

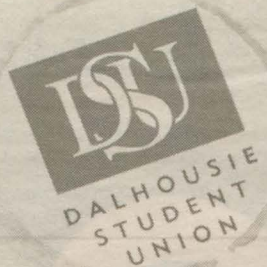
The Dalhousie Gazette since 1868

Gazette

Two If By Sea sell coffee ethically



Students hype sustainability •
Soldiers at Dal remembered •
Have an eco-friendly period •



WEEKLY DISPATCH

DSU Weekly Dispatch

Mark Your Calendars – Upcoming Events

Events:

November 16-20th

Canadian Alliance of Student Associations Annual General Meeting

This event will take place in the SUB from November 16-20th. If you have any questions about the organization or its' standing policy please contact Rob LeForte, Vice-President (Education) at dsuyped@dal.ca.

Thursday, November 19

Film Screening

The DSU will be hosting a screening of the classic film *Edward Scissorhands* in the Dalhousie Arts Centre, Room 406. The screening will begin at 7pm.

Saturday, November 21

The DSU's Presents; Tony Lee's XXX Hypnosis Show @ the Grawood

Tickets can be purchased in advance at the SUB Info Desk for \$5 or for \$7 at the door.

The UFC 106 will be shown immediately after the hypnosis show.

Wednesday, November 25

Dalhousie's Got Talent Round 2

Our second preliminary round of performances, 8 more contestants will move onto the finals in January, where YOU will get to vote and determine who Dalhousie's most talented act is and who will walk away with \$1000.00 cash.

Audition dates TBD

Society News

Society Audits are now in progress. Please submit you books to DSU Vice President Doyle Bond by November 30th.

Job Opportunities

- Beginning Winter Semester 2010 (Must be a returning student for both Fall 2010 and Winter 2011)
- Paid Honorarium

Web & Graphic Designer – DSU Sustainability Office

This is an excellent opportunity for students interested in web and graphic design to gain experience applying their knowledge and interests to real-world challenges.

Marketing and Outreach Officer – DSU Sustainability Office

This is an excellent opportunity for students interested in marketing and advertising to gain experience applying their knowledge and interests to real-world challenges.

Anyone interested in these positions may contact Ziggy at zs@dal.ca. Please note that applications are due Friday, November 20, 2009.

Sincerely,
Your DSU Executive

P.S. Don't forget to follow us on Twitter: @dalstudentunion, and visit us at www.dsu.ca



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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 Hot or Not feature, The Word 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 Street feature are solely those of the person being quoted, and not

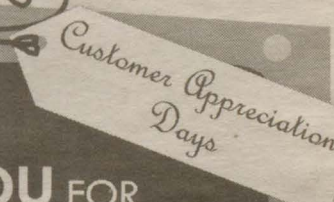
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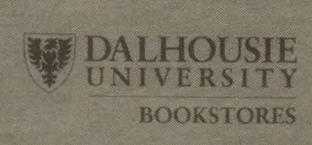
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Sunday, November 15th (12pm til 5pm)
Monday, November 16th (9am til 5pm)

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Letter from the Editor

PHOTOS CAN BE FAKED Ethics in the developing world

Josh Boyter
Editor in Chief

Two children play soccer on a field in Africa. But this is no regular game of soccer. Instead of a ball, they play with a skull. Instead of tattered clothes, they wear uniforms and machine gun belts. The game is played on a preverbal field of death. Does this picture truly show the horrors of war or does the image deceive us?

Since the advent of the first cameras in the 19th century, photography has shaped the world around us. This is particularly true for Africa. Ever since early explorers entered in the continent to fight for colonial domination, pictures helped categorize Africa. Although colonialism in a traditional sense is over, photographs have not lost their usefulness and power when defining Africa.

With the creation and proliferation of digital photography, how we photograph the world has forever changed. But the techniques employed to capture the perfect image have not. ISO, lighting and



Images have become integral to campaigns, although the image may not fully represent the issue | Image provided

subject matter have huge effects on how the end product develops. Light is an especially powerful tool. Photographers paint with it. It allows endless possibilities in manipulating how we see and perceive a photograph. It can add or subtract em-

phasis. You can strip away sadness from a mournful scene, or dampen a scene of celebration with the right use of light. With increased wireless technology and smaller more powerful speed light flashes, it is ever easier to do this. It is im-

portant that we are aware of this when looking at photographs of the developing world. While it may not be entirely obvious at first, if we continue to be ignorant of these techniques and fail to be critical, we may not be seeing the truth.

How we use our photo editing software has allowed us to develop images of the third world that perpetuate and solidify our conceptions. We can burn and dodge, add filters and airbrush subjects out of existence all at the flick of the wrist. This has complicated our relationship with the images that we encounter everyday. While these editing programs were new, many people were fearful and wary of the images that were produced from such software. As this software has become more mainstream and user-friendly we have lost that apprehension about the images that we create. We edit the photos to make them look "better" and to truly "represent" what we were seeing at that time. We boost colours or grayscale, making an image for others' consumption. We often fail to think what are actions will

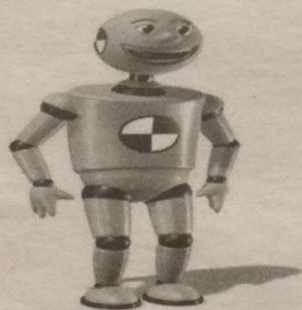
have on how the outcome of the photograph and how others will perceive it.

Unlike other disciplines, photography does not have any hard ethical rules. While guidelines have been developed for various agencies and organizations around the world, what is ethical and unethical in the world of photography is often filled with gray area. We can often fall into the trap of creating unethical images especially while shooting in the developing world. We often do not get consent - paying large sums of money into micro-local economies to get an image, and often never telling the subject of the photo how the image will be used.

Photographers have to become more conscious of how we take photographs and the effects they can have. We take for granted the power that such images have over our perception and how we interact with "developing" countries of the world. Images define the world, but we have the power to define the images that we use and shoot. Next time you see an image of the developing world, view it with a critical eye.

CONNECTION 2030
West End Baptist's young adult ministry

Is Christian Faith Only
For Dummies?



Come take in a panel discussion at West End Baptist Church on November 15th at 7pm. Find out whether you have to be brain-dead to be a Christian - or is that just a myth?

The Panel;

Prof. James R. Drummond, M.A., D.Phil.(Oxon.), FRSC
Dr. L. Hazelton, MD, FRCPC
Harry Thompson QC
Jonathan Trites, MD, FRCSC, FACS

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News

Studying sustainability

New interdisciplinary program popular among students

Tim Mitchell
Features Editor

As you walk into Dalhousie's new College of Sustainability office on the fourth floor of the Goldberg Computer Science building, you will notice it's being renovated. This is true of the program itself. It's a work in progress.

"I think that (students) are finding it challenging, and I think we're finding it challenging to teach," says Steven Mannell, director of the college.

The college – which offers students a chance to graduate with a degree in Environment, Sustainability and Society (ESS) combined with another degree – is the first of its kind in Canada.

The first classes for the program began in September – the result of 18 months of planning. The college was expecting 150 students to enrol, but instead ended with 300.

The program is now two-thirds into the term and classes are packed. Some students have to sit on the floor to fit into the Potter Auditorium where the bi-weekly lectures are held.

"The first challenge that really hit hard in September was having twice as many students as we were expecting, and just dealing with the numbers and logistics," says Mannell. "The intent of the college is to provide an interdisciplinary forum in Dalhousie that gives a place for people to work on issues of environment and sustainability and to do that from as broad a range of disciplinary perspectives as possible."

The disciplines encompassed by the program range anywhere from political science to microbiology.

"I like the interdisciplinary approach," says Timothy Rock, a first-year sustainability and planning student. "I think it's good how they're pulling different concepts. They're doing a case study of many different topics and trying to prove a broad range of concepts through that. I think they could improve the length at which they're staying on each topic. I'd like to see more brevity, but I like the case study approach, I like the lab approach."

Mannell says the interdisciplinary nature of the class is necessary for understanding sustainability issues.

"You need to have enough of a sense of different disciplines we're talking about there, and that substance is meaningful, but it's also then to quickly drawback and say 'OK, here's how we can relate this to this,'" says Mannell. "This is how thinking about how the biology of a cow's stomach might relate to a question of organic milk, which might relate to a question of policy around milk distribution in Nova Scotia, and that's one example of things we've talked about – linking the very specific issues on the ground to



Stephen Mannell and Deborah Buzzard are Interdisciplinary. Photo by Tim Mitchell

"Whatever sort of career direction you may be thinking of going into, you will have the benefit of understanding environmental and sustainability issues."

more general issues about people's perception and how they make choices."

With no model to base the new program on, creating the sustainability college from scratch was not an easy thing to do.

"The second challenge was really trying to implement a very different model of teaching from what's familiar," says Mannell. "So the amount of time that goes into that, the amount of discussion amongst faculty and between faculty members and TAs to get the right quality of experience, and also to get the right level of trust, because what we're doing is not fundamentally about content, it's about method and pedagogical idea and delivery."

There may not be many job opportunities for students graduating from the program specifically related to environment and sustainability, but Deborah Buszard, associate director of the college says there are advantages to graduating with a degree in ESS.

"They'll be graduating with their double majors. What's the advantage to

someone graduating with this program? Whatever sort of career direction you may be thinking of going into, you will have the benefit of understanding environmental and sustainability issues, but that's on the disciplinary side. On the other side, many, many organizations from the federal government on down through major corporations, provincial government, institutions (such as schools, school boards, universities, hospitals) are having sustainability offices, sustainability co-ordinators. Dalhousie has an office of sustainability and a director and several employees working on sustainability, and these jobs are the new kind of jobs opening up, and graduates from the program will be highly qualified to go off to those kinds of things."

"I would like students who graduate from our program to believe that they're agents of change," says Mannell. "The amount of energy that students have brought to the course is really fantastic. It's a really energetic place to go."

News

Gazette News covers Dalhousie and the greater Halifax community. Contributions are welcome! E-mail Bethany or Lucy at news@dalgazette.com



Bethany Horne News Editor
news@dalgazette.com

ECOLOGICAL FOOTPRINTS

Pick Pockwock, not Pepsi



Hayley Paquette
Staff Contributor

If someone offered to pour you a glass of water, you'd accept right? But what if they asked you for \$1.75 in return? I would probably tell them to go fly a kite. Last year Aquafina, the company that bottles water with the refreshing blue mountains on the label, was called out on misinformation in the labeling of their product. The Aquafina labels do not clearly state that the product is from a public water source. That's right, folks. It's just tap water, distributed by Pepsi. Who knew?

Most don't think twice about buying bottled water. Maybe your parents watched too many episodes of 60 Minutes (in this case you probably weren't allowed to go trick or treating either), maybe you come from a region without access to clean drinking water or perhaps you are simply from that "social elite" who seem to think bottled water is fashionable. The point is you're in Halifax now. The city boasts an above-and-beyond approach to Canada's federal water policies, according to the Halifax Regional Municipality website. So take advantage of the sweet, sweet tap water that is readily available to you from your very own tap, water fountains and sinks on campus.

Halifax water is likely some of the safest, cleanest water you will ever drink. Mayor Peter Kelly agrees.

"We have in the Halifax Regional Municipality one of the highest-calibre tap waters in the country, if not in North America, and we should celebrate that point," he told the Truro Daily News last year.

The Halifax Regional Water Commission Environmental policy promises to "meet or surpass all legislation, regulations and other applicable requirements and continuously improve the plants' environmental performance consistent with defined objectives, targets and industry standards."

The HRM is doing a pretty good job of that, with a water supply that comes from the beautiful, most adorably named Pockwock Lake, northwest of Halifax. The HRM uses watershed management as part of its multi-step approach to water quality. This means protecting and improving the quality of water before it gets to the treatment plant, taking into account social, environmental and technological aspects of water treatment to provide top quality drinking water and uphold environmental responsibilities.

The environmental impacts of water bottling facilities, water extraction, and transportation are devastating, and they un-

necessarily use fossil fuels with every bottle.

According to the Pacific Institute, an environment and sustainability research centre in California, bottling water uses up to 2,000 times more energy than filling up a glass from the tap.

The institute also reports that bottled water is becoming so popular in the United States that its sales have surpassed beer and milk.

Some people associate bottled water with status, buying into ridiculous marketing schemes and paying top dollar for "the champagne of table water." But consider the impact placed on the environment and society by this simple choice – bottle or tap?

If you aren't a converted tap water drinker by now, at least consider the cost. We are students after all.

Recommended daily intake of fluids for the average human being is between 2.2 litres for females and three litres for males. A 591 ml bottle of Aquafina from the vendors in the Student Union Building costs \$1.75 – remember, it's just tap water! To meet the daily water intake with campus bottled water, from the SUB particularly, students would need four to five bottles. This runs up a bill of about \$8. Over the school year this would cost about \$1550 to \$1750.

Holy (fill in the blank), you may be saying to yourself right now, but never fear. As previously mentioned, the tap is here! Reusable water bottles are an affordable and logical option to bottled water. Reusable water containers can be purchased for between \$1.25 for a Mountain Equipment Co-op Nalgene (don't worry, they're BPA-free now) to \$17.95 for a stainless steel Klean Kanteen, all of which can be found around Halifax within a 20-minute walk from campus. Even the Dalhousie bookstore sells them. Of course you could always scout out reusable mugs and bottles at your local secondhand store.

The point is that bottled water is not a sustainable way of refueling. We are throwing money at the bottled water industry, one of the fastest growing and least regulated industries on the planet.

Bottled water is far inferior to municipal water in terms of quality and healthiness. For those of you drinking bottled water for your health, get out from under your rock because there is little evidence to support the health benefits of bottled water today. Bottled water sits on store shelves for months in chemical-leaching plastic bottles. That can't be healthy.

Get in the now, folks. Like the slap bracelet and Pogs, bottled water is on the way out. Using the tap or a fountain instead of buying bottled water is a small change Haligonians can make that will make a huge difference in sustainability on the earth's scale. So please, consider the consequences of what you buy, where it comes from and where it is going.

This occasional column covers environmental issues at the university and includes information on sustainable student life. Send suggestions to news@dalgazette.com.

Cleaning up consumerism

Dal students organize Eco-Expo

Rebecca Spence
Staff Contributor

Haligonians better get on their green, organic cotton, party pants. The first annual Atlantic Eco-Expo will make its debut this weekend – Nov. 21 and Nov. 22 – at Exhibition Park.

Organized by two Dalhousie students, Casey Binkley and Jordan Ekers, the event promises to be an exciting ride. Over 90 companies have signed on to showcase everything from solar panels, to hybrid vehicles, to reusable diapers at the expo.

A major attraction will be an exhibit called "Ocean's Wild," which takes kids through a 60-foot-long inflatable whale to teach them about wildlife marine conservation.

