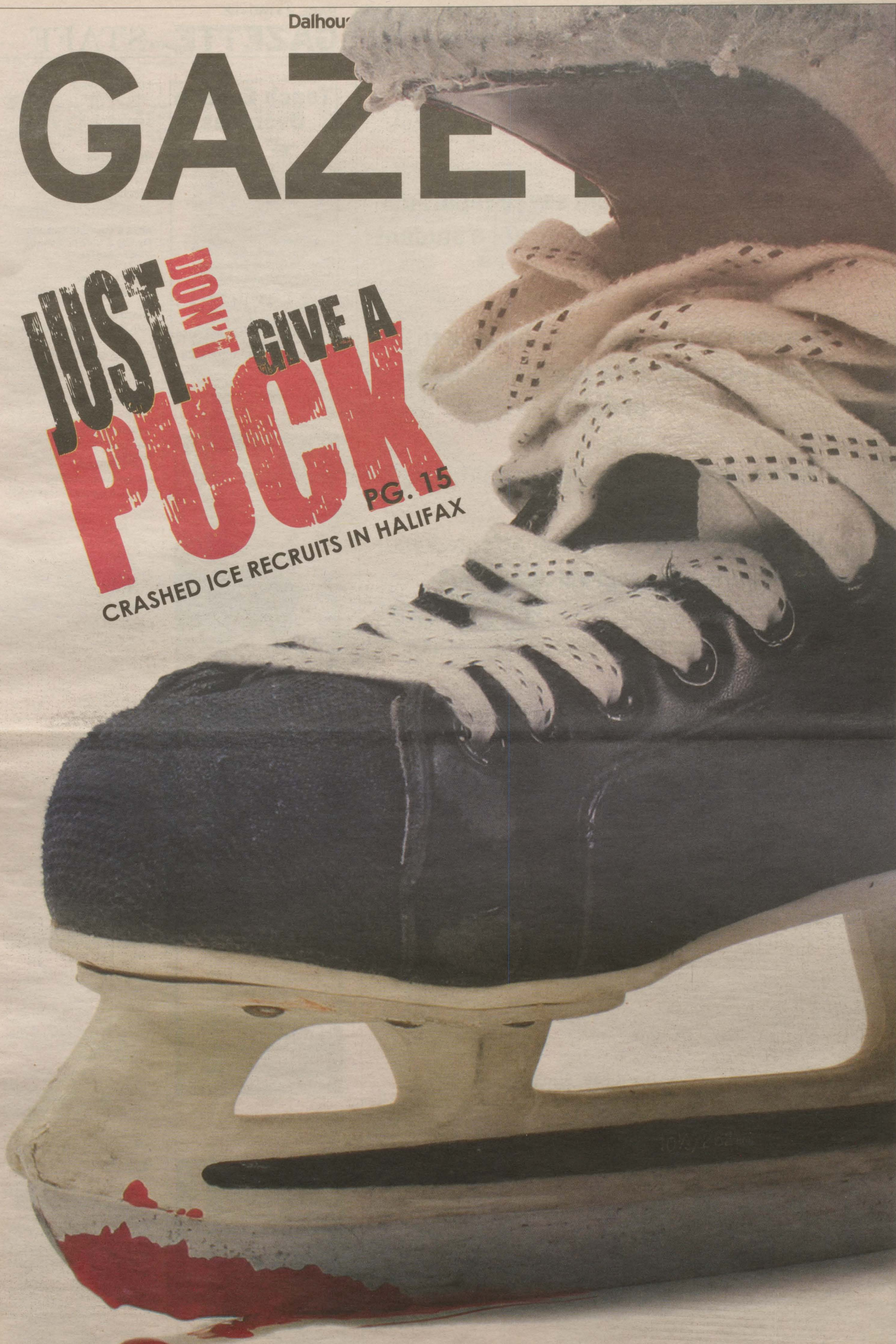


Dalhousie

GAZETTE

JUST DON'T GIVE A PUCK PG. 15
CRASHED ICE RECRUITS IN HALIFAX



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Nova Scotia looks for student input on loans
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Fifty-city tour a success
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WEEKLY DISPATCH

Does the government say your parents make too much for you to get a student loan?

Are you worried you won't be able to live where you want after graduation because of debt?

Is the student loan system confusing?

Has the cost of education affected your choice of program or career?

Are you an international student?

Are you an Aboriginal student?

Are you a student with a disability?

Are you a single parent?

Speak Out!

For the past year and a half, the DSU and ANSSA, the Alliance of Nova Scotia Student Associations, have fought to make sure the government kept their promise to review student financial aid. We won.

On the evening of **Tuesday, November 27th**, Dalhousie Students will have a chance to speak out on issues of student financial aid and the provincial government will be listening. Visit www.dsu.ca for the time and location.

If you can't make the forum, visit www.SA-Review.ednet.ns.ca to submit your thoughts, concerns and suggestions online.

Mike Tipping
DSU President
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THE FINE PRINT

The Gazette is the official written record of Dalhousie University since 1868 and is open to participation from all students. It is published weekly during the academic year by the Dalhousie Gazette Publishing Society.

The Gazette is a student-run publication. Its primary purpose is to report fairly and objectively on issues of importance and interest to the students of Dalhousie University, to provide an open forum for the free expression and exchange of ideas, and to stimulate meaningful debate on issues that affect or would otherwise be of interest to the student body and/or society in general.

A "staff contributor" is a member of the paper defined as a person who has had three volunteer articles, or photographs of reasonable length, and/or substance published in three different issues within the current publishing year.

Views expressed in the Prof Talk feature, Overheard at Dal, and opinions section are solely those of the contributing writers, and do not necessarily represent the views of The Gazette or its staff. Views expressed in the Streeter feature are solely those of the person being quoted, and not The Gazette's writers or staff. All quotes attributed to James Munson in the Streeter feature are written, in good humour, by staff and do not necessarily represent the views of James Munson. 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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LETTER FROM THE EDITOR... GAZETTE

No one should die when forced to comply

JAMES MUNSON
OPINIONS EDITOR

When RCMP officers Tasered Robert Dziekanski on Oct. 14, they destroyed the future his mother had spent seven years and two jobs saving money for. The anxiety Dziekanski expressed in the footage of his last moments suggests he felt his future was already falling apart.

I would expect Canadian law enforcement officials to help ease his anxiety and allow him to regain control over himself. But he died at the hands of officials who were in their home country, armed and healthy, in a team, and had been specifically trained to deal with such a situation.

Dziekanski was a Polish immigrant who had just spent over 10 hours waiting in customs, travelling to Vancouver from Pieszyce. His erratic behaviour provoked a security response, during which he was Tasered twice and died moments later.

Dziekanski received 50,000 Volts of electricity instead of a helping hand. He was sent convulsing to the ground instead of being listened to. He died instead of being welcomed to Canada. This is what happens when Tasers are used without discretion.

Tasers can make police officers neglect their responsibility to their victim. A Taser is supposed to deter a major threat to the public – most likely an armed individual. But The Canadian Press reported on Nov. 18 that three out of four suspects Tasered by police officers are unarmed, proving officers often use Tasers to make people comply and obey their authority, trusting the weapon not to kill their victim.

Tasers deepen the divide between authority and victim. Not only do they excuse officers from caring about the people they attempt to subdue, they provide the illusion that authority can act with impunity. Tasers, which are marketed as "non-lethal weapons of the future," give



Robert Dziekanski before and after his encounter with RCMP officers at Vancouver's International Airport.

officers a false sense of security that they can shoot first and ask questions later. There is no comfort to be found in the fact that an innocent man died at their hands.

If the RCMP officers in Vancouver weren't so focused on making Dziekanski comply, they might have listened to him, especially because he was in a position much more vulnerable than their own.

Dziekanski's final moments, captured in the amateur video released last week, are uncomfortable to watch. It is hard to believe that any

rational human being could not sense this man was in need of help and support in his moments of confusion.

I wouldn't ask police officers to think with their hearts while on duty, but a simple moment in Dziekanski's shoes may have saved a life. RCMP officers need to follow the rules while on duty, and the public inquiry called in British Columbia last week suggests they may have failed to do so. It is incredibly hard to imagine that none of the officers saw that Dziekanski was in need of help.

Even if Tasers were safe, I find

no morality in the idea that inducing convulsion is the proper way to make someone obey. Are these officers truly aware they are dealing with a human being when they electrocute someone to the ground, or have they already forgotten that someone equal in stature and rights to themselves is on the other end of that shot?

Tasers cause police officers to relate to their victims in an inhumane way, and in Dziekanski's case, a shred of humanity could have saved his life.



COVER

This week's cover is a product of the gory imagination of one Susan Maroun. We can't say for sure that anyone was impaled by skate blades during the Red Bull Crashed Ice try-outs or competitions. We're just saying, that shit looks dangerous. And awesome.



REJECT COVER

The above cover, although a work of genius, was rejected by the asshole editors at *The Gazette*, who wouldn't know design if it walked up and bitch slapped them.

Come to the next Gazette contributor meeting on Monday, January 7th @ 5:30 p.m. in room 312 of the SUB

GAZETTE

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JOSH BOYTER / DALHOUSIE GAZETTE

"Nova Scotia sort of markets itself as an education province," says Paris Meilleur. "And that's fine, but we need to invest in that."

Province gears up for student loan changes

KATIE MAY
NEWS EDITOR

Nova Scotia needs students' help to fix its post-secondary education financial aid program.

Education Minister Karen Casey announced Nov. 19 that the government will conduct a province-wide review of its current Student Assistance Program and ask for student input on how to make it more effective.

The program distributes student loans and grants to people attending college or university in the province. The government already plans to develop a direct lending system so N.S. students don't have to go through banks to get their funding, and promises to reduce the amount parents are expected to contribute to their child's education.

Those are steps in the right direction for student assistance, says the city's post-secondary education critic, but the province needs to invest much more into financial aid programs for students.

Leonard Preyra visited the University of King's College less than a week before the official government announcement to hear what students had to say about provincial student loans and tuition fees.

Roughly 15 King's and Dal students gathered to participate in the discussion, and most agreed the provincial loans office is "completely out of touch with how much it costs to live near the university," and that the financial aid system is "too rigid."

"Universities will always be accessible to those who have money," says Preyra, a member of the NDP caucus. "People come (to N.S. schools) from all over the place, but the money doesn't come with them... we're not investing."

Many students suggested the program shouldn't use parental income to measure how much money students can borrow, since families often cannot afford to share the high cost of N.S. tuition. They also voiced concerns about the complicated process for receiving an integrated federal and provincial student loan.

"There seems to be a lot of confusion about how those (provincial and federal) programs relate to each other," Preyra says, pointing to notes he made during the discussion as students complained about the assistance program.

"We're going to take this to the minister of education because it addresses an unmet need."

Paris Meilleur, executive director of the Alliance of Nova Scotia Student Associations (ANSSA), says the student lobby group has been pushing for an assessment of provincial student assistance for quite a while.

"[It's] re-confirming what we already knew," she says. "Nova Scotia sort of markets itself as an education province, and that's fine, but we need to invest in that."

ANSSA chair Mike Tipping agrees both levels of government must commit more funding to student financial aid programs. The Dalhousie

Student Union president recently returned from a weeklong lobby conference in Ottawa that ended Nov. 16 as a representative of the Canadian Alliance of Student Associations.

The group met with politicians to push for the renewal of a national student fund, The Millennium Scholarship Foundation, which provides roughly \$300 million annually to Canadian students. The fund will expire next year without more federal government money.

"With a lot of these issues, every party and every politician will say for the most part that they support it. It's a question of political will to actually get it done," he says. "But on this (The Millennium Scholarship), I was actually really surprised to see the support we got from the Conservatives."

Tipping says students need to participate in the student financial aid review and take advantage of the opportunity to have their opinions heard by people in powerful positions.

"It's incredibly important. It's feeding right into the budget process, so they really do need to know what students think about this kind of thing."

Representatives from the Department of Education will hold eight public meetings at schools throughout the province until the beginning of next month, including one at Dal on Nov. 27 at 7 p.m., before they submit their final student assistance report to the minister in early January.

Students 'spread the net' for school spirit

MELISSA DI COSTANZO
STAFF CONTRIBUTOR

Keith Torrie wants Dalhousie students to take more pride in their school.

"People want to have good memories of their school and to be proud of the time they had here, and that means doing something more than just going to class everyday and handing in assignments," he says.

That's why Torrie and two other Dal students, Victoria Jones and Hillary Taylor, are raising awareness and money for the Spread the Net Campus Challenge, the brainchild of Belinda Stronach and Rick Mercer after a trip they took Africa in 2006.

The students set up a society under the Dal Student Union to fundraise for the contest. Every \$10 they collect will buy a bed net for a child in Africa to guard against malaria, a sometimes fatal parasitic disease.

Spread the Net's ultimate goal is to raise \$5 million in three years for UNICEF to help wipe out death

by malaria. The organization wants to purchase and distribute 500,000 insecticide-treated bed nets to families in Liberia and Rwanda and teach them to use them properly.

By 'spreading the net', the students hope to nourish Dal's waning school spirit. The winning school will be featured on the *Rick Mercer Report*.

"It's an opportunity for students to work together, to work against each other, to create a sense of community and a sense of pride within Dal," says 21-year-old Torrie.

He says there's nothing better than working with passionate young people.

"There's no doubt that there's something just as important to us, being here at Dal for our studies, and that's engaging ourselves within our student population and engaging ourselves in the world and what's going on around us," he says. "There's such an opportunity to create awareness of a crisis."

The challenge officially began

Sept. 12. A month later, Taylor, 22, tuned into *The Hour* with George Stroumboulopoulos and watched an interview with Mercer about the campaign. She was immediately hooked.

"The thing that gets me emotional about it is not only that there's children dying every 30 seconds but that there's parents that are helpless," she says. "I know if my parents saw me suffering, it would kill them if they couldn't do anything about it. If we can help those parents, that's a big deal for the campaign."

Dr. Bonnie Neuman, vice-president of student services, says she supports the project and hopes to see Mercer at Dal.

"This is a superb initiative that will make a huge difference in improving health and child survival in the world regions that will be assisted," she writes via e-mail. "It's another great example of Dalhousie students' commitment to making a difference in the 21st century 'global village' we all live in."

Uni-Briefs

CANADIAN CAMPUS SHORTS

Degrees don't matter to students

Ryerson University students say they don't care that a popular engineering professor doesn't have a PhD — even though he calls himself a doctor.

The university is supporting Mahmood (Mike) Kassam, who was accused 15 years ago of manipulating his academic credentials to show that he is a doctor, despite the fact his PhD from a Hungarian university is only equivalent to a Master's degree in Canada.

The associate chair of electrical engineering actually has a 'doctor universitatis' degree, which is lower than a PhD, but Ryerson still refers to him as a doctor on its website. *The Eyeopener* student newspaper reports that university policy says faculty with international unrecognized degrees are not allowed to claim PhD status.

But Kassam's students say his degree means little as long as he can help them understand the course material.

"It doesn't matter. To me, he's considered a doctor," electrical engineering student Amir Abura told the paper. "If I wasn't so confident in his ability to teach, I wouldn't be in his class."

