



HAPPY HALLOWEEN!

THE DALHOUSIE GAZETTE

North America's Oldest Campus Newspaper, Est. 1868



ARCHITECTURE'S OBSCURA CAMERA, PG 5

TRICK OR TREAT 101, PG 6

VAMPIRE KING, PG 9

✦ LAST MINUTE COSTUME IDEAS, PG 10

Illustration by Daniel Espeset



EAST COAST BREWED!



DALHOUSIE
STUDENT
UNION

WEEKLY DISPATCH

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

Open Mic Hosted by George Woodhouse

Friday, October 28

This Friday is Open Mic Night at the Grawood! We want all of you talented Dal students, staff, faculty, alumni and guests to come out and show us just how awesome you really are! If you are the most talented act, you will win a \$100.00 cash prize!

The showcase starts at 9:00pm but you may want to come early to register. This is a wet/dry event so all students have a shot at the grand prize!

A Grawood Halloween

Monday, October 31

Come celebrate Halloween at the Grawood. Cover is only \$3.00!

Be sure to wear your best costume for a chance to win awesome prizes! Doors open at 9:00pm and DJ Psycho Sykes will be spinning your favorites all night long!

You must be 19+ and a Dal student, staff, faculty, alumni or guest to attend.

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.

XXX-Rated Hypnotist Tony Lee at the Grawood

Wednesday, November 2

XXX Rated Hypnotist Tony Lee is notorious for making you see your friends and classmates in a whole new light and not necessarily a wholesome one. The famous hypnotist will be performing two acts at the Grawood.

Act 1 will run from 7pm to 9pm and is a wet/dry event. Act 2 will run from 10pm to 12pm and will be 19+.

As with all of our events you must be a Dal student, staff member, faculty, alumni or guest to attend.

Tickets are \$7 in advance at the SUB Info Desk or \$10.00 at the door.

Campus Copy

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

Other News

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

Stay connected with the DSU through Facebook & Twitter

Facebook: Group and Page – Dalhousie Student Union

Twitter: www.twitter.com/dalstudentunion

October 28 - November 4, 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 Streater feature are solely those of the person being quoted, and not The Gazette's writers or staff.

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

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TRICK OR TREAT: A MEMOIR

REMEMBERING HOW TO CARE ABOUT HALLOWEEN

Dylan Matthias Editor-in-chief



Trick or treat.

Forgive the lack of enthusiasm, it's just a little hard to care anymore. It's not even a question, it's just a statement: trick or treat. We say it because for some reason, on Oct. 31, we have to. I know I'll get caught doing so at least once.

Come Oct. 31 I won't likely be in costume, or trying to scare people. I'll likely either be in class or in a meeting—both of which are scary enough on their own. The obsession, for me, wears just a little thin.

I used to enjoy trick or treating. I always remember coming home afterwards to watch the hockey game, sort candy, and so on. Now I tend to try and go home each year to help give out the candy, but even that's harder and harder to do, though I will admit that a little bit of the old magic comes back if Montreal and Toronto happen to be playing that night.

School commitments and other such stress this time of year is common and an expendable Monday night rare. I carry a certain envy for those who will spend the evening partying and frolicking, enjoying themselves, being carefree and stuffing themselves with either as much alcohol or as much candy as they can stomach (or both, in some cases).

I've been known to avoid these sorts of things, but a certain part of me envies it. There must be something more to this that I'm missing.

Halloween is an old, old tradition and it pops up in the most delightfully unlikely places. Novels, newspaper mastheads, classes, and just people on the street. It's a bit of a fanatical time. Who can blame people for seeking some sort of safe release from everything else?

Come this time of year, we need to let loose and have some fun. There's a weird nostalgia that Halloween commands—something about all those childhood memories, I suspect.

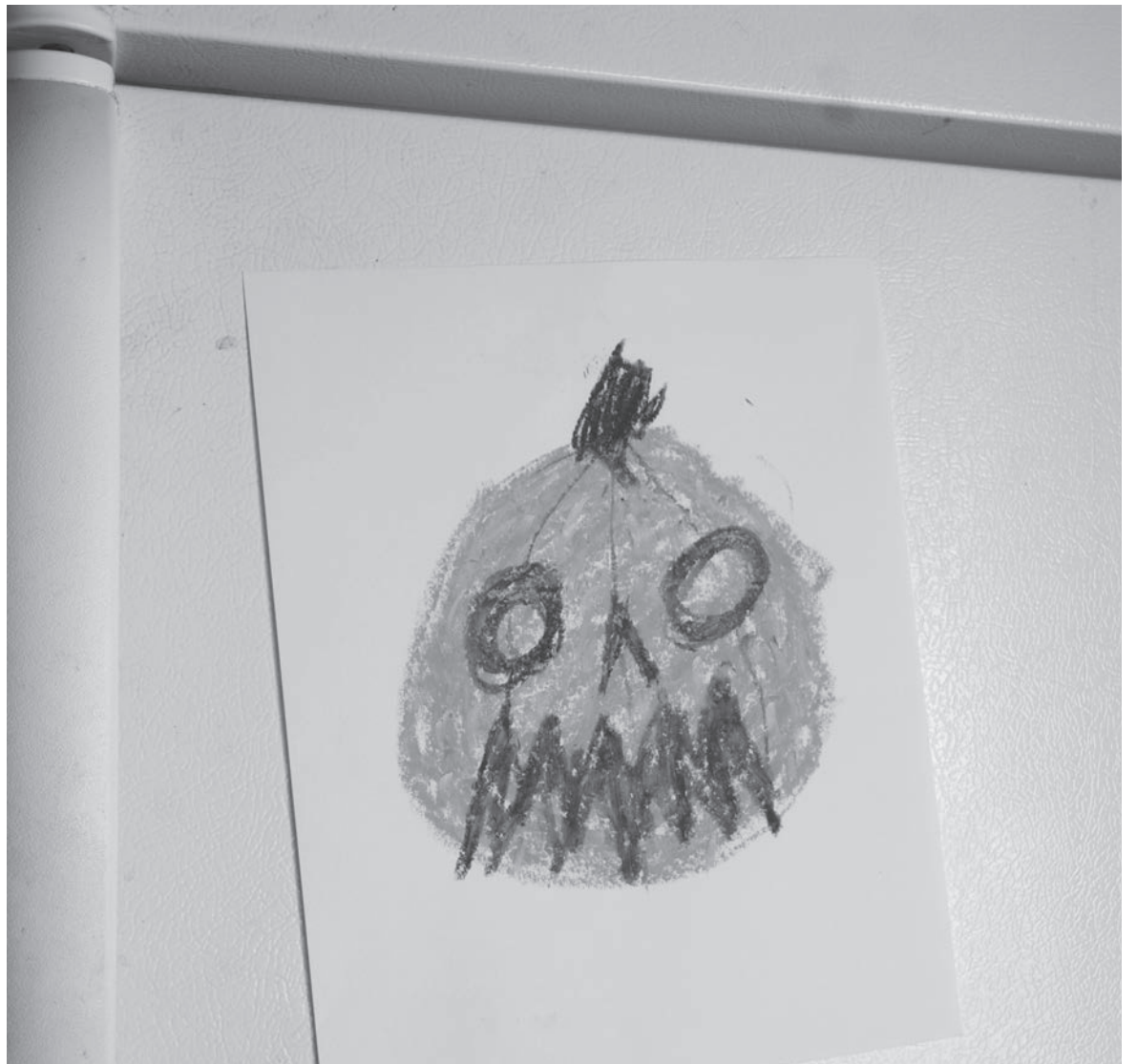
When everything gets darker and colder the night is more total. There's a magic that makes those costumes seem real. Everyone's hard to recognize for awhile. Much as I may drift further and further from Halloween, it would feel wrong to miss it somehow.

So why don't we all embrace the spirit of the evening, a certain rebelliousness, shall we say? Go out and repeat the oft-repeated—trick or treat! I'll even go so far as to cancel the Gazette staff meeting. Or maybe I'm just tricking you.

Either way, I expect lots of scary good stories next week. ☺

Let loose and have some fun.

☺ ☺ ☺ Photo by Daniel Espeset



LETTERS FROM BEYOND THE GRAVE

SLUTWALK AND TAKE BACK THE NIGHT

I am writing to address two recent articles that have been published in the Gazette. Firstly, the article written about Slutwalk Halifax showed a photograph cropped just to show a woman's torso. (This was a picture of me.) I would also like to note that the reporter who wrote the article never even attended the march, nor asked anyone any questions. I would have been more than happy to have a photo of my whole body or of the whole rally be taken. When I wrote a letter voicing these concerns, I received no reply except for a recent editorial, "Smile: you're at a protest!" This editorial is highly offensive in many ways. Some of these have been addressed in other letters, but I have a few to add. I was not "only" in my bra; if you had actually used a picture of my whole body, you would know that I was wearing a jacket, pants and shoes. And so what if I want to join in the spirit of the protest, which is about wearing what you want without anyone being able to use, manipulate, or violate your body?

Also, we are not asking that "you silence your already underrepresented voice", but use some journalistic integrity and provide context.

I hope that this input will make the Gazette a better and more responsible publication.

—Emilia Volz

I'd like to take this opportunity to address the Gazette, pertaining to the editorial "Smile: you're at a Protest." Slutwalk and Take Back the Night are protests that intend to remove blame from women who have been sexually abused, and to make the statement that sexual abuse is inexcusable. Your article takes the blame from yourself, for not so much as trying to get consent for the images published, and puts it on the women at both protests. You have successfully accomplished the exact thing women were challenging through their participation at Slutwalk and Take Back the Night. It is one thing to disregard ethics in your chosen profession, yet when the story trumps ethical reasoning, then that evidently creates a problem. I do not so much as agree with the way you've chosen to express your frustration with the woman whose photograph was taken at Slutwalk. By publishing the editorial, you not only belittle the unbiased reader by talking down to them, but you have personally offended each person, male or female, who attended Slutwalk and Take Back the Night.

Putting your personal satisfaction over the integrity of the Gazette displays poor judgment on your part. In your article you mention the media's freedom to take photos on public property; however, what you conveniently omitted was the fact that, at the minimum, verbal consent is needed for the photos to be published. Ignoring the fact that the author of the Slutwalk article was not present at the event she was outlining, the honour of the Gazette has significantly been compromised.

Unfortunately your actions and those of your staff have created anger in many of the Gazette's readers, as well as acted as a deterrent for readers in the future. I hope my frustration with the Gazette's actions has been communicated clearly to you and your staff, and I look forward to reading another of your personal retribution articles in tomorrow's paper.

—Lauren Simone

HIPSTERS WIN

I was chagrined to notice that even though your paper gleefully reported that the Division II Tigers beat the "Hipsters on the Corner" a little while ago, there was no headline in the Oct. 21 issue which chronicled those very same hipsters beating up on the Tigers last weekend. In fact, King's fell behind early 3 - 0 and battled back in the second half, scoring and converting a try. On a blustery, wet day King's put forward a tenacious defensive effort to hold their lead and, much to Dal's frustration, emerged victorious. Final score: 7 - 3. With this victory, King's clinched first place in the league heading into the playoffs.

Seems somewhat newsworthy, given that Dal could have clinched first with a victory. As a consequence of losing, the Tigers will face St. FX in the semis, instead of (the rather toothless) Acadia. Staying in the vein of the shallow, sensationalist misrepresentation of the first headline, might I suggest printing something like: "Over-confident, under-prepared Tiger, more than 10 times the size of its competition, beaten senseless by hipsters on the corner."

