



The Dalhousie Gazette

North America's Oldest Campus Newspaper, Est. 1868

food
is the issue

**YOU ARE
WHAT YOU
EAT**
who are you?

Indie options, pg 7

Recipes galore! pg 12

+ Sailors represent, pg 14



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WEEKLY DISPATCH

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

Risk Management Training

Tuesday, October 11

The DSU will be hosting Risk Management Training sessions on Tuesday, October 11th from 11:00am - 11:40am and 5:00pm - 5:40pm in the SUB. If your society was unable to attend the training day held on September 17th, you must send a representative to one of the Oct 11th sessions. Please email society.coordinator@dal.ca for more information!

Elliot Brood at the Grawood

Thursday, October 20

For Homecoming, your DSU is pleased to introduce you to one of Canada's top alternative country rock bands, and certainly one of the best live performances out there.... Elliott Brood! Accompany opening acts will include SoHo Ghetto and Union Duke!

Early bird tickets are \$7.00 and will be available Oct 7th, at the Info desk in the SUB. \$2.00 from every ticket will go to the World Wildlife Fund!

This is a wet/dry event so you must be a Dal student, faculty, staff member, alumni or guest to attend.

Dal's Got Talent

Dal's Got Talent is calling all musicians, magicians, dancers, and entertainers of all sorts to send in online videos showcasing their talents. Submissions must be received by October 13th. Visit www.DSU.ca for details or contact Jamie Arron at dsuvpsi@dal.ca. The winner will take home a \$1000.00 grand prize!

Brains for Change

Saturday, October 15

Brains for Change is getting into gear. Our first event of the year is all about getting your creative minds flowing. Come to connect with like minds and kindred spirits in the SUB. Visit www.DSU.ca/brainsforchange or contact Kayla Kurin at dsuvpi@dal.ca.

Health Plan News

Want a chance to win an iPad 2? Just fill out a direct deposit form and submit it to the Health Plan office or register your TrackitBack sticker! Check out www.studentvip.ca/dsu for great free services just for being a student whether you are on or off of the plan!

Use Direct2U to avoid the blackout period. Contact us for more information at www.StudentVIP.ca/DSU/!

Campus Copy

Are you in need of printing or binding services? For affordable prices, friendly staff and service while you wait, visit Campus Copy today on the lower level of the Student Union Building. We look forward to seeing you soon!

Other News

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

Stay connected with the DSU through Facebook & Twitter

Facebook: Group and Page – Dalhousie Student Union

Twitter: www.twitter.com/dalstudentunion

October 7 - October 13, 2011 •

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the fine print

The Gazette is the official written record of Dalhousie University since 1868. It is published weekly during the academic year by the Dalhousie Gazette Publishing Society. The Gazette is a student-run publication. Its primary purpose is to report fairly and objectively on issues of importance and interest to the students of Dalhousie University, to provide an open forum for the free expression and exchange of ideas, and to stimulate meaningful debate on issues that affect or would otherwise be of interest to the student body and/or society in general. Views expressed in the letters to the editor, Overheard at Dal, and opinions section are solely those of the contributing writers, and do not necessarily represent the views of The Gazette or its staff. Views expressed in the Streeter feature are solely those of the person being quoted, and not The Gazette's writers or staff.

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The Dalhousie Gazette

from the editor

from
the editor

E-mail Dylan at
editor@dalgazette.com

Dylan Matthias Editor-in-Chief



Smile: you're at a protest

Why newspapers should take pictures at protests

Dylan Matthias
Editor-in-Chief

In the past two weeks, there have been two major protests covered in the media and the *Gazette* was a part of that coverage. We sent reporters and photographers to both the SlutWalk event and the annual Take Back the Night march.

Both were fairly standard, if important, stories. These sorts of things come up in newsrooms all the time: a press release or the grapevine sends word of a protest and a rookie reporter or two get sent out to cover it in case anything goes down.

That reporter is told to get a few quotes, a good photo, and to put together a few words for the paper. Students at Dal in 40 or 50 years will read those articles as they study feminism and women's rights in our generation. That's why, while they're often seen as easy events to cover, it's imperative we do a good job. These events are both crucial to our campus and our public consciousness. We need a fair and unbiased record of that.

This week, we received complaints about media access at both of the events mentioned. The protestors don't want their protest shown, and that strikes our crusty journalist types as a bit backwards.

See, there are always emotions at protest events, and any good storyteller wants to find that. There's anger at Take Back the Night because violence against women is so wrong that it deserves a response. There's

pride, too, and solidarity. It's easy to get caught up—people do.

It's understandable, given the atmosphere and the exposure of such events that people feel the media intrude.

We do intrude, but that's our job. Otherwise no one would ever know. People across Canada, be they parents, friends or faces, can read the articles or see the photos. They can see what happened now. When you protest something, you invite the public into your bedroom.

For most events, this promotion is good. SlutWalk organizers wanted to get noticed. That makes their point stand out. Media show up because in this case that event matters. Take Back the Night is a powerful statement by women, and that matters, too.

As reporters, writers and as people we know that these things are important and also difficult. We stick our microphone or our camera in because we need to hear that side of the story—often an underrepresented view. We're not there to comfort people or project any statement, we're there to show what happened. So why did this year's protests make our job difficult?

At Take Back the Night, our photographer could barely get access, until other media pointed out the event was on public property where anyone can go and take photos at their leisure. Our Slutwalk article made waves because we had the audacity to take a photograph of one of the protesters who was marching

in only her bra.

Any event held on public property can be photographed. In a rented building, or a private building—that's different. If you march down a main street in a bra, the media will take your photo. If you lead a march protesting violence against women, you will get reporters asking tough questions. It's naive to expect otherwise. Welcome to public life.

This is actually a good thing for everyone. It gives the subjects exposure, and it gives the public information. It's naive to expect journalists wouldn't do their job. That job isn't always to be a nice voice: the media can be your friend one moment and your worst enemy the next. Say something stupid to a journalist and you'll see it in print.

It takes great courage to come out from a classroom, or from behind your blog or your couch and actually show what you believe in. Public action, as reported by us and judged by others, should be celebrated, not shunned, and the complaints we received ask the media to silence already underrepresented voices.

Not only do we as reporters not want to do that, we won't. It isn't fair to our sources, it isn't fair to the public and it isn't fair to our stories. ☹

Getting the message across
through media—and bearing it
• • • Photo by Angela Gzowski



BalGazette.com

Website Top 5

1. Dawgfather tackles city council
Dawgfather, Opinions
2. Surf Film Fest returns to Halifax
Courtney Zwicker, Arts
3. Neptune Season Opener Dissapoints
Delia MacPherson, Arts
4. Can you put a price on safety?
Asha Katz, News
5. Night watcher caught?
Katrina Pyne, News

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A long-awaited party

The Chaudhrys celebrate their eligibility for Canadian citizenship

Daniel Boltinsky
News Contributor

The hall of St. Andrew's United Church was overtaken by the smell of cumin and tumeric. A long table laden with every Pakistani dish imaginable stretched across the room. Students, friends and family filled their plates and sought out the special guests, the Chaudhry family, who floated around the room making sure everyone had enough to eat.

It was a night for a celebration.

On Sept. 30 the Chaudhry family, who have faced deportation for the past eight years, finally celebrated their eligibility for Canadian citizenship with a Pakistani dinner for their supporters. Among those present were members of No One Is Illegal (NOII) and Dalhousie's Nova Scotia Public Research Interest Group (NSPIRG).

Roouf and Fakhira Chaudhry came to Canada via the United States in 2003 after fleeing Pakistan. When Fakhira married outside of an arranged marriage, members of her family and her ex-fiancé repeatedly threatened them with violence. In Canada, their refugee and humanitarian & compassionate claims applications were originally denied. A Federal Court of Canada judge overruled the decisions last January, taking into account the interests of their three children.

The family was told on Sept. 13 that their application was finally approved.

About 40 people, including friends, university students, faculty, and interested Halifax residents, came to congratulate the Chaudhrys on their success. Dishes such as curry, biryani, and samosas, all made by Roouf and Fakhira, were laid out as the family

discussed their current situation with supporters.

"My children are happy, I am very happy, and I'm looking forward to the future for my children," says Roouf. He and his wife have already established themselves in Canada by starting a catering company, and have the support of the local Muslim community.

The next step for the Chaudhry's will be to apply for permanent residence status.

Because they feared repercussions in Pakistan in the event of deportation, the family has avoided discussing their situation with the media. Now, they are able to speak about their feelings during the immigration process. While their oldest daughter, 11, understood their precarious situation, Roouf says he always had faith that things would work out for the better. Nevertheless, they say that the

support they received played a crucial part in their successful application.

.....

"This is my children's country, and this is my country."

.....

NSPIRG has been helping the Chaudhrys since late 2008 by raising awareness, creating petitions, and writing letters. Sabastien Labelle, a member, says he was both happy and relieved upon hearing that the application went through. Also involved was NOII Halifax, which helped raise awareness by setting up public events, dinners and brunches.

Roouf says he and his family are eager to give back to the community. "This is my children's country, and this is my country," he says. The Chaudhrys plan to open a restaurant that will provide employment and Halal food to the area, a goal they have envisioned for years.

While a friend of the family previously offered financial assistance, they saw no point in opening a restaurant without being sure of their immigration status. Now, with a newfound sense of stability, the Chaudhry family is ready to move forward. ☎

Roouf Ahmad and Fakhira Chaudhry (foreground) celebrate with their children (L-R) Muhammad Bilal Hasan, Noor-Ul-Imaan, and Rukhna Roouf and community.

... Photo by Katrina Pyne



Women reclaim the streets of Halifax

Take Back the Night takes over the north end

Meagan Deuling
News Contributor

On the evening of Oct. 1, just as the street lights flickered on, there was a feeling of excited anticipation on the second floor of the Mi'kmaq Native Friendship Centre on Gottingen Street. Everyone was waiting—the 15 or so welcoming men and around five friendly women—allies to Take Back the Night (TBTN). Finally, 40 women of all ages and orientations entered, crowding the room with an air of power, confidence and victory.

Participants of the 2011 version of TBTN rallied by the fountain in the centre of the Commons. The women and transgender participants then marched through the streets of north end Halifax to the Mi'kmaq Native Friendship Centre on Gottingen Street. Waiting for the marchers were Allies, men who support marginalized members of society.

TBTN Halifax is organized by the Dalhousie Women's Centre, but this year it was planned in consultation with community members through open meetings that started in June.

According to the Gay Halifax website, the first TBTN rally in Halifax was organized by the Anarcha-Feminist Reading Group in the late 1970s as a way to resist the power that men wield over women. Their slogan was, "Women Unite! Reclaim The Night! Our Bodies, Our Dignity, Our Rights!"

