

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



The Frosh Issue

Your first week need-to-know

Dal welcomes Datta back, pg 5

Learn how to think in class, pg 7

Everything about campus sports, pg 15

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DALHOUSIE
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WELCOME TO DAL EVERYONE!!!

If you are looking for fun things to do on campus be sure to check out the inside cover of the Gazette each week for the DSU's weekly list of events.

You can also check out our website at www.DSU.ca for events, society resources, student advocacy services, grant information and much more!

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

ROARientation

September 4 - 7

We know all you first year students will want to come out and show your tiger pride at the DSU's annual orientation week. This year promises to be full of exciting events. There will be a variety of games, shows and even parties at the Grawood! And don't forget our annual Shine Day taking place on September 7!

For more information on scheduling and events visit our website at www.showyourstripes.ca or contact Jamie Arron, your DSU Vice President of Student Life at dsuvpsl@dal.ca

First Class Bash

Thursday, September 8

Come celebrate the first day of classes with the DSU and Signal Hill at the Grawood!

Tickets are \$5.00 at the door and you must be 19 years or older to attend. Doors open at 9:00 pm. Be sure to come early as this is always a sold out event!

Dalfest

September 8 - 10

Come out to the DSU's official welcome back party! This year Dalfest is a three day long event full of games, live entertainment, free food, fireworks and of course a beer tent! There is also a FREE Bedoiun Soundclash concert!!!

Be sure to check out www.DSU.ca for a complete list of event details or contact your Vice President of Student Life, Jamie Arron via email at dsuvpsl@dal.ca

Society Fair

Wednesday, September 14

We will be hosting our annual Society Fair in the McInnes Room of the SUB. The event will begin at 11:00am and will finish up at 2:00pm. This is your chance to come out and meet new people with similar interests and get involved!

To register for a table please email Holly, your Society Coordinator at Society.Coordinator@dal.ca

Society Training Day

Saturday, September 17

Society Training day will take place on September 17th from 9:00am - 2:30pm in the McInnes room. This is a mandatory training day for all societies and at least 1 executive must be present.

You will find a registration form on www.DSU.ca under the Society Resources/Leadership & Involvement tab. Please complete this form and submit it to room 222 of the SUB by 2:00pm on September 14th.

Stay connected with the DSU through Facebook & Twitter

Facebook: Group and Page – Dalhousie Student Union

Twitter: www.twitter.com/dalstudentunion

September 2 - September 8, 2011 •

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the fine print

The Gazette is the official written record of Dalhousie University since 1868 and is open to participation from all students. 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. A "staff contributor" is a member of the paper defined as a person who has had three volunteer articles, or photographs of reasonable length, and/or substance published in three different issues within the current publishing year. 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

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How not to become a zombie

Or: Welcome to Dal; good luck

Dylan Matthias
Editor-in-Chief

Welcome to Dal, your frosh pack (or newsstand), and the very first *Dal Gazette* it contains. Thanks for picking us up.

Hi. By way of introduction, we're your campus paper. Your very own campus paper. Introductions are tough, annoying and there are other things in your frosh pack (or newsstand), so I'll only do this once: welcome, good luck, and have fun. If you're a returning student: welcome back, good luck, and have fun. This editorial's aimed at frosh. The rest of you probably already know where The Streeter is (page 10).

We have a lot in common. As a paper filled with journalism students, we often come across as zombies. As first-year students, you often come across as zombies. We miss deadlines, you miss deadlines. We're a fairly attractive place to advertise and so are you (welcome to the coveted 18-35 bracket!).

But as you pick apart your fun-filled-yet-perhaps-slightly-predictable frosh pack (yes, you got condoms), it's worth remembering that we have one other thing in common.

You're not just future hosts for the "Bold Ambitions" fundraising campaign. And we're not just a campus rag dedicated to moaning cynically about young adult life. We each have a little personality, and a desire to do something good, leave a little of ourselves behind. And we've each got a whole year ahead of us.

We've got so much in common we might just work well together.

You have four years to learn and do. You have four (and sometimes

more—ask the returning students) years to find some direction. Four years to try things out. Similarly, we have one year and 24 issues to learn how to work our editing process, to try and fill our website, and to produce something with meaning to both us and to you, the student body.

By issue number two coming out next Friday, we'll have received our usual compliment of letters claiming that our friendship is over, that the *Gazette* doesn't represent you, Sexton campus, Halifax, or contain enough zombie comics. And then it gets all bitter and legal, and you won't even show up to our AGM so we get quorum.

Nobody wins like this. It's like signing up for a course with that awesome, amazingly funny prof, then not showing up more than a third of the time. So let's do better: you've got four years to make stories happen at Dal. We want to know about them and tell everybody.


See, people our age get passionate about a great many things. With me it's soccer, journalism and creative writing. So I started covering lacrosse for the *Gazette* and three years later I'm running the *Gazette*, writing an AUS soccer blog, and taking an advanced fiction workshop. That's a story of sorts. For you, it might be fishing and neuroscience. It might be marathon running and local food. Experiment, then tell us about your results so we can publish your story. Let things happen.

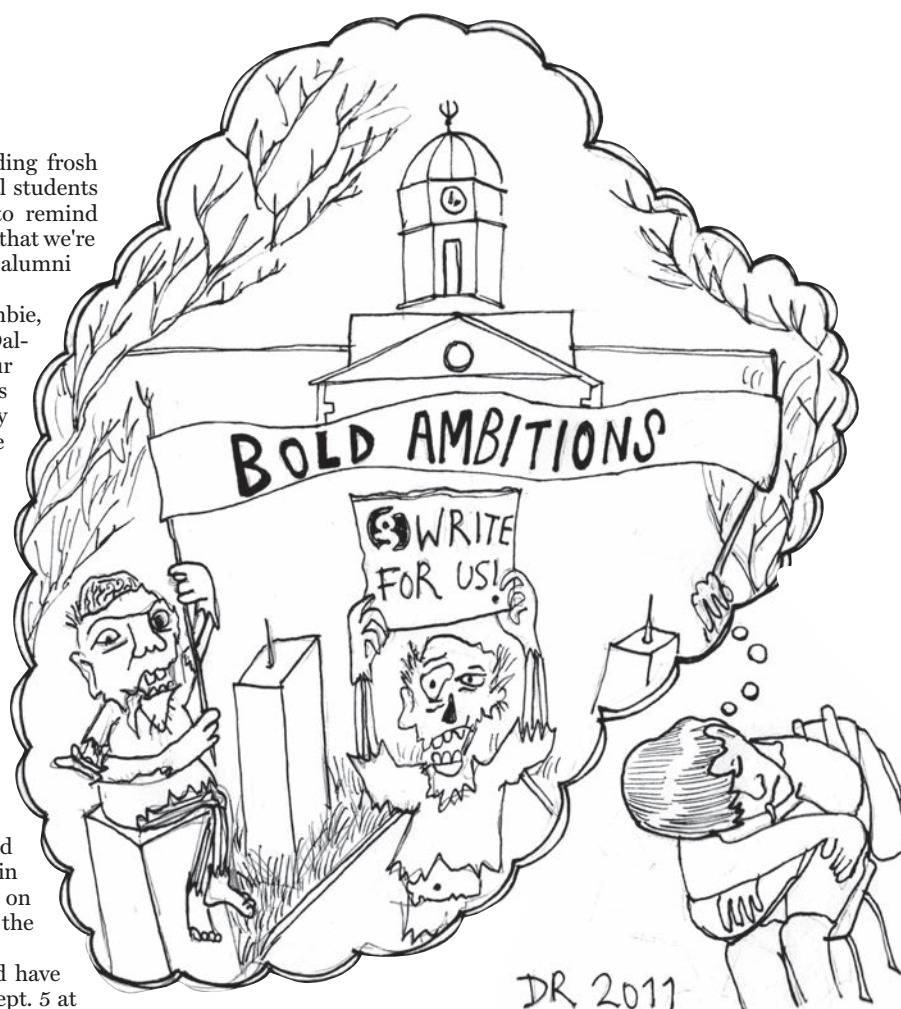
That's your paper's advice for frosh week. Whether you'll remember it or not is an open question, with the answer varying on how much alcohol will you consume in the next 168 hours. But there's more to your next

four years than one unending frosh week. There are 17,000 Dal students and sometimes we need to remind the Dalhousie stratosphere that we're not just tuition money and alumni funding.

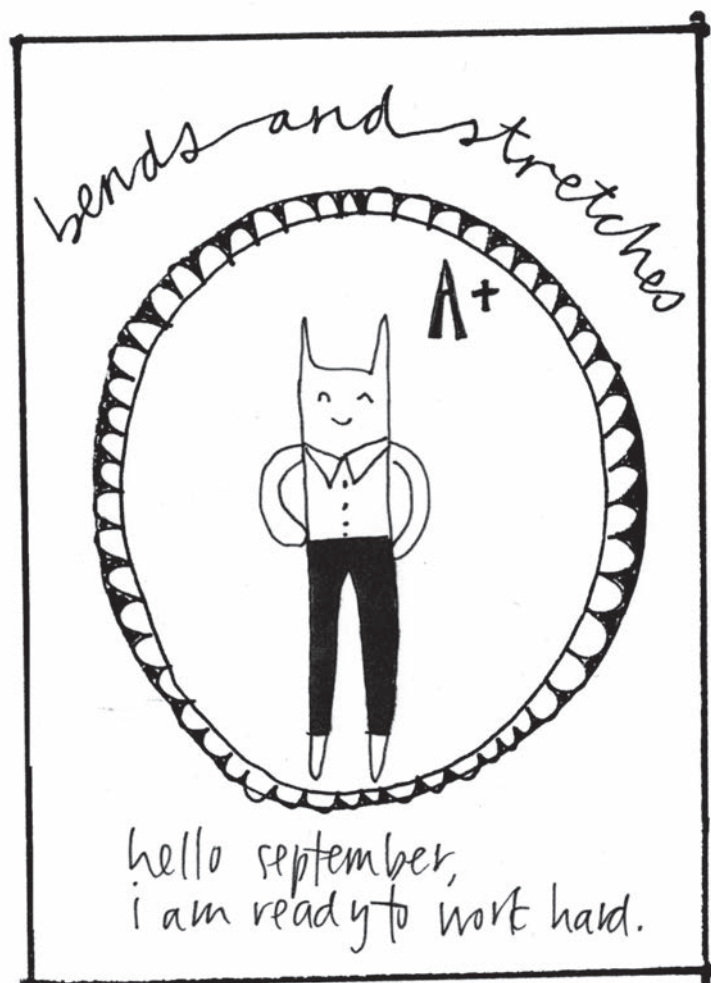
So if you're not a zombie, prove it. Let a rolled-up *Dalhousie Gazette* be your weapon. We have all kinds of uses—and a lot of empty pages sometimes. If you've got something you want to tell the world, here's your chance to do it. You're here to learn how, after all. And prove that there are people paying that tuition, not just "Bold Ambitions."