—Justis Danto-Clancy

EDITOR'S NOTE

The Gazette would like to confirm that we have, under no circumstances, run photos which we believe caused anyone harm. Our newspaper has a strict ethics code (which is available in full on our website) that every member of our staff understands and follows at all times. According to this set of standards, our journalists are allowed to take photos in public spaces without receiving prior consent from those being photographed. At both Take Back the Night and SlutWalk, participants were marching in public spaces. Our photographers broke no ethical or legal codes by shooting at these events, and they adhered to all instructions from media coordinators at both protests.

The Gazette would also like to stress that Dalhousie students do not fund the editorial staff through the mandatory DSU levy; we are paid through advertising revenue. The levy is used to cover other necessary expenses, such as publishing costs.





Katrina Pyne News Editor

NEW KING'S PRESIDENT SWORN IN
ANNE LEAVITT RECEIVES THE FULL POMP AND CIRCUMSTANCES

Torey Ellis
 Assistant News Editor

The new president of the University of King's College was formally installed Oct. 21 in a ceremony that, regardless of the pomp and circumstance, was not without its laughs.

Anne Leavitt took on the role of president Aug. 1, but last Friday at First Baptist Church she spoke the Latin, signed the oath and wore the ceremonial robes and chain for the first time at a ceremony with approximately 150 people in attendance.

The garb, however, made for a bit of a nuisance as she made her speech. "Excuse me, this is a bit – well, probably not a word I should say for it in public, but it's unpleasant," she said as she fidgeted with the ceremonial chain draped over her neck.

The full King's faculty was present and robed as well, as was Nova Scotia's Lieutenant Governor Mayann Francis and representatives from other Canadian universities. "The president of the University of King's College is in very fine company indeed," said Leavitt in her installation address.

Leavitt peppered her talk with quips, succeeding in getting a laugh out of the largely academic audience.

She followed advice from a friend, she said: "Think of yourself as the body at an Irish wake... They need you to have the party, but no one expects you to say very much."

Despite the celebration in the air, Leavitt's speech also dealt with the issues King's will be facing over the course of her four-year presidency.

"Over its long, long history, King's has faced down many serious challenges, and I should say most of them were financial," she said. "Like all universities in Canada it is headed again, I am sad to say, into some financial stormy waters."

The chancellor of the evening, The Honourable Micheal Arthur Meighen, Q.C., also spoke gravely of the university's problems. He said over the summer King's spent \$2 million on getting the university's fire safety up to code and the President's Lodge is uninhabitable now as the wiring, among other things, are being replaced. The student theatre and the chapel are also in need of an upgrade.

"And all this in a climate of declining government funding, tuition freezes, and global financial insecurity," he said. "We might well wonder how King's will survive."

But he also expressed hope for the university's future. "King's is larger

than the quad," he said. "We are the brave carriers of the torch that brought us all here."

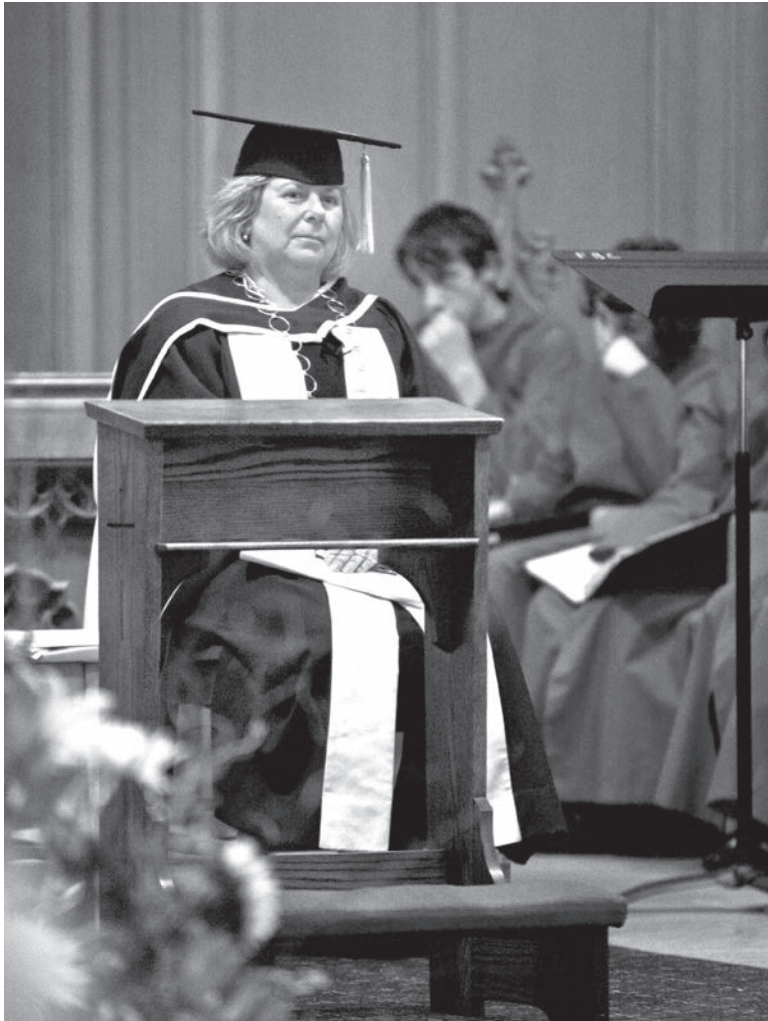
Leavitt echoed the sentiment. "I believe it to be the jewel in the crown of Canadian higher education," she said. "And my 10 or so weeks here have convinced me that that is correct."

Former president, William Barker, was a large part of the King's community, known for opening his doors to students. Third-year King's student Nick Stark remembers Barker's presidency well.

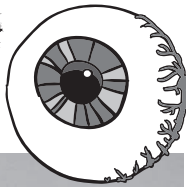
"It's so true," he said of the important role Barker played among students. "But (Leavitt) is not going to be afraid of making some tough decisions – not that President Barker was, but obviously she's going to confront some of the financial stuff head-on in a way that past president, Barker, because he was leaving, couldn't," he said.

"Obviously she hasn't been on the job for very long. I think we, for the most part, have just been really excited about seeing what kind of leadership she demonstrates."

Anne Leavitt at the installation ceremony.
 Photo by Pau Balite



NEW FOOD SERVICE ON DAWGFATHER TURE
MY THREE COUSINS SERVES HALAL OPTIONS



My Three Cousins, University Avenue. Photo by Calum Agnew

Leena Ali
 News Contributor

Dalhousie students asked for a variety of foods on campus—and now, they've got it.

The newly established business My Three Cousins is now offering students Greek, Turkish and Lebanese foods, based on student surveys that requested more Mediterranean options on campus.

The Dalhousie-owned business is operated out of a mobile truck and will soon have a permanent location on University Avenue.

**"DALHOUSIE HAS
 BEEN TRYING TO
 GET RID OF ME
 SINCE 1998."**

They serve halal hotdogs, kebabs, sausages and shawarma along with many other options and are the first university-owned mobile food truck on a Canadian campus.

But just down the street from My Three Cousins is the Dawgfather, who already serves halal options.

Dalhousie Food Services director Derrick Hines says that when it comes to food on campus, it's all about choice. "The Dawgfather doesn't go into the Mediterranean foods, this one here does. At least [students] are getting choice on campus, as opposed to walking downtown," he says.

My Three Cousins chef Greg McGuire says he doesn't think serving halal dogs on the same street as the Dawgfather is an issue.

"We're just a different take on it. And so we're bringing fresh and local and homemade food every day – it's a lot different."

"We're going to work on everybody coming to us eventually," he says.

The permanent location of My Three Cousins will be decided by the university, but will definitely be on University Avenue since it is a high traffic area.

Hines says the plan is to have My Three Cousins at university events, such as football and hockey games.

"It's flexible, and for an event going on like Homecoming we can be involved with it."

Hines hopes that eventually the truck will move around the Dal campuses. He says there will be a GPS on the truck so that students can track online where it would be on campus.

My Three Cousins customer Amina Abawajy likes having more food to choose from. "It's pretty amazing. It's a good variety. I didn't even know about this place and I just walked by and saw shawarma and I was like, 'what?'"

As for the Dawgfather, he's not worried about the competition.

"Dalhousie has been trying to get rid of me since 1998. They think that they can take business away from me, but they can't."

He says he's not concerned because he is in a high traffic area and he has many loyal customers.

"I'm the Dawgfather, I've got more game than Xbox 360."



DAL ARCHITECTURE MAPPING THE TIDES

CAMERA OBSCURA PART OF A SCIENCE DISCOVERY CENTRE PROJECT

Catherine McIntyre
News Contributor

The little town of Cheverie, N.S., crops up on Highway 215, a meandering route along the Bay of Fundy. Across the road from the Bay, a dome-like structure sits atop an otherwise vacant hill.

The blades of a table saw screech as architecture student Max Schnutgen cuts through one of 30,000 bricks that will become part of the Dalhousie architecture's camera obscura project to be completed next June.

But what exactly is a camera obscura?

"That's always the question," Schnutgen says as he contemplates an explanation.

A camera obscura is a dark structure with light coming in only through a pinhole. An image of whatever is outside the structure comes in through the pinhole and is projected on the back wall inside the structure.

The camera obscura in Cheverie will project two images: one of the Bay of Fundy tides, and one of the salt marsh behind the structure.

The images will move in real time, like an animation.

The camera obscura is one of Dal architecture's Coastal Studio projects. Professor of architecture Ted Cavanagh is the mastermind behind these projects. His research involves "looking at how buildings relate to the environment," says Cavanagh, "and particularly, how they are built on the coast, in extreme and sensitive environments."

Cavanagh's philosophy is to create buildings that benefit the community and are structurally unique.

In technical terms, the camera obscura is a timber vault design. "Though generically," says Cavanagh, "you could call these buildings shells, because they're like eggshells; they're thin, and they're strong."

Inside the three overlapping eggshells is the "egg" wherein the tidal images will be projected.

Along with being an applied learning experience for the students, the camera obscura is part of the salt marsh restoration process in the area.

An inadequate culvert in the causeway between the Bay and the salt marsh was keeping the river from flowing, explains Cavanagh. "So what used to be a salt-water marsh on the land-side of the causeway ended up getting fresher and fresher."

The Ecology Action Centre drew attention to the problem in 2004 by educating elementary school kids in the area about salt marsh ecosystems. Student projects generated community awareness, and restoration of the ecosystem has been ongoing ever since.

In 2005, the Department of Transportation and Public Works rerouted the highway and replaced the culvert with a much larger one. "Now the water flows in and out," says Cavanagh. "And in the process, they've restored the marsh back to salt."

As a Cheverie community member, Cavanagh took a particular interest in incorporating Dal's Coastal Studio with the salt marsh restoration project.

"About five years ago, we ran some community workshops, and we came up with the idea of a science discovery centre on the site," says Cavanagh. "And the camera obscura would be part of that."

The municipal government has shown its support for community initiatives by buying the site for the science discovery centre and pumping money into the project.

The Department of Tourism put \$23,000 toward the camera obscura with hopes the structure will attract sightseers.

Cavanagh guesses the camera obscura will cost about \$50,000 to complete, some of which is paid for by research grants for Coastal Studio.

The budget factors in free labour from architecture students (who are rewarded with class credits) and paid labour from workers who've been hired on to finish the structure before winter.

Cavanagh predicts the camera apparatus inside the structure will be installed in the spring, with the official opening on Oceans day in early June. ☿

Marc Lanthier, a non-student hired worker, helps out with construction of the camera obscura in Cheverie.

