



# Soccer's future

Rookie success a sign of things to come, pg 18

**The Dalhousie Gazette**

North America's Oldest Campus Newspaper, Est. 1868



Loaded Ladle ultimatum, pg 3 | Occupy Halifax, pg 6 | Dinosaur Bones, pg 11

Photo by Angela Gzowski

**On October 27th the Young Alexandra Society is hosting our annual charity fashion show!**

*Come support Adsum House, a local shelter that helps women and children around Halifax during periods of homelessness*

**When: Thursday, October 27th at 8:30pm**

**Where: Prince Hall, in the A&A building at King's**

*This event is 19+ for all non-King's students as our campus bar will be serving up drinks during the show*







DALHOUSIE  
STUDENT  
UNION

## WEEKLY DISPATCH

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

### Dal's Got Talent: Quarter Finals Pt 1

Friday, October 21

Online auditions have come to a close and wow does Dal have some talented acts. This Friday we will have live performances at the Grawood who will be judged by a panel of 4 judges. The first night of the quarter finals will feature 10 artists all of whom have a chance to move on to the semi-finals next semester. Don't forget that the second round of quarter finals will take place on November 23.

This is a free wet/dry event open to all Dal students, faculty, staff, alumni and guests. The show starts at 9:00pm! Don't forget the grand prize is \$1000.00, so come out and cheer on your friends as they vie for the title of Dal's most talented act!

### The Official Homecoming Football Game After Party

Saturday, October 22

This is Dal's very own homecoming after party! This event is open to all DAL students, faculty, alumni & guests. That means it is an all ages event! (Must have DAL ID if under 19)

There will be 2 DJs, awesome drink specials and a Create-a-DAL Drink Contest. BRING OUT YOUR DAL SWAG AND WIN CASH! There are many prizes to be won!

The SwagHali (formerly TigerSwag) will be hosting the event and snapping pics all night long!

Advance tickets will \$5 in advance and \$7 at the door! They will be available at:

- The DAL SUB Info desk
- ONLINE on the UndergradPromotions Facebook Page
- Swag Hali
- By txt/call Sam (902-452-6549)

This is a party you will not want to miss!

### 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](http://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/](http://www.StudentVIP.ca/DSU/)!

Now that the opt-out period for the health plan has passed, all remaining issues should be outlined in an appeal form that can be obtained from the health plan office in the basement of the SUB.

### Society Fees and Audits

Society fees will be available beginning Oct 15th once societies have passed their audits, which are due by Oct 31st. Books can be submitted to the accounting office on the 2nd floor of the SUB.

### 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](http://www.twitter.com/dalstudentunion)

October 21 - October 27, 2011 •

# The Dalhousie Gazette

North America's Oldest Campus Newspaper, Est. 1868

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## the fine print

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

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Katrina Pyne News Editor



# Loaded Ladle faces DSU ultimatum

## Ladle still not ratified, denied access to levy

**Katrina Pyne**  
News Editor

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The Loaded Ladle has been treading on eggshells since it received a formal ultimatum from the DSU Oct. 5. The subsequent actions of the Loaded Ladle will determine whether they can continue to exist and serve food as a student society.

In a letter written by Chris Saulnier, president of the DSU, dated Oct. 5, Saulnier wrote “Our legal council has advised that ‘the Student Union not proceed with ratification of the society until such time as the Student Union is satisfied and convinced that the society and its members will comply with the food safety rules and regulations extant in this province.’”

“Once the [Loaded Ladle] has exhibited that they can operate within the rules for a period of time, the Society Review Committee will re-consider the ratification of your group in January.” The ultimatum means they will be unable to serve meals or book spaces and will not be reimbursed for the expenses they have already incurred as a society.

Currently, the Loaded Ladle has an \$8,000 tab from staff wages, infrastructure setup, such as the “serving mobile” bike, and the cost of the

food, some fresh and some purchased in bulk, which they expected to use throughout the year.

The Loaded Ladle was promised a \$32,000 start-up budget from the levy that students voted in last year; however, the DSU is currently withholding the levy until the society is ratified.

According to Loaded Ladle board members, individual students in the society are waiting to be reimbursed for the personal money they invested in the start-up of the society. One core Loaded Ladle member spent upwards of \$3,500 on credit cards with a 22 per cent interest fee, expecting to be reimbursed by early September.

Other Loaded Ladle staff members, such as the outreach coordinator and the food serving coordinator, who are non-volunteers, have received no wages except for the donations from students collected at food servings, literally “nickels and dimes” according to Aaron Beale, a Loaded Ladle board member.

Chris Saulnier says all societies have to go through the same society requirements to have their funds released to them. “In the case of all societies, they need to be ratified and they need to pass audits of

their financial books to receive their funding,” he says.

The ultimatum letter came from the DSU after a beer-making workshop held in front of the SUB Oct. 4. “The beer workshop had a propane tank and a burner boiling hops and in this letter the DSU said they hadn’t known about that,” says Beale. “But we had told the DSU three different times, once vocally, once over email and once in a phone call, that we would have a beer workshop and that we would have hops being boiled.”

In the letter from the DSU, Saulnier wrote, “The DSU is very concerned with the clearly established pattern of a disregard for policy, regulations, and event booking procedures that the Loaded Ladle has displayed.”

For the last few weeks, the Loaded Ladle has been running bake sales as an alternative to serving cooked food. However, the DSU told the Loaded Ladle that they are no longer allowed to hold any events under the Loaded Ladle name until the society is ratified.

“We even had to cancel a bunch of non food-serving events that we wanted to run like apple picking and honeybee workshops,” says Rebecca Hoffer, a Loaded Ladle board mem-

ber.

She says that in order to get a permanent food permit, the Loaded Ladle would need a sink with hot and cold water installed in the SUB. “Health inspectors told us they’d give us one as long as the DSU provides a letter that promises a sink for January and if we get that letter we can start serving right away,” she says.

According to Beale, the sink became an issue after a new health inspector was assigned to the Loaded Ladle over the summer. Last year, the Loaded Ladle only required a temporary food permit as it served only six times in the year. To meet specifications, the sink will have to be closed off from the public and can not be shared with another food distributor.

Another difficulty, says Beale, is the transport of food between St. Andrew’s church on Coburg Road and the SUB to serve food every Tuesday.

“We’re hoping that next year the DSU will choose to open up a kitchen space in the SUB for the Loaded Ladle,” says Sonia Grant, another Loaded Ladle board member. She says communication has been the biggest issue between the Loaded Ladle and the DSU.

“We hear one thing from certain

members of the DSU executive and then another thing from other members and have been penalized for what are really just miscommunications.”

Beale says it’s been a long, hard process in general. “We’ve been figuring stuff out as we go along. We have messed up and made mistakes, but it’s just been a process and communication with the union has been complicated.”

The DSU says it will reconsider ratifying the Loaded Ladle in January. Until that time, the Loaded Ladle can hold three food-serving events under the banner of the DSU under a number of conditions including that they are under DSU management. In a response letter to the DSU’s ultimatum, the Loaded Ladle wrote, “We see the current situation not as an impasse, but rather as an opportunity—an opportunity to improve communication channels between student societies and the DSU, and to foster a campus culture of interest and engagement in student politics.”

**The last Loaded Ladle bake sale took place on Oct. 4. ••• Photo by Pau Balite**



# Freedom fighters for Syria on campus

## Students seek to support Syrian people

Calum Agnew  
News Contributor

They call themselves Justice and Freedom for Syria, and every Sunday up to 50 people gather in Victoria Park on Spring Garden Road to demonstrate against the Assad regime's violent crackdown in Syria.

They produce a new pamphlet weekly, documenting the crimes of the Baath party regime, and explaining what Canadians can do to help. They distribute nearly 300 of these pamphlets between 2 and 3:30 p.m. each week.

And Justice and Freedom for Syria (JFS) would like to bring their message to the Dalhousie campus.

Hoping "to gain support for the Syrian people seeking dignity, freedom and rule of law," JFS has been demonstrating since the revolution in Tunisia, says Omar-Baran al-Iso, one of the group's organizers.

Expatriated Syrians, many of whom fled during the Baath Party's 42 years in power, have been forming similar organizations around the world. JFS is trying to keep Haligonians engaged in the ongoing uprising in Syria, al-Iso says.

Al-Iso came to Canada in 1995 with his young family after spending 10 years in prison without trial for publishing articles critical of the regime, and for being a member of an outlawed opposition party.

Despite Canada's call for democratic reform and the imposition of economic sanctions, JFS sees Canada as partially complicit in the regime's longevity. Suncor, a Calgary-based energy firm operating in both Libya and Syria since the Arab Spring, has been identified by the opposition Syrian National Council as a significant source of revenue for the embattled and increasingly isolated regime.

"The condemnation is not enough,"

says al-Iso. "We are looking for action." He says that interested Canadians should write to their MPs, and that Ottawa should consider expelling Syrian diplomats.

JFS's project has not been without difficulties. There has been at least one altercation with students who disagree with their protests. Al-Iso believes there are many Syrians in Canada opposed to the uprising.

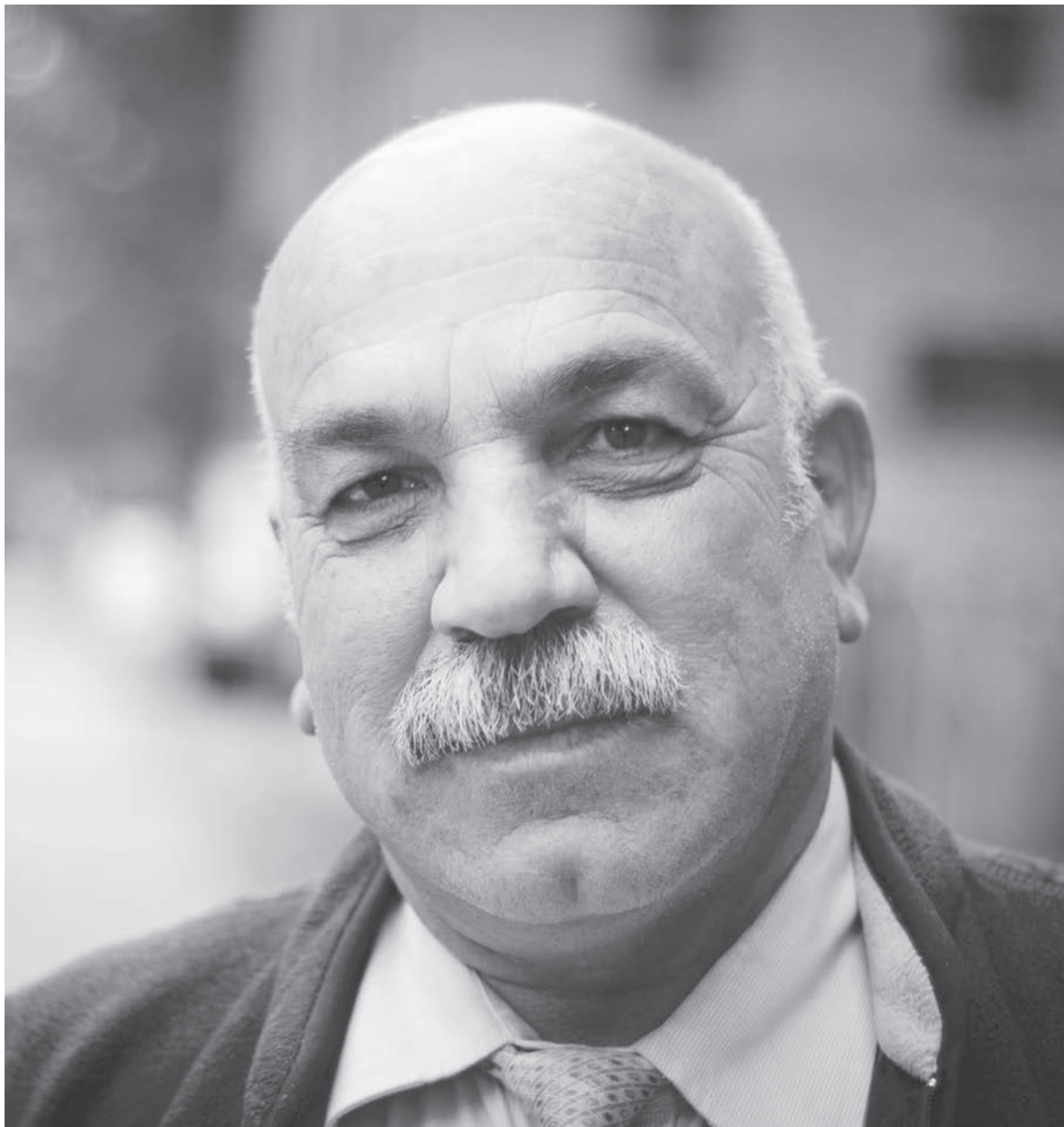
The Assad regime, for all its failings, has been largely secular. The uncertainty inherent to a revolution involving a wide range of political parties, including the Muslim Brotherhood, may be frightening for some, al-Iso says.