Daphne, a biological male who identifies as a woman and a lesbian, says events like TBTN are essential. "We have to recognize that violence is endemic," she said after the event. "It's not just in the streets, it's in the homes, too. We have to get to the roots of the problem."

"Unless people can talk about their experiences, they will continue to be victims."

She says she gets "skittish" when walking home alone and prepares for any dangers she may encounter.

Michelle Graveline, a woman who has been marching with TBTN since the early 1980s, believes that the patriarchy the founders of the Halifax TBTN were fighting still exists today. Graveline said, "The issues highlighted each year change. In the 80s it was domestic violence. Today it's transgendered people, sex workers and date rape. All the issues exist all the time, though."

Graveline said, without hesitation, that she never walks home alone at night.

Ellen Taylor, a member of the Dalhousie Women's Centre and an organizer of this year's TBTN, said that the aim of TBTN is to create an environment in which victims are comfortable talking about their experiences.

"I am a sexual assault survivor. Unless people can talk about their experiences, they will continue to be victims," says Taylor.

She also spoke of the importance of bringing an end to the "rape myth." "It's used against anyone who's been assaulted to shift the blame to the victim. You see it in the media all the time in questions like, 'What were you wearing?' 'Were you alone?' 'Were you drunk?' It's bullshit!"

Taylor said she too does not walk home alone at night because the streets just aren't safe.

John Wastenays is an Ally. He waited at the Friendship Centre to greet the marchers upon their arrival. Wastenays believes it is worthwhile for the march to be exclusively for women because women need spaces that are safe and public.

After a long hesitation, Wastenays said that it is rare for him to be afraid as he walks alone at night.

The first TBTN rally in Halifax was organized by the Anarcha-Feminist Reading Group in the late 1970s.

• • • Photo by Angela Gzowski

news briefs

Always wanted to participate in a food fight?

Now is your chance. Repair Our World (ROW), a student society that advocates for non-political social justice causes, is organizing the NS Food Fight at Dalhousie. Boxes are being set up around campus collecting non-perishable food items. Students living in residences can also help by using one meal on their meal plans to donate a few cans.

ROW is an entirely volunteer-based society that provides convenient opportunities for students to promote social justice. ROW recognizes that many students have a desire to contribute but do not have easy access to volunteer opportunities. Their email list is open to anyone, and puts the word out when these opportunities arise.

CBC's Massey Lectures make a stop in Halifax

CBC's renowned Massey Lecture Series will be making a stop in Halifax during their 50th anniversary tour on Oct. 21.

Famed Canadian writer Adam Gopnik will be discussing what winter means to Canadians in his third lecture, *Radical Winter: The season of space*. Gopnik, an essayist and contributor to *The New Yorker*, is delivering his series of lectures, *Winter, Five Windows of the Season* in five Canadian cities. The lectures will be broadcasted from Nov. 7 to 11 on the CBC Radio One show, *Ideas*.

The lecture series, which originated to provide a forum for the discussion of current issues, has included speakers such as Martin Luther King Jr. and Margaret Atwood.

The lecture will be held Oct. 20 at 8 p.m. in the Rebecca Cohn Auditorium.

Highest numbers of plagiarism in the management department

The management faculty at Dal had the most cases of suspected cheating in the 2010-2011 academic year with 18 cases of plagiarism and 14 cases of unauthorized collaboration.

After speaking with Peggy Cunningham, dean of management, the CBC reported she thinks that the numbers are higher than in other faculties only because they are looking harder.

Dalhousie is dealing with the issue by hiring academic integrity officers to keep tabs on sloppy citations and plagiarism. Also, students are lectured on the subject at the beginning of the year and are aware of the seriousness of the issue. The CBC reported that even though students often understand the issue, they usually fail to realize they are plagiarizing.

The report released by the university senate on Sept. 25 said the overall numbers of plagiarism incidents are higher than last year.

A colourful celebration in Studley Quad

In celebration of Mi'kmaq History Month, the second annual mawio'mi was held at Studley Quad Oct. 4. With the raising of the Mi'kmaq flag at 12:45 p.m., the festivities included traditional dancing and drumming followed by a feast.

The feast, including dishes such as moose meat, luskinakin and bannock, was followed with dancing by the Dalhousie Native Student Association, among others.

Mawio'mi, meaning "gathering," is a celebration of the Mi'kmaq culture and aboriginal culture, but the event is also meant to represent that aspect of Canadian culture.

—Misha Noble-Hearle
News Contributor





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Funding cut for King's "cornerstone"

KSU committee created to find solution



The King's Chapel may lose its chaplain part-time in January, unless the KSU can find a solution.

• • • Photo by Angela Gzowski

Olivia Schneider
News Contributor

• • • • • The Anglican Diocese of Nova Scotia and Prince Edward Island will cut its portion of funding at the end of December for Reverend Gary Thorne, the University of King's College chaplain. Gabe Hoogers, president of the King's Student Union, says it is unclear what effect this will have on Thorne's hours. But, he says, any reduction of hours would be severely detrimental to the King's community. "Gary is a pillar of student, faculty and staff life," says Hoogers. "He provides both spiritual and personal guidance."

Hoogers says a committee has been created to examine the budget and determine where King's can compensate for the lack of funding from the Anglican Diocese. "Ultimately, Gary's services are worth whatever price that is," he says.

The committee will begin meeting in the next few weeks. This is not the first funding conflict for the King's Chapel. In 2009, the Anglican Diocese cut funding to the King's Chaplaincy in half, as it is classified as a low priority program. King's was able to make up this funding cut by sourcing external funding. However, this

year it is more difficult since the diocese wants to stop funding entirely.

In 2009, a priority for people involved in preserving the Chapel was to raise awareness on its importance. A Facebook group was created at the time, urging students to acknowledge the chapel and the Chaplaincy's involvement in campus activities. Thorne says that if King's were to dispose of the Chaplaincy, something would absolutely be needed to replace the services it provides.

Leah Collins Lipsett is one of the three Chapel wardens. She says the Chapel is a major part of her life and thinks many students do not realize how important it is.

"Everyone agrees that the Chapel is a cornerstone of King's, but few appreciate how much of an integral aspect it is. I would say the majority of King's students are touched by the Chapel, or retreat to it as a place of refuge, at some point in their university lives," she says. Collins Lipsett emphasizes the Chapel is for King's and Dalhousie students.

Together, the King's Chapel and Thorne are fundamental to a variety of events on the King's campus and in the greater Halifax community.

"Try to picture King's without Matriculation, the Christmas deco-

rating party, sherry hour, and the Resurrection Party. It is impossible," says Collins Lipsett. According to Collins Lipsett, the Chapel is a "mainstay" of the King's musical community. It fosters music through support of the Chapel choir and orchestra.

Weekly services are held for students and the greater community. The Chapel also hosts special services for events such as Remembrance Day. Furthermore, Thorne has given presentations for other Anglican congregations and for the military community in the region.

The Chapel is also important to the academic side of King's. Selected choral singers are awarded scholarships for their involvement in the Chapel. Thorne has even provided multiple guest lectures at King's.

Thorne says a great part of his role at King's takes place outside the Chapel. "The Chapel is not my work," he says, "that's not what the Chaplaincy is about. It's support to students so that they might achieve success academically, personally and spiritually." ☺

The Anglican Diocese of Nova Scotia and Prince Edward Island was unavailable for comment at the time of printing.

In line at the DalPlex

Intramurals overflowing for the fall season

Adam Faber
News Contributor

• • • • • In a small office space inside the DalPlex, there is a bustling group of sports enthusiasts. As two administrators lament a student who has dropped out, they are excitedly discussing the team member who can now be offered a spot. Campus recreation co-ordinator Andrew Harding is in one of these busy offices. "Sorry I'm late," he says, despite the fact that he is on time. "There's a lot on the go right now."

A total of 24 recreational and competitive soccer teams remain wait-listed, along with 19 other teams across various sports. At an average of 10 students per team, that's easily 400 spaces beyond capacity.

Harding organizes intramural sports at Dalhousie, which includes thirty-two leagues, eight mini-leagues and four tournaments. "It's the busiest time of the year right now, with registrations happening and everything," he says.

Ultimate Frisbee and soccer are the popular sports this semester, warranting the addition of extra teams. It's Harding's job to schedule the time and place for groups to play. "It's hard to say what the capacity is. That depends on when people can play," says Harding. "There is a prime time that everyone is trying to get space for." Andrew is busy finding space for what averages out to be over 2,500 participants a year.

Third-year civil engineering student Suvir Pursnani wanted to join a soccer league with his friends. He did the legwork, organizing his friends into a team, only to be turned down when registering. "The guy said that it was full and there's no room. We were put on a waiting list after another team. It kind of sucks they can't fit in just two more teams."

"All of my soccer dreams, crushed." Pursnani says with a laugh.

Harding, having added several soccer teams already, simply couldn't accommodate the rest.

"We were able to add six co-ed recreational soccer teams into a new two-hour time slot on Sunday nights, and we were unable to add any extra teams compared to last year for Ultimate Frisbee."

Harding stresses that it's important to get signed up early to get in. Pursnani's team, for example, is second of 10 on his particular soccer waiting list. "It's not for sure yet, but I'm looking at getting some drop-in games started up— if I can find a time that works for people."

Pursnani has already done his scheduling for this season. "I'm in engineering. It's a lot of work. I rearranged my schedule to make this time, you know, so I'd have game days free."

"It was all a waste."

Pursnani wasn't pleased about the position that put him in. "I did all the recruiting, convincing people to play, and now they're asking me, 'What's up?' It wasn't fun telling them they didn't have a team. Hopefully we can get in next time."

Harding believes that intramural sports offer a social outlet on top of fitness. "For students who haven't made a lot of connections, a common interest and activity is great for making friends. On top of that, sometimes students play a sport but don't have time for a varsity team, or maybe they just want to try European handball because their high school never offered it."