So I think we have a lot to offer each other. Want to be friends? Uh...um... maybe you might want to, you know, come over to our place? Eat some pizza? Around 4pm on Monday would work. We can crash on the couch and tell some stories. We live in the SUB, just up the stairs on the third floor, and down the hall to your left.

Welcome, good luck, and have fun. See you on Monday, Sept. 5 at 4pm in room 312 in the SUB. 



••• Illustration by Daniel Rotsztein



OPEN TO ALL DAL STUDENTS, FACULTY, ALUMNI & STAFF

FIRST CLASS BASH

[event info, prizes, questionable photos of your friends]

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DSU DALHOUSIE STUDENT UNION

MOLSON CANADIAN

Campus dating
From turkey dumps to LikeALittle



"Life has the potential to be very, very good." Photo by Angela Gzowski

Torey Ellis
Assistant News Editor
For the girls and boys coming into Dalhousie this year single and looking: life has the potential to be very, very good.
For the extroverts, there are always the perennial favourites such as residence parties, Frosh events and off-campus keggers—classic meet-up spots.
But for the shyer folk, there are other options. LikeALittle.com, a free, flirty, university-oriented website, exists solely to let people make a move without actually having to move at all.
Catch a glimpse of a strong and silent type across the room but don't have the guts to walk over and start a conversation? Log on to LikeALittle.com/dal and leave a note.
"Tall, oh so tall. You in a hoodie made me feel rather floppy," says one note about a redhead at the Dentistry Building.
You have blonde hair, and I'm pretty sure you are from Toronto. Name starts with A. Truly the most gorgeous girl I've ever seen. Wish you knew I existed," says another.
There's a version of LikeALittle for most universities all over the world. Anonymous users choose the gender of their crush, then narrow it down to location on campus and hair colour and leave their message.
Dalhousie itself offers no university dating service, but Dr. David Mensink of Dal Counselling Services doesn't think such a service is necessary.
"There are so many more options now than there have been before, just because of social networking," he

says. "Lavalife. Match.com. Facebook. Need I go on?"
For those starting their university life with a partner, school gets trickier. Sean MacKinnon, a PhD student in psychology at Dalhousie, conducted a study last year that revealed some trends in university relationships.
"I'm going to call it a 'true love' theme, for lack of a better term," he says of the stories he heard. "They had a really great summer and now it's going to be a long-distance relationship, but that's OK because they have a really wonderful, close relationship and even though it doesn't work for other people, it'll totally work for them."
"It's a little sad in light of the fact that a lot of them do end up breaking up, and we're going to be following up on that," he said after the first phase of his study.
The infamous 'turkey dump,' the Thanksgiving break-up that occurs once long-distance becomes too much to handle, is a fear in the back of many a frosh's mind.
But in his experience, Mensink says the number of relationships he hears of ending aren't special to frosh. "It's not limited to first years and not more frequent than any other year, be it third year or medical school or graduate studies," he says.
The later phases of MacKinnon's study back Mensink up: only about 17 per cent of the students he interviewed broke up at least once during their freshman year.
So regardless of relationship status, relax. And take the advice given to a "blonde guy" on LikeALittle: "Life is short, live it. Love is rare, grab it."

THE JOURNEY OVER
How out-of-province students cope

Olivia Schneider
Staff Contributor
It is well known that Dalhousie attracts more than just Maritimers. According to the school's website, 44 per cent of its students come from other provinces. But in the thrill of a transition, what gets lost in translation?
"Now that I'm in third year I guess she'll just have to get over it."

Alex Martin, who graduated from high school in Kingston, Ontario, will begin studying commerce at Dal this fall. He says that when he began looking at university options, the University of Waterloo and Dal were among his top choices.
"Dal became my first choice as I learned about the program," says Martin. He was attracted to its smaller class sizes and the co-op program, which can be completed in four years.
But the thrill of the Maritimes was a big part of his decision. Martin says he has never actually visited Halifax, but has been to Prince Edward Island, and was wowed by the atmosphere of the east coast.
Although both city and school are appealing, it's still far away for students who call Ontario home. "Taking that step to the east coast is going to be a little nerve-racking," Martin says, "I'll be at least 16 hours away from home."
For some, the move isn't worth it. Former Tiger Maddy Tetreault took her first semester of university at Dal, and then chose to move back home. "I was constantly seeing pic-

tures on Facebook of my high school friends going home, and I missed it," she says.
Matthew Roby is attending Dal for his third year of university as a visiting student from Queen's University in Ontario. Just as with Martin, Dal's programs played a large part in bringing him to Dal. Roby will take medieval English classes to complement other courses from Queen's toward his concurrent education degree.
He says this year Queen's has reduced its course selection because of professors' sabbatical and retirement schedules. So Roby began exploring programs at McGill University and the University of Toronto. "A full-year Old English course is very rare," Roby says.
He adds that Dal offers such courses using original texts, a rarity in Canadian universities.
"I'm originally from England," Roby says, "and I like the Halifax lifestyle. There's quite a pleasant pub culture."
Dal's orientation week is one tool that aims to ease the transition of living far from home. The activities force new students to meet their peers, learn more about the campus and more about Halifax.
Throughout the year there are plenty of options available such as clubs and societies. For those feeling homesick, Dal Counselling Services offers support and advice.
Of course, it isn't just about the student's transition; families may worry too. "I'm not worried but I worry my mom will worry," says Roby. "But now that I'm in third year, I guess she'll just have to get over it."



Alex Martin, entering his first year at Dal, debates between umbrellas and flip flops or a parka and scarf as he packs for the maritimes. Photo by Katrina Pyne

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Welcome back, Neera Datta

Specialist's contract renewed after controversy last year

Samantha Begelfor
News Contributor

Dalhousie made the decision this July to renew learning disabilities specialist Neera Datta's contract at Dal, but not without major changes in scope. Datta's contract had been discontinued this past March by the same budget cuts that have led to increased tuition rates.

"At first, there was a lot of anger and confusion from students and faculty as to why her position had been cut," says Jennifer Volsky Rushton of Dalhousie Counselling Services. "There was a lot of confusion with students wondering why they hadn't been consulted, and how the new bursary system would work."

The vice-president of student services Bonnie Neuman was faced with making the original cut. "I don't believe in hiding the decisions that

have to be made," she said to the *Dalhousie Gazette* earlier this spring.

A previous media ban on the topic suggested otherwise. In March 2011, Neuman banned all members of Dal Counseling Services from talking to the media about the issue. That ban is no longer in effect.

Before Datta's contract was renewed, a bursary program was put in place to support students.

"We believe that since our students will have the means—either through their family's support or through this bursary program—to purchase these services, that more local expertise will quickly develop to meet their needs, and that these professionals will locate their offices close to our campus and their campus clients," said Neuman before Datta was re-hired.

A smaller scale version of the bursary program is still in effect.

Datta offers students a preliminary

educational assessment as an alternative to a full psychological examination which costs upwards of \$1,500. She also provides a specialized study-technique education for students with learning disabilities.

Psychology student Matthew Fleischmann says students decided to take a stand. "Tons of parents bombarded the president's office. Even students without disabilities stood up and said, 'This is wrong.' I was very impressed with how the DSU took charge."

"Ultimately the university realized how important the service was, so

President Tom Traves and the DSU agreed to fund the position. It was underestimated the type of response the issue would get," says Rushton. "We had not given up on keeping Neera here."

Many students wondered why it was considered appropriate to make this cut in the first place.

"I think a big issue is a lot of people don't understand what it means to live with a learning disability. Dal really just provided the bare minimum, and I think it has a lot to do with what is viewed as fair," Fleischmann says. "What lots of other students don't understand is that students with a learning disability don't start on the same level."

With financial support from the DSU and Tom Traves, Datta's highly demanded services remain intact. But though her contract is now renewed, many students are still left

without support.

University of King's College students were initially left out of the new contract, but after then King's President William Barker spoke to Dalhousie administration, that decision was reversed.

For Nova Scotia College of Art and Design students, the options look bleak. "Many of us have been left feeling like we have nowhere to go. We are overwhelmed and do not have the money to pay for private help," says NSCAD student Morag Schonken.

Neuman says NSCAD was left out because demand on Datta was too great. "There was a greater level of need than what Neera was able to manage with all three schools," she says.

"No one has ever debated the need or value of this service," says Neuman. "The challenge was that a cut needed to be made." ☹

It's a ladle of love

The dish on the Loaded Ladle



Sonia Grant (right) and members of the Loaded Ladle get ready for their debut in the SUB. • • • Photo by Angela Gzowski

Katrina Pyne
News Editor

It's finally here! After two years of intense struggle by The Loaded Ladle volunteers, the student-run food co-operative will be cooking up a storm for its first official serving on Sept. 13.

Call it what you want, whether it's Tasty Tuesdays or Toast-worthy Tuesdays, because every Tuesday the Ladle will be serving up ethically sourced, local, vegan meals for students in the Student Union Building (SUB)—for free.

That's on Tuesdays, if you missed that.

The society that formerly operated on grants and donations from generous farmers will now be funded through a \$2 student levy that an overwhelming majority of Dalhousie students voted to support in the March Dalhousie Student Union (DSU) elections.

