem the DSU sees is attendance at these events. “This is the first year we’ve done it, so small scale problems might happen. Getting students from other campuses involved may be difficult because we’ve been working mostly with hall councils. But we hope everyone, even non-residence students, will participate,” says Arron. As of press time, just under 400 bracelets were sold for the week.

First-year students are having mixed reactions to the week of events. Some students are excited for the week of activity and are really impressed with the line-up of events the DSU has chosen to host.
First-year student Katherine Everett says she’s excited for the winter events. “There are some really neat and exciting events that are the kind of things you don’t get to do every day. And especially for students who aren’t from the area, the Mooseheads will be a really great opportunity.”
Fellow first-year Keriann MacNaughton-Seguin has a different reason. “I’m doing it to get myself back up to university speed after lazing

around over the holidays,” she says. However, participation may be down because, unlike Frosh Week, during Frost Week there will still be classes and homework to deal with.
Arron also hopes this week of events will help recruit Frosh leaders for September. “We plan to use Frost Week to plant the seed in first-year’s minds that they can be Frosh Week leaders. This week will also show them the opportunities there are to get involved in other things on campus.” ☎

Funding found for King’s chaplain

Local donations secure Reverend’s salary

Olivia Schneider
News Contributor
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Discovering the funding to save the chaplaincy at the University of King’s College turned out not to be a matter of “seek, and ye shall find.” Instead “knights came in on horses and saved the day,” says King’s professor Neil Robertson.
The “knights” are donors from the community who have ensured that those who rely on the guidance of Reverend Gary Thorne, the chaplain at King’s, have a lot to be thankful for this week and for the next five years.
University president Anne Leavitt and the Anglican Diocesan Bishop of Nova Scotia and Prince Edward Island have signed an agreement that guarantees five-year funding for Thorne’s full-time salary. The Diocese will pay half the salary, while local donors have pledged to cover the remainder. Leavitt says the donors have requested that their names not

be published.
“I was delighted that everything came together the way it did,” says Leavitt. “I believe that Father Thorne brings some wonderful gifts to students by way of counselling and spiritual guidance.”
In the fall, King’s was confronted with the possibility of losing 50 per cent of the funding for the chaplain’s salary. A committee, which included Robertson, was formed by the Board of Governors to look at the university’s internal budget to see whether budget cuts elsewhere could come up with the money the Diocese would no longer be providing.
Robertson says the committee’s mandate was to maintain the chaplaincy for the benefit of the university community, but also to respect the funding challenges facing the Diocese. He says the issue of external funding is relevant to other university chapels, many of which are also affected by budget constraints.

Although the initial plan was to find internal funding, Robertson says the job was made considerably easier because people stepped forward on their own.
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“Knights came in on horses and saved the day.”
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“We didn’t go on a fundraising campaign, the campaign came to us,” he says.
Many members of the King’s community see the chaplaincy as an integral part of King’s. In an interview with the *Gazette* in October 2011, Thorne confirmed that his job is about more than the chapel. For example, a major magnet bringing students into chapel life is the King’s

choir, currently under the direction of Paul Halley.
“I think what Gary Thorne and Paul Halley together are doing in the Chapel is an amazing benefit to the King’s students in terms of giving them access to a rich and vibrant aspect of religious life,” Robertson says.
Robertson also says the connection between the identity of King’s and the Chapel is something he personally values. Leavitt echoes this sentiment, saying she is extremely happy with the outcome of the complicated situation.
“King’s is an interesting place because it attends to its origins and traditions,” she says, “and in a way that’s in keeping with its curriculum, which pays an awful lot of attention to old books. I think chapel life at King’s has always represented an invitation to spiritual life.” ☎



Brrrrrainnnns!!! ••• Photo by Angela Gzowski

THE SHOPPING DEAD

Zombies are wreaking havoc on popular culture

Matthew Ritchie
Opinions Editor

Like a lot of people who didn't get all the presents they wanted for Christmas, I went online early on Dec. 26 to browse for deals. The main gift I was looking for was *The Walking Dead: Compendium One*, a 1088-page graphic novel by Image Comics writer Robert Kirkman.

Now, I don't particularly have a fascination with zombies. But I am fascinated by how many people are enamoured by them. I read a few of the 22 reviews online and this collection seemed popular. In fact, it currently sits at number one on Amazon's list of graphic novels, and has maintained a spot in the Top 100 graphic novels sold by Amazon for 721 days at the time of writing. (Seven more *Walking Dead* titles occupied the Top 20 graphic novels sold by Amazon as well.)

Upon receiving my Amazon shipment (which at more than a 1000 pages was pretty heavy—so heavy I could probably kill a zombie with it), something on the back of the book caught my eye.

"The world we knew is gone," wrote what I assume to be the collection's author, Robert Kirkman. "The world of commerce and frivolous necessity has been replaced by a world of survival and responsibility."

This seemed pretty humorous to me, considering that five days ago I had ordered this graphic novel with my frivolous credit card, as I assume many early-morning Boxing Day shoppers had.

As a collective society, zombies now dominate our popular culture. I'm not really sure how this happened, being that the idea of zombies and the zombie apocalypse has been in our collective consciousness for a long time.

It began with the indie horror breakthrough *Night of the Living Dead* by director George A. Romero, and continued into the 1980s with the director's seminal *Dawn of the Dead*, an apocalyptic zombie thriller set in a suburban shopping mall. Then the whole fascination with zombies seemed to die down, except among goofy teenagers who enjoyed cult horror flicks about the undead.

But in the mid-2000s things started to heat up. A remake of Romero's *Dawn of the Dead* was a hit at the box office; British director Danny Boyle (yes, of *Slum Dog Millionaire* fame) released *28 Days Later*; even funnyman Simon Pegg released a satire on zombie culture with *Shaun of the Dead*.

By 2010, zombie fiction really broke into the mainstream. The aforementioned Robert Kirkman's *The Walking Dead* was commissioned as a series by AMC, a show that, as Cracked.com editor Dan O'Brien points out, is weird because, "The people who don't like the show don't watch it, but the people who

love this show hate it." This is mostly due to a lack of zombies and a boring plot. But even though the fans that watch the show actually hate it, *The Walking Dead* remains popular. The show even inspired The Centre for Disease Control and Prevention (CDC) to issue a mock guide on how to survive a zombie apocalypse as a way to teach people who are obsessed with zombie techniques to actually prevent outbreaks (zombie or otherwise).

Let's not forget relatively innocuous uses of zombies in fiction, such as Seth Graeme-Smith's *Pride and Prejudice and Zombies*, a book that combines stuffy British literature with zombie fiction purely because the Jane Austen novel was public domain and, hey, people seem to like zombies. (It became a New York Times best-seller.)

"As a collective society, zombies now dominate our popular culture."

Now, I can somewhat understand the interest behind zombies. They're kind of creepy, kind of gross, and allow viewers to witness mind-numbing violence without empathy for the things being murdered. What I don't understand is why it has become so ingrained in popular culture that anytime I browse the book section at HMV I'm not only likely to find books on Chuck Norris and picture books of Cats with hilarious captions, but products with zombies associated with them that seem only to mention zombies to make their product quirky and sell more copies.

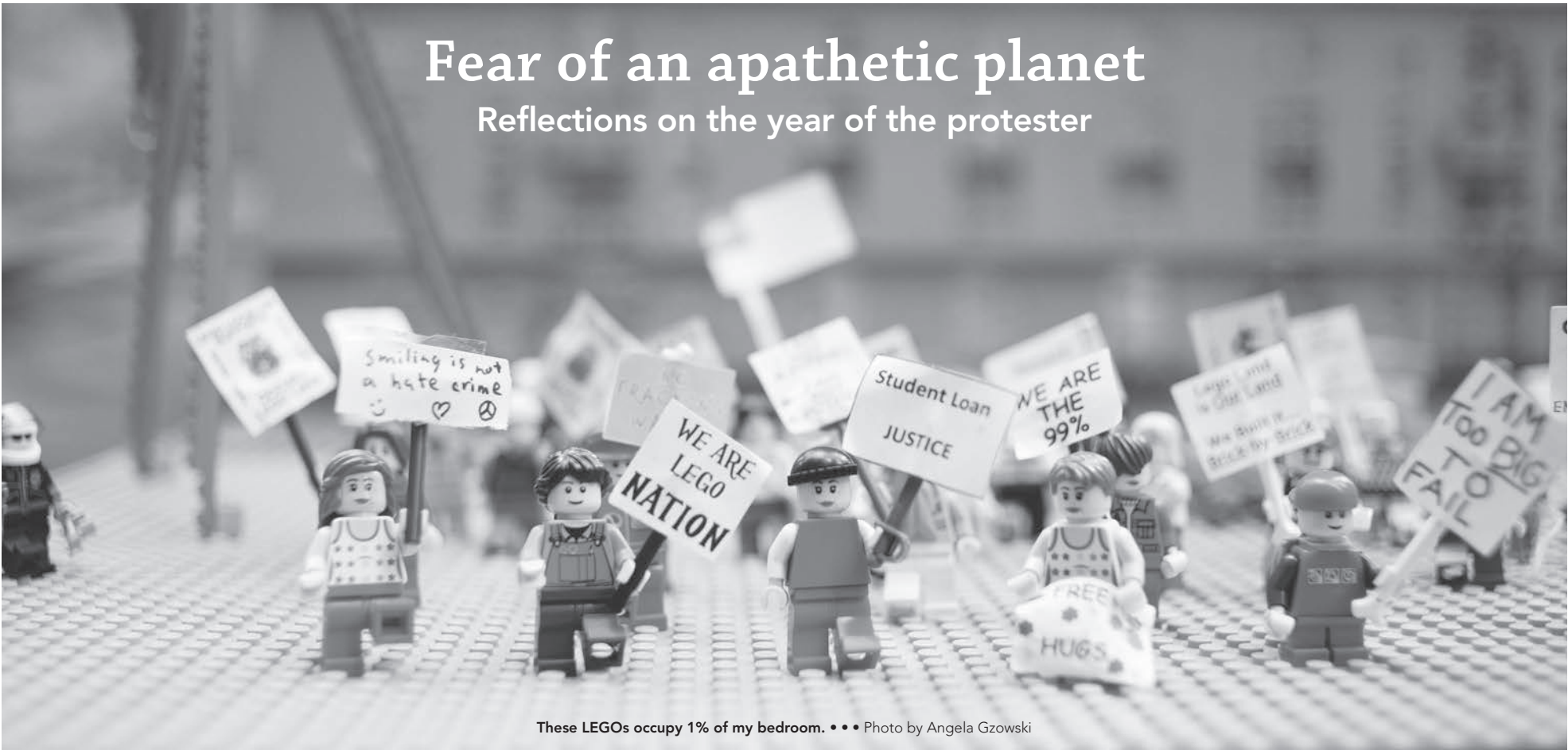
Like jokes about Chuck Norris and those I Lyke Cheezburger Cats, zombies and the zombie apocalypse have become this meme whereby having any kind of interest in the undead makes the shopper somewhat more interesting than before.