He says JFS hopes to set up a display on Dal campus in the near future. The DSU says they generally make space available for any ratified society that does not violate any human rights acts. Although their displays contain images that are upsetting, they "don't post the worst" pictures, says al-Iso.

In addition to their displays and demonstrations, JFS is making use of social media sites such as Facebook to receive information from inside Syria, which lacks a free press, and to raise awareness in Canada.

Although there have been numerous uprisings against the Baath Party regime in the past, the scale of the Arab Spring, and the ubiquity of social media should ensure that this is the last, says al-Iso. The UN High Commissioner for Human Rights reports that at least 3,000 civilian protesters have been killed in the unrest to date, including nearly 190 children – thousands more protesters are reported missing.

"I believe that the Syrian people's bill for freedom will be very high," al-Iso says. He hopes to return to Syria within the next six months. ☎



Baran al-Iso is working to raise Haligonians' awareness of the ongoing uprising in Syria. • • • Photo by Calum Agnew

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## International students have one more fee to pay ISES change international student's health insurance plan

Asha Katz  
News Contributor

International students at Dalhousie may be paying up more than ever as the result of a number of changes to the ISES health insurance plan opt-out.

International students from over 100 countries make up 10.5 per cent of Dal's student population. As at any university, international students can expect to pay higher fees than if they attended an institution in their own country.

At Dal, the international students' differential fee is \$7,260 per year. There are also a multitude of costs that international and exchange students encounter for a number of reasons, including visas, airfare and insurance.

On Aug. 17, the International Student and Exchange Services (ISES) at Dal notified the international student body of changes to their health insurance plan's opt-out option. These changes mean that students who want to opt out of the annual \$636 plan (additional to the \$253 DSU Health & Dental Insurance, which all Dal students are automatically signed up for) must prove comprehensive coverage until Aug. 31, 2012.

For the students whose insurance plans' renewal date falls before that

date, there is only the option to opt out of the winter semester, saving \$171 of the \$636.

Benjamin Oliver, an international fourth-year student from New Hampshire, USA, has been using Nova Scotia's Medical Services Insurance (MSI) for the last three years, instead of the international student's insurance plan. "This year, the changes just made it really difficult for me to opt out of ISES' health insurance program. I found I was going back and forth a lot to get the right paperwork," he says.

A thread on the Dalhousie International Students' Facebook page about the changes that have been made displays with dozens of comments from students opposing the decision. For some, the process is simply more time-consuming; but for the others, the changes are prohibitive and leave students with no alternatives.

There is particular unrest amongst the students who already have health insurance, which is deemed insufficient by ISES, leaving them paying for multiple plans.

ISES recognizes the difficulty surrounding the issue. Pam Williams, manager of ISES, says, "Of all the international students, these changes affect a percentage. But to that percentage it is an extremely important issue. With these things there is no

'one size fits all.'"

Every spring the insurance plan comes up for assessment and changes are made. Williams says the plan has been continuously modified over the years to accommodate three main principles: to make sure the university fulfils its responsibility in making sure that all students are comprehensively insured, to protect international and exchange students from extremely high costs that can be incurred in emergencies, and to maintain the stability of the plan as it is ISES that communicates directly with insurers in the case of claims.

ISES is currently talking to the DSU, Dalhousie International Students Association, and the students about the issue. "We are working together towards a solution that addresses concerns and we're getting there," says Williams. "We are open to suggestions and want to engage students in finding resolution on the matter."

Despite the controversy, there are still many who appreciate the plan. Harriet Mills, a third-year exchange student from England, says, "I looked into other options but went with the one Dalhousie offered because it was the most straight-forward and covered everything." ☎



news briefs

Turnitin replacement goes live

For over a month Dalhousie profs and students have been living without a plagiarism watchdog, but no more. On Oct. 11 SafeAssign, Dalhousie's answer to the hole left by TurnItIn, was activated.

SafeAssign is run by BlackBoard Learning Systems, the same company that is used to power My.Dal. According to their website, assignments can either be uploaded by students to a SafeAssign folder on their course website or professors can upload work without student participation.

The platform then checks assignments against other submitted documents, their own database of assignments, publicly accessible work on the Internet and the ProQuest database.

Dwight Fischer is the vice president of Information and Technology Services at Dal. He says it's too early to tell how the system is working or how many professors use it.

Homecoming teams up with Light the Night

On Oct. 22 Dalhousie Homecoming attendees will be walking in the Light the Night fundraiser, put on

by the Leukemia and Lymphoma Society of Canada.

The Halifax level of the society is the charity of choice for this year, and Dal Homecoming is listed as a gold level sponsor already.

Light the Night participants will be walking with illuminated coloured balloons; red for supporters, white for survivors and patients and gold for those walking in memory.

The fundraiser aims to eradicate blood cancers. Participants will be meeting at 5:30 p.m. on the North Commons.

Mona Campbell designer wins architecture award

Susan Fitzgerald Architecture, founded by and named for the designer of Dal's newest building, has won this year's Professional Prix de Rome in Architecture. The award is given out by The Canada Council of the Arts and includes \$50,000.

Fitzgerald is also a graduate of Dal's master of architecture program and a seasonal professor in the department.

The prize awards architects and their firms for all of their creativity and starting works. Fitzgerald will be using her award money to fund

her own research project, traveling throughout Central and South America to explore architectural possibilities.

Her project focuses on the ways in which landscape, agriculture and architecture interact with each other.

Mobile food truck on Studley campus

The bright yellow food truck parked next to the Studley quad last week is here to stay – just not necessarily in the same spot.

For the most part, the truck will stay where it is, beside the Studley Gym, serving Turkish, Greek and Lebanese food. However, it can also move around to serve other food at other events when needed.

My Three Cousins, the Dal-owned joint operating out of the truck, said in an interview with DalNews that they use all local food and include halal options.

The menu started small on Oct. 12 but as new power sources are added My Three Cousins will work up to its full serving potential.

letters

Re: Smile: you're at a protest

It is one thing for a journalist to congratulate his or herself for providing "a fair and unbiased record" of public events, but it demonstrates poor journalistic practice to scold Take Back the Night participants and organizers for having dissuaded photographers from taking pictures without providing the rationale for doing so.

Take Back the Night (TBN), in Halifax and beyond, often discourages photography for the simple reason that the event encourages the participation of individuals for whom sexual and physical violence is a personal reality. Certain individuals could be risking harassment or other serious repercussions by attending a rally aimed at self-empowerment, and that risk is greatly increased when photographers and/or journalists publish photos of TBN participants without prior consent.

Let's be honest: does exempting photography from the coverage of this particular event so jeopardize our public records that it is worth risking the personal safety of women,

or transgender individuals?

Yes, journalists have a right to take photos of such events. That *legal* right does not justify Matthias' moralizing.

Ally and alumni,

—Jesse Robertson

Re: downside to a vegetarian diet

The only downside to a vegetarian diet is that you can't be ignorant; you have to have a basic idea of what you're putting in your body. You need to eat a somewhat balanced diet. Even without fortified milk, if you eat dairy products and eggs you'll be well over the necessary daily intake. Unless you're a vegan, there is no need to worry about B12. That is, unless you're eating nothing but fast food.

I've been a vegetarian for three years (and a varsity athlete) and have never had a problem. Neither have any of about a dozen friends of mine. Not to mention about a billion Indians, who don't take B12 supplements. While Ms. Eades might have very exceptional circumstances, to imply

that those are universal is shameful. Nor was she "lured" in by "propaganda." We're all adults here.

—James Hutt

Editor's Note

Over the past few weeks, dalgazette.com's comment engine has been automatically filtering some comments, resulting in comments not being posted. This wasn't intentional moderation, just a glitch. We've posted all the comments we could find, and we'll be eagerly watching for new ones. The Gazette regrets the error and apologizes for any inconvenience. Comment away!

DalGazette.com Website Top 5

1. Loaded Ladle faces DSU ultimatum—Katrina Pyne, News

2. Sweet Hereafter Satisfies the sweet tooth—Paula Sanderson, Arts

3. Vandalism at King's College Chapel—Olivia Schneider, News

4. Low-scoring tigers need a hail mary—Ian Froese, Sports

5. King's student assaulted on Dal campus—Torey Ellis, News

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# Maritimes occupied

Protest sets up camp in Parade Square



Andrew Mills  
News Contributor

Hundreds of protesters in solidarity with the Occupy Wall Street movement filled Grand Parade square Saturday afternoon. "It's not about what kind of car you drive, it's about caring for the people around you!" said Acadian speaker Angele Bourgeois from the foot of the cenotaph.

Since early September, protesters in New York have camped out on Wall Street to retrieve political power from the corporate elite, the one per

cent that controls 99 per cent of the wealth. On Oct. 15, Occupy Nova Scotia joined the ranks of the worldwide protests that have grown out of New York's example.

The Occupy movement has come under fire for its lack of targeted objectives, often being portrayed in the media as nothing more than nebulous and misplaced idealism.

"We don't have a simple list of demands because the problems aren't simple," said Ryan McKenna, an event organizer, during his speech Saturday afternoon.

According to the Occupy Nova Scotia event website on Facebook, the movement protests "the existence of the system that oppresses the majority of the population of the planet that exploits their labour, and externalizes the costs of their industries; cutting funding to our social programs, our pensions, our education system and our food and energy security."

Courtney Spencer is a social work student at Dal who was at the protest. "We've been conditioned to fix our problems through individualism, but maybe we shouldn't try it alone," she

said. "Maybe we can't do that alone."

Rachel Houlton, an environmental activist who traveled from Wolfville to camp out in the square, said her trip is meant to stand against "unsustainable practices of powerful corporations."

Others, like Aboriginal elder Billy Lewis in his keynote address, have a more political agenda. "We don't want a loaf of bread," he said. "We want the whole bakery!"

The square was a medley of activity. A dog draped with a sheet emblazoned with 'Captain Planet' made its

way through the crowd. Pamphlets on unions, political movements and sustainable practice were handed out.

After the planned speeches, members of the crowd were encouraged to take to the cenotaph. A silver-haired woman stepped up to shout, "I've been alive for 85 years, and today is the happiest day of my life." Occupy NS plans to remain peacefully inhabiting Grand Parade.

Parade square was fully 'occupied'  
Oct. 15. Photo by Calum Agnew

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Quote:

Bill Spurr, Chronicle Herald



# opinion: Occupy needs more action

**If the Occupy movement is going to survive, it must focus on everyday actions**



**Samantha Elmsley** Opinions with files from Anika Roberts

.....  
All citizens in this country, especially here in the Maritimes, know what it's like to feel the Canadian cool. By "cool" I mean the relatively laid-back, easygoing culture that has been a part of our identity for a very long time.

So maybe it wasn't surprising that less than 400 people showed up at the Occupy Nova Scotia protest in Grand Parade Square on Oct. 15.

.....  
**"If the Occupy movement is going to gain steam, its vision needs to be part of the way the 99% conduct their daily lives."**  
.....

I get it. People are busy. I myself left halfway through the day to go to work. But the time I was able to spend there was tentatively encouraging.