There will also be an eco-fashion show featuring local designers and fair trade materials, guest speakers including Peter Corbyn – a chief architect of the One Million Acts of Green challenge – and a cooking demonstration using local produce, presented by The Wooden Monkey.

"The whole green spectrum will be out there," says Ekers, 22.

There will even be an electric Segway scooter featured at the event for people to try out.

"They're sweet," says Binkley. "It's one of my favourites."

Ekers is currently finishing up his commerce degree while Binkley, 23, is set to graduate with a degree in management. The pair met back in their first year and became roommates the year after that. Last year, Binkley approached Ekers about helping him organizing an expo for his special events planning class.

"We had to both realize that we were serious about it because it's been a massive undertaking," says Ekers. "We've literally poured the last 10 to 11 months of our lives and 40-plus hours a week into this."

Binkley and Ekers sat down and spent "three weeks to a month" writing out a business plan, and then presented it to Binkley's professor for approval. After speaking to mentors, including each of their fathers, who have backgrounds in business, the two determined the exhibition was something they wanted to pursue on a long-term basis.

"We each got credit for it, but it's become much larger than that," says Ekers.

According to Binkley, there have been successful sustainable business exhibitions in Vancouver, Calgary, Toronto, Ottawa and all across the U.S. He says an expo was organized in Halifax about three years ago, but since then the green movement has become much more widespread.

"Consumers are becoming more attracted to organizations that are providing green products and services," he says. "There was a gap in the market and good timing for us to come in."

Binkley and Ekers started their company in January 2009. By May they had worked out enough logistics to be in a position to sell booths.

"It took a little while to get the ball rolling," says Ekers. "Especially in terms of our website. We built one



Volunteers are giving tickets out in exchange for used cell phones and printer cartridges.
Photo by Arielle Figov

"We're gonna be the ones who have to deal with the consequences caused by older generations."

and then we wanted to redevelop it and we just wanted to make our image perfect before getting it out there."

By fall, Binkley and Ekers got used to waking up at 7:30 a.m. every day to answer the mass of business e-mails that had accumulated overnight, spending six to seven hours soliciting on the phone and having up to three meetings a day.

"It's all about staying on top of everything," says Binkley. "New stuff comes up every day."

He admits that juggling everything has "been a bit wild." "Some weeks your calendar is just so booked with meetings you don't know what to do," he says.

Despite the challenges and demands, both Binkley and Ekers believe that their efforts have paid off. Their initial goal was to attract 100 exhibitors, and they've managed to organize just a few shy of that number.

"I think that's amazing," says Ekers. "The Toronto show had about 130 for their first year and has a mar-

ket 20 times the size. So I'm pretty happy with where we're at right now."

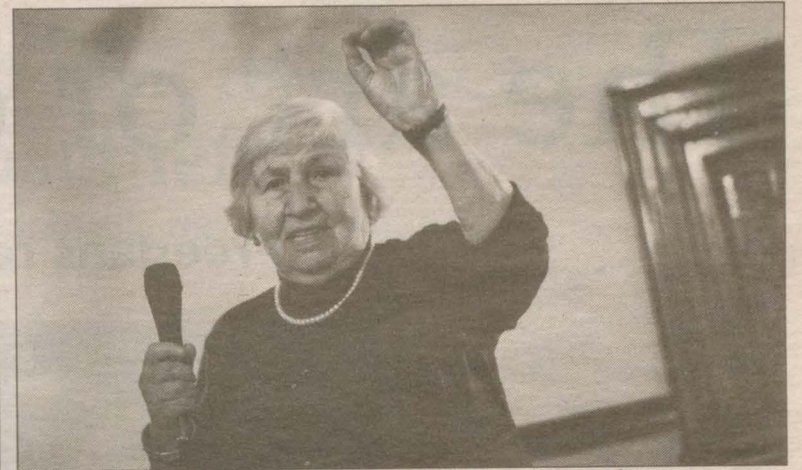
Ultimately, though, both Binkley and Ekers are proud to be able to spread awareness about the environment and sustainability.

"It's all about education," says Binkley. "It's one thing to talk about sustainability and want to get in there and do your part, but how do you actually do it? Being able to show people the organizations that are working towards sustainable products and services is kind of our whole goal."

Binkley and Ekers will be giving tickets away to students across the HRM in exchange for used cell phones, rechargeable batteries and printer cartridges.

"We're gonna have to be the ones who have to deal with the consequences caused by older generations," says Ekers. "We have to engage the youth in this and make them interested in it."

Tickets are \$2.50 in advance, \$5 at the door. For more information visit www.atlanticcoexpo.com.



Local Holocaust survivor Helena Jockel shares her story during Holocaust Education Week.
Photo by Pau Balite

Using a painful past for future hope

Holocaust Education Week addresses current conflicts

Lucy Scholey
Assistant News Editor

Lessons from the Holocaust should help de-escalate today's civil conflicts and prevent future genocides.

That's the message one event at Holocaust Education Week hoped to convey.

"After the Holocaust, the world looked back and said, 'Never again,'" said speaker Simin Fahandej. "(But) we're sitting here today, in the year 2009, and we're still talking about some things that are going on today."

Fahandej, University of King's College student and native of Iran, was one of three speakers at the Nov. 3 public discussion, "Genocide Past and Present." It was one of many sessions at Holocaust Education Week. The fifth-annual event is hosted by the Atlantic Jewish Council and includes speakers and films related to the Holocaust. The Nov. 3 lecture related the Holocaust to modern-day conflicts like the persecution of the Bahai in Iran and the civil war in Darfur, Sudan.

"We try to raise awareness so it doesn't happen again and it doesn't escalate to the way it did with the Holocaust by giving the Bahai living in Iran a voice and by giving the people who are living in Darfur a voice," says Director of Community Engagement of the Atlantic Jewish Council, Edna LeVine.

Local Holocaust survivor Helena Jockel set the tone by recounting her time spent in Auschwitz and other concentration camps.

"The indignity of their dying was so terrible, I cannot express it in words," Jockel says of the deaths of schoolchildren and her family. Nearly 50 people, filling the room at a house on Inglis Street, listened intently to her story. It's one that Hockel has shared often since she emigrated from the former Czechoslovakia 20 years ago. She gives talks multiple times a year.

LeVine says silence helped perpetuate the Holocaust.

"What we do know about the Holocaust is it didn't occur overnight," she says. "It was a continuous hatred and a continuous prejudice over a long period of time ... the people remained silent and the people did nothing when they heard and they witnessed the hatred. They did absolutely nothing. That allowed it to continue and result in the Holocaust where millions died."

Fahandej agrees and says that sharing stories like hers and Hockel's is important to preventing similar incidents.

"One of the ways of stopping

this is by informing and by talking about it," she said during her speech.

Fahandej and her family fled Iran in 1999. They are members of the Bahai faith, the largest religious minority in Iran, and Fahandej says her family felt threatened. According to Iran's constitution, religious freedom is only granted to Shia Muslims. This means non-Muslim Iranians like the Bahai struggle with finding employment and higher education according

"It really makes you feel bewildered at the state of the world and the state of humanity ... that things like this still go on."

to Human Rights Watch, an independent human rights advocacy group.

Darfur has also suffered a civil war that many characterize as genocide. The conflict in the ethnically-diverse Sudanese province erupted in 2003 between groups of black Africans and Arabs. The Sudan Liberation Army and the Justice and Equality Movement accused the government of oppressing black Africans. It is unclear whether the Sudanese government is working with the Arab Janjaweed militia, a rebel group that is currently killing mass numbers of black Africans. The war has caused nearly 300,000 deaths, according to United Nations figures. But the UN says it cannot be labelled as genocide.

Members of Students Taking Action Now in Darfur (STAND) say more action is needed in war-torn countries.

STAND is an organization that raises awareness about the civil conflict. Through advocacy and activism, STAND calls on the government to take action in Darfur.

"It really makes you feel bewildered at the state of the world and the state of humanity ... that things like this still go on," said Dalhousie's STAND co-chair Tara MacDougall.

Arielle Goldschlager, another STAND co-chair, added that there's still room for change. Fahandej and Hockel have proven that, she says.

"It's important ... to keep the hope ... They've done that and we need to do the same."

The art of dumpster diving

Freegans rescue and eat discarded food

Keltie Larter
Nexus (Camosun College)

VICTORIA (CUP) – Munkey likes garbage. In fact, he likes garbage so much he spends hours each week sorting through it. And then he eats it.

Instead of going to the grocery store and spending his hard-earned money on food, Victoria native Justin “Munkey” Gilbertson waits until the store closes and then goes shopping in its dumpsters. For some, this is strange, and kind of gross. But for others, it’s a sane response to our wasteful status quo.

Wealthy countries consume things at a startling clip never before experienced. We want everything to be bigger, better, faster and easier, and we don’t seem to realize that all of that excess comes with a price. Hundreds of millions of tonnes of garbage poison the planet daily. As we consume the products of a wasteful society, those products threaten to consume us as well.

Enter a group of anti-consumerists that call themselves “freegans.” What’s a freegan? In western culture, the freegan movement began somewhere in the 1990s, although many eastern cultures have a long history of minimalist living. For example, Digambara monks in Indian culture wear no clothes, eat once a day and are strict vegetarians. The freegan movement – the word “freegan” is a combination of “free” and “vegan” – evolved out of the environmental and anti-globalization movements. Freeganism is a form of anti-consumerist lifestyle in which people try their best to limit their participation in our conventional consumerist economy.

Basically, they try not to buy things, and dumpster diving is one method freegans use to do that. Instead, they live off of what the rest of us throw away; they also barter, trade, garden, forage, use solar energy, conserve water and reuse as much as possible.

What’s the difference between a freegan and a vagrant? Freegans live free for political reasons rather than out of necessity. They believe choosing not to participate in a capitalist economy encourages a sense of social responsibility and that it discourages greed, materialism, pollution, economic competition, selfishness, and apathy. Not to mention it drastically reduces the amount of money you need to make to pay your bills every month.

There’s a Munkey in the garbage

Munkey started dumpster diving four years ago while hitchhiking through Europe.

“I originally started dumpster diving as a protest against society and the grotesque amount of waste that we produce,” says Munkey.

His first time was fairly uneventful. He and some friends hit up a couple of office-supply store dumpsters first, and then moved on to grocery store bins.



Munkey and the author paid \$0 for this load of groceries. | Photo by Naomi Kavka (Nexus)

“Our biggest find (that day) was a massive box of granola bars,” says Munkey. But he didn’t let that stop him.

“Any city takes a lot of research and talking to other divers,” he says. “Besides that I will spend upwards of four to eight hours each week looking for new dumpsters all over the city.”

These days, Munkey goes out diving a couple of times a week and is

able to gather enough food to drastically reduce his grocery bill each month.

“I purchase about \$10 to \$20 worth of food each week, usually specialty items like flax seed oil, and other items that are rarely found in a dumpster,” says Munkey. “I save myself, my family, and my friends well over \$200 per week in food costs.”

His only regret is that he can’t take everything he finds with him.

“The only two things I dislike about diving are seeing firsthand the disgusting amount of waste our societies pro-

“People think it’s ethical to put food behind a lock and key and demonize those who cannot afford to pay for it.”

duce, and the fact that I have to leave so much food behind,” says Munkey.

“In one night I found 25 kilograms

of dark chocolate, a skid of orange juice, about 10 kilograms of produce, and a box of pumpkin granola.”

Food isn’t the only thing to be had in dumpsters. Munkey’s finds have also entered the realm of the high-tech.

“I’ve found TVs, DVD players, iPods, laptops, desktop computers, countless books, enough furniture to furnish a new flat 10 times over, at least five bicycles (all in great condition) enough bike parts to construct 10 new bikes to give to people in need, bike wagons,

and basically all my camping gear, including my tent, sleeping bag, sleeping mat, cooking equipment, lights.”

“My best friend even found a bag with 367 silver American dollars behind a collector’s shop,” continues Munkey. “Seriously, if they produce it, you can find it in a dumpster.”

“Dumpster diving is considered illegal in Canada, however, and a diver caught doing so can be arrested and charged with theft and/or trespassing. In order to avoid trouble, Munkey goes out diving either late at night or in the wee hours of the morning.

“I’ve been hassled by police,” he says. “You’ll usually have more hassle from shop clerks and managers.”

But if you do get caught, Munkey says it’s all in how you handle the situation.

“It’s important to remember to always keep your cool and be as respectful as possible,” says Munkey. “Don’t give them an excuse to lock the dumpsters.”

Living off the waste of a wasteful society

Munkey doesn’t just dumpster dive for personal gain. The money he saves on groceries means he doesn’t need to work a 40-hour week, and can spend time doing volunteer work instead.

“I volunteer at least 30 hours a week,” he says, including for Food Not Bombs and various vegan and animal-rights organizations. And when the volunteer shifts are

over and it’s time to get started on a long night’s work jumping in the trash, Munkey can be found rustling through the rubbish with a smile on his face.

“I love the giddy feeling I get when opening up a lid and not knowing what you are going to see,” he says.

Despite the stigma attached to being someone who eats out of dumpsters, Munkey’s family has remained supportive.

“My parents and family are more than happy that I dive and will eat any meal I prepare for them with dumpstered food,” says Munkey. “My brother was recently converted from an, ‘Ewww, that’s disgusting’ pessimist to a diver.”

But not everyone is as understanding. John Denys, psychology student at Camosun College in Victoria, says eating out of a garbage can is something he would never consider doing.

“I would definitely never go dumpster diving. I’m not that desperate for food and it’s gross and dirty,” says Denys.

Munkey says this is a common reaction.

“We are born into a society that tells us from birth an activity like this is disgusting and something only hobos would do. Dumpster divers are seen as parasites feeding off the good people of society; the same people who will gladly pay over \$100 for the same food I will go around back and pull from the garbage. People think it’s ethical to put food behind a lock and key and demonize those who cannot afford to pay for it, and most divers are fighting those ideas.”

FIVE TIPS TO CONSCIENTIOUS DIVING

1. Be respectful. Don’t argue with shop managers or employees if they ask you to leave. Just do it.
2. Clean up after yourself. Always leave a site as clean or cleaner than how you found it.
3. Don’t go diving at inappropriate times. Late at night or in the earliest hours of the morning is best.
4. Be quiet! You don’t want to ruin a spot for everyone else.
5. Don’t get caught. Turn off your bike lights and keep your voice down.
6. Share the love. Spread the gospel of diving by inviting friends to eat some of your spoils.

Moustaches take over November

Moustaches not only attract partners, they also help fight prostate cancer

Tannara Yelland

The Sheaf (University of Saskatchewan)

SASKATOON (CUP) – If you see an army of moustaches this month, just remind yourself it's for the greater good.