However, each day when the food runs out, the collective will be packing up and rolling out of the SUB as they have no official kitchen space yet. They will be cooking the entirety of the food at St. Andrew's Church (corner of Robie St. and Coburg Rd.) and rolling their meals on insulated carts down the street.

It's a stepping-stone, after all.

"It also means that we can actually pay producers for the food. In the past two years we've pretty much relied on donations entirely from really generous farmers," says Sonia Grant, a Ladle board member and fourth-year student at Dalhousie.

She says they are eventually hoping to serve every day.

"But for now we are just really excited to be here."

A food serving co-ordinator and an outreach co-ordinator have been hired on to their staff to help assist with the cooking frenzy. All students who want to get involved can help cook at St. Andrew's on Monday nights or Tuesday mornings.

All students are members of The Loaded Ladle co-operative; however, there are 10 students who sit on the Board of Directors. According to Grant, the goal is to avoid a hierarchical power structure and maintain a consensus-based decision-making model.

"We want to challenge the notion in society that food is a commodity," she says. "We believe that food is a human right and that everyone has a right to healthy and ethically sourced food and food that is culturally appropriate and affordable."

Because of this mandate, The Loaded Ladle has decided to serve

vegan food only. Grant says vegan food is easier to make, is ethically sourced and has a low environmental impact.

"We're not serving vegan food because we think that everyone in the world should be vegan," she says. "We seek to provide an alternative to corporate food systems and that includes factory farms, where a lot of meat is produced."

The co-operative group is looking to put more power in the hands of students, and away from corporations. They hope to see Dalhousie phase out its outsourcing contracts to food corporations in time. Last year, the DSU signed a one-year contract with Sodexo with the hope of initiating a self-operated food service in the future.


Students can get a sneak peek of The Loaded Ladle's tasty treats on Sept. 4, when they will be dishing out food for the Frosh picnic.

For anyone hoping to get involved with The Loaded Ladle, they will be posting a calendar of outings and outreach activities to their website in September. Activities may include apple picking, canning or pickling workshops, and cooking classes. See theloadedladle.blogspot.com for details. ☹


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Tracking down tuition

The hikes of the last year that have students talking

Rebecca Hsu
News Contributor

Welcome to Dalhousie – home of the Tigers, host to nearly 17,000 students, and recipient of some of the highest tuition payments in the country.

Despite the waves of student protests that hit the streets earlier this year, the provincial government cut university funding this year by four per cent and raised the tuition cap to three per cent higher than it was before.

Depending on students' faculty and program, Dal undergraduates can expect to pay approximately \$3,752.00 to \$4,638.70 per term for a full schedule in the current school year.

Thousands of students showed up to protest the decision at the Student Day of Action on Feb. 2 this year, but some still feel pessimistic about their ability to alter administrative and government decisions.

"There is nothing much I can do about it," says Nic Lin, an international student studying commerce at Dal.

Lin says that international students already pay a large sum of money and that having to pay more "is terrifying,"

but seemingly inevitable. "I need this education," he says.

International students' academic fees have gone up 6.5 per cent from last year. Starting in September, international students will pay \$3,865.50 on top of regular tuition.

Even higher increases have been put in place in professional programs, with dentistry facing the highest hikes at 14 per cent. Law and medicine are facing six per cent and ten per cent increases, respectively.

Prospective Dal student Stuart Morrison also feels helpless when it comes to fighting the surging costs of post-secondary education in the province.

"I've always assumed I'd go to Dal, but looking at the level of tuition now compared to other universities (...) has encouraged me to look at other options."

"It can be tough," admits Gabe Hoogers, Nova Scotia representative for the Canadian Federation of Students. "But ultimately the government is accountable to the public. They want to get re-elected so they have to listen eventually."

"The best way that students can affect change is to mobilize and to campaign in order to sway the public and thereby sway those in charge," he

says.

Hoogers points out that student action has already made some impact – the government reduced the original ten per cent increase in international student fees that Dalhousie initially proposed.

"This was directly because of letters students and student unions wrote to the government," he says. "I've heard from the Deputy Minister of Education herself that it was those letters that made the difference."

International students have been protesting the recommended increase through petitions and letters since April.

Canadian student loan debts are steadily climbing towards \$14 billion. Nova Scotian graduates on average accumulate approximately \$30,000 in student debt, a number that will increase by \$9,000 in seven years, according to the Canadian Federation of Students.

When asked how students might challenge tuition hikes and booming debt, Hoogers insists that students need to familiarize themselves with the issues and the facts.

"Know the system, and try to affect it with that knowledge," he says. ☞



Thousands march down Barrington St. in the Reduce Fees-Drop Debt Student Day of Action Feb. 2, 2011. ••• Photo by Colin Davis

Memoirs of a frosh

How to survive the week-long party



Tom Dobbyne
News Contributor

After moving in your stuff and saying goodbye to your parents, it's time to get down to the real reason you've come to university: to meet people and party like it's 1999!

But university is completely different from any experience that you've had before. Your mum and dad aren't around to pick you up from a party if things go wrong, and there is always pressure to go further than you may feel comfortable.

The first thing to remember is that O-Week is dry. Yes, it's going to be the most fun of your life, but all of the events being put on by your Student Union and residences are alcohol-free.

Fountain House residence assistant Melanie Gillis says that her first priority is "keeping (students) safe."

"Ultimately, the best way to stay safe during O-Week is to keep it dry," she says. "There are so many awesome events planned, and the best

and safest way to experience all of them is staying super-awesome and dry at the same time!"

Despite this rule, some people will still choose to drink during O-Week.

In this case, it's important to know your personal limits. That way you can stay safe and healthy and enjoy the whole week, because you only get one as a frosh.

One issue that is often overlooked due to Halifax's size is walking alone at night. During last year's frosh week, Halifax Regional Police received 86 calls from the central Halifax area alone, ranging from improper driving to assault.

"Never go anywhere alone, remember to use your bus pass, and you can always use Tiger Patrol, Dal's free-to-use, student-run walk home and patrol service," says Gillis.

Off-campus, the party doesn't stop. Some of the best times in your university life may occur at a friend of a

.....
"University
is completely
different from
any experience
that you've had
before."
.....

"Look after your friends and they'll look after you." ••• Photo by Tom Dobbyne

friend of a friend's house.

However, it is important to stay safe, even in a house full of people. Unlike downtown clubs, houses do not have security, and poor decisions can lead to a great night becoming a nightmare.

Know where you're going and how to get back. You don't want to end up separated from the one person who knew how to get back to residence. It's also important that others have heard of this party. If it's something no one knows about, there's likely a reason for that.

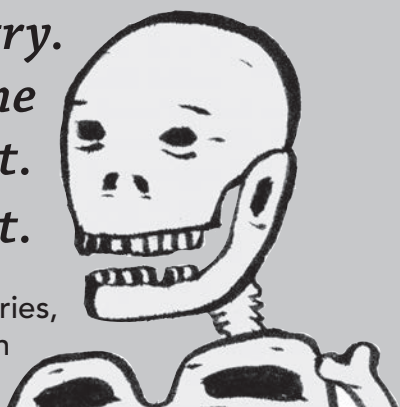
Look after your friends and they'll look after you. If you think that your drink has been tampered with, or you suddenly find people randomly encouraging you to chug when you have barely any drink left, just don't drink it. ☞



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Advice from the front of the class

Help Me Help You

Todd McCallum
History Professor

"I teach in the history department, and I've been recruited by the opinions editor to do one of two things: either I can describe the methods with which I warp your fragile little minds—since these are copyrighted trade secrets, I must refuse—or I can offer you advice as to how to be successful at university – a non-starter, since my own undergraduate experience was as far from successful as one can get.

"There has to be a better way for me to keep up than to watch the latest episode of Degrassi."

In my first year, I contracted mononucleosis and dropped most of my courses. I ended up in the office of a kindly dean who explained to me the rules governing academic probation. After much hard work, I once again became a "normal" student, at which point I managed to grow a tumour or two. Non-Hodgkin's lymphoma was the official diagnosis. Another set of courses abandoned in mid-stream, another meeting with the kindly dean, and several stints of radiation therapy. And then there was that year I had really bad hair. Feel free to harvest any chestnuts of wisdom from that if you can. Honestly, instead of helping you, I'd much rather that you