I'm no veteran protester, but I've carried a banner or two in my time, and something about this protest was different. Young families stood chatting with scruffy students, elderly couples held hands and looked at the Solidarity Halifax leaflets being distributed to the crowd. And a huge number of people, for the first couple of hours, sat in the sun on the perim-

eters of the square, just watching things unfold.

Walking through the crowds, I could hear the questions being passed back and forth: 'Why are you here?' 'Where do you work?' 'Why does that guy have a black balaclava on his face?'

Though they appeared more passive than those who were in the thick of the demonstration, these perimeter protesters are those who represent the most hope for this movement. They are the people who saw a bit of truth in the vision, whose curiosity was enough to get them out of bed on a Saturday morning. They are the people with which the discussion will grow, because unlike those deeply involved, they were there to be convinced.


Of course, the issue now is whether this group will continue to expand, or if it has peaked with the number of protesters at Grand Parade Square on Saturday. The answer will depend on the movement's ability to incorporate its principles into the everyday lives of those sitting on the fringe of the protest.

The goal of this movement is to protect the interests of the 99 per cent. I'd bet that 99 per cent of the 99 per cent don't have a lifestyle that enables them to hang out in their city's financial district for weeks at a time.

A movement that claims to be working for the average citizen should reflect the lives of that group. These demonstrations have been hugely successful in garnering media attention and discussing the issues surrounding the protests; but if this movement is to survive, it must shift its focus to small, daily actions in which the 99 per cent of the 99 per cent can participate.

At Saturday's protest, one speaker called for a start to the conversation that we have been avoiding for so long. It has begun, but it has to be followed by real action if we want to see real change. For the 99 per cent of the 99 per cent, this could simply mean talking to someone about this movement, or avoiding shopping at big businesses. Maybe even taking twenty minutes every few years to cast a vote. The point is, this movement doesn't necessarily have to be another Arab

Spring in order to work.

If the Occupy movement is going to gain steam, its vision needs to be part of the way the 99 per cent conduct their daily lives. The change can come from the level at which we want change affected. Whether or not we can actually take this step remains to be seen. 

There's still a long way to go if the occupation is going to succeed.

..... Photo by Calum Agnew

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# The not-so green giant

## Dalhousie has room to make campus greener

A brown patch isn't very green. ••• Photo by Angela Gzowski



**Nick Laugher**  
Opinions Contributor

Why is it that anytime someone mentions a new “green” project for Dalhousie, I instantly cringe and brace myself for another slick, sky-scraping glass building or a sterile, post-modern “social club”? I’m sure the Mona Campbell Building is much more eco-friendly and sustainable than the archaic, medieval castle that stood before it, and some will say I’m just bitter about the new Grad House, but why is it that I feel like we’ve entirely missed the point of a greener campus?

When was it that we chose to auction off the rights to the word “green,” hauling in ad-execs to gussy it up to slyly refer to a desolate and trampled dirt slope beside the Student Union Building, which serves as a slightly more convenient route to the bus-stop, as a “green space”? Last time I checked, guys, a brown walkway to the side of a building didn’t constitute a “green space.” For one, the majority of it isn’t even green.

Of course—I keep being reminded—I am overlooking that beautifully landscaped, arboreal, 5 x 5 space behind the SUB with the gorgeous picnic table, and there’s always that nice big chunk of green grass between the academic buildings we call the Quad. But for a university of over 16,000 people, don’t you think we could do a little better than a couple of grass patches and a table?

Aside from being one of the most

lush and natural cities in Canada, the Halifax region harbours a plethora of local food producers and farmers. Yet Dalhousie consistently eschews the installation of locally sourced food proprietors on campus, opting to take big chains and multinationals under its wings. Renovating the Kildam Library atrium to accommodate a Subway franchise is just the latest in the long line of Dalhousie essentially flipping off the community.

.....  
**“Last time I checked, guys, a brown walkway to the side of a building didn’t constitute a ‘green space.’”**  
.....

There seems to be this pervasive and viral attitude on campus where we believe we’re doing enough to foster an environmentally friendly, greener Dalhousie (“Why bother with green spaces on campus? Halifax is plenty green!”). There is no shortage of students with the willingness and desire to do more. However, instead of initiatives for introducing and expanding community gardens and

food co-ops on campus, we get the administrations push for more parking spaces as they turn a blind eye towards the rest.

Now, I know we’re a relatively big campus, but contextually, Halifax is a small city. Is the idea of biking or walking to school now so absurd that we feel the need to expand an already bulging and superfluous expanse of asphalt? Sprawling squares of pavement and buildings now encompass so much of Dalhousie that when you actually encounter an open space, you have to look up from your iPhone and make sure you’re still on campus.

Dalhousie’s Band-Aid fixes for an increasingly more pressing issue are starting to wear thin. Being a greener campus doesn’t just mean taking a reactive stance by introducing smart lighting and cisterns. It means developing pro-active, long-term solutions and making a concerted effort to maintain some of the integrity and natural lustre of the campus.

While organizations such as NSPRIG have made great strides with projects like the Seemore Green community garden on Seymour Street, there is still a woefully underwhelming lack of initiative for a campus located in such an environmentally conscious and collaborative-minded city.

It’s pretty sad when the closest thing Dalhousie has to a “green space” is that stretch at the end of South Street and Oxford Street overlooking the train tracks where everyone gets high. ☹

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# All tied up

## How to take part in safe and sexy bondage

Hayley Gray  
Sex Columnist

The desire to be restrained has a long history. Bondage, as an aesthetic and sexual activity, was on the rise in Japan as early as the 17th Century. In the past 150 years, bondage has moved West and found its way into paintings, poetry, film, magazines, photography, and of course, pornography. Bondage has become a mainstream kink. Unfortunately, education about bondage has not caught up as quickly. Tying someone up, or being tied up, can be sexy, empowering, releasing, intimate and fun. But without knowledge it can be dangerous (and not in the sexy way). That's why I want to walk you through the steps to have awesome, sexy, safe bondage.

**The Talk**  
Chat about what you and your partner(s) want, what your nervous about, and what you are and are not into (ideally while your undies are still on). Talk about ways to stop or end the scenario (safety words, gestures, etc.) and how to check in with your partner(s) during the activity. This might not seem inherently sexy, but if you have agency in your sexual activity and are comfortable with your partner, it will allow you to be less inhibited and increase the likelihood of having amazing sex.

**The Restraints**  
Your options are as varied as you are creative when it comes to restraining gear. Some of the usual suspects

include: scarves, neckties, cuffs, pleasure tape, leather and ropes. A common starting point is mild experimentation with scarves, neckties, or other items you might have around the house. I'd recommend this route before you head out to Canadian Tire for a 1/4 inch nylon rope.

Pleasure tape (or sex tape) is tape that only adheres to itself. This allows individuals with little knowledge of knots to perform bondage without pulling hairs or tearing skin.

**"No matter how mild, bondage is not something you initiate when you've got class in an hour."**

Make sure when you are using any fabric or rope restraints that you are leaving them loose enough for circulation and can be easily untied. One of the easiest methods of restraining for beginners is the two-column tie (an instructional video about it can be found at: [twistedmonk.com](http://twistedmonk.com)). You can use a similar tie to the two-column tie with pleasure tape by wrapping two limbs together while leaving a space in-between, then wrapping that space shut with more pleasure tape.

If you want to get into more complex leather and ropes, I'd recommend getting in touch with Society of Bastet Nova Scotia ([www.societyof-bastet.com](http://www.societyof-bastet.com)) who often teaches workshops on all things kinky. You can also get in contact with the wonderful peeps down at Venus Envy (1598 Barrington St.) for more information.

**The Aftercare**  
No matter how mild, bondage is not something you initiate when you've got class in an hour. It takes time, concentration and care. Unfortunately, it is depicted in mainstream porn as being an act that doesn't require a warm up or cool down. But bondage, unlike its depiction in most pornography, certainly needs a cool down. Check in with your partner. Talk about the things that turned you on during the act, as well as anything that you felt weird about. Cuddle, if your partner is cool with that. Essentially, make sure both of you feel like respected, sexy peeps before you peace out for the day.

Bondage can be really fun, sexy and enjoyable. It can also be triggering, uncomfortable, awkward and painful. The best way to have more of the former and less of the latter is dialogue. ☺

Cuffs like these are comfy and restraining, making them perfect for beginners  
••• Photo by Alice Hebb

# A look at compassion fatigue

## How the media is desensitizing us

Siobhan Reid  
Opinions Contributor

On the sides of streets, impoverished mothers beg for scraps of food. Children with vacuumed cheeks and distended abdomens sit amongst miles upon miles of shelter thrown together using sticks, plastic and shreds of cloth.

These macabre scenes—depicting the mass suffering of people victimized by the Somali famine—are likely featured on your evening news broadcast and stamped across the pages of your daily newspaper. Depending on your social circle, these images may have materialized on your Facebook/Twitter news feeds, accompanied by posts laced with desperation, urging people to take humanitarian action.

Needless to say, the coverage of the famine is widespread. The cries for help ring loud and clear. But despite the flurry of good intentions, the lack of urgent involvement from the global community suggests that many people have turned away with a grimace and resigned from their moral responsibilities. Who then is to blame for this ethical default, and what measures need to be taken in prevention?

Many media specialists are blaming the journalists, and not exclusively the ones who sit behind desks in newsrooms. Recreational bloggers and social networkers, amateur photographers and videographers, and anyone else who has redistributed

images of the famine are to be held culpable. In doing so, they have inadvertently become the enabling agents to what is loosely referred to as "compassion fatigue," a sociological phenomenon in which over-exposure to traumatizing images results in desensitization.

The affective outcomes to compassion fatigue are both serious and consequential, as people begin to develop adverse attitudes towards what they are viewing. Over time, the victim of compassion fatigue gives less attention to what they see, is less likely to perceive the situation as severe and to feel sympathy for those directly involved, and is more likely to view what they see as normative. Henceforth, the Hollywood effect takes over, and material that was once shocking and horrific is no longer deeply affecting.

"The ability to stun an audience by delivering real-time pictures of events as they happen is ebbing," states Johanna Neuman in *Compassion Fatigue: How the Media Sell Disease, Famine, War, and Death*, by Susan D. Moeller. "Call it compassion fatigue or media over-saturation, but television pictures of a starving child or a mass exodus of refugees no longer tug as strongly."

Like any other businesses, the media's survival is wholly dependent on making money and dominating competitors. Producers and editors feel the pressure to deliver stories that will generate the greatest buzz, and oftentimes this means "aiming for

the most graphic and extreme story angles," as stated online at the Dart Center for Journalism & Trauma.

"It's true, it's sad that the media's coverage of crises is so formulaic, that iconic moments become symbols, then stereotyped references that become at best a rote memory," Moeller writes.

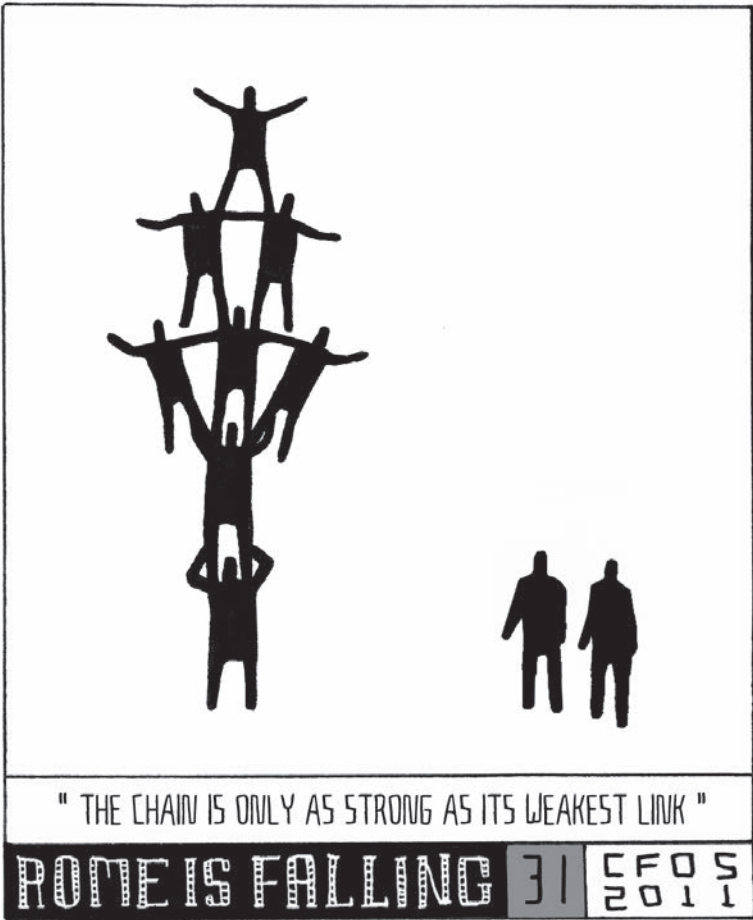
Not unlike the crisis itself, the solution to compassion fatigue is complex, and requires strategic action and cooperation. Many scholars believe that we must dismantle the formulaic, sensational structure of the news that Moeller speaks of to move forward.