☿ ☿ ☿ Photo by Catherine McIntyre

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MICHAËLLE JEAN AT KING'S

Former GGI delivers first Memorial Lecture



Photo supplied by Fondation Michaëlle Jean Foundation

Catherine McIntyre
News Contributor

Students, faculty and citizens packed into Alumni Hall and spilled into the nearby meal hall to catch the Right Honourable Michaëlle Jean deliver her speech for the first annual Alex Fountain Memorial Lecture on Oct. 24.

In her lecture at the University of King's College, the former Governor General of Canada stressed how communication can foster solidarity and change within our community, our country and our world.

The Monday night lecture honoured Alex Fountain, a bright, musically talented and much loved King's student who passed away in 2009. Alex's family donated funds for an annual lecture in the spirit of Fountain and his involvement with the community and the arts.

Jean was selected by students and the Fountain family as the first speaker of the lecture series. Born in Haiti in 1957, Jean's life began surrounded by political corruption.

"I learned it is possible to tell lies, and rob people of their rights and ability to lead a free life," she said.

"I also discovered the value of resistance, the value of working with others to develop democracy and freedom for all."

Jean talked about fleeing to Canada, where she grew up as a refugee in Montreal. As a child, Jean's parents

taught her to draw upon the words 'fraternité,' 'justice,' 'liberté,' 'égalité,' and 'solidarité' for strength.

After having the audience repeat these words in English, Jean said, "See how easy it is to communicate on the basis of our shared values? Language should not be a barrier."

Jean's value for communication motivated her to learn five different languages. "We can feel together, make strategies together, take action together." And this communication is not limited to language, she says.

Jean is co-president of the Michaëlle Jean Foundation, which encourages youth to communicate through art as a means for social change.

"These youth are calling upon us, and exposing issues," said Jean. And these issues, she said, are common among all of us.

"No matter where you're from or where you're going, our issues, aspirations are the same. We don't take the time enough to consider just how much we have in common," said Jean.

Jean said art helps youth connect and abandon this "everyone for themselves" mentality, "rather than staying isolated from each other in silence."

The foundation targets at-risk youth, including those in aboriginal and northern communities in Canada where poverty levels are high.

"In Canada, 3,000 aboriginal communities are without fresh water," Jean said, "something that should not

exist in a country like Canada."

"It's not an aboriginal problem. It's a Canadian problem."

She said using art to expose issues like poverty can inspire concrete solutions.

"Their art is not just about aesthetics," said Jean. "It has the power to heal. It is psycho-social intervention at its finest."

Jean's passion for arts as communication for social change goes way back to her Creole heritage.

"I come from a country where art is a way of survival." She said during slavery in Haiti, owners would never have two slaves of the same ethnic group on a plantation for fear of rebellion. "Communication was viewed as a threat," she said. "If you could share words, you could share thoughts."

So to communicate, slaves created a new language, Creole. Jean said Creole is an art composed of bits of different languages such as French, Arabic, Spanish and English.

"Where would we be if it wasn't for this creative resilience?" she said.

"We can apply this resilience to foster change in today's society."

"We must ensure that feelings of powerlessness no longer discourage anyone from being a change-maker. We must do what it takes to cultivate that sense of togetherness."

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WEBSITE TOP 5

- 1. Smile: You're at a protest**
Dylan Matthais, EIC
- 2. Loaded Ladle faces DSU ultimatum**
Katrina Pyne, News
- 3. Walking the SlutWalk**
Julia Manoukian, News
- 4. Inside the Tigers' rookies**
Ian Froese and Dylan Matthias, Sports
- 5. Halifax Pop Explosion!**
Dal Gazette Staff, Art

Spooky Briefs

CYCLOPS SHARK!

Off the coast of Mexico, a strange shark was recently discovered—a real-life cyclops shark. The one-eyed albino dusky shark fetus, cut out of its mother last week by a fisherman in the Sea of Cortez, is a creature very rarely seen in nature. While scientists do not believe the shark would have survived outside the womb, it was fully formed, though dead. No sharks like it have ever been seen beyond this stage. The unusual appearance of the shark is due to a rare condition of cyclopia, which usually results in death shortly after birth in its sufferers.

DTS HELPS OUT HAUNTED HOUSE

The Dalhousie Theatre Society has offered its support to the Healthy Kidz/Family SOS Haunted House in Spryfield.

Volunteers from the society will be acting in the various menacing, ghoulish roles the house requires, as well as building props and finding costumes. The event is run by the Family SOS foundation, which aims to promote child welfare and support all kinds of families.

The involvement of Dal's theatre students is due to the need for actors willing to engage fully in the roles they play, making the event come alive with their impressions of the undead.

The Haunted House will take place Oct. 28.

VARMA PRIZE COMING UP

Oct. 25 was this year's deadline to apply for a Varma Prize through Dalhousie's English department, created to honour the late Devendra Varma, a former Dalhousie professor and expert in gothic literature.

Contestants submitted a 250-word poetic or prose piece with a gothic theme or setting, for which inspiration is readily available at this time of year.

The announcement of the winning submissions, including their public reading, will take place on Halloween from 4 to 6 p.m. in the Grawood. Costumes, while not strictly mandatory, are strongly encouraged.

The Varma Prizes are reserved for those focused on English or creative writing, but all students are invited to attend the awards ceremony.

—Karin Murray-Bergquist
News Contributor

NOT SPOOKY, BUT STILL IMPORTANT

Kenneth Rowe has announced his donation of \$15 million to the Dalhousie School of Business, as part of Dal's "Bold Ambitions" campaign. This gift is the second largest the school has ever received, and the largest ever by a Nova Scotian.

Rowe's name is familiar to many at Dalhousie. The Kenneth C. Rowe Building is named in his honour. The "Bold Ambitions" fundraising campaign aims to advance knowledge and give students the means to explore important questions by investing money in areas of student experience, health care, sustainability and innovation and design.



KEEPING TREATS A TREAT

THE TRICK TO STAYING HEALTHY, HALLOWEEN OR NO HALLOWEEN

Heather Jordan Ross
Opinions Contributor

Halloween seems like the perfect time to ignore everything you've been told about good eating habits. Well, you'll like me, because I'm saying when it comes to Halloween, eat all the candy you want! Just know your limits outside candy-worthy circumstances.

In second year I took a psychology class—THE psychology class that everyone takes to decide if it's a field they want to study (or to fill a mandatory science credit). One professor told us a story that stuck with me. She said that despite what people may say, sugar does not make you more awake or excited. That's why instead of giving her children candy throughout the week, she gave them one giant bowl of candy every Friday.

That's when I realized society's problem with food: keeping treats treats. As far as I'm concerned, stuffing your face with candy on Halloween, a Friday night, or after a particularly bad breakup is entirely acceptable, as long as you acknowledge that you're treating yourself. Issues arise when treats become snacks, and snacks become meals.

Sara Kirk, a Canada Research Chair in Health Services Research at Dalhousie, agrees.

"We don't treat treats as treats," says Kirk, who has written articles and blog posts such as "When is a treat not a treat?" and "When did fruit become a trick?"

She saw the snack-meal crisis on her children's soccer field, where after burning about 160 calories during exercise they were given "snacks" like Wagon Wheels and Kool-Aid. These snacks can easily topple into more than 300 calories and completely canceled out the physical activity.

"It's a culture thing, it's a social thing and it's a value thing," she says, "and I don't think we value food in the

same way we should. We value it for money, but not for health."

This summer I interviewed a woman named Lana Chaisson who went from bad meals and bad exercise habits to eating properly and biking 12 km a day. She did it gradually without programs and hasn't weighed herself yet, but measures her progress by how she feels. She said something that stuck with me: "You fuel your body; no one else fuels it for you." Your body will tell you if you're using the wrong fuel.

If you eat garbage, you're probably going to feel like garbage. According to a joint report from the Public Health Agency of Canada and the Canadian Institute for Health Information, one quarter of Canadians are obese or overweight. According to the Heart and Stroke Foundation, obesity is a major risk factor for high blood pressure, heart disease and strokes; heart disease and strokes combined are the leading cause of death in Canada.

So how often should you be allowed to treat yourself?

Kirk, who specializes in obesity, says that ideally people should only treat themselves once a week, but realistically not more than twice a day. For those who are snack happy, they should try switching treats for yogurt tubes, crackers and cheese, or fruit.

For me, that doesn't mean no bad stuff ever. I personally plan on stuffing my face with candy on Halloween. But I treat my body as if it were a university course. I can slip up sometimes, but I know I have to make it up to myself. I know that if I hand in strictly C- papers I'm not going to make the honours list, just like I know if I eat strictly hamburgers I'm not going to make it past 60.

But the trick: know your treats. ☺



It's hard to admit, but too much candy can be deadly. ☹☹☹ Photo by Abram Gutscher

SMASHING PUMPKINS

Gourd destruction is no laughing matter



This is the only pumpkin allowed to make a mess. ☹☹☹ Photo by raindog via Flickr

Matthew Ritchie
Opinions Editor

Smashing pumpkins sucks! No, I'm not talking about the 1990s alternative rock group, although they *do* suck. I'm talking about the decades (or possibly centuries) old tradition of taking pumpkins off of people's porches and smashing them on sidewalks, roads or any other hard surfaces.

Smashing pumpkins is an interesting activity. For one, it seems to know no bounds. Whether drunk or sober, preteens or aging undergrads, everybody seems to love smashing pumpkins.

I can sort of see where some of the fun lies in getting creative with hollow gourds. For one, when a pumpkin is smashed it certainly has a rewarding explosion to it. It's sort of the same feeling one gets from popping bubble wrap, except way louder and with way more of a mess.

But that is where I have the main

issue with people who smash pumpkins: the mess it makes. As I write this article, it is a week before Halloween. Luckily, I live in a less student-ghettoized neighbourhood of the city (I won't say which one, but let's say I live near Winners), but anytime I venture down towards campus I encounter more than a few smashed pumpkins on the street, usually while commuting on my bike.

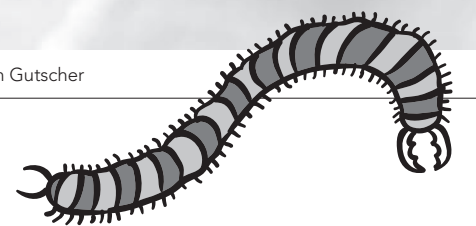
If you've never hit a crushed pumpkin while going 20 km/h on a bike, you probably have a good idea of what happens. It begins with the thought "Oh my gosh, I'm running over a squishy pumpkin" and ends with you falling on the ground and getting road rash across your back.

Not only is this problematic for cyclists (watch out, Critical Mass bikers on Oct. 28), but the mess it creates gives off a rotting pumpkin-y funk until a street cleaner washes it away. Adding to this is the fact Halifax has a terrible rat problem, and if you think watching a rat eating some

cheesy vomit on Pizza Corner is disgusting, a rotting pumpkin will surely be gourmet to our vermin friends.

My other issue with smashing pumpkins is due to the work people actually put into carving these things. Next time you and your friends walk onto a neighbour's doorstep late at night to commit some pumpkin thievery, remember this: a five-year-old could have possibly carved that smiling jack-o-lantern. If that doesn't force you to put down the pumpkin, you are sadistic.

When someone decides to smash a pumpkin, they're making a statement that says they don't care about the well-being of those in their community. It can be a hazard, an unsightly mess and a waste of time for the person who carved it. Smashing a pumpkin has no real benefit for anybody besides the pure destructive joy one would get from it, and that's a pretty bad reason to justify ruining someone's property. ☹



BLINDING ME WITH SCIENCE

STUDY SHOWS WOMEN ARE UNDERREPRESENTED IN NATURAL SCIENCE AND ENGINEERING PROFESSIONS



Alana Westwood

Opinions Contributor



In today's first grade classrooms, an impromptu survey of "What do you want to be when you grow up?" yields answers ranging from marine biologist, to hairdresser, to firefighter. If you asked the students if they want to earn a PhD in science, you would likely receive a chorus of blank stares.