I think of the Kirkman collection that discusses a world without frivolous goods. I think of the people at AMC, a television channel that made its big break with a show about marketing schemes in the 1960s, releasing an otherwise redundant show about a zombie apocalypse. And then I think of George A. Romero and his *Dawn of the Dead*, a movie that was awesome because it had zombies in it, but more so because it was a nicely packaged social commentary on American shoppers.

I think about all this stuff and I wonder: Have we become the zombie shoppers in *Dawn of the Dead*, except we're shopping for things about zombies?

I think about this paradox and begin to feel brain dead. ☹

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



These LEGOs occupy 1% of my bedroom. • • • Photo by Angela Gzowski

Samantha Elmsley
Opinions Contributor

For their final issue of 2011, *TIME* magazine named “the Protestor” as Person of the Year. (Don’t worry, Kate Middleton was a close fifth.) Given the numerous riots, rallies and ousting of dictators, it seemed like a fitting choice. Tunisian liberator, London rioter, Occupier—they were all featured side-by-side, the meaning of their existence reflected upon in the context of the closing year.

Displayed across the pages of *TIME*, in comparison to the situation in Tunisia, Libya, or any of the protests in the Middle East, the Occupy movement seemed downright cute. Although it was certainly not the

slant of the article, the data spoke for itself: recently graduated from liberal arts college Occupiers, compared to Tunisian fruit sellers just barely making a living? The stakes, of course, seem exceedingly different. And critics of the Occupy movement certainly did not fail to pick up on that point. In response to the Halifax Occupy arrests, one anonymous commenter on an online *Globe and Mail* article written by columnist Margaret Wente sneered: “Next time, they should be shown what police brutality really means.” Case in point.

Obviously, Occupiers had less risk of physical harm than the Arab people out to remove an oppressive government. For many—snide commenters, media, and students alike—

this seems to somehow take away the credibility of the Occupy movement.

These critics fail to pick up on the subtleties of anything that is not presented as a physical threat. The Occupy movement is fighting something more subversive, murkier, and less physically present than the oppression thrown off in the Arab Spring. It is operating on the level of ideology and values. Like the protests in the Middle East, it is calling into question our very notion of justice. And it still doesn’t know the answer.


For many, the fight against dictatorship is an obvious cause to throw oneself behind. Without downplaying the enormity of the decision, it seems quite clear to those of us in Canada that the right not to be

oppressed deserves to be upheld. The Arab Spring fought for a more tangible kind of freedom, while Occupy fights oppression of a different sort. It demands a right to rethink our values as a social whole—whether we believe that CEOs should increase their pay 27 per cent per year while that of the working class increases by 1 per cent, or whether we think that education should remain accessible.


And yes, I WILL sip my fair-trade latte in my warm, safe house as I talk about this, because when should physical comfort ever give a citizen an excuse to say we don’t have a right, and a duty, to be critical of and thoughtful toward the state of society?

As *TIME* writer Kurt Anderson

puts it, “This year, instead of plugging in the headphones, entering an Internet-induced fugue state and quietly giving in to hopelessness, [protestors] used the internet to find one another and take to the streets to insist on fairness, and (in the Arab world) freedom.” Comfort should never be an excuse for apathy. As citizens of a relatively free country, we should be more aware and involved and critical than ever—because no one is aiming a sniper rifle at us while we do it.

This isn’t the end of history, because history exists so long as people are there to make it happen. We reached seven billion on this planet a few weeks ago. It isn’t over, not by a long shot. 


bends and stretches



dear world, you are something else.

6/6 '12

Submit your Micro-Fiction, Poetry and Feedback to Creative@DalGazette.com



**Do it while the soil is still cold,
Because I can't sleep when it's warm.**

Lay me on your chopping block
And begin to slice at me.
Do it fast,
Do it while I can still lick
The last
Drops of water
From my bloodless lips.
Press your scalpel to my chest
And pierce my flesh.
But do it hard,
Do it while I can still remember
Those last drops of water
Rolling
down
my
tongue.
Drag your blade
Between my breasts
And down.
Peel my skin away.
But do it quietly,
Do it while I can still hear

Those drips
From the faucet to my left.
Put your hands inside
The wound
And feel around.
But do it softly,
Do it while I can still feel
My lungs emptying
And swelling.
Take what you want from my body
And sew up the incision
But do it soon,
Do it while you can still taste
The last drips of adrenaline
In the back
Of your throat.
Bury me somewhere far from here.
But do it before the month is up,
Do it while the soil is still cold,
Because I can't sleep when it's warm.

—Taylor LaPorte

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Doing the Local-Motion

A student living in residence attempts to go locavore

Alesia Hebb
Opinions Contributor

Last semester I took part in a challenge to become a locavore—someone who eats only local foods—as part of an environmental ethics project. The challenge was to eat locally for one full week to see how feasible it is for university students to adopt an environmentally friendly diet.

Being the only student in my group who lived in residence, I was tasked with trying to eat as locally as possible. This was difficult considering I have a meal plan and couldn't always be sure if my dining hall meals were locally sourced.

The week did not go as smoothly as I hoped, as I soon discovered a number of products I consumed were hard to find locally.

One of my favourite things to drink is herbal tea, which is usually imported from other countries, such as India and Sri Lanka. But after I finished my week as a locavore, I found there are ways to make your own tea by purchasing locally grown herbs from places such as the **Seaport Farmer's Market** (1209 Marginal Road). Some vendors even sell pre-made tea satchels, but these are considerably more expensive than making your own at home.

But getting locally grown tea was just the beginning of a number of problems I ran into while trying to be a locavore. I'm very reliant upon pre-packaged foods because I'm not a big fan of the dining hall meals. Luckily, according to Dalhousie University's *Campus Green Guide*, the food offered in residence dining halls is made up of 1/3 local food. So that's good news for the eco-conscious!


But when it came to meals outside of dining hall, I had to give up my stash of favourite foods, including Quaker Crispy Minis, crackers and granola bars, leaving me with no mid-night study snacks. I practically lived off of locally grown apples, which I purchased from **Goucher's Farmer's Market** (14395 Evangeline Trail) in Kingston, Nova Scotia. But, surviving the week snacking on apples wasn't ideal as a sole nutrient source.

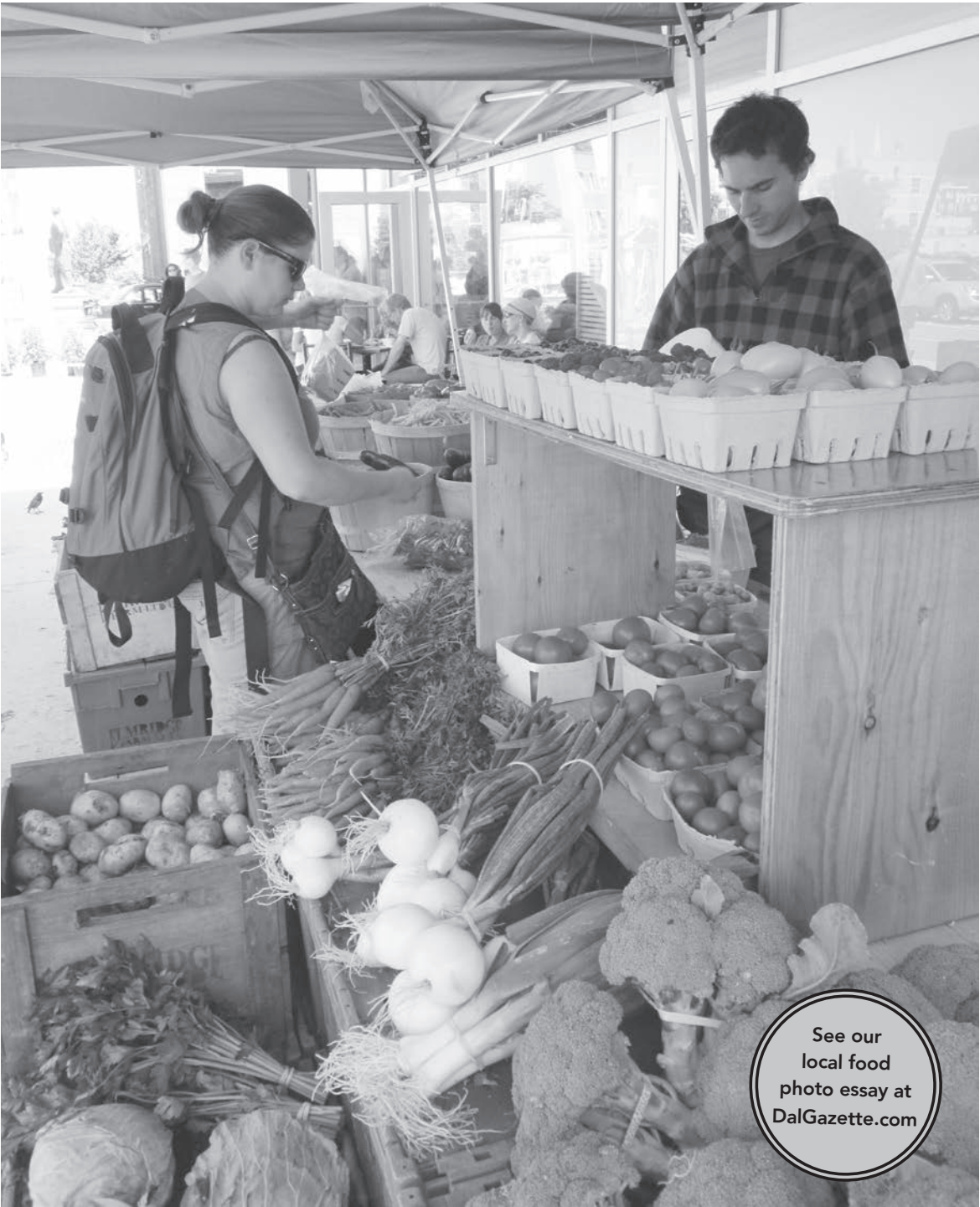
I spent most of my week feeling sluggish, angry and hungry and began to wonder if it was impossible for a student in residence to eat a 100 per cent locally sourced diet. It wasn't until my locavore week finished that I began to realize where I went wrong.