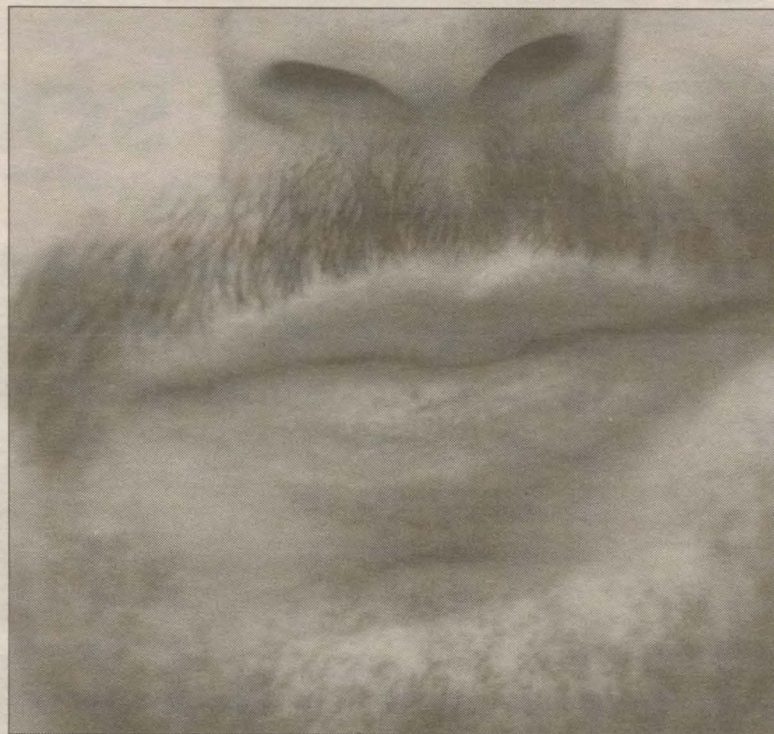
"Movember," as it has grown to be called, supposedly began in 2003 when a group of friends sat drinking in Melbourne, Australia, and a discussion sprang up about bringing back the glory days of the moustache. To legitimize their dubious fashion decision the men raised money for charity in conjunction with their moustache growing.

Within a few years, the month of November had been renamed Movember by the moustache enthusiasts, and it is now currently referred to as "the month that was formerly November." Movember's official online headquarters, movember.com, describes Movember as "an annual month-long celebration of the moustache, highlighting men's health issues – specifically prostate cancer."

Matthew Eldstrom, a server at the University of Saskatchewan's campus pub, says he originally decided to grow a moustache for selfish purposes but changed his motivation when he heard about Movember.

"It came about originally from talking with (my manager) Dan, and he told me it would increase my tips 10-fold. So originally it was selfish. Then it ballooned into realizing November was coming up, and there's a Movember thing people do."

From those humble beginnings Movember has become a huge event for the entire staff of Louis' Pub at the university, and most of the men working



All the money raised in Canada during Movember is spent on raising awareness about men's health issues, as well as on research into prevention, detection and a cure for prostate cancer. | Photo by Robby Davis (The Sheaf)

"He told me it would increase my tips 10-fold."

there are participating. There is even talk of a "men of Louis" calendar that would showcase the men and their moustaches to raise money for Movember.

While Movember appears to be growing in popularity every year, with the Canadian branch of the campaign raising four times more in 2008 than it did in 2007, some people have yet to hear about it. Eldstrom only learned about it recently from his manager.

"I always wondered if there was a guy's prostate cancer month," to mirror October's role as breast cancer month, Eldstrom said. "But I never knew until Dan told me."

The issue of men's health is one that is often neglected for various reasons. Movember is one part of a growing move away from the stigma surrounding public discussion of men's health. "Mo bros," as the men growing moustaches are referred to, both raise money and talk to people about prostate cancer.

Public awareness of, and discussion about, men's health is important to stop unnecessary casualties, especially when it comes to prostate cancer, a type that is "over 90 per cent curable if detected and treated in its earliest stages," according to Steve Jones, the CEO of Prostate Cancer Canada.

While only men can participate in terms of growing moustaches, women who want to get involved with Movember can round up male acquaintances to participate. For their efforts, these women are known as "Mo sistas."

In 2008 the Canadian branch of the movement raised \$2.4 million, making it the largest charity event for men alone in Canadian history. All the money raised in Canada during the campaign is spent in Canada on raising awareness as well as research into prevention, detection and a cure for prostate cancer.

College students at high-risk for mental disorders

Experts encourage open and honest discussion

Ashley Gaboury

CUP Central Bureau Chief

WINNIPEG (CUP) – At a time in life when mental disorders are most likely to strike, experts in the mental health field are encouraging university students to talk more openly and honestly about how they are feeling to reduce stigma and increase awareness of mental illness and the importance of positive mental health.

The Canadian Mental Health Association cites suicide as one of the leading causes of death amongst Canadian 15 to 24 years of age, second only to accidents. The youth suicide rate in Canada is the third-highest in the industrialized world.

These statistics are familiar to Dr. Stanley Kutcher, professor of psychiatry and the Sun Life Financial chair in adolescent mental health at Dalhousie University and an expert in the area of adolescent mental health.

According to Kutcher, mental disorders are the most common medical illnesses for young people and 70 per cent of mental illnesses begin before the age of 25.

"The college years are the years in a person's life when they are at highest risk for developing a major mental disorder, simply because that's when (mental disorders) happen," said Kutcher.

"The age that students are heading off to university or heading off to college are exactly those years when the mental illnesses strike. They are more vulnerable because they are outside their usual social supports and away from their families," he said.

At university, students are more likely to be faced with lifestyles of partying, heavy drinking and little sleep that can make them more vulnerable to mental illness, Kutcher said.

Tracey Peter, an assistant professor of sociology at the University of Manitoba, echoed that there are dangers to mental health that are introduced with the typical student lifestyle.

"I think there is a fine line between engaging in typical student behaviour and ... where all of the sudden it starts having an impact on mental health and well being."

Peters recently conducted a study on first-year sociology students at the university with a survey of questions related to mental health and well-being.

According to Peters, there are a small number of students who aren't doing so well – "languishing" – and a small number who are on top of their game – "flourishing" – in terms of their well-being, while most, she said, are somewhere in the middle.

"Most students are what is called 'moderately healthy.' They are not really languishing but they are not really flourishing either. They're doing OK," said Peters.

Peters said her work challenges the idea of continuum with mentally ill people at one end and mentally healthy people at the other and the idea that if you're not ill, you're healthy.

She said that instead, she likes to think of mental illness and mental health as two separate issues.

"You can't just look at key indicators of mental illness and if you

don't have that, then all of a sudden you're healthy," said Peters.

"Obviously people who are high on mental illness are going to be low on mental health but it is possible that someone could be high on mental illness and high on mental health ... If (someone with a mental illness) has a good support network, they can have some really good psychological well being (and) they can function."

According to Peters, students can improve their mental health by increasing their social connections and having an overall awareness of how they're feeling.

"Do I like myself? Do I feel good

"Students are expected to have it all together and the reality is that a lot of students are flourishing, some students are completely falling apart and most students are somewhere in the middle."

about myself? What don't I like about myself? and asking those really important questions. The reality is that most of those questions you ask are things that you can change," said Peters.

David Ness, a professor and student counsellor at the university, said his counselling office sees students daily for counselling on mental health related issues.

In fact, his office, like those at many Canadian universities, sometimes has trouble keeping up with the demand.

"We are usually full during drop-ins on a daily basis," Ness said. "Unfortunately, it is sometimes challenging for students to get in and see us but we do our best."

Ness said the range of difficulties presented by students is everything any therapy service would expect.


"We get students presenting with anxiety and depression, histories of trauma and abuse, people with serious thought difficulties, stress and relationship issues," said Ness.

Peters said that students are no different than anyone else when it comes to mental health issues.


"I think students are expected to have it all together, and the reality is that a lot of students are flourishing, some students are completely falling apart and most students are somewhere in the middle," she said. "Some days they are flourishing, some days they are languishing, and it's important to acknowledge that."

She stressed open and honest discussion about mental health.

"That's the only way that we are going to reduce stigma and increase awareness because all of us are affected in some way by it."




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Tim Mitchell Features Editor
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REMEMBERING STUDENT SOLDIERS

Alumni who served should be honoured

Jason MacGregor
Features Contributor

Dalhousie alumni have made some truly amazing accomplishments. Some have gone on to become CEOs of international companies, some have become highly respected politicians, some have made major breakthroughs in medicine, and some have become famous celebrities. As a school, we're proud of their accomplishments, and we quickly remind others that they are Dal graduates. But one current Dal student believes we're forgetting some of our bravest students. In the weeks leading up to Remembrance Day, he noticed something was missing.

"I planted a poppy on every plaque in the (Hicks) Building," says Peter Patterson. "But those plaques only cover the soldiers who died in the First World War and one who died in Korea, and I think that is not a true reflection of the soldiers who died from this school."

Nowhere on campus is there a plaque that remembers or even acknowledges the large number of Dal students who served or died during the Second World War. Just to find proof that students took part in the war effort is a task that includes searching through the school archives on the fifth floor of the Killam Memorial Library.

The names are there. Thousands of them.

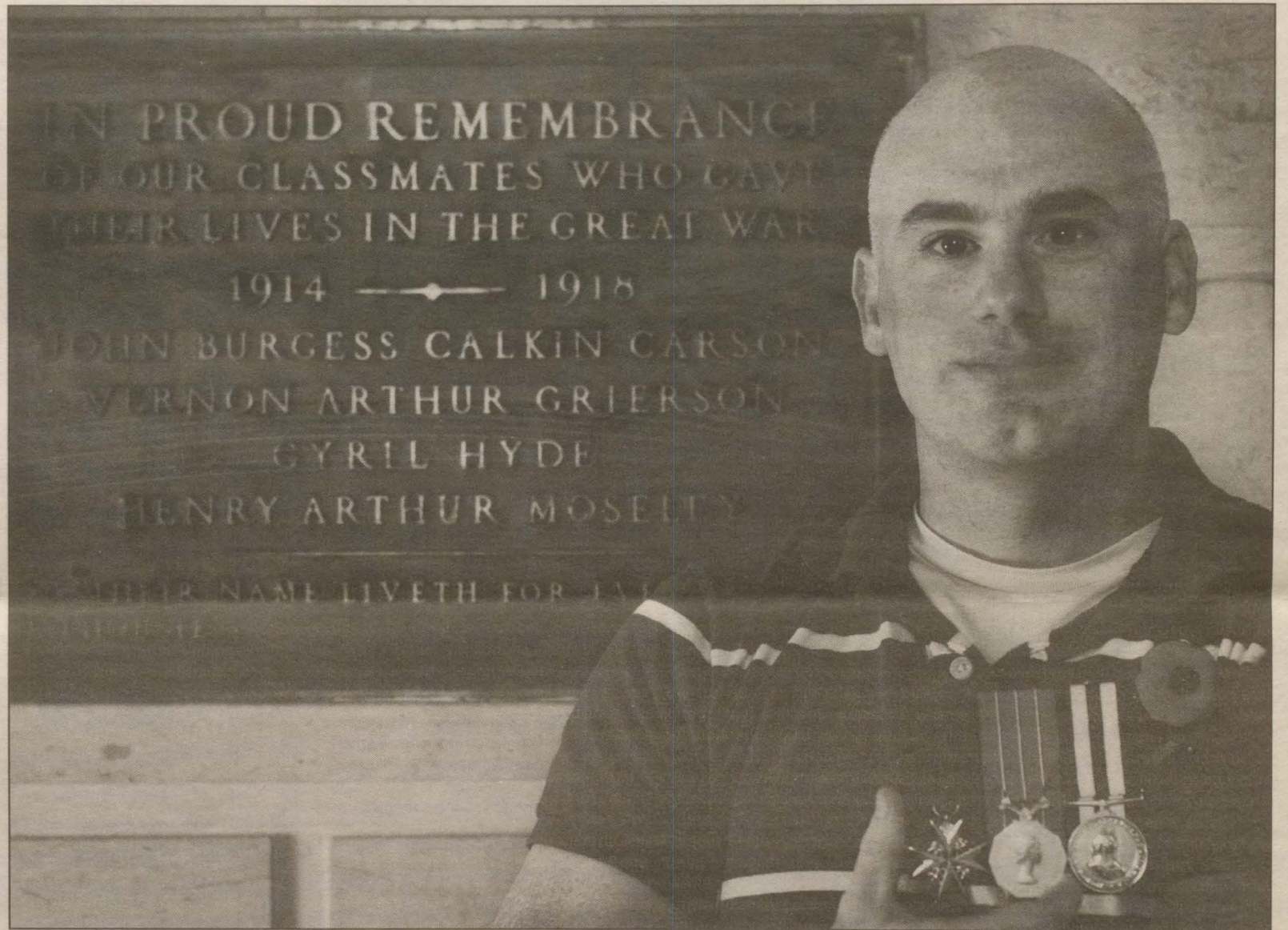
In a manila folder full of brown, thin, crispy papers are the carefully scribed and typewritten Alumni News letters from that time period. The top papers are all those boring notes on alumni who recently got married or got a new job. But the tone quickly changes. The lists of marriages are soon replaced with lists of Dal alumni who were on active service, wounded, taken prisoner, missing or killed in action. In one letter from March 1943, about 1,200 names of Dalhousie students are listed.

The list describes what most students had studied, the years they were at Dal and their position in the military. But for some, it also describes their fate. One man, who had studied science and engineering, was reported missing after he was shot down during a night flight into enemy territory. For official purposes, he was presumed dead in April 1943.

Patterson, who holds a Masters of Business Administration from Dalhousie, returned to university this year to upgrade his GPA to up his chances of getting into medical school. But this topic is personal to him because he is also an army reservist.

"I joined because of that outdated notion of queen and country," says Patterson in the HMCS Wardroom at the University of King's College. "It's a belief that I should stand up to defend our parliamentary democracy should it be threatened."

Ironically, a portrait of a much young-



Peter Patterson, a Dal student and army reservist, displays his medals. He placed poppies on the names of former Dal students who served and died for Canadians. | Photo by Pau Balite

er Queen Elizabeth II watches us from behind the bar. Scattered throughout the room are black and white pictures of Canadian warships from the Second World War. King's College still honours its role from that era when the navy used the school as a "stone frigate," an academy for naval officers.

At the end of each November, officers and seamen from the HMCS Sackville parade in front of the Arts and Academic Building and attend a church service in respect of King's College's war efforts so many decades ago.

Dalhousie, too, made a large contribution to the war effort on campus. In the archives are examples of how the Women's Auxiliary Army Corps used Shirreff Hall as a residence in the summer of 1942. Like King's College, an officer-training course was set up at Dal for a short period and the National Research Council worked on "several important problems vital to the security of the Empire."

"There's little recognition asked from a soldier," says Patterson. "Just

some acknowledgement of what we're prepared to do. For these (Second World War) soldiers, they paid the ultimate sacrifice for our freedoms."