Colette Brin, a Professor in the department of information and communication at the Université Laval, states that news must strike a balance between catering to emotion and reason. This can be accomplished by establishing a responsible, conscientious standard of reporting.

"One solution would be to promote conditions of local demand, and production of quality journalism in democratically and developmentally fragile regions, as well as networking between journalists in these regions and the West," she says.

Second-year Dalhousie student Charlotte Van Ryn believes the answer lies in raising awareness, and holding journalists accountable for their work.

"Journalism works to get people talking," Van Ryn says, "It's about time we demand to get that back." ☺



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# Serpentine Studios: Halifax’s new home for belly-dancing

Everything from circus arts to massage therapy



“We want to create a really inspirational space”. • • • Supplied photo by Stoo Metz

Hilary Stamper  
Arts Contributor

After six years of working towards the opening of Serpentine Studios, Monique Ryan and Laura Selenzi of Cabaret Serpentine are extremely excited to see their plans and ideas

become a reality. Located in the heart of downtown Halifax, Serpentine Studios offers a fun but professional environment for all its students, new and experienced alike.

Visitors are welcomed by a waiting area decorated with a Harem-inspired canopy of colourful silk

fabric, hanging from the ceiling and framing the antique-style light fixtures. Inside, the vibrant purple walls of the studio run alongside the rustic brick detailing behind a line of professionally installed flat mirrors. Decorative pictures and ornaments are arranged around the studio, further enhancing its already aesthetic appeal. Many dance studios would hesitate to exceed their budgets by paying for professionally installed floors and mirrors, but both Ryan and Selenzi are adamant about paying the extra money to enhance their studio with beautiful detailing. “We want to create a really inspirational space,” says Selenzi, “we want people to come here and feel really good (...) and have it be a really refreshing, nourishing part of their day or week.”

Ryan has been teaching and performing belly-dancing and hula hooping in Halifax for a number of years, and already has a large group of loyal followers. However, Ryan and Selenzi both recognize that having and running their own studio will give them more freedom with their teaching careers and show potential students that they are a

serious company.

Serpentine Studio’s beginner belly-dance classes have already created a buzz around Halifax. With class offerings that range from Egyptian, and Tribal Fusion to American Tribal, students have the rare opportunity to form their own style preferences after mastering the basics. “We think all the styles are beautiful,” says Selenzi, “that’s why we brought in Elinor [Crosby of Uberwench to teach the American Tribal classes]. We think she’s amazing and a great teacher, and we’d rather work with her than against her, obviously.”

Serpentine Studios also offers students a variety of other classes. There is, for example, a Hula Hoop class where students have the opportunity to learn circus tricks and burn up to 300 calories in an hour. The studio also has classes focusing on acrobatics, flexibility and circus arts, as well as yoga and relaxation classes. In November, Serpentine Studios will begin offering Burlesque dance basics (taught by Miss C of Pink Velvet Burlesque) and Go-Go dance fitness taught by Ryan. In addition to these wonderful and affordable

classes, Selenzi is a registered massage therapist, and provides treatments in a private room within the studio, which is also equipped with an Infrared Sauna. “[Serpentine Studios] isn’t going to just be for teaching classes” says Selenzi, “we wanted a space to hold private lessons, workshops, bachelorette and birthday parties, also for renting the space to other dancers and performers and for the retail items that we sell.” The excitement of finally having a studio is not likely to wear off anytime soon for Ryan and Selenzi, or for the belly-dancers of Halifax, who are likely thinking, “it’s about time!”

Ryan and Selenzi have both been involved in belly-dancing for almost 15 years, bringing their vast knowledge and experience with them to Serpentine Studios. Students can expect to be taught by trained professionals and become a part of Halifax’s strongest and most talented belly-dance community. For more information on Cabaret Serpentine and Serpentine Studios’ classes, visit [www.cabaretserpentine.com](http://www.cabaretserpentine.com).

**NSPIRG Fall Opt Out**  
Mon October 24 to Friday November 4  
11am to 3pm  
NSPIRG Office, Room 314 Dal SUB  
(See below for alternate locations)  
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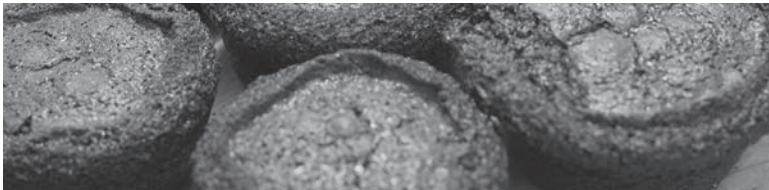
Dalhousie students democratically voted to fund the Nova Scotia Public Interest Research Group at Dalhousie through a levy in order to engage students in research and action targeting environmental and social justice. However, students also mandated the group to refund any student who does not wish to support its work.

### Alternate Opt Out Locations:

Carleton Campus, Tupper Building  
Thursday Oct.27 and Thursday Nov.3 11am-3pm  
Sexton Campus, main level lounge  
Tuesday Oct. 25 and Tuesday Nov.1 11am-3pm

If you are unable to come by the office or the alternate locations during the opt-out period due to extenuating circumstances please contact us ([info@nspirg.org](mailto:info@nspirg.org)).

[www.NSPIRG.org](http://www.NSPIRG.org)



## Recipe: One-bite brookies

Rob Sangster-Poole  
Food Columnist

What’s a brookie, you ask? Excellent query! It’s basically what happens when a brownie and a cookie get down and dirty in a 350 degree oven for eight minutes. And like most offspring of tasty parents, these little fellas are delicious. Not only that, but they are plentiful. So follow these instructions closely and you shall be the proud (and soon to be diabetic) foster parent of three dozen brookies.

**Step 1.** Chop up the chocolate into small pieces. If you have a microwave, melt the butter and chocolate at 20-30 second intervals so you don’t burn them. If like me, however, you don’t have a microwave, fear not! Just heat up a small pot of water on the stove (med-high) and place a tin bowl on top of it. Put the butter and chocolate in the bowl and stir every couple of minutes to prevent burning. Once it’s all combined, put the bowl aside.

**Step 2.** Beat the eggs, sugar and vanilla in a separate big bowl. I use a hand mixer. Then add the chocolate mixture.

**Step 3.** Combine the flour, cocoa, baking powder and salt in yet another bowl (note: if you used salted butter, you definitely don’t need the salt). Then add the dry ingredients to the big bowl, and mix em all together.

You should have a rather thick and dense dough in the end.

**Step 4.** Line a non-stick baking sheet with wax paper. If you’re paranoid about burning things, you can also lightly grease the top of the wax paper with butter or margarine. Now, size is key: using your hands, make firm balls using about 1 tsp of dough per brookie. They should each be less than the size of a golf ball (maybe even half that size).

**Step 5.** Stick ‘em in the oven at 350 degrees for only about seven of eight minutes. They’ll look a bit undercooked when you take them out, but after they’ve cooled, they are wonderfully chewy.

This recipe is admittedly not too cheap, since proper chocolate will cost you five or six bucks. But when you’re up all night writing a paper, you will be thankful for the sugar rush.

**Ingredients:**  
200g 70/75% cocoa chocolate  
1/3 cup unsalted butter  
2 large eggs  
3/4 cup sugar  
1/4 cup brown sugar  
1/2 tsp vanilla  
1 1/2 cup flour  
2 tbsp cocoa powder  
1/3 tsp baking powder  
1/3 tsp salt

• • • Photo by Jack Lyons via Flickr





# Out of the stone age

## Toronto-based five-piece Dinosaur Bones is ready to rock

Erica Eades  
Arts/Copy Editor

To say that Toronto-based indie-rock quintet Dinosaur Bones is dedicated would be an understatement. Since releasing their entirely self-funded debut album, *My Divider* in March, the guys have been touring incessantly, sharing the stage with bands ranging from Tokyo Police Club to Ra Ra Riot to Library Voices. Add in their upcoming slew of performances in support of Vancouver rock gods, Yukon Blonde, and it's a wonder the band finds time to think.

But despite their busy schedules, vocalist/guitarist Ben Fox says he isn't fazed by all their time on the road.

"This is exactly what we want to be doing, and what you need to be doing when you put out a record," he says. "It's still fun for us."

*"This is exactly what we want to be doing, and what you need to be doing when you put out a record."*

Friends since high school, the guys from Dinosaur Bones—Fox, Branko Scekie on bass, Dave Wickland on keyboards, Lucas Fredette on drums and Josh Byrne on guitar—have been making music independently for years.

It wasn't until Fox moved to Montreal for university that he realized the significance of the group's dynamic.

"I was losing my mind knowing that the guys in bands that I wanted to be involved with were all back in Toronto," he says. "When I had enough songs, I couldn't handle not having an outlet for them anymore, so I just packed up shop and moved back to Toronto and assembled the guys and started going from there."

It wasn't long before audiences began to take notice. In 2009—nearly two years before they released their

debut full-length album—Ottawa Xpress named them "Toronto's most promising band."

With no intention of slowing down, the band soon joined forces with producer Jon Drew (Fucked Up, Arkells), to begin work on *My Divider*—a remarkable undertaking considering the band had yet to sign with a label, and therefore had no outside funding.

According to Fox, the decision to work with Drew was a no-brainer:

"Everything we've done previously ended up sounding really dinky," he jokes, "so we wanted to make sure we went to a producer who knows how to make a rippin' rock record."

Fox credits Drew for the strong drum sounds and complex tones on their album, two characteristics that initially attracted them to his work.

"He has a great way of running with your ideas and helping you push them as far as you can," adds Fox. "It was a really fun and relaxed experience."

In October 2010, Dinosaur Bones signed with Canadian indie label, Dine Alone Records. Fox says the contract has helped raise awareness of their band, explaining that many people are fans of the label itself, and not just the bands it represents.

"I think we really benefited from that," he says. "I think for people who had heard of us, but weren't really paying attention, I think Dine Alone lent us some credibility."

Their upcoming show at the Seahorse Tavern will be Dinosaur Bones' first east coast performance since releasing *My Divider*. Of the show, Fox says audiences can expect "just madness," joking that they will be equipped with confetti cannons and pyrotechnics.

"But really," he admits, "we just hope that people will be familiar with a few of the songs, and will come out and have a good time."

*Dinosaur Bones will be opening for Yukon Blonde on Oct. 26 at the Seahorse Tavern.*

Supplied photo by Brittany Lucas

## tunes review

# The Kooks—*Junk of the Heart*



Matthew Ritchie  
Opinions Editor

It's fitting that Brighton, England's indie-poppers The Kooks would

name their third album *Junk of the Heart*, because this album is full of melodramatic bullshit.

First off, I want to mention that I don't have any vendetta against lead singer Luke Pritchard and his merry band of Kinks-inspired rockers. Their first release, *Inside In/Inside Out*, remains one of the most undervalued British music releases of 2006. Five years later, that album still rocks. But it seems like when the group went back into the studio and recorded their follow-up in 2008, all of the good aspects about the group went out the window. Gone were the sprightly punk rhythms, acrobatic wails, and perfect harmonies. In its place were over indulgent guitar riffs, redundant lyrics and an overall lack of excitement – pretty surprising con-

sidering two years earlier this was one of Britain's hottest new bands.