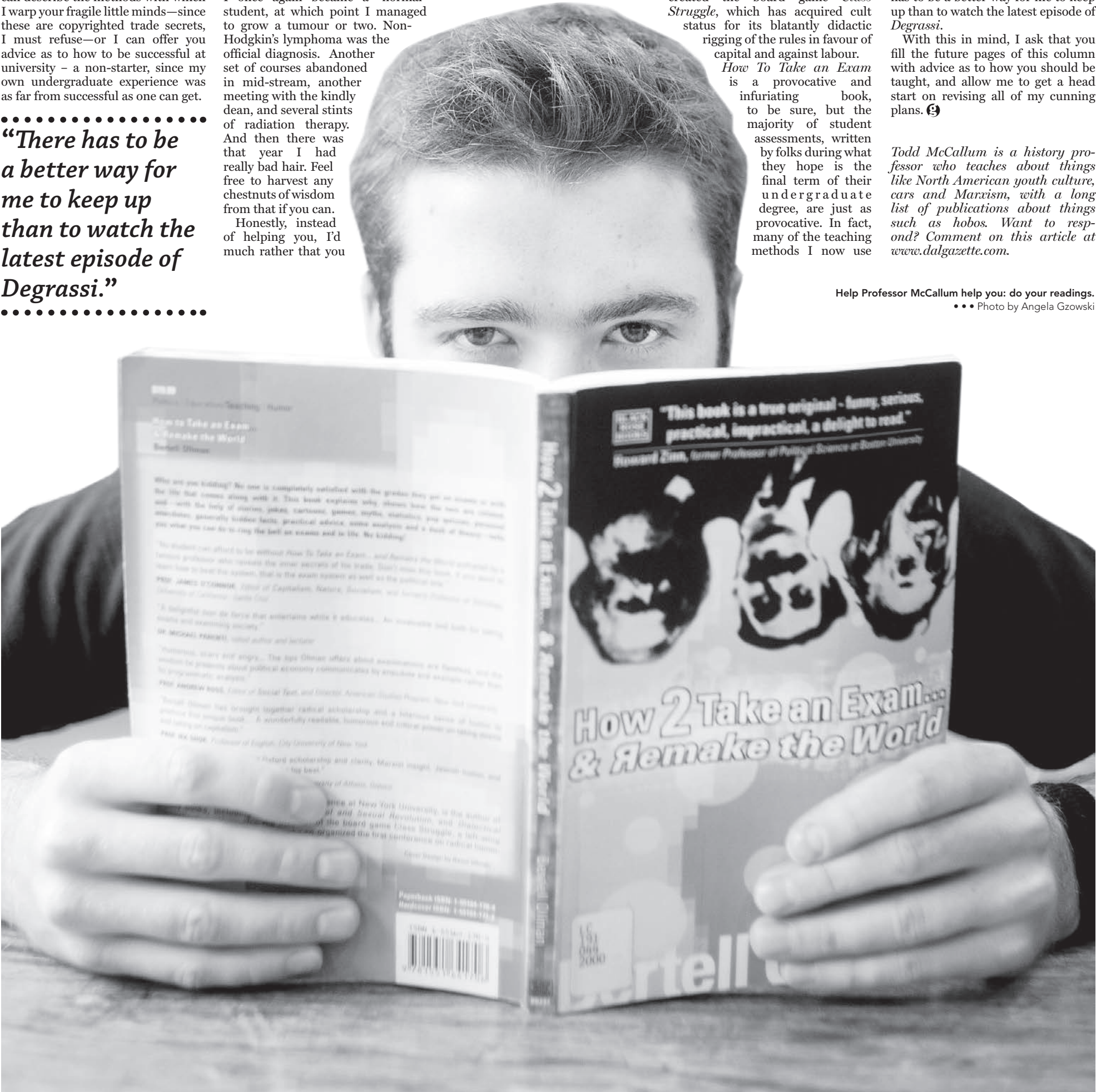
help me. In one of my classes, Youth Cultures in Canada, students are asked to critically evaluate their own educational experience in light of the Marxist advice about exams

and other important things offered in Bertell Ollman's *How To Take an Exam...And Remake the World*. Ollman is, for a Marxist philosophy professor, quite well known. Among other accomplishments, Ollman created the board game *Class Struggle*, which has acquired cult status for its blatantly didactic rigging of the rules in favour of capital and against labour. *How To Take an Exam* is a provocative and infuriating book, to be sure, but the majority of student assessments, written by folks during what they hope is the final term of their undergraduate degree, are just as provocative. In fact, many of the teaching methods I now use

have been devised to come to terms with the issues raised in the student commentaries. Nonetheless, that we live in a world of seemingly absolute change means that many of their opinions are likely obsolete, and there has to be a better way for me to keep up than to watch the latest episode of *Degrassi*. With this in mind, I ask that you fill the future pages of this column with advice as to how you should be taught, and allow me to get a head start on revising all of my cunning plans. ☹

Todd McCallum is a history professor who teaches about things like North American youth culture, cars and Marxism, with a long list of publications about things such as hobos. Want to respond? Comment on this article at www.dalgazette.com.

Help Professor McCallum help you: do your readings.
••• Photo by Angela Gzowski



What I wish I'd known

Hayley Gray
Sex Columnist

I've been avoiding this column for the last two weeks, not because I don't love writing about sex, but because I really wanted to articulate what I wish I'd known about sex going into university. There is no way I can accomplish this in totality, but here's a start, by way of a few things to think about whether you are just starting out, or returning to Dal this September.

Consent: it's not a one-time thing

No matter where you are in a sexual experience, you always have the right to end it/say no/leave/peace/G.T.F.O. Consent is a new thing every time, and having sex with someone once does not mean you will get to again. Consenting to one thing is not consenting to all: someone inviting you to sleep over doesn't mean that they want you in or around their junk.

These are all questions that each of us need to grapple with so that when real situations occur where consent is fuzzy, you have an idea of where you stand. This leads me to my next point:

Know what you want, or start figuring it out

You don't need to know right away how you feel about every type of sex with every type of person, but start thinking about it. Exploring what you're into makes it much more likely that you will, (a) have sex you enjoy, and (b) not have sex that makes you feel icky, uncomfortable or grossed out.

Lisa Wade, a sociology professor, studying hook-up culture in universities is concerned about the high numbers of students reporting having bad sex their first year at university. I believe this is linked to women in university not viewing sex as something that they want but something they want to be good at.

“Those with the most active sex lives in their time at university were hooking up with approximately 10 people, which is around three a year.”

Often we think we're ready for consensual sex if we can verbalize the word 'no.' But real experiences are generally far removed from the talk your R.A. gave you. What if the guy that every girl on your floor is crushing on is in your room with his pants down, mouth locked to yours? How are you going to tell him you want him to use a condom?

If your O-Week leader is touching someone while they're passed out in the lounge, are you going to say anything? If the person you're fucking asks you to stop just before you get off, what are you going to do? How would you feel about that person?

According to Wade, unlike the previous generation of university-goers, the current sexual experiences at university involve less penetrative, penis-in-vagina sex and oral-sex-on-women, and more oral-sex-on-men.

Women going into university often see their sexuality as something to prove, or as something that they need to be good at/empowered by/doing all the time. This unfortunately often leads to women feeling disempowered and not getting off. So whatever you're doing, just make sure it's what you and your partner(s) want to be doing and if it's not, take a note from the previous section and peace!



Good nights mean good mornings. ••• Photo by Angela Gzowski

Your experience is your experience

There isn't one model for sex and sexual experiences in university. Some people are having lots of sex and some are having none. Wade found that those with the most active sex lives in their time at university were hooking up with approximately 10 people, which is around three a year.

So next time you hear someone bragging about how many people they've hooked up with, keep in mind they are probably bullshitting everyone, including themselves.

Three more quick words of wisdom

1. The STI talk isn't just one question. The majority of people potentially carrying STIs (often unknowingly) will say no, of course they don't have any STIs. Ask more questions: when was the last time they were checked? When was their last sexual partner? What do they do to protect themselves from STIs?

2. The Dal Health Clinic isn't the only one. Don't want a male doctor? Don't want to see the person you've been

crushing on when you go for your STI tests/morning after pill/IUD consolation? Check out the Halifax Sexual Health Clinic (6009 Quinpool Rd.).

3. The queers are here, I swear! Get in touch with Dal Out (dalout.ca), go visit the LGBTQ Peer Ally (peerally@dal.ca), peruse the LGTBQ library at the Dal Women's Centre (6286 South St.), or go see a show at the Company House (2202 Gottingen St.).

Have an awesome, sexy first week, Dalhousie! ☺



Phi Delta Theta house. ••• Photo by Angela Gzowski

Greek life

Taylor Stokes
Opinions Contributor

At least once a week, I wear one particular black sweater to class. It's one of my favourite pieces of clothing, and not because it's comfortable or because it looks good (though both are true). I love it because of what's written on it: ΑΓΔ. It stands for Alpha Gamma Delta, an international women's fraternity that I belong to.

Most people are shocked to learn there are Greek organizations on campus at all. 'I didn't know there were fraternities and sororities at Dal' is the most common thing I hear when I wear that sweater. But Alpha Gamma Delta has been at Dalhousie since 1932. There are three sororities on campus (Omega Pi, Iota Beta Chi, and Pi Gamma Delta) and three fraternities (Phi Delta Theta, Sigma Chi, and Phi Kappa Pi).

If people are aware sororities exist at Dal, they tend to assume they're just like the stereotypical frats you see on TV shows or movies, and I had a lot of the same negative images of sororities and fraternities before I

joined up.

Alpha Gamma Delta has an anti-hazing, zero-tolerance policy, though, so there's no fear of being forced awake in the middle of the night to pull some stupid stunt, or of being made into a laundry slave. Most of the Greeks have similar policies in place.

Most Greek organizations also have policies on alcohol. The majority of official Alpha Gamma Delta events are alcohol-free, and far from being a constant "frat party," the Phi Delta Theta fraternity house is completely alcohol-free. The policies on alcohol and hazing differ between organizations, so if you're interested in joining, make sure you check those out beforehand.

Alpha Gamma Delta has done more for me than any other university experience. They provide various leadership positions that one can put on their resume. They also offer Zumba fitness, self-defense, and pole dancing – all in private classes. All of those activities were things I'd always wanted to try but never had the nerve to. In a class with only my sisters I felt

supported enough to give them a go. I've also participated in Run for the Cure, Relay for Life, soup kitchens, and fundraisers.

Each organization stands for different values. Along with sisterhood and philanthropy, Alpha Gamma Delta stands for scholarship. Their study programs help sisters to achieve their scholastic goals, and they offer the "Strive for Pi" award to sisters who achieve a GPA of 3.14 or higher.

I guess I just wish that more people knew how wrong those stereotypes are. I wish they knew about all the amazing opportunities and connections offered to them through Greek organizations. I wish more people knew what the letters on my favourite sweater stand for. ☺

If you are interested in finding out more about all the Greek organizations on campus, check out greek-council.dsu.dal.ca or ask anyone wearing Greek letters!

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dal.ca/studentaccessibility

sudoku

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

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HALIFAX

STREET INTERVIEW

What's your frosh advice?

by Dylan Matthias and Jonathan Rotsztain



"Work hard and make friends."

Yuan Frank Xe
1st-year computer science



"Go to events."

Breah Ali
4th-year English



"Participate."

Marina Ritchie
Masters of biology



"Get involved."

Sarah Bouchard
DSU VP Academic & External



"Don't be afraid to make friends."

Lauren Doyle
4th-year chemistry



"Be open to new experiences"

Mauricio Castrejón
Interdisciplinary PhD



"Don't send stupid emails to your profs."

Dr. Emily Varto
Classics professor



"Don't get a credit card."

Morgan Stepko
Sandwich Artist



"Drink water."

Jonathan Rotsztain
Art Director, Dal Gazette



"Get sleep."