Traditionally, the Dalhousie Student Union lays a wreath in memory of Dalhousie students who served or were killed in action.

"We go to the ceremony at Grand Parade," says Shannon Zimmerman, President of the DSU. "We also make a donation to the Poppy Fund. It depends on how many donations come in and we then add an additional amount on top of that."

The plaques in the Hicks Building for the First World War soldiers were bought by several of the graduate classes that the soldiers belonged to. Since then, most grad classes have put their money toward different things such as building sidewalks and planting trees.

While anything memorializing Dal alumni since the First World War would need to go through the university administration, says Zimmerman, she's not opposed to the idea and to

spreading awareness around campus.

Just how much emotion is still behind Remembrance Day? Has it become a mechanical ritual of our culture?

Several of the poppies that Patterson placed over the First World War plaques were snatched, insulting the reason he placed them there.

"I'm not comfortable being in uniform around campus," he says. "Some of it may have to do with ignorance - just not being aware."

Dal students and alumni involved with the military have served in Afghanistan, are there now, or will eventually go over. For the first time since the Korean War, soldiers are wholly putting their lives in danger. Not many people realize the students in their classes may have served overseas.

"At the end of (the Second World War) we said, 'never again,'" says Chris Maxwell of the Halifax Peace Coalition. "It's been 65 years and we are still not doing 'never again.' I go and memorialize (Second World War) vets and others but I have

hesitations about people serving now."

Patterson, who has served within different trades in the military since 1987, says he would go overseas. He's currently working toward becoming a doctor so he can serve in that capacity.

"Some (joined) because they believed their country is always right," says Maxwell. "Some people (joined) because they wanted to help people, like the rest of us, which is noble."

A soldier himself, Patterson says he still gets a little embarrassed when people thank him in public while in uniform. However, he still enjoys the odd free coffee, he adds with a smile.

There is a whole gap of Dalhousie wartime history missing from campus, including thousands of alumni names.

"So why do we bother remembering in November?" Patterson asks. "Some of those students could have been liberal hippies who got called up to fight in the war ... They had dreams and aspirations like everybody at Dal today."

Opinions

Dal takes green action DSU lags behind

Emily Rideout
Opinions Contributor

I am constantly amazed at how far the campus sustainability movement has come since I joined its ranks in 2006.

Since then I have seen the creation of the Dalhousie Office of Sustainability, the Dalhousie Student Union Sustainability Office, the Environment, Sustainability & Society program (ESS), and the flourishing of eco-oriented societies such as SustainDal, the Environmental Programs Student Society (EPSS), the Environmental Law Students Society (ELSS) and the brand spanning new ESS student society. I have seen green class projects implemented left right and center. I've seen green jobs popping up. I have seen students do weird and crazy things to draw your attention to the issues of climate change. And I love it all!

It's been amazing to watch Dal get a little greener all along the spectrum, at both the highest levels of the university to the grassroots efforts of students. Considering that Dal emits 109,000 tonnes of carbon dioxide annually – the equivalent of 109,000 two-storey houses packed full of CO₂, constituting a town twice the size of Truro – it's about time.

With the creation of the Dalhousie Office of Sustainability, run by Director of Sustainability Rochelle Owen, a position that SustainDal helped create, we have seen the creation of a university sustainability policy, double-sided printing, a climate change strategy, a behavioural change program called ReThink, reductions in overnight computer energy use and a bike repair shop. Upcoming projects include \$30 million worth of energy and water efficiency upgrades in the Life Sciences Centre, including solar panels.

Owens has actively sought to engage students in her work. She employs 10 students per year, providing much-needed green jobs on campus. She has also mobilized class groups to conduct campus-focused research about potential sustainability projects, many of which have been implemented.

Another high-level piece of the campus sustainability puzzle is the new ESS program offered by the College of Sustainability. I've had the pleasure of meeting a lot of ESS students and they are some of the passionate and engaged students I've met in my three-and-a-half years at Dal.

At the grassroots end of the spectrum we have a plethora of student societies and initiatives.

When I first joined SustainDal, it consisted of a group of approximately 10 students who were trying to encourage the use of green products and behaviours in residences such as clothes drying racks, compact fluorescent light bulbs and shorter showers.

Flash forward to 2009. SustainDal is a group of 20 dedicated students with a mailing list a mile long. We carry out

more practical campaigns with broader scopes such as Muggy Mondays – free fair trade organic coffee and tea if you bring a travel mug to the SUB lobby from 9 a.m. to 12 p.m., and Tuppy Thursdays – locally sourced vegetarian food by donation if you bring your own Tupperware container and utensils to the McCain building upper lobby from 11 a.m. to 12 p.m. We make BetterSide Notebooks made from one-sided paper collected from around campus (\$1 each). Last year our water committee conducted a campus-wide water fountain quality assessment that documented which fountains had the best or worst taste, degree of cleanliness, accessibility and temperature. Now facilities management is making an effort to keep the fountains cleaner so you won't have to drink bottled water.

EPSS, ELSS and the Nova Scotia Public Interest Research Group (NSPIRG) are all up to great things as well. NSPIRG's SeeMore Green community garden is teaching students and the public about seed germination, indoor planting and canning. Students can also help harvest vegetables from their garden. EPSS publishes the Green Perspectives Journal and ELSS co-hosts IDEALaw, a social and environmental justice conference, which will be held in February 2010.

My all-time favourite campus sustainability demonstrations are, by far, the flash mobs that have been popping up on campus to draw attention to federal government's inaction on climate change. Mobs to date have seen students stripping down to their bathing suits in the Killam Atrium to sing, and students 'freezing' in the SUB lobby to the sound of cell phone alarms, representing the federal government's disregard for the call for emissions reductions.

Keep your eyes peeled for actions every Monday at lunchtime in the weeks leading up to the pivotal United Nations climate negotiations in Copenhagen this December.

OK, so we have the high-level pieces and the grassroots pieces. What's missing from this picture? If you guessed action from the DSU, you're bang-on.

In 2007, the DSU launched its sustainability office (DSUSO) – also created by SustainDal – known for its excellent Green Week every March. The office got off to a rocky start, but has made some big changes. You'll be hearing a lot more from this office in the near future.

A recent Gazette article highlighted the fact that a comprehensive audit of Student Union Building operations has never been carried out and the DSU has never made any sustainability statements or policy that would make their operations and the SUB more sustainable. This needs to happen if Dal is really going to get green.

Emily Rideout is a member of SustainDal.

Opinions

Gazette Opinions welcomes any opinion backed up with facts, but we don't publish rants. E-mail Kaley at opinions@dalgazette.com to contribute.



Kaley Kennedy Opinions Editor
opinions@dalgazette.com



Students involved with Campus Action on Food are concerned that exclusivity contracts prevent sustainable, local food services at Dal.
Photo by Pau Balite

Students starving for ethical food services

Dal should make affordable, sustainable, student-run food a priority

Aaron Beale and Gwen Muir
Opinions Contributors

What is wrong with food on campus? To start, food is expensive, of low quality and inconsistent with the needs of the student body. Options for vegans or vegetarians are scant, and oftentimes the limited varieties we do have to choose from are unhealthy and unethically sourced. As students with little free time and resources, making sustainable choices often comes down to making informed consumer choices. At Dalhousie, however, lack of choice is tied to a system of corporate control.

Food contracts at Dal serve commercial interests at the expense of students. A lack of choice stems from a structure in which food service providers don't have to compete for student customers.

Exclusivity contracts – such as those between the Dalhousie Student Union and Sodexo – allow these companies to remove themselves from levels of competition. Businesses can sell what is cheap and profitable without worrying about the consequences of students heading elsewhere. Some of these contracts are confidential. This makes it impossible for us as students to see, question or criticize these contracts. This privacy prevents us from having any say in the food that we consume.

Students pay for food on campus on top of already hefty tuition fees. Universities have become markets profit-oriented corporations can tap, and through a monopoly that warrants inflated prices and low-quality food, these companies can benefit from high-strung students who are kept on campus for long hours.

Low-income earners should not be forced to go hungry when stranded in the

quad. We have the right to voice opinions about where our tuition dollars end up and whom they are supporting. We are the consumer; we deserve a say in the menus that line the Killam and Student Union Building walls and, eventually, our stomachs.

In the SUB, a building that is supposed to be owned by students, we are prevented from running our own food services and are denied the option of choice. No matter the small changes Sodexo may make toward their own environmental practices, these are ultimately short-term, band-aid and unsustainable solutions. Without any student control over the decision-making process and by disallowing competition

of British Columbia and NSCAD are run by students for students and are active in supplying local and healthy food. Most students aren't even aware that we at Dal also have our own low-profile DSU-run food bank that lacks outreach and did not even open this September.

CAF (Campus Action on Food) is an organization working towards food justice on campus. We strive to create space for choices that are representative of student diversity and accessible to people of low income. We would like to see alternative food options on campus that are ethically manufactured, prepared and delivered. Food services should be run

“We deserve a say in the menus that line the Killam and Student Union Building walls and, eventually, our stomachs.”

and transparency, we are left in a limbo of incessant haggling where 'secret' contracts continue to be sealed beneath our noses and gaining access to relevant knowledge is a struggle. Rather than having to plea with a corporation that puts profits first, students should have the capacity to be a part of creating a sustainable food system at Dal.

And don't let yourself be fooled: there are other options. Universities across Canada have taken steps in creating more sustainable, affordable and student-voiced food outlets on campus. The People's Potato, a non-profit soup kitchen run at Concordia University, serves healthy, ethically sourced food to over 500 students daily. The Seasoned Spoon at Trent University is another example. Food banks at the Uni-

versity of British Columbia and NSCAD are run by students for students and are active in supplying local and healthy food. Most students aren't even aware that we at Dal also have our own low-profile DSU-run food bank that lacks outreach and did not even open this September.

The SUB belongs to the students. To begin to make sustainable food decisions at Dal, we've first got to have the option of choice.

Aaron Beale and Gwen Muir are members of Campus Action on Food (CAF). CAF meets every Wednesday at 4:30 p.m. in the NSPIRG office on the third floor of the SUB.



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See server or Management at the Split Crow for details and tickets.
Matinee: Little Fish



Street^{er}

Question: What do you mean by sustainable?



"Not using all of a resource up and ensuring there are more resources for generations to come."

Nicole Marshall
First-year science



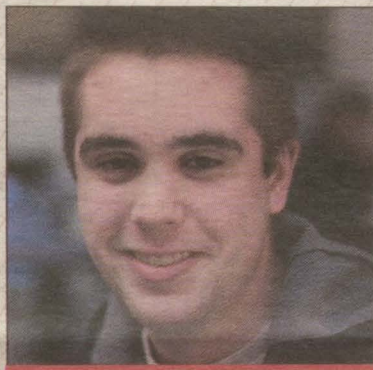
"Doing things today that so they still can be done by future generations."

Aleasha Carr
Second-year design



"Keeping the planet healthy so it keeps us healthy."

Josh Gurnett
First-year DISP



"Making sure everything is the same for the next generation."

Stewart Green
First-year science



"Being able to replace what we take away."

Adam Sketchley
Second-year Engineering



"Using something wisely so you still have it for the future."

Katherine Graham
Third-year management



"It can mean so many things because it is very vague."

Meagan D'eon
First-year BA



"My boner at the Dome all night long."

Matt Ritchie
Tenth-year Dome creeper

OVERHEARD AT DAL

Waiting for the #1 bus:

Girl 1: "That is a whole lot of swagger for one person."

Girl 2: "No, that's a full on limp."

In PSYO 1021:

Prof: "You need to train your body to only do one thing when it's in bed. OK, maybe two things."

At Zumba:

Girl 1: "Are those straight guys? At Zumba?"

Girl 2: "Is that the rugby team? Are they lost?"

Guy: "No honey, I think they're right where they want to be."

Outside the Student Union Building:

Girl: "Are there any straight men left in this world?"

King's quad:

Girl: "What a gorgeous day. I'll be so pissed if the apocalypse happens."



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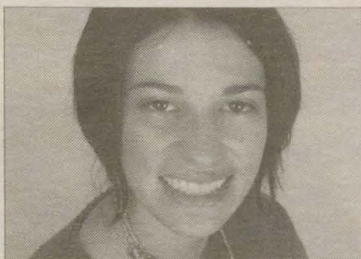
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Opinions

SEX ED

Diary of a Diva Cup procrastinator

Taking the leap to sustainable menstrual products



Katie Toth
Sex Columnist

It's the first annoying day of my period and I'm doing it. I am taking the leap and purchasing a Diva Cup.

I've heard about Diva Cups for years now. Every time I go to the drugstore to buy more maxi pads and tampons, I always think to myself, "Damn, I should really buy one of those sometime."

The problem is that I'm a terribly forgetful charter of my monthly painters and decorators, so they tend to just swing by my house and offer me a surprise.

For those of you who haven't been hearing about the Diva Cup for years, let me explain. Menstrual cups such as the Diva Cup or the Keeper, are flexible cups made of silicon or rubber that you insert into your vagina to collect menstrual blood. The Diva Cup costs about \$40, but each one lasts for several years.

Today is my day, though. I am going to finally stop reading about Diva Cup users, and become one. I cycle down to the local sex-and-bookstore and pick up a Diva Cup. Carpe diem! Seize the moment! Promote sustainability!

I am so excited that I have finally bought this Diva Cup that I also purchase a few reusable cloth pads for overnight use and even surprise myself with Vinnie's Roller Coaster Charting Calendar, with about a million different stickers for heavy flow days, cramps, PMS symptoms and period predictions! I bought stuff. So I'm sustainable. Right?

Wait. Now I actually have to use it all. I go home and take my cup out of the box. Gosh, it looks big. And the silicone - it's thick! I read that there are actually two models: model one for women under 30 and those who have not given birth, and model two, a larger cup, for those who have given birth or are over 30. I must have picked model two. I think to myself. Oh well, I guess I can use my last tampons and pads and go back to the store tomorrow.

My roommate asks me how I like my Diva Cup, and I tell her it's not in because I have the wrong model. She picks up the box. It says model one in big letters, surrounded by pink. She looks at me incredulously. She says she is absolutely confident that it is the right one. But it looks so intimidating.

She takes my cup and shows me how to fold it up so that the entering end is really small for easy insertion, and offers me the suggestion that I can trim the little tail at the end a little bit so it's smaller. "Great!" I think. Now I just have to clean

it, and I'll use it tonight. Right after I go to the library to do some homework.

After I come back from my urgent and important university education, I read the instructions on how to clean the Diva Cup. This looks hard! They suggest washing the cup with Diva Wash or unscented soap, and boiling the cup for 20 minutes. But we have guests in the kitchen making cake, and as I look at my bar of scented Irish Spring sadly, I decide to put on my pad and go to bed.