Well, I'm sorry to say not much has changed since the band released *Konk* in 2008. Without sounding too cute by using too many puns regarding the album title, *Junk of the Heart* is made up primarily of filler. The guitar lines are predictable, Luke Pritchard's vocal range isn't as dynamic as it once was and there are far too many synthesizers filling out the band's sound. These guys are supposed to rock, not sound like Phil Collins mixed with a poor man's Bombay Bicycle Club.

I hate to say this about a band I once admired so much, but guys, you can do better. This album is just boring.

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## A beginner's guide to traveling on a budget—Part 1 of a 3-Part series

### The most cost-effective ways to travel

Rachel Eades  
DIY Columnist

As the weather starts to get colder, many people start daydreaming about escaping for a holiday somewhere warm and sunny. I often hear people say that they don't travel because it's too expensive, but with some smart planning and saving, travel may be more within your reach than you've ever realized.

To show you how, we've got a three-part series that breaks down budgeting and planning a trip, starting this week with how to start saving. So here's how to plan a trip on a budget!

First, figure out how much your trip will cost, and set up a budget so you know how much you need to save. To figure this out you'll need to calculate the cost of flights, in-country transportation (when you arrive), food, insurance, vaccinations, travel fees (some countries have an exit tax you have to pay to leave the country), plus the cost of any extra activities or excursions you may like to do while you're there. If you're into souvenirs, you'll likely want to set a small budget for gifts or knickknacks you might purchase as well. In Part Two of this travel series, we'll break all these categories down into more detail, and explain how to find the best deals.

Now, if you're just looking at tak-

ing an all-inclusive holiday to a resort somewhere in the Caribbean, all of the above is pretty straightforward. There's no shortage of websites that offer cheap, all-inclusive packages, so check out websites like expedia.ca, Travelocity, or even discount sites like Groupon for good deals on vacation packages. Typically, these packages will cover your flights, ground transportation, hotel, food, and drinks. Insurance, vaccinations, exit taxes, souvenirs, and extra excursions are typically up to you. Always read the fine print to see what's included.

Once you've done your research and figured out what all of the above categories are likely to cost (plus a bit of extra money for excursions, souvenirs, and exit tax) you can start figuring out how you're going to save the money.

For those on a really tight budget, you'll likely have to figure out how much you can afford to save per month, and then calculate how long it will take to save that amount, and set that as your 'goal date' for your trip. Let's say for example, that you buy a coffee every day for \$2.50, but have decided you can sacrifice that to afford this trip. If we average it out and say there's 30 days in every month, that \$2.50 per day adds up to \$75 a month you can put in your travel fund. If you've calculated that

your trip will cost you \$1,000, it will take you a little over a year to save the money you need, at a rate of \$75 a month.

However, if you want to save faster, another option is to ask for contributions to your travel fund instead of birthday or holiday presents from parents or other relatives.

For those with more flexibility in their budget who can afford to save more each month, another option is to set the date you want to travel first, and then figure out based on that how much you need to be saving each month. It's late October now, and let's say you want to travel at the beginning of summer break, in May. That gives you 6 months to save up. If you anticipate that your trip will cost you \$1500, you'll need to save \$250 a month to reach your goal in time.

For those frustrated by the fact that they can only save a tiny bit each month, remember, it's better to start now than next week, next month, next year, etc. The sooner you start saving, the sooner you'll be on the road on your great adventures!

Next week I'll be back talking about the finer details of planning a DIY trip (as opposed to an all-inclusive vacation) including how to find the best deals on flights, accommodation, food and activities. ☺

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"The quidditch team"

**Chris Saulnier**  
DSU President



"I have no idea.  
I'm not a sports fan"

**Lexi Iulianella**  
4th-year IDS



"King's sports teams"

**Natalie Zaremba**  
1st-year FYP



"Perform Dal Dance Team"

**Chelsea MacAulay**  
2nd-year nursing



"Field hockey, because of the  
awesome skirts and short sticks"

**Sarah Freeman**  
4th-year psychology



"Tiger women's soccer"

**Josh Cruddas**  
4th-year theatre



"Swimming, soccer and track &  
field. I've coached all three"

**Garnet Cross**  
Post-grad geology



"Field hockey, because I'm on it"

**Sheena Gillis**  
1st-year science



"I don't follow campus sports"

**Michael Robson**  
4th-year music



"Basketball"

**Justin Kho**  
1st-year science

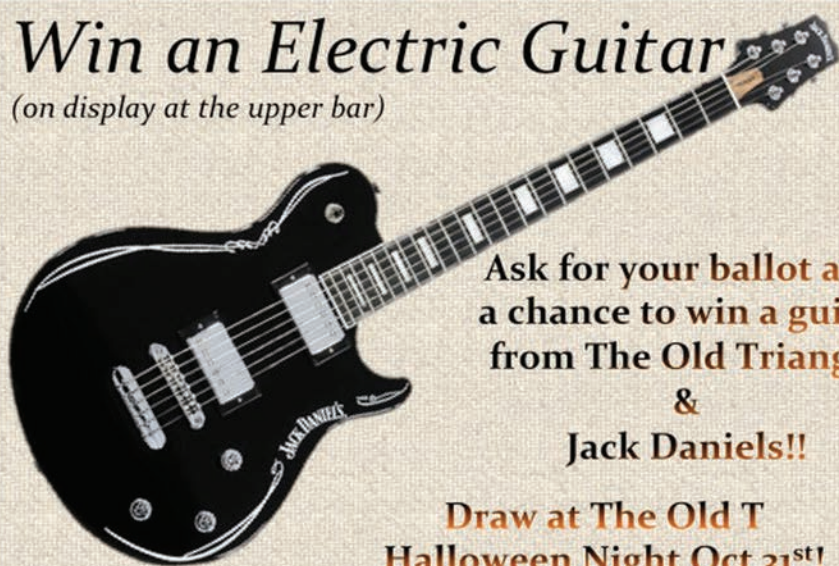
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## OVERHEARD AT DAL

### Outside the Killam:

**Girl on phone:** So you know how you wonder where  
your cat goes when they go outside?  
I found out—My house.

### In the SUB:

I want to have twins, but I want to  
have them at different times.

### In biology:

**Student:** So everything we learned  
last year doesn't matter anymore?  
**Prof:** Yes, haha! I tricked you!

### At the Gazette office:

**Editor 1:** Was Overheard-At just a fad?  
**Editor 2:** Probably

**IS OVERHEARD-AT OVER? YES.  
AT LEAST IN THIS PAPER ANYWAY...  
NEXT WEEK: HOT OR NOT RETURNS!**



# What are you going to be this year?

That perfect costume you've been searching for



Begin your costume hunt early or you might end up looking like this.

••• Photo by Mindhive via JAlbum 7.2

## Rose Behar

Fashion Columnist

It's a new dilemma every time October rolls around. What am I going to be for Halloween?

I've heard the conversations swirling already.

"I really want to be a human-version of a Dr. Who TARDIS, but it would be much easier if I went as a sexy Hogwarts student!"

Or, the more often heard, "I have no idea what to do! Where do I even go to look for costumes?"

Now that, I can help with.

There are so many great options for Halloween shopping in this student-centric town, you shouldn't be too hard pressed to find a great store. Here are my personal top picks:

My first choice is Dress in Time, located at 5670 Spring Garden Rd. with an entrance on Brenton. Here you'll find a wide range of out-there outfits, mostly retro-cute ones, with some verging on demurely sexy.

As The Coast so aptly put it: "Inside you'll find a time machine treasure trove of women's vintage clothing with a spectacular collection of dresses, handbags, shoes, boots and hats from the early 1900s to the present."

But don't worry, guys, there are plenty of options here for you too!

And Dress in Time doesn't just hold vintage kitsch - there are also a few racks devoted solely to costume-wear.

If you can't find anything marvelously unique there, or you'd just like to try for a different look - maybe something a little more scandalous - try a pop-up Halloween distributor, such as the one currently located on Quinpool, close to the Monastery Lane intersection.

Here you'll find the basics: the sexy cop, the sexy doctor, Cleopatra, etc.

These are always good if you don't have the time or energy needed to create your own look - but just a warning, the sizes are very standard. If you're an outlier in either direction, petite or plus-sized, these costumes won't be for you.

As for guy's costumes at the outlet - the same basic costumes are available in their male versions (only slightly less sexy).

If all else fails, there are always those sweaty plastic masks and grim reaper staffs - perennial favourites.

But if you're still looking for a costume just a little more on the wild side, there's only one thing to be done: try a sex shop.

That's right, don't be shy - give it a try.

Many sex shops carry a wide range of sexy costumes that are not just for the bedroom, and are of higher quality than you'll find at a standard Halloween store.

Just take a walk down the street to X-citement Video at 6260 Quinpool Rd., and check out the upstairs costume area.

Garments span from a perfect Cat Woman suit to Marilyn Monroe's signature white dress.

There are some men's options, but believe me, their appropriateness outside the bedroom is definitely questionable.

If none of these options seem quite up to par to you, and you like to get creative, then go ahead and try making your own - you've still got plenty of time.

Take a trip out to Bayer's Lake and hit up Value Village and Fabricville to get supplies, then stitch and sequin you heart out. Happy Halloween! ☺

*Stumped? Here are some costume ideas we've seen in the past:*

- Paper Bag Princess
- Bonnie & Clyde
- Vegas showgirl
- Einstein
- Male nun
- Transformer
- Burger King
- Mother Nature
- Minnie Mouse
- Sonny & Cher
- The Spice Girls
- Robot/Washing Machine/NASA Space Shuttle (all variations on cardboard box costume ideas)
- Garth & Wayne (from the movie Wayne's World)

## DMG Music Inc. pays tribute to hit Broadway musical



DGM's RENT in support of the AIDS Coalition of Nova Scotia. ••• Photo supplied

## Jamie Nickerson

Arts Contributor

One of the most beloved Broadway plays of all time, *RENT*, had a well-received opening night at the Spatz Theatre at Citadel High School on Oct. 13. Written originally by Jonathan Larson, *RENT* is about an impoverished group of Lower East Side New York artists and musicians in the wake of the post 1980s HIV/AIDS epidemic.

The show was brought to the city of Halifax by DGM Music Inc. and was in support of Aids Coalition of Nova Scotia. The rock and roll inspired musical had brought the issues of not only HIV/AIDS to the table, but the issues that face the LGBT community here in Halifax, and around the world.

Before the show had opened, there was a special dedication made out to Wyoming's own Matthew Shepard and the man himself, Jonathan Larson. Glancing through the audience, the theatre was filled in with people of different demographics. As the lights focused on to a lone set of a table and chairs, we were introduced to a vintage-camera-equipped Mark (Allis-

ter MacDonald) and a Fender guitar-happy Roger (Geordie Brown). Both opened in song and were later joined by the rest of the cast for a very well put together performance.

The introduction to one of the most beloved characters, Angel, received a warm welcome to the stage from the audience. Dressed in a red and white Santa inspired dress, lined with feathers and glitter, accommodated by zebra print leggings and gold high heels, she was the well-deserved eye catcher on the stage for the evening. Playing out in Halifax, there were constant reminders on set and in the lines that we were in a 1990s New York. "I'm a New Yorker, fear is my life" was the quote that fit so well with what was happening. Each of the characters was reminding the audience of the different issues that we face in relationships and our daily lives. There is one person on the stage that an average or not-so-average person can relate to and learn to love.

The stage was set with an apartment feel below, and a concrete street above, defined by scaffolding, and two staircases that led down into the main stage. Off to the left we were accompanied by a well-rehearsed

pit-crew (Stephanie McKeown, Ria Kim & David McLean). Props of all sorts (both improvised and realistic) were all used well. Everything from a homeless window washer cleaning the windshield of a New Yorker's car, to the presence of Vodka bottles, to a Christmas tree with a Pride flag adorning the centre—all of it came together well in watching the struggles and triumphs of the characters.