"I'm concentrating on the next round of sports right now," Harding says. "I want to find more spaces we can use, and more dates teams can play so everyone can get in." Andrew adds that a student who couldn't get a team included can still try to get in as a free agent. "Sometimes spaces on teams open up, and we can get a few more people in that way as well. We want as many people as possible having fun." ☺

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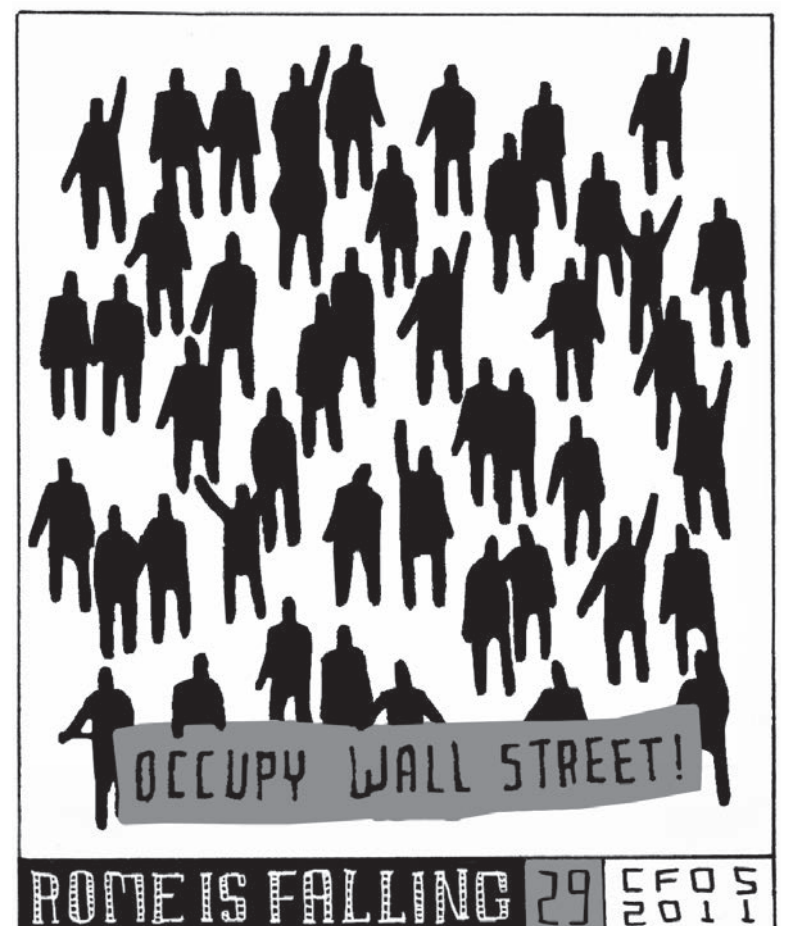
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Campus food not diverse

More independent vendors are needed at Dal

Nick Laugher
Opinions Contributor

I feel like Indiana Jones when I try to find somewhere decent to eat on campus. I'm wandering around, searching for this extremely esoteric, highly sought after artifact, whose existence is one of those debatable "hot ticket" issues.

It seems like no matter what building I'm in there's the same dilapidated rainbow of bruised, multinational campus food supplier sandwiches, one or two salads or fruit and yogurt cups, and an ominous swath of Pepsi products just staring blankly at me, saying "Don't ask me, man. I just work here."

I sometimes circle the campus in a frustrated, hungry anxiety, asking myself when and where I'll finally cave in: a Tim Hortons bagel? One of those anemic, drooping Pizza Pizza slices? One of the Second Cup muffins I occasionally find random pockets of salt in? Another large dark roast? Let's be honest, it's probably going to be the coffee, but it really shouldn't be this hard, Dalhousie, and shepherding in more gigantic food conglomerates isn't going to make it any better.

Ignoring the issue of the inevitable 15 person line-up that will perpetually stand outside of the new Subway in the Killam, there's the issue of why

we're even getting a Subway in the first place (and naturally, a Quizno's on top of that).

It doesn't stop there. As much as I didn't appreciate residence meal hall pizza in first year, I certainly don't appreciate Aramark gussying it up and trying to pass it off as "old style pizza" with their new Topio's brand in the Mona Campel. It's a certain kind of unnerving bewilderment when you receive a slice of veggie pizza where the amount of veggies you'd normally find on one slice is shredded finely and used to cover the entire pie.

I'm not fooled, Dal.

There are a multitude of Halifax eateries that would kill to have that kind of spot. Just think about how many hungover university kids would weep with joy over a Burrito Jax in the SUB. Aside from the odd days when some nutritionally philanthropic Dal society graces me with delicious free soup, or when I'm having a chat and a sausage with the Dawgfather (who, incidentally, won "Best Campus Eats" in *The Coast* this year), I'm frustrated and resentful of Dalhousie's lack of legitimate, independent vendors. Even our official campus bar, The Grawood, disregards our local products, passing up literally award-winning microbrewed beers in favour of being sponsored by a mass-produced range of Molson (and its parent com-

pany's) products, whose flavour palates more closely resemble Perrier, insulting both students and beer.

I'm not ignoring Coburg Coffee, by the way. They have delectable bagels and sandwiches. It's just that they're kind of a fringe entity in the minutiae of campus eats. They're not technically *on* campus. They have, at best, a spiritual affiliation with Dal.

It turns out the only truly legitimate place to grab a savoury, full-fledged bite on campus is the new Grad House. I was as surprised as you. With food sourced locally from Halifax market vendors, they offer a surprising array of real, delicious meals and snacks at decent prices, brew Lunenburg-roasted, fair-trade Laughing Whale coffee, and even have Garrison beer on tap.

Even so, despite providing a sorely needed oasis in a desert of desserts, trademarks and logos, we have two independent vendors and an occasional free soup? That still leaves us with frighteningly slim pickings as far as the nutritional, guilt-free between-class-bites are concerned, and the blame rests solely on Dalhousie.

So what's the deal, Dal? ☹

Too much coffee, not enough variety.
••• Photo by Michael Cestnik



A possible night watcher portrait from September 2009.
••• Sketch via the Halifax Regional Police

Watching the night watcher

How to stay safe against sleep predators

Samantha Elmsley
Opinions Contributor

I did something silly the other night. In my defense, it was hot, and I was slowly roasting alive in my room. I couldn't take it anymore. So before going to bed, I threw open my window.

This shouldn't have been a problem, except that for the second time in four years, a suspected night watcher had been released from custody back onto his familiar beat—the bedrooms of women in Halifax.

The window in question is attached to a decidedly student-owned house. It is also easily accessible by climbing onto a low roof. Worse still, it doesn't even have the protection of flimsy mosquito netting, because I myself climb through the window multiple times a day because, well, it's awesome.

But anyways, the point is that when I woke up the sun was shining, a gentle breeze was wafting in through the window, and my nifty angel figurine was missing from the sill. A bolt of nausea immediately ensued, and visions of creepy brown-haired guys in neck warmers (the night watcher's favourite accessory) flashed through my mind.

As it turned out it was my roommate, and not the modern-day Boogiemane equivalent, who had moved the figurine while taking advantage of the roof.

So for me, that one moment of letting my guard down proved harmless. But for more than 20 other women over the past four years, the same has not been true.

It's a sad reality, but it is reality nonetheless: because of the night

watcher it is never OK to leave doors and windows unlocked in Halifax. We can moan about it all we want, but in the end, we must treat it like we do the Maritime's chameleon weather. I may whine endlessly about the fog, the rain, the cold and the humidity, but I will also without fail bring an umbrella and a sweater with me wherever I go. It's just common sense.

The same logic applies to the night watcher. Of course, it is the watcher and not his victims who are operating outside the law; the public has a right to be safe in their own homes, and what he is doing is wrong. But until he is caught, we must put aside the ideal and focus on the reality; we have to assume responsibility for our own safety. In all the watcher's reported cases of break and entry there has never been an actual break-in; there has just been entry, through unlocked doors and open windows.

Whether right or wrong, to a certain extent society does have to adapt itself to the behaviours of these individuals. We either do and stay safe, or we don't and leave ourselves open to the possibility for harm. No one deserves to be sexually victimized, but we must acknowledge that we always live in relation to other people who may or may not want to climb through our windows and watch us sleep.

I personally hope this never happens to me, partly because I would never want to inflict the image of my sleeping self on anyone (drool). On the bright side, the night watcher would probably take one look and run screaming for the door. Maybe then we could finally catch him. ☹

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

Beneath the hype

The downside to a vegetarian diet

Erica Eades
Arts/Copy Editor

It seems you can't go a day anymore without hearing the benefits of vegetarianism. Lose weight! Feel healthier! Save the environment! The propaganda is endless, and it's convincing too.

So convincing, in fact, that I was lured into the trend about a year and a half ago. Though my diet was already relatively meat-free at the time (raw meat grosses me out so I rarely cook the stuff), I saw the transition as a way to monitor my vitamin and nutrient intake. So, in May of last year, I declared my vegetarian status and stopped eating meat altogether.

Things were going well for awhile. I did everything a good vegetarian should, stocking up on vitamin supplements, B12 fortified soy milk, vegetarian cookbooks, and chick peas, lots and lots of chick peas. And then came all those promised results: I lost a bit of weight, felt a bit healthier and probably even lessened my carbon footprint in the process.

But that was followed by the not-so-positive effects. I began feeling tired all the time, I was getting sick on a regular basis, and then the real kicker: I started to lose feeling in the right side of my face.

I didn't make the connection

at first, chalking it up to stress, or exhaustion. But after two doctors' appointments, a visit to an ear, nose and throat specialist, a skull X-ray, and some blood work, the answer became a little more clear: I was suffering from severe iron and vitamin B12 deficiencies, and the latter was beginning to affect my central nervous system.

According to Bettermedicine.com, symptoms of B12 deficiencies include memory loss, numbness, fatigue, shortness of breath, chest pains, migraines and depression, and can affect the gastrointestinal tract, the nervous system and the cardiovascular system.

But what does it take to be deficient? Well, Livestrong.com says B12 levels are considered normal when they are between 200 and 900 picograms per milliliter; anything under 200 is cause for concern. My levels: 11 pg/ml. To put that into perspective, my sister was previously prescribed supplements when her B12 levels dropped to 100 pg/ml. So I was in some pretty serious trouble.

Now, it may seem biased of me to suggest vegetarianism is an unhealthy way to live, and that may be true. But I prefer to look at it as speaking from experience. I've been taking 1000 mcgs of B12 and 900 mcgs of iron a day for nearly five months, and I'm

still not 100 per cent. The exhaustion and numbness have mostly subsided, but I still feel the uncomfortable effects of the nerve damage around my right eye, and I still have to vigorously monitor what I'm eating.

It's true that limiting the amount of meat in our diets can have a positive effect on both our bodies and the environment; but, I don't believe cutting it out altogether is the answer.

So what can we do? Well, there are a few things, actually. We can start by buying local. Visit the farmers' market and stock up on grass-fed beef and licensed free range chicken that's free of hormones, antibiotics, synthetic fertilizers and pesticides. Begin incorporating meat alternatives into your diet. Beans and lentils, soy-based products, such as tofu and tempeh, nuts, and eggs are all good options.

I understand there are moral, cultural and religious limitations that prevent people from eating meat, and I do not wish to disregard these beliefs. My issue lies solely with this glorified representation of the vegetarian lifestyle – and the idea that it is somehow superior to its carnivorous counterpart—because for me, that proved entirely false. My brief stint of vegetarianism put my health at serious risk, and I'm still suffering the consequences. ☹



Being vegetarian may have worked for this guy, but it may not work for you.
••• Vertumnus by Arcimboldo, Giuseppe, 1591

When the party ends

Binge drinking isn't something new to students at university



Matthew Ritchie
Opinions Editor

It came as a big surprise to university students a month ago when it was announced that on Sept. 6, a 19-year-old student from Acadia University was found unconscious in his dormitory. The student was rushed to hospital where he later passed away due to complications resulting from alcohol consumption; students in residence would later report witnessing the student consuming the contents of a 40 oz. bottle of liquor while participating in drinking games such as flip-cup.