I have worn my first reusable pad overnight, and I'm so impressed with how comfortable and breathable it is that I decide to skip on the Diva Cup and wear another pad in the morning. One setback: I'm wearing a baggy pair of jeans, and when I put on my American Apparel skinnies, they quickly are pulled off due to obvious pad-ness. To be fair, I'm so bloated they would have been a painful decision anyway.

Wearing the pad has been soft and gentle, without that weird plastic feeling rubbing up against my vulva. And I've bought two options: one with red polka dots and one with pictures of cars!

As I put in my new pad, though, I'm left staring at the used menstrual item, wondering what the hell to do with it. Luckily I have a load of dark-coloured laundry to do, so I soak it in cold water in the sink and then throw some laun-

dry in the wash before I go to school.

If I'm going to be washing each of my pads in a sink full of cold water individually after I use them, and doing a load of laundry, how sustainable is the reusable pad phenomenon going to be?

As I cycle home for lunch from school, I begin to see that as superior as these pads feel to regular pads, they are still pads. The bunching feeling that occurs when you've got an absorbent item squeezed between your vag and a bicycle seat has not, and will not, magically disappear.

Unfortunately, I'm just too busy this lunch hour to wash my Diva Cup, so I fish around my box of menstrual products for a tampon without an applicator. It's small, so there's less waste, right? I mean, I know that the bleached cotton and synthetic products aren't the best thing for my vagina ever, but it's right there and it seems so convenient.

I leave the Diva Cup hanging in its little Diva bag on a hook in the bathroom, and promise myself that I will pick it up later. I do, however, manage to make time to figure out the answer to my reusable pad query. Apparently, one tip is to have a bucket of cold water into which you can just throw your reusable pads. Then at the end of your cycle, you can throw all of them in the laundry together, and flush the

cold water down the toilet. Awesome! So, I'm on day three of my period, and I still haven't used Diva Cup. This morning I have to wake up early, but luckily I have a new pad that dried in the laundry last night, so I scuttle with my bicycle for some coffee before a morning class.

When my roommate comes by and asks me what I'm writing about on my laptop, I say, "Um, how I keep procrastinating on using the Diva Cup?" "It's just hard," I explain. "I have to actually clean it. And it's different. And it's a big vagina cup that looks scary. And what if I don't clean it properly?"

"No!" she cries. "It's so simple! You boil the water. You put it in for 20 minutes. Then you take it out! You're ridiculous! Do it!"

My head hung with shame, I boil the cup and then take it upstairs to put in my vagina. I even decide to be proactive. To combat my fear of the silicone, I'll take a little bit of lube and lather it on the cup before folding it and trying to shove it in there. Horrible, horrible idea.

"My vagina! The Diva Cup just snapped and hit my cunt in the face!" I scream through the walls of the bathroom.

My roommate, a trained Diva Cup user, tells me to hold the cup tighter, so I try again. But it slips right out of my fingers and again, the folded up

silicone cup slaps back into place, offering my vag a hefty beating. "Oh god, I'm bleeding! It's even making me bleed!"

"Katie, have you forgotten that you are on your period?" she reminds me. Right.

I wipe off the lube and try one last time. At first, it is not the most comfortable thing ever. It requires some bearing down and some short fingernails, so that I can hold onto the cup and twist it until hear a quiet, but not painful this time, "snap," reassuring me that this Diva will protect from unexpected leaks.

After coaxing, procrastinating and trying four other kinds of menstruation protection, I have finally managed to insert my Diva Cup on the second-last day of my period. Making the move to sustainable, and likely better-for-you products isn't always, the easiest. It's easier to be all into staying with our status quo routine of spending more money on more things that are supposed to help us manage our bodies, all the while producing heaps and heaps of waste.

It's too bad that all my procrastination and silly excuses means I don't have a lot of time to tell you how effective it is or how comfortable at night. Come back in 28 days and find out.

THE HEALTHY STUDENT

Don't panic when you hear 'pandemic'



Rachel Sunter
Health Columnist

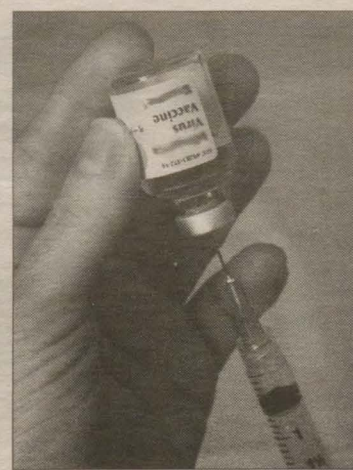
At the first mention of Swine Flu in Mexico, visions of zombie-like global infestation danced in my head. Will it come here? Will the forest be safe? Will I need a gun?

But after the 50th person joked, "Maybe you've got swine flu," and I realized there was no apparent need for paranoia, I stopped paying attention. Shrugging my shoulders and exemplifying my best won't-happen-to-me attitude worked well until the vaccine became available, and suddenly I had a choice to make.

On one hand, a cheerleader in Washington can only walk backwards after taking the vaccine. She is the unfortunate one in one million to get such side effects from the vaccine.

On the other hand, medical officials promise the vaccine is safe, and media outlets are coaxing the public with overwhelming statistics about how quickly this virus is spreading and how many people it's killed. When pushed by panic, it's hard to make choices.

I'm a firm believer that knowledge can reduce the fear of the unknown. So here's a breakdown of Swine Flu, sans out-of-context numbers, without one in a million cases.



What is it?

H1N1 is a type of flu. In more medical terms, it is a strain, or subtype, of the influenza A virus. A virus is an ultramicroscopic (too small to be seen) agent that infects living things by dwelling and reproducing within cells. Viruses mainly infect bacteria, plants and animals.

Influenza is a virus that affects birds and mammals. It is divided into three subtypes: influenzas A, B and C. Each is categorized by its dominating chemical characteristics. All Influenza A viruses have an H and an N protein on their surface (hemagglutinin and neuraminidase). These proteins vary

in form due to the rapidly mutating nature of viruses. Swine Flu is classified as an Influenza A (H1N1) virus.

Earlier forms of this same flu have been seen before. In 1918 and 1919, a different H1N1 flu killed tens of millions of people worldwide, making the Spanish Flu the most lethal pandemic in recent history. The term 'pandemic' refers to both the geographical size and number of people affected by a particular affliction. An illness is deemed to be an 'epidemic' when it affects a large number of people at the same time in a specific region. When this region is particularly widespread or seen in regions around the world, the outbreak is considered to be a pandemic.

When the World Health Organization stated in June that H1N1 is a phase six pandemic, this was due more to its widespread nature than to the severity of its cases.

Where did H1N1 come from?

Thankfully, today's H1N1 virus has not shown the same lethal potency as its earlier relatives. Scientists believe this virus contains strains of up to five pre-existing flu viruses, combining traits from bird flus, pig flus and human flus. Although originally rumoured to be the pig virus from Mexico, scientists now believe it is more likely the H1N1 flu came from pigs raised in Asia. They think it came to North America with an infected person.

How does it spread?

The H1N1 flu spreads the same way other flu viruses spread: through the bodily fluids of mucus and saliva. Coughing and sneezing project the virus into the air, and if the particles reach another human's nose or mouth, either directly or by hand, this person is prone to infection as well. According to germ theory, hand washing should help prevent spread of this flu.

What are the signs and symptoms?

Influenza viruses give humans headaches, fever, chills, coughs, congestion, sore throat, body aches and fatigue. For some, diarrhea and vomiting may also occur.

I recently spoke to a girl in Halifax who had H1N1 a few weeks ago. She said her skin was sore and sensitive, and she had a deep, phlegmy cough, but that it wasn't much different from flues she has had before.

The symptoms vary from case to case, sometimes according to a person's history of health.

Why is H1N1 in the news?

Fatalities from this flu take a tiny notch out of the deaths caused by world hunger, cancer and even the seasonal flu. From a journalistic standpoint: it's scary because it can kill you, and it's new.

Though increased understanding does not always reduce fear - understanding torture, for example, may sky-rocket fear into total terror - I've found that breaking H1N1 down to the virus it is, and all that that entails, has made it a lot less scary.

Racism just as complex for international students

David Kumagal
Opinions Columnist

My voice fluctuates during my journalism ethics class. My classmates and I are trying to navigate the awkward issue of race. The tension hits a high note when one class member unintentionally insinuates that Albertans are bigots. The class jumps all over the slip, finally finding a simple case we can almost unanimously condemn. Still, I know I occasionally think it, my class was proof of others do too: Alberta's kind of like Canada's Texas right?

Our professor, David Swick, sardonically recalled a documentary on American white supremacists called *Blood in the Face*, where one person calls on people from all white supremacist areas to unite. After circling different places in the States, the

person includes southern Alberta. I've never been to Alberta, so I know little first-hand about what it's like there. After doing some research, I've found almost no statistical evidence that substantiates this apparently common as-

“They are neither thrilled nor appalled by their reception as internationals.”

sumption about the prairie province.

According to a report commissioned by the Department of Canadian Heritage in 2007, Alberta has more anti-racism initiatives than any other province and fewer complaints – proportional to its population – of racial discrimination than both Nova Scotia and Ontario. Is the rodeo the

sole reason we associate Alberta with the perceived capital of American ignorance? Maybe it's the tarsands. As usual, it's probably more complicated than I can even allude to in this column.

But the in-class debate made me curi-

ous about Nova Scotia's reputation both within Canada and abroad. I've spoken to a number of international students from Rhode Island, Antigua, the Bahamas and Poland; they have all been able to cite an encounter with racism here. The police, other students and university administrators were named as culprits.

One student recalled an evening where she was walking past Howe Hall and a group of students, who she guessed were drunk, said a number of racist comments to her and her friends.

Of course, Halifax has a poignant history of racism – from slavery to Af-

ricville to segregated schools to the more recent racism at Dartmouth's Shoppers Drug Mart, when the store was caught keeping many of its black hair products locked up. Racism seems to be as big a problem here as it is in the much-lampooned province of tomorrow.

How do newcomers rate Halifax's open-mindedness? Some of the people

I've spoken to lauded the exposure to diverse communities in Halifax, such as the prominence of the LGBTQ community, while they are neither thrilled nor appalled by their reception as internationals.

I've mentioned the lack of Canadian geniality towards internationals in earlier columns, and have suggested that the entrenched support of the cultural mosaic has made us apathetic toward engagement with international visitors. The debate in ethics class made me question that suggestion. Is the distance between international students and domestic students a racial issue rather than a cultural one? As is usually the case, I think the answer lies somewhere in the middle.

Either way, it's an obstacle that needs to be overcome, from the tarsands to Peggy's Cove.

LETTERS TO THE EDITOR

Climate change coverage opinionated, misleading

I was extremely disappointed to read the two articles in last week's issue about Power Shift.

Joel Tichinoff's article is extremely misleading about how the majority of participants felt about their experience at Power Shift and Fill the Hill. Had Tichinoff interviewed any of the Halifax delegates he would have received the most enthusiastic and positive of responses. I've been to many climate change conferences and rallies and these two events were by far the largest, best organized and inspiring I have ever attend. Tichinoff however, by his own admission, has never attended a climate rally and therefore has no basis for comparison, not to mention the fact that he's not involved in the youth climate movement and didn't attend a single Power Shift workshop.

And as to his comments about the lack of coverage of fill the hill, he was factually mistaken: CBC, CTV and Global covered the event.

He also failed to mention that youth protested during Question Period because they felt that it was the only recourse available to them; our leaders won't listen to the urgent call for action on climate change from their own citizens and from the global community.

As I told him and as he heard on the bus back from Power Shift full of 40 youth participants, the Power Shift and Fill the Hill experience was an incredibly educational and valuable one for those youth. Those speeches were inspiring to many. If a "sense of disenchantment hung over the crowd" it was because our country is governed by people who choose to ignore the largest threat to human civilization the world has ever known – not because they were disappointed by the rally.

The science is proven, the urgent need for action is clear and we are trying to do something about it. I am disap-

pointed with The Gazette for painting this vital movement in such a bad light.

Ben Wedge's article was also highly misleading. It was in poor taste to highlight CBC's portrayal of Jeh Custer's abuse at the hand of security guards as seemingly fake. The photo used by the CBC to show Jeh's face without blood prior to a later photo of him with blood is extremely blurry and pixelated, and is poor evidence of "an NDP conspiracy," as the CBC alleges.

Wedge failed to address the core issue in his article, namely that youth felt that protest in the House was their only option to be heard since they've tried everything else. Wedge states "theatrics won't help the cause," but it appears that the opposite is true. The protest in Question Period got the climate movement more media coverage than ever before. As long as the federal government fails to take any action on the urgent issue of climate change, these types of protests are going to become more and more common.

I expect that you'll be hearing from the youth who participated in Power Shift and I hope that you'll publish their responses to these two negative and misleading articles.

One last thing, I understand this week's issue has a sustainability theme. SustainDal was contacted to write an Opinions piece, for which we are grateful and have already submitted an article. However, as a group, we are disappointed that we have not been contacted to write more articles for the sustainability issue, on which we are one of the best authorities to speak. This is not to suggest that SustainDal should write the entire issue, or even the majority of articles (I understand The Gazette's unwillingness to publish biased media), however we feel that we could give valuable direction to the content.

In general, I'd like to commend The Gazette for the best year of reporting I have seen in three and a half years.

-- Emily Rideout

Editor's note: Joel Tichinoff interviewed several delegates to get a sense of the atmosphere at Power Shift, however their names were not included, so the quotes had to be cut.

Power Shift story one-sided

I was disappointed to read Joel Tichinoff's coverage of Power Shift in last week's issue. I question his experience with climate change issues and find it quite surprising that he was so disappointed and uninspired by the conference. His perspective contrasts greatly to those of my friends who attended – they have come back praising the conference. Of course, the article doesn't consider any one else's opinion about the conference, especially from those who are more active in the field and have a lot more experience and credibility to discuss the event.

Additionally, Tichinoff stated that one MP called the loud verbal protest "embarrassing," but failed to mention that Halifax's own MP, Megan Leslie, personally called on Halifax Power Shifters to applaud them for their efforts, mentioning that they showed more courage than many MPs in the house.

-- Spencer Fowle

Gay is the new V-neck

I am writing in response to Katie Toth's recent sex column, "Gay is the New V-neck." Granted, I don't own many V-necks as I prefer something cut a little lower, but I am a college girl from Ontario – or more accurately, a wealthy Jewish suburb outside Toronto – gasp – who is currently experimenting with a girlfriend of similar breeding (though I must admit, her Bat Mitzvah was regrettably more decadent than mine). Sometimes we share espresos while perusing the morning Perez, and we would share skinny jeans, if my ass weren't so fat. We kiss on the street

and in bars. We go shopping together with cash our grandmothers gave us in multiples of 18. We are affluent and aesthetically pleasing. But most of all, we are truly, deeply, sorry.