I've been taking environmental science and sustainability courses since I began at Dal and I've learned a lot about preserving the natural world through sustainable living. In fact, I felt I knew so much that I walked into my week as a locavore feeling overconfident. Looking back, I realize I would have benefited more had I done research ahead of time. Also, instead of just giving up the foods I relied on that were not locally grown, I should have found snacks or meals to replace them.

It is possible for students living on or off campus to introduce more local food into their diets—if they do their research. As mentioned before, *The Campus Green Guide* is an excellent place to start for university students, and definitely should remain under the pillow of anyone who takes on this kind of challenge. Websites to consider for those who want to become a locavore include www.the-locavore.ca, a blog by author Sarah Elton that describes methods to living a locally sourced diet and lessening your carbon footprint. Another helpful resource is www.slowfood.ca, a website for Canadians that discusses local eating.

But students don't have to eat 100 per cent local to reduce their carbon footprint. Some other environmentally friendly actions include: purchasing a Brita pitcher instead of buying bottled water; eating lower on the food chain; shopping at campus vendors that produce fair trade and Rainforest Alliance Certified products, such as Just Us!; eating in sync with the seasons; urban gardening; or shopping for fresh food rather than pre-packaged ones.

This truly was an eye-opening experience, and I challenge every environmentally conscious student at Dal to take on a more local diet. Just do your research first. 



Elmridge Farm sells local produce at the Halifax Seaport Farmer's Market. ••• Photo by Jonathan Rotsztain

See our
local food
photo essay at
DalGazette.com

Lending a hand

Fundraising tactics don't sit well



Nick Laugher
Staff Contributor

When I'm strolling down a street and pass by people standing on a corner dressed in brightly coloured garb and shaking figurative town crier bells about causes like the Red Cross or Greenpeace, I instantaneously dissolve into an avoidant puddle of awkwardness and confusion.

It's not because I'm actively against these organizations; I think that their strides towards ecological action or disaster relief are noble in theory. The problem is that I have absolutely no idea how to engage with someone collecting money for a non-profit

organization as a paid job.

I run away. I ignore them. I don't have anything against these people, I just don't really want to engage in another awkward 20-minute conversation with a paid employee as they ladle on piles of guilt about my indulgent Western ideals. I have a lot of trouble countering the charge that I could be using my coffee money to pay for school-house bricks, even when I know that my \$30 donation—at least a percentage of it—will go to pay these fundraisers.

"If someone is under the impression that public outreach is volunteer, they obviously haven't asked an employee, or visited a website for that matter," says Adam Faber, a Dalhousie student and former engager of the public for the SickKids Foundation through fundraising organization Public Outreach. True to Faber's

claim, it is stated plainly on the Public Outreach Group's website: "We believe that hiring the right people for your cause, providing excellent training and compensating them fairly results in the highest quality donor interaction."

While I'd like to side with Faber in believing that there is a forcefully drawn distinction between volunteering and public outreach, the devil's advocate in me is thrashing around screaming, "Yeah, dude, but they don't explicitly tell people they're NOT volunteers, either!"

Unless you really question someone about it, they're not going to let on that they're being paid to meet a donation quota and just flashing you their charming smirks and small talk for a sympathetic drop in their satchel. It's no fault of the good intentioned employee—it's part of the overall marketing schtick.


University students, especially in this surge of economic downturn, are pretty much swooping up any job

they can get. So why is it that we feel this sense of duplicity or, dare I say, "shysterness," from this engagement of the public?

.....
"I have absolutely no idea how to engage with someone collecting money."
.....

"I worked for Public Outreach in Ontario," says Faber. "I raised money for the SickKids Foundation. I made a living wage and paid for some schooling while making a difference for a deserving group. I had a quota to hit, and I stopped making that quota, so I was let go...but I certainly don't blame Public Outreach for let-

ting me go."

But to me there's just something fundamentally perverse about a seemingly charitable and non-profit organization disposing of employees who fail to rake in enough donations. The problem is that most of us choose to take our frustrations out on these innocent, well-meaning sidewalk seducers. When the majority of the employees you hire to spread the word of your cause—something they would most likely do anyway out of the goodness of their heart (and many do)—are still willing to laud your efforts even after you fire them for not being as machiavellian or debonair as you'd like them to be to stir up donations, don't you think you should take a moment and reflect on how this ruthless business model might not be completely congruent with your mission statements of charity and support? 

••• Photo by Photo Rack via FreeStockPhotos.biz



VENUE VACANCY

Halifax struggles to find
a place for mid-level talent

Nick Laugher
Staff Contributor

Halifax has lost another of its infamous, charming and inimitable venues. A full-on, apocalyptic assault by liquor boards and fire boards alike left our beloved Tribeca with no choice but to pack it up, forcing us to find another spot to stumble around the floor, drinking and swaying the night away. Following an already relentless string of unfortunate cabaret closings and clamourings about licenses, the loss of Tribeca has left Halifax in the lurch as students wander around listlessly at night, drunken and aimless, while promoters scratch their heads as they scramble for somewhere else to book their bands.

OK, so it's not *that* bad; Halifax still has plenty of venues, many of them beautiful, bustling staples of the scene, but Halifax really is caught in an unfortunate catch-22 situation when it comes to mid-level venue space. Since the closure of the Marquee—for the second time—in 2008, Halifax has been severely hurting for a medium sized venue and, as a result, we've been missing out on a multitude of great mid-level bands as well. Venues in Halifax have basically had to cater to a particular facet of the ever-fickle music scene: go the overtly indie route and only book up-and-comers, or go belly up.

When the Weakerthans swooped into Halifax in 2009, I remember wondering why the hell they were playing at the Palace, which I had no idea even booked bands, and then realizing that there was really no other place that could cater to them. The Paragon took over the building that housed the Marquee a while later, and there was a short-lived glimmer of hope as great acts like Plants and Animals and The Most Serene Republic were tearing up the place, but ultimately the Paragon folded due to stunted income and attendance. Reflections has been holding its own in this increasingly hostile climate, but following the denial of their cabaret license for their proposed move to the ill-fated building on Gottingen that previously housed both the Marquee and the Paragon, it could get rough. This year's Pop Explosion saw the city relying heavily on venues like St. Matthew's Church and Olympic Community Hall for bigger shows like Chad VanGaalén or Rural Alberta Advantage, bands that otherwise might be at a loss for some-

where to play in our (un)fair city.

Sadly, with Halifax and venues it has become a "chicken or the egg" situation: can we not get bands because we don't have venue space, or do we not have venue space because bands don't come here? Halifax musical alumnus and soothsayer Joel Plaskett on 2007's *Ashtray Rock* sang that he "Walked home across the bridge when the Marquee shut down, there's a reason that I love this town," and it appears he just kept walking—because even Plaskett isn't making room on his upcoming Canadian tour for Halifax.

Halifax is experiencing a marvelous musical renaissance right now, but only at extreme ends of the spectrum. The local independent scene in Halifax is healthier than it has been since Halifax was coined the "Canadian Seattle" in the mid 1990s, with quick-witted, irreverent bands like Quaker Parents achieving a lush local infamy and pop powerhouses like Rich Aucoin being catapulted to an international level. Not only that, but we've been rolling around in cash and dilapidated Dad-rock as we cart in all the affluent and acclaimed over-the-hillers like Paul McCartney and Elton John, also pushing hard for big-name "movers and shakers" like Weezer, Rihanna or the Black Eyed Peas with the yearly mainstream onslaught on the Commons, setting up Halifax as the hot-spot for huge acts you would totally go see—back when they were relevant.

While Gus' Pub is perpetually raucous, dancy and absurdly fun, and the Seahorse maintains its historical and ubiquitous foothold on the downtown scene, they both have their own niche crowds and a lack of space. The Company House is warm, cozy and serves up affected indie folk like no one's business, but they refuse to book certain genres and again, capacity is a problem. Their next door neighbour, the Bus Stop Theatre, has a great intimate space that's seriously under-used and under-appreciated, but maintains a certain charming air. Unless you're someone who can fill the bleak and dour concrete box we call the Metro Centre or the equally lacklustre footage of the Cunard Centre, you might convince Molson to quickly convert the Olympic Community Hall or that seedy place at the Forum next to the bingo hall into an expensive, sponsored bar and stage. But as it stands, you're pretty much screwed. ☹



Trouble With Andrew play Reflections during the 2011 Halifax Pop Explosion. • • • Photo by Angela Gzowski

tunes review



Björk—*Biophilia*

Matthew Ritchie
Opinions Editor

At a time when music critics are putting the finishing touches on their year-end best-of lists, one album oddly underrepresented is Icelandic singer Björk's eighth studio album, *Biophilia*.