Aliah Saied
NSPIRG Coordinator



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WIN AN IPAD**



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OVERHEARD AT DAL

In the Chemistry building: "So I explained, mine's thirteen inches, and I need one that'll fit into a nine-inch hole. Can anyone help me out here?"

Music prof: "Shit, fuck, shit! I've got to stop swearing..... Ah fuck it, I'm Catholic, I already know I'm going to hell."

Guy in Howe: "What IS Peggy's Cove?"

2 girls walking through Howe:

Girl 1: "You think that maybe they will find my hamster?"

Girl 2: "..."

Guy: "The fact that my food goes through photosynthesis doesn't really bother me."



**EAVESDROP/POST: OVERHEARD AT
DAL FACEBOOK GROUP
SPY & POST—DO IT NOW**

HARVESTED HERE

A newbie's guide to eating locally



Local goods don't just taste better, they look better, too! ••• Photo by Angela Gzowski

Kaleigh Kuchinski
Arts Contributor

Once the novelty of residence food wears off, and you realize there is, in fact, very little nutritional value to those oh-so-delicious tacos you've been eating every night, you may find yourself wondering what other dietary options are available to a young frosh.

Thankfully, you're now living in Halifax—a city with a seemingly endless supply of fresh and local meat, dairy and produce.

The local food movement exists as a collaborative effort to build locally based, self-reliant food economies in which food is produced, processed, distributed, and consumed locally. Halifax restaurants such as the Wooden Monkey (1707 Grafton St.), Heartwood Café (6250 Quinpool Rd.), and the Good Food Emporium (2186 Windsor St.), to name a few,

place local production and consumption at the forefront of their food philosophies.

Dave Ewenson is the manager of Heartwood Café. He explains that supporting local food not only tastes better, but it supports our local farmers and contributes to a stronger producer-consumer relationship. "Buying locally allows us to easily produce complex flavours, without all the extra additives," he says. "When we buy locally, even the little things, like a tomato, for example, can be exciting!" Heartwood offers food that is prepared with a deeper meaning of the word natural. The food is prepared as close to its natural state as possible, while also offering gluten-free and vegan alternatives.

Moving away from the downtown core, the Mindful Mango Café, located at the Village at Bayers Road, provides occupational therapy for

patients recovering from mental illnesses, and caters to professionals working in the building with local, organic meals. Martin Hoben, manager at Mindful Mango, describes it as "a social enterprise that promotes health by enabling people to perform meaningful and purposeful activi-

ties, while at the same time providing fresh and delicious locally produced soups, salads, sandwiches, and snacks."

In addition to restaurants, new food co-operatives and local food markets have begun to sprout up in the city. The Loaded Ladle, a student-run food co-operative at Dalhousie recently won a levy to provide ethically sourced, culturally diverse food as an alternative to the corporate franchises that currently inhabit the Student Union Building. Cooking in the kitchen at St. Andrew's Church and transporting the goods on food-mobiles (bikes equipped with cabinets to store the food), the Loaded Ladle will be serving free food on Dalhousie campus every Tuesday, using local food supplied by the farmer's market, along with other local producers.

Sonia Grant, one of the founders

of the Loaded Ladle explains that it is important to eat locally for a variety of reasons. "The environmental impact of food production is currently very unstable. By eating locally, we can reduce our biological footprint and support our local farmers."

"Not a lot of young people are involved in the local food movement. The Loaded Ladle provides them the opportunity to learn cooking skills and learn about ethically sourced foods."

Despite its relatively small size, Halifax boasts a wide variety of restaurants, markets, and co-operatives that offer locally sourced food alternatives. As the movement continues to grow, more and more individuals are claiming the right to define the ways in which their food is produced and distributed, which remains vital to global food sovereignty.

The frosh guide to campus bars

Hali hangouts to suit any style

Matthew Ritchie Arts Contributor
Erica Eades Arts Editor

At the heart of the university experience lies the social bonds formed at the beginning of your freshman year. Sure, some would have you believe that the goal of pursuing a degree is to get a job in your chosen field, but at the end of the day, the friends you make will be worth more than a piece of paper hanging above your desk.

So if the social experience is at the heart of university life, then a little bit of social lubricant is the lifeblood. Of course, I am talking about beer. And in Halifax, there is no shortage of pubs at which to get it, especially if you're on campus.


If you spend any time at the Dalhousie Student Union Building, you are probably aware of The Grawood (6136 University Ave.). What this bar lacks in clarification over the pronunciation of its own name, it makes up for with cheap eats and drinks. In recent years the bar has made a lot of improvements by creating a stronger atmosphere with mood lights, dining booths and a new menu.

When the bar's main stage isn't projecting current affairs programs or NHL games, it's used for a number of concerts and open-mic nights throughout the year. Thursdays are the place to be for weekly trivia, in which teams battle it out for prizes and free drinks. It's the only scenario where a working knowledge of the character names in The Mighty Morphin Power Rangers can be an advantage, which is funny and depressing at the same time. —MR

Up on Sexton Campus, engineers and architects alike spend their time at the T-Room (5269 Morris St.). Drinks are cheap, the bar has a friendly atmosphere with group seating, and they even have a small stage for karaoke and the occasional concert. Last year, Two Hours Traffic and Great Bloomers graced the stage, as well as frat-rap-rockers L.M.F.A.O., because if you're a band known for a single entitled "Shots," there is no better group of people to perform for than a bunch of engineers. —MR

Another great option is The Grad House (1252 Lemarchant St.), a bar that surprisingly isn't just for graduates. The Grad House offers an upscale atmosphere for Dal students, with a modern interior and a variety of vegetarian and gluten-free dishes. Bond over a pint of beer while playing one of the many board games on site, or try your hand at their ancient upright piano if you're feeling a little musical. —MR

Last but not least is the HMCS King's Wardroom. Located in the lower level of the A&A Building (6350 Coburg Rd.), this quaint little pub offers a comforting alternative to the city's rowdier bars, although it's only open to King's students and their guests. If your idea of a good night includes chatting about Plato and politics over cheap pints, taking in a game of pool, or being serenaded by your peers at an open-mic, the Wardroom is sure to tickle your fancy. —EE

Whether a freshman, engineer or graduate, the campus bars have something for all. 

"If the social experience is at the heart of university life, then a little bit of social lubricant is the lifeblood."



Surprisingly not just for graduates. ••• Photo by Angela Gzowski

Hali-Style: The fashion-lover's guide to the city

When it comes to clothing, Halifax is small but mighty

Rose Behar
Fashion Columnist

With the prestigious NSCAD design program, a thriving independent boutique scene, and several home-grown designers conquering the fashion world both nationally and internationally, it's safe to say that Halifax is the east coast fashion capital. To kick off the school season, here's a style primer on the Port City.

Where to go:

The first-hand fashion lover should head to Mic Mac Mall—a short ferry trip away, and full of some great chain outlets, including Costa Blanca, H&M and BCBG.

Another great locale is The Halifax Shopping Centre. Store options include Banana Republic, Club Monaco, Coach, Swarovski and Winners.

The mall with the least selection is, of course, the most central: Park Lane Mall on Spring Garden Road. Go to City Streets for kicks and urban wear, and Pseudio and Envy for cute night wear.

There's also a wide range of options for the indie treasure hunter, starting with Biscuit General Store, which has been featured on CBC talk show *Steven and Chris*, as well as in the pages of *Elle Canada*.

Head to The Black Market for all the hippy-chic accessories you'll ever need, at rock bottom prices.

Kick-Ass Shoes has the monopoly on designer women's shoes in the city, from Badgley Mischka to L.A.M.B.

For great vintage just walk down Queen Street, home to vintage wonderlands Elsie's, The Clothes Horse and Put Me On. At Elsie's you're sure to compile the classics of a hipster wardrobe; at The Clothes Horse you'll find exquisitely preserved and daring statement pieces, and a trip to Put Me On will get you in touch with the indie designer scene.

Want something more highbrow? Browse the newly opened Twisted Muse, which offers big-city style courtesy of BB Dakota and trendy local designers.

If that's still not expensive enough for your tastes, try Foreign Affair, a place where fashion-gawkers can ogle artisan pieces from designers such as Alice + Olivia, Elie Tahari, Diane Von Furstenberg and Ca Va De Soi.

Who to meet:

Lisa Drader-Murphy: The most well known Canadian designer currently operating out of Halifax, her designs for her line Turbine were selected for the 2011 Cannes celebrity gifting suite.

Jessica Bradford and Erin Wright: co-bloggers on fashion site Hautehalifax.com.

Chloe and Parris Gordon: NSCAD alumnus Chloe Gordon and sis Parris are the east coast fashion darlings behind line Chloe Comme Parris.

Johanna Gallipeau: the young business wunderkind who brought hit boutiques Sweet Pea and Twisted Muse on to the Halifax fashion scene.

Lena Kroeker, an indie designer whose work has been recognized by Canada's *Fashion Magazine*. You

can find her original pieces at Put Me On.


Pamela McInnis: Another of Hali's great indie designers, and owner of Put Me On. McInnis is always ready to talk fashion, and show you pieces from her recycled-fabric line, Cranky. Katrina Tuttle: A young east-coaster currently making waves at Toronto's LG Fashion Week. Her work is available to browse at Twisted Muse.