The night got emotionally bashed when everyone was confronted with the death of Angel. Through song and movement, the break-up and make-up of the cast occurred until the very end. "525, 600 minutes, how do you measure a year?" Seasons of Love, one of the most iconic songs in the whole production, was the final song of the evening. A lucky member of the audience was chosen to grace the stage with the full cast and sing into the finale of an amazing show. Running for roughly two and a half hours, the performance lived up to its sister motion picture. Filled with song, dance, powerful guitar solos and burlesque style dances made by Mimi, the show was an evening well spent. ☺

**FULL HALIFAX POP EXPLOSION  
COVERAGE ONLINE AT  
DalGazette.com**





Tigers goalie Bobby Nadeau eyes the puck in his short-lived first appearance in a 7 – 2 loss to Moncton. • • • Photo by Martina Marien

# Men’s hockey falters out of the gate

## Slow starts are an issue after opening weekend

**Arfa Ayub**  
Sports Contributor

Backup rookie goaltender Wendell Vye saw his first action in a Tigers uniform Saturday, Oct. 15 in the team's second game of the season after starter Bobby Nadeau surrendered three goals on nine shots in a disappointing 7 - 2 defeat to Moncton at Memorial Arena.

The Tigers played their home opener the night before, coming out with a 2 - 1 victory against the St. Thomas Tommies.

Vye, one of a number of new Tigers this season, including fifth-year transfers David MacDonald and Zach Firlotte, made 13 saves in the relief effort, conceding four goals.

“I think we started better than we did last night, but we got into some penalty trouble early and a few bad bounces came our way,” said Vye. “It just felt like after we got down by a few we gave up on ourselves in the end. It’s not the way I pictured it, but we’ll bounce back.”

Patrick Daley and Benoit Gervais had Dal's two goals, while there were seven different scorers for Moncton. Alex Quesnel, Guillaume Parenteau, Simon Jodoin, Eric Faille, Christian Gaudet, Maxime Pilon and Marc-Andre Cote all scored for the visitors.

.....

**“It’s not the way I pictured it, but we’ll bounce back.”**

.....

Fresh off their first taste of the play-offs in seven years, the Tigers struggled with slow starts in their opening weekend, falling behind early in the first period of both matches. This trend, however, is nothing new for the Tigers. The issue has persisted from last season into the exhibition schedule and now the regular season,

it seems.

“I think guys have to be more mentally prepared when we start,” said Vye. “It’s a tough league and other teams are going to come out and hop on it really quick. They get on you as quick as they can so I think we have to go through and make some adjustments to fix things up.”

Against the Tommies, however, the result was more favourable for the Tigers. Despite a sluggish beginning, the team managed to squeak out a 2 - 1 victory after St. Thomas began the scoring just 27 seconds into the season.

Benjamin Breault evened the game for the Tigers at one apiece after a weak shot found the back of the net 13 minutes into the opening frame. The eventual winner from Jordan Villeneuve-Gagne came 3:08 into the third period.

Dal gave up five power play opportunities in the victory but the Tommies were unable to capitalize.

“When things aren’t going well for your team, you don’t get a lot of

shots,” said Dal defenceman Brett Plouffe, referring to St. Thomas's performance. “So, they might try and change their style a little bit. They might try and get in our face to make us take stupid penalties so that they can capitalize on them, but I think we stayed pretty calm and managed to make the best of it.”

As Plouffe points out, the difference in the game was Dal's work ethic. Despite a weak start, the Tigers managed to come out in the second and third periods of their season opener with strong efforts. Opposite Acadia, the home side seemed to be a step behind the speedy Moncton players, playing catch up and not fighting for the puck.

The Tigers will get their second crack at both teams this weekend with an Oct. 21 matchup in St. Thomas and the next day in Moncton. The two matches are at 7 p.m. and will be broadcast online at SSN Canada.

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# TIGER TONING

## CARDIO'S ROLE IN STRENGTH TRAINING

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



Make running a part of your workout routine too.  
• • • Photo by Benjamin Miller via FreeStockPhotos.biz

**Colin Hebb**  
Health Columnist  
.....  
How important is cardio exercise to my workout routine if I'm looking to gain strength?  
—*Hercules in Training*

Let's start this off by chatting about the components of a healthy fitness regime. After all, you've touched on two of the three primary components in your question.

Health-related fitness is usually thought to include cardio, strength and flexibility training, although other sources may break it down differently than myself. Cardiovascular exercise composes activities which get your heart racing for an extended period of time; strength training involves the actions that challenge

your musculoskeletal system to grow in strength; and flexibility training consists of bettering your range of motion and the functionality of your muscles.

Training that involves more skill/performance-related goals such as balance and agility can be incorporated into your workouts as well but are thought to be secondary considerations for non-athletes.

Back to your question about what role cardio plays in strength training; well, when it comes to strength specifically, not a whole lot. But please let me explain before you start changing your whole fitness regime and take the sledgehammer to those awful treadmills or burn your fancy new running shoes.

Building strength requires you to challenge your muscles beyond what they are accustomed to. Using

weights as part of a workout program accomplishes this by putting an added load onto unsuspecting muscles and pushing them to exhaustion.

Cardiovascular exercise, while playing a role in building muscle endurance, typically does little to actually build muscle strength as you are not adding a load your muscles are not used to holding already. For example, if you run a marathon, you may be exhausting your leg muscles but they are still only carrying your body weight, which they are familiar with hauling anyways. Your muscles will adapt to the stress they are given and, in this case, the focus will be on endurance and other physiological changes which will make you a better runner.

I say all of this so you are aware that a nice brisk run is not sufficient if you are looking to enhance your leg

strength, but cardio should still be part of a workout plan dedicated to improving your strength.

The reason I started my response with the three primary components of health-related fitness is because they should always—and I stress always—be part of a balanced workout plan, no matter what your ultimate goal is. This is because regardless of what changes you are looking to make, you always need a healthy heart, well-functioning muscles, strong bones (yes, strength training is actually an important component of maintaining a strong and healthy skeleton) and a body able to accomplish everyday tasks.

You always want cardio to be part of your workout because even if you are looking to gain 300 pounds of fat (not a suggested goal), you still want to have a healthy cardiorespiratory

system, which can only be accomplished with a lifestyle that includes adequate amounts of heart rate-raising activities.

You may have heard that cardio activities run opposed to the goal of building muscle/strength, but this is only true if you don't incorporate it smartly. In order to strengthen your muscles, your body needs adequate amounts of building material; in other words, protein. It's true that cardio burns calories and would therefore use up some of this building material. However, as long as you are fuelling appropriately by eating a balanced diet of more than just protein and getting a good amount of calories after each workout, you will be just fine.

Remember to keep cardio exercises in your workout. Your heart will thank you!





Tigers rookie Phillip Parsons tries concealing the ball from St. FX's Andrew MacDonald in the Oct. 15 game. • • • Photo by Alice Hebb

# Men's soccer fourth in AUS

## Dal attains four of six weekend points

Kristie Smith  
Sports Contributor

The St. FX X-Men entered the Saturday, Oct. 15 game against the Tigers men's soccer team undefeated and they left the match with the same label, escaping Wickwire Field with a 2 - 2 draw.

Dalhousie, however, had their struggles in the eventual tie. Even with the continued loss of their still-injured captain Kerry Weymann and a red card granted in this game to Tyler Lewars, Dal still managed to keep up with the X-Men, rallying from a one-goal deficit twice in the match to even the score.

"We played one of the best teams in the country, but we were looking forward to it," said Wes Hawley, responsible for Dal's first goal. The midfielder has been playing defence in Weymann's absence.

St. FX opened the scoring in the

second half with an unassisted goal by A.J. Gray. It took Dal some time to come back and with some perceived help from the strong winds that rocked Wickwire, Hawley scored his first goal of the season to even the game at 1 - 1 in the 62nd minute.

St. FX's Michael Marousek broke the tie with just nine minutes remaining in the second half. With the clock winding down, shoves and pushes became less discrete and players were routinely knocked to the ground. Julian Perrotta, who was removed from the game with a minor ankle injury, returned to the match and the Tigers are glad he did; he scored the game tying goal four minutes after Marousek.

"We battled back, showed a lot of character, and got it up 2 - 2. We're happy with the result," Hawley said.

Along with Perrotta, Tigers Jordan Mannix (ankle) and James Nearing (shoulder) all suffered minor injuries

in the game. They would return to face Acadia on Oct. 16.

In that contest, the Tigers fended off a winless Acadia squad 2 - 1. A pair of rookies got Dal on the board, courtesy of Bezick Evraire finding the net in the 8th minute and Aaron Hoyle 59 minutes in. The game would have been a shutout if Acadia's Jarret Bent didn't solve Ben Ur during stoppage time.

The Tigers, 4 - 3 - 2, are tied for fourth in the circuit with Saint Mary's. The two squads each have 14 points.

The men's soccer team are among the attractions during Dal's homecoming weekend. They welcome Saint Mary's on Friday, Oct. 21 at 7:15 p.m. as both squads fight to leap over the other in the AUS standings. Memorial visits the Tigers' home pitch on Sunday, Oct. 23 at 3:15 p.m. ☎

## sports briefs

### Dal football still winless

0 and 4. The record, really, speaks for itself as Dal could not reverse their disappointing trend, falling 27 - 20 in an away game Oct. 15 to UNB Fredericton.

The defeat maintains the Tigers' last place position in the four-team circuit. The Red Bombers improved to 2 - 2. Rematch is Dal's homecoming game on Oct. 22 at 2 p.m.

### Field hockey bows out

UPEI scored in the final four minutes of a semifinal match at the Maritime Field Hockey Championships Oct. 16 to knock Dal from the tournament with a 1 - 0 victory. Saint Mary's will represent the league at the OUA playoffs after defeating the Panthers to take the crown.

### Tigers in cross-country

Ashley Ryer and Matt McNeil were the top Tigers, finishing first and fourth in their respective races, at the Dalhousie Invitational meet Oct. 15. In the team category, Dal's women were first and the men came in fourth.

—Ian Froese  
Sports Editor



## HOMECOMING WEEKEND!

**MEET TIGERS BEN UR** (men's soccer keeper), **TARYN MCKENNA** (women's soccer keeper), **JOCelyn LEBLANC** (women's hockey forward) and **CASEY FOX** (men's basketball guard)

**FRIDAY, OCTOBER 21**  
Soccer vs Saint Mary's, 5pm/ 7:15pm  
Tigers battle prostate cancer!

Men's Basketball vs Brock, 7pm (Exh)

**SUNDAY, OCTOBER 23**  
Soccer vs Memorial, 1pm/3:15pm

Women's Hockey Home Opener vs UPEI, 7pm

Webcasts are available at [www.ssncanada.ca](http://www.ssncanada.ca)

**WWW.DALTIGERS.CA**

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

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# The fountain of youth

## Sidelined on the road to Dalhousie

Kristy McGregor-Bales realizes dream after torn ACL



McGregor Bales is happy to be back on the field. Photo by Ian Froese

Ian Froese  
Sports Editor

The game is tied at zero midway through the first half. Dalhousie has possession at the whistle, preparing for a free kick nearly 30 yards away from the net. It's prime territory for the Tigers.

Over on Dal's bench, bench boss Jack Hutchison is focused elsewhere on the pitch. He spots one of his defenders darting toward the cluster of players near the ball.

"Hold! Hold!" bellows the fifth-year coach of the Tigers' women's soccer team.

Twisting her head in Hutchison's direction is Kristy McGregor-Bales, standing a slender five feet eight inches. She has moved up too far in the play and must retreat back; she is

a centre-back, mind you.

The Tigers rookie understands her coach's one word request, but before following his order she shares a glance with Hutchison and smiles, if only for a second.

"It's a fun game," says McGregor-Bales.

The sweet, perhaps meaningless, moment is only a snapshot of this year's Tigers. McGregor-Bales is one of seven other rookies. The team has no fifth-year veterans. This is a young squad and a highly successful one at that.

There's a shyness and a quiet determination to McGregor-Bales on the field. She means business. It's why the grin at her coach is so special. She, in a single instance, lightened the mood. Soccer, after all, is just a game.

### Inspiring the troops

Dressed in a white Tigers jersey sporting the number 23, McGregor-Bales, with her teammates, strolled into the dance studio at Studley Gym to hear from the coaching staff. The meeting covers such standard fare as pressuring the opposition and discussing set plays.