It was a sincerely tragic and heart-breaking event to hear about when the story was released, but I'm sad to say I wasn't fully surprised when I heard the news, considering binge drinking is a serious epidemic among Canadian universities and has been for quite some time.

But I wouldn't have necessarily needed news coverage or statistics to know this information, because as a university student over the years, have seen the damage first hand. Whether it's the time I had to drag a friend off his bed as I witnessed him begin choking on his own vomit while sleeping, or waking up in a friend's washroom at 4 a.m. with no memory of how I got there, binge drinking is a practice all too common with the university experience.

For Lyndsay Anderson, Residence Life Manager for Gerard and O'Brien Hall, this issue isn't something that only strikes students living in residence, but all facets of student life. "I think university students in general, whether living on campus or off, engage in binge drinking practices, and I think it's pretty consistent across the country," she says.

Anderson admits that even Dalhousie isn't invincible to stopping

binge drinking on campus, and that there isn't a clear answer to the problem, because it isn't really clear why people decide to drink excessively to begin with.

When it comes to drinking, there are a number of reasons why people take it the extra step, such as addictive personalities, the media and peer pressure. The latter will likely stick out to you, being that since early grade school you have been advised of the perils of drinking in excess to fit in. But as Anderson notes, peer pressure and trying to be cool can be one of the main motivating factors in binge drinking at universities.

.....

"Binge drinking is a practice all too common with the university experience."

.....

"I think there is a culture that exists where people set out to have these types of nights where it's crazy and all this stuff happens, almost a kind of bragging about it," she says, pointing towards social media websites like Facebook and Twitter, used by students to gloat about their drinking exploits.

But it's hard to argue this kind of behavior begins at university, and Anderson notes that Dalhousie is well aware of this before students arrive. In a 2007 study Dalhousie helped publish about drug use among high school students in the Maritimes, 49.7 per cent of students in grade 12 admitted to binge drinking on at least one occasion prior to university.

But binge drinking isn't something that statistically decreases among Canadian youth while enrolled at university. A survey conducted by Health Canada in 2010 reported that heavy and frequent drinking among youth aged 15-24 was three times higher than that of adults 25 years and older. Statistically speaking, this means that heavy drinking occurs at the age primarily associated with higher learning. So at the moment in your life when you are trying to further yourself and become as intelligent as possible, almost 10 per cent of people are participating in one of the most harmful practices when it comes to their health.

"You can ask someone if they think it's safe to drink a 40 Oz. bottle of whatever, and they'll say no; but that doesn't translate to what their behavior is like on nights that they are drinking," says Anderson. "I don't think this 19-year-old student didn't know that what he was doing would cause harm, I just don't think they understood how much harm it would cause. There is a bit of a sense of being invincible."

But why don't we understand how much harm can be caused from excessive drinking? We give ourselves mind-splitting headaches from drinking too much, become physically sick, watch our friends embarrass themselves at parties and clubs, and put our lives in danger, all so we can have a good time? Maybe, or maybe we're just young and have our whole lives ahead of us. Maybe we feel immortal.

But if there is anything we can learn from this tragic accident, it's that we aren't as invincible as we think we are. ☹

Know your limit
••• Photo by Abram Gutscher



Matthew Good brings *Lights of Endangered Species* tour to Halifax

Mathew Holden
Music Columnist

Matthew Good never stops, he's been recording new music and touring almost non-stop for the past 15 years — first as the leader of The Matthew Good Band and, following their messy breakup in 2001, as a solo artist.

Last week, Good spoke by phone with the *Gazette* from Toronto, where he is rehearsing with his new band for the upcoming tour.

On his latest album, Good, 40, explores new sounds and musical directions that include adding brass instruments to many of the songs.

"It's based on a conversation Warne Livesey (Good's longtime producer) and I had about 15 years ago," Good says. "[We talked] about doing something in this direction, but a lot of things got in the way."

It was during the last tour, for 2009's *Vancouver* album, that Good started writing new songs. When he and Livesey sat down together, he told Livesey, "Now is the time to make the record that we've talked about." That album became *Lights of Endangered Species*, the Vancouver musician's fifth solo studio album. It was released this summer to extremely positive reviews. As usual, with a new album also comes a new tour.

Starting on Oct. 8, and hitting Halifax on Oct. 13 at The Forum Multi-Purpose Room, the tour will take Good across the country, playing 40 shows in 38 different venues. While the studio and touring musicians of his solo career change with each new release, this time he will have at least one familiar face with him, Matthew Good Band drummer, Ian Browne.

The two hadn't spoken since the band broke up almost 10 years ago, but after meeting again at a memorial for a mutual friend, they started talking and eventually Good invited Browne and his wife over for dinner. When Good's current drummer became unavailable to tour because of a new project, Browne was the first and only call Good made. "I basically just said to Ian, 'Do you think you can

do this still?'

"I usually just stick to the ones that I find are the strongest live. I try to get a good cross section of stuff. On this [tour], I really just went off of what we had done in the last couple years and just added in the new material. There's not a lot of surprises on there."

However, there are a few surprises on the list, including possible acoustic songs Good would like to record and perform, such as early Matthew Good Band songs "Prime Time," "Deliverance," "So Long Mrs. Smith," "Fated" and "Generation X Wing," as well as "Suburbia" and "Sort of a Protest Song" off of 1999's *Beautiful Midnight* album.

Though he said these songs are just a wish list and depend on a number of factors, updates on his website indicate rehearsals are going well.

When asked what we can expect from his Halifax show, Good said he will be playing a lot of material from his new album.

"I don't have a laser light show or anything," he said. "I've been blessed with really good lighting guys, so it won't be terrible, but there won't be any floating pink cows."

On this Canadian tour, some of the stops may make people scratch their heads, such as Goderich and Bala, Ont., Fort Saskatchewan, AB, and Trail, BC. When asked why he makes an effort to visit some of these smaller cities that most Canadians couldn't locate on a map, his answer was simple:

"Well, why not?" he says. "Most of them have state-of-the-art theatre facilities. They're communities that are starved for music. I try to add dates that take us to exciting new worlds, where we can make contact with exciting new species. It's the difference between having to drive four and a half hours to see me play somewhere else."

So what's next for Good after this tour ends in December? He's got it all figured out. "I've got to go play the States in the new year, then back to Canada for festival shows and what-not in the summer," he says, and then



Looking good, feeling Good. • • • Photo supplied by Hype Music

I'm probably going to go on an acoustic tour in September, if I feel like it. Then I'll make another record." 🎧

Matthew Good plays the Halifax Forum Multi Purpose room Oct. 13. If you're lucky, and if he feels like it, you might just hear a few rare songs from his past.

A taste for cooking: A beginner's guide to finding your way around the kitchen

Rachel Eades
DIY Columnist

For those just beginning to dip their toes into the DIY pond, food is a popular place to start. Learning how to knit a sweater or build a desk can be an overwhelming concept with a steep learning curve, but figuring out how to make an omelette? Yeah, you can probably handle that. And if you can't at least you're only out the cost of a couple of eggs and some veggies, rather than eighteen balls of wool and a stack of lumber.

An important step if you're just learning to cook is stocking your kitchen. By keeping the basic tools and ingredients on hand, you'll be prepared to start right away and able to learn the cooking basics in no time.

Let's start with tools. Although fancy tools can be fun, there's only a select few tools you really need for cooking. With them, you'll be able to

manage almost any basic recipe you come across.

Essential Tools:

- | | |
|--|--|
| • A large frying pan | oven-safe casserole dish (9x12 is pretty standard) |
| • A small frying pan (technically you can get by without this, but it's really convenient) | • A small sharp knife |
| • A large pot with a lid | • A large sharp knife |
| • A small "sauce pan" (fancy word for pot) | • A cutting board |
| • A strainer | • A wooden spoon |
| • Mixing bowls, one small and one large (especially if you plan to bake) | • A cookie sheet |
| • Some sort of | • A muffin tin |
| | • Measuring cup |
| | • Measuring spoons |
| | • A grater |
| | • Oven mitts or pot holders |
| | • A can opener |

Again, these are the tools for someone who's hoping to cook from scratch on a semi-regular basis (if you're content to live off microwaved Kraft Dinner and hot dogs, you won't need nearly as much).

Overwhelmed by this list? A lot of the smaller items can be picked up at the dollar store, and the larger items are common at yard sales and second hand stores. Shop around, and you'll be able to pick most of this up for very little money.

If you want to get really fancy, some bonus items that are great to have, but not essential, include:

- | | |
|---------------|-------------------|
| • A loaf pan | • A toaster |
| • A pie plate | • A spatula |
| • A ladle | • A garlic press |
| • Tongs | • A potato masher |
| • A peeler | |
| • A whisk | |

Now that you've got the tools, it's time to really talk food. With the fol-

lowing items stocked in your cupboards, fridge, and freezer, you'll be able to ensure that you can always find something decent to eat (without resorting to take-out or cereal every day):

- | | |
|--|---|
| • Flour | • Spaghetti sauce |
| • Sugar | • Baking powder |
| • Coffee and tea (if you drink it, or often have guests) | • Baking soda |
| • Salt | • Eggs |
| • Pepper | • Milk |
| • Rice | • Onions |
| • Vegetable oil | • Carrots |
| • Oatmeal | • Potatoes |
| • Chocolate chips | • Garlic |
| • Canned beans | • Bread |
| • Bouillon cubes (for soup broth) | • Butter |
| • Pasta | • Peanut butter |
| • Canned tomatoes | • Jam |
| • Canned tuna | • Cheese |
| | • Apples (or fruit of choice that keeps well) |
| | • Cinnamon |

Once more, remember these are only staples for those who want to do cooking and baking from scratch. Fancier recipes may require some extra ingredients, but always be able to whip up a meal on short notice if you keep your cupboards stocked with the staples.

And finally, get a good cookbook. For the true beginner, I will once again recommend "Clueless in the Kitchen" by Evelyn Raab. Don't be turned off by the fact that it's aimed at teenagers, this book is witty, entertaining, user-friendly, and has the best chocolate chip cookie recipe I've ever tried. It also has a far more detailed introduction to stocking your kitchen than I can cover here, including plenty of information about how to store food safely, how to find good bargains, and how to plan meals.

Happy cooking! 🎧

of agony. Her head lolled within the confines of the loose tie around her ashen neck. "Wha- whe- who-" 🎧 she said, choking on her dry tongue. He crossed his arms and waited patiently as her frantic words flew



Sweet Hereafter satisfies the sweet tooth

Specialty cheesecake shop opens on Quinpool

Paula Sanderson
Arts Contributor

Colin MacDougall's dream came true on Sept. 16.