For whatever reason, Björk has always had a bit of a lackluster following in North America. Even at her height in the trip-hop-heavy days of *Post*, she remained difficult

for some to stomach. Many of you will remember her appearance at the Oscars in 2001—in which she wore a dress resembling a swan—and the media backlash that followed. (Yet years later when Lady Gaga wore a dress made out of meat, people just thought she was trying too hard.)

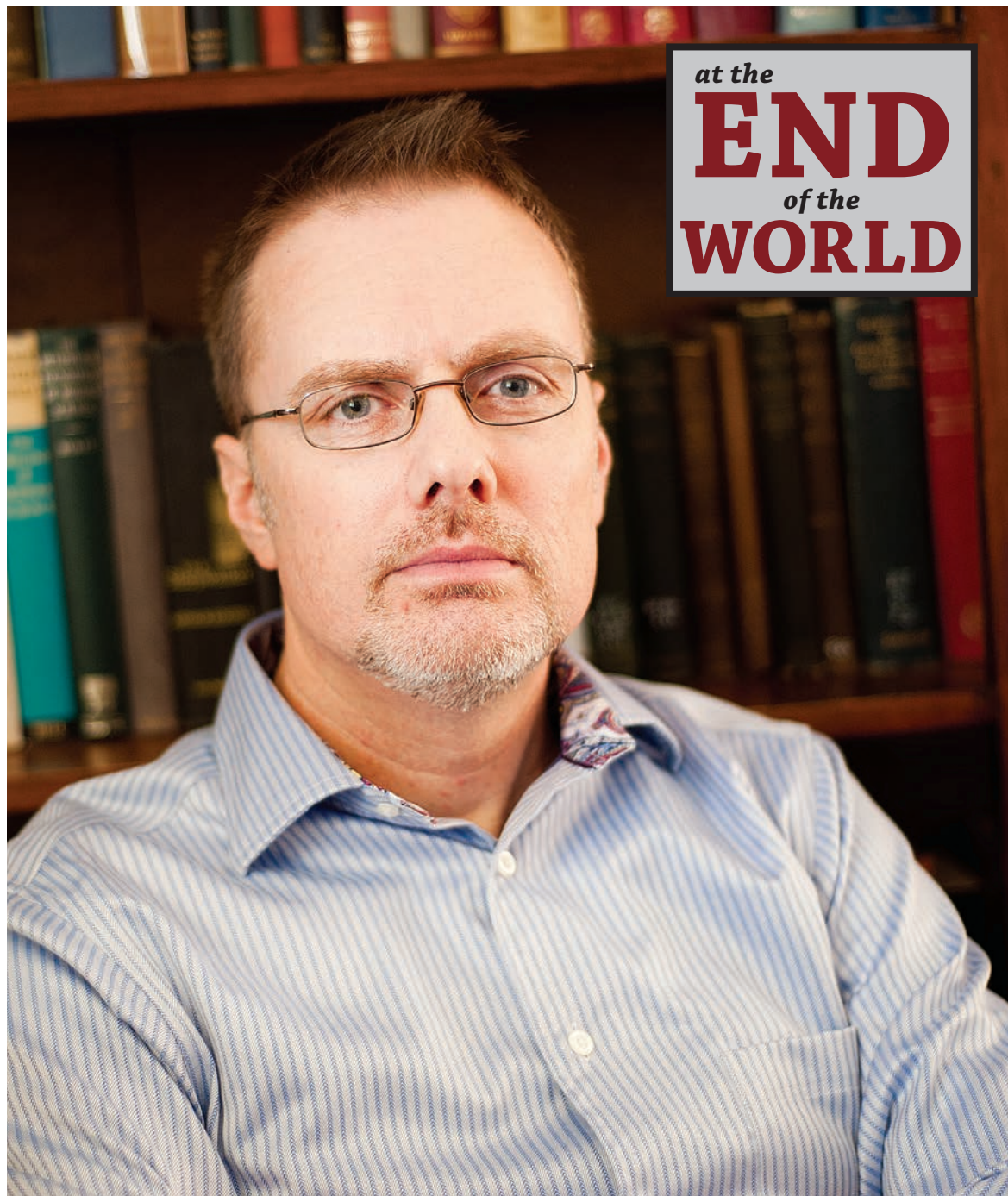
But through all the ups and downs, critics have always responded favourably to Björk's experimental songwriting. Why then, did so few pay attention to her latest record when it is arguably her most creative

album yet?

Recorded in part on an iPad, *Biophilia* is one of the most easily digestible records we've heard from Björk in a while. The compositions are electronically minimalist, usually involving sparse strings and blips and bleeps alongside the singer's unique voice. "Crystalline" recalls late 1990s Aphex Twin with its staccato drumming (a welcome change considering this year was dominated by the sounds of dubstep). Meanwhile "Dark Matter" has the singer crooning over

multi-layered vocals and sounding like a final stage in Final Fantasy IV. But the enjoyment of *Biophilia* doesn't only come from listening to the album on CD or vinyl. Apple users are able to download video games and multimedia applications online that allow the user to interact with the album while listening to individual tracks.

A creative album by a creative artist that will shed some light on her too often misinterpreted mind. ☹



Prof Talk Dr. Stephen Snobelen

Samantha Chown
Arts Contributor

Rumour has it the world is going to end this year—at least according to theories that say when the Mayan's long count calendar ends on Dec. 21, 2012, so does the world.

But what does the end of the world mean? According to Stephen Snobelen, an associate professor of history of science and technology at the University of King's College, "it means different things to different people." And the Book of Revelation, the last book of the New Testament, states the end of the world is just the end of the age, says Snobelen.

"Apocalypse" is actually the Greek name for "Revelation", referring to the unveiling of God's plan. And Armageddon is the final battle in Revelation, not that doomsday Bruce Willis film. Their meanings have been confused by pop culture; they don't actually mean the end of the world. (Phew!)

The Book of Revelation is actually meant to provide comfort to believers, says Snobelen. The end of the age brings the end of corrupt government and war. It's therefore meant to provide hope for what's to come, he adds.

But doomsday theories are always popping up.

Remember Y2K? It was the end of 1999 and massive computer software malfunctions were expected when the calendar flipped from '99 to '00. The thought of automated systems failing put people into a tailspin. Some companies changed or updated their software. Snobelen said he remembers people heading for isolated islands and completely unplugging. He says the potential for another Y2K is even

greater now since the world is so dependent on technology.

Harold Camping predicted the Rapture—when believers of Christ would be raptured from the earth to heaven with the rest of humanity left to presumable doom—would occur May 21, 2011. He had a following: people sold their houses, quit their jobs and followed him around the United States. But the Rapture never came, so Camping pushed the date to October. Still didn't happen.

Snobelen said no one is immune to this kind of end-of-the-world thinking.

"It's not just religious people who present these kinds of scenarios. You also have secular depictions of the end of the world and actually those are a lot scarier...At least with the religious scenarios there's a peaceful outcome."

Sir Martin Rees, an English astronomer, says in his book *Our Final Hour* that humanity has a 50/50 chance of surviving the 21st Century. There's potential for mass extinctions, a nuclear holocaust and the possibility of comets or asteroids hitting the earth. And don't forget climate change.

"That's pretty depressing when you think about it," said Snobelen.

The end of the world idea is insecurity about our situation as a species and the health of the earth—a fear Snobelen says resonates with people. By the way, the Mayan's calendar rolls over to a new year after December 21, just like a regular 365 day calendar would.

So the end is near—of the calendar, anyway. The end of the world? That's anyone's guess.

Dr. Stephen Snobelen on the end of the world. ••• Photo by Angela Gzowski



HOT & LON

HOT: NBC's *Community* not cancelled
NOT: Whitney is also not cancelled
HOT: At the Drive-In reunite
NOT: The Mars Volta had to exist
HOT: Supercuts
NOT: Funding cuts for Nova Scotia universities
HOT: Rick Santorum is done
NOT: Mitt Romney is still blandly handsome
HOT: Dalhousie making big changes on campus
NOT: That constant sound of construction for the next two years
HOT: The Oval is open
NOT: You can only skate counter-clockwise
HOT: Sasquatch and the Yeti
NOT: The Jakalope (he's from a warmer climate)

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STREET INTERVIEW

It's the end of the world: What's your last meal?

by Katrina Pyne and Jonathan Rotsztain



"Something I've never
tried before"
Kara Crestwell
1st-year science



"All you can eat sushi"
Marie Mullens
3rd-year neuroscience



"Quiznos' steak sandwich"
William Hutton
2nd-year mangement



"Subway's chicken
bacon ranch"
Daniel Rankin
2nd-year mangement



"Wendy's burger combo"
Elaine Li
2nd-year commerce coop



"Family dinner"
Lulu Yao
5th-year recreation management



"Chicken penne"
Tala Mir
1st-year commerce



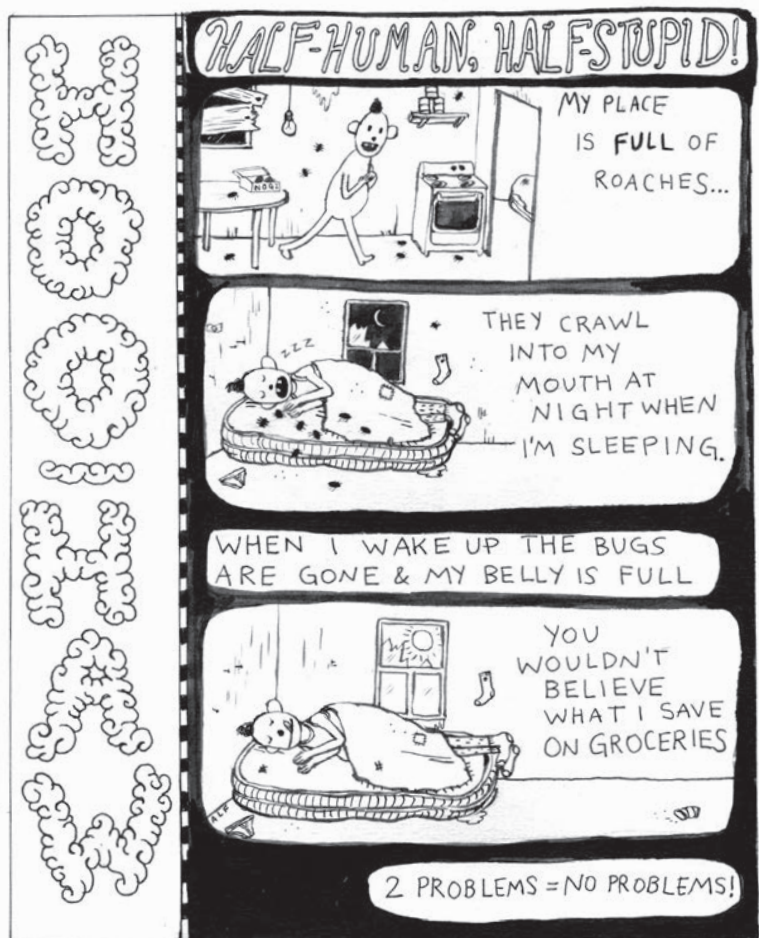
"Spaghetti and meat sauce"
Andrew Pringle
1st-year arts