We're sorry that the consummation of our bi-curiosity would result in the "brutal, intersectional oppression" of other same sex couples who aren't as cute or well-connected as us, is just unconscionable. If we had known that our experimenting would result in the bi-sexual butterfly effect Toth outlined so vividly in her column – i.e. rich girls from Ontario start thinking it's okay to kiss each other and a lesbian in New Waterford gets her face kicked in – we would have remained in our lavishly stocked closets forever.

But let's get real. We couldn't. Because our experiment (wealthy, satin-lined, urbanite and painted white) worked. We may be pawns for the pro-queer, patriarchal, heteronormative mass (which I'm pretty sure in English means we're easy on the eyes), and we may be more familiar with the work of Marisa and Alex (OC, season 2) than that of Gertrude Stein and Alice B. Toklas – but are we really feeding the "power structures that oppress queer people"? I thought we were queer people.

I guess not, if being queer means fighting the man – something we've never really had to do (after all, he buys us cocktails). Our families and friends tolerate our "alternative sexual lifestyle." When we kiss in the street, those passing by blush. Life is easy when your face is pretty and your pockets are full. Yet, I have to ask: isn't life in general easier this way – gay or straight? And rather than "question affluence," which in Toth's case means guilt-tripping affluent people and alienating queer people who don't "fit into a specific box" (there's more than one, you know), wouldn't it be more productive to empower the "economically right, socially left" elite to make the changes she thinks they've overlooked? Why close minds that are

already open? Because the nice thing about rich liberals, is that...well, they're nice.

About the Aquarius bathhouse: Toth argues that "secretive saunas" are a closet phenomenon; that if gays were more comfortable coming out they wouldn't have to get off in private. Not true. That which is illicit will forever be delicious. Do you think that most of the men frequenting those bathhouses today are all tormented closet cases? Most are out or married with a fantasy, and a pretty standard fantasy at that, if you consider the ancients. The point is, bath-house and glory-hole guys don't fit the mold in which she's cast them. They may have once, before the urban 'gaybourhood' came into fruition, when discretion was a must. Today, however, discretion is mostly elective and men still stake out in secretive saunas. Why? Because when same sex marriage is universally recognized and Pictou raises the rainbow flag high with pride, gays will still be getting each other off in bathhouses. Sex and intrigue go together like Ellen and Portia.

I find it funny that Toth, the proclaimed destroyer of oppressive labels and constricting molds, is actually an excellent procurer of them. What label, I wonder, would she select for me? Confused is my guess; that is, if she saw me at Bubbles Mansion this Halloween making out with my GF in an exceedingly slutty Pocahontas costume (OMG: confused and culturally insensitive!). But she'd be right: I am confused. Not about my sexuality, but thanks to her column and the rest of the rainbow brigade, confused about how I should define myself. I think I've come up with something though. It fits like a brand new pair of unauthentically tattered skinny jeans: Unaffiliated.

-- Emma Teitel

Arts

Arts
Gazette Arts covers cultural happenings in the Halifax community. You heard it here first. E-mail Laura or Matt at arts@dal-gazette.com to contribute.



Laura Dawe **Arts Editor**
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Sustainability by the Sea

Café duo cares about ethical coffee and croissants

Jenner-Brooke Berger
Staff Contributor

It was early April. In search of the perfect place for their new café, baker Tara MacDonald and barista Zane Kelsall had one disappointment after another. Almost at the end of their ropes, driving down Ochterlony Street in Dartmouth, Kelsall and MacDonald saw the for lease sign. Within minutes the landlord arrived to unlock the doors. What they found inside was a vast space with lofty ceilings, winding staircases, and white walls.

"We fell in love with it," says Kelsall, "it became apparent we needed to do whatever it took to make this space work."

Seven months later, what began as blank canvas has been transformed into Two If By Sea Café (affectionately nicknamed TIBS). Under a staircase sits the custom made bar, crafted by Kelsall himself, with local carpenter Todd Wall and artist John Howse. Howse's paintings hang above the condiment table found at Halifax antique store *Finer Things*. The TIBS logo is designed by Halifax poster magnates Yo Rodeo! Just Friends Records' Mat Dunlap, another Haligonian, designed the café's website.

On the first Saturday of the café's career, coffee and croissant fans bustle in, their heads cast upward and around the space, taking in the rich mahoganies of the design, and the full smells emanating from brand new ovens. MacDonald's long lithe arms quickly whisk their way through batch after batch of baked goods. Kelsall's toothy smile welcomes the hordes of customers while he pours artful lattes. Kelsall's wife Alexis serves coffee in her apron handmade by another local artist, Keely Maclean.

With everyone who has cheered and lovingly shoved TIBS into existence, it's quite a family affair. But how did two young hopefuls manage to open their own business?

The Baker

Just weeks ago, MacDonald was baking commercially from her minute kitchen.

Originally from Ottawa, MacDonald moved to Toronto in 2006 in search of a broader music community. For two years she floated through the metropolis of the Greater Toronto Area. Heavily involved in the music scene for more than a decade, MacDonald worked for Canadian indie label Arts and Crafts. Arts and Crafts is responsible for such Can-pop sweethearts as Broken Social Scene, Stars and Apostle of Hustle. But MacDonald hit a wall. The routine, the rush, it all came to a head.

"I felt that I was suffocating in that big city," she explains.

In a bold choice, MacDonald decided to leave the province she had spent most of her life in. She aimed for the coast. What followed her move to Halifax was a series



"This is the punkest thing we've ever done," beams MacDonald. Photo by John Niven

of events narrowing themselves in the path to TIBS. MacDonald began baking in her kitchen, a room roughly one-sixth the size of her space now at TIBS. With encouragement from her friends, she started to sell her croissants at the Dartmouth Farmer's Market every Saturday. That the response was good is an understatement.

"I don't even know how they all got my e-mail! People were just

in a popular tea lounge in his hometown of Edmonton, Alberta. On a vacation to Halifax in 2005, Zane met his wife Alexis, and coincidentally drank coffee for the first time. Ordering whatever Alexis was getting in attempt to impress her, Kelsall hated the iced latte. He didn't understand how anyone could love coffee.

After settling in Halifax, Zane worked for a popular, more reputable café than

important roles in the opening of this independent business. With MacDonald's Farmer's Market following, and the virtual non-existence of cafés in the city, TIBS recognized demand and sought to supply it.

"Dartmouth is Brooklyn to Halifax's Manhattan," MacDonald says, "it has everything: musicians, businesses, young families."

TIBS' focus on local talent and Canadian product ensures their sustainability. Because coffee's value as a commodity is second in the world after petroleum, coffee ethics affect everyone. As a customer, buying coffee and tea from local independent cafés is number one on Planet Green's "How to Go Green: Coffee and Tea" List. Second is using a travel mug. In support of this, TIBS offers a discounted cup of java to anyone who brings in their reusable mug, which means less garbage, and less impact on the environment. Another important aspect of environmental sustainability is the use of organic coffee and tea. Products with organic certification are more eco-friendly because they are grown and processed without toxic chemicals and harvested in ways that protect sensitive ecosystems. They spare workers from exposure to harmful pesticides and herbicides. A little known fact is that shade-grown coffee preserves habitats for migratory birds on coffee farms. TIBS brews only 49th Parallel coffee. Fair trade ensures living wages and safe working conditions for farmers. To exceed these standards 49th Parallel actually pays a special pre-

mium above the Fair Trade price standard through their Direct Relationship Program.

"This is the punkest thing we've ever done" beams MacDonald. "Ian Mackaye can't say anything," Kelsall's and MacDonald's do-it-yourself attitude is what she refers to. Young entrepreneurs face many challenges in acquiring loans and funds to open their own businesses. Through their resourcefulness this duo learned about the Centre for Entrepreneurship Education and Development (CEED), an organization which has funded other local independent businesses such as The Loop Craft Café. CEED's website states their mission: "CEED is devoted to helping people discover and use entrepreneurship as a vehicle to become self-reliant. We have a vision of a vibrant entrepreneurial culture for all of Atlantic Canada." (<http://www.ceed.info>)

"You know when everything kind of aligns itself? That's what it was like. Once we decided to do this (open the café) it took about nine months. But we went slowly where it matters." For Kelsall and MacDonald, quality is important. Fittingly, they nurtured their vision of a café for as long as it takes to have a child. Last week, they gave birth to the beautiful baby by the sea.

Visit Tara and Zane at TIBS at 66 Ochterlony Street in Dartmouth. Two If By Sea serves coffee and life-changing croissants Monday to Wednesday from 7 a.m. to 6 p.m., Thursday and Friday 7 a.m. to 7 p.m., and Saturday from 8 a.m. to 5 p.m.

"They nurtured their vision of a café for as long as it takes to have a child. Last week, they gave birth to the beautiful baby by the sea."

sending me these messages about how much they loved my baking."

From there MacDonald happened to sit in Alexis Kelsall's chair at Life Salon on Spring Garden. Then, MacDonald approached Zane Kelsall, then manager of Steve-O-Reno's Café, about selling her croissants at Steve's. They hit it off, riffed on coffee, hung out, and began their business plan in January 2009.

The Barista

Zane Kelsall's true passion for a finely crafted beverage blossomed while work-

ing in a popular tea lounge in his hometown of Edmonton, Alberta. On a vacation to Halifax in 2005, Zane met his wife Alexis, and coincidentally drank coffee for the first time. Ordering whatever Alexis was getting in attempt to impress her, Kelsall hated the iced latte. He didn't understand how anyone could love coffee.

Dartmouth and localism

Community and location have played

Getting the Meat Curtains to open up

The other white meat

Ella Rowan
Arts Contributor

On the street, Heather Rappard, Jenna Empey, Erin Allen and Jenny Gillespie look like four ordinary young women who lead ordinary lives. They do – during the day. But when night falls, the art student, the gardener, the baker and the street canvasser shed their sweet, everyday skins and slip into something a little more savoury. The awesome combination of their collective pussy power gives birth to the all-girl, all-punk sensation: Meat Curtains.

Ronnie RibRack (Empey) and Molly Meatloaf (Allen) sing/scream their hearts out while they beat the shit out of the drums, Patty Pastrami (Gillespie) shreds her guitar to pieces and Betty Bologna (Rappard) mercilessly bitch slaps her bass. The result is a sound unlike any you've ever heard before, all recorded on a Fisher Price tape recorder. Don't be fooled by what you read on their MySpace page: they sound nothing like "Maya Angelou fronting TLC." Influenced by '60s girl groups The Crystals and The Birthday Party as well as '70s art-punk band The Fall, Molly Meatloaf eloquently summarizes their eccentric sound as "Steve Albini's underpants."

Their eclectic taste is evidenced by their answers to the crucial question: "what was the first album you ever bought?" Pastrami's was *The Miseducation of Lauryn Hill*. RibRack's was *One* by Bryan Adams. Bologna bashfully admits her first as Mariah Carey's *Daydream* – a classic. Meatloaf's was *Salt N' Pepa*.

Meat Curtains began by paying homage to their favourite bands, but now focuses on creating their own material. "When we first started jamming together, we just picked covers we all liked to feel it out," says RibRack, listing songs "He Hit Me" by The Crystals and "Jezebel" by Frankie Lane. "We've dropped those since."

The band agrees that this change in repertoire was a good decision. "It's way easier to write your own

songs than it is to try and mimic another band's song while trying to make it your own," says Bologna.

In the few months since the band's summer inception, Meat Curtains has attacked the Halifax music scene blitzkrieg style: puncturing eardrums and satisfying the appetites of carnivorous punk lovers. The band members have played shows with the Stolen Minks, Dead Wife, ECT and Shearing Pinks – just to name a few. They've been working on a variety of projects that fans can look forward to hearing by January. And they're just getting started.

"It's a combination of novelty and

ked Ladies?" demands Meatloaf.

She makes a strong point.

Meat Curtains doesn't want you to bare your breasts or burn your bra. They would rather you slap two slices of bologna over your nipples and dance around in sequined garb. They are amused by nicknames for female genitalia and share their favourites with me: "Dick sandwich!" "Wolf pelt!"

"Cold grilled cheese! We're writing a song about this right now!"

Meat Curtains, in my opinion, takes the vaginal cake. To the band members, their name embod-

"Meat Curtains doesn't want you to bare your breasts or burn your bra. They would rather you slap two slices of bologna over your nipples and dance around in sequined garb."

timing, I guess," says Ronnie RibRack when asked to spill the secret to Meat Curtains' success. "Not that we're like, super awesome supernovas ... We sound different than what's in town, and that seems to go over well."

All-girl bands (good ones, at least) are hard to come by these days, but be sure to look out for Dream Couple, another local girl act and one of the Curtains' faves. Rarely does a band fall in that sweet spot between Pussy Cat Doll girl pop, vapid as it is catchy, and femme rock a la Riot Grrrl, politically charged as it is crappy. Meat Curtains is hard to define, and they don't want to be labelled as pissed off feminists with guitars.

"If four gentlemen got together to make music, would people say they sound like the Barena-

ies "grease!" "filth!" and "sequins!" "Cigarettes!" adds Pastrami emphatically. It all makes perfect sense. When I ask them about their upcoming show with Fresh Flesh and Jenocide at Gus' Pub on Friday Nov. 13 (spooky), the excitement rises. "It's gonna be a cunt fortress!" promises Meatloaf.

The band muses on the idea of baking cupcakes for the show.

"We should just throw meat!" suggests Bologna. "I have a huge tub of mustard," agrees Pastrami. "I'm waiting for the day when I can just throw it at people with a big wooden spoon."

Maybe her opportunity has come at last. Gus' Pub, next weekend. You'll find me in the front row, covered in mustard.

No risk in No Great Mischief

Unsustainable theatre at Neptune

Della Macpherson
Assistant Arts Editor

On the bill this week at Neptune Theatre is Canadian playwright David Young's *No Great Mischief*. Originally a novel written by Alistair Macleod, who grew up on a farm in Cape Breton, the play shows us the stories of the MacDonald clan.

The show centers around lead character Alexander MacDonald played by David McIlwraith. His character is the bored, annoyed, dispassionate type. A character who is bored or annoyed all the time, unless masterfully done, translates similar energies into the audience, leaving them equally as unconcerned. McIlwraith's character, for the most part, did exactly this.

No Great Mischief opened with most of the characters on stage, all facing the back wall, except Alexander MacDonald who sat in the centre, holding an invisible steering wheel, driving an invisible car. The characters facing the back wall began to hum and chant.

To avoid the confusion of actors coming on and off the stage between scenes, most of the performers remained on stage facing this same back wall when they weren't performing. This was distracting. To avoid the confusion of changing sets, the stage consisted of a handful of chairs, a few musical instruments and a misty, blue backdrop – simple and dull.

Duncan Fraser played Callum MacDonald, brother to Alexander. He gave an absolutely brilliant performance. It was worth going to this show just to see his acting. Debuting at Neptune Theatre, Fraser takes on the challenging role of a verbally abusive alcoholic.