Student strike results in mass arrests

Quebec police tried to squelch student tuition hike protests in the province earlier this month when unions representing nearly 58,000 students went on a three-day strike.

Police arrested 100 students on Nov. 13 after they'd barricaded themselves inside Cégep du Vieux Montréal for nearly three days. Nearly 300 students took over the school and built a blockade of dumpsters, desks, chairs, plywood and at least one toilet, Canadian University Press reported.

The students organized the mass strike to protest Quebec's \$50 per semester tuition increase since the provincial government lifted a long-standing tuition freeze this year.

Riot police responded with stun guns and pepper spray, charging the arrested students with public mischief, assault and armed assault.

But the crackdown was too harsh since students weren't acting violently, said some protesters, including arrested McGill student Cleve Higgins.

"The government and administration at the school recognize that it's a demonstration of student power and that's why they're afraid of it."

Students, profs suffer from maintenance strike

Hundreds of union workers at the University of Saskatchewan rallied Nov. 9 to show university administrators they're not planning to back down from their strike anytime soon.

More than 2,400 members of the Canadian Union of Public Employees (CUPE) who work for the University of Saskatchewan and the University of Regina have been roaming the picket lines since Nov. 2, after new contract negotiations with the schools failed.

Since then, most library, maintenance and food services at the province's two universities have been shut down.

Language and linguistics professor Lois Marie Jaek joined strikers during the rally in hopes the two sides will soon reach an agreement.

"These are our support workers, and we cannot function without them," she told *The Sheaf*.

Sources: *The Eyeopener*; Canadian University Press; *The Sheaf*

SOUTH OF THE BORDER

Burning ban doesn't hold back dangerous student bonfire

A wildfire scare in Texas nearly jeopardized a long-standing university bonfire party when local officials implemented a burning ban because of dry weather and heavy winds.

But the weeklong ban, set for the area of College Station, TX, was lifted Nov. 20, just in time for students at Texas A&M University to prepare for their annual pre-football game torching tradition.

More than 800 students stacked a huge pile of wood, which they've been chopping since September, several feet high on an off-campus ranch before lighting the fire.

The bonfire was held on campus until 1999, when it was banned from university property because 12 students died after a 59-foot high log pile collapsed on them while they were building it.

ACROSS THE POND

Rock star turned university leader

Queen guitarist Brian May was appointed chancellor of a British university on Nov. 19.

Liverpool John Moores University, where May is already an honorary fellow, announced the member of the hugely successful 70s rock band will serve as head of the school early next year.

His responsibilities will include acting as the university's ambassador and promoting the school in the academic community.

May was an astrophysics student working on his doctoral thesis at the university when he left to pursue his rock star career 30 years ago.

Pakistan students demand return to democracy

Hundreds of students in Pakistan boycotted their classes and participated in mass demonstrations Nov. 20 to protest the government's recent restrictions on media and on military activities in the country.

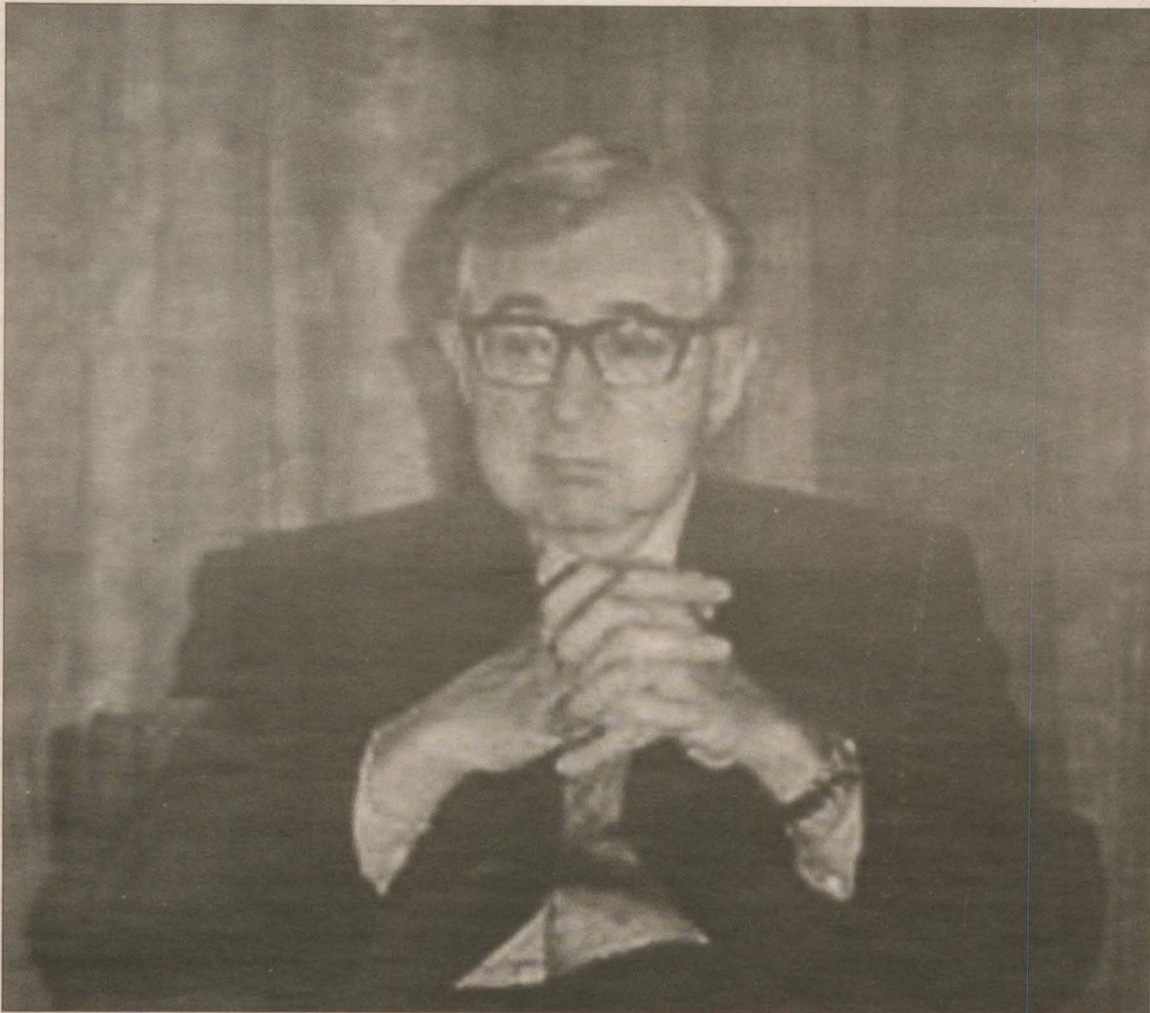
Students, political activists, regular citizens and even government party members crowded the streets in the city of Islamabad to direct their outrage at the government, which many of them said is acting undemocratically in breach of the national constitution.

The government has shut down several TV stations and has limited military and emergency services in Pakistan, in what is, as several of the protesters told *The Pakistan Post*, a political "attempt to hide the truth and restrict freedom of expression."

Sources: *The Associated Press*; *CBC*; *The Pakistan Post*

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STOCK PHOTO

Dr. Bernard Nathanson and other pro-abortion lobbyists lied about the number of women killed by illegal abortions.

Pro-life is pro-woman

NICOLE CAMPBELL
OPINIONS CONTRIBUTOR

In order to persuade the personally opposed pro-choicer, I need to address the notion that abortion is necessary for women's sexual equality and well-being. Medical evidence, sociological data and the experience of many women prove abortion harms women physically and psychologically.

Women who have had abortions suffer an increased risk of anxiety, depression and suicide. According to a 1996 article in the British Medical Journal, researchers found women who died following pregnancy were six times more likely to die from suicide if they had an abortion. A 2002 article in the Southern Medical Journal revealed the rate of women who committed suicide after an abortion was twice the rate of those who hadn't had an abortion, but died for other reasons after pregnancy.

One of the common arguments used regarding the Roe vs. Wade case was the claim that legal abortion

would be safer than the 'back alley' abortions that, advocates alleged, killed 5,000 to 10,000 women each year. One of the two men who lead the pro-choice movement, Dr. Bernard Nathanson, an obstetrician/gynecologist and co-founder of The National Association to Repeal Abortion Laws, later recanted the claim, saying he and other pro-abortion activists fabricated the figure to further the cause of abortion rights.

In 1972, the year before the Roe vs. Wade trial began, the federal Center for Disease Control and Prevention reported 39 maternal deaths from illegal abortions. But an additional 24 women died the same year from legal abortions.

Over the last three decades, the abortion debate has been characterized by the clashing of rights: the human right of the unborn fetus on the one hand and the reproductive rights of women on the other.

The popularity of the pro-choice position is due, in large part, to the success abortion advocates have had in convincing North Americans

abortion is necessary for women's well-being and equality. The thinking goes that, if you want to stand for women's progress, you have to stand for abortion.

In our current culture, to oppose abortion is to risk being called anti-woman. 'Personally opposed, but can't impose,' seems to many people to be the only pro-woman option. Abortion stops a beating heart, which ends a human life. A fetus' heart starts beating at 18 days after conception.

While pro-choice feminists claim abortion as a symbol of women's sexual freedom and equality, a woman might not feel liberated if she has sex with a man, thinking it will bind her to him emotionally, and becomes pregnant. But if he doesn't want to support her and she gets an abortion, she alone has to live with the possible short-term and long-term medical consequences of the abortion for the rest of her life.

Nicole Campbell is the executive officer of Dal Alive, a pro-life student movement at Dalhousie.

Referendum redux

JAMES MUNSON
OPINIONS EDITOR

A university decides it wants to create more student space by demolishing and re-building part of its campus. The administration decides a referendum would be the best way to develop consensus about construction. Despite causing a controversy between the administration, the student union and students, the referendum eventually passes.

No, this isn't the fantasy Dalhousie President Tom Traves day-dreamed about before students voted against last year's referendum on campus construction here at Dal. The successful referendum happened earlier this month at the University of Toronto (UofT), when students voted to build more student space at the downtown St. George Campus.

Traves could learn a lot from UofT about getting a student body behind major construction plans.

The UofT plan asked students to foot a portion of a new \$30 million student centre, set to house various student services and societies. The students will pay a \$5 levy each term, with the fee increasing to \$14.35 a term once the building is built. St. George has no designated student space, while the Mississauga and Scarborough Campuses both do.

The new plan will level the quaint APUS building, which is much like our little Gradhouse - a rickety old building awaiting its fate among the steel and glass monoliths now dominating campus. There's some nostalgic value to these old buildings, which aren't recognized by campus planners as historical gems.

Why did the UofT referendum pass but we Dal students decided to throw it back at the administration, telling them we wouldn't pay \$10 more per course for a campus makeover? Did the forceful 'yes' campaign turn students away? Were we just being stubborn and obstinate as the administration tried to get democratic approval for its construction plan? Were we too selfish, keeping our money for ourselves instead of having the foresight to help improve our campus for the long term?

The clincher may have been the money. An increase of \$10 per course is much more expensive than \$5 per term. On top of that, UofT planned to match each dollar raised with 50 cents, instead of putting the bill completely on students.

And the UofT referendum asked students to pay a levy, which sounds much less painful than Dal's proposed tuition increase. As any student will likely tell you, tuition is a dirty word. It conjures up images of empty pockets, empty refrigerators



JOSH BOYTER / DALHOUSIE GAZETTE

Older buildings are often the victims of campus construction.

and empty words when you have to call up your parents for more money. A levy sounds like a little add-on - a minor extra cost you can't avoid.

However, the drastic difference between Dal's referendum and UofT's is that in Toronto, the plan was specific, concrete and easy to grasp. Last year, Dal's administration proposed a grand campus renovation scheme. It was strong on details if you explored it closely, but to the average student reading a message from the DSU or flipping through an article in *The Gazette*, the plan came across as a major upheaval without any concrete rewards.

Simplicity is everything, especially when you're selling an idea that's going to cost a lot of money. Perhaps Dal should have outlined more specific changes to help students make up their minds. It's much easier not to vote when you can say you're not familiar enough with the plans to vote responsibly.

But the similarities between the two referendums are striking. The student unions of both schools were accused of being too eager about the 'yes' side of the campaign. At UofT, officials in charge of the election tore down 'no' campaign banners that they said were defamatory. In their referendum coverage, the *The Varsity* student newspaper spoke to many students who thought the 'yes' campaign was too in-your-face.

If Dal continues to struggle with the infrastructure problems it intended to remedy with last year's referendum, it faces the choice to put construction plans to a vote again. The next time Dal has a referendum, it should look to UofT to learn how to sell what it thinks is a good idea.

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SUBMISSION GUIDELINES

Letters

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Articles

Submissions to The Gazette opinions section must be no longer than 650 words. Please submit a list of sources along with articles. This publication only prints submissions its editorial board deems to be void of libellous and/or defamatory material. Submissions are due at noon on the Saturday prior to publication.



Letters@dalgazette.ca

RE: 140-11; A convenient timing

I am a student here at Dal and read *The Gazette* fairly frequently while I am whiling away the hours between my various classes. Today I picked up *The Gazette* and read the opinions article, "A convenient timing." I felt compelled to write in to you to say that I felt this article was a complete waste of space. I found it arrogant, ignorant and filled with criticism for someone who is actually trying to make a difference in this world.

Joseph Hoffman fixates on an idea that Gore seemed to wait until after he left public office to make a movie that would win him lots of awards and have the whole world pat him on the back. People do not try to educate the world about the harm human industrialization has and is still causing to win Oscars and Nobel Peace Prizes! This statement is absolutely ridiculous. As to Hoffman's criticism that Gore did nothing while in office because he was advised against it, 10 years ago the environment was NOT a big public interest. Gore putting out a movie showing the obvious to the masses then wouldn't have had the same

effect as it does now, because times have changed and people are becoming more interested and aware of environmental issues without really knowing it.

There are countless examples of environmental policy and issues that are present in everyday dialog today, which were not when Gore was vice president.

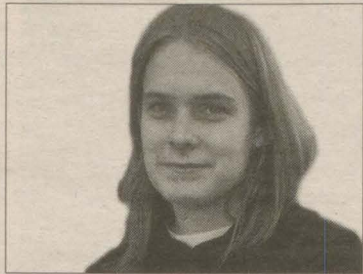
Everything from 'no idling' by-laws to '10 ways to reduce your energy use' in *The Chronicle Herald*, even the 'One-Tonne Challenge' is beyond that time frame.

If *The Gazette* is going to have opinions articles, rather than criticizing people who are trying to make a difference, maybe they could focus on issues that matter more to students. Perhaps Joseph Hoffman should go and get himself elected prime minister and while he's at it, solve the climate change problem, cure some AIDS and feed all those hungry millions worldwide. Better yet, he could stop criticizing those who are actually making a difference and go out and do something himself.