"Who's got the near posts on the offensive corner?" asks Hutchison. It's one of his few questions.

McGregor-Bales raises her hand. It's one of the centre back's finest chances to get on the scoresheet.

Her coach then discussed St. FX, their opponents in under an hour.

"You've got a team coming to play you that you spanked the last time you played them," says Hutchison. "They owe you a beating!" he adds, his voice rising.

Hutchison attempts to inspire his girls by comparing their midseason success with a tale of accomplished former Tiger Leanne Huck. Tigers assistant coach Danielle Purcell recalls to the team how Huck had six goals in a senior women's national championship game earlier this month, and how she refused to let up in her next game although Dunbrack's star was the focus of every opposing defender on the field. Huck would score twice.

"I tip my hat off to you girls because you put yourself on the top of the leaderboard," he says, removing his ballcap. "They're coming after you. Are you woman enough to handle it?"

A coach's rallying cry is nothing new for McGregor-Bales. She spent her childhood surrounded by athletes.

Raised in Ottawa's eastern suburb of Chapel Hill, McGregor-Bales was encouraged to attend the local sports school in Grade 7, Louis Riel Secondary School, by her athletics-friendly parents. Her mother is the CEO of the national governing body McGregor-Bales is playing for, Canadian Interuniversity Sport, and her father was an avid paddler.

In grade 9, the school required McGregor-Bales to commit to a sport; a decision that did not come easy to her. How would she choose between soccer and basketball?

"I had been invited to a provincial tryout so that's why I decided to go into soccer, specialize at it" she said. After all, she was beginning to turn a few heads.

### An injury's cost

In the midst of a sea of Dal's white uniforms, shorts and socks on the field this afternoon is the contrasting appearance of the colour black emanating from McGregor-Bales' leg brace. The reinforcement is common for a soccer athlete, but hers is protecting a left knee that kept McGregor-Bales sidelined around the time she was supposed to be auctioning off her soccer talents to prospective universities.

Aug. 26, 2010 wasn't a day McGregor-Bales will forget anytime soon.

She was training, improving her speed, when disaster struck. A simple jump over a hurdle became an ill-

fated misstep, causing her left knee to give out when landing. She tore her ACL, among the worst injuries a soccer player can withstand. She would be out around eight months, likely more.

It was hardly an enticing time to succumb to an injury when you're supposed to be selling your talents to schools.

*"I don't want to say it was a long shot, but we bet a little on a dark horse. And it's been everything we hoped it would be."*

"It was kind of one step at a time, try to get back as fast as possible," McGregor-Bales recalls. "I think I knew if I did sort of stop and think about it, I would have started crying."

Injured two years earlier because of a torn meniscus, McGregor-Bales knew her awkward fall would keep her sidelined for a while. Choosing to avoid the longer wait times in Ottawa, she went to Quebec with her family's support to pay for a MRI scan at a private clinic.

The surgeon removed any doubt McGregor-Bales had about her diagnosis two weeks after the initial injury. Her ACL was completely shot.

"Seeing those results was so shattering," she says. "It's a year before I'm supposed to be starting university and I want to be playing university soccer, and now I know I'm going to be out for at least six months post-surgery, plus, however long it takes pre-surgery. So it was really, really tough not knowing how long I would be away."

### Becoming a Tiger

The injury obviously didn't please McGregor-Bales, but it was also a disappointment for the Dalhousie Tigers, which expressed interest in her.

McGregor-Bales would recover from her ACL injury, but would she return with the same flash she displayed before?

"That was the gamble with her knee injury," Hutchison says. "The knee injury was not this summer but last summer so she had time, but that's not to say it's going to come back to where you want it."

"I don't want to say it was a long shot, but we bet a little on a dark horse. And it's been everything we hoped it would be."

McGregor-Bales kept her university shortlist brief. A few schools expressed interest but she did not return the same sentiment. McGregor-Bales instead had interest

from both her and the school at Dal, Carleton, a school she grew up watching, and the University of Toronto.

What attracted her to Dal was the city, her program recreation management and Jack's support throughout her injury.

"He seemed very understanding of my injury and what interested me is that he knew how he wanted to develop the program and there are many resources available at Dal, like physio and a sports trainer."

"He was really understanding about how difficult it is to choose a university and how big of a decision it is."

Exactly six months after surgery, the young defender returned to play on May 5, shortly after committing to Dal. She missed the opening of her high school season, but was there for the team when it mattered most. Her school won the provincial championship for the second time in three years.

### Betting on the right horse

Hutchison was right to bet on a strong return from McGregor-Bales. She appears to have been a fantastic investment.

The normally reserved rookie finds her voice on the pitch. At centre back she leads the team's defensive core. She's essentially the quarterback, the communicator—even as a rookie player.

"That's a big part of my game: communication. It's a lot easier game when you're talking," says McGregor-Bales.


Her play was never fancy. It didn't need to be. The ball came to her, and she cleared it; time and time again. From blocking errant passes to stepping into the play for a tackle, she was in control.

"She's the type of player who can play a game and just have a tremendous influence on it, but yet never touch the ball because she's directing traffic," says Hutchison. "For us, she's just so crucial. So smart."

### A bright future

The Tigers, like McGregor-Bales, entered this season with a big question mark hanging over them. They were young and unknown, but they have accomplished great things. The Tigers are second in the AUS with a 7 - 2 record and were on the CIS Top 10 rankings for two weeks before the Thanksgiving break.

"If this is a rebuilding year, I'm so excited for the years to come because it's been a fantastic experience so far," says McGregor-Bales.

The future looks bright for Jack Hutchison's latest charges. It may even be something worth smiling about. 

Editor's Note: The Gazette would like to thank Kristy McGregor-Bales and the women's soccer team for providing behind-the-scenes access to the team during their Oct. 15 game against St. FX.





## Young guns make an impression

### New life after disappointment for Tigers

Dylan Matthias  
Editor-in-Chief

The Tigers walked into last year's playoffs with an arsenal of talent that had been producing winning seasons for years. It was the last chance for a group that included Jeanette Huck, Kate MacDonald, Katie Richard and several other senior names.

When they walked down the tunnel, some of them crying, it was easy to wonder when Dal would next have an opportunity to make it to the CIS national level. A lot of talent left that field and with CIS eligibility rules capped at five years, there's a tendency for teams to have to rebuild.

**“Time is on the Tigers side. After losing five key players last year, they won't likely lose any this time.”**

The Tigers' program could have stalled, if not for some strong recruiting. Jack Hutchison, through scouting connections in southern Ontario, has been able to add key players such as Daphne Wallace, Emma Landry and Taryn McKenna, all of whom have taken over from departing players this year.

The recruits this year have had an immediate impact and have demanded respect from other players in the league. The Tigers can no longer be shut down by marking one striker tightly, and that allows Hutchison's preferred 4-3-3 system to flourish. Bianca Jakisa and Landry provide a lot of power from the wings and have both contributed to the attack this year.

Hutchison admitted at the beginning of the year that they would be rebuilding. There has been, and there have been mistakes. The Tigers still wobble a bit on the back end without Amanda Henry or Huck. Kristy McGregor-Bales has looked comfortable enough and Jenna Gabriel has shown promise. Both rookies have five years to develop at Dal.

Time is on the Tigers side. After losing five key players last year, they won't likely lose any this time. Rieka Santilli and Anna McKilligan both have one year left should they choose to use it. That gives all the rookies time to develop and grow, sometimes quite literally. Doriana Homerski, who's already pretty powerful up front, is only 17 and could well get bigger and taller in a year.

Expecting an immediate impact this year might ignore that many of Dal's more spectacular results have come against weaker teams. They'll need to beat teams like Cape Breton and UPEI under playoff pressure. They're 1-2 against those teams this year. The Panthers found ways to shut down the Tigers for long stretches and have experience containing elite players. Cape Breton have led for long stretches in their games against Dal this year. Shutting down Erika Lannon and Karolyne Blain is tougher than shutting down St. FX's patchwork attack.

For the first time in awhile, though, Dal look like they have all the pieces to actually play the 4-3-3 effectively. Homerski gives them a proper target striker with power. Playing long balls for the 5'7" MacDonald never worked well. Santilli, who missed most of last year with a broken leg, is now holding down the crucial attacking mid-field role in that system. Dal are still a little weak at fullback, but Megan Willox has shown attacking promise and Andi Vanderlann is another example of recruiting two or three years ahead.

The atmosphere around this team has changed a lot. There aren't any rainclouds anymore. The team has always come across as very tight and very competitive. This year, though, the Tigers are having fun. The youth helps. There's laughter again. It might be that the 2009 and 2010 Tigers didn't enjoy themselves enough. When there's so much focus on winning, it sometimes becomes harder to do so. The 2011 Tigers are focusing on growing, and are winning an awful lot in the process. **G**

The core of the Tigers for the next five years is emerging.

••• Photo by Ian Froese



## Inside the Tigers' rookies

Ian Froese Sports Editor  
Dylan Matthias Editor-in-Chief

The Tigers' eight rookies, aside from Kristy McGregor-Bales, are listed left to right in order of their appearance on this week's cover.

**Jenna Gabriel (#12)**  
**Defence, Halifax, N.S.**

Born and bred in Halifax, Gabriel knows her way around the city, even if it's maybe because she followed her older sister around. Gabriel began playing the sport when she was 10 because she claims to have copied whatever her sister did. “I started earlier than her so I got the chance to get better than her,” she says, adding her sister is no longer playing competitive soccer. —IF

**Megan Willox (#18)**  
**Right-back, Bowness, Alta.**

Willox played for the infamous Calgary Foothills club that produced Owen Hargreaves. “Around junior high level I decided I wanted to play in university,” she says. She enjoys how small Halifax is, and her career direction has nothing to do with Bayern Munich, fortunately. “I’m in commerce. I don’t know what I’m going to do,” she says. —DM

**Shannon Junor (#1)**  
**Keeper, Mississauga, Ont.**  
Jumping from high school to university soccer wasn't too big a leap

for Junor: she was already used to playing for the Tigers. “Once a Tiger, always a Tiger,” she says, recalling her days with the Streetsville Secondary Tigers in Mississauga. The keeper had her start when she was 12, defending the net for the first time when nobody else in her house league was interested. She hasn't looked back. —IF

**Doriana Homerski (#16)**  
**Striker, Waterdown, Ont.**

Homerski adds a physical presence to Dal's lineup as a target striker who can control the ball. She hails from Waterdown, near Hamilton. She's played soccer for about 14 years and broke the Ontario high school goal-scoring record, and has also been on a tour of AC Milan. She's enjoying the waterfronts in Halifax. “I like both,” she says. “I like the air.” —DM

**Cleo Breton (#2)**  
**Right-back, Victoria, B.C.**

From the north to the west to the east, Breton adds Halifax to her list of homes this fall after living in Whitehorse until she was seven and then growing up in Victoria. She devoted her time recently to the U18 championship Victoria Highlanders, which won their league by 13 points. Unfortunately for her high school, she “didn't play for them because they weren't very good,” Breton says, chuckling. —IF

**Pamela Krieg (#5)**  
**Striker, Ottawa, Ont.**

Krieg is used to the sidelines, but not because she had any other choice. The Ottawa native returned to the pitch this spring after a year and a half long hiatus because of injuries to her ACL, MCL and meniscus. “I'm getting my speed back,” she says, conceding she's not at 100 per cent yet. Krieg cites the friendliness of Halifax as her favourite part of the coastal city. —IF

**Ashley Donnelly (#10)**  
**Left-back, Burlington, Ont.**

Donnelly played with Doriana Homerski in Burlington before being recruited by NCAA schools in the U.S., including Rhode Island. The U.S. “academically aren't the best choice,” she says, instead choosing to come to Dal for kinesiology. She's immediately aimed high in Halifax, picking The Five Fishermen as a favourite restaurant and she speaks of the mussel bar reverently. —DM

Doriana Homerski and Kristy McGregor-Bales in the locker room at halftime.