After managing restaurants for 12 years, MacDougall opened his own shop: Sweet Hereafter Cheesecakery, located on Quinpool Road.

"I've been making cheesecakes at home for some time, experimenting with different flavours," says MacDougall. "There's so much you can do."

"We wanted to go with something that is different and memorable."

Sweet Hereafter is decorated beautifully. The colours include vivid purples, reds, gold, white and black, which create an overall classic look.

The restaurant can seat 24 people and would be ideal for groups.

"We wanted to go with something that is different and memorable," says MacDougall. "We want you to enjoy a rich, elegant cheesecake, and to have any decor that didn't match, that would kind of be a disservice."

The display case holds six different mouth-watering varieties: chocolate peanut butter, triple chocolate, apple pecan, chocolate vanilla, chocolate


amaretto, and fresh mango with raspberry coulis.

MacDougall says he makes 15-20 different kinds of cheesecake that are offered on a rotating basis. All of the cheesecakes are New York-style, so they are baked with crusts. MacDougall makes everything from chocolate, to shortcake, to ginger, to graham crusts. Basically, he jokes, "If there is a good cookie, I can make it into a crust."

He also has some specialty seasonal cakes. "I have a couple different pumpkin ones. When you're coming into fall, you're looking at those rich, fall flavours," he says. "When we start getting back into the spring, you start getting those fresh lemon and lime flavours."

MacDougall's personal favourite is the fresh mango and the white chocolate raspberry, but, he adds, "the 'cookies & cream' is probably my best-seller."

MacDougall says a good cheesecake is in the creaminess of it. "I don't like a dry crumbing cheesecake," he says. "I like to see creativity, fun and creaminess."

It looks like Sweet Hereafter can offer all three of these to the city of Halifax. 

When you get a craving for something sweet, Sweet Hereafter can be found at 6148 Quinpool Rd., open from 12 noon to 10 p.m. on Monday through Saturday

Colin MacDougall says a good cheesecake is all about the creaminess!

Photo by Alice Hebb



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



STREETER

What food would you like to see on campus?

by Torey Ellis



"More vegetarian options"

Dave Abrams
2nd-year law



"They don't have any Chinese food or foreign cuisine"

Ryan Comeau
3rd-year management



"Something a little cheaper and a little more healthy"

Sydney Wright-Brown
2nd-year arts



"Sushi and sandwiches"

Javier Alfaro
2nd-year sciences master



"I'm not picky"

Cassandra Gillis
1st-year Health Science



"Arabic food"

Alham Alghamdi
1st-year commerce master



"Corn on the cob"

Caroline Mercer
3rd-year contemporary studies



"Booster Juice needs to add all the flavours"

Ryan Reid
2nd-year history



"Legit sushi"

Hugh Colohan
4th-year arts



"More Loaded Ladle. 5 days a week"

Holly Huntley
6th-year health promotion

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OVERHEARD AT DAL

Overheard at King's:

Girl: Cochran Bay. Cockring Bay!

That's gonna be the name of my first porno.

Guy: Cockring Bay! Why didn't I realize that in first year?

Girl 1: You misquoted me earlier

Girl 2: I do that too. But I also lie a lot, so one of those.

Guys playing pool in the Wardroom:

Guy 1: We're playing Norwegian style!

Guy 2: Well we're not from Norway, are we?

LIKE A LITTLE—DAL:

"Your scruffy facial hair and indie allure make my heart race... Please notice me!"

Black hair guy liked at the Killam:

"I'd rather we cuddle and you warm me up then hand out free freezies!"



UM... IT'S OVERHEARD AT DAL RIGHT? JOIN/POST TO OUR NEW OVERHEARD AT DAL FB PAGE!



Recipe: Simple freshly-baked bread from scratch

Lucia Savchick
Arts Contributor

Do you love fresh bread, but hate how fast the stuff from the store goes stale? This bread will stay spongy soft for days and makes great toast. And no, you can't use regular flour.

Ingredients
3 cups bread flour
3/4 teaspoon yeast
1 1/4 teaspoon salt
1 1/2 cups warm water

Mix all ingredients in a large bowl (ingredients will triple in size by morning) before you go to bed and cover with a dish cloth. The mix

needs to sit for at least six hours to rise. In the morning, spray one of your (clean) hands with some oil, and lightly knead the dough. Punch it down to roughly the size it was the night before. Warm your oven so it's just warmer than your kitchen, turn off the heat, and cover the bowl again with the cloth, letting it sit in the oven to rise. Wait one hour. Pour the dough into a dutch oven (or casserole dish) that you've lightly greased with some olive oil, and bake at 400 degrees F with the lid on, and then 15 minutes at 375 degrees F with the lid off to brown the top. Before you bake, you can add some sesame seeds on top for extra taste or sprinkle on some sea salt. Enjoy! ☺

The greatest thing since sliced bread is freshly baked sliced bread.
Photo by Emily Carlin via Flickr

Recipe: Devil's Food Cake Cupcakes



Cupcakes, perfect for a late night snack.
Photo by Dixie Belle Cupcake Cafe via Flickr

Caroline Elias
Arts Contributor

There are days when chocolate is all you need, and this quick recipe creates the perfect chocolatey treat. In just 20 minutes, you'll have light, fluffy, divine cupcakes that are perfect for a late night snack while studying, or to pack for lunch. The chocolate buttercream frosting is delicious; but, if you're running short on time, the cupcakes are just as scrumptious without it!

Here's what you'll need:
2 cups flour

2 cups sugar
1/2 cup unsweetened cocoa powder
1-1/2 teaspoons baking soda
1-1/2 cups milk
1/2 cup butter
2 teaspoons vanilla
2 eggs

1. Preheat oven to 350 degrees.
2. Measure out everything but the eggs directly into your mixer bowl.
3. Mix on low speed just until incorporated.
4. Beat on high speed for 2 minutes.
5. Add eggs, beat on high speed again for 2 minutes.

Measure out into cupcake pan lined with cupcake papers. Bake for about 15-20 minutes until a toothpick comes out clean. Let cool slightly in the pan, then transfer to a rack to cool completely before frosting.

Chocolate Buttercream Frosting:
1 stick butter
1/2 cup cocoa
4 cups confectioner's sugar
1/4 cup milk

1. Beat butter on high for about 30 seconds until soft.
2. Add cocoa and 1 cup of sugar and beat until fully mixed.
3. Add half of the milk and the remainder of sugar and beat until mixed.
4. Continue to add milk until you get to the consistency you want. ☺

Recipe: Sautéed Brussels sprouts with cream



Flavourful, even for Homer.
Photo by Mackenzie Kosut via Flickr

Rob Sangster-Poole
Food Columnist

There's an old episode of *The Simpsons* where Homer tries to lose weight. So Marge serves him steamed veggies and rice cakes. "They're only 35 calories a-piece!" she proclaims. Saddened by the lack of flavour, however, Homer asks if he can throw a little something on top. He then proceeds to microwave the rice cakes with copious amounts of ham, cheese and other goodies. "Mmmm, only 35 calories..."

That's pretty much how I feel about all healthy food: Take something that's good for you and load it with tons of butter, cheese and cream. Then just pretend like it's still healthy. Take, for instance, this delicious recipe for sautéed Brussels sprouts and sage cream. Brussels, like broccoli and other greens, are a great anti-cancer food. They might lose a bit of their nutrients after being sautéed, but whatever. Plus, they seem to be in season at the farmers' market, so hurrah for local food!

Start by mincing your onion and halving the Brussels. If onions bore you, you can mince a large shallot instead. Also, if you are a fan of pine nuts, now is the time to lightly sauté them for two to three minutes, after which you can set them aside.

Next melt some butter in a large frying pan or skillet (about medium heat), and toss in the onion. Let it cook until softened and somewhat translucent (4-5 minutes). Then throw in the Brussels, stirring them occasionally, until they are slightly browned (7-10 minutes).

Now you can pour in the chicken/vegetable stock so the bottom of the pan is covered (half a cup should be OK) and let it simmer. I like to cover

the pan for a few minutes at first, then leave it open. Ultimately, you want the stock to boil off. This should take about 7-9 minutes.

After this you can add the cream and the sage. Raise the heat and let the cream simmer, then toss the Brussels around in the cream until they're nicely coated and the cream is a little bit thick. Add some salt and pepper (and the nuts if you did 'em) and you're done. Serve it while it's still hot.

Mmmm, only 35 calories!
Ingredients:
3/4 lb. Brussels sprouts, trimmed and halved lengthwise
2 tbsp butter
1/2 onion, minced
1/2 cup (125 mL) chicken or vegetable stock
1/4 cup whipping cream
1 tsp sage (can substitute thyme)
1/4 cup pine nuts, lightly sautéed (optional)
Salt & pepper ☺

My step-sister has a similar recipe, except with Parmesan cheese instead of cream, and tons of garlic. So if you like this recipe, try that one out too.

How are our recipes working out for you?
Post your experiences online at DalGazette.com

Fashion vs. Food: Are we building a better body image?

The fashion world can be an unfriendly place sometimes, especially towards healthy food consumption. But are things finally starting to change?

••• Photo by Petr Kratochvil via publicdomainpictures.net



Rose Behar
Fashion Columnist

It peaked between 2006 and 2009. Anorexia and bulimia awareness, that is.

Every issue of *Teen Vogue* and *Seventeen* had an article touting a “real-life story.”

The No Anorexia Nolita campaign ran in 2007, with its poster child an anorexic model, Isabelle Caro, who died a few years later at age 28.

In those years before her death, Caro experienced more fame and opportunity than she ever had before, including modelling contracts, talk show appearances, and even a publishing contract for her book, *The Little Girl Who Didn't Want to Get Fat*.

The media was abuzz with cries of outrage over the rake thin bodies of models on the runways, and in 2006, Italy banned models with a body mass index of less than 18 to walk the runway.

If you Google the issue today, the most recent articles you'll find are

from early last year. Does this suggest that talking about eating disorders is no longer important? Is society really cured of its obsession with thin?

It may seem that way, with shows on the airwaves like TLC's *Big Sexy* following the lives of plus-sized models in NYC, and *Glee*, which featured the character Lauren Zizes, a sassy and proud plus-sizer.

But the cynic inside tells me that this curve-embracing attitude is just another way to exploit the weight taboo.

Just like the dissection of the problem of under-eating that occurred a few years ago, the treatment of the subject appears to be one full of care, concern, and a desire to help, especially in slim-down shows like *The Biggest Loser*, which depicts the weight loss experience from a health and fitness perspective. But these shows nevertheless result in on-screen coverage of an overweight woman tripping and falling on a treadmill, or breaking down and shovelling ice cream down her throat.

In reality, eating disorders haven't disappeared. We've just shifted our collective focus to a different kind of weight struggle; our runways are still filled with girls who are starving.