Sincerely,
N. Davar

The Scientific Skeptic

Don't be sick: get your vaccinations



CATHERINE HOLLOWAY
STAFF CONTRIBUTOR

This September, just over one thousand students got MMR (mumps, measles and rubella) vaccines at free clinics at the SUB. Meanwhile, Dalhousie researchers are involved in the clinical trials for the HPV (human papillomavirus) vaccine at the IWK Health Centre, and an increasing number of university students are getting the HPV vaccine. I got both vaccines in one day (one in each arm) about a month before returning to school.

Vaccines are pretty amazing. They're the most effective way to get rid of some really nasty diseases, and they're cheap. The concept of vaccination dates back to around 200 BCE, when the ancient Chinese inoculated themselves against smallpox by snorting or rubbing a powder into their skin made from the scabs of smallpox victims. Vaccines have eliminated diphtheria, measles, polio, rubella and Haemophilus influenzae, and have significantly

decreased hepatitis A & B, pertussis (whooping cough), tetanus, varicella (chicken pox) and pneumococcal disease.

But all the effort put into inoculation campaigns could be undone by a vocal group of anti-vaccinationists, mostly comprised of over-protective parents. Many of these people believe the MMR vaccine causes autism. Last summer, the parents of an autistic girl named Michelle Cedillo petitioned the U.S. Court of Federal Claims for compensation for injury due to childhood vaccinations.

The anti-vaccine movement likes to point to the apparent 'autism epidemic' of the early 1990s and the childhood MMR vaccinations that were increasingly administered during the same time period. They believe thiomersal, the mercury-based preservative in vaccines, can mess up the brain's development. In 1998, the medical journal *The Lancet* published a study done by Dr. Andrew Wakefield that showed preliminary results suggested a connection between autism and the MMR vaccine.

Several studies done since then have shown no correlation. Wakefield, however, is standing by his results, even though 10 of his co-authors and the editors of *The Lancet* have withdrawn their endorsement of his conclusions. The lab Wakefield used to find the results for his paper was contaminated with measles RNA, making his findings com-

pletely unreliable.

Wakefield's reputation has been discredited since it was revealed he received funding from individuals mounting an effort to take MMR vaccine makers to court. He has filed a patent request for vaccine alternatives.

There is a very simple reason for the increase in autism cases: the guidelines for diagnosing autism have improved, and therefore diagnoses of autism, from mild to severe cases, have increased. The number of autistic people has always been about the same; we've just failed to recognize them as such.

Other anti-vaccinationists fear that getting vaccinations will diminish our ability to fight off diseases. This idea is based on a misunderstanding of basic medicine. Vaccines aren't like antibiotics. Instead of introducing a chemical agent the bug can't handle, vaccines introduce dead or weakened parts of bugs to your immune system so your body can learn to fight off the disease by itself. Vaccines actually strengthen your immune system.

The good thing about vaccination is that if enough people do it, the people who aren't inoculated may never come into contact with the disease. Unfortunately, if too many parents opt out of vaccinations, it puts the health of the general population at risk, and we may see the return of diseases we thought were long gone.

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Craig Cardiff in your living room

DAVE NYKYFORUK
STAFF CONTRIBUTOR

Veteran folk singer Craig Cardiff is in the midst of an epic, 50-city tour across the U.S. and Canada.

On day three of a trek from Prince George, B.C., he is gushing about the success of the tour so far.

"Most of the shows have been sold out," he says. "The original pressing of the album, which was sort of meant to last for the whole Canadian tour, has sold out halfway through."

The album is his latest release, *Goodnight (Go Home)*, and was produced with the help of Les Cooper, who has produced and played music with Jill Barber, and Paul Mathew, bassist for the Hidden Cameras.

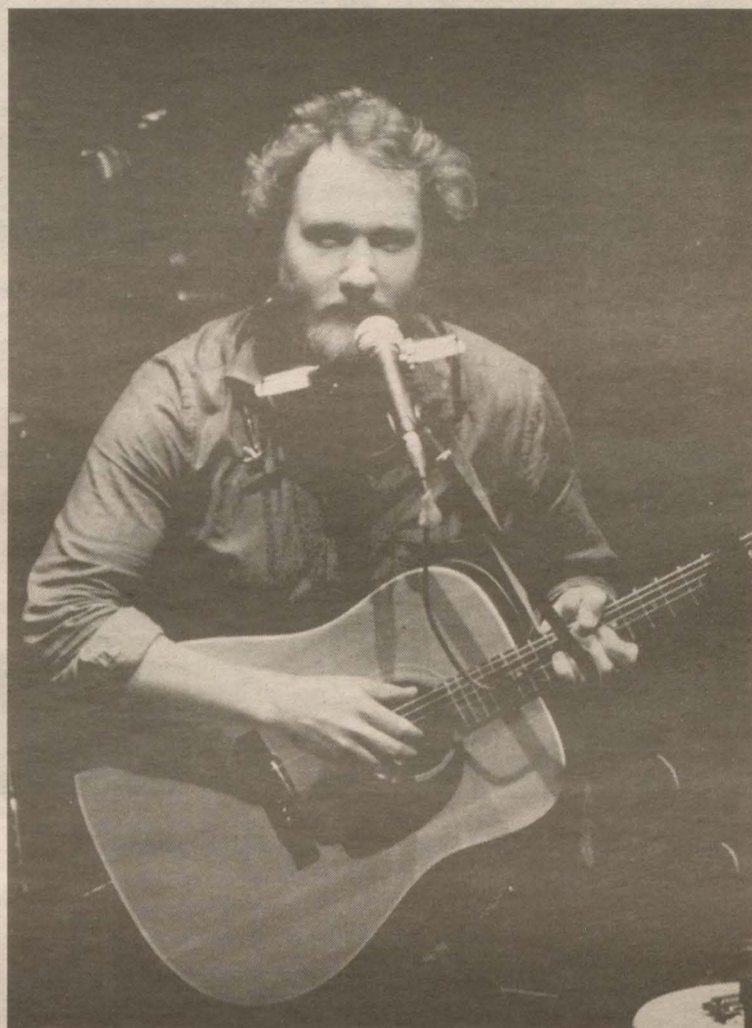
"I think that it's about pulling in people and sharing the experience," says Cardiff of the musicians he's worked with. "Paul Mathew - we've been playing together since high school. We just worked on these songs and hashed them through."

Cardiff, who plays solo with the support of live digital loops, sees the advantages of having support in the studio. "In terms of connecting with audiences I feel like I'm at my strongest with sparse accompaniment. But what I certainly have enjoyed with this album is connecting and creating music that's bigger than what I could've accomplished on my own."

Connecting with audiences is a sincere goal of Cardiff's every time he plays a show. He's even available for home performances, should you choose to host a living room show. This idea - one that folk artists have employed for decades - stemmed from his frustration with playing bar shows.

"I feel like music is about a conversation between the artists and the audience," says Cardiff.

Cardiff's music echoes his urge to communicate with his audience. His songs meander through a composed landscape filled with human themes and tender emotion.



STEVE LITTLE

"I feel like music is about a conversation between the artists and the audience," says Craig Cardiff, who is playing at Ginger's Tavern Nov. 24 and 25.

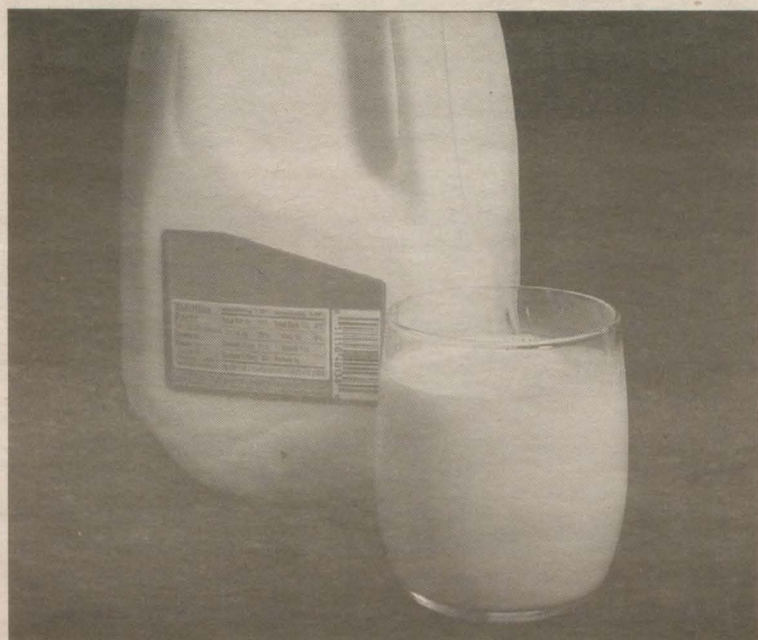
"People who listen and care are strong advocates of music because they feel it's important and needs a place in this world," says Cardiff. "I definitely want to play for those people."

Goodnight (Go Home) is his 11th release. A look back through his catalogue reveals such gems as a 2003 live album recorded with Rose Cousins at Halifax's very own Ginger's Tavern, where Cardiff has two shows scheduled for Nov. 24 and 25.

"It's got all the right ingredients," Cardiff says of Ginger's. "The staff are phenomenal and the beer is just as good. [At] the last one I think some audience member kicked some people out of the show because they were talking. So that was pretty awesome."

If you're not up to inviting the folk singer into your living room, Craig Cardiff will be happy to welcome you to Ginger's.

Just don't talk.



SXC

Don't forget the ketchup packets.

Tips for student living: Eat somewhat well without taking out credit

NICK KHATTAR
STAFF CONTRIBUTOR

I have found a semi-healthy, super-budget way to avoid eating The Man's puppet food.

First, get off the dairy. It's too expensive. I don't care about the inconveniences involved in milking a goat or cow - dairy is just too expensive and not particularly good or necessary for a healthy body.

If need be, get into soy products. They really aren't bad; even the plain stuff is good. And water is free, so take advantage of that.

Avoid eating things that require milk, or leave it out. If you absolutely need milk in your KD, then run down to the nearest diner, order a water, look at the menu, swipe all their creamers and leave. Get a good rotation of creamer sources and BAM, your need for dairy is satisfied.

Assuming, as a student, you have too much dignity to go to the food bank and want to provide your own groceries, then your best bet is

to scam a membership at Costco.

Buying in bulk is the cheapest way to get groceries. Focus mainly on large cans of beans, bags of brown rice, potatoes, garlic, pasta and sauce of any sort.

Non-perishables can be handy to have around, but it might take some time before you're prepared to eat sardines and water chestnuts together. You have to build yourself up by conditioning your taste buds and stomach to handle numerous combinations of a few low-quality culinary ingredients.

You should also always be stockpiling for winter. If someone leaves half a hamburger at your place, freeze it; you can use it later for chili.

Find your way to a u-pick late in the season and pick them dry of any and all half-rotted fruit. You can eat half immediately and freeze the other half for smoothies and glaces.

And remember: in hard times, cardboard, bark and even the leather from your shoe can be boiled and eaten.

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STREETER

What qualities make a good prof?



“Someone who uses more than just lectures, like group work.”

Alex Chisholm, first-year arts



“Having a more hands-on approach to address students' problems.”

Mike Lancaster, first-year IDS



“They should convey their passion for the subject in their lectures and should have a good sense of humour.”

Lisa Weighton, third-year journalism and IDS



“Being concise, organized, yet innovative in how they teach.”

James Christian Masten, Master's in sociology



“Not being monotone and allowing for discussion in class.”

Elizabeth Zarpa, second-year political science and economics



“Someone personable and who can compare concepts to things I already know.”

Caitlin Pierzchalski, first-year science



“Someone who can speak English.”

Jackie Holley, second-year commerce



“Someone who wears T-shirts with sassy slogans and smokes a pipe.”

James Munson, third-year fashion

OVERHEARD AT DAL

On a field trip:

Girl: If you could be any type of sedimentary rock, what would you choose?
Guy: Hmm, I dunno. There's so many good choices...

In 20th century German history:

Prof: Owning land was a great privilege. But with ownership came great social responsibility...kind of like Spiderman.

In a first-year chemistry class:

Prof: Who has seen a quadratic equation before?

slight pause

Prof: Please, god, raise your hands.

At King's:

Guy: He annoys the shit out of me. He's like a fucking laxative.

At a crosswalk:

Pedestrian: Jesus! Watch where you're going.

Driver: Yo, I'll kill you so bad.

On a bus to Dal:

Guy1: Well, The Palace is where all the sluts go.

Guy2: What about The Dome?

Guy1: The Dome is where all the legal sluts go.

Guy2: Oh. Right.

In the Dunn Building elevator:

Science student1: Thank god we're back in a place where people believe in math again.

Science student2: I know! King's is so strange. They're all medieval and shit! It's kind of like stepping into the space-time continuum.

Between the Henry Hicks and Chemistry Buildings on Wednesday at 9:25 a.m.:

Guy (carrying a travel mug): Whoa, I am, whoa, I am way too drunk to be in class right now. I don't even know how I walked here.

Girl: You drinking coffee to sober up?

Guy: Vodka-O.J.

In a natural disasters class:

Prof: Can anyone give some examples of flooding?

Guy: When dams break.

Prof: Can you give an example?

Guy: Superman 2.

HOT OR NOT

HOT: Vallum	NOT: Prescriptions
HOT: Mo' money	NOT: Mo' problems
HOT: Guns N' Roses	NOT: "November Rain"
HOT: Robbing the cradle	NOT: Robbing the grave
HOT: Santa Claus Parade	NOT: Children
HOT: Christmas presents	NOT: Christmas commercials
HOT: Loonie losing leverage	NOT: Alliteration
HOT: Dalhousie	NOT: School spirit
HOT: Grey Cup	NOT: Blue balls
HOT: \$100	NOT: For a barrel of oil

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PROF TALK

TOP 10



Dr. Joseph Bielawski is a native of Brewster, N.Y. He joined the Dalhousie faculty in 2003 after spending several years at University College London in the U.K., and is jointly appointed in the Department of Biology and the Department of Mathematics and Statistics.

Q: What's your favourite Halifax bar?

QA: Probably the rooftop patio of Your Father's Moustache. But my favourite bar anywhere is a place called Captain Kidd (in Wood's Hole, M.A.) for the Harpoon Ale. I teach around there in the summertime.

Q: What's the funniest thing you've heard in class?

QA: Once, during an exam in one of those half-rooms with the accordion dividers, the loud philosophy prof in the next room was giving an extended example using the coyote from the Road Runner cartoons. My class couldn't help it. Everyone started giggling.

Q: What's your dream course?

QA: I already teach a third-year course on molecular evolution, and I'd love to take 30 or 40 of the best students from that class and give a continuation of the material at the fourth year.

Q: What's one thing you'd like to change about Dal?

QA: Right now profs pay their own internet fees. Isn't this the information age? Also, the extra expense of foreign grad students typically ends up coming out of our operating grants, and yet we're encouraged to have an international research group. There's a mixed message there.

Q: What's one thing you wish every student knew?

QA: That university ought to be thought of as a venue to explore new ideas, not just to meet career objectives.

Q: How can one of your students suck up to you?

QA: Well of course they shouldn't dare try. General advice, though: We profs tend to have big egos. If you read one of our papers and come in to talk about it, we are likely to be impressed.

Q: What's your favourite music?

QA: I like everything from Bob Marley to Filippa Giordano.