"Steak with sauted onions and
mushrooms and a baked potato"
Geordi Finlayson
1st-year science



"McDonald's McGriddle"
Andrew Kennedy
5thv-year neuroscience



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Self-Sufficiency skills for *the* **END** of *the* **WORLD**

Empower yourself during a power outage



Rachel Eades
DIY Columnist

Even if you don't believe that the world's going to end on Dec. 21, 2012, our current lifestyle is something to worry about; dependence on oil, technology and other outside sources for survival is not permanently sustainable. Five hundred

years ago, if you didn't know how to cook, clean, mend clothes, chop wood and build a fire, you were going to be hungry, naked and cold—unless you were uncommonly wealthy. In 2012, food can be found by pushing some buttons on the microwave (or the phone), clothes are mass-produced and cheap (assuming you're not fussy about brand), and for most, heat is a matter of tapping a button; the basic

necessities of survival are provided for us. We take technology for granted. We rely on it for everything, and often assume it will always be there for us. But who remembers “The Great Northeast Blackout of 2003”? This massive power outage stretched across southeast Canada and the northeast USA, leaving approximately 50 million people without power for up to two days. This blackout caused \$6 billion damage and 11 people died as a result. This much devastation was caused by just two days without electricity! During the blackout there was looting, mass hysteria, a state of emergency was declared—people simply didn't know how to function. The very infrastructure of the cities in which people lived was so dependent on electricity that life came to a screeching halt and panic ensued when that system failed—there was no backup plan. So how do we avoid this kind of chaos in the future? Some basic emergency preparedness skills are a good way to start. Here's what every-

one should know how to do/have on hand in the event of a natural disaster/apocalypse/zombie uprising.

1. A Good Emergency Kit: Let's face it, Halifax is at risk for hurricanes, and hurricanes can cause problems. Having a well-stocked emergency kit in your home can save you a lot of headaches if a natural disaster strikes. An emergency kit should include: two litres of water per person, per day (that's a lot—stock up), a stash of non-perishable food such as energy bars, canned food (and a can opener!), dried foods like fruit and nuts, a flashlight and spare batteries, a basic first aid kit, special needs items (like prescription medication), spare keys for your home and car (if you have one), some cash in small bills, change for payphones, and a contact list in case you lose your contacts in your cell phone.

2. Know the Risks for Your Region: The government website has a list of important information about natural disasters that's organized by region.

Visit: getprepared.gc.ca/knw/region/ns-eng.aspx for more information specific to Nova Scotia, and familiarize yourself with the important safety information that it lists.

3. Learn Some Basic Skills: If you didn't spend your childhood going to summer camp, you may not know how to build a fire. The best way to learn as an adult? YouTube it, while we still have power. There's no shortage of options if you search for “How to build a fire”. Another skill everyone should have is basic first aid. Universities often offer free first aid training for students, so talk to the student affairs office to find out if any classes are coming up.

If you're not equipped to handle life without electricity, you don't stand a chance in the (zombie?) apocalypse. Prepare yourself. ☹

Be prepared. ••• Photo by Petr Kratochvil via FreeStockPhotos.biz



Songs for the **END** of the **WORLD**

A mixtape for the apocalypse

Matthew Ritchie
Opinions Editor

“*It's The End of the World as We Know It (And I Feel Fine)*”—**R.E.M.**
Michael Stipe sings a stream-of-consciousness-style rap in the vein of Bob Dylan with the world's most famous apocalyptic chorus. R.E.M.'s trademark jangly guitars actually make you feel fine about the idea.

“*Don't Fear the Reaper*”—**Blue Oyster Cult**
Probably 1970s stoner rock's most notorious end of the world track. Spanking cowbell drives the song forward with its guitar harmony arpeggios and gang vocals. If you doubt this song is about the end of the world, look no further than ABC's adaptation of Stephen King's post-apocalyptic *The Stand*, which used the song as its intro.

“*Apocalypse Please*”—**Muse**
The bombastic goofballs in Muse create an epic song about the end of the world with classical piano tinkering and thundering drums. Guitarist Matthew Bellamy's slow dredge guitar lines and haunting vocal harmonies add to the creepiness factor of the songs. Let's not forget a beautiful synthesizer breakdown, in case you forgot these guys really like prog-rock.

“*The Four Horseman*”—**Metallica**
Off of Metallica's extremely thrash debut *Kill em' All*, “The Four Horseman” has James Hetfield screaming like the devil and Kirk Hammet throwing down fast power chords that sound like an apoca-

lyptic stampede.

“*Bad Moon Rising*”—**Creedence Clearwater Revival**
This is your dad's favourite end of the world track. R&B-inspired southern rockers CCR play an upbeat pop song about natural destruction and impending doom. This is the go-to apocalypse song for people who like to smoke pot.

“*Mogwai Fear Satan*”—**Mogwai**
This droning instrumental track by the Scottish doom rockers may not have any lyrics, but its overbearing distortion and monotonous chord progressions give it a bit of an apocalyptic flair. Or maybe I'm just drawing too much from the song title, being that they often name their tracks whatever seems to come in their head (i.e. “Golden Porsche”, “Stanley Kubrick”).

“*New Dawn Fades*”—**Joy Division**
Lead singer Ian Curtis' lyrics are certainly up for interpretation, but with a title like “New Dawn Fades”, this song is definitely either about committing suicide or the end of the world. Peter Hook's bass is continually bleak, while guitarist Bernard Sumner offers a pretty rare sludgy and ominous guitar riff to add to the darkness of the song.

“*Sexy and I Know It*”—**LMFAO**
Honestly, the fact that I can't go one day without hearing this song somewhere must be a sign of the looming apocalypse. ☹

Mixtape. ••• Photo by Petr Kratochvil via PublicDomainPictures.net

Mathew Holden
Staff Contributor

Rock is dead, they say. Punk is dead. Disco is dead (or murdered, more likely). New Wave is dead. And so on. But let's take a closer look—music doesn't die, it just hibernates until it is awoken in a new form. Take punk music, for example. In its truest form, punk music was fast, loud and angry. In 1976 it arrived on the music scene in London and New York with bands like Ramones, The Sex Pistols and The Clash. But even by the time The Sex Pistols were formed, punk was becoming commercial. Since punk was about not being accepted, as soon as it was accepted by the mainstream, it was over. Just as quickly as it had arrived, punk calmed down and went New Wave. But punk wasn't gone, it was just waiting. Ten years later it was back in the form of grunge; Nirvana, Mudhoney, Sound Garden, Green River, Pearl Jam and many more exploded back onto the scene as a direct response to the overproduced theatrics and drama of the late 1980s hair metal. Change is necessary. If you heard a band today that sounded just like The Who, The Doors, The Clash, or Nirvana, you would think, depending on how good they were, that the band had a classic sound, or more likely, a dated sound. Music is always changing with the times. There are very few bands, if any, that can stay popular without changing their music. Take Radiohead. They have been consistently popular for 20 years, but if you were to play a few tracks from 1993's *Pablo Honey* and 2011's *The King of Limbs*, they would be unrecognizable as the same band, which is exactly how they stay relevant in a music scene that is changing faster than it ever has before.

The modern music scene: death and resurrection

How to stay alive in a global venue

Anyone who claims that music is not what it used to be is living in a bubble of nostalgia and delusion. There are more bands than ever releasing music, and thanks to the Internet, it is easier than ever to find it. The music scene has gone global. It is just as easy to find new music from the band down the street as it is a band on the other side of the world. Of course, that means there's more garbage than ever available as well, but anyone interested in finding new music only has to spend a few minutes clicking and listening to find something they like. This is what causes the newest claims that “rock/pop/punk/Christian/alternative/folk/metal is dead.” Since people do not have to rely on the radio to get new music any-

more, the music played on the radio must appeal to as broad an audience as possible. Commercial radio is now more commercial than ever, and record companies and radio stations can't afford to take risks on music that may scare listeners off. It is perfectly understandable that anyone who only knows the bands being played on the radio may believe that the music industry has simply given up. Luckily, this is not the case. And so, instead of bemoaning the death of music, take a few minutes to check out new music websites and tune in to your community radio station. Find the bands you like that don't get the radio airplay they deserve. Rock is not dead— it's hiding in plain sight. ☹

sudoku

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



Sociology major prepares for world’s best triathletes

Brisson balances training with student life

Beth Brown
Sports Contributor

Josh Brisson's goal is to test his body's limits, in three not so easy steps. To that end, the rising triathlete swam, biked and ran his way to the top in the Nova Scotia provincial championship. Now he has qualified to compete against the sport's best at the International Triathlon Union (ITU) World Championship Series Grand Final in Auckland, New Zealand.