This is not surprising; after all, only one (or less) student in a given Canadian elementary school is likely to earn a PhD in natural science or engineering (NSE). That one will almost certainly be a boy.

The National Science and Engineering Research Council of Canada (NSERC) is Canada's leading body for the funding and advancement of scientific research. Their recent report on the state of women in science reveals some troubling trends. Although the male/female ratio of Grade 12 and undergraduate students enrolled in NSE classes is roughly the same, only 37 per cent of Canada's NSE undergrads and master's students are women. Beyond this point, the drop is even sharper, with only a small percentage of female NSE doctoral or post-doctoral researchers.

Women are not underrepresented in university systems, but they are starkly absent in NSE professions and faculty positions. Women comprise only 20 per cent of the NSE labour force, although they earn 40 per cent of bachelor's degrees in the field. Men heavily occupy management positions, whereas women tend

to drift to other fields, such as social science and education.

This problem is even evident in universities, which often enforce liberal and equitable hiring policies. Of NSE faculty, only 19 per cent are women, and they are mostly in the lower professorial ranks. As the report summarizes, "gender equality remains a distant possibility."

The new glass ceiling is not inequitable hiring. In fact, women are hired preferentially over men to improve demographic diversity in many departments. The trouble is the lack of female applicants. This new glass ceiling is something more insidious than traditional sexism. It is a force that makes women feel they do not want, or are not able, to pursue NSE professions.

Programs to advance the role of women in science have been in place for more than a decade, and are experiencing success given the dramatic increases in female participation in these fields since the 1970s. At present levels of growth, though, it will be a great many more decades before we reach parity. Research has shown that whatever is causing this difference, it isn't innate, as girls' and boys' abilities are very similar.

Many theories have been tossed about to explain the lack of women in NSE: stereotypes and negative opinions of women in "masculine" positions, boys having a more positive attitude towards science, lack of female role models in NSE, and conflicts between career and family, just to name a few. The vast body of litera-

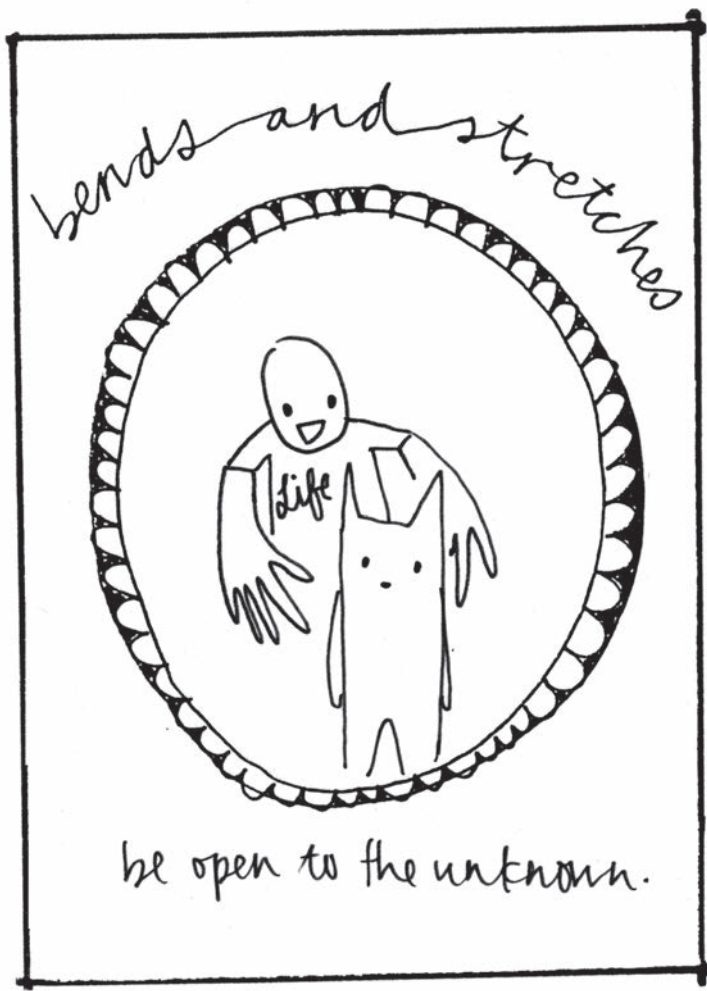
ture on the issue, which even has an entire academic journal dedicated to it, is inconclusive.

The paradigms of sexism are changing, at least in academia. It is no longer the boys trying to keep the girls out of their club, but the girls who have little desire to come in. Women who choose NSE careers report higher levels of stress and perfectionism, and feel greater pressure to outperform their male peers. Perhaps the gender inequality in NSE is not enforced by men with power, but a product of wider and systemic flawed thinking about gender roles.

To those who would imply that sexism is a thing of the past, given equitable hiring practices, these recent results show that this is not the case. In Canada, women are able to do almost anything they want. The problem lies in a social structure that conditions what men and women want to be, right from the first grade. It is also in the nature of these professions themselves, which clearly do not accommodate what women want. Whether we acknowledge it or not, there are still strong gender-based drivers behind career paths. The low presence of men in non-traditional professions, like nursing or public administration, attests to this. We need to do more than have equitable hiring practices and instead look carefully and critically at a social system that forces us to divide our career aspirations by gender in the first place. ❄

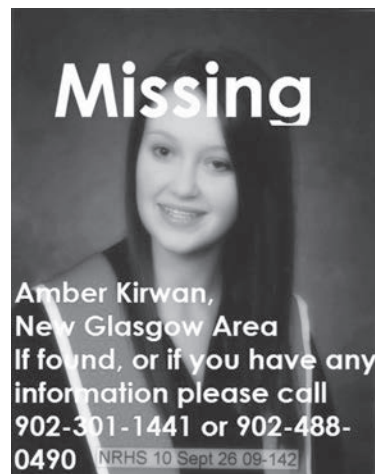
Women comprise only 20% of the NSE labour force.

❄ ❄ ❄ Photo by Jack Dykinga via USDA ARS



Citizen journalism's downfall

Hearsay misguides in Amber Kirwan case



Citizen journalism only creates false hope.

• • • Photo via Facebook

Justin Hartling

Opinions Contributor



It's 5:30 a.m. on Oct. 10, more than 24 hours since 19-year-old Amber Kirwan was last seen leaving a New Glasgow Dooley's en route to meet her boyfriend. My girlfriend and I are listening attentively to the Pictou County police scanner and staring at Facebook, waiting for updates

regarding her disappearance from anybody. That morning there had been reports that Kirwan was seen at a local Needs Convenience store, and that there was a very strong lead as to her whereabouts. Finally, sore eyes close for the night with high hopes.

A local New Glasgow newspaper published the first news story about her disappearance the following morning. One thing immediately caught my eye: a small paragraph stating there were false reports of Kirwan being sighted at Needs in the early hours of the morning. I felt my high hopes completely implode, and had to ask one question: Is this what journalism has become?

As journalism and the Internet become more integrated, it was only a matter of time before this idea of citizen journalism would become popular. Journalists cannot be everywhere, so what better way to hear the information than from the people who are living it?

Though everyone wants to hear the immediate aftermath of a news story, we give little regard to the fact that the people we are getting it from are so emotionally invested in the event that their opinions are skewed. However, we find ourselves listening to

news posted on Facebook from the people you had one class with in high school, taking their reports as the absolute truth over information published in a newspaper or broadcast on television.

I have a better name for this so-called "citizen journalism": gossip. There is a fundamental difference between gossip and journalism, and that is proof. Gossip is the passing on of information; journalism is the passing on of accurate information. People can say whatever they want on social media websites (within reason) and there is really no punishment.

We ignore the news in favour of expressing our views through social media. And that is not journalism.

With the Amber Kirwan investigation, it has gone so far that the New Glasgow Police Department has changed their radio frequency so people cannot listen to the scanner and post hearsay on Facebook, which they have also told the public not to draw conclusions from.

So tonight as I go to sleep—hopefully at a more manageable hour—I will not fall asleep with sore eyes from my laptop's screen while checking Facebook or Twitter. They will be sore from watching the TV news. ❄





DRACULA HAS BITE SHAKESPEARS BY THE SEA BRINGS BRAM STOKER'S CLASSIC NOVEL TO LIFE

Karin Murray-Bergquist
Arts Contributor

Shakespeare By The Sea's autumn show, *Dracula*, is an appropriately creepy and very faithful adaptation of Bram Stoker's classic novel.

The show is set in Transylvania and London in 1893, and opens in a mental asylum, with the voice of Dr. John Seward (Tom Gordon Smith, also the show's technical director) speaking to his patient Renfield (voiced by Kevin MacPherson), whose scenes are ever veiled in darkness. It is this scene that establishes the show's overall atmosphere, and Seward's narration recurs throughout.

Jonathan Harker (Jeff Schwager), a British solicitor on his way to Castle Dracula, is next introduced, describing his purpose in traveling to Transylvania. It is his story that we first follow, and his harrowing experience that begins the action. The scene shifts to a more cheerful one, in which Jonathan's fiancée Mina (Mary Fay Coady) converses giddily with her friend Lucy (Mara Zigler) about the latter's three recent marriage proposals, and, more soberly, about Mina's worries concerning her fiancé's voyage. Soon, however, the situation grows serious as Dracula (David Patrick Flemming) arrives in England, Lucy becomes mysteriously ill, and

the heroes call in Jonathan's acquaintance Van Helsing (Kevin MacPherson) to figure out what is wrong with her. Van Helsing's conclusion leads inevitably back to Count Dracula, and inevitably to great peril.

Act One is peppered with humorous moments ("Apart from just now -- when you grabbed me by the throat and licked my blood -- I have enjoyed my time here," says Jonathan to Dracula, with Victorian understatement), which lighten the tension momentarily. In the second act, however, this is largely abandoned as matters have grown more serious -- Dracula is an immediate threat, and he soon targets Mina as his next prey. Coady does an excellent job of portraying the physical lure of the vampire, tempered with hatred and resistance to Dracula's seductive nature. As in the novel, Mina's love for Jonathan is always evident, and one of the play's most emotional moments comes before the final confrontation with Dracula, when she tells him to kill her if she is turned. It is a chilling moment for them both, and a scene in which the characters' resolve in the task that they must do is tinged with desperation.

According to Jesse MacLean, the show's director, *Dracula* was chosen for its status as a classic—Shakespeare By The Sea performs an adap-

tation of a well-loved classic story every year, and due to the atmosphere that pervades the Stoker novel, it was chosen for a fall show. The script was adapted directly from the novel, in a process of collective creation. The cast and crew read the book and watched various adaptations, noting the most important elements and characters, finding the story's centre and deciding what was most essential to it. "This has been a popular story since it was written. We wanted to stay as faithful to it as possible," MacLean states. This desire is evident in the final production, as the script and characterizations are drawn directly from the novel.

Due to the limitations of a small cast, several characters were either omitted, though referred to, or reduced, as in the case of Dr Seward, who appears as the voice narrating the story and conversing with Renfield. Arthur Holmwood (Lucy's fiancé) and Quincy Morris (Lucy's suitor) are both absent, though mentioned, and the script is adapted in such a way that their roles and actions are taken by other characters.