Q: What do you like about Halifax?

QA: It's nice and urban but so close to some world-class kayaking.

Q: Do you watch any TV?

QA: I don't watch much, but a dark secret of mine is that I'm addicted to reality TV, like *Dancing With The Stars* and *Survivor*. I find myself both disgusted and fascinated.

Q: When did you first realize you were going to be a prof?

QA: In grad school. You basically go there to see if the academic thing is for you, and for me it was.

Q: What might you have done if you hadn't become a prof?

QA: An artist. Painting and sketching.

Q: Is there anything you don't research that you'd like to?

QA: I plan to explore some more risky research problems after I get tenure. When you're newer you tend to stick to research that you are reasonably certain will get you conclusive results. You don't want a hole in your C.V. because the more risky work didn't turn out publishable results. Tenure gives you the freedom to take on something new.

Want to hear what your prof has to say?

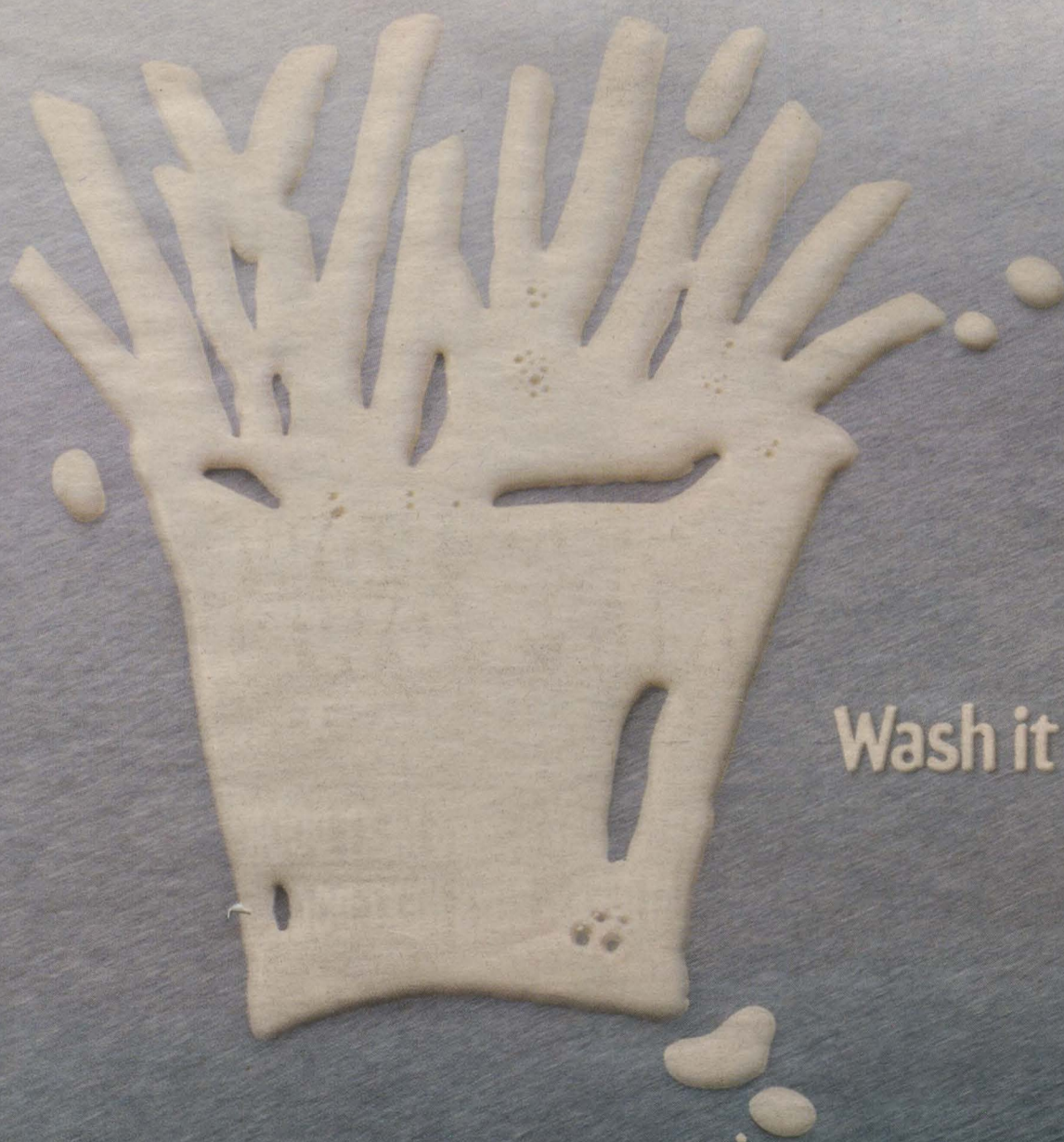
E-mail proftalk@dalgazette.ca

...WAYS TO STICK IT TO YOUR ROOMMATE

1. Remove the toilet seat.
2. Poke holes in their condoms.
3. Stand over them, staring into their closed eyes, until they wake up.
4. Watch them cooking and scribble in a notebook.
5. Moisten their bedsheets.
6. Stalk them on Facebook. Print out their photos. Hang them on your wall.
7. Hide the spoons.
8. Push an alternative religion.
9. Tongue-clean the microwave.
10. Fall down a lot.

GAZETTE

Come to the next Gazette contributor meeting on Monday, January 7th
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Wash it down with



Dress for excess

KATIE NATION
FASHION CONTRIBUTOR

Call me crazy, but I'm not lying when I say the most exciting part of my week was discovering that American Apparel thigh-high socks now come in packages of three. Because, really, why buy one when I could buy three in an assortment of colours? And an assortment of colours means an assortment of outfits. This is just far too exciting to pass up.

But unfortunately, buying clothing in bulk has its consequences. The easy accessibility of cheap clothes (think three tank tops for \$6 or a pair of ballet flats for \$12) has fed our North American desire for more, more, more, and more often than not, we're buying excessive amounts of cheap clothing we don't really need.

It's hard to imagine what could be wrong with having too much if it's not affecting the pocketbook, but filling closets has environmental implications (waste, waste, waste), social implications (it's cheap for a reason) and style implications.

Yes, that's right. It's the age-old battle of quality vs. quantity, and it appears the latter is currently kicking ass. As a generation, we're losing touch with quality and have no trouble substituting one luxurious silk dress shirt for eight polyester blends (in an assortment of colours, of course).

But it can be rather hard to step away from quantity long enough to think about quality. I still find it hard to grasp why my mother grumbles each time I come home with a thrift-store bag full of cheap goodies, or why she would toss out my favourite sweater just because it has a few holes in it. The generations before us seem to have a much more critical eye for what looks cheap and, unlike our generation, they really seem to care.

It's hard to pinpoint when that



Nation tackles the long-time debate: quality vs. quantity.

perception changed, but it seems quality and care for our clothing is a thing of the past. We live in a world where trends change in a second and everyone is connected enough to follow.

Celebrities and haute couture designers are quickly catching on to this change in quality standards, as more and more fashion savants are

collaborating with the cheap retailers we know and love. Think Kate Moss at Topshop, Madonna and Roberto Cavalli at H&M, and Proenza Schouler and Behnaz Sarafpour at Target.

Luckily, an appreciation for quality might not be entirely dead in the eyes of money-grubbing fashionistas. In November's issue of *Nylon* magazine, Sienna Miller's new line



JOSH BOYTER / DALHOUSIE GAZETTE

Twenty8Twelve is described as being expensive solely to ensure that "pieces will be snapped up as investments rather than blink-and-they're-gone trend items."

Similarly, after the Olsen twins spent years dominating the world of cheap celebrity clothing lines, they have quietly started two new high-end lines for the quality-conscious entitled

The Row and Elizabeth and James.

If you've begun to notice a closet brimming with 1,000 mediocre outfits and would rather stick to a few high-quality, note-worthy ensembles, it can be difficult to make the big switch. With a little effort, you can compromise by buying one new, high-quality trend piece - in a different colour each season.

Confessions of a Dalhousie mascot

DAN MAXWELL
ARTS CONTRIBUTOR

Alright, get the laugh in now. These are the confessions of the dude in that smelly tiger suit who has the occasional 'wardrobe malfunction.' It's my job to get Dalhousie students to stand up and cheer for some of the decent inter-university play that goes on around here. But it's not all fun and games.

I'm not saying my job is hard, because it's not. But there are some interesting job hazards to tell of.

Overheating is one of them. Imagine running around the track in a fireman's suit for three hours. That's what I do.

The exhausting effort of undressing myself after the game is made worse by the unwanted touching and butt-pinching of overzealous fans. But there are other examples of the potential dangers and humiliations involved in my job.

Late in the men's volleyball season last year, the team was undefeated as usual and I had to do the standard 'make a jackass out of myself' act until the fourth quarter when I could go home.

After one team called a timeout, I knew it was probably my last chance to heckle the refs. So after talking to a couple of refs, imitating them and the like, I was waiting for the buzzer that reminds me to get off the court.

I was improvising, trying to kill the abnormally long time-out when all of a sudden, a ref on the podium started yelling at me to get the hell off the court.



JOSH BOYTER / DALHOUSIE GAZETTE
Have some compassion for the dude in the tiger suit.

I panicked and started looking in every direction for an escape route. I realized that the best way out was through the opposing team and into the beer section. I started making a beeline for the clearing but as I turned I slipped, stumbled, and almost wiped out.

I then took a flying leap to clear the court boundaries. As I soared through the air like a tiger on the attack, I realized the section I was jumping into was not empty. I ploughed into the shoes of three gentlemen who, combined together, probably outweighed the entire women's volleyball team.

Three separated ribs and four sessions of physiotherapy later, I learned that even mascots have workplace hazards.

Preloved:

A guide to vintage bargain shopping

KALEY STUART
ARTS CONTRIBUTOR

Vintage, unique, one-of-a-kind items can reinvigorate your closet and are environmentally and economically friendly.

My grandmother's closet is my favourite place to shop. I have to fight my sister off with one hand while I rifle through a lifetime's worth of treasures with the other, but I always come away with at least one fabulous piece to add to my personal collection.

Luckily, for those without access to my grandmother's closet, Halifax is home to plenty of great vintage and thrift shops, with prices ranging from bargain-basement cheap to extravagant.

For downtown shopping, check out Dressed In Time at 5670 Spring Garden Road. Owner Jane Noble credits celebrity influence, an appreciation for quality fabric and construction and the desire to break away from cookie-cutter trends to the Haligonian preference for vintage.

Junk and Foibles at 1533 Barrington Street offers a floor-to-ceiling selection of hand-picked rarities, from faux-fur frocks to hats and scarves worth dying for.

In the North End, Frenchy's at 3154 Robie Street is a haven for those willing to hunt for more affordably-priced gems.

Navigating your way through decades' worth of abundant delights in vintage shops is no easy feat. Success requires a substantial amount



STOCK PHOTO / DALHOUSIE GAZETTE

Look for some gems in Grandma's closet and thrift stores - just have your hunting cap on.

of patience, a keen eye and an open mind to the notion that sometimes, 'it's just so wrong, it's right.'

Before you decide to wrestle the racks, ask yourself what it is that really gets your juices flowing and what will make your outfit so great

that even the fictitious queen of vintage herself, Carrie Bradshaw, would be envious.

The best thing about vintage and thrift shopping is that there is never a shortage of fabulous finds and unconventional indulgences.

Never had I ever:

Done the Master Cleanse

RACHEL SUNTER
ARTS CONTRIBUTOR

Crash-diets and liquid fasts are usually the stuff of tabloids and cheesy online banner ads, promising drooling readers a "bod like Jessica!" So when I stumbled across the mention of a 'healthy' way to starve the body, I was a little skeptical.

The Master Cleanse doesn't simply claim to be healthier than other unhealthy diets. It's a methodical procedure sworn to benefit your body in two ways: it rids it of accumulated artificial junk (nasty digestive build-up from years of processed food) and disrupts the body's 'addiction' to bad foods.

According to numerous online sources, thousands of people swear by the Master Cleanse. Beyoncé reportedly used it to lose 20-some pounds in 10 days for *Dreamgirls*.

To do the cleanse, you must abstain from all food and drink for at least 10 days, consuming only water and a lemonade-like concoction. The daily lemonade recipe is as follows:

12 tbsp fresh lemon juice (approx. 4-6 lemons)
12 tbsp pure maple syrup
2 litres filtered or mineral water
1 tsp liquid or powdered cayenne pepper

During days one through three, you perform saltwater or laxative tea 'flushes' to literally flush out every scrap of food from your digestive system.

The Master Cleanser, a book by Stanley Burroughs, is the bible for the diet. I wanted to see real-life results, so I quickly found a store of YouTube videos made by Master Cleansers. In one particular chain of videos, a charming young guy gives daily updates for all 10 days of the cleanse. He seems genuinely health-conscious and energetic. I was convinced.

The night before the cleanse, I bought 15 lemons, a pack of cayenne pepper and a sizeable jug of pure maple syrup. As I walked up to the checkout counter, I wondered if anyone recognized my strange grocery collection.

I surveyed my loot on my kitchen counter at home. Lemons, water, syrup and spice: 10 days' worth of sustenance. I shrugged my shoulders and headed to bed.

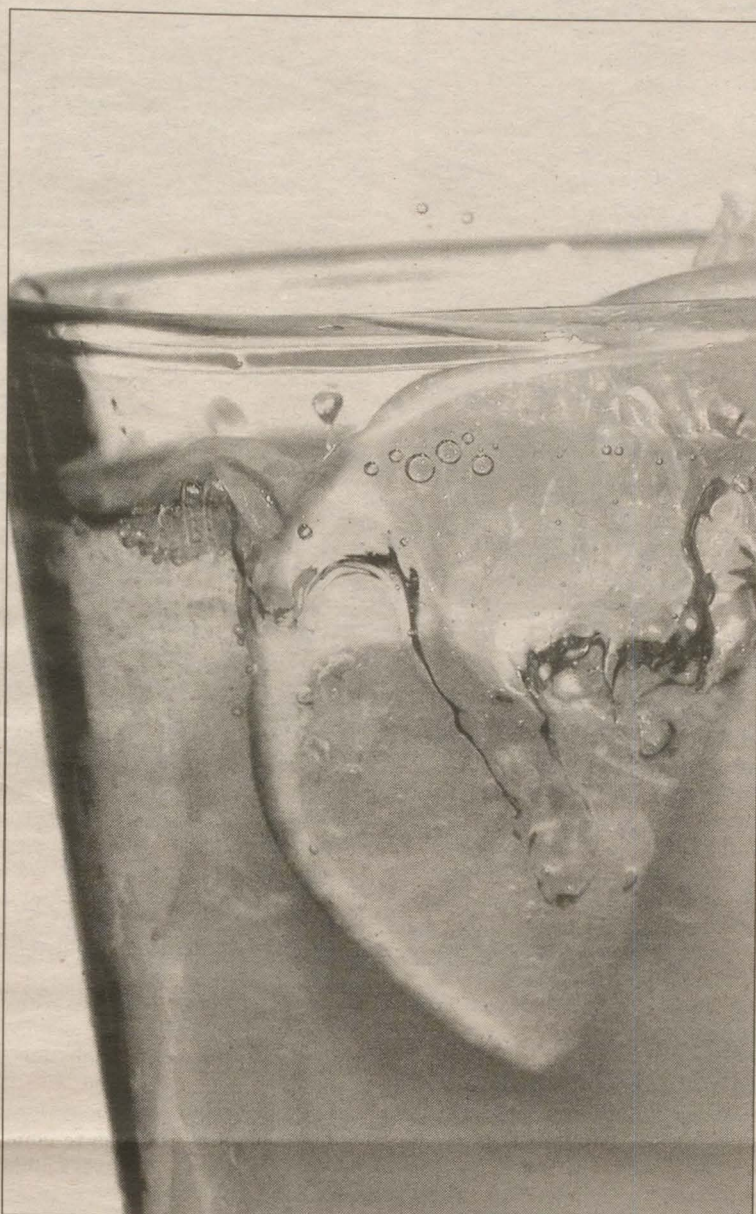
I awoke on Day 1 and juiced about five lemons. Without machinery, this exhausted my weak morning muscles. I made my mix, gave it a solid shake, and drank my tall glass of 'breakfast.'