What to do:

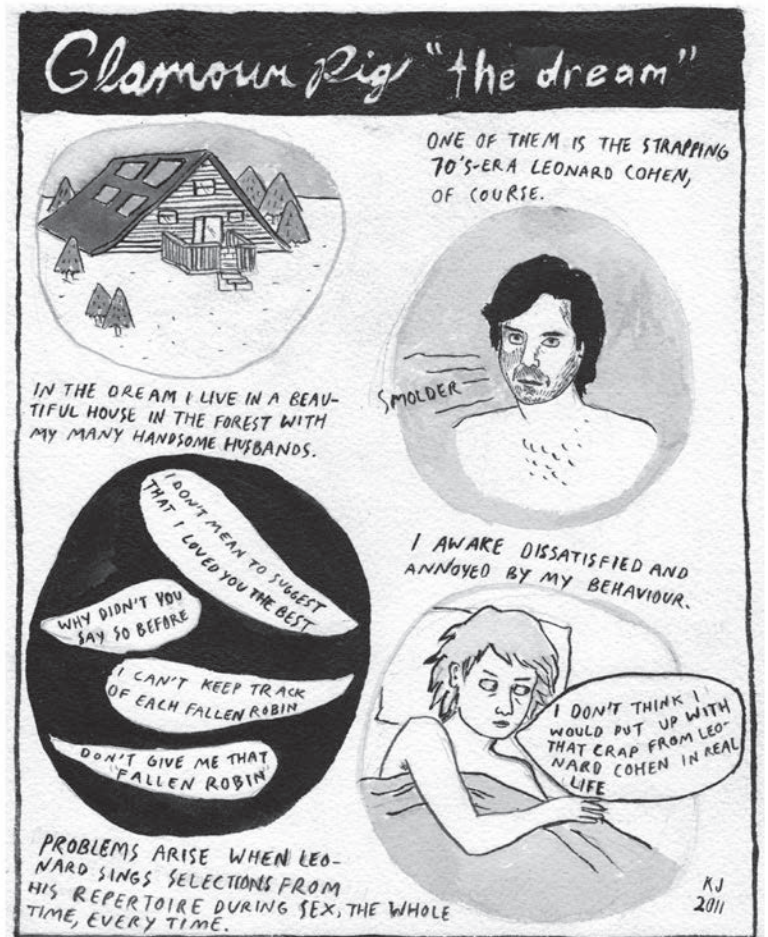
Write! Try your hand at student publications, like the *Gazette*. And don't stop there—drop a line to your favourite fashion site and ask if it's looking for contributors.

Design/Style! Try your hand at designer challenges, such as the one hosted by the Young Alexandra Society.

Shop/Window-shop! There's no better or simpler way of getting to know the Hali style scene.

Mingle! Attend events such as the legendary Turbine fashion showcase, King's annual charity fashion show, hosted by the Young Alexandra Society and the year-end NSCAD fashion show, presenting looks from a wide range of up-and-coming designers. 

Editor's note: Rose Behar was a member of the Young Alexandra Society (YAS) during the 2010/2011 school year.



COMICS WANTED
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Financial advice for the newly independent

Rachel Eades
DIY Columnist

.....

Your first taste of independence can be a lot of fun, but it comes with a handful of responsibilities, too. One of the biggest things you have to learn is how to manage your money (or lack thereof). These beginner tips will help you get organized and save a few bucks while you're at it.

Get Organized
Having a basic budget can go a long way. Don't know where to start? Luckily, there are a lot of straightforward programs out there that make money management a breeze. One of the best is Mint.com. Mint.com allows you to link all of your bank accounts, credit cards, and loans to one site, so you can see all your finances clearly laid out in front of you. It tracks your transactions, allows you to categorize your spending, and then lays it out in tidy graphs so you can see where your money is going. Once you know where you're spending your money, putting together a budget is easy (and Mint will help you with that, too).

\$5 Jar
Lots of people have change jars, but they take a long time to add up. Instead, start a jar for \$5 bills. At the end of each day, put any \$5 bills you have in your wallet in the jar (unless it's reserved for something specific, like picking up milk). The money adds up quickly, and you can use it for any large expenses that aren't in your usual budget (like a trip home to see your family, or Christmas shopping).

to spend it on things you don't need. (Note: this tip isn't for those with sketchy roommates – if things regularly go missing from your side of the room, you probably shouldn't leave cash lying around).

DIY
One of the easiest ways to save money around the house is to make your own household cleaners. All those bottles of scented, task-specific cleaners add

ble tends to be scarce). Most importantly, the 'vinegary' smell vanishes as soon as it dries, and just leaves a natural clean smell. Lemons are also great, especially for polishing metals and cleaning up soap scum or hard water deposits. Baking soda is a good cleaner for really tough stains. Sprinkle baking soda over the stain (say in a really dirty oven) and let it sit, then scrub it off with steel wool and warm water (obviously don't do this on surfaces that are easily scratched).

due (this includes tuition payments, rent, any bills, as well as things like library books and movie rentals) and make sure you write all those deadlines down in your agenda, on your calendar, on the back of your hand, or wherever you keep track of your schedule. Better still, if you have a calendar in your phone, program them in with an alarm (set it for the day before they're due), so you can't possibly forget about them.

.....

“If your cash is sitting at home in a savings jar instead of in your pocket, you won't be tempted to spend it on things you don't need.”

.....

For many people, the small bills in their wallets typically go to non-essential expenses, like late-night snacks from the cafeteria, magazines at the checkout counter, or an extra coffee before class. If the cash is sitting at home in a savings jar instead of in your pocket, you won't be tempted

up. A 2.5L bottle of white vinegar on the other hand, costs about \$3, cleans just about anything, and lasts forever. One part water mixed with one part vinegar will clean and disinfect just about every hard surface in your house (except marble! But you live in student housing, where mar-

Learn to Cook
Pre-packaged foods are expensive, as are premade sauces, baked goods, pre-seasoned meats, etc. Making food from scratch can save you a lot of money, especially if you learn to eat in-season and locally. If you can't even handle basics like scrambling eggs or boiling water, it might be worth investing in a good beginner's cookbook, such as *Clueless in the Kitchen* by Evelyn Raab.

Avoid late fees
Late fees are a waste of money, but you would not believe how much money the average first-year spends on them. Figure out when things are

Save on textbooks
Textbooks are expensive. Really expensive. But depending on the class, you may not have to buy them all. Before you buy your books for a class, check out the library to see if they carry them. Not only is there a good chance they have the books available for check out, there's also a good chance they have a few copies on hand that can't be signed out, but can be read in the library. This way, they can guarantee there's always a copy or two kicking around. This may not be ideal for courses with a ton of daily reading assignments, but can be a huge money-saver for courses with more sporadic assignments. ☹

FOOD FOR THOUGHT

The Gazette's picks for the city's best study snacks



LEFT: Check mate! Just one of the many public board games at Paper Chase Cafe; RIGHT: Late-night study sessions wearing you down? Halifax has got you covered. • • • Photos by Angela Gzowski

Matthew Ritchie
Arts Contributor

.....

Welcome to Dalhousie University. I hope you're having fun being forced into awkward conversations with strangers in an attempt to make a new group of friends as quickly as possible. These will be your new buddies. For the first week, you will have some laughs, participate in some social activities, and probably party a bit. Well, there will likely be lots of partying.

But after your weeklong bender comes to a halt and classes begin, you will make the startling realization that you are here to learn. I know, shocking, right? And although you may have been on the honour role in high school, drifting through courses, handing in half-hearted essays you wrote in between breaks of *Call of Duty*—be prepared. You are about to study upwards of 30 hours a week

outside of classes, if not more.

Luckily, you have a friend to get you through those long nights of cramming. His name is coffee, and with his slightly more flamboyant cousin, tea, the three of you are going to spend many nights together.

Here are the places where you are going to find the two of them at their best.

Coburg Coffee
6085 Coburg Rd.
Basically, if you walk up any street on campus and take a right or a left, you will end up at Coburg Coffee at some point. A standard campus destination for King's and Dal students, Coburg offers quality coffee and snacks at a fair price. Every day of the week they have a different specialty coffee on sale, ranging from a caramel red eye to a variety of lattes. They also have free Internet and a really good radio station that plays indie-rock hits on

constant rotation, just in case you didn't realize that they were cool.

Just Us!
(multiple locations)
Just Us! is kind of like the east coast's answer to Seattle's Starbucks. Started in Wolfville, Nova Scotia, Just Us! now has multiple locations on- and off-campus. Their specialty is fair trade coffee and chocolate, but they also sell fresh coffee beans, really badass samosas, and some of the best banana chocolate chip muffins in the city. Their location near campus at 5896 Spring Garden Rd. has recently expanded, offering ample study space and a stage where they host spoken word events and readings.

Paper Chase Newsstand and Café
5228 Blowers St.
Located a few stores down from pizza corner, Paper Chase is an ideal loca-

tion for drinking coffee and reading the most recent *Dalhousie Gazette*, which is easily acquired from their downstairs newsstand. It seems to be partly overrun by journalism students (because of the café's newspaper theme) and journalists (because we're too poor to afford desks at home), but Paper Chase brings people in everyday for their delicious tuna melts and chili, as well as a plethora of old books and board games that are available to the public.

Trident Café
1256 Hollis St.
Rumour has it that the Trident Café is Ellen Page's favourite coffee shop/bookstore in Halifax. That wouldn't really be a big surprise, because what Trident does better than any other coffee shop in the city is offer authentic caffeinated beverages that taste like they were imported straight from the streets of Italy. These baristas

are tough, delivering strong beverages the way they were meant to be made: correctly; which is something you can't find at your local big name coffee shop.

Steve-O-Reno's Cappuccino
(various locations)
If you've ever wanted to drink liquid gold, but didn't want to deal with that horrible burning disfigurement thing associated with it, step up to Steve-O-Reno's, a place that makes – you guessed it – some of the best cappuccinos in the city. This stuff is addictive, which is why they even have a drive-thru location at 2854 Robie St. in the north end of the city for those on their daily commute. But for casual city-goers, the main location at 1536 Brunswick St. is the place to be. And hey, the Halifax Public Library is right across the street from it, so get studying. ☹

City sounds

Our guide to keep you movin' and groovin' through your freshman year

Mathew Holden
Music Columnist

Music is never hard to find in Halifax. It's a way of life for many people in the city, and on any given night of the year, you can head downtown and be entertained.

The city is host to a truly eclectic assortment of sounds. If live music is your plan for the night, it's never a question of which bar/club/restaurant/coffee shop/open space or abandoned building will have live music, but which one to choose. Whether you're new to the city, or you've spent your entire life here, there is always something new to check out.

“Acquaint yourself with the city's remarkable music scene.”

Don't know where to start? Head down to Argyle Street, Halifax's newly appointed “Entertainment District.” The colourful city block is filled with bustling night spots that are sure to have something for everyone.