And the fashion world is no less to blame than ever before, even though it will deny its complicity until it's blue in the face.

Dolce & Gabbana have stated that “Anorexia has nothing to do with fashion but is a psychiatric problem,” while Armani said, “Even people who take no notice of fashion get anorexic.”

But the truth is painfully evident. The way the fashion world has configured its precise conception of beauty – tall, lean, elegant – plays a major factor in the body images of girls everywhere.

So how do we change? There are two things we can do: renew our push to include women of all shapes and sizes on the runway, and most importantly, stop watching, and start really caring. ☹



Dal...
Gazette.com



Ode to Conflict

In the silence that is shadow
march these soldiers row by row.
Across the land that once was fallow,
off to war these soldiers go.

In their faces, lined and sallow
dies the youth that used to glow
and on the roots of upheaved willow,
bloodied limbs hang from a bough.

In their breaths that breath so shallow
whisper words so soft and slow,
which sing a song that is their sorrow
beneath the winds incessant blow.

And in the helmet their pillows
are tucked the places they can't go,
and in the dawn that is tomorrow,
the seeds of war they're set to sow.

—Jacob Sandler

“Falling Asleep”

When the surface of the brook is silent,
it's sonatas waltzing in the oak leaves,
all warm and gold in their sweet-smelt shades of age;
when the azure bathes in cloud-grey
to crown the red dressed earth,
which summoned down its celebration colours;
then is the wisest of times to stand
on a bridge overlooking the creek
and to hear in the rustle the echoes of thoughts
abandoned in streamside reflection.
When the forest is festive and alone;
when the world is bright and dreary;
when the earth is most beautiful, living nearly dead.

—Reed Clements

Take Life, Never Imagination

She caressed his cheek and he whimpered as he awoke on a sandy beach in the heat of summer. The lingering odor of her sweet floral perfume danced around his nose. He had to find her. He waded deep into the warm ocean water. The clear, majestic liquid lapped at his bare knees as he looked around the oasis. Tall palm trees with flowing emerald leaves laced dainty islands growing out of the distant sea. They were tall and beautiful like his love, but they were not his love.

The man curled up in his sheets and jumped into the ocean. The water licked him all around. It was cool and comforting, but he needed to find her. He separated the waves with his hands and struggled to find a piece of land in sight. He was losing strength and eventually he fell to the floor. He sank into the unknown depth of the seductive water. Several lime-colored fish darted past him with incredible speed. He exhaled frail bubbles that sped to the surface. He gazed at a piece of striking coral. What the sea had to offer was so unique, but not as alluring as his love.

She gently picked him up and set him back on the bed. He rolled around on the forest floor in search of her.

The backdrop was a brilliant palette of soft greens and dark browns. He walked past a cascading waterfall that emitted a gushing sound that made his ears tingle with pleasure. He coughed and she cried. He coughed blood, but it became rose petals. Brilliant petals of red exploded from his mouth and decorated the woodland floor in extravagant ways. He fell to his knees and she rushed to his side from behind a thick oak tree. She patted him on the back but he continued to choke. His white sheets were soaked with red. She hugged him and he closed his eyes.

Nicole let a soft tear trickle down her ashen cheek. She prepared to leave the hospital. She took a glance back at her husband as he lay quietly in the white bed, covered in unwrinkled sheets. She noticed that he had stopped breathing. She left the drab hospital while choking back tearful sobs. She looked back one last time and couldn't help but smile. Even though Riley would no longer make her life colourful, he would at least fill heaven with his rich dreams.

—Chad Durling

Submit your Micro-Fiction, Poetry & Feedback to
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Dalhousie crew sails to France

Sailing team will represent Canada at world championship

Ian Froese
Sports Editor

A crew of seven Dalhousie sailors will leave the familiar waters of Halifax's Northwest Arm later this month to set sail in France, representing not just their school but their country.

"It's a pretty sweet handle to say, yeah, we're going to the world championships," said fourth-year Justin Hall, smiling at the thought.

The demeanour of Hall and his teammates was unmistakably light aboard their yacht as they prepared for an evening practice last week. The team culture, though, will become more urgent as the calendar nears to Oct. 21-28 when the 2011 Student Yachting World Cup takes place in La Trinite-sur-Mer.

The Dalhousie Sailing Club qualified for the 31st world championship in May after defeating the University of Guelph at a national qualifying regatta in Oakville, Ont.

Although it is Dal's first ever rep-

resentation on collegiate sailing's international stage, team captain Ted Murphy didn't shy away from making a grand proclamation.

"I'm pretty psyched. I think we can win this thing, but I might be a little cocky," said Murphy, laughing.

"I'm pretty psyched. I think we can win this thing, but I might be a little cocky."

A more attainable goal for Dal is to finish better than Queen's University, the only other school to represent Canada at the World Cup—in 2007 and 2010. The Ontario school's

best result, and ultimately the country's too, was finishing sixth out of 16 teams in their latter appearance.

Hall left speculation duties to the team captain.

"Ted's very confident. He wants the World Championship. I think everyone deep down certainly wants it, and actually probably not deep down," said Hall. "We don't really know our competition. They're the best in the world and we're up there with them. We're going to see how things work out."

Dal will actually have two consecutive chances at beating the Canadian record as they are also in the field for the 2012 worlds. The Tigers qualified for the event in mid-September in Halifax, defeating McMaster University at the Canadian University Keelboat Championships.

After qualifying for two straight berths to challenge the world's best in a matter of months, it's a wonder Dal has not earned a spot in the event before.

"What happens is, if you have a really strong team then maybe the other universities aren't going to compete because they know they aren't going to win. It's a financial commitment," said Murphy. "It's a big organizational thing to do one of these regattas. And the Canadian university scene is a little newer than the American collegiate sailing scene, which is really well-developed."

Students representing Dalhousie at the 2011 Student Yachting World Cup are Murphy, Hall, David Castle, Hugh Goodday, Valerie Keast, Catherine Richards and Jacob Chaplin-Saunders.

Dal's seven-person crew has more to worry about than just the 15 schools they will compete against at the World Cup, however, as money is another concern.

Murphy estimates it will cost an estimated total of \$25,000 or \$15,000 on a "shoestring budget." Expenses include plane tickets, hotel accommodations, boat rentals, food

and a damage deposit.

With little sponsorship and minimal funds from the university, Hall concedes the cost for the team will largely be a personal one.

"Right now we're paying for a majority of it out of our own pockets, so basically we're looking for every opportunity to save some money. We're all students."

Dal will fly out on Oct. 19 for the week-long series of races awaiting them on the other side of the Atlantic.

"We enjoy sailing. It's fun. Plus, we get to go to France," said Murphy, grinning. ☺

To learn more about their fundraising efforts or to offer your support, email the team at sail@dal.ca. You can also browse their website at www.dalsailing.ca.

Dal's seven-person team will hope for smooth sailing in France.

••• Photo by Angela Gzowski

Tigers crumble against AUS red shirts

Axemen upend Dal 32 - 7 in drenched contest

Henry Whitfield
Sports Contributor

On a wet and windy Wickwire Field Saturday night, the Acadia Axemen developmental team beat the Dalhousie Football Club 32 - 7.

The Axemen rode a running tandem of Derek Wodz and Cory Dumont early on, quickly adding up points. The Tigers, however, found themselves unable to catch up while rotating all three quarterbacks into the play.

Bryce Wade fired up the home side midway through a scoreless first quarter when he intercepted a throw by Axemen quarterback Andrew Healy, but the Tigers were unable to capitalize on the turnover. Dal also had difficulty protecting their quarterback Scott Seamone in the first frame. He was sacked three times.

A horse-collar foul against the Tigers late in the opening quarter placed the Axemen in strong field position and they made it count. Dumont ran the ball from the one-yard line to lead 7 - 0.

The Axemen would get on the board again as the Tigers, stuck in their own end, conceded a safety less than a minute into the quarter, giving Acadia a 9 - 0 edge. Just minutes later, the Axemen caught Dal's offence once again in the end zone, scoring a further safety to tally another two points to their lead.

With an 11-point edge, the Axemen were far from done as running back Wodz, a local product from Sir John A. Macdonald High School, took over scoring duties. Wodz broke free and ran 34 yards for his first touchdown and later added a 10-yard score to give his team a 24 - 0 lead at halftime.

The third quarter saw little action as the only highlight came in the dying seconds when the Tigers were able to move the ball deep into Axemen turf, thanks to a catch downfield by Taylor Williams.

Starting the fourth deep in Axemen territory, the Tigers offence finally scored courtesy of a touchdown catch by Richard Wang. Kicker Alex Harris added the extra point, making it 24 - 7.

Despite the momentum shift, the Tigers could not stop the Axemen offence as Troy Harrison put his team up 25 points late in the game.

In a last-ditch effort to close the deficit, the Tigers blocked an Axemen punt with less than two minutes remaining, setting themselves in scoring position. A deep throw by quarterback Mike Tassone found receiver Mackenzie Goodwin alone in the end zone, but the receiver did not pull the ball in and the chance was wasted.

Acadia head coach Jeff Cummins, fresh off an 8 - 3 defeat in AUS action against the Saint Mary's Huskies earlier in the day, praised his red shirt players after their convincing 32 - 7 win.

"They're great players. They work really hard every day, just like any other guys on the team. It's great to give them a chance to actually suit up and get under the lights and play in a game."

Acadia's starting roster was at Wickwire to support their teammates.


"They've been running into and hitting the same guys in the same colour for the last six weeks," said Cummins, "so it's great they got a chance to play and hit a guy with a different jersey."

Despite their lower-level opponents, he doesn't think his team needs any extra motivation to play hard against an Atlantic Football League squad.

"This is our team, this is our family, and whether it's an AUS game, an exhibition game or pickup in the parking lot, we go out there to win and win as a team. We're going to play hard regardless, and I'm just happy to see these guys go out there and execute the plays how we expect them to."

Cummins said he wouldn't mind seeing future matches between his team and Dalhousie, particularly ones that matter in the regular season.

"There are some good football players on that Dalhousie team and it would be nice to see the team come into the AUS and compete. I think they can recruit; that wouldn't be a problem. It's a great situation and a great venue and the next step is the AUS. I'm looking forward to it."

Due to inclement weather, the pre-game Lobster Tailgate Party has been postponed to homecoming weekend Saturday, Oct. 22 when the Tigers play UNB Fredericton at 2 p.m. on Wickwire Field. 

The Dalhousie football team plays their next league game Saturday, Oct. 8 against the Holland College Hurricanes. The two teams last played each other Sept. 24 in a game the Hurricanes won 16 - 13.

Combatants clash in Dal's first game against a CIS squad since 1976.