The lemonade was sweet and too spicy for my tastes. You're allowed to drink as much as you want, but my hunger was barely satisfied. I grabbed a bottle of water, filled another with lemonade and went to class.

Day 1 passed insignificantly until after lemonade-dinner, when I was starving. I tossed and turned that night with a rumbling tummy. I awoke on Day 2 craving Shreddies and pancakes.

I performed my first saltwater cleanse that morning: two cups of warm water mixed with two teaspoons of salt. It was disgusting, but within an hour it did the trick (details = unnecessary). It's weird to know your body is thoroughly 'empty.' Once again, the day passed easily enough and the night was hard, but I persevered.

Day 3 marked the climax of my dissatisfaction. I was O.K. with the lemonade at this point, but constantly obsessed over the foods I'm apparently 'addicted' to. Hot dog on



STOCK PHOTO

The Master Cleanse could lower your immune system and make your stomach growl, but could also help you lose eight pounds.

a toasted bun with ketchup and mustard. McDonald's fries. Pork roast with broccoli and mashed potatoes and cheese sauce. Crusty bread.

That afternoon I experienced seriously heightened sensual sensitivity. As a neighbouring classmate bit into an apple, I swear I heard each juicy particle burst into a resounding crrrrock. The following slow, crunching bites of sweetness made me shiver in longing. (For the record, I don't even like apples that much.) When the classmate on my other side pulled out his own apple, I stewed in frustration as my senses glugged on the surrounding noise, and drank my stupid lemonade.

The next morning I awoke with surprising energy. My breakfast lemonade tasted yummy. I filled a bottle and skipped to class. That night I drank my supper, brushed my teeth and went to bed. I tossed and turned a bit but blamed it on unrelated insomnia.

On Day 5 I awoke with the beginnings of a cold. I distinctly remembered that charming YouTube guy developing a pink eye infection part way through his cleanse, and wondered if I was suffering an inevitable immune system crash. Nonetheless, I forewent chicken soup and obediently drank my lemonade.

But the next day brought a cough and sore throat. I just wanted to curl up in bed. I only drank three-quarters of the day's lemonade and went to sleep hoping for recovery.

When I woke up on Day 7 congested and sore, I was beginning to seriously doubt the cleanse. I weighed myself to find I had lost eight pounds since Day 1. I half-heartedly congratulated myself, frowning at my reflection and wondering if weight loss was worth feeling like this.

On Day 8 I was still sick. I had to miss a class at this point and was

finding it really hard to stay up at night to do my readings. I hated the cold, and although the lemonade actually tasted good, I glared at it, blaming it for my illness. Throughout the day I weighed the pros and cons of going for two more days.

The cons triumphed. That night I called an early end to my cleanse and ate strawberries. They weren't abnormally satisfying, but I found myself strangely aware of the morsels in my mouth, moving down my throat and into my belly. I chewed slowly, thinking about fruit molecules and imagining my body greedily sucking up nutrients.

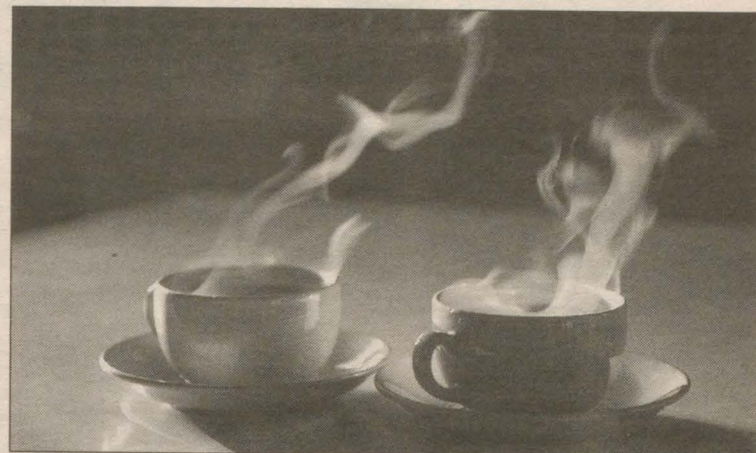
The next morning I had some lemonade and searched my cupboards for solid food. I bypassed low-calorie instant porridge. After the cleanse I'm more conscientious of ingredients whose names I can't pronounce, so I had shredded wheat and strawberries, and it was so good.

After a few days of regular, healthy eating, I lost the cold, regained some weight and slept soundly.

I'm grateful for the changes I underwent. It was interesting, in retrospect, to have been so dominated by hunger. I feel now that I can relate to the early stages of starvation. Now I make healthier food choices and often think of the multiplicity of vitamins, minerals and chemicals I put into my body.

I would only recommend the Master Cleanse for certain cases. Its unique benefits lie in revamping your daily food experience. As for detox diets, I find the Raw Food Diet easier, more nutritious and equally cleansing. And if you want to lose weight, calorie-cutting and exercise can be integrated into your lifestyle so you don't have to endure sleepless nights and starvation.

And for the record, Beyoncé gained her weight back, too.



STOCK PHOTO

Drunken hook-ups could go either way. Just be prepared for the uncomfortable aftermath.

Sex, then coffee

AMY DEMPSEY
STAFF CONTRIBUTOR

As university students, we occupy an obscure space in the world of sex, dating and relationships. Maybe it's because we lack many of the things our slightly older, 20-something peers have, like disposable income, cars and free time. Maybe we're lazy or maybe we're sex-obsessed. Whatever the reason, our bizarre, non-traditional dating rituals are fascinating.

The typical freshman dating method is particularly interesting. First year is the time when we get our first real taste of freedom and our sexual horizons broaden along with our DVD collections. Those who speak frosh-ish will remember that, "Wanna come to my room and watch a movie?" is akin to, "Would you like to have dinner with me?"

And as pathetic as it may be, moving out of residence doesn't change much. The process usually goes something like this:

Guy meets girl, or something like that, in some kind of inebriated social situation. They probably know each other casually from class or through friends, which opens the door for small talk. It takes a few beers for them to get chatty, a few more to flirt shamelessly, and only a few more to stumble out the door together, arm in arm.

The drunken hook-up is usually followed by the initial wake-up shock - "What the hell happened last night and where are my pants?" - and the subsequent early-morning escape. A killer hangover is often part of the deal.

After a few days (because neither person would want to appear desperate, clingy, or even too interested) comes the casual 'so-now-what-happens?' phone call or instant message. Contrary to popular belief, girls don't always initiate this.

A few more intoxicated sexual encounters may follow, but inevitably, the sexcapaders will decide they should probably hang out or something. Sometime. Maybe.

'Hanging out' is our undergrad term for dating, and the first hang-out usually takes the form of the ever-popular coffee date.

Ah, the coffee date. Let's call this post-hook-up rendezvous what it

truly is: a cheap and easy way to see if the person you screwed is actually worth talking to in a sober, non-sexual situation.

If they are, the date can be extended or another one can be arranged, and you begin the awkward process of getting to know someone who has already seen you naked. There's something mildly outrageous about having to ask, "So where are you from again?" to a person who knows what your penis or va-jay-jay looks like.

However, if your bed buddy turns out to have as much personality as the medium roast filter coffee you've been drinking, the date can be over in less than an hour and you can spend the rest of the semester faking the flu, the mumps, even the plague or genital herpes if necessary, to avoid any future dates.

But let's assume things go well. University-style backward dating presents a plethora of other complications that would not necessarily occur in the normal world of traditional dinner-and-a-movie dating.

Meeting the roommates can be uncomfortable when they don't know your name but have already heard you scream something like, "Harder, harder, right there, yes!" They will likely have some preconceptions about you that you may have to overcome.

There's also the incredibly awkward, first-time sober sex. It's even more awkward than regular first-time sex, due to disturbing flashbacks from the original drunken escapade that haunt you and hinder your performance.

If things progress, there will eventually be a time when you will have to explain how you met. Unless your mom is Britney Spears, she will probably not be able to see the romantic humour in your 'One night after The Palace' story.

But don't take this experience too seriously. The ability to joke about the potentially embarrassing situations you find yourselves thrust into will raise the comfort level between you and your random-sex-partner-in-crime. This is important, whether you decide to keep your connection bedroom-centred or move into a more serious dating zone.



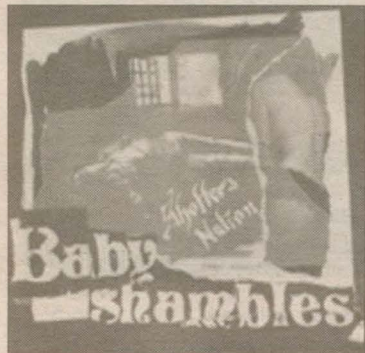
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Top November albums

NICK KHATTAR | STAFF CONTRIBUTOR



Babyshambles
Shutter's Nation

If you have even a slight interest in troubled Brit poet Pete Doherty or his musical prowess, then you'll thoroughly enjoy the second Babyshambles album, *Shutter's Nation*.

The album cover is based on a painting by Henry Wallis called "The Death of Chatterton," which depicts the suicide of the 18th century poet at age 17. It's a heavy image to accompany the album, but Babyshambles' new, well-manicured sound helps to lighten the tone.

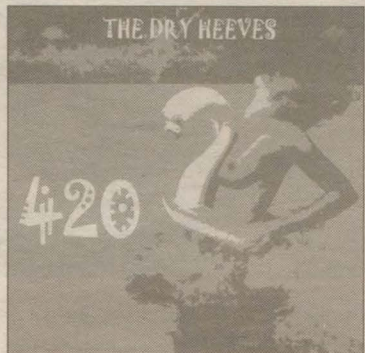
"Carry On Up The Morning" starts up this soap-opera album with classic Babyshambles distortion, filthy guitar and lyrics that run, "In the morning where does all the pain go? / Same place the fame goes / Straight to your head."

Doherty is wearing his heart on his sleeve again on this album, which isn't a bad thing. Too many crusty, bitter old British rock critics are too jaded to feel Doherty's lyrics and have stopped listening to the music.

Shutter's Nation was produced by big-shot label Parlophone, and thus loses some of the appeal of the refreshing, crack-addicted performance, production and sound that came with *Down in Albion*.

The lyrics are derived from Pete Doherty's self-pity, as he complains, "They sold my name after they stole my shame." Whatever shame is connected with Doherty's name is exclusively a product of the man, not of the band and their music.

The world should close its eyes and listen to these songs. That's why we buy records - to listen to the music, not to bitch about what the musician does on the weekends.



The Dry Heeves
420

Don't feel bad if you've never heard of The Dry Heeves. After you've been throttled by their 10th album, *420*, you may feel like your brain and eardrums have been dosed with LCD.

The Dry Heeves' album may be the most diverse yet linear album of all time. Or at least the most diverse album to come out of Meat Cove, Cape Breton.

The album is 17 tracks of hard-ass dirt rock, piss and punch punk rock, and a few classic covers.

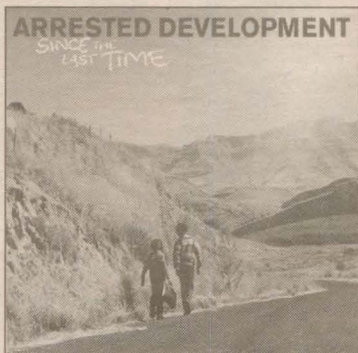
The Dry Heeves have managed to create a serious masterpiece of impressive music. The band is trying to make a strong social comment with *420*.

"Acid Casualty" is an 18-minute experimental, distorted electro mix, with a long clip of commentary on conspiracy theories involving John Lennon, The Beatles and the Kennedys.

Songs like "Oxycontin," which is the source of a growing drug problem in Cape Breton, "F.T.W." (Fuck The World), which is mostly made up of incoherent cursing a pirate would admire, and "Son of a Gun," in which the band calls the Bush family a "killing machine," show that these experimentalists have something to say.

But The Heeves like to have fun and keep it Meat. "MySpace Girl" is a song about a girl name Josette from Meat Cove. A lonely lighthouse keeper falls in love with her and urges her to come light the light and use his free high-speed internet to download MP3s. It's a real sweet moment in lyrical history.

I don't think you have to be stoned to enjoy *420*. Just be prepared to be blown away.



Arrested Development
Since The Last Time

If you hear "Arrested Development" these days, you probably associate it with a witty two-bit comedy show on Fox.

But check yourself and perk your ears up, because it might be the sound of the legendary hip hop crew's new album, *Since The Last Time*.

This is the first album of fresh material in over 12 years for the legendary apostles of the positive hip hop movement.

Arrested Development formed in 1992 and exploded onto the scene with a Grammy Award for their first album, from which came the likes of "Mr. Wendal," the inspiring hip hop ballad about a homeless man.

This album is reflective of the band's ambition to spread the love and good vibes. They played with the Black Eyed Peas this summer in Jerusalem to promote peace and celebrate freedom of expression. Their single "Miracles" is a wicked, up-beat mix preaching achievement.

Arrested Development slows things down with the stylistic funk beats in "Heaven," throwing down rhymes about keeping the faith and making it to the pearly gates in due time.

Since The Last Time keeps up its positive attitude with "Sunshine" and "Stand," in classic Arrested Development, early 90s R&B style. They break it down in "Inner City," a killer beat with quick rapping about living in the hood and getting things done the best way you can.

It's a stick-it-to-'em hip hop album with some slightly cheesy R&B mixes, but it's good to see these positive musical figures back at work, keeping our heads bobbing and faces smiling.



The Cansecos
Juiced!

If you're into this Toronto-based electro-dance synthesizing crew, then you know The Cansecos got slick this summer.

They released, for the first time in music history, a pre-mix. *Juiced!* is a remixed rendition of their upcoming studio sophomore album, *Juices!* They released *Juiced!* for free on their website, which set their fan-base ablaze.

They are said to be on their way to replacing The Rapture as the new 'it' group in dance rock, and were set to release *Juices!* on Nov. 20 on Upper Class Recordings.