Swing by The Seahorse on any given Thursday to have your mind blown by local funk favourites, the Mellotones. The bar is also host to an exceptional amount of concerts—artists such as Yukon Blonde, Great Bloomers and Dan Mangan have all graced the Seahorse stage this past year.

Next, head down to The Carleton, a pub that makes up for its small


space by bringing in some big-name acts. Past performers have included Ron Sexsmith, Bahamas, and John K. Sampson.

Down on Barrington Street you'll find the Khyber, an art space that hosts everything from flea markets, to art shows, to live music. The venue has been immortalized by local music hero Joel Plaskett, with both his album and title song, “Down at the Khyber.”

If you decide to make the trek down to the south end of Barrington, be sure to check out Bearly's House of Blues and Ribs. This local staple provides live blues three nights a week, plus weekend matinee performances and Wednesday night stand-up.

A little further north is Gus' Pub, which hosts a wide range of bands in a somewhat dingy, yet ultimately cozy space. Experience some of Halifax's best local offerings—including Bad Vibrations, No Flyers Please, and Hind Legs—as you acquaint yourself with the city's remarkable music scene.

Halifax is also home to many music festivals throughout the year, including a jazz festival, a new summer concert series known as M FEST, and an urban folk festival. But for most young people, there is one week that surpasses them all: the Halifax Pop HPX Explosion, or HPX as it is more commonly known. HPX is held every fall and attracts dozens of bands from around the world. Last year's festival saw acts such as The Hold Steady, Handsome Furs, and Ty Segall, as well as the city's own In-Flight Safety, Duzheknew, and Sloan.

So whether you're on the hunt for a little jazz, funk, folk, or something else entirely, Halifax is the place to be. 

CONTRIBUTOR'S MEETING:

**MONDAY
SEPTEMBER
5TH, 4PM**

CONTRIBUTOR'S MEETING:

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Dalhousie Sports Guide

Why you should be wearing black and gold

Ian Froese
Sports Editor

Welcome to a niche group, rookies. We're thrilled to have you.

There's a good chance you've seen how American college students feverishly idolize their school teams. Those images on your television are impressive. Yes, in the States, adorning yourself in school colours is the cool thing to do.

If you figured this would happen when you enrolled at Dalhousie, however, we recommend lowering your expectations. Then lower them again.

This is not a sports school. Games are sparsely attended, even though it is free for students. Get used to this if you bother showing up—your classmates likely won't give a hoot about who won yesterday's game.

A few of us do care, however, and we are a special, more intelligent, better-looking group of people. Count on it. We know Dal sports are often the best games you will find in town. Any night. We know the intensity displayed by university athletics often exceeds the professional athletes who are guaranteed a biweekly cheque.

We know what's up and we'd love for you to join our team. If you're interested, read on—it's what the cool kids are doing, anyways.

The black and gold

You probably knew this at the outset, but our athletes wear the black and gold of the Dalhousie Tigers.

That was simple. Now where can you watch them?

The hockey team drops the puck at Dalhousie Memorial Arena. The soccer, football, lacrosse, rugby and field hockey outfits play at that green space known as Wickwire Field, and the Dalplex hosts basketball, volleyball, swimming and track and field. The cross-country runners meet at Point Pleasant Park.

Heading to the club

At Dalhousie, a number of teams do not play in the regional university league. They are known as the club teams of football, lacrosse, rugby and field hockey. They exist through donations, player registration fees and a contribution from the Athletics Department.

Non-GPA acronyms

Get used to these acronyms if you plan on reading this section in the future—which we know you will.

The varsity Tigers play in the AUS with our cross-town nemesis, Saint Mary's. Meanwhile, Dal has a few other schools we love to hate, such as St. Francis Xavier, the University of New Brunswick, Memorial University and Acadia University.

The AUS, which stands for Atlantic University Sport, envelopes the eastern coast of the national federation CIS (Canadian Inter-University Sport). The CIS supervises the AUS, OUA in Ontario, Quebec's RSEQ and the western provinces involved in Canada West.

Each sport determines a national

champion in a weekend tournament. Halifax has the pleasure of hosting one, but we'll tell you about that later on.

Welcome to the gridiron

We waited 34 years for this.

Football returned with a vengeance last fall and the Tigers made a mark on the five-team Atlantic Football League quickly, losing in the title game to UNB Saint John.

This isn't the AUS. We won't get a chance to compete for national glory at the Vanier Cup, but, hey, it's still football. And we love it for that.

Here's to the playoffs

Long the butt of jokes, the men's hockey team silenced many of its critics last spring when the team finally made the playoffs.

Previously among the worst hockey teams in the country—yes, the country—the Tigers qualified for their first playoff run in seven years.

It was a two-game sweep to St. FX, but the fact is, the Tigers received a ticket to the dance. Led by coach Pete Belliveau, look for the men to once again put up a fight in the best university hockey conference in Canada.

We'll win it all yet

In soccer, playoff berths are the norm. We are good at the beautiful game.

However, fans are starting to get impatient. The women have lost in the semifinals the past two seasons and two championships before that. The men have faltered in the semis in the last two campaigns, too, after taking the AUS crown in 2008.

Regardless of whether this is the year or not, you are sure to see a good match at Wickwire.

Playing with the big boys

That national championship I was telling you about happens again this March at the Metro Centre, with the best university basketball teams in the nation.

What made last year's tournament, also in Halifax, such a blast was the involvement of the underdog Tigers after winning the AUS. On the back of Simon Farine, the Tigers didn't have the weight to defeat the reigning national champion, Saskatchewan Huskies and were relegated to consolation play.

The Tigers will hope to join the Final 8 dance again, but they'll be hard pressed without a Farine on the starting lineup.

New coach at the helm

Lesley Jordan was the face of women's hockey at Dal. Then after nine years, she was let go.

The adjustment shouldn't be too tough for the women's team as a familiar face, assistant coach Sean Fraser, has been promoted to the interim job.

The renewal behind the bench might give the team what they need to win the AUS championships Dal will be hosting this year.

Starting a new era

Sorry for the dramatics, but it was



Dal's newest club returns for another season on Wickwire where they played to packed crowds last year. ••• Photo by Pau Balite

nothing short of historic.

The Tigers men's volleyball team had a 24-year stranglehold on the AUS championships. Last spring they lost their grasp.

If Dal has anything to say about it, don't expect UNB to start a streak of their own. Make sure to circle any

games against the Varsity Reds on your calendar. It will be a dandy.

It's free, kids!

Sure, you have to spare a toonie for football and the CIS Final 8 will cost you, but it is more than worth it.

Visit a midweek game instead of

trying to study in the Killiam, or maybe start your weekend with a puck drop or a kick-off. You'll be glad you did.

Plus, if you come often enough, you'll start seeing familiar faces at the games. Remember: it's a niche group.

Where to watch the game

In the stands or at the watering hole



Halifax may be arguing about a stadium, but there are other places to watch the game. • • • Photo by Pau Balite

Henry Whitfield
Staff Contributor
• • • • •
Your sports fix can be satisfied here in Halifax. Whether it's by catching a game in-person or sitting on a stool with a pint in hand, we've got you covered.

Top venues to watch local sports
F.B. Wickwire Memorial Field: The home of your campus team, the Dalhousie Tigers, Wickwire hosts the soccer, lacrosse, field hockey and rugby teams. In recognition of Tigers football legend Ted Wickwire, the turf now holds the newly restored Dalhousie football club as well.

Dalhousie Memorial Arena: Located next to Wickwire and not to be confused with the Dalplex, the DMA is named in honour of those who have served in defence of Canada. It has

sat in its present location for just under three decades. Moderately full for most Tigers hockey games, the building erupts each spring for the annual Charity Faceoff between the Howe Hall Trojans and Risley Big Horns.

Dalplex: The locale for Dal's basketball, volleyball, track and field and swimming crews, this domed arena has seen its fair share of memorable sports moments in its 100,000 sq. ft. of space. It features a full-service gym, and a hidden facility with a beach volleyball court can be found above the main entrance.

Huskies Stadium (920 Tower Rd.): It may be old, and it may be ugly, but Huskies Stadium remains the only place for CIS football in the city. The stadium seats 4,000. Last fall the Saint Mary's Huskies took their 6-3 record to the CIS national semifinals,

where they lost to the Calgary Dinos.

Halifax Metro Centre (1800 Argyle St.): The site to watch the Mooseheads and Rainmen, the Metro Centre also houses the Nova Scotia Sport Hall of Fame. Centrally located in downtown, the arena will welcome the best university basketball players in the country this spring for the second consecutive year at the CIS Men's Basketball Championships.

Halifax Forum (2901 Windsor St.): Home rink of the 2010 CIS University Cup champion, the SMU Huskies, this intimate arena was the original ice surface of Nova Scotia's first professional hockey team, the Nova Scotia Voyageurs.

Top bars to watch the game
Bubba Ray's Sports Bar (5650 Spring Garden Rd.): Fifty LCD tele-

visions, six types of wings and over sixty sauces. What more could you ask for in a sports bar? Recently expanded to fit another 125 fans, this is the best place to watch the game. If that wasn't enough, this bar has two separate wing nights for you to enjoy—Thursday and Sunday.

Oasis Bar and Grill (5675 Spring Garden Rd.): This tavern with a legion-bar' type atmosphere houses a number of pool tables and shuffleboards, and offers great wing deals on Thursday. This basement-level bar is the home of MMA in Halifax.

Maxwell's Plum English Pub (1600 Grafton St.): Any pub with 60 beers on tap has an instant stamp of approval from this sports fan; however, the \$2 breakfast on Saturday morning with the purchase of a drink makes this bar the venue for Premier League fans. The 80oz Brewtender

specials also mean you will never have an empty glass while watching your favourite team.

Boston Pizza (1858 Granville St.): The spot for drink specials like the Thunder Mug on Thursday and Fishbowl Fridays, this restaurant has great bar seating and a handful of screens to follow more than one game at a time. Situated downtown, it's a hop and a skip from your night on the town.