• • • Photo by Rob Grandy





TIGER TONING

THE BENEFITS OF BREAKFAST

Colin Hebb
Health Columnist

"I don't eat breakfast. Once I left home and began going to school, I stopped and haven't looked back. Now I'm trying to lose weight and I keep reading that eating breakfast is an important fat loss strategy. Won't eating more just cause me to gain weight?"

—'Anti-Breakfast Loser'

As the saying goes, breakfast is the most important meal of the day, and I couldn't agree more.

After your body has gone without food all night, changes start to occur that are not favourable to someone looking to lose weight. Your body starts to conserve energy, which means it will not burn calories (energy) at the same speed as someone well fed.

Our bodies were not built to live in a calorie-dense world. As far as it's concerned, once it has had one meal, who knows when the next one will come along? This is why your body enters survival mode when it goes for a long period without food. Although it would be ideal if our bodies encouraged those looking to lose weight to

eat less food and compensate for the loss, that is simply not the case.

Before we go any further, let's review the relationship between calories and weight loss. Math students, here is your chance to shine: weight loss is all about the numbers. The magic number is 3,500. That's how many calories it takes to gain or lose one pound of fat. Therefore, if you have a calorie deficit (burning more calories than you eat) of 3,500 over a reasonable period of time, you will lose a pound of fat. It's as clear-cut as that.

But going back to the breakfast question: why would eating an extra meal help you lose weight?

Aside from how your body burns fewer calories to conserve energy when it has not been fed, you also have the 'out of fuel' problem. If we don't fuel our bodies, they won't perform at the optimal level we want or expect of them. Whether it's sitting through class, heading to the gym or working in the lab, we need our bodies to be at their best if we want to get results we're looking for. Coffee and caffeine can only do so much.


I avoided the problem myself last Saturday morning, for instance, when before winning the City Chase—

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

shameless plug—the first thing I did after waking up was consume a hearty breakfast with a generous mix of carbohydrates, protein and good fats. I can say, with full confidence, my race result probably would not have been as favourable had I not eaten breakfast.

Performance is key, especially in relation to weight loss. After all, achieving a calorie deficit is as much about the activity as it is about food restriction. Becoming more active is much more difficult if you are starting your day on an unnecessary fast.

Finally, for those looking to lose fat and bulk up, you are going to find it very difficult to pack on the proper pounds when your body is spending significant time fasting. In fact, those looking to build muscles are often encouraged to eat more than their body burns so there is adequate fuel for growth to occur.

Fasting sucks and breakfast is crucial in minimizing the time your body spends in this state (it's in the name, break... fast). Take the time in the morning to give your body the fuel it needs. It's a lifestyle change ideal for both losing weight and keeping it off. 

sudoku

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CONTRIBUTOR'S MEETINGS

MONDAYS, 5:30PM
ROOM 312, The SUB



PROfile: MacDonald imparts title expertise to new team

Former SMU star switches colours to captain black and gold

Arfa Ayub
Sports Contributor

The Dalhousie men's hockey team has a new captain: former Saint Mary's defenceman David MacDonald. And as the only member of the Tigers to have won a CIS crown, MacDonald expects his experience to come in handy.

"I think I can bring leadership to the team," said MacDonald. "I am not the most vocal guy, but I feel that on the ice I play hard every shift. I think that having won two AUS championships and one national championship and having contributed to those wins, I feel I can bring that over to Dalhousie."

"We didn't have a single player on our team who has won a championship."

After finishing his undergrad at Saint Mary's, MacDonald had two choices: try out for an east coast minor hockey league team or continue his education and play for another CIS club. He chose the latter and applied to the master's program at Dalhousie in leisure studies.

MacDonald knew he was going to be named captain before he officially joined the team in July, after having discussions with Tigers head coach Pete Belliveau. It will be intriguing, he said, to wear the C against his old team

"It will be interesting to play against them and see what happens," said MacDonald, laughing. "I think the rivalry will definitely continue, although when I decided to come to Dalhousie they had nothing but good things to say about this program."


MacDonald, a Baddeck native, is in his last year of CIS eligibility. He joined the Huskies in 2007 after a four-year QMJHL career with Prince Edward Island, Moncton and Saint John.

MacDonald had his most accomplished university season in 2009-2010 when he won a national championship – an accomplishment which, Belliveau feels, works to his team's advantage.

"We didn't have a single player on our team who has won a championship, so we decided to make him our leader," said Belliveau, adding he expects MacDonald to be the type of player who makes an instant impact on the team.

Well aware of Dal's playoff slump, which ended last year after a six-year hiatus, and their difficulties this pre-season, MacDonald remains as optimistic as ever, boldly predicting the Tigers to finish in the top three this season.

"We have been rebuilding, and during the past two years we have sort of went through two recruiting cycles. This year I think they did a great job with getting some older guys in here. I think we have a good work ethic and a great team this season and those years of struggling are behind us."

After finishing his masters program, MacDonald plans to pursue a law degree. 

A captain's portrait. ••• Photo by Michael Cestnik

Last-minute goal sinks Tigers

Men's hockey end preseason, with a 1 – 5 record

Arfa Ayub
Sports Contributor

The Tigers men's hockey team was close to earning their first win of the exhibition schedule last Wednesday at Memorial Arena, but Acadia had other plans. Liam Heelis' last-minute goal on the power play gave the Axemen a 5 - 4 victory.

"It was kind of back and forth," said Dal forward Trevor Mackenzie, who had two goals in the game. "We had a couple of chances we could have buried, and they ended up scoring on most of their power plays. In the end, they just got a couple of lucky bounces."

Despite the loss, Dal played a complete game and was able to find their scoring touch, an element the team has struggled with in previous contests, losing their three previous matches by a combined 21 - 3.

Although the Tigers fell in their opening four matches, they would

bounce back, closing the preseason with two road victories this past weekend.

The Axemen jumped on a 1 - 0 lead early in the game thanks to a goal by Andrew Clark. A second effort by Mackenzie tied the contest. The forward had an Acadia defender on his tail, but, although Mackenzie fell, he still managed to get a shot away, slipping the puck past the netminder.


Mackenzie's hard slapshot from the point was his second goal of the night, giving the Tigers a 2 - 1 lead. With under 30 seconds left in the frantic first period, Acadia tied the game on the power-play after a scramble in front of Dal's net. Dustin Ekelman was standing in the right place at the right time shooting the puck high glove side into an open net.

Dal gave up five power play opportunities in the game with Acadia scoring on three of them.

The second period was the best hockey the Tigers had showcased

through their initial four games, working as a team to create scoring chances but only having a goal to show for it.

"I think we just worked hard that period, kept things simple," said Mackenzie. "We are able to get pucks out of our own end and work on our forecheck, really putting pressure on the opposing defence and looking for loose pucks."

Acadia meanwhile deflated Dal's momentum early in the third, notching the game at three just 1:55 in. Ekelman's second goal was also on the power play, which gave Acadia a 4 - 3 edge. The lead didn't last long as the Tigers tied it at four. The game did not enter overtime as Acadia scored on the ensuing power-play in the final minute of regulation time. 

The puck drops on the regular season Friday, Oct. 14 at 7 p.m. when St. Thomas comes to town.



Acadia's Jacob Dietrich tries to jam the puck under Tigers goalie Bobby Nadeau. ••• Photo by Martina Marien

Men's soccer winless in three

Tigers grab a point in weekend set against league's best

Tim VanDerWeide
Sports Contributor

The Dalhousie men's soccer team had some nationally ranked teams to contend with this past weekend as they battled No. 3 ranked St. FX and No. 4 Cape Breton.

In Friday's contest, Tigers goalkeeper Ben Ur bailed out his team on many occasions against a St. FX team which dominated possession en route to a fortunate 1 - 1 draw.

Freshman midfielder Phillip Parsons evened the game for the Tigers, hitting the back of net from outside the box in the 82nd minute.

"The Tigers only goal actually came from their own keeper."

"My first goal felt amazing, especially because of the quality and timing. There aren't many better feelings," Parsons said after scoring his first AUS goal, though collecting his third yellow card and a ban for one match put a slight damper on the occasion.

The X-Men scored a well-deserved goal in the 53rd minute by Jamar Dixon and were unlucky not to be up 2 - 0 in the 75th when an offside prevented a goal.

"The game at St. FX was very hard-fought and we played with a lot of emotion. Ben Ur stood on his head and Phil managed to score a wonderful goal at the end. I'm very proud of the way the boys fought back to steal a point," said second-year midfielder Nathan Rogers, who was out of the lineup due to injury.

The inexperience of the young Tigers team was exposed often by Cape Breton in Saturday's game as Dalhousie fell 4 - 1. The Tigers' only goal came in the 69th minute from their own keeper as Ur scored his second career goal off a 70-yard kick, though his effort offered little consolation for Dal as they were outplayed throughout.

"Our game against CBU was a little unfortunate. They got in front early and we were unlucky to go down to 10 men. They are a quality side with good ball movement, but we believe they are beatable," said Rogers.

Ian Greedy had two goals for the Capers, including the game-winner.

The gap in the standings after this past weekend widened between CBU and St. FX and the rest of the league. The two squads are undefeated with the Capers earning 19 points and the X with 17 points. The Tigers, 3-3-1, are tied for fourth with Saint Mary's, 2-0-4. The cross-town schools each have 10 points.

"Every time we have to play CBU it seems we're short in our roster, missing some key players," said Tigers midfielder Julian Perrotta. "We were hurt from a hard-fought game against St. FX the night before. We struggled to get much going."

This was the Tigers fourth consecutive lost to the Capers since 2009. ☹

Dal welcomes the Thanksgiving break this weekend after going winless in their past three games. The Tigers play host to St. FX in their next game on Oct. 15. The following day they head to Wolfville to face Acadia.

Editor's Note: Tim VanDerWeide was a member of Dal's soccer team last season.



Women's volleyball owns 2 - 2 exhibition record

Kristie Smith
Sports Contributor

The Dalhousie women's volleyball team began their preseason for the second consecutive year with a new tradition, hosting an exhibition tournament.

This past weekend the Tigers opened strong in the five-team event with two crushing wins over the UNB Varsity Reds 3 - 0 and Acadia Axewomen 3 - 0. The following games against Saint Mary's and St. FX were tough and did not end in the Tigers favour, losing 3 - 1 in each game.

"We were a little inconsistent today. We made a lot of mistakes," said Dal head coach Rick Scott after Sunday's loss to X.

"We need to be more consistent in the future. St. FX was the better team today."

The tournament helped display some of the weaknesses the Tigers must address this season.

"We have a lot of great rookies and they're good players, but sometimes you can still see the inexperience come out," said outside hitter Louise

Facca. "We're just trying to get them comfortable on the court. That's what this tournament has been all about."

Dalh also fell 3 - 1 Saturday evening against the Huskies.

"We had no game plan going into the game against Saint Mary's. We just went out playing," said Facca. "But now we know who their big hitters are. We know who we have to stop. So it's just really important that we all do our jobs."