This experimental, hypnotizing album from Bill Halliday and Gareth Jones features all the finer points of cut-and-paste sampling, taped together with jumpy pop melodies.

It's like a high school dance, with playful humour, awkward analog mixes and drunken, digital blissfulness.

"Nothing New to You" makes me wish I was in the backseat of my best friend's station wagon, red-eyed and cruising around at 17.

In their lyrics they ask, "Is this the calm of the storm or is this combat?" and say, "The end of the world is nothing new to you." However, they mix in a slap-bass funk beat with digital cuts and synthesized vocals, making it easy to jive to such melancholy motifs, and remind us that, "It's not as bad as it seems."

Juices! was polished up at Abbey Road Studios by Adam Nunn, the mastering engineer for Radiohead and a bunch of other massive U.K. bands.

Juiced! is a fun, fresh sound for the Canadian techno band. You should check it out, especially if you're from Toronto and like dance music.



Active Planet
Urban Hustle

If you're trying to burn off that Freshmen 15 or throw a really 'hip' dinner party for artsy, well-to-do types, then this album is for you.

Urban Hustle, labeled as "party-up/fitness," is an instrumental album produced and composed by Stephen Outhit and Dave Anderson.

It's basically a jazz/funk album with catchy, classical jazz sax and buzzing jam licks. It would be great for powerwalking around Spring Garden in the summertime to, wearing spandex and neon shades.

Urban Hustle contains the sounds of some of Halifax's most notorious minstrels, such as jazz saxophile Bucky Adams, Dani Oore of Gypsophilia, Kamran Abdi of Dr. dFunk and percussionist Keith Mullins, who plays with Matt Mays.

It was mixed by Joran Bombay, who's worked with Buck 65, Skratz Bastid and Universal Soul.

What a tantalizing mix of musical stir-fry. It's hot like stir fry and sweet like teriyaki sauce, but instead of making you sleepy from MSG, it makes you hyper and horned up like a monkey on ecstasy.

Urban Hustle is 10 tracks of what could be old, cheesy jazz/funk from your parents' collection, but the mixes are new-age and phat, and the riffs are tight.

Forget the dinner parties and workout sessions. Cover your walls in tinfoil, get a strobe light, pass out some vitamins and dance to *Urban Hustle*.

YouTube review:

Drama Prairie Dog staying fresh^o

PATRICK ST. AMAND
STAFF CONTRIBUTOR

Drama Prairie Dog, and its offshoots, are works of genius. These videos are timeless in their diversity, originality and simplicity.

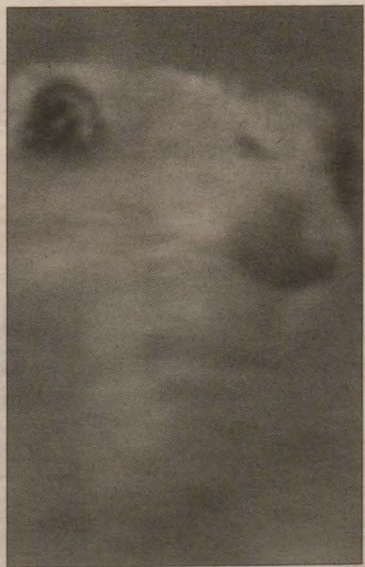
The clip consists of one particular prairie dog giving one look that would make any diva at Dolce & Gabbana look like my aunt (the anti-diva).

The main video comes from an East Asian television show in which the prairie dog turns and gives a look that travels past your outer body and into your soul.

But if this look alone doesn't stimulate you something fierce, the mutations and adaptations this video has been through are, to put it mildly, simply stunning.

They possess the same kind of diversity our dear Derek Zoolander did with his variety of infamous looks.

One of the adaptations involves



STOCK PHOTO

'Magnum' by Drama Prairie Dog.

the prairie dog turning around and giving the look several times as

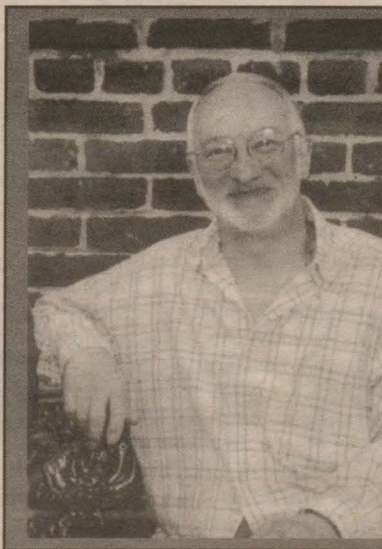
Wham! plays in the background. Underneath one of the looks is the name of one of Zoolander's looks, "Magnum." I couldn't help but see Ben Stiller in the face of this prairie dog.

If comedy isn't your thing, there's a vast array of other adaptations. The look is able to capture the intensity of *Kill Bill*, as well as the sentimentality of "Total Eclipse of the Heart."

However, there are other animals/media figures who have tried to infringe on our dog's glory. Someone made a video involving a cat and the prairie dog, which is lame, unoriginal and frankly, silly.

So, now that you have been warned what to look for and what to avoid, go on to YouTube and experience the many emotions of Drama Prairie Dog.

Although no scientific tests have been done to confirm this, it seems that watching it actually makes you generate new brain cells. Enjoy.



Howard Epstein,
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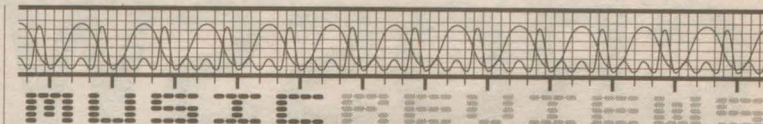
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Come to the next Gazette contributor meeting:

Monday, January 7th @ 5:30 p.m.

in room 312 of the SUB



MUSIC REVIEW

It's Britney's *Blackout*, bitch

Arleen Hammond
Arts Contributor

I won't lie to you. I am a Britney Spears fan, and on Oct. 30, I was in HMV purchasing the new Britney Spears album, *Blackout*. The album's release date was pushed forward due to leaks on the internet.

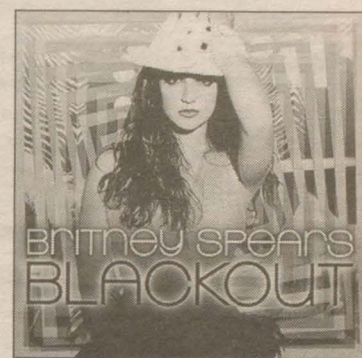
Being the Britney fan I am, I had some very high expectations for her fifth studio album, and it exceeded them.

The first track on the album is also her dance-worthy comeback single, "Gimme More." The following tracks continue to show Spears' growth as an artist through the past couple of years.

Electrifying tunes like "Piece Of Me" and "Freakshow" have Spears making light of some of her own extensive media coverage. She proceeds to rip apart her ex-husband Kevin Federline in "Toy Soldier," where she tells the world she needs a real man.

The album is a dangerous mix of songs no one can resist moving to. Unlike her past four studio albums, there is only one slower track that can barely be considered a ballad, called "Why Should I Be Sad?" It's the closing track, produced by Pharrell, and gives fans an insight into her marriage with K-Fed.

It's easy to tell which songs have

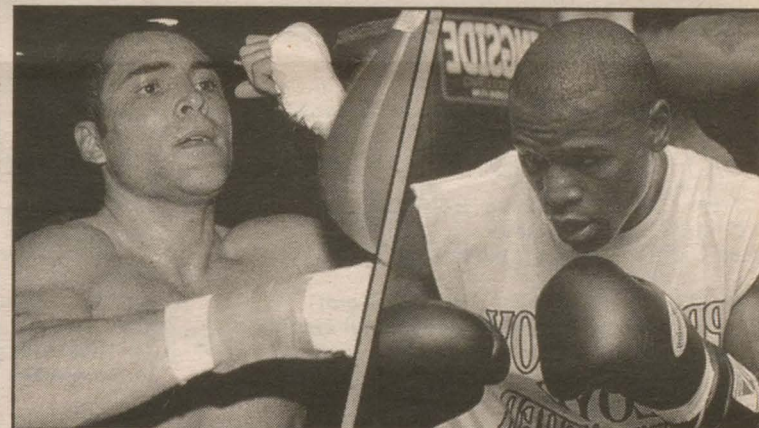


been produced by Timbaland's protégé, Danjahandz. "Get Naked (I Got A Plan)" is a simple, sexy song that shows who Danjahandz learned it from. In the song, Spears tells us she just wants to take it off.

While Spears did disappoint some of her fans with her unimpressive appearance at the MTV Video Music Awards in September, she has made up for it with this album.

Blackout is a hit from beginning to end and makes a great soundtrack for the gym or for getting ready to hit downtown. There is no doubt in my mind that we'll be hearing these tracks for a while, whether it be on the radio, TV or remixed at The Dome.

Britney's back and she's back for good. Regardless of whatever is going on in her private life, you can't deny her ability to light it up in the studio and on the dance floor.



STOCK PHOTO

Mayweather/Hatton 24/7 is going to be on HBO on Nov. 25 at 10 p.m.

A world champion crosses over

CHRIS METLER
STAFF CONTRIBUTOR

It's finally time for *Mayweather/Hatton 24/7*, HBO's documentary-style build-up to the Floyd Mayweather, Jr. vs. Ricky Hatton superfight on Dec. 8.

More than just sport, *24/7* makes for extremely compelling television drama, comparable to the most electrifying hour of *24* or the most thrilling twist on *Lost*. Why is that? Simple. World welterweight boxing champion Mayweather is a star.

Mayweather finally entered into American mainstream consciousness last May, thanks for the most part to HBO's wildly entertaining *De La Hoya/Mayweather 24/7*, the precursor to *Mayweather/Hatton*.

Whether it was Mayweather's brash bravado, the dysfunctional relationship between him, Floyd, Sr. and his Uncle Roger, or his running around Vegas with pal 50 Cent, Mayweather established himself as the one to watch, in place of his more-famous rival.

4.2 million viewers tuned in to watch all four episodes and 2.5 million people paid to watch the fight, making his a victory with the largest Pay Per

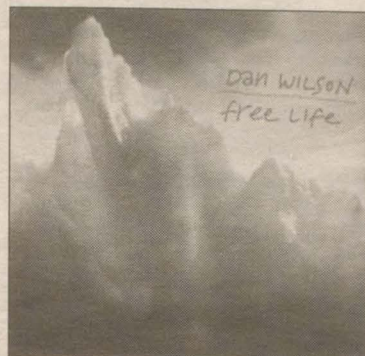
View audience ever.

And although people say that just because you beat the star, doesn't mean you become the star, Mayweather has capitalized on his newfound public profile and mainstream recognition.

First there was talk of HBO producing a Mayweather family reality TV series, which is still a possibility. Next came Mayweather's memorable appearances on MTV's *Cribs* and *Video Music Awards*, followed by a stint on *Dancing With The Stars*, the second most-watched program in the United States. And I'm not even mentioning the countless multi-million dollar endorsement deals he's inked.

Make no mistake - Mayweather has arrived on the world scene. Expect to see Mayweather in prime entertainer form in the new installment of *24/7*, from goading British fans to mingling with some of the biggest names in the sports and hip hop industries.

Though he might never be as culturally significant as Ali or as marketable as Jordan, Mayweather is likely being stopped on the street more than ever these days - probably by people who have never even seen him fight.



Dan Wilson
Free Life

Dan Wilson has been a songwriter for almost two decades. He received a Song of the Year Grammy Award in 2007 for a song he wrote for the Dixie Chicks called "Not Ready to Make Nice." Another song he wrote, "Closing Time," performed by Semisonic, was nominated for a Best Rock Song Grammy back in 1999.

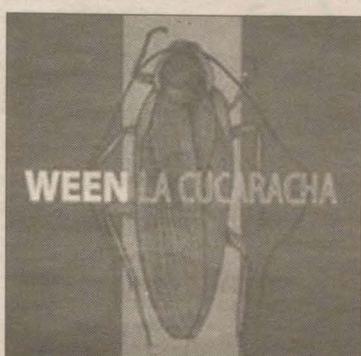
Free Life is Wilson's first solo project, and it's easy to tell he knew what he was doing when he made it. I have never before heard a musician who sounds so comfortable in his songs. His lyrics, voice and music feel like free entities, with Wilson at the reigns.

The first song, "All Kinds," warms your heart with a melodic chorus and touching lyrics that are "all kinds of beautiful."

This is definitely an adult easy listening album, but the energy and warmth in Wilson's tone and imagery make *Free Life* feel more like a fairytale story read by a child.

The title track, "Free Life," sounds like a country song, with finger-picked guitar, brooding piano and dragging slide riffs. The song asks us about where we're going and what we're "going to spend our free life on?" The song tells us to "fall in love again with music as our guide / We'll raise our ready hands, and let go for the ride."

This album is truly beautiful and will make you wish you could sit out on a rock in Peggy's Cove and watch the sunset. Speaking of which, that's a great idea.



Ween
La Cucaracha

Ween's new album, *La Cucaracha*, starts with a Latin-sounding tune called "Fiesta," in which they break their no-horn rule and party like they're in a 60s surfer musical.

La Cucaracha was recorded in a decrepit, 200-year-old farm house in Ween's hometown of New Hope, PA. Whatever asbestos they inhaled during the production of the album definitely worked.

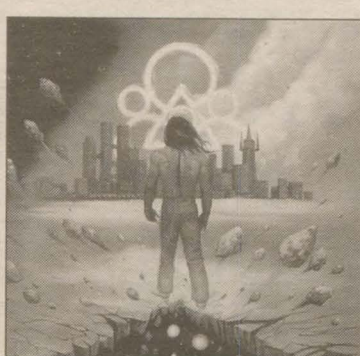
La Cucaracha is a more mature effort, but still has the band's quirky lyrics and sounds, albeit slightly more refined and linear, as in the song "Blue Balloon."

"Friends" is a nice, eurotrash-type techno tune, with corny pop lyrics that run, "A friend's a friend who knows what being a friend is... friends in life are special do you want me as your special friend?"

Ween is indeed special! You just can't get sick of a band that has been around for 23 years and continues to surprise you with their shapeless style.

La Cucaracha goes from hard rock, with shameless cursing in "With My Own Bare Hands," to the sweet, cuddly sound of "Lullaby," a song you either want to put your young one to bed to, or listen to as you tie the noose.

Ween never delivers anything conventional or politically correct, and that's why you'll like this album.



Coheed and Cambria
No World For Tomorrow

I must say, the cheesy, comic book-style portrait on the cover of this album by Ken Kelly really doesn't do this band justice.

A shirtless, long-haired hero of admirable build stands in front of an exploding crater, looking at a futuristic city, over which looms a mysterious symbol in the sky.

The concept album *No World For Tomorrow* marks the end of a saga of albums that spin the tale of Claudio Kilgannon, the main character who is avenging the death of his parents (Coheed and Cambria) in something called the "Amory Wars."

The once-indie band from New York City has latched onto the mainstream media. They like to consider themselves progressive, but most often get the label of 'emo' spat at them.

They have a generic look and an unfortunately popular vocal sound, but Travis Stever absolutely humps the guitar to death with his skill.