The 23-year-old sociology major will leave this continent for the first time this October when Brisson and his \$4,000 Cervelo P2 triathlon bike heads across the globe to represent Canada in one of the largest annual gatherings of athletes in the world. He qualified for the race in June 2011 and will be racing in the 20-25-year-old age group.

Athletically, Brisson, also a member of Dal's cross-country team, says he has never felt better

"I know my body has a limit and at one point I'm not going to be able to get faster," he says during an interview at the SUB. "I really want to be 65 and sitting in my rocking chair and know that I've made it, know that I could not have been better than I was."

He began his athletic career as a hockey player at the age of five, but realized in high school that his smaller build put him at a disadvantage. His first triathlon was just meant as a fitness goal.

"It was really tough and I got my

ass kicked big time by a lot of way better triathletes than I was," says Brisson. And so he tried again. It took two years of training for him to be satisfied with his progress. "It basically started from pride, and I just kept going and fully immersed myself in competitive racing."

The ITU race he will be competing in is a sprint triathlon (750 m swim, 20 km bike ride and 5 km run). The average time at the highest level is between an hour to an hour and 10 minutes.

The running component is Brisson's strength. "If there's anybody ahead of me, I have it in my ability to actually catch them and win. That's how I won the Nova Scotia provincial championships this year." Brisson took first place in the last 1 km stretch.

It is a major confidence boost to end the race with his strongest discipline, he says.

"In my swim and bike I always feel like I'm on the limit, whereas on my run I feel like I can give it a little extra and I'm not going to explode."

The challenges are constant when training for a triathlon. Balancing training and everyday life is especially difficult during racing season, which normally lasts from spring to fall.

"You have to be in full control of your life. You have to eat perfectly and make sure you get the perfect amount of sleep," he says. While preparing for a race, Brisson keeps a very clean, balanced diet.

To keep motivated, Brisson uses a training journal to record his progress and goals. "If I miss a few workouts then I'm accountable because I can see them. It keeps me going. It keeps me on track." He is currently endurance training with Dal's cross-country and track teams.

The financial implications are also no small matter. Part of his trip is subsidized through Triathlon Canada, but it is mainly the athlete's responsibility to find individual and team sponsorship. Race fees can be up to \$500 and the flight is around \$4,000. With existing student debt and a schedule that makes a job difficult to commit to, Brisson concedes, "It's going to be quite difficult money-wise."

His self-discipline is useful in other aspects of his life as well. His grades have only gotten better in his triathlon years, and he was named an Academic All-Canadian last fall for university varsity athletes who maintain a GPA of 80 per cent or higher. It is a difficult balance for Brisson, who cares equally about his education as his sport.

"I don't accept anything but my best effort in either, and if anything, academics come first. If I don't make it to the Olympics it's not going to be worth sacrificing for," he says.

As for the Olympics, if it is in his capacity, Brisson will be there. "My goal is to achieve the best possible result that I can get. Hopefully that's the Olympics. If not, than I'll [still] be satisfied."

Josh Brisson will take his bike to New Zealand this October. • • • Photo by Mallory White

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wryly. "Because you know where the fastest ship in the galaxy is." The stranger pointed a finger at me. "And you know how to fly it."



1-1 debut for new head coach



Losing skid finally ends at 11

Nadeaux earns first shut out this season

Arfa Ayub
Staff Contributor

Brett Theberge didn't let an injury stop him from regaining full form. In his first game back since being sidelined once again this season in late November, the forward's goal 3:59 into the third period was enough to lift Dalhousie's men's hockey team to a 1 - 0 win over the St. Thomas Tommies Jan. 6 at Memorial Arena.

The victory was the Tigers' first since Oct. 21, in which they defeated the Tommies 5 - 3. Aside from exhibition victories, St. Thomas is the only team the Tigers have had success defeating. Dal would lose 11 consecutive games since their last meeting with STU.

The Tigers' 2-11-1 record may have played a part in head coach Pete Belliveau's decision to step down during the holiday break to focus his time primarily on general manager duties and the business side of the program. Meanwhile, he assigned assistant Chris Donnelly to his prior responsibilities. This contest was Donnelly's

first victory as head coach.

"It was a team effort," said Theberge, referring to Dal's long-awaited triumph. "Bobby got a shutout and it was big for Chris, good to start his new career as a head coach with a win. Also, from the team standpoint, it was good to get the W against an opponent we should have beaten."


Along with Theberge, the squad has suffered a rash of injuries dating back to the beginning of the season. Those injured include veteran starting goalie Bobby Nadeau and forwards Brad McConnell, Patrick Daley and Pierre-Alexandre Vandall; a group that composes the Tigers' core.

Of the five players mentioned, only McConnell, nursing a concussion, remains out of the lineup. As well, Kyle DeCoste, another injured forward, is sidelined due to an off-season surgery.

Getting these key players to play to their full potential will be integral to the Tigers' success, and having them on the ice has considerably improved their play.

"We have been more conscious of

our defensive play, and we have also been putting more of an effort on the forecheck," said Dal defenseman Ben MacAskill. "In our own end, so far, we have been more responsible which has definitely gone a long way to improve our goals against. Having Bobby back has been huge, too. We had a lot of guys that were injured and having those guys back completes our hockey team, which is a big plus for us."

Nadeau turned aside 22 shots to earn the shutout for the Tigers. His counterpart Charles Lavigne stopped 28 for the Tommies. 

This is not the last the Tigers will see of the Tommies, who sit just ahead of Dal in seventh place. The two will face off one last time Jan. 13 in Fredericton.

ABOVE: Players stand for the national anthem; **BELOW:** Brendon MacDonald tries to get a shot past sprawling St. Thomas goalie Charles Lavigne.

••• Photos by Martina Marien

Frost Week fans leave rink disappointed

Dal outshot, but couldn't outscore Moncton

Andrew Johnson
Staff Contributor

Men's hockey managed to disappoint fans yet again, this time in front of Frost Week supporters Jan. 7. Poor defensive strategy left fans in angst as they sauntered toward the exit near the middle of the third—the embarrassment too much for the slightly inebriated Frost Week fans to take.

The University of Moncton outplayed the Tigers to the tune of a 5 - 1 victory at Memorial Arena. While Dalhousie outshot Moncton 32 - 23, the other statistical columns shed light on the goal margin.

The defeat puts an end to the 3-12-1 Tigers' short-lived winning streak. Dal ended their 11-game losing skid the evening before with a 1 - 0 triumph against St. Thomas. Moncton is third place in the AUS after the win.

Their inability to produce on the power play was the story for the unsuccessful Tigers. Not only did their power play fail to contribute, but they also allowed the game's first goal. Aigles Bleus forward Francis Rochon streaked up the left wing and cut across unchallenged, sliding the puck through the five-hole for the shorthanded tally seven minutes into the first period. The star forward would later go on to further embarrass Dal defenders and goaltender Bobby Nadeau with two more skillful goals.

In only 18 shots the Aigles Bleus totalled five goals; the two other goals were provided by Eric Faille and Dean Ouellet. Nadeau's save percentage after the game rested at a paltry 0.722.


The lack of discipline by both teams contributed to a lot of time on the man advantage. This was not to either team's favour, however, as each squad had an impotent power play. Dal was 0-for-4 on the power

play with 22 penalty minutes, while Moncton was 0-for-3 and combined for 34 penalty minutes.

Dal's lone marker came from forward Patrick Daley 1:37 into the third period to close the deficit to 2 - 1. Daley, after missing several excellent opportunities involving wide-open nets, managed to put one behind Andre-Michel Guay. Daley played with moments of intensity and hunger, but one player can't do everything. Moncton would later go on to score three more goals to end the match.

“While Dalhousie outshot Moncton, the other statistical columns shed light on the goal margin.”

The outplayed Tigers certainly deserve praise for their aggressive spirit. The physical style of play suited the Tigers early, but they failed to adapt when Moncton began scoring. Often Dal's excessive physical play would draw defenders from position, leading to numerous scoring opportunities for the opposition. David MacDonald was guilty on several occasions.

After a season that has not gone according to plan, it can only be hoped Dal's deconstruction of Memorial Arena at the end of the season is not metaphoric for the school's struggling hockey program. 

**THE FATE OF THE DAL ARENA:
FULL GAZETTE COVERAGE NEXT WEEK**

Comeback theme for women's hockey

Tigers have bite in third period

Dal counts four tallies in under 10 minutes

Dylan Anderson
Sports Contributor

Even when frustration seeps in, the third period seems to work magic for the Dalhousie Tigers women's hockey team. After being shutout in the first two periods, Dal was able to make their second third period comeback in as many days, pulling through with a well-fought 4 - 3 win against the St. Thomas Tommies Jan. 8 on home ice. The Tigers, which lost 4 - 3 in overtime opposite Moncton the day before, snapped a three-game losing streak with their first win of the season over St. Thomas. Dal lost their previous match against the Tommies in late November.

"We were just smart with our decisions," said Fielding Montgomery, who had two assists in the Tigers win. "We weren't scrambling. We were calm and we did what we needed to do."

Down by two goals until the third period, Dal took their first lead of the match with 6:04 left in regulation time to make the score 3 - 2. Montgomery snuck past the defence on the left side to put a nice backhand on net. A perfectly placed Rebecca Smyth then got her stick on the rebound for the goal.


Dal's remarkable comeback comes 24 hours after a similar two goal third period rally against Moncton the day before. After losing in overtime Jan.

7, the Tigers were determined to not let another game slip through their fingers.

"We were really excited," said Tigers' leading scorer Jocelyn Leblanc. "We played a good game yesterday and we came close to winning, so today to battle back like that in the third is really exciting."