"Many of Arthur's attributes and lines were given to Mina," says MacLean. Because of the absence of Arthur and the other suitors, there is a greater focus on Jonathan and Mina. One of the major questions



This one's got bite. ☠️☠️☠️ Logo via Shakespeare by the Sea

during the creative process, according to MacLean, was "From whose viewpoint are we actually going to tell our story?" Because the novel is told from many different perspectives, it was an important decision for the company to make, and in the end the characters of Jonathan and Mina were chosen.

There are many travel scenes in the book, which the crew had to find an innovative way to portray onstage. The use of shadow puppets is integrated into the show for these segments, as well as some of the effects-heavy moments, such as Dracula's

headfirst climb down a castle wall or his instant transformation into a bat. "I'm really proud of the show," says MacLean, of both the script and acting and the technical aspects. Thanks to recent renovations in the building, the effects used in *Dracula* were rendered possible, and used very well. ☠️

Dracula runs from Tuesday through to Sunday at 8 p.m. until November 6th, with a 2 p.m. production on Sundays, in the lower parking lot of Point Pleasant Park.

HAMILTON-BASED ARKELLS RELEASE SECOND FULL-LENGTH ALBUM



Arkells's vocalist/guitarist Max Kerman. ☠️☠️☠️ Photo supplied

Paula Sanderson
Arts Contributor

Max Kerman met Mike DeAngelis and Nick Dika during "Welcome Week" at McMaster University. They took political science together and graduated in 2008. But that's not the only thing they had in common: they were all talented musicians.

Joined by bandmates Anthony Carone and Tim Oxford, they wrote their first song early in first year. "I can't tell you what song it was, or where we wrote it, because I don't remember; but it could have been in the common room in res, on the second floor," says Kerman.

Like most university students, the boys moved out of residence and into a house after first year. They lived on Arkell Street in Hamilton for second, third and fourth year.

The product was Arkells. They've toured with Metric and Sam Roberts, have been long-listed for the coveted Polaris Music Prize, and even took home the Juno for best new band in 2010.

And On Oct. 18, Arkells released their second studio album, *Michigan Left*.

Kerman sarcastically describes their style as, "European dubstep music," but quickly changes his answer to: "It's pretty fun rock and roll. If you like the Beatles, you'll probably like us."

Arkells worked hard on the new album, spending a month in the recording studio, and then another month to mix it. "But in terms of writing the songs," says Kerman, "that was a process that took over two years."

Their first studio album received a lot of positive feedback from the music industry, but the band didn't feel pressured while they were making *Michigan Left*.

"We were all really happy about the material going into the studio. It was just a matter of making sure it was recorded properly," says Kerman.

"I think if we were unsure about the songs, or if we didn't like the material, then we might feel a little more pressure; but at this point, we've lived with the songs for so long that we're just excited to finally get it out there."

Kerman's favourite track on the album is "Agent Zero," which is also the last track on the album. "It's probably the most different for us. It's kind of a two-parter; the first part is very subdued and quiet, and then the second part is a Fleetwood Mac-inspired basic guitar harmony jam."

Kerman says the main difference between their two albums is the inspiration. "Sonically, it sounds different. We're listening to different bands than when we made *Jackson's Square*. That's probably the main difference. On this record, we were

trying to steal from other bands—like really cool synthesizer sounds, or weird guitar tones, or different keyboard marks—and on *Jackson's Square* there wasn't that much of that kind of thing."

Lyrically, Arkells' music has lots of historical and geographical influences.

"Our surroundings definitely influence our music and our sound, and we live in Hamilton, so I think the lyr-

ics are affected by that city," says Kerman. "We like writing about places that we lived in, or places that we've been to, or stories of other people."

And that's why the band loves Halifax.

"Halifax is a real source of inspiration for us as a band. Some of our favourite artists are from Halifax," says Kerman.

He lists Joel Plaskett, Sloan and Matt Mays as examples.

"When we do come out to Halifax, it's always really fun because we get to see the places that those bands reference in their songs," he says.

Right now there are official tour dates for Ontario and western Canada, but Kerman affirms they are coming out east. "Oh yeah, it's coming," he says. "In the new year, we'll be announcing tour dates and we'll be out in the Maritimes." ☠️

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SKEETER

WHAT'S YOUR FAVOURITE HALLOWEEN TREAT? (NOT NECESSARILY CANDY!)

by Leilani Graham-Laidlaw and Ian Froese



"Candy corn, definitely"
Torie Joy-Warren
2nd-year political science



"Candy apples"
Ceilidh MacPhearson
2nd-year microbiology



"Not a candy fan, but Fun Dip"
Robin Grant
5th-year recreation management



"Pumpkin pie"
Sam Burleton
4th-year poli sci journalism



"Typical North American supper"
Matthew Xu
4th-year commerce



"Caramel apples"
Kelly Nickel
4th-year marine biology



"Chocolate"
Katanya Martin
engineering grad



"Boys & girls showing up for candy"
Alistair Kearnes
5th-year commerce



"I like the mini Mars bars"
Jasalynn Skeete
1st-year arts



"I'm just saying skittles"
Demico Keating
1st-year arts



- #1. Dead Gaddafi (too soon?)
- #3. Living Jack Layton/Steve Jobs (too soon?)
- #6. BP Oil Spill (Overheard at Dal: "oh yeah")
- #99. #OWS Protestor
- #8. Captain America (really, not the Joker still?)
- #VII. Flash-in-the-pan pop star (like a Jersey-Shore or Real Housewives of Fort McMurray)
- #5. Vampire, Zombie, Pirate, Ninja something (insert noun: e.g. Pirate Iron Man)
- #4. Slutty something (insert noun; e.g. Slutty Thor)
- EXTRA POINTS: Slutty Zombie, Pirate, etc...
- #12 Cheating Tiger Woods (extra extra points for little to no effort!)
- #10. Charlie Sheen (even easier, "sigh")



POP!



HPX photo highlights: clockwise from top left: Tupperware Remix Party (AG); Bonjay (MC); the crowd at Trouble Andrew (AG); Jenocide (MC); Trouble Andrew (AG).

☼☼☼ Photos by Angela Gzowski and Micheal Cestnick



"AN ENTERTAINING ROMP!"
- ERIC KOHN, INDIEWIRE

"JOHNNY DEPP BREATHES LIFE INTO HUNTER S. THOMPSON!"
- RICHARD CROUSE, CTV

JOHNNY DEPP
the **RUMDIARY**
ABSOLUTELY NOTHING IN MODERATION

IN THEATRES FRIDAY, OCTOBER 28TH

For the ultimate Halloween party, these tracks are the "bear" essentials.
Photo by Angela Gzowski

HORROR TUNES

A look into the STRANGE world of HALLOWEEN MUSIC

Mathew Holden
Music Columnist

At the risk of sounding like Jerry Seinfeld: What's the deal with Halloween music? From Bobby Pickett's "Monster Mash" to Tracy Jordan's "Werewolf Bar Mitzvah," Halloween-themed songs have always existed.

"I'd sure like to listen to 'Disco Dracula' right now."

But why? Except for Christmas, no other holiday has themed music that is only relevant for a very short time each year. When was the last time you woke up on a cold February morning and thought, "I'd sure like to listen to "Disco Dracula" right now?"

Every year, new Christmas songs are released and many do very well on the music charts. Each December in England, there's interest in who will have the number one Christmas single. The same is not true for Halloween.

When was the last time a Halloween song was even on the charts, let alone number one? Michael Jackson's "Thriller," released as a single in 1984, is the closest example I could find, and it was never intended to be a Halloween song.

After looking through various Halloween play lists, I decided to make one of my own. Like many of the ones I found online, I included the required novelty songs, as well as a few songs that fit well, even if they were never meant to be for Halloween.

"Monster Mash" - Boris "Bobby" Pickett: *The* Halloween song. It may not have been the song that started it all, but it is still the most well known. This song has it all: famous characters, such as Frankenstein and Dracula, silly voices, sound effects and a pretty catchy chorus.

"Black Sabbath" - Black Sabbath: Dark, heavy, ominous—it's everything that a Halloween play list needs. The song starts out calm, but always has a frantic feel, complete with screams for help.

"Werewolves of London" - Warren Zevon: This is another song never intended to be a Halloween hit, but it's so catchy it's guaranteed to be a crowd-pleaser at any party.

"Disco Disco" - Gerry Bribosia/Voltaire: The most typical disco song you could imagine—if you usually

imagine disco sung by Dracula. If you ever wondered what a French vampire who loves to dance sounds like, look no further than the version by Voltaire.

"Soul Dracula" - Hot Blood: Another poppy, repetitive disco song. Perfect for getting people dancing, but still respectful of Dracula and all that he believes in.

"Werewolf Bar Mitzvah" - Tracy Morgan: I know this was intended to be a quick joke on *30 Rock*, but he did record a full three-minute version of the song. As well as being hilarious, it captures the essence of novelty songs like "Monster Mash" perfectly.

"Thriller" - Michael Jackson: This has become an essential Halloween song. But really, when do you ever need an excuse to listen to MJ? The fact that it is still brilliant almost 30 years later is not a coincidence.

"Purple People Eater" - Sheb Wooley: Everyone knows this song. You can't go wrong adding this to any play list. It's just pure fun.

Whether you are attending a big costume party downtown, or just getting together with a few friends, you are guaranteed to hear at least one of these songs before the night is through; but why stop there? Next time you wake up on a cold February morning, throw on "Monster Mash." You'll be glad you did. ☺

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Rachel Eades
DIY Columnist

Last week we talked about the basics of saving up for a trip abroad, so this week we're going to get into the nitty-gritty details of planning a trip, including where to find the best deals and discounts.

If you're planning a more DIY trip, you'll have to take care of most of the details yourself. A great resource for finding cheap flights is Kayak.com. This website allows you to search multiple airlines at once to find the best deal. It will also give you the option to sign up for email alerts that will notify you if the price on a particular flight changes (especially if it drops thanks to a seat sale or something similar). It's important to note that the time of year you're planning to travel can have a huge impact on the price. Summer, Christmas and Spring Break are very expensive times to fly. October and April? Not so much.

For those on a budget, hostels are your best bet for affordable accommodations. A great resource is Hostelworld.com. This website allows you to search for hostels around the world by country and city, and is full of detailed descriptions, photos, reviews and ratings. You can also book most hostels directly through this site. For those on a tight budget, dorm accommodations are your best bet; but bring earplugs if you're a light sleeper!

For food, picking up a travel guide such as *Lonely Planet* for your destination can be worthwhile, as it will break down the best restaurants in

your area by price and quality. If you don't want to shell out for the cost of a *Lonely Planet* guide, you can often find them in the library and just photocopy relevant pages, or if you have an e-reader, you can buy the e-book version, which is typically cheaper (and more compact for traveling). Restaurants aside, if you're staying in hostels, you can typically prepare your own food in the hostel kitchen. This is much cheaper than eating out, as you can pick up food at the local supermarket and often even split the cost with other guests staying at the hostel.

For the truly brave, another accommodation option while traveling (especially in places like Europe or Australia) is couch-surfing. The main couch-surfing resource on the net is Couchsurfing.org, a lovely and well-maintained website that lists hosts all around the world who are willing to have travelers crash on their couch. You can read reviews and talk to other travelers about the various hosts, which helps ensure the locations are safe and keeps hosts accountable.

For those who like to work for their holidays, another option is WWOOFing. WWOOF stands for Worldwide Opportunities on Organic Farms, and they can be found at Wwoof.org. Essentially what happens is you buy a WWOOF membership for the region you're traveling to, which allows you to search through tons of listings for organic farms in that area who are willing to host WWOOFers. You then make arrangements with the particular farm that most appeals to you (like couch-surfing, WWOOF hosts are reviewed and rated by the

people who've stayed there in the past to keep them accountable) and you stay on their farm when you are in that area. In exchange for half a day's labour each day, they provide you with food and comfortable shelter, and many families will also take you out to local tourist attractions or on excursions to cool places off the beaten path.