The Grawood: Maybe it's my bias from seeing Canada capture Olympic gold surrounded by friends, or perhaps it's the thrill of watching our World Junior success, but the Grawood and its cheap wings are a great way to experience the biggest games. The campus watering hole has a large projection screen so you are sure to have a good seat. ☺

NAVIGATING THE CAMPUS GYM

Use your DalCard away from the cafeteria

Evan McIntyre
Sports Contributor
• • • • •
Well, frosh, you may have heard of a little place buried at the southern end of campus known as the Dalplex. It just so happens to be the largest indoor athletics facility in the city, and has plenty to offer anyone who wants to be active. And, believe it or not, you're already a member.

If you're a full time Dal student, you have membership status at the Dalplex as soon as you first hold your DalCard. This provides students with

free access to most activities on the gym's roster, and discounts on other programs and classes.

The Dalplex, open seven days a week, has over 100,000 ft. of space to contain its 50-metre, 8-lane swimming pool; two weight rooms; hardwood basketball courts and running track. Plus, you can try many sports at the field house, including racquet-friendly pastimes, such as badminton, tennis, squash, racquetball and table tennis.

A Dalplex membership gets you in to other facilities too, such as the swimming pool, Memorial Arena for

hockey and skating purposes, Wickwire Field, Studley Gymnasium and the bouldering wall.

Not only can you use many of the facilities at the Dalplex, but there are a number of inexpensive courses available to members. This includes instruction in fencing, kickboxing, yoga, Pilates, and even bartending.

All in all, the Dalplex facilities are another awesome benefit that came with your decision to attend Dalhousie. You should definitely pop in—after all, your student fees are paying for it. ☺

• • • • •
“You have membership status at the Dalplex as soon as you first hold your DalCard.”
• • • • •

Rec facilities have students in mind

Beat freshmen 15 with yoga, cycling



Yoga beats going through the studying motions. • • • Photo by Angela Gzowski

Kristie Smith
Sports Contributor

New to Halifax? You're not alone. While campus life is an amazing experience, some students seem to forget there are options available outside the university.

If you're interested in leaving your comfy dorm room, there are many opportunities for you to make new friends while exploring the city and hopefully stay in shape. Here are a few student-friendly options to evaluate:

"There's no better way to explore the city and meet new people than rolling around on two wheels."

Ever heard of hot yoga? Merge the heat of a sauna with the intensity of yoga and you have Moksha Yoga Studio, located just north of Spring Garden Road at 1512 Dresden Row. Hot yoga boasts weight loss and immune system improvement as some of its many known benefits, and is a great way to keep your stress down. The introductory rate for new clients is \$40 for the first month and there is a range of discounted rates for the weeks and months that follow. No matter what, don't forget to bring your towel.

If you brought your bike to the city, there are plenty of places to take your ride for a spin. Halifax has many bike

routes and parks, which have picturesque views for you to enjoy (and ducks too!). There's no better way to explore the city and meet new people than rolling around on two wheels.

But if two wheels aren't enough for you, you can keep active by taking out your roller blades, a skateboard, or maybe even your Ripstick on some of the city's many hills.

However, if you don't do wheels, that's OK, too. Head to scotiasurfer.com if you have an interest in surfing. While you can surf at several places in the Halifax area during stormy weather, or at places such as Cow Bay throughout most of the year, it's also worth the trip to head out of the city to beaches in Lawrencetown, Summerville or Cape Breton. Nova Scotian waves can be some of the best in the Maritimes, because they often get the nasty, messy dead-ends of hurricanes.

If exams and tests are frustrating you, airsoft might be a fantastic way to relieve some built-up frustration. The novascotiaairsoft.ca website is a great way to find other players, supplies and locations to shoot the crap out of each other. Have at it.

And while the Dalplex offers a wide selection of activities, there are other options in the city. Facilities such as Goodlife Fitness, the YMCA or Curves have numerous locations in the HRM, with student memberships and first-time rates to consider.

Whatever you choose, remember to stay active while studying. Not only does all work and no play make Jack (or Jill) a dull boy (or girl), but exercise has been proven to reduce stress and prevent weight gain. Defeat the winter blues and the freshman 15 all at once, and have a great year.

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Intermediate 4 - Tues.
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Offered at 1589 Walnut Street

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Advanced 1 - Wednesday

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Conversation (Beginner) Friday 9:00 - 11:30AM
Intermediate 1 - Wednesday 1:00 - 3:30PM
Intermediate 2 - Friday 1:00 - 3:30PM
Intermediate 3 - Thursday 1:00 - 3:30PM
Advanced 2 - Monday 9:00 - 11:30AM
Advanced 3 - Monday 1:00 - 3:30PM
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City's teams have room on bandwagon

Mooseheads, Rainmen welcome armchair quarterbacks

Henry Whitfield
Staff Contributor

So, you've ended up at Dalhousie for your first year of school and you say you're a sports fan?

Well, you're in luck.

Halifax not only boasts some of the

top teams in the AUS, the city also prides itself on two great sporting alternatives—a junior hockey team and a professional basketball team.

Halifax Mooseheads

Sure, statistically speaking, the Halifax Mooseheads were the worst

team in the entire Canadian Hockey League over the past three seasons. That's the bad news. The good news is a revamped Halifax Mooseheads outfit will be entering the upcoming QMJHL season full of optimism, and all because of one name: Nathan MacKinnon.

Widely touted as the next Sidney Crosby—they share the same hometown, Cole Harbour—MacKinnon was the number one pick of this June's QMJHL draft by the Baie-Comeau Drakkar. He was acquired by the Moose in a blockbuster trade that saw Halifax relinquish two players,

including their top scorer, Carl Gelinas, and three first round draft picks. All for a boy wonder.

The star of Team Nova Scotia in the 2011 Canada Games, MacKinnon was also sensational in this winter's World Under-17 Hockey Challenge in Winnipeg—he had five goals and eight points, even though he was the second youngest player in the tournament.

Anticipation for the forthcoming season in September doesn't stop with MacKinnon, as the Mooseheads are stacked with gifted youth. They drafted a talented second overall pick in Jonathan Drouin and are home to one of the 2012 NHL draft's top prospects, forward Martin Frk.

An off-season overhaul behind the bench led to the Moosehead's third coach in two seasons, up-and-comer Dominique Ducharme. His no-nonsense approach should shape this talented team into a challenger in the years to come.

Halifax Rainmen


The Halifax Rainmen, the professional basketball team in town, will begin play in November as part of an upstart league.

Formerly of the Premier Basketball League and before that the American Basketball Association, the Halifax Rainmen is one of three founding members of the National Basketball League of Canada currently preparing for its inaugural campaign.

Rainmen owner Andre Levingston has been a driving force behind the new Canadian basketball league as interim president.

Halifax will look to write a new chapter in the uncharted waters of the NBL by playing some familiar foes and new rivals. The Rainmen will face Oshawa, London, Moncton and Summerside, while revisiting familiar PBL foes, the Quebec Kebs and Saint John Mill Rats.

The Kebs and Mill Rats joined Halifax in defecting from the PBL within two days of the championship trophy presentation, amid accusations of game fixing by the PBL's chairman, Dr. Severko Hrywnak and owner of the league champion, Rochester RazorSharks.

The Rainmen failed to agree on a new contract with former NBA player and Rainmen coach Mike Evans and the team is in the market, as of press time, for a new coach. Evans led his squad to a disappointing semifinal loss at the hands of Lawton-Fort Sill last season. 



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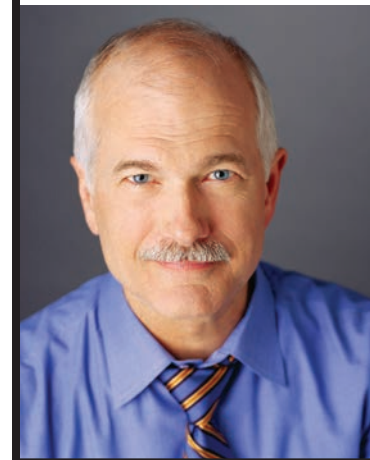
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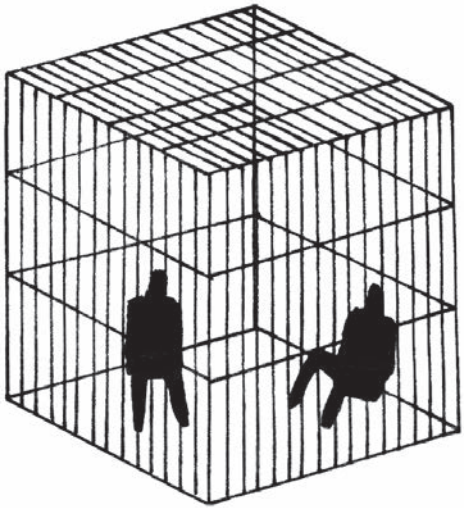


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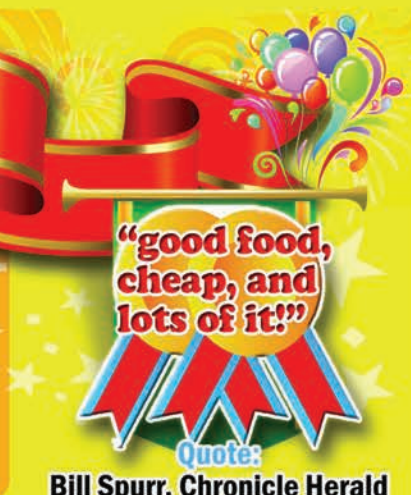
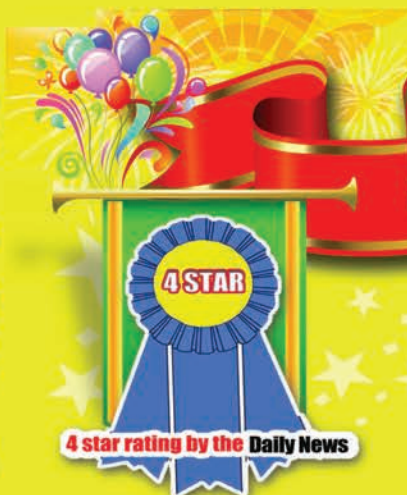


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