Reeling off of Smyth's goal to tie the game, Leblanc took matters into her own hands. Forty-four seconds after the equalizer, Leblanc won the faceoff in the St. Thomas zone, deked past the defender in front of the net and while on her knees she slipped the puck through the opposing goalie's five-hole for what would become the winning goal.

Leblanc's tally capped her team's four-goal performance that leaped the Tigers ahead of St. Thomas in the standings. The Tigers are seeded fifth in the AUS with 10 points.

Assistant coach Kerrie Boyle was 1 - 2 in her three games as acting bench boss. Head coach Sean Fraser will return to the bench this weekend after serving a suspension. The incident occurred Nov. 25 against Moncton. 

The Tigers will face first place St. FX Jan. 13 at Memorial Arena. Game time is 7 p.m.

Tigers defender Brooklyn Winch looks to get past her opponent
••• Photo by Rob Grandy



Women's Tigers outlasted in overtime

Dal's third period comeback not enough

Ian Froese
Sports Editor

Dalhousie's late rally to bring the game to overtime would ultimately be foiled by a weak penalty against them.

Janie Leblanc only needed 18 seconds on the power play and a successful point shot to stop Dal's comeback attempt in its tracks Jan. 7, driving Moncton to a 4 - 3 victory over the Tigers at Memorial Arena.

A questionable hooking call on Elizabeth Matheson 3:02 into the extra frame gave the opposing Aigles Bleus the only advantage they needed. Jocelyn Leblanc said surrendering the winning goal while short-handed is an unfortunate reality of the game.

"Usually in overtime the ref puts his whistle away and [today] he didn't. It's kind of a crappy way to end for us, but you can never blame it on the ref."

The overtime period was only required after Dal's Leblanc scored her 12th of the season with 44 seconds left in regulation to tie the match at three.

"Me and Miranda were just bat-


ting in the corner and I got it out in the slot for her, she shot and the rebound came right to me," Leblanc recalled. "It trickled off my stick and it went in. I'm lucky the goalie was out of position."

Dal's comeback began late in the second period when Fielding Montgomery made it a one-goal contest. The third-year found herself in the right place at the right time, capitalizing on a deflection off a defender's skate to pot the easy marker in front of the net.

For the conference-leading Aigles Bleus, the match was a reality check that they must come to play for a full 60 minutes.

"There's no excuse. We should have come out way on top, way more than they did, but Dal played us great," said player of the game Marie-Michelle Poirier, who had two goals and one assist.

"We were up 3 - 1 and they came back. They deserved that game. We stole it from them, to be honest."

Kathy Desjardins stood tall in net for Moncton, denying 20 shots. Bri-tanny McMacken stopped 17 at the other end of the rink. 

SPORT/RETORT

Expecting more from men's hockey

Ian Froese
Sports Editor

This is not the first season the *Gazette* has criticized Dalhousie's men's hockey team. Far from it.

Only a few years ago the Tigers were arguably one of the worst university hockey outfits in the nation. It wasn't pretty. Dal was last in the loop for four consecutive seasons. The team had only three wins to show for themselves in 28 games in the 2005-06 season. Their encore performance was seven victories, and five wins the season after.

It was nothing to write home about.

The Tigers, however, have slowly improved since inviting head coach Pete Belliveau to right the ship in 2008. Last season the Tigers finally returned to the playoffs—their first berth after a miserable six-year absence.

Sure, the team was booted from the post-season last spring almost as quietly as they entered, but our men's hockey team was the best it has been in years. It was a relief, and we were sure Dal would keep improving. The offseason acquisitions of fifth-year transfers David MacDonald and Zach Firlotte only made the team better.

We even titled our season preview a few months ago, "Men's hockey poised to join post season."

Turns out, we should have dialled down our optimism.

This season the Tigers crawled back to the AUS basement as if they never left. After a commendable 2 - 1 start, Dal would drop 11 consecutive games, only ending that futility streak this past weekend with another victory against St. Thomas, the sole team the Tigers appear capable of beating.


It has been disappointing. And we have not been afraid to say it in these pages.

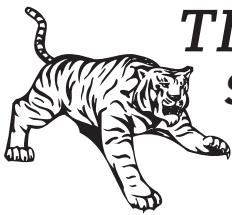
See, we got some flak back in December during the height of Dal's dismal losing streak for our, I'll say, humorous, jabs at the team in our 'Semester in Review' feature. We bestowed such glamorous awards on the squad as 'Best Team At Not Winning' and 'Best Disappointment.' We had a little fun at the team's expense, as you can tell.

It might be harsh, but drawing attention to the Tigers' faults was also deserved. This is a team that languished away in the bottom of the league for years, and when we saw them making a return visit, we did not enjoy the *deja vu*.

We cannot deny the Tigers' numerous injuries to key players like Bobby Nadeau, Wendell Vye, Patrick Daley and Brad McConnell have hurt them tremendously, but good hockey teams must find a way to win. Dal didn't. The team knows it has to be better. In fact, they would be the first to tell you.

Refreshed from the holiday break, the Tigers have ample opportunity to turn their season around. Former assistant Chris Donnelly has taken over the head coaching reins from Belliveau, and it's hoped the new perspective behind the bench will provide a jump in the team's step. Last Friday's game was indication the Tigers are well on their way to changing their fortunes. Last Saturday's game was not.

The *Gazette* sports section is filled with talented sports reporters, but we're also fans, too. We don't want our hockey team to become the league's laughing stock again. We want Memorial Arena—or wherever the team happens to play—to be an exciting place to cheer on the Tigers; a team with a legitimate chance to win every night. Is that too much to ask? 



TIGER TONING SMART RESOLUTIONS

Send your fitness-related questions to Sports@DalGazette.com and check back in the Gazette weekly to see if your question gets answered

Colin Hebb
Health Columnist

"I feel almost lame setting a weight-loss goal as a New Year's resolution. How do I avoid the trap that plagues so many and actually accomplish my New Year's resolution?"

—The 99% of Resolution Setters

It seems quite cliché to write a New Year's resolution article in a health column, but it's a good question and is probably one a lot of people are asking. So, I yield my column to the topic of goal setting and how to genuinely achieve what you set out to do.

Firstly, let's forget this is New Year's. We set goals all the time and fall for the same traps as those resolutions we pledged to keep. The one thing I will say on New Year's specifically is that when setting resolutions, keep in mind they must be realistic. You won't have the fresh start mindset all year long, so you need to put a plan in place that can withstand the inevitable return to your regular ways. This leads me into (drum roll, please) SMART goal setting, the key to planning sensible goals.

Without further ado, here are the five components of the SMART goal strategy.

SPECIFIC: Make your goals specific rather than grandiose statements which could mean anything, like "I want to be healthier" or "I want to look like that 30-year-old playing a teenager in the latest cancelled show on the CW network." (That example was actually pretty specific, wasn't it?)

Make your goal something concrete. Maybe it's a number on the scale, something you want to remove from your diet, or perhaps it's several specific goals that have an overarching theme to it? The first step is having a plan, which is important if you want to achieve anything.

MEASURABLE: Related to the above, you want your goal to have an achievement target or at least the ability to track progress. If your goal is specific, it will likely be easier to include a measurable component—allowing you to watch yourself improve. Don't let it become an

obsession, though. This is especially important with scales. Weight can fluctuate for many reasons other than fat. Look for trends and don't over-analyze it.

ACHIEVABLE: This is probably the most important aspect of SMART goal setting. You need to make sure what you are aiming for is within your power to reach. I mean, yes, we can do anything we set our mind to, but we need to start somewhere and you should not be setting goals that will only frustrate you in the short-term. That is not to say we can't set grand goals we will eventually work towards, but you can't run up Everest. There are steps to consider, and if we ignore those the probability of giving up or feeling defeated is much higher.

REALISTIC: Similar to the above component but more so related to the overall plan for achieving your goals, you need to set yourself on a path that falls within your ability to progress and improve. Understand that there is a learning curve to everything.

There are some virtuosos out there that can pick up skills quickly and some people who seem to eat whatever they want and lose weight. They are the exceptions. Be realistic and make your plan one that works for you and gives yourself the time to achieve it.

TIME-BASED: Along with being specific and measurable, your goals should include some timelines. And along with being realistic, these timelines should not be ridiculous. Losing ten pounds in one week is ridiculous. 1-2 pounds per week is realistic (depending on your body type, losing even that much may be too severe for some people). A timeline for your overall goal and the mini-goals leading up to it is typically well-advised.

SMART goals are the way to go. If you have set a goal already, give it the SMART test and make adjustments where needed. If you are still working on your resolutions, keep these tips in mind and you will have already improved your chances of a successful 2012. ☺



Top 5 Tigers Moments of 2011

Henry Whitfield
Staff Contributor

The Tigers were busy last year, winning a number of AUS titles and continuing a run of dominance in a number of sports that has become commonplace.

From moments on the court to in the rink, here are our Top 5 Tigers Moments of 2011:

1. Men's basketball wins AUS title

Led by the AUS all-star tandem of Simon Farine and Joseph Schow, Dal's men's basketball team emerged from the regular season in second place on the back of a 14 - 6 record. They continued that streak into the playoffs, knocking away St. FX by 11 points in the semifinal before rolling over Acadia 78 - 47 for their second AUS title in three years.

2. Women's soccer claims AUS crown

After a disappointing loss in the 2010 semifinal to Cape Breton, the women's soccer team was supposed to be rebuilding this past season. But a tough style and hard-nosed defence turned the team into serious contenders, able to shut out their opponents eight times over the season.

Following a third-place finish in the regular season, the Tigers went into the playoffs as underdogs but instead they knocked aside UNB and SMU on the way to beating the higher-seeded UPEI Panthers in the finals 2 - 0.

.....
"One of our least talked about teams is also one of our most dominant."
.....