In-country transportation refers to any travel you'll need to do once you get off the plane. This can include transfers from the airport to your accommodation, getting around the city or town you're staying in, or longer-distance traveling if you're planning to hit up multiple locations in your choice destination. Again, a *Lonely Planet* guide is a great resource for figuring out the best deals for your travel destination of choice. Each book has a guide to "getting there and around" that breaks down all of your options, including bus, train, in-country flights, bicycle rentals, etc.

This covers all of the fun details you'll have to think about when planning a self-directed trip, and next week I'll be back for the final installment of this series, talking about the not-so-fun but definitely essential details of trip planning, such as vaccinations, insurance and visas. ☼

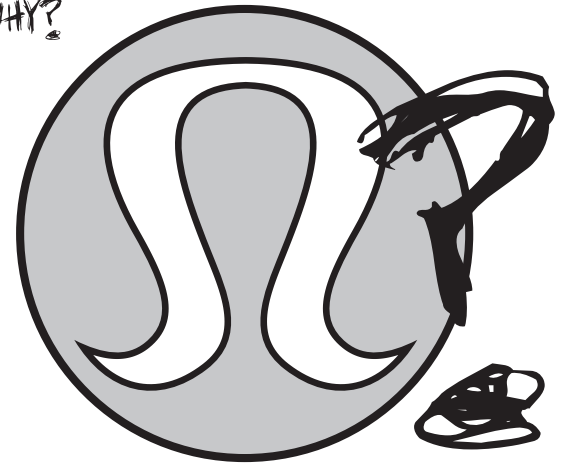
Finding the right flight can be a disorienting experience.

☼☼☼ Photo by Angela Gzowski



LULULEMON CORNERS: THE MARKET

HOW? WHY?



Rose Behar
Fashion Columnist

Lululemon is an active wear behemoth.

Considering getting a sports top? Want some form-fitting, yet ultra-comfortable yoga pants? Your first choice, as a fashionable lady is, without a doubt, Lululemon.

You don't really have to think about it. No other brand names pop in to your mind that convey both sport and trendiness so equally.

Not Nike—too Tiger. Not Adidas—too old school. TNA? Maybe, but it doesn't have the same following as Lulu yet.

And that's exactly what it is: a following. A devoted, religious following.

Why else would people convince themselves that the exorbitant prices are worth it? (I mean, \$52 for a simple running tank top? Really?) They believe Lululemon's mandate, and you'll see it if you Google their site: "We make technical athletic clothes."

If you think about it, that claim is really nothing extraordinary — so do all active wear companies. But the followers I know would rip me to shreds for saying that. "No," they would insist, "it's different!"

In fact, I once went to a Lululemon with a runner friend who swears by the brand name. I was aghast at the prices, which were far past my stu-

dent budget.

"It's worth it," she insisted, telling me that if I was serious about working out, these clothes were an investment that should be made.

I never did purchase anything, so I can't be entirely sure she's not right. But I have a feeling I'm happier, and richer, living outside the Lululemon bubble.

And this cult-ish behaviour does not simply permeate the Lulu buyers, it runs through the entire organization. In searching for a summer job, I handed a resumé to a store manager at Lulu. Without glancing at it, he looked me straight in the eyes and asked how committed I was to working there. "We're really looking for people who are here to stay and eventually get promoted up through our middle management," he said.

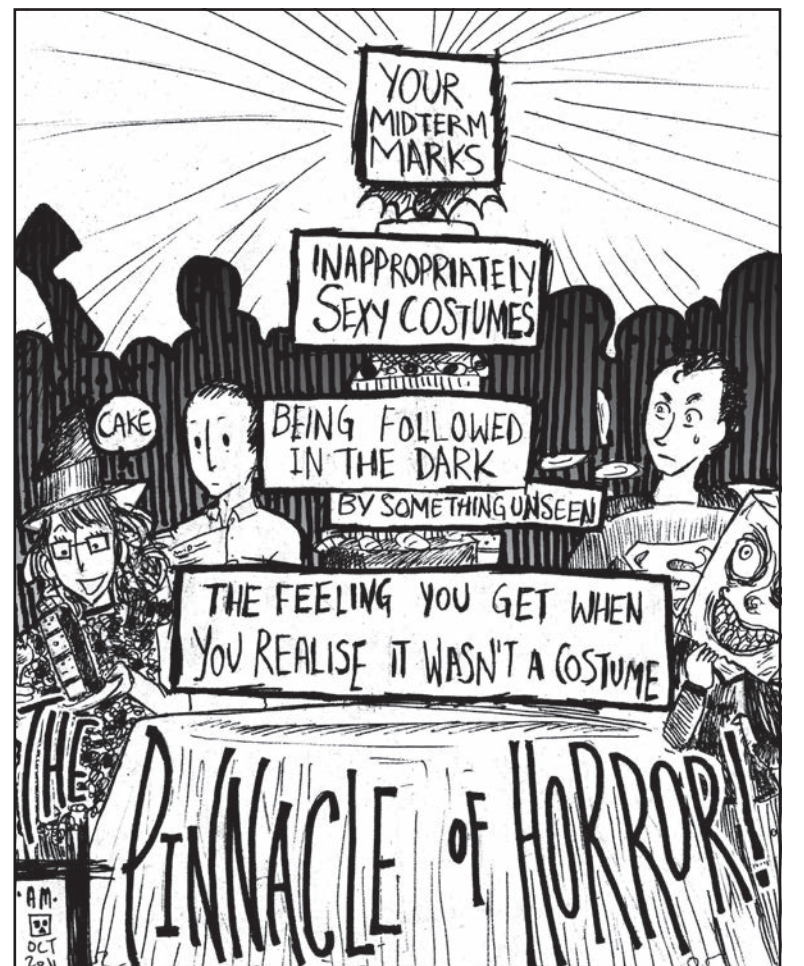
I was a little afraid—and also did not want to lie in the sacred house of Lulu—and told him I was only looking for a summer job.

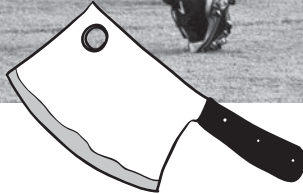
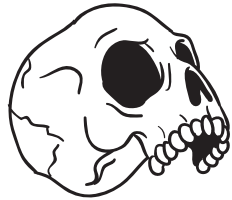
I was quickly dismissed with a "Well, we'll see if anything comes up."

As much as I must admit that I do find Lulu-wear to be attractive and good-looking sporty stuff, it seems I'm destined not to be a Lulu-ite.

So where do I get my active wear, you may ask?

Wal-Mart, where a 3-pack of sports bras will only set you back \$15. And that, my friends, is how it should be. ☼





TIGERS REGISTER A WIN, FINALLY

WINLESS STREAK ENDS AT FOUR WITH ASSERTIVE PERFORMANCE

Henry Whitfield
Staff Contributor

The Dalhousie Tigers football team saved their best game of the season for a packed homecoming crowd, running over UNB Fredericton in a 27 - 7 blowout.

Winless heading into their Oct. 22 game, the Tigers had a string of strong performances but were unable to take anything away from their opponents in their first four games of the season.

It was at Dal's homecoming game, however, where the Tigers' best players turned up and played to their potential with Brendan Festeryga leading the ariel assault and Greg Pelly pounding the ball on the ground, displaying his lightning quick speed. Festeryga went for nearly 200 offensive yards, while Pelly would add 136 yards and three touchdowns.

The Tigers defence stood tall, too, holding their opponents to a single point off a missed field goal until the fourth quarter. Bryce Wade had a trademark interception for Dal, while Phil Benda and Omar El Gamal had key tackles.

Although a blowout in the end, the Tigers started off slow. Festeryga was almost picked off a few minutes into the first quarter, and the Red Bombers took advantage, getting into the red zone to attempt a field goal.

A flag on the play, though, meant the successful kick would not stand and the Red Bombers would have to kick again. On his second attempt, the kicker missed well wide. The Red Bombers received a single to lead 1 - 0 for the ball going through the end zone.

Then Greg Pelly decided to take over the game, returning the kick-off deep before connecting with Festeryga on a series of throws and runs

deep into Red Bombers territory.

Festeryga was left scrambling on the next play, evading two Red Bombers tackles before he found Pelly with a shovel pass in the end zone for the Tigers' opening touchdown.

Leading 6 - 1 heading into the second quarter, Festeryga found receiver Aaron Wolf on three consecutive throws before the pivot called his own number, driving the ball in on a one-yard play. Choosing to go for an extra two points, the Tigers made the extra count, taking a 14 - 1 lead.

"RIGHT NOW EACH OF US BELIEVES WE CAN GO AS FAR AS WE WANT TO."

The Tigers kickoff went out of bounds on the next play and set up UNB on their own 40-yard line, but Stefan Strecko picked off the next play and the Tigers stormed back down the field. Dal capitalized on the play with a Pelly touchdown. They would miss another PAT attempt, but still held a sizeable 20 - 1 lead.

Before Dal's fans could blink, the Tigers had possession again after Festeryga aired a pass to Pelly, who took it all the way for a 58-yard score. The Tigers, after adding their first point after of the game, were leading 27 - 1 at halftime and left the field to a standing ovation.

Taking advantage of the big lead, the coaching staff began rotating in their second-string players, in the final half, giving them a chance to

shine in front of the biggest home crowd of the season.

The changes led to a disjointed offence but the defence stood their ground and held the visitors scoreless until late in the final frame. A Red Bombers touchdown would cut the lead to 27 - 7.

There would, however, be no Tigers collapse on this day as the home team deserved to win, moving to a 1 - 4 record on the season.

Pelly said it was a relief to finally win.

"Things haven't been going my way this season, but after that first touchdown from Festeryga, I felt myself able to relax and get going.

"We have one more regular season game against Saint John, then the playoffs, and right now each of us believe we can go as far as we want to," Pelly said.

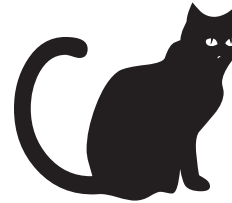
Head Coach Mike Tanner thought Pelly was putting too much pressure on himself.

"After the season he had last year, Pelly was holding himself to pretty high expectations. We talked about that and told him just to play within the offence.

"He played like he can and had a great game. He persevered and now he needs to keep it going, moving forward."

The Tigers play their final regular season game on Nov. 5 when they visit the UNB Saint John Seawolves. Afterwards, all four AFL teams will enter the playoffs. The Tigers will not return to Wickwire during the postseason.

The Tigers could not be stopped. Photo by Martina Marien



TIGER TONING

exercising outside A TIGER'S NATURAL HABITAT



Colin Hebb

Health Columnist

My sleep schedule has become very irregular due to my studies. Is this bad for my overall health? Is there any way I can compensate for my lack of sleep?

—Sleepy Jean Looking for a Cheer Up

The quick and simple answer to your questions are that, yes, irregular sleep does not help your overall well-being and, no, there is no way to compensate. Our bodies need sleep. Period.

We know that sometimes, as a student, irregular sleep patterns are unavoidable. We seem programmed to wait until the last minute on each and every deadline beyond the first two weeks of school when we are all still keeners. As a result, you see many students—myself included—guzzling back coffee or energy drinks in the library late at night.

As a rule, I don't typically cite research in this column because I know many of you get enough academic drivel in the classroom and don't want to read it here. I have done some digging on this topic, however, and have discovered some consistent findings related to a good sleep and its negative effects: depression, mental health, academic achievement, concentration, mood and physical health, among others. It's information we have all heard before.