While SMU, the only undefeated team in the tournament, returns this season with plenty of experience, so does Dalhousie with nine key veterans.

"I think we're a stronger team," said Scott. "We have everyone back, all of our key players, and we have some good young players that are very promising as long as they work hard."

Shepherd and Facca agreed with their coach, praising their new counterparts.

"It's almost the same team, just with really great rookies," said fourth-year middle Kirstie Shepherd. "There are some really big players and they add a great new dynamic to the team,

a new dynamic to the defence. They add a bigger block than what we had last year."

The team has a few weeks to prepare before the regular season begins at the end of October. The Tigers will take this time to work on defence, servicing and their middle connection. Dal will also hope to welcome four of their injured players back into the lineup.

"This is the time of year when you want everyone to get healthy and there's no use risking further injuries, so we didn't play a few people to try and get them ready for the next week or two," said Dal's head coach.

Scott said Tigers fans, in particular, should look forward to watching Marlee Powers, Facca and Shepherd this season. ☹

The home side opens the regular season at the Dalplex Oct. 28-29 with a three-game set. The Tigers will welcome Memorial, Cape Breton and UNB.

St. FX sunk Dal in the closing game of the preseason. ••• Photo by Rob Grandy

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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
October 7**

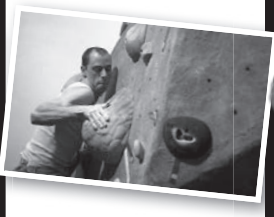
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**SATURDAY
October 8**



Connect online with Dalplex and the Dal Tigers on Facebook & Twitter!



**SUNDAY
October 9**

M Volleyball vs. UBC
@ Dalplex, 2pm (Exh)

Free for Dal students!



**MONDAY
October 10**

M Volleyball vs. UBC
@ Dalplex, 2pm (Exh)

Free for Dal students!

Dalplex is open today!
Holiday hours in effect,
9am-8pm



**TUESDAY
October 11**

Shake and shimmy your way to a healthier you!
Zumba @ Dalplex,
7:45pm tonight!

Free for Dal students!

**WEDNESDAY
October 12**

Get in the groove with **Groove Fit**, taught by Ryan Cairns! Dance + aerobics + strength training = A FUN WORKOUT! Free for Dal Students, no registration required!



**THURSDAY
October 13**

Get a great deal on cardio at Dalplex! Dal students can add it to their memberships for only \$122 + hst for 7 months!

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THE SEXTANT

Editor in Chief:
Damon Surgenor

DALHOUSIE'S OFFICIAL ENGINEERING NEWSPAPER

October 7, 2011
Page 1 of 1

Avoiding 200 Dollar Textbook Purchases

Everyone knows how expensive it is to go to University. Tuition, along with room and board are expensive as it is. It's just too much to deal with when you add on the high cost of books. This is also coming from a guy who believes education should be free. Too bad we don't live in an ideal world. We live in a world where students must be juiced and a high profit must be made. I'm sick of seeing no difference between the 7th edition and the 5th or 6th edition of the same book. I'm sick of profs not understanding the difficulties of university. You would think some empathy would come along with a PhD. Sometimes it is just not their fault though. Books are needed in school. Who is to blame though? I'll tell you who. It's those money hungry publishing firms. And if you've had enough crap from the greedy publishing agencies in this world and need to save a couple hundred bucks like I need to, you might want to read this.

First of all, you need to figure out if your class really requires you to have a book. From my experience, there are some classes where you wouldn't need to buy a book at all. You should talk to your profs and explain them your situation. Ask him or her if there's any way to avoid buying the course material. Some of them will understand that university is tough and set up some alternative. Whether it be making photocopies of select pages available or posting all the course material online on OWL or the Net Storage; there's always some option available.

Another great way of avoiding the bookstore is to tread on up a few floors above it to the library. Check out Novanet to see if Dal or any of the other affiliated libraries have a copy of the book you need. If you're lucky enough and one of the libraries do have a

copy, you can request for it to be picked up at the Sexton or Killam library. Once you've got it, you can hold on to it for a while and keep renewing the due date. Or you can make photocopies and/or scan and save the pages that you need.

You could always just rely on class notes. Note that this requires double the effort. You can't miss a single day of class, if your prof doesn't put up his or her notes online, you'll need to be there to scribble down everything. Besides, going to class in itself is of utmost importance. You're spending yours or your parent's hard earned cash on these classes, it'll be a shame to miss out on a class and not have anything to study from at home.

When it comes down to the wire and you absolutely need a book, I would say shop elsewhere first. Shopping online is a great way to save money. Take advantage of facebook and kijiji, they'll help you find the book you need or sell the books you don't need. Buying a second-hand or paperback or an electronic copy of a book are all great ways of saving big bucks. If you've got some friends in the class, you can also pool in your money together and share a book. Not to hate on our local bookstore or anything. It is, in fact, a business. And you don't need to be a BComm student to know that a business needs to make a profit to survive.

I'm not saying to completely avoid buying a book at all costs. It definitely is more comforting knowing that you have the material to study from. If you've got the money, then go for it. This is an article for those of us that are just a little tight on cash.

Suvir Pursnani
3rd Year Civil Engineering

Get PAID

400-600 words = \$30
600+ = \$35

100-200 words = \$15
200-400 words = \$25

Picture with article =
\$5, to a maximum of \$5

Picture of the Week,
Comic, Abstract = \$20

Engineering Speaker Series

Every month Sexton Campus, hosts lectures by Engineers, scientists, researchers, and authors from across North America. These lectures are organized by the Faculty of Engineering and are absolutely free to students and faculty. You should attend! It is a great opportunity to meet with influential and knowledgeable people from a variety of industries. There are two more lectures this term; the guest speaker for October will be Michael Bergeron (Vice-President Engineering at ZENN Motors) and November's speaker will be author Michael Belfiore

(Speaking about the commercialization of space travel, Virgin Galactic dabbling with space travel and other things of that nature). These lectures take place the last Friday of every month in room B310, at 3:00 pm. Check out the link below for the schedule:

Brian Roy
4th Year Mining Engineering



Sextant Book of the Week



Book: Player Piano
Author: Kurt Vonnegut Jr.

"In Moby Dick the word 'whale' appears 1020 times. In Kurt Vonnegut's Player Piano the word 'Engineer' appears some...
...Vonnegut's worst book"

High-Tech Engineering Facilities



Last Friday Dr. Clifton Johnson directed our attention to an inspiring quote from Theodore von Kármán: 'Scientists study the world as it is, Engineers create the world as it has never been'. But occasionally the things Engineers dream up are the worst. Sometimes, in fact, the immediate problem is addressed but the solution causes more severe new problems. The delightful sink in the picture above for example.

Problem: Create a sink with both hot and cold water input.

Failure: You can have really hot water or really cold water. The half foot gap prevents you from obtaining the luke-warm water your heart desires.

You can visit this great piece of plumbing mastery in the second floor gentlemen's bathroom, Building-B Sexton Campus. I would put all my marbles with cold.

CO-OP CORNER

Things to Remember:

- The Co-op website offers many tips and is very informative. The website is engandcompcooper.dal.ca
- Round 1 (to acquire a Winter 2012 Work term) commences
- September 12 to October 25.

Industry Slang of the Week:

"Ahhh... sigh...
I think this is going to turn into another three dart break"

Editors' note: Industry Slang of the Week is humour based on popular expressions around Sexton Campus..
Complaints can be addressed to...
thefraserinstitute@nonsense.org



Write.
Get Paid.
Send articles to sextant@dal.ca



HALIFAX'S BEST TRIVIA! SEXTON CAMPUS EVENTS

Looking for something to do?
Check out some of these T-room events.

Friday, October 7th
Trivia at the T-room

Thursday, October 13th
Have a non-stop two hour chuckle with Flint Improv

Friday, October 14th
Trivia at the T-room

Does your society have an event on Sexton Campus? Send an email to sextant@dal.ca and we'll post it here!

The Sextant is published by the Dalhousie Sextant Publishing Society and aims to represent all of the students studying and living on Sexton Campus. If you have any concerns about the paper, please email sextant@dal.ca and we'll arrange to meet and discuss them.

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Questions, Comments and to Contribute sextant@dal.ca



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3rd year student, Environmental Studies

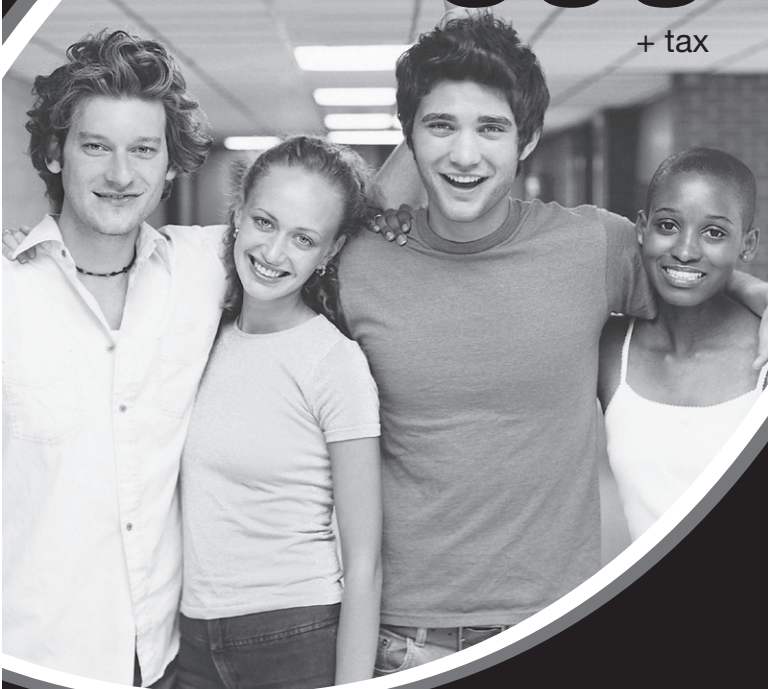


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CONTRIBUTOR'S MEETINGS

MONDAYS, 5:30PM
ROOM 312, The SUB



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PLUS THESE GREAT OFFERS EVERY WEEK!

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One large Pizza with 4 single toppings

\$10⁹⁹

Mention Code: 4202 Valid on Monday only



2x Tuesday

Buy any Pizza at regular menu price & get a second Pizza of equal or lesser value

FREE

Mention Code: 8521. Valid on Tuesday only.



Wacky Wednesday

One medium 1-topping Pizza

\$5⁰⁰ EACH

Min. order of 3 for delivery. Mention Code: 3008. Valid on Wednesday only.



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(Vernon Street) Serving Halifax Peninsula and Fairmont

902-444-9999 480 Parkland Dr.
Serving Clayton Park, Fairview, Kingswood and Bedford (South of Hammond Plains Rd.)



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