3. Men's hockey playoff drought ends

After finishing the 2001-2002 season top in the AUS, the Tigers men's hockey team started on a steady decline, unable to compete with the emergence of a new crop of talent in the conference. Pete Belliveau arrived in town in 2008 to turn the program around and they steadily improved under his watch, last season even earning their first playoff appearance in seven years. Despite being swept in the first round, the team reminded

fans that post-season hockey can exist at Dal.

4. Lacrosse: Three titles in four years

One of our least talked about teams to don the black and gold on campus is also one of our most dominant. The men's lacrosse team won its third title in four years this fall, crushing St. FX 13 - 4 in the finals. The championship capped the Tigers' 7 - 1 season that saw them score a whopping 133 goals and allow just 58.

5. Swimming dominates, again.

The men's team picked up its 13th straight AUS title and the women added their 10th last spring, and both are poised to win another this year. These dominant runs mean the Tigers have yet to lose a championship since the turn of the millennium, with no end in sight.

The numbers don't lie: Dal's swimming team has picked up 2292.5 points through the three meets, while the total combined score of every other AUS school in competition is just 1732. Dominant. ☺

Juleous Grant was among Dal's key stars last spring as the Tigers won the AUS championship. ••• Photo by Alice Hebb

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Dalhousie University's Department of Athletics and Recreational Services offers Dal students plenty of opportunities to get active, meet up with friends, show your competitive spirit and take your mind off the books! You can also head to Dalplex with your student ID and unwind while staying healthy.

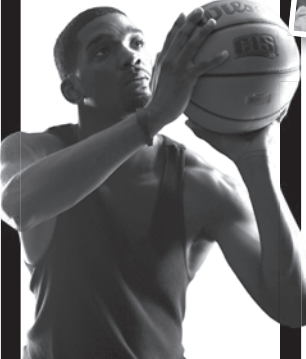
FRIDAY
January 13

Battle Breast Cancer with **Women's Hockey** vs. StFX, 7pm



SATURDAY
January 14

Battle Breast Cancer with **Basketball** vs. SMU, Women 6pm, Men 8pm



SUNDAY
January 15



Did you know... Dal students get in to varsity games for free! Show your DalCard and cheer on your Tigers!

MONDAY
January 16



Hurry! Register today for winter term fitness classes and programs - many of them start this week!

TUESDAY
January 17

Did you know...if you're a Dal student, you're already a Dalplex member! Drop by today with your DalCard and work up a sweat!



WEDNESDAY
January 18

Scotia Tire Roll with the Tigers **Men's Hockey** vs. ACA, 7pm



THURSDAY
January 19

Kick start your 2012 workouts and get better results with a Dalplex personal trainer!



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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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CATCH THE TIGERS ACTION!

FRIDAY, JAN. 13

Women's Hockey vs StFX, 7pm

SATURDAY, JAN. 14

Basketball vs SMU, W 6pm, M 8pm

Admission is **FREE** for DAL students with ID

Webcasts are available at www.ssnCanada.ca

Join the Tigers in support of the Canadian Breast Cancer Foundation - Atlantic Region at the games this weekend. Gate revenue and 50/50 and t-shirt sales will be donated.



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Dal Gazette

CONTRIBUTOR'S
MEETINGS

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THE SEXTANT

Editor in Chief:
Ben Wedge

DALHOUSIE'S OFFICIAL ENGINEERING NEWSPAPER

January 13, 2012
Page 1 of 1

You Know What Really Grinds My Gears?

This is the first of a weekly column where I get to ramble on about anything I want. I'll try to keep it relevant to the majority of students here at Sexton and hopefully we can learn a little in the process.

So... you know what really grinds my gears? New Year's Resolutions. Don't get me wrong, I think setting goals and becoming a better person are great ideas, but setting them on January 1st? It's kind of lazy. New Year's resolutions are like trying to shave a snake, it just doesn't work out too well.

I went to the gym on January 2nd and I immediately turned around because of those individuals testing the water for the first time. The people were like Grandpa's eyebrows in there: all over the place.

Here's my suggestion: "Sunday Resolutions". It's a new thing... my New Year's resolution, if you will. Make a commitment at the beginning of the week to better your life. And if you fuck off for a few days, don't worry about it and get back to it, it happens to everyone. Here's a list of things to better your life and make you a better person:

- Organization: This may be the industrial engineer in me talking, but staying organized in all aspects of your life relieves a lot of stress and saves you a lot of time. "A place for everything and everything in its place". You'd be surprised how much time you can save in a day knowing exactly where all your shit is and not having to search for it. In saying that, if you don't use it, throw it out. De-clutter your life and sell/give away things you don't need anymore. Make a few bucks on Kijiji and buy something cool, like a wookie mask.

- Exercise: Doesn't need to be much but it is also a good stress reliever. Find a buddy to join you or a group of friends to play basketball with or pond road hockey.

- Floss

- Make Lists: Grocery list, to-do list, list of things you want, list of people you want to punch in the face... lists can be fun.

Next week will be more of a rant because I rode the bus the other day, that's one list you're going to want to read.

Robert Newcombe
4th Year Industrial

Be Courteous at the Sexton Coffee Stand

We are all pretty stoked on the XL double-doubles to get us through the strife that is the luxury of a university education. It's kind of great to be able to press the buttons ourselves and marvel at contemporary coffee service technology.

Unfortunately it seems that the self-serve system often means a much bigger mess, and then Barbie, Pauline and Wanda - the beautiful ladies who make the whole place happen - end up spending more time cleaning up our spills and

messes. They do it with a smile and always greet you warmly, but the question remains:

Could we make their days a bit more enjoyable by leaving things a bit cleaner?

It would be wonderful if this was true. Imagine the effect of a few hundred miniscule but intentional acts of kindness on the mood and well-being of those who care for us like family.

Who knows? We may even be happier ourselves.

One Wheel Insanity: Apocalyptic Implosion Factor

Welcome back from the holidays! We have reached the year of 2012. With an apocalyptic year of unparalleled proportions ahead of us, it is important to journey through the 'final' New Year with a great sense of humor. Or better yet, on one wheel.

Let us exam our options for self-propelled motion on one wheel.

- 1) A simple unicycle.
- 2) A taller unicycle, otherwise known as a giraffe unicycle, for a better view of impending doom.
- 3) An impossible wheel. They say nothing is impossible but this one might be difficult to master in a year's time.
- 4) An ultimate wheel - driven in a unique wobbling manner.
- 5) A mountain unicycle, otherwise known as a Muni. Replace your mountain bike with one of these for increased amusement. This, unfortunately, is coupled with increased injury.
- 6) The Dr. Suess aims to fulfill any young adults desire to be a part of a Dr. Suess book.

Comprehending these absurd devices, or even realizing that such items exist, helps swallow the steady stream of strange end of day's prophecies. There have always been misguided religious

prophets predicting Judgment Day. They predicted the end, the date came and nothing substantial occurred.

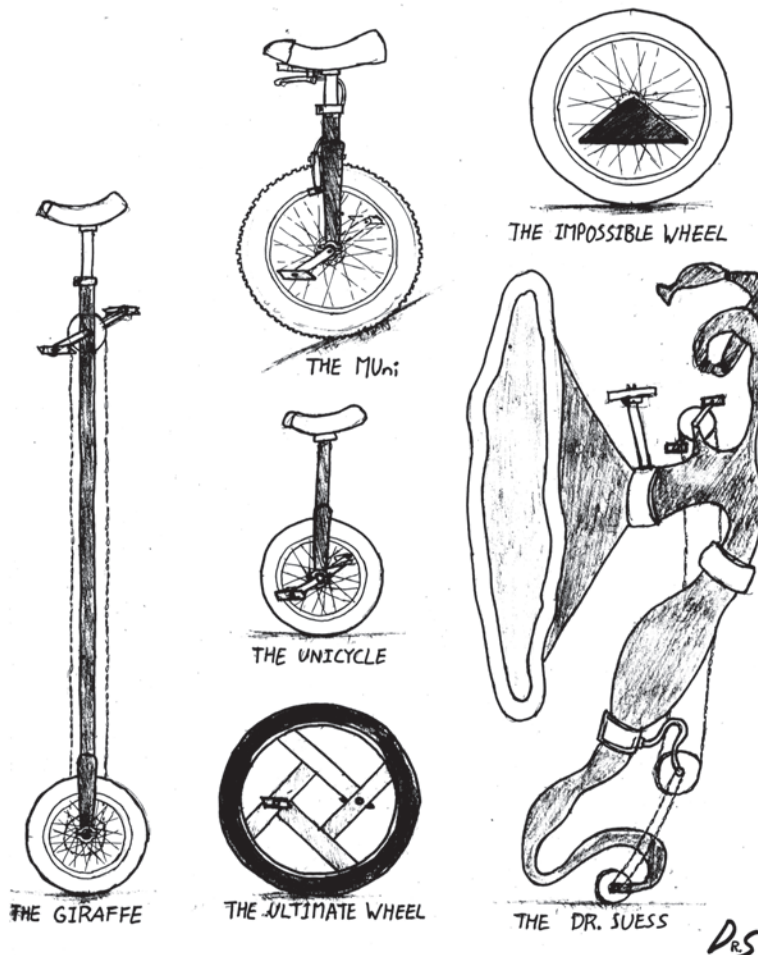
We now concern ourselves with the wise Mayan's predictions. But atlas, prophets of unspecific, nevertheless total and immediate apocalypse, are just ridiculous; while unicycles, ultimate wheels, impossible wheels and so forth are all very much real things.

Maybe we should be concerning ourselves with real issues facing our generation: continual environmental degradation, exponentially increasing raw resource consumption, slacktivism, exclusivism that blames and points fingers (nomenclature like contrarian comes to mind) instead of supporting open discussion, etc ...

Back to the unicycles:

In an era of ridiculous energy consumption, it is comforting to know that there still exist many intriguing one wheel devices for expedited travel. Faster than walking, more enjoyable than running and yet entirely human powered.

Peter Tosh was an avid unicyclist. He did not seem to be too concerned with apocalypse during his lifetime. We should all consider following suit.



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