It seems every week or so, a newspaper details a study demonstrating the importance of sleep. So much so, we have maybe become immune to the idea, still wondering why we are always so tired or lacking energy. It's the same immunity we have to the suggestion that exercise and healthy eating is the sole answer to achieving a healthy body weight.

Similar to exercise and healthy eating, we are constantly being marketed easy, no effort solutions to our sleeping deficiencies. Newer and more powerful energy drinks are coming out all the time. I went to a

convenience store in Ontario recently and counted 20 different brands of energy drinks being offered. Lack of sleep is big business.

The problem is our bodies become immune to caffeine (and dependent on it at the same time). Ever notice how those two to three cups of coffee you chug each day just never have the same kick as the first brew you had many years ago? That's why we keep trying to find something stronger, newer and better to get our bodies moving again. We get it one day here or there, but supplementing sleep on a regular basis with caffeine is not going to produce a win in the long run for your body or mind.

So, what can you do to start sleeping well again?

For starters, if you don't have a regular sleeping cycle, sit down and ask yourself why. Our bodies are fickle little things and don't always do exactly what we want them to do, sleep included. If you don't already have a regular sleep schedule, you can't expect to close your eyes one night and be granted a wish.

The most common complaint is that you just aren't tired at night. Well, perhaps there is a reason for this. Ingesting caffeine too late (I can't have any past 5 p.m. or it keeps me awake), naps throughout the day, not enough activity, as well as stress and anxiety can all contribute to reinforcing negative sleep patterns.

Once you know what some of your barriers are, you can start tackling them and slowly bringing your sleeping patterns under control. The sooner you do, the better you will feel. You will be more likely to get those workouts in, eat healthy and be a much more productive person overall.

As for those deadlines, a regular sleep pattern may just help you regain some of the keenness that escaped you somewhere in mid-September.

Send your fitness-related questions to cghebb@dal.ca.

Photo by Angela Gzowski



MEN'S SOCCER SILENCES CHALLENGERS

DAL DEFEATS TWO, CLINCH PLAYOFF BIRTH

Ian Froese
Sports Editor

The Tigers brought matters into their own hands this past weekend, silencing two visitors.

Dal's Phil Parsons attempted to not just silence Saint Mary's on Oct. 21 but their small, yet vocal, supporters, too. The rookie drew scorn from the opposing side when he ran toward the SMU fans, raising his finger to shush the crowd after scoring. His goal would stand as the only tally in the Tigers' 1 - 0 win. Two days later, Dal continued rolling, quieting Memorial's dwindling playoff dreams in a 2 - 1 triumph.

The two victories at Wickwire Field propelled the men's soccer Tigers, 6-3-2, to third in the AUS with 20 points. Dal is sandwiched between St. FX's 21 points and the 19 of UPEL. The Tigers clinched a playoff spot after the weekend.

SINGLE GOAL HOLDS FOR WIN

Parsons may have welcomed a target on his back, not only for scoring the Oct. 21 match's only tally in the 11th minute, but his animated shush gesture afterwards. He says he has no regrets.

"I know a bunch of them in the crowd because we play club soccer over the summer and I just had to, you know, rile them up," said Parsons. "It's only fair."

And, really, he probably didn't care too much about his taunt minutes after the game. His team, after all, displayed a tremendous defensive effort in the second half, holding the 1 - 0 edge until the final buzzer.

Tigers head coach Pat Nearing agrees.

"When you've got Ben Ur in goal, he'll stop most everything, so if we can limit the number of times a

team can get a good look and a shot away than we stand a good chance at winning."

Parsons' eventual winner was a rocket. As the ball trickled out of the box on a Tigers offensive chance, Parsons went back to grab it, twisting quickly to heave a powerful 20-yard kick above Adam Miller's outstretched hands.

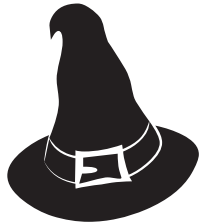
The Huskies bombarded Ur in the second half to try and even the rivalry match. SMU outclassed the Tigers, making it a surprise the home side only needed one goal to secure the win. Ur saved eight shots in the half; Miller only had to turn aside two.

"WHAT DID DAL DO? THEY DIDN'T DO ANYTHING."

Saint Mary's Jhonattan Cordoba had a number of quality scoring chances. He believes the Tigers stole the game.

"We dominated the second half completely. They barely had one or two touches," he said. "Don't get me wrong, [Parsons had] an amazing goal, but after that, what did Dal do? They didn't do anything. We were all over them; we were just unlucky. We didn't score."

The match was the Huskies' first defeat of the season. SMU, however, would lose again the following day to Mount Allison. The Huskies, 3-2-5, are tied with Moncton for fifth place with 14 points.



MEMORIAL'S PLAYOFF HOPES SAG

In comparison to Friday night's game, the succeeding Dalhousie and Memorial game on Sunday had a lot to live up to.

It won't be remembered as a thrilling affair, but it will be recognized as another blow to the Seahawks' playoff dreams. The Tigers claimed the 2 - 1 victory courtesy of two scores from Julian Perrotta in the 17th and 59th minute.

The game was knotted at one apiece after the first half until Seahawks goalie Michael Bartellas was called for taking out James Nearing's legs on a rush to the net, awarding Dal the penalty shot. Bartellas would deny the chance, but Perrotta, along with other Memorial defenders, jumped at the rebound and the ball bounced off the fourth-year and into the net.

The call drew ire from Memorial's Steven Delong. He had three shots on net in the game.

"The penalty shot they gave was suspect. You know, when you lose a game because of something like that, which wasn't for sure a penalty - probably wasn't - and then we lose a game like that? A tie would have been fair."

Memorial is two points behind Saint Mary's and Moncton for the final playoff berth. The top six teams qualify for the AUS championships. This weekend the Seahawks will play Moncton twice to end the regular season. ☼

The Tigers conclude their season Sunday, Oct. 30 at 3:15 p.m. against the winless Acadia Axemen.

Zack Fisher eyes the ball in Dal's 1 - 0 win against Saint Mary's.

☼ ☼ ☼ Photo by Rob Grandy



TIGERS WEEKEND ACTION!

MEET TIGERS BEN UR (men's soccer keeper), **HILARY SEARS** (women's volleyball setter), and **BROOK WINCH** (women's hockey defender)



FRIDAY, OCTOBER 28

Women's Volleyball vs MUN, 8pm



SATURDAY, OCTOBER 29

Women's Volleyball vs CBU, 1pm

Women's Hockey vs StFX, 3pm

Women's Volleyball vs UNB, 8pm



Food Services
at Dalhousie University

SUNDAY, OCTOBER 30

Soccer vs Acadia, 1pm/3:15pm



Webcasts are available at www.ssnCanada.ca

Admission is FREE for DAL students with ID

WWW.DALTIGERS.CA

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WE ARE SO LUCKY AND WORK SO HARD.

ROME IS FALLING

32 EFOS 2011

DAL GAZETTE.com





WOMEN'S HOCKEY CELEBRATED

Huskies score fitting WIN IN REVIVAL

Henry Whitfield
Staff Contributor

In front of a packed house Oct. 19, the Saint Mary's Huskies women's hockey team opened a new era with a hard-fought win against the Dalhousie Tigers.

Facing a struggle to save their team last March after the Saint Mary's athletics department cut funding, citing budget concerns, the community and players banded together to fight for their survival. After a public outcry, the team was eventually rescued by the generosity of Canadian Tire, most significantly, who jumped in to sponsor them.



Huskies salute the crowd after their win. Photo by Richard Lafortune

The Huskies wasted no time getting started in their return. Maggie Polisenio ignited the crowd with a goal just 31 seconds in.

A dream start for the Huskies continued moments later when first-year Lindsay Gray scored her first AUS career goal, giving the home fans an early 2 - 0 lead in the 7th minute.

Bria Sharkey had the start in net for the Huskies and was forced into action early, making 21 saves in the first period alone.

Sharkey was eventually beaten late in the opening period when Jocelyn Leblanc fed Miranda McMillan in the slot for a power play tally.

Polisenio would see her second of the game late in the second period, giving the Huskies a 3 - 1 lead into the third period.

The visiting Tigers clawed back into the game in the third with two quick goals by Sarah Robichaud and Rachel Cox to tie the game at 3 apiece; but the home side would not disappoint.

Jenelle Rogers worked hard to find space and set up fourth-year Sarah Maynard in the slot, who made no mistake, scoring high glove side to jump ahead 4 - 3 seven minutes into the third period. The goal would stand as the game winner.

It was a moment to savour for those involved with this Huskies team, a team working to create a new identity under first-year head coach Chris Larade.

Sarty was keen to stress this was only the beginning.

"This is a program restarting; essentially, a new head coach and a new direction. Tonight we started on the right foot and took a step in the right direction. With hard work, the sky is the limit with this group."

"IT GOES TO SHOW WHAT AN IMPACT OUR STUDENT ATHLETES CAN HAVE."

SMU Alumni Arena was full last Wednesday evening with Huskies friends, family and fans in the first game since the program was resurrected after its short cancellation last spring. Hundreds of minor league hockey players were in the crowd, too, cheering on both teams.

The Huskies wound up on top, beating the Tigers 4 - 3 in what was an impressive night for women's hockey, both with the passion on the ice and in the crowd.

Before the game, both teams celebrated the return of the school's women's hockey program with a short ceremony.

Saint Mary's Director of Athletics Steve Sarty was impressed with the atmosphere on opening night.

"The outpouring of support during the summer was surreal and it is fantastic to see that continued support here tonight.

"Seeing so many members of the community and minor league hockey players, it goes to show what an impact our student athletes can have."

TIGERS UPEND PANTHERS AFTER 2-GOAL DEFICIT

WOMEN'S HOCKEY AVOIDS TRIP UP IN HOME OPENER

Henry Whitfield
Staff Contributor

For their second successive game, the Dalhousie Tigers women's hockey team found themselves down two goals early. But on Oct. 23, they battled back for a decisive 4 - 3 win over the UPEI Panthers in Dal's home opener.

A two-goal performance from player of the game Jocelyn Leblanc gave the Tigers the push they needed to overcome the early deficit and a rash of penalties, which saw Dal chasing the puck for much of the first period.

Brittany McMacken was handed her second consecutive start of the season, making 10 saves in the first period and a total of 34 in the victory.

UPEI broke the deadlock just 36 seconds into the second period when Kelsey O'Donnell gave the visitors a 1 - 0 edge.

The Tigers found themselves back on the penalty kill a few minutes later, giving UPEI ample opportunity to add their second goal of the afternoon courtesy of Samantha Sweet, who was found all alone by O'Donnell.

Leblanc almost immediately

answered back for the Tigers, going end-to-end and beating the goalie only to be denied by the post. Moments later, Leblanc found the back of the net, scoring on a tic-tac-toe passing play. The power play tally

"WE FOUND OURSELVES BEHIND EARLY ON AND WE HAD TO DIG DEEP TO PULL THIS ONE OUT."

was assisted by Miranda McMillan.

Less than two minutes after the marker, Rachel Cox tied the game at two for the Tigers, and early in the third period it was Leblanc scoring again, handing the Tigers their first advantage of the match.

Christina Kelly would even the match at three for the Panthers six minutes into the third period, but

the tie wouldn't last. A Robyn Nicholson blast from the slot clinched the win for the Tigers with 2:51 remaining in the third.

It was the Tigers' first win of the season after losing their opening two matches to St. FX and Saint Mary's.

Dal's star forward Leblanc was full of praise for her teammates after the win.

"We found ourselves behind early on and we had to dig deep to pull this one out.