He appeared for the first time sitting in the far right hand corner of the stage, wearing a dirty undershirt and a bright red dress shirt. He had white spiked hair and patchy scruff. He was shaky and spoke with a sarcastic, throaty Cape Breton accent and a tight chest.

"The MacDonalds come from storm and shadow!"

If Callum MacDonald were ripped out of this play, he would still be equally entertaining if not more so. The plot is monotonous, repetitive and dogmatic.

The characters, set, props and story he interacted with were tedious and tiresome. There was no action, or colour, or conflict. Why not plunk the bitter alcoholic from Cape Breton, who most of us can relate to, in an old folks home? Or a mental institute? Both of these settings make us uncomfortable, and therefore all the more captivated. Think Martin Scorsese's upcoming film *Shutter Island*. It's set on a remote island where equally fascinating characters interact with each other – something worth watching.

Why not take a risk?

Richard Rose, director of *No Great Mischief*, obviously knew what he's doing. The play screamed good director. The movements were tight, the blocking interesting, the performers confident, the transitions smooth. Rose has worked on unconventional shows before, including directing a play performed in a house in

Toronto. Each audience member picked a character and followed them around the house. That sounds awesome! Why not take the MacDonald family and set them up in home and do it the same way?

So much theatre is done without originality these days. For theatre to be brought back into the mainstream it needs to embrace challenges. Of course not all theatre needs to be alternative or earth shattering. The goal should be for a balance to suite all tastes. The tastes at Neptune must be bland.

The only real risk *No Great Mischief* took was with the lighting. There were cool lighting transitions mostly reflecting the weather and the moods of the

"So much theatre is done without originality these days. For theatre to be brought back into the mainstream, it needs to embrace challenges."

characters, such as effects to mimic sunshine. There were also a few scenes set in mining shafts, where the only light came from the top of the men's helmets.

Risk leaves audience members on the edge of their chairs. Risk includes fake blood, a tricky set change, an elaborate set, nudity or a touchy subject. It can breathe life into a show. Risk can be anything unconventional that aims to generate a response, any response at all, negative or positive, as long as the audience is engaged.

No Great Mischief had mind-blowing acting, chill music, interesting lighting and great direction. But it was conventional. Why not edit the play? Take something conventional and change things around. Make it original. How is the theatre world going to sustain itself on these types of performances? When the target age group is gone 50 years from now, what then?

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Arts

Laura Chenoweth's good garments

Local designer promotes fashion with an ethical focus

Amy Donovan
Staff Contributor

Halifax fashion designer Laura Chenoweth says with assurance that there is no "hocus-pocus" in her organic cotton clothing line. She can trace the clothing she sells both to the farmer who grew the crop and to the guy in India who did the sewing.

That's a big part of what being sustainable means to her. "When I think of the word sustainability, I find the word misleading," says Chenoweth in her airy Agricola Street office. "You have to be able to highlight what it means because it's overused so much."

"I like to break it down, thinking (about) what is involved in making beautiful clothing in say, a 'sustainable' way. Then I break it down even more. What are the ingredients used? Who's involved? What's the whole sphere involved? Rather than saying, 'Oh, that's sustainable.' I mean, what does that mean?"

In Chenoweth's fashion line – a collection of cotton clothing in simple, classic cuts and colours, with bold prints and sassy patterns thrown in – 'sustainability' is about being conscious of all the ingredients involved in each piece's production.

tified organic cotton she uses exclusively in her clothing comes from India too. Recently, Chenoweth has also started selling organic cotton to anyone in Halifax who sews and wants it. She stresses that here in Canada, it's

"You have to get in touch with what the clothing ingredients are. Cotton is the most heavily sprayed crop in the world."

So, the Ontario native flies to India once a year or so to work with several tailors (one is the son of longtime friends in a "block printing family") who sew all of her clothing. The cer-

pecially important to think about where cotton is coming from and what's being done to it. Canada, unlike the United States and other countries, can't grow cotton, so all of our cotton is imported.

Organic cotton costs about 25 per cent more than conventional sprayed cotton, but Chenoweth is adamant that it's worth it to pay more.

"You have to get in touch with what the clothing ingredients are," she says. "Cotton is the most heavily-sprayed crop in the world."

Cotton accounts for 16 per cent of the world's pesticide consumption, she says.

"And the people who pick the cotton? They're really sick, like very sick. They all have nerve damage. Women are mostly infertile."

It is obvious that Chenoweth puts a lot of thought into the ethics of her clothing designs. "The companies that are growing the cotton are not educating the farmers who are working with this genetically modified seed with the fact that what they're spraying on the plants is highly poisonous," she says.

Chenoweth had no idea of the consequences of spraying cotton until she read the Environmental Justice Foundation's 2007 report, "The Deadly Chemicals in Cotton." "It changed my life, reading that."

That was when Chenoweth decided she would work only in organic cotton. It was also the time she started working on her business, Laura Chenoweth Organic Apparel, now a year old.

Chenoweth's clothing can be purchased at P'Lovers in Park Lane Mall on Spring Garden Road and at Love, Me Boutique on Birmingham Street. She tries to avoid competition between the stores. Her more bohemian pieces go to Love, Me, and the "conservative who is still interested in conscious consumerism" can find Chenoweth's basic corduroy skirts, available in a range of fall colours and priced at \$120 at P'Lovers.

So far, Chenoweth says response from the Halifax market has been great. Price is a challenge, but Chenoweth is both confident and determined.

"I feel very artistic," she says, choosing the word carefully. "One wants to look for a bargain but when you buy something new, I feel you have to be willing to put out a bit more money," she smiles. "But yeah, Halifax has been great. I feel like I'm in the right place."



The Gideons decide to "Let It Be". | Photo by Joshua Boyter

Gideons call it quits

Nick Laugher
Staff Contributor

"Even if we hate each other, at least we love turtle-necks," says Josh Salter as he bites into a bacon and egg sandwich, shrugging his shoulders at fellow bandmate Cailean Lewis. Salter and Lewis are just two parts of the boisterous and quirky local quintet known as The Gideons. With their personal cocktail of twisted, jangly psychedelic pop, The Gideons have been trudging it out as a local Halifax band for over two years.

Unfortunately the absurd humour and poignant, self-deprecating jabs are coming to a close. To mark the end of an era, the band is releasing their last – and technically first – album, a double LP entitled *Oxford Street* with 150 copies pressed on vinyl. It's also a free download.

"We kind of did an album before and it had nine songs," says Salter, tongue in cheek. "But we barely knew them when we recorded it. I guess it was more of an EP."

The band is calling it quits despite playing a plethora of shows over the years and garnering a dedicated fan base. The catalyst of the split is Lewis' imminent move to Toronto, but the band admits it's not the sole reason.

"We've got four songwriters in the group now," explains Lewis. "We've come to the point where we all want to start our own little vanity projects."

The band members also cite their workhorse mentality as somewhat of a downfall, claiming they oversaturated the Halifax scene and played themselves out.

"I think (Halifax) can definitely still sustain bands, that's not what (this is) about," says Lewis, citing Dog Day as a prime example.

For budding bands to make it in the HRM, they have to be willing to put in the time. Unfortunately, in a university city like Halifax, you also have to deal with the perpetual in and out of your fan-base.

"Honestly, we just thought it would be best to quit before all of our fans finished their degrees," says Salter slyly. Before they flee the scene, the

band members are eager to go out with a bang. Upon receiving a grant from FACTOR, the group scrambled to release the double vinyl LP version of *Oxford Street*, referring to it as "self-indulgent" and "obnoxious."

The title of the record comes from the legendary Oxford Street residence that has been passed down through the ages of indie in Halifax. Lewis recalls a New Year's Eve party the band once played at the residence, during which Salter drank a bottle of absinthe and wound up in nothing but cut up underwear on the floor, unable to play an instrument.

"I originally wanted to call (the album) 'Let It Be,' but none of the other guys found it that funny," Salter jokes. "Then it was something like '100 per cent Crap, Zero Effort.' That or 'Japanese Democracy.'"

Before The Gideons ride off into the sunset like the desperados they are, they've got two last shows up their sleeves. Aside from playing another New Year's Eve bash – this time at Gus' Pub – the band is also playing a show in support of the release of the album on Nov. 13 at the Khyber Club.

Salter is quick to mention that they haven't practiced in nearly six months. The last time they did, there was actual fighting.

"At the show you'll get the possibility of a live fight," says Salter. "We're like the Kinks, except we're not brothers, so I might actually kill them."

As for what's on the agenda after The Gideons, Salter assures fans the band was merely a launching point for his brilliance.

"I'm positive my next band will absolutely eclipse The Gideons."

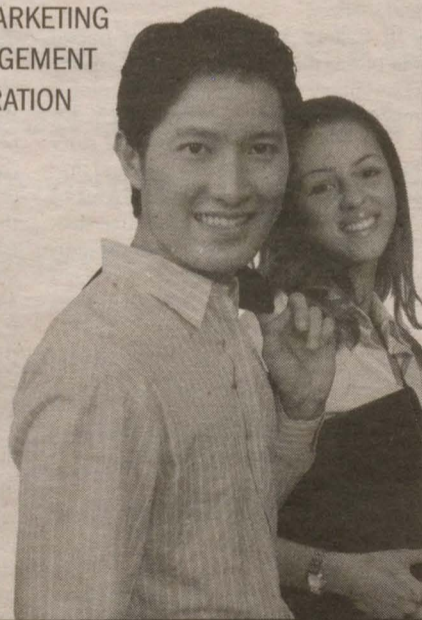
While it's hard to know if Salter is ever truly kidding or not, it's pretty easy to see that anything involving The Gideons is nothing short of a riot.

Head over to www.myspace.com/getthegideons to grab their new album as a free download and keep your eyes peeled to www.hotmoneyrecords.com for the physical release. Be sure to catch them live before they're gone for good.

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Girl Talk - Feed the Animals

Rebecca Spence
Staff Contributor

Grade: A+

Girl Talk's *Feed the Animals* nourishes your mind, body and soul with some of the tastiest and most energizing mixes ever concocted. But I'm not talking about nourishment in the whole grains and fresh vegetables kind of way. I'm speaking of the sugar high you get from a Mars bar, two Red Bulls and a triple shot of espresso.

The album, which was released online under a "pay what you can" philosophy about a year ago, has also recently be-

come available on vinyl and in CD format.

It is safe to say that *Feed the Animals* is a huge improvement on Gregg Gillis's previous endeavor, *Night Ripper*, in which the mash-ups were generally either hit or miss. On the other hand, *Feed the Animals* is consistently mind-blowing from beginning to end. Considering that the vast majority of his material is recycled, Gillis creates something surprisingly fresh and unique with this album. By grouping hundreds of unlikely beats together - from Eminem's "Shake That" with Yael Naim's "New Soul," to Lil' Wayne's "Lollipop" with The Red Hot Chili Pepper's "Under the Bridge" - he completely revolutionizes

these otherwise tired and played out tunes.

Girl Talk's mixes can inspire you to do things you never even thought were possible. These things can be mildly crazy, like when "Don't Stop" starts playing on your iPod during a workout session and the ensuing adrenaline pushes you to run an extra five kilometers. Or they can be hedonistically insane, like deciding to take ecstasy from a stranger and have a wild orgy on the dance floor after seeing him perform live in Montreal.

The music invigorates your body. It makes you feel good and leaves the listener wanting more. Here's hoping Gillis' next recipe is even more delicious.

Acres to Acres - All Nations

Janet Davie
Arts Contributor

Grade: B+

The relatively small but talented music scene of Halifax has churned out yet another gem: Acres and Acres' *All Nations*. You may recognize Acres and Acres' Kris Pope and Dave Scholten from touring with the rock band Down With the Butterfly. With Acres and Acres breakthrough album, the band proves that they

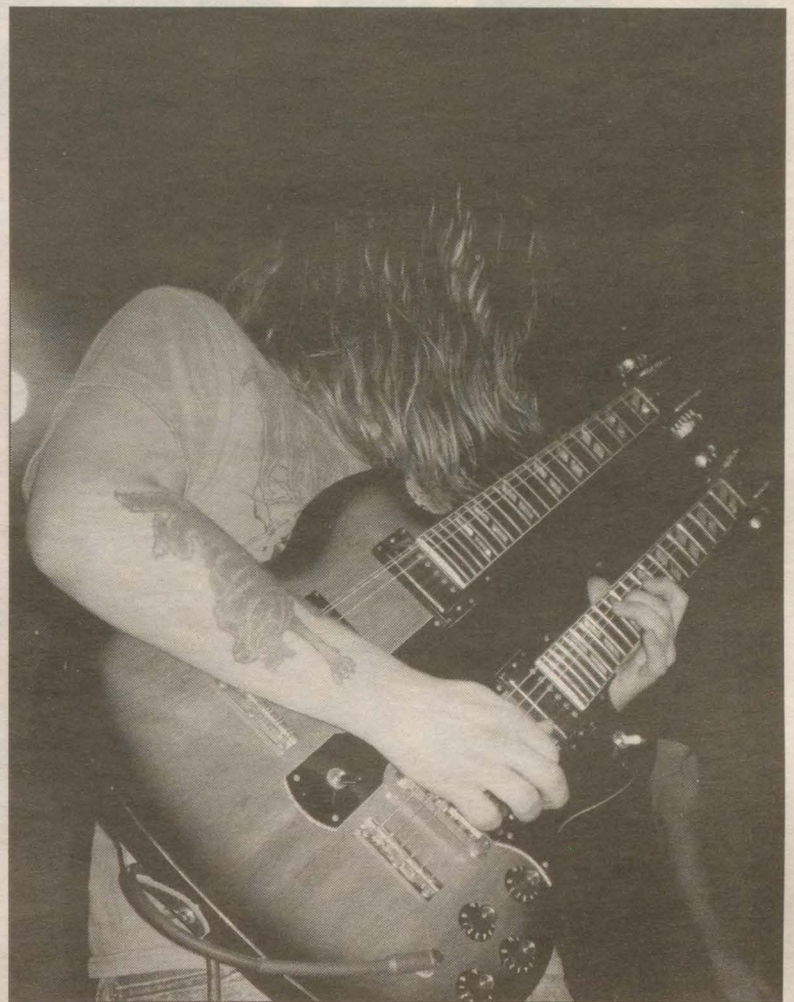
too can hold their own in the spotlight.

All Nations is claimed to be inspired by Neil Young's *Harvest* album and the Cowboy Junkies' *Trinity Sessions*, and this album certainly falls under the same roots rock category. Other bands that come to mind include Iron and Wine and Ray LaMontagne. Another bonus of *All Nations* is that the band has kept true to their hometown roots, infusing plenty of East Coast flavour into every track.