Lead singer and guitarist Claudio Sanchez's vocals are comparable to those of Bruce Dickinson from Maiden. These days, bangers just wear tighter jeans and paint their nails.

No World For Tomorrow has stunning, spellbinding guitar riffs and hooks, but near the middle of the album it gets stale.

As the finale of a tetralogy, this album isn't as dramatic as it could be. It rises and falls and leaves you feeling unsettled.



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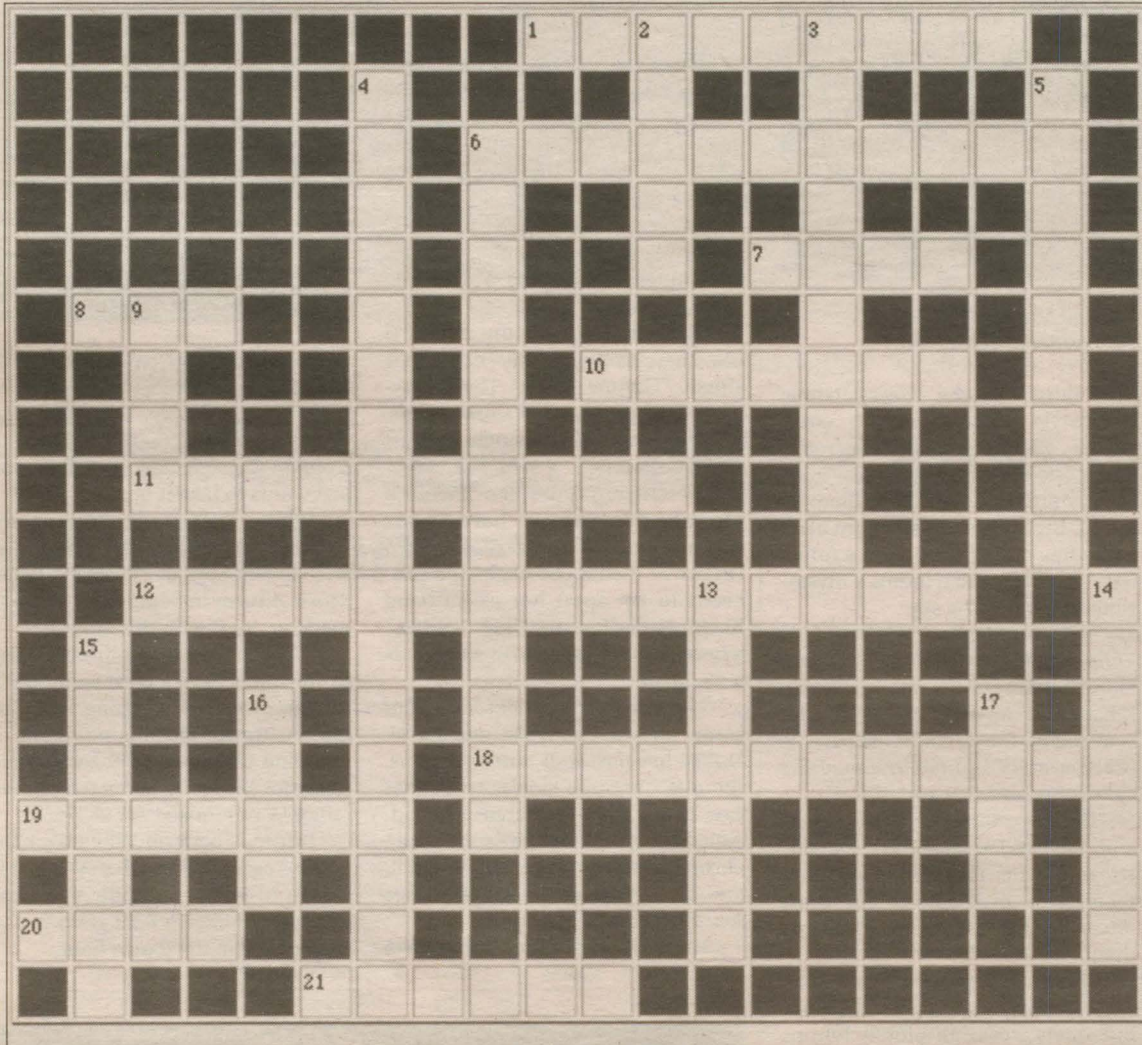
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CROSSWORD

Where there's a Will (Ferrell), there's a way



Across

1. "I look good. Hey, everyone! Come and see how _____" (three words)
6. In a 2001 *Family Guy* episode, Ferrell's voice is the voice of which character?
7. What tastes so good when it hits your lips?
8. "Hey honey, do you think _____ is still open?"
10. "I don't know how to put this but, I'm kind of a _____" (two words)
11. Character in *Talladega Nights* (two words)
12. In which movie does he play Chazz Reinhold? (two words)
18. "You win, you always do" character (two words)
19. "I've got a fever, and the only prescription is more _____"
20. "Would you eat the moon if it were made of _____?"
21. "Watch out for the _____ ones! They don't stop!"

Down

2. He is the highest paid actor to have never won which award?
3. Will Ferrell's character in *The Ladies Man* (two words)
4. On what comedy variety show did Ferrell gain his fame? (three words)
5. "We're going _____ up through the quad and into the gymnasium!"
6. In what movie does he co-star with the Napoleon Dynamite actor?
9. In *Anchorman*, he is a member of the Channel _____ News team.
13. "Who's that _____ in my teepee?" "It's me, it's me!"
14. "It's made with real bits of _____, so you know it's good."
15. "What is it? L-I-_____? Like, sheep's wool?"
16. In Ferrell's audition tape to *Saturday Night Live*, he tells his son to get off the _____
17. "You're my boy, _____!"

Crossword by Alice Bradstreet

HOROSCOPES



SAGITTARIUS (November 23 - December 21)

You got good street credit; now it's time to get good school credit. Your socialization has been surrounding your automobile and status, but you should care about the things that really matter in life, like bubble gum and world hunger. Start having afternoon tea to create free discussion periods and immerse yourself in British delights.



CAPRICORN (December 22 - January 20)

People have questioned who would marry you, but you'll show them. People are going to be lining up around the block for a piece of that. Tinker Bell is your new best friend and fairy dust is your new weapon of choice. You have been feisty lately, which is just foreshadowing what's to come. You were a child genius. Now show everyone you can be a regular, everyday one.



AQUARIUS (January 21 - February 19)

Your milkshake brings all the candy to the yard, and it's better than theirs. So don't let people get you down this week. Somebody is sending you flowers for a reason unknown. Believe in yourself and only bad teeth will get in your way. Save the best for last, but eat the red ones first.



PISCES (February 20 - March 20)

You've been asking, 'Got milk?' but you should be asking, 'Got beef?' Someone has done something wrong and it wasn't you. Don't ignore the little guy who rests on your shoulder - he's the one who wears the wings in the family and he's the dude you should be listening to. The tin man did not gain his heart in one day.



ARIES (March 21 - April 20)

Your Swedish meatballs are on the ground. The pasta you have been preparing them for is full of carbohydrates and will only make you feel sick. Prove you have self-control. A pulled pork sandwich is not the answer either. Being a vegetarian is the environmental solution, so stop being part of the problem.



TAURUS (April 21 - May 21)

A vampire has been sucking all your blood. Not literally, but metaphorically. It's time you rubbed some garlic on yourself and started staying in at night. Winter is coming and you are going to need some snowshoes. It's going to be a snowy one, so get your swingin' arm ready. Snowballs are going to be coming at you from all kinds of angles.



GEMINI (May 22 - June 21)

The python that has been hissing at you is going to stop once you show him who's boss. Bleed your radiator; it's full of too much hot air, as is your mouth. Talk freely but speak wisely. People have been disrespecting you, but don't be too upset - Zeus is not dead, he's just gone on vacation. Ride 'em cowgirls and boys, and make sure to give them a run for their money. Yee haw dippity doo dah day.



CANCER (June 22 - July 23)

Wear a headdress this week, because you're going on a wooden rollercoaster ride that has not been checked in a while. You are heading into the lion's den, so be careful not to look like a piece of meat. Plaid is a good look for you. Polka dots are not. Drink lots of water. You are supposed to have eight cups of water a day, not eight cafe lattes a day. If you are hydrated you will win the fight.



LEO (July 24 - August 23)

You've been a Canadian gangster lately and it's time to become a Canadian sweetheart. The barbershop quartet you have been singing with is going to take you places - don't give up hope just yet. Hope is a battlefield and it is not time to wave the white flag. Grab your sunflower seeds and spit the shells at someone deserving... but make sure they're not bigger than you.



VIRGO (August 24 - September 23)

You have been frustrated lately. You laughed at a friend's misfortune, but who's the one laughing now? - aside from that hyena in the corner. Do not say anything that you can't take back. It's time to bake the bread and churn the butter. Something stinks. It is your old laundry. E.T. was extraterrestrial, but you have the power to be extra terrific.



LIBRA (September 24 - October 23)

If you think someone has been lying, they haven't. Truth is what you make it. Shake your banana quake. You have been the man behind the iron mask. It's now time to remove it. When you want to say no, say yes and good things will come. It will be yours. Oh yes, it will be yours.



SCORPIO (October 24 - November 22)

Stomp your yard. A golfer has been eating all of your vegetables and stirring up the dirt. Raindrops keep falling on your head, but that doesn't mean your luck is dead. Turn your umbrella upside down and dance all around. Pennies are falling from heaven, and if you collect enough you may never have to work again.

Martina Jakubchik-Paloheimo



Environmental tip of the week:
Turn off the tap while you brush your teeth.

Teach English in Japan

Interac is accepting applications for teaching positions commencing in April 2008.

Qualified candidates must:

- Possess a university degree
- Be native/fluent English speakers
- Have teaching experience and Japanese language ability (preferred, but not required)

Visit www.interac.ca.jp/recruit for more information or to apply online.



- Across
1. Good I look
6. Black Knight
7. Beer
11. Ricky Bobby
12. Wedding Crashers
18. Robert Goulet
19. Cowbell
20. ribs
21. Yellow
- Down
2. Oscar
3. Lance Delune
4. Saturday Night Live
5. Streaking
6. Blades of Glory
9. Four
13. Spartan
14. Panther
15. Lannin
16. Shed
17. Blue

Crossword Answers:

Skating down the slopes

JULIE SOBOWALE
SPORTS EDITOR

Imagine skating down a slick, snowy mountain. Not skiing or sledding, but actually skating down a vertical path. Mix in some turns and hockey boards and you've got crashed ice, the newest sport in the age of extreme sports.

Crashed ice is a combination of downhill skiing and hockey. Athletes skate down a 535-metre track, full of turns, jumps and steps at speeds of up to 63 km/h, while trying to avoid falling into the boards and each other.

According to the legend, crashed ice originated in Austria nearly a decade ago when two drunken bartenders thought it would be a good idea to rollerblade down a sheet of ice. With a few modifications, beverage company Red Bull hosted the first Red Bull Crashed Ice competition in Stockholm, Sweden in 2000. Red Bull is notorious for sponsoring alternative sporting events as part of their marketing promotions. This month, the company hosted the Red Bull Reacción in Brazil, where athletes showcased the different tricks they could do with a soccer ball.

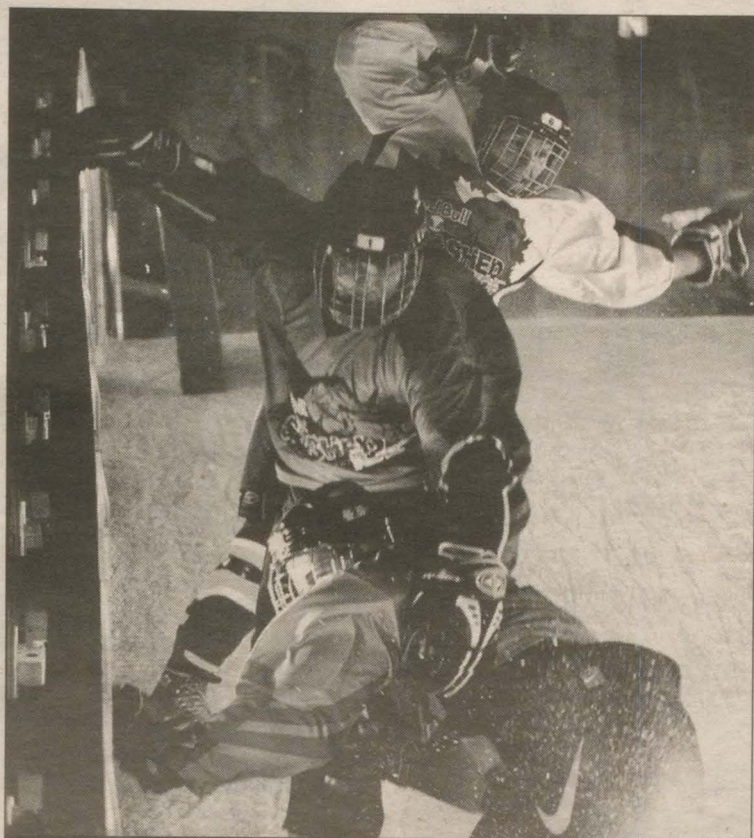
Seven years after the first champion was crowned, crashed ice continues to grow, with athletes from various nations competing in the international event. For the first time since the sport's conception there will be three competitions in one year, starting with the Canadian finals in Quebec City on Jan. 26, 2008.

The sport is currently dominated by reigning Canadian champion Kevin Olson, an avid hockey player. The 28-year-old played for the Calgary Hitmen in the Western Hockey League (WHL) during the 1996-1997 season. A modest subcontractor from Lethbridge, Alberta, Olson is touring Canada to give the sport an added promotional boost.

"How often do you get to do something so different, so off the wall," says Olson. "It's an exhilarating experience. Adrenaline junkies would love it. It's something you're familiar with but with a huge twist. It takes what I love to do and gives it something new. Winning isn't an issue for me. I have such a good time. The event is what I go for, regardless of winning. Winning is a bonus."

Strategy is nearly impossible in crashed ice competitions. Each course is designed differently and athletes usually have only three hours to get familiar with the course before the qualifying time trials. Because each competition means a new course, training usually focuses on overall fitness and skating skills.

"There's nothing you can do to train for it, but it's just like any other sport," Olson explains. "You need to skate in your own ability. The faster you go, the more out of control you



RED BULL

are... You can't train by rollerblading down a hill. The skaters have a lot more control than people think but we do go very fast... Basically if you can stay on your feet the whole way down, you're good to go."

This unique and exciting sport draws in huge crowds. Twenty-five thousand spectators attended the inaugural event in Sweden, and 75,000 screaming fans watched the event this year.

"It's electrifying," Olson says. "It's out of this world for a kid like me. I'm just a subcontractor in Alberta. I'm not in the NHL. It's not like I run around and do this kind of thing all year. I get this one-time event and you've got thousands of people leaning over the boards, screaming and shouting, with a DJ blaring music from the bottom of the hill. It's an experience that I've never had before. Within the last two years the event

has outdone itself and I can't imagine what it'll be like this year."