••• Photo by Ian Froese



# Tigers cruise to two victories

## Dal locked with SMU for second place



Women's soccer earns a 1 - 0 victory over St. FX. ••• Photo by Alice Hebb

Andrew Johnson  
Sports Contributor

AUS play resumed after the Thanksgiving break Saturday, Oct. 15 for the Dalhousie Tigers as they played host to the St. FX X-Women. With both teams contending for playoff positioning, the win was important for both sides, but it was the Tigers who walked away with the three points. Dal took the 1 - 0 victory.

The season-long theme of extreme weather at Wickwire continued this past weekend with high winds on hand. Starting with the gust in their favour, Dal contained the majority of play in the opposition's offensive zone for the first half. Most notably, the Tigers opened with a long shot from midfield, nearly bouncing the ball over the head of the X keeper.

Although the first half had many strong opportunities, the net was not found until early in the second. Rieka Santilli carried the ball in for the Tigers and placed a light shot to the back of the net for her fifth goal of the season. The Tigers created several other scoring chances in the second, but only Santilli managed to score.

St. FX would later attempt to counter with an offensive push of their own but with no luck. At Dal's end of the pitch, Taryn McKenna was solid, stopping everything the strong wind allowed to reach her net.


Generally a physical style of play exists in women's games, but hardly

to such an extent as was on display in this match. The rough play resulted in a yellow card for both sides: Jenna Gabriel for Dal and Nicole MacNeil for X.

The Tigers headed to Wolfville the day after to play Acadia, and disappointingly for the winless Axemen they would remain without a victory. The Tigers potted markers from Pamela Krieg and Dorian Homerski within a matter of minutes midway through the first half to take the 2 - 0 triumph.

The two weekend victories give Dal a 7 - 2 standing on the season. Acadia is 0 - 5 - 3.

Looking ahead, the last four games of the season are of extreme importance for Dal as the fight for playoff spots continues. The Tigers play Saint Mary's twice, Memorial once and Acadia once further.

While the games against Memorial and Acadia should be easy victories, SMU might be a bigger challenge. Although the cross-town schools will very likely make the playoffs, both are aiming for a bye to the semifinals. The playoff race will only add to the spirited competition between the two rivals when they meet for the first time this season Friday, Oct. 21 at Wickwire during homecoming weekend. Later, the Sea-Hawks are in town Sunday, Oct. 23 for a 1 p.m. match. 



## When did you first go gonzo?

eOne Films wants to give **you and five of your friends free tickets** to see Johnny Depp in this adaptation of Hunter S. Thompson's novel *The Rum Diary*.

All you have to do is tell us how you found your voice, gonzo-style! Send it in to [contests@dalgazette.com](mailto:contests@dalgazette.com) to enter!

In Theatres October 28



## GET INVOLVED, GET ACTIVE AND LIVE WELL@DAL!

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 21

**HOMEcoming WEEKEND!**

Battle prostate cancer with W/M Soccer vs SMU @ 5/7:15pm

M Basketball vs. Brock @ 7pm (exh)

FREE for Dal students!



**SATURDAY**  
October 22

**HOMEcoming WEEKEND!**

Football Club vs. UNBSJ @ 2pm, Wickwire Field. \$2 for Dal students - tickets available at Dalplex, the DSU or at the gate.

**SUNDAY**  
October 23

**HOMEcoming WEEKEND!**

W/M Soccer vs. MUN @ 1/3:15pm  
W Hockey Home Opener vs. UPEI @ 2pm  
Get AMPED with the Tigers t-shirt giveaway!

FREE for Dal students!



**MONDAY**  
October 24

Did you know...if you're a Dal student, you're already a Dalplex member!

Drop by today with your DalCard and work up a sweat!

**TUESDAY**  
October 25



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

**WEDNESDAY**  
October 26

Register today for a CPR or First Aid course at Dalplex! Prices for Dal students start at only \$40. Visit us online for dates and times.



**THURSDAY**  
October 27

Sign up today for a trail riding adventure! Saturday, Oct. 29 from 10am-4pm. No experience necessary, transportation provided!

\$39 for Dal students, pre-registration required. Details available online.

**WWW.ATHLETICS.DAL.CA**





On Religion,  
To A Very Dear Friend

Thou say'st to me that I might guidance find,  
Some solace, 'neath religion's counselling sway,  
That angels, gods, saints, Buddhas or their kind  
My inner demons might help keep at bay.  
While thou know'st well the reasons I might not  
Be churchward drawn to mend my troubled mind,  
Thou may'st not know, my freedom's dearly bought—  
'Tis well I know the price I daily pay:

That I might from the Martyr's sermons know  
His Father's Love and Word might me redeem,  
And that Eternal Bliss from Him might flow  
Should sins recanted let my spirits gleam;  
Or that I toward th' Arabian book be cast  
And Isa let a mortal prophet seem—  
Bear witness to the One God's Prophet Last  
That through him, is the path to Heaven seen:

That other gods and prophets might me calm,  
Their texts and teachings for my soul to soothe;  
Thus do I contemplate religion's balm  
That I, my faults and cares might be made smooth.  
But, be it pride or reason stays my heart,  
I'd rather live and die a tortured fool;  
With principle and conscience I'll not part  
And stoop to use religion as a tool.  
For if in life I truly am to find  
The inner strength for my faults to repair,  
'Tis surely folly to assume that I  
Should hold respons'ble those address'd in prayer.  
For if I am myself to remedy  
Must not, then, such desire come from me?

—Andy Post

She's Going

"...to hell in a handCasket!"  
(What I always thought she said)  
As though I would be shrunk by sin  
And carried by those who knew better.  
Creaking forward out of a sunken chair  
Her skin as dusty as a mile in the desert,  
"...a handCasket!"  
Left at the iron gates  
Which never close  
Though never will they  
Bear the stain  
Of rusted hinges  
From the rain.

—Leslie Gallagher

Submit your Micro-Fiction,  
Poetry & Feedback to  
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GLAMOUR PIG DYNAMICS

WHISKEY

DOIN' THINGS WE SHOULDN'T

DANCIN'

THE SOOTHING SOUNDS OF FOUR-ROCK

I USED TO BE SO YOUNNING

STUM STUM

SO MANY OF OUR INTERESTS OVERLAP THAT IT MAKES SENSE WE WOULD EVENTUALLY GET CRUSHES ON THE SAME PERSON.

IN THE END IT WAS NO BIG DEAL BUT FOR THE FIRST TIME THERE WAS A SOURCE OF TENSION, HOWEVER SLIGHT.

DISAGREEMENTS, ABOUT WHICH RECORD IS THE BEST OR THE FASTEST BIKE ROUTE DOWNTOWN, OR OVER BIGGER

OR

THINGS EVEN ARE ONE THING. WHEN WE WANT THE SAME (ADMITTEDLY ABSTRACT) THING, IT'S DIFFERENT. IS IT WORTH IT? IS THERE A GOOD WAY THROUGH IT?

KJ 2011

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CONTRIBUTORS' MEETINGS  
MONDAYS 5:30PM, ROOM 312 The SUB

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# THE SEXTANT

Editor in Chief:  
Damon Surgenor

DALHOUSIE'S OFFICIAL ENGINEERING NEWSPAPER

October 21, 2011  
Page 1 of 1

## A Thank You to Bus Drivers

Midterm season has arrived. In the next few weeks most of us will carefully consider dropping out of engineering to pursue other careers that are equally relaxing and promote healthy blood pressure. Many are yearning for an easy transition to a Halifax Metro Transit Driver position. But there is something you should know to facilitate this career switch. This one piece of advice will help you make a positive difference in the world. That's right, you can protect the environment, keep your bus cleaner, improve public safety, and give everyone some much-needed exercise with this easy trick. You've heard it from your parents, you've heard it from your boss, and you may have even seen it on a poster in elementary school, next to other gems of wisdom; "Reach for the stars, if you miss you'll land on the moon". Regardless of the source, this quote will make for a rewarding career driving for the HRM. It goes something like this: "Better to be five minutes early than five minutes late."

Now imagine I'm a typical passenger who doesn't know what's best for me. I always get on your bus, walk on the floors with my dirty shoes, I distract you by talking on my phone when you're trying to focus on the road, and my

immense 145 pound bulk, not to mention that 10 kg backpack full of engineering books, make your bus heavier and less fuel-efficient! Not to worry, you can probably figure out that I only arrive at my stop three minutes early. So all you have to do is drive with a heavy foot. Get ahead of traffic, and arrive at my stop five minutes early. If your timing was good you'll be too far away to hear what I think of your outstanding punctuality, and there's no time to waste if you are to be equally punctual at the next stop. Not to worry though, if I'm so moved, and I really feel like telling you what a great citizen you are I'll likely chase you up the road shouting compliments at you because I'm so proud of you. I'll knock on the door and yell; "you were early!" along with a myriad of other praising words, all while getting much-needed exercise! Mission accomplished.

This piece goes out to all of the outstanding bus drivers in HRM who have already taken up the cause, in particular the driver of route 80 on Friday afternoon. Without your early arrival I wouldn't have found the time to write this. Thank you.

**Alex Gosselin**  
5th Year Mechanical Engineering



**Attention! Dangerous Coastline: take your time, read each question twice and organize your solutions. Don't drag yourself under.**

## CO-OP Advice

Applying for co-op jobs is a time consuming and stressful activity. Writing cover letters, preparing for interviews, and keeping up with the rest of your school obligations is a painful process. Luckily for me, I managed to land a job in the first round this summer, freeing up my time for the end of the semester workload. Many of my classmates weren't so lucky. Now that I'm settled in to my second work term, I'd like to offer some advice to those of you who are just starting out.

The most important piece of advice, during the application process, is to pre-compose 2-3 standard cover letters that highlight your skills for the more common streams (for industrial engineering these would be healthcare, manufacturing, and project management). Then, create a list of skills with examples and save this file separately. Now, when a posting comes up, pick the cover letter that is closest to what fits the job, grab the three most relevant skills from your list, combine them, and make some tweaks to impress the company. I found that this method saved me a fair bit of time.

Next, don't limit yourself to Halifax. There are a few good reasons to stay in Halifax, but unless it's related to health/being close to a specific doctor, or to look after dependents, I think the reasons are pretty small. Moving to another place isn't really all that scary, and can be a very rewarding experience, meeting different people, experiencing different ways of life, and exploring new regions. There are definite

hassles trying to find apartments, sublets for Halifax, and getting your things to another city, but those obstacles aren't impossible to overcome.

Finally, prepare yourself for the interviews. This is the one thing I feel I need to improve on the most. Research common questions and decide how you will answer them. Write out some responses to trickier questions and formulate effective answers. It's very important that it sounds off the cuff, and not scripted, but don't be afraid to look prepared.

If you do make the leap and land a job in a new area, congratulations! Even in the smallest of towns you can often find interesting things to do. For example, Saint John has a cask ale society, for people who really like beer. Other areas may have running, hiking, swimming, songwriting, chess, bridge, or other clubs. With a little research you'll have no trouble finding groups of interesting people to hang out with and pass the days. As long as you are friendly and keep an open mind it shouldn't be too tough to make connections. If you're especially lucky, your workplace may be teeming with people with a similar interest and background, but be warned, that's not always the case. You may need to look elsewhere.

Good luck in the job hunt, and don't be afraid to try something new!!

**Ben Wedge**  
5th Year Industrial Engineering

## Sextant Book of the Week



**Book:** Gravity's Rainbow  
**Author:** Thomas Pynchon

"Delightfully historic equations for yaw control strewn about themes of paranoia, social deviance and banana rationing. It happens to be midterm season here on Sexton Campus. Keep it together and do not read this book... just yet."

**Hey Frosh, Welcome Back From Thanksgiving...  
Hope The Turkey-Drop Was Successful!**



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Picture of the Week,  
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## Industry Slang of the Week:

"Late for the meeting again bud? We're paid by the hour here and your off taking an old grumpy for over an hour!"

Editors' note: Industry Slang of the Week is humour based on popular expressions around Sexton Campus..

## Sexton Events

Looking for something to do?

Engineering Speaker's Series  
October 28th 3:00 pm, B310



Trivia at the T-room  
Friday, October 21st



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

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