"The new head shot rules [implemented by Hockey Canada] are taking some adjusting to and we obviously need to work harder on that, but Brittany [McMacken] came up big for us and gave us the chance we needed to win this."

Leblanc is off to a hot start, with three goals and four points in the Tigers' opening three games, but she credits her teammates.

"We're all working hard and we all want to win. Our first game was tough and Wednesday [against SMU] was close as well. We really wanted this win today and hopefully there are more to come."

Miranda McMillan had two assists in Dal's home opener. Photo by Alice Hebb

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 28

Get AMPED with the Tigers t-shirt giveaway!
W Volleyball Home Opener vs MUN
@ 8pm

Free for Dal students!



SATURDAY October 29

W Volleyball vs CBU
@ 1pm

W Hockey vs StFX
@ 3pm

W Volleyball vs UNB
@ 8pm

Free for Dal students!



SUNDAY October 30

W/M Soccer vs ACA
@ 1/3:15pm

Free for Dal students!

Curious about climbing? Try it today in an Intro To Climbing session. 12:30-2pm, \$5 for Dal students

Note: pre-registration required

MONDAY October 31

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 November 1



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

WEDNESDAY November 2

You can register for winter term intramurals now!

Choose from basketball, volleyball, innertube water polo, dodgeball, indoor soccer and more!

Details available online.

THURSDAY November 3

Best of luck to the Tigers men's and women's soccer teams as they head to the AUS championships this weekend!!





MY HALLOWEEN STORY

It's been fifty-seven years since I last went trick-or-treating. I was fourteen. My father accompanied me, as usual; to make sure I wasn't kidnapped by a gremlin or kicked in the nuts by the other kids, as was the custom in my town to pick on the little guy. And I'm pretty sure that's actually a universal custom. But nobody bothered me when I had my father with me. He was part giant, or so I told myself. My mother told me he was part idiot.

I met an old man who made skeleton decorations for Halloween. I went to his house for a simple piece of candy but left knowing I had a new friend. I went to his house often after school and we made more skeletons for next Halloween. We grabbed ox bones from his freezer and scraped the sinew off of them and drilled miniature holes through the ends in which we strung thick fishing line through. I mostly watched the old man do this because he was so good at it. He never told me where he got the skull for the body, but I thought I knew where. Although morbid and disturbing, the skeletons were oddly fascinating for me.

On the sixth day that I went to visit the old man I walked into his house as usual. We had developed a great bond. I found him sleeping soundlessly in his chair. I went over to shake him and he never moved. He was dead. It was unnerving to see him in that state. He was usually so full of life. He had left the fishing line and some cleaning instruments out. He had expected me to come. After all, I came almost everyday. I was sure we had made ten skeletons together. What we would do with them I didn't know but surely there was room for one more.

I grabbed a steak knife from the kitchen and began carving the old man up. Blood squirted everywhere. The knife slipped from my hands a few times because of the lubrication from the blood. I cleaned bone after bone until my hands were raw. I drilled shaky holes and strung up the masterpiece. The old man would never die. He now hangs from my veranda for all the little kids to see on Halloween. And if you'll excuse me someone's ringing the doorbell.

—Chad Durling

BALLAD OF THE NINETY-NINE PERCENT

As I was walking
I head a man talking

About what a great country we had one day
He wished were back again
And back on track again,
But said that the stocks took our futures away.

CHORUS

We are the ninety-nine!
This is our moment and this is our time!
Take my hand and hold the line
And sing with the ninety-nine!

He said it sure was a shame
That we were all to blame

For letting them do this to me and to you
But then he told me
If we are all bold

We'll remind them we're many,
and that they are few.

CHORUS

He said if you and your
Friends get together, your

Chances of being ignored go away
Everyone take your sign
Everyone march in line

Tell your grandchildren you were here this day.

CHORUS

Come libertarians,
Social contrarians,

Social conservatives, Socialists too!
Come red-blooded patriots,
College-aged anarchists

Let's all show Wall Street what Main Street can do!

CHORUS

Godless and godly,
Let's all form a motley bunch,
Christians and Muslims and Jews arm-in-arm
Protesting industry
That thinks of you and me
As lambs for slaughter on their money farm

CHORUS

You politicians
And Wall Street magicians
Who tell us to save up for when we retire
Where's our prosperity,
Where was your charity
When gambling dens wore us down to the wire?

CHORUS

Do you think the people
Are all of them sheep who will
Go home when they but your promises hear?
If you can't be pestered
By global protesters,
What hope will you have when elections draw near?

CHORUS

—Andy Post
22nd October, 2011
Halifax, Nova Scotia



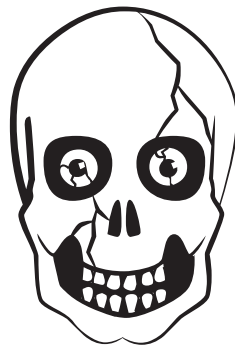
Under northern lights
Moonshadows fill the sky

Lightbulbs fail upon my chance
To reincarnate selfish hours

A circus fills my mindscape
Creating designer skylines

Until the walls fall from around me
I believe in ending

—Brett Bell



GLAMOUR PIG

GOOD STYLE



I DON'T KNOW WHAT IS UP WITH MY CLOTHES LATELY, THEY HAVE TAKEN A TURN TOWARD THE SERIOUSLY OUTDATED, THE SHAPELESS, THE ALMOST-THERE BUT STILL KIND OF OFF.



KJ 2011

I FEEL SO DAMN COOL IN THESE AWKWARD, WEIRD CLOTHES! MAYBE BECAUSE "COOL" CLOTHES TEND TO LOOK AWKWARD AND WEIRD ON ME. PLUS THEY ARE EVERYWHERE, THE WORLD IS FULL OF THEM. SOMEBODY NEEDS TO WEAR THEM.

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DALHOUSIE'S OFFICIAL ENGINEERING NEWSPAPER

Editor in Chief:
Damon Surgenor

October 28, 2011
Page 1 of 1

50 Years of Architecture

Last week the Dalhousie School of Architecture celebrated its 50th anniversary with the collaborative event: the 50:50 Vision of Halifax. Students in planning and architecture, faculty, and friends from the community assembled to explore questions about Halifax 50 years ago and project ideas about Halifax 50 years from now.

As a student at the School of Architecture, the event was an inspiring reminder of the power of people working and thinking together. It also emphasized the obligations we have as students of design to the future of the world. While there is often a great deal of weight associated with the roles we play as the shapers and shifters of what is to come, events like 50:50 remind us that there are always superior elements of amusement and pleasure involved in the paths we have chosen for ourselves.

On Wednesday all classes were cancelled and from 9am to 12am. The Medjuck building was transformed into a buzzing hub of people, ideas and creativity for a 13 hour Charette. Charette is a French word that speaks to the tradition of last minute, fast paced design; translated, it means "cart" or "chariot". For myself, it brings to mind the image of architecture students in 1930's France working furiously through the night to pass a project in to the cart that would collect work for review in the morning. Not a whole lot has changed, however, the word Charette has come to refer more specifically to an organized design event in which participants are divided into groups to discuss and draft solutions to a design problem. The drafts are then presented and discussed.

The 50:50 Vision of Halifax

Charette was organized into six categories, each with several working groups of about 8-10 participants. The six categories focused on landmarks and creativity, net zero energy proposals, the city waterfront, vibrant communities, green city ideas, and improved accessibility. Working in small groups we would discuss how each of these categories related to the history of Halifax and how they would become positive aspects of the future. We drew sections and elevations, rearranged maps, eliminated roads, re-imagined malls, banned cars from the peninsula, designed parks, punched holes in the Aliant building, redesigned communities, built boardwalks and planted trees in a frenzy of uninhibited imaginative and collaborative activity.

Those who managed to avoid the temptation of home and sleep gathered in the upper floors of the Medjuck building studios to participate in an old tradition, the midnight scream.

In addition to illuminating the power of collaboration and sharing ideas, 50:50 and the Charette also emphasized the opportunities we have to re-create the way we are educated. I got the chance to work closely with people in the community, professors and students in other years and realized that there is so much to learn from experiences like this.

Perhaps it's time for education to reach beyond the lecture hall and engage students in a more critical and real life expression of learning.

Amber Kilborn
Environmental Design
School of Architecture

Let's Talk Syllabus

The Catholics have the Ten Commandments, the Hindus have the Purusharthas, the Mayans had their calendar, and the Egyptians followed the sun god Amun-Ra. Both scientists and mathematicians have their laws. What do us university students have to keep us on course and guide us to success? The sacred and almighty syllabus of course. Do not underestimate what this sheet of paper can do for your life.

Following it correctly could be the deciding factor in whether you do well in a course or not. On a normal syllabus, also known as a course outline, you will find all the relevant information pertaining to the class: required texts, class timings, assignment/quiz/midterm/final values, dates for specific as-

signments/quizzes/midterms and/or final, subject of each individual lecture, readings, etc. The list goes on and there is no doubt that this sheet of paper is one to keep in handy. Evaluating your success in a course can all be determined by how well you follow the syllabus.

Additionally, try and think of any information your prof might have left out. It's important to grab any and all info out of him/her as early as possible in the semester. Setting up a long-term calendar for all of your courses isn't such a bad idea either. The sooner you get to know about things, the more time you have to prepare yourself.

Suvir Pursnani
Third Year Civil Engineering

An Engineers Without Borders Minute

Last Monday, October 17, the Engineers Without Borders Dalhousie chapter stood outside the Killam in a hurricane (okay, just a lot of wind and rain) and engaged students in conversation about EWB's current campaign focus at the national level: the International Aid Transparency Initiative (IATI). Mysterious black boxes with stickered barcodes were set up around the SUB and left to curious students to scan and then access the site (www.ewb.ca/yourvoice). This site links to a pre-written email that will be sent to your appropriate MP and CIDA (Canadian International Development Agency) Minister Bev Oda, entailing the sender's desire to make Canada's aid more effective by eliminating unnecessary administrative costs and increasing visibility and decreasing complexity. The short email concludes with urging Canada to sign on to IATI.

Outside the Killam on Mon-

day, members of EWB Dalhousie encouraged students to sign a petition, calling for the Canadian government to make their foreign aid more transparent. Letters to Minister Oda were also signed and sent to the minister via mail. A collection of over 100 signatures has been sent off to the National Engineers Without Borders Canada Office, in Toronto. The Co-Advocacy Program leader, Ian Froude, will present these signatures before a press conference that he is hosting on November 15.

Sophie Henderson
Advocacy Representative
Engineers Without Borders
Dalhousie chapter



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100-200 words = \$15
200-400 words = \$25
400-600 words = \$30
600+ = \$35

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

Industry Slang of the Week:

"Thanks to a Mr. Dalhousie and the Canadian business community at large for reminding students that Philanthropy is no longer defined by a vast yet priceless general concern for your fellow human being, but by the width of your wallet. 15 million dollars more important than smiling at strangers on the street, helping an old childhood friend out of a deep depression, inviting your neighbours over for dinner, taking time of work to care for a sick loved one, etc..."

Sexton Events

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

Friday, October 28th
Trivia at the T-Room

November 4th T-Room
Dalhousie rugby fundraiser with musical guests Soho Ghetto



HALIFAX'S BEST TRIVIA!

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

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

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Questions, Comments and to Contribute sextant@dal.ca



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STOP!

● ● ● ● ● ● (survey time)

This is *the* survey.

Dal Profile...we want to know who you are, what you're into and what motivates you.

Check your Dal inbox. Fill out the survey. Win some pretty sweet prizes.



CONTRIBUTORS' MEETINGS

MONDAYS 5:30PM, ROOM 312 THE SUB



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