Eleven qualifying time trials will be held next month across Canada, including in Halifax. Athletes will skate through an obstacle course on a flat ice surface, and the top five qualify for the finals in Quebec City.

"Anyone who can skate should try out," says Olson. "...because this is something that you'll never get to do again. Red Bull has a reputation of shutting down events after they reach their peak, so I don't know how long it'll go on. I just keep going because you never know how long this event will last."

You can register for the Red Bull Crashed Ice competition on their website, www.redbullcrashedice.ca. Tryouts are on Saturday, Dec. 8 from 9 p.m. - 1 a.m. at the Halifax Forum. The finals will be in Quebec City on Jan. 25-26.

First win of the season

JULIE SOBOWALE
SPORTS EDITOR

The season didn't start out very well for the Dalhousie Tigers men's basketball team. After three tough losses, the Tigers won their first season victory against the University of Prince Edward Island Panthers.

Their win breaks a three-game losing streak. They lost their season opener against the St. Francis Xavier X-Men 86-76, and a surge in scoring at the end of their game against the Acadia Axemen couldn't help the Tigers from losing 84-76. Two games into the season, there were signs of trouble.

"For the second time in a row, we were outplayed physically," said Tigers head coach John Campbell after the Acadia loss. "I thought their inside players really caused some problems for us. We really didn't respond physically. To play an extensive exhibition season and then not be ready to battle is really disappointing."

Both teams battled for an early advantage in the first half. The Axemen eventually pulled away from the Tigers' offence and took a 17-10 lead. Some great defensive action from the Tigers included a steal from forward Sandy Veit, leading to a three-point shot from guard Simon Farine. The Tigers scored many points in the half and came within two points of the lead, but the Axemen's intensity and physical play gave them a 38-34 lead at the end of the first half.


men's intensity and physical play gave them a 38-34 lead at the end of the first half.

The Tigers' offence couldn't keep up with the Axemen in the second half. Four Axemen scored in the double digits, and by the fourth quarter, it seemed the Axemen were going to win. With five minutes left in the game, the Tigers' level of enthusiasm quickly rose with steals, fast break points and some solid free throw shooting. Despite their efforts, the Tigers were unable to close the large gap.

"I was happy they didn't give up in the end, but we didn't get enough out of our inside guys," said Campbell. "I think our young guys are working hard, but they're not ready for the limelight here. We have to be ready to compete for every possession. I think there were times where we had lapses in effort and focus. We need to overcome those weaknesses."

The Tigers played two games against the Panthers on Nov. 17 and 18. In the Nov. 17 game, the Tigers narrowly lost to the Panthers 70-67. But their performance quickly improved as they trounced the Panthers in an 83-53 blowout.

The Tigers broke out to an early 20-7 lead in their second game against the Panthers and never lost their stronghold. Ryan Winter was the Tigers' Player of the Game, scoring 24 points.



DAL TIGERS


CATCH THE TIGERS DURING THE FINAL WEEKEND OF PRE-HOLIDAY VARSITY ACTION!

FRIDAY, NOV. 23
MEN'S HOCKEY vs. SMU, 7pm

SATURDAY, NOV. 24
WOMEN'S HOCKEY vs UdeM, 7pm

SUNDAY, NOV. 25
WOMEN'S HOCKEY vs UNB, 2pm

WWW.ATHLETICS.DAL.CA • 494-3372



Athletes of the week

FEMALE ATHLETE

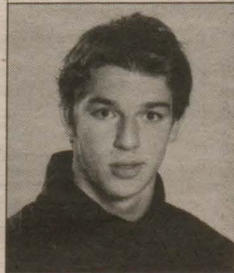


LAUREN DORRINGTON SWIMMING

Dorrington won all four events she competed in at the AUS Invitational, hosted by Dalhousie over the weekend. She won the 50 m freestyle, 50 m and 100 m breaststroke and 200 m IM. She led the team to an overall team win. Dorrington is a fourth-year sociology student from Uxbridge, ON.

Other nominees: Alex Legge (basketball), Carlye Higgins (volleyball)

MALE ATHLETE



BRYAN FUMERTON SWIMMING

At the AUS Invitational over the weekend, Fumerton won the 200 m backstroke and the 400 m freestyle, both under CIS qualifying time, and contributed to a win in the 400 m freestyle relay. He was also a big part of the Dalhousie men's team victory. Fumerton is a first-year integrated science student from Uxbridge, ON.

Other nominees: Simon Farine (basketball), Jimmy Cuddihy (hockey)



Come to the next Gazette contributor meeting:

Monday, January 7th @ 5:30 p.m.

in room 312 of the SUB



The

SEXTANT

E O L A S A G U S O B A I R

A success story

ANGELA ALAMBETS

This is the second success story I've submitted to the Sextant on my volunteer work for Engineers Without Borders this past summer. I was volunteering in a partnership between EWB and the Rural Enterprises Project (REP) at a Business Advisory Center (BAC) in the Eastern Region of Ghana. REP works towards poverty alleviation by increasing rural production, employment and income to rural families by promoting a competitive rural Micro and Small business enterprise sub-sector in participating districts by providing good quality, relevant, market based and sustainable services.

I would get on the back of a motorbike with my colleague, Jacob, about once or twice a week throughout my stay to go and visit a client of the project. Jacob would act as a translator for most discussions, while one of my other colleagues, Comfort, would often accompany me by foot to visit with women in the community where I worked and lived. (The main language was Twi and Ewe in my community, which I tried and managed to pick up a little). I learned so much from these visits - the underlying challenges that clients faced in their life and business, the incredible motivations they had for starting their business, their success in beginning to lead lives that they value, and just how unique we all are as human beings. Not to mention, these visits played a significant role in helping me to realign my own values. They have kept me truly motivated since my return to continue to learn more about how Canada, and me as an individual, can play a role in contributing to such change in people's lives.

Visit the MicroPlace website (<http://www.microplace.com>) to find out how to support development in impoverished areas through microfinance. (P.S. Christmas gifts anyone?)

Success Story: Mr. Samuel K. Gaikpa in welding

Mr. Samuel K. Gaikpa is a young and charismatic entrepreneur welder in Donkorkrom, Kwahu North (Afram Plains) district. His collaboration with REP and his vision and motivation have fueled his three-year-old business to expand. As a retired farmer, he is contributing to the improvement of the life of his family and his community.

His Story

Since he was a small boy, Mr. Gaikpa was always interested in starting his own business. When his father decided to send him to learn the trade of welding in 2001, it did not take long for him to realize that this was his opportunity. He was more than eager to learn the trade. But most entrepreneurs will tell you that you need more than a certain skill to start a successful business. You need starting capital, tools and materials, a location, and most importantly, the spirit of an entrepreneur.

Before Mr. Gaikpa started his welding business, he did not have much, but he did have the spirit. With a dream and determination, it took him five extra years of working on his father's farm and in his former Master's workshop to save enough money for what he needed to start his business. When the time came in 2004, he built his small shop in Donkorkrom and traveled to Accra (the capital city of Ghana) to purchase



welding equipment. The business was not easy in the beginning. The responsibilities of running a business in addition to his farming were playing a toll on his mind and body. But, his success has provided him the opportunity to retire from farming. He now has the means to purchase food from other farmers, thus allowing him to focus on his family and his business.

His expertise has expanded to another welding shop in a nearby village and his entrepreneurship has extended into family business. The recent construction and development of a container for his wife to sell items such as chainsaws, various car parts, and coal stoves (seen in the picture) will be providing the family with an additional income.

However, his welding workshop does not just serve for Mr. Gaikpa and his family, it also serves the community. Before he opened his shop, many farmers were required to use money from their food sales profits to travel as far as Nkawkaw (about 4 hours from his community) to fix defected tractor parts. Food stuffs would be left to wrot in the fields as farmers spent their time and money in search of a welder. But the addition of his shop has helped to improve farming transportation and in doing so, it can only be assumed, has increased food supply at the market and provided more income for farmers in the area.

Alliance with REP

Mr. Gaikpa took the Business Management Seminar in 2005, where he learned skills such as financial records keeping, care for customers, marketing strategies and workshop cleanliness. When asked if his business has expanded in the three years of operations, he explained there was a significant increase in customers since the REP program, attributing this to his training on customer care and workshop cleanliness.

Combining business and marketing strategy with finances has truly benefited his business. Before the program, Mr. Gaikpa was mixing working capital with his personal

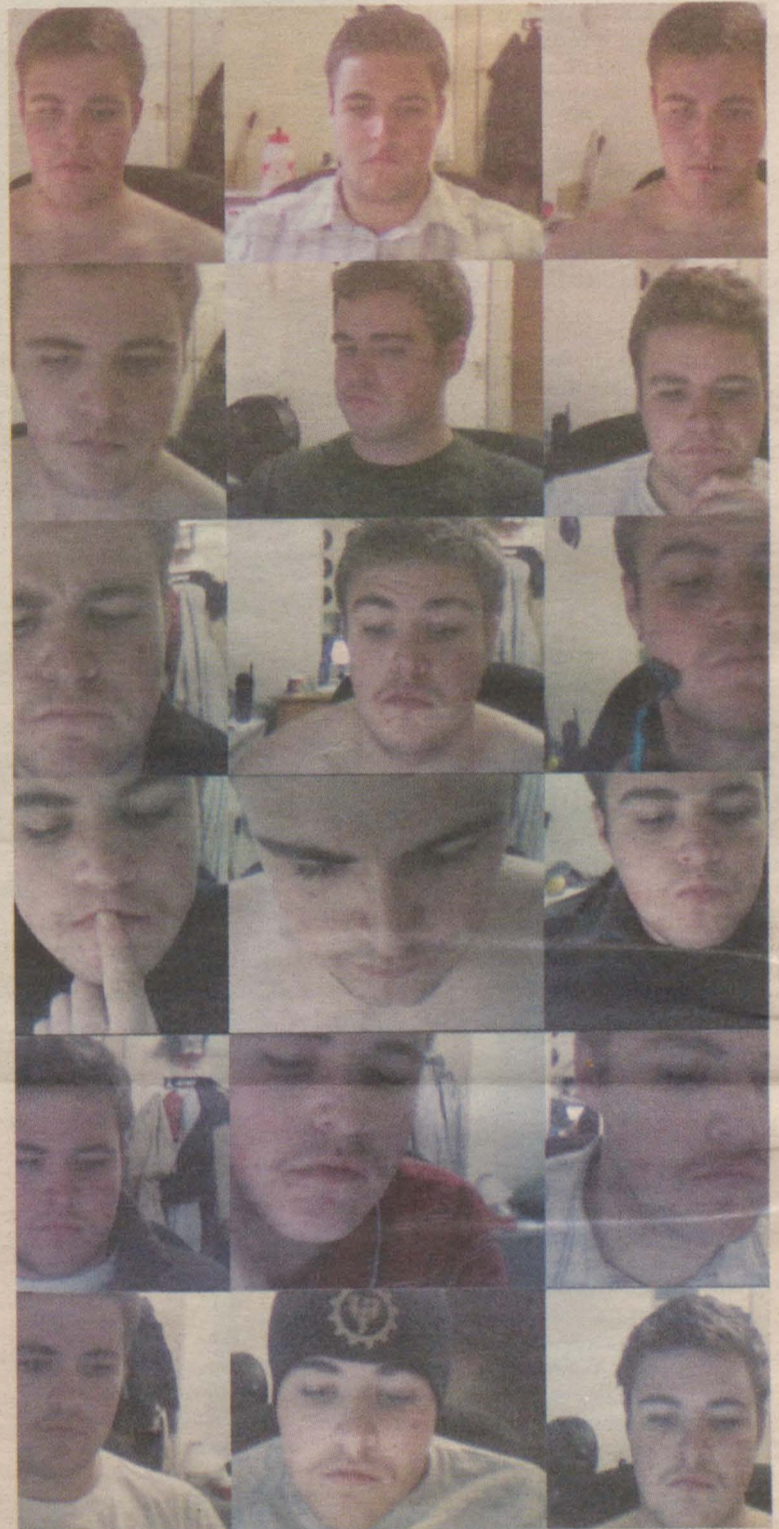
financing and expenses. But his eyes were soon opened to the need of separating his finances, leading him to open a separate business account, which has made his money more manageable. His new financial management skills complemented his self-discipline and motivation to quickly make a difference in his ability to save money.

In working with the Mr. Gaikpa, the BAC detected his sense of commitment and the challenges he was having with obtaining equipment to improve his business. Through the REP graduate apprentice fund, a fund used to provide new business owners with the appropriate equipment to initiate and improve their business, Mr. Gaikpa received a transformer, a clamp, and a drill for his workshop in 2006. In addition, the BAC was able to facilitate the release of a 2 million cedi (about \$230 Canadian) loan from the Rural Bank early in 2007. Without the gift of these standard welding machines and additional help with the loan, the benefits his business has had for his family and community would not have been so easily realized.

The knowledge he obtained from the program has given Mr. Gaikpa the capability to advise other business owners on how to improve their operations. People are recognizing his success and coming to him for advice - at which point he explains what he learned from REP and advises them to take any opportunity in working with REP.

The Future

Mr. Gaikpa has plans to expand his welding business further, or to start a new type of business. He credits his current expansion to the help he has received from REP, which he hopes to continue working with. His quiet leadership and humble character will continue to make a difference in the life of his family and his community. Although he is not a formal teacher, REP should continue to search out people with this unique character in order to foster the organic learning and empowering amongst community members.



18 days: Me and my mo

SCOTT WETTON

With the announcement of Movember, I decided that a diary would be necessary to track my marvelous progress. With a facial hair growth rate that resembles a pre-pubescent boy, here is the slow story of an 18-day moustache:

Day 1: I decide that everyone has to start somewhere, and I have confidence that there will be some hair, somewhere, sometime soon.

Day 3: Upon very close examination, there seems to be some growth, or it could just be leftover lunch. The investigation continues.

Day 4: Woke up to a shocking sight in the mirror, there appears to be a krustache developing.

Day 6: First signs of definition. The moustache (if you can even call it that) has potential for the dirty stalker look, but is leaning more towards a failed attempt at a krustache.

Day 7: Disappointed in stagnant activity above my upper lip. The neck beard is becoming more apparent, and stealing the facial hair show. Something needs to be done.

Day 9: Neck beard shave day! Finally the moustache has its own space on the face. (It must be noted that I did in fact resist the temptation to get rid of my 'mo and scrap the competition strictly for comfort sake).

Day 10: Itchy.

Day 11: Consider using mascara as a "moustache definition" tool.

Day 12: Receive tip that rubbing dog feces on face helps stimulate growth of facial hair.

Day 13: Can't sleep...moustache rubbing on pillow and keeping me awake....

Day 14: First "moustache ride" offer rejected.

Day 16: Considering auditioning for Magnum P.I. remake.

Day 17: Find leftover lunch from day 15 buried deep in growth, still tastes great.

Day 18: Moustache complete. Dirty, defined, and distinguished.

I will see you all out on Movember 30th at the T-Room for the final Trivia of the year, and the Movember competition. Prizes will be awarded to the best, the worst, and the most creative.