Many of the songs, such as "Money," "Joker" and "Dirty Dog" offer laid back

rhythm with a dash of quirky songwriting. "All He Needs" is a bluesy tune that is easily the best track on the album due to its romantic and retro feel that is best listened while dancing cheek to cheek.

All in all, *All Nations* is a combination of relaxed melodies and thoughtful lyrics. With songs that blend seamlessly together, it's easy to start at the beginning and mellow out all the way to the end of this LP.



Priestess delivered heavy bass lines in Halifax last week. | Photo by Delia Macpherson

Pray with Priestess

Delia Macpherson
Staff Contributor

Your ears are ringing, your head is banging. You've just had a great view of the lead singer's crotch as he leaned forward into the crowd screaming unknown lyrics into a mic that isn't turned up high enough. You're front row, centre at the Priestess concert.

Priestess performed on Saturday, Nov. 7 at The Paragon Theatre in Halifax. Cover was \$15 and the venue was about half full.

The type of music Priestess play is tricky to define. It's not heavy metal. It's not mosh-pit music. It is heavier than The Trews or Billy Talent, which are both considered rock bands. Yet Priestess is still a rock 'n' roll band through and through. Because of the uncertainty of genre, the audience at the show included two groups: the strong, silent, head nodding type, and the drunk, joker, mosh, hair-swinging type.

The Montreal band members are on tour promoting their new album titled *Prior to the Fire*. Their newer music has the same dirty rock 'n' roll sound as their former albums, though a bit heavier.

You may know Priestess by the single "Lay Down," which is included in Guitar Hero 3. The band is made up of four guys. They wouldn't quite make People Magazine's 100 most beautiful list, but they could make it to Rolling Stone's 100 best bands.

Priestess delivered an incredibly good performance. The band members' energy was high and the instruments sounded great.

Opening for Priestess first was East Coast band Motorleague. They were mediocre at best and seemed a bit too into themselves for the sound they were producing. The second band, Trigger Effect, also from Montreal, were

much more entertaining. They played heavy, head banging riffs. They were all in tight, low rise jeans and three of the four members were shirtless by the second song of their set.

The boys in Priestess were more simply dressed. Garbed in jeans, sneakers and rock 'n' roll T-shirts with hair no shorter than shoulder length. The bass and lead guitar players had hair to their bellybuttons and thrashed it about on stage. The one complaint anyone seemed to have about the night was that the microphone wasn't turned up enough.

Why, oh why does almost every rock band on the face of the earth have their vocal mics turned down too low? The singing sounded as clear and tight as the CD recordings, at least what could be heard of it.

They kicked their set off with "Firebird," the fourth track on the new album, soon followed by my personal new favourites "Gem" and "Murphy's Law." They closed the night with their single off the new album "We Ride Tonight."

On the album you can find heavy, fast-paced drum solos, which are complimentary and slightly offbeat, and really interesting guitar harmonies, especially on "Gem." The track pumps thick bass through you, and has powerful vocals bellowing themes about death, birth and escaping from something. You'll find a mix of fast paced and slower paced music that remains true to what rock 'n' roll is about.

Prior to the Fire is refreshingly good rock 'n' roll music. It's loud, in your face and it shows talent.

The boys in the band seemed modest and focused on their music throughout the night. Their sound has obvious stoner-rock influences, but it's still as sweet sounding as Zepelin, with high-pitched guitar riffs. Check out the new, killer album *Prior to the Fire*.

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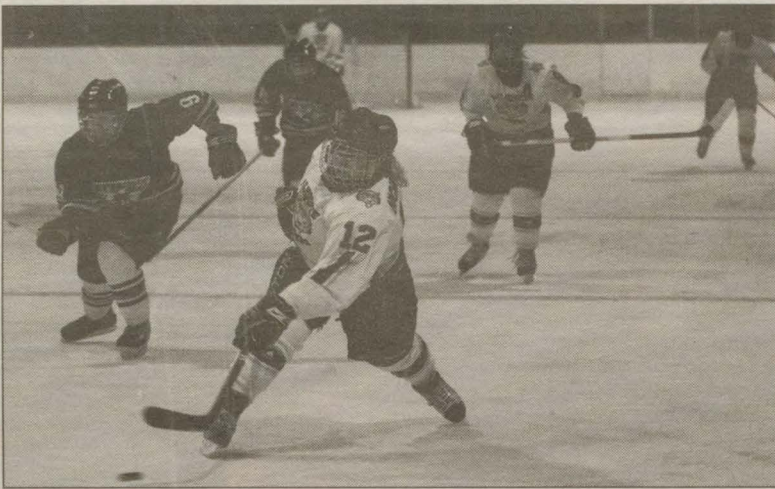
Sports

Sports
Gazette Sports covers athletic events and topics relevant to Dalhousie. E-mail Joel at sports@dalgazette.com to contribute



Joel Tichinoff **Sports Editor**
sports@dalgazette.com

DAL DEFEATS MOUNT ALLISON



Dal's Robyn Nicholson opened scoring in a 7-1 win over Mount Allison. | Photo by John Niven

BEAT THE KIPPER

Questions:

1. How many times have the New York Yankees won the World Series?
2. Which MLB team holds the most World Series titles after the Yankees?
3. When was the last time the Dalhousie Tigers won a National Baseball Championship?

Answers:
1. Twenty-seven, after last week.
2. The St. Louis Cardinals (10)
3. 1996

I'm on a boat

Sailing with the Tigers

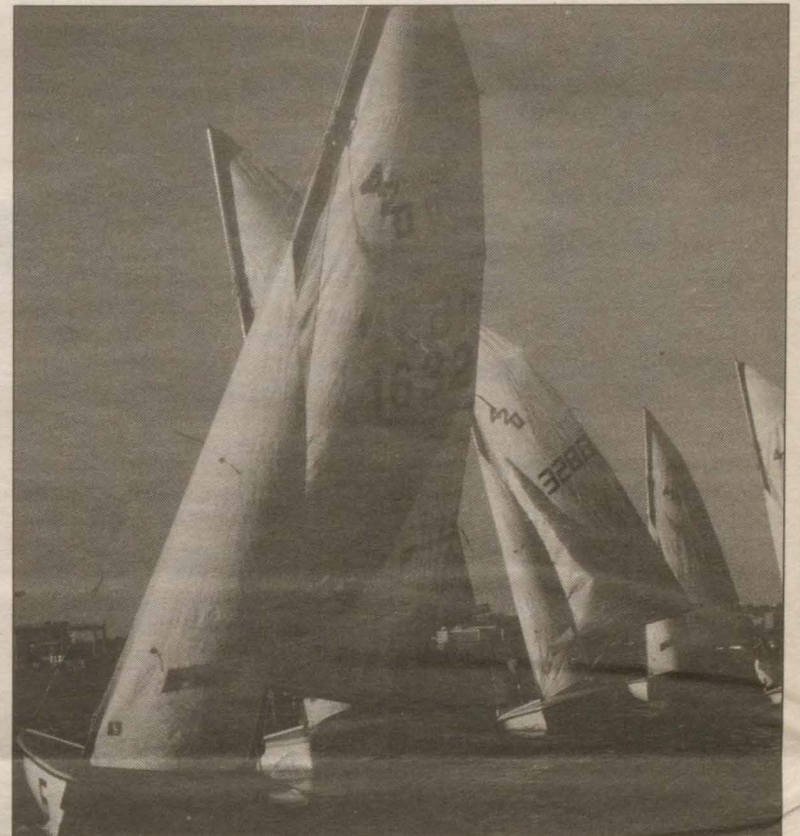
Joel Tichinoff
Sports Editor

Every sailor knows that moment. The wind snaps out the sails, the boat surges forward and water sings from the stern. The sailors of the Dalhousie sailing team know that moment well as they take to the waters of the Atlantic four times a week – sun, rain or snow. Dal is the only East Coast school to field a competitive sailing team, the only other Canadian sailing teams belong to the University of British Columbia, Queen's, Toronto and McGill. With the Atlantic Ocean lapping the shore only minutes from the Studley campus, Dalhousie students have had a long connection to the sea. However, a first-year management student from Kingston, Ontario created the Dal Sailing team in its current incarnation in 2005. Matt White, who graduated from Dal last spring, came to Dal in 2005 having formerly been head coach of the Kingston Yacht Club and, finding no real sailing program being offered, set about creating one. Four years later the Dal sailors regularly compete, and win, at regattas hosted by the New England Intercollegiate Sailing Association (NEISA).

White, who also established an annual business ethics case competition at Dal, has moved on, but current team president Peter Dixon has continued his work. Dixon, who will complete a combined honours degree in Biochemistry and Neuroscience this year, grew up sailing out of Toronto's Royal Canadian Yacht Club and was already an accomplished sailor when he began his studies at Dal in 2006, having sailed solo in several world championships. Dixon's skills as a coach and sailor have been a major boon to the Dal Sailing program. Assisting Dixon in his work have been management student Seamus Ryder of the Royal Nova Scotian Yacht Squadron (RNSYS) and commerce student Paul Brickis of Ottawa.

A typical practice runs roughly three hours with the team assembling at the docks of Waegwoltic club and being ferried across the Northwest Arm by zodiac to the Royal Nova Scotia Yacht Squadron. North America's oldest yacht club, the RNSYS has been instrumental in supplying boats and facilities to the sailing team. The Dal team recently received its own sails from the school but team members supply most of their own personal equipment, neoprene wetsuits are a must for a sailing team that practices well into November.

Team members pay dues of \$160, much of which goes toward insurance and operating expenses, the Dal sailors also shoulder most of the travel expenses on top of the team fees. The university provides some funding but as with many Dal teams there almost a sense of pride in the fact that



Dalhousie sailors won the 2009 Wellahan Cup in Portsmouth, Maine. | Photo by Joel Tichinoff

students compete for Dal with minimal assistance from the school itself.

"We basically get money for sails and rental cars," says Dixon. "(Dal Athletics program manager) Shawn Fraser has been supportive and awesome funding-wise, but two years in row we applied for funding from the DSU and never heard back. This year we didn't apply."

The Dalhousie team competes against American schools such as Yale and Harvard, which have their own fleets. When asked if Dal is looking at acquiring a fleet of its own, Dixon is philosophical. "Some teams are able to replace their fleets and NEISA (New England Intercollegiate Sailing Association) facilitates schools obtaining second-hand boats. Its not impossible, but it would take a commitment of funds that we're unlikely to see Dal putting into an athletics program."

The purchase of a small fleet would be roughly equivalent to a varsity team's annual budget, excluding storage and maintenance costs. Currently the team trains with 420 dinghies lent by the RNSYS, the relationship between the squadron and Dal is strong with many Dalhousie alumni members of the club however this year the Squadron has limited its partnership with Dalhousie to the competitive team only.

"We had a huge rec program before where pretty much anyone could come out and sail," Dixon says. "But there were too many inexperienced sailors and not enough veterans. It was too risky

for us to put people who didn't know what they were doing out on the water. Too much can go wrong. We had to make it just the team this year but I still get tons of e-mails every week from people who want to come out."

Dixon is working with RNSYS to accommodate the large volume of Dal students interested in sailing. Through an adaptation of the Squadron's Learn to Sail program, Dixon hopes to give more Dal students the opportunity to experience sailing.

Dal fielded competitive boats in four NEISA regattas this year. The NEISA regattas generally feature two-man crews racing up to four races to determine a winning team. "We mostly race Flying Juniors (class of boat) against the NEISA teams," coach Ryder says. "But we can handle all types."

Two teams competed at the Northern Series Two Regatta at Dartmouth College in September placing 16th and 18th. A team of Paul Brikis, Brittany Duraul, Andrew McNeil and Alana Keider travelled to Montreal in mid-October. Racing out of the Pointe-Clair YC, Dal placed third overall at the McGill Cup behind Tufts and McGill. The season highlight came on Oct. 25 when Anna Millar, David Castle, Ted Murphy and Warren McDougald captured first place and the Wellahan Trophy at the Northern Series Three race. Dalhousie also placed fifth at the Team Racing Series Two, held at Newport, Rhode

MEET THE TIGERS!

MAX BURT, VOLLEYBALL #6 Middle blocker
Hometown: Gander, NL
Degree/Major: B.Sc/Kinesiology
Favourite pre-game meal: Chicken Alfredo
Favourite pump-up song: Day 'n Night
Career aspirations: Play professionally then eventually teach
Favourite class: Ergonomics

MAGGIE MORRISON, VOLLEYBALL #7 Middle
Hometown: Sydney, NS
Degree/Major: Commerce/Accounting/International Business
Favourite pre-game meal: Curry tuna sandwich & salad
Favourite pump-up song: Eye of the Tiger
Career aspirations: Work with developing nations
Favourite class: Work term



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SATURDAY, NOV. 14
MEN'S VOLLEYBALL vs. UNB, 1PM*
WOMEN'S VOLLEYBALL vs. UdeM, 3PM*
BASKETBALL vs. MUN, W 6PM/M 8PM*

SUNDAY, NOV. 15
BASKETBALL vs. MUN, W 1PM/M 3PM*



*Visit www.athletics.dal.ca/tigers to view the webcast. Admission is free for Dal students with ID

WWW.ATHLETICS.DAL.CA

Capers win AUS Men's soccer

Dylan Matthias
Staff Contributor

Last weekend's AUS men's tournament didn't quite turn out like everyone thought.

The host Dalhousie Tigers lost their only game in controversial fashion, and the conference topping Cape Breton Capers took Monday morning's final in extra time, 2-1 over the UPEI Panthers. Both teams advance to CIS nationals in Langley, B.C. this weekend.

The weekend provided other stories, too, with games being postponed by a day after a vicious nor'easter on Friday forced cancellations. Third-seeded UNB were bounced by the plucky Université de Moncton, a long-shot team that brought everything they had to play and shone.

Tigers season a disappointment

For a Dalhousie team that was expected not only to reach nationals, but also to compete in Langley, Sunday afternoon's loss to UPEI was heartbreaking. "Soccer's a cruel sport," said Tigers coach Pat Nearing after the game.

He said the team expected to have made nationals. In a year that saw the Tigers play beautiful soccer at times, the Panthers exposed their weak-

nesses: namely pace on the wings.

After a wonderful curling strike from Hamzeh Afani gave Dal a 22nd minute lead, controversy struck. Tigers' goalkeeper Ben Ur collided with a UPEI attacker and caught the Panther's studs in the face, going down. Referee Jose Ferrer refused to stop play and Jimmie Mayaleh scored past the incapacitated Ur.

The head-injury rule has reared its head before; referees are supposed to stop play if there is any likelihood of a concussion or other head injury. At the amateur level of CIS, this rule makes a lot of sense—a goalkeeper with a concussion cannot be asked to put himself at risk in making a save. It became quite apparent that Ur was not feeling good after the collision, and in the 32nd minute Jordan Murphy cut inside an out of position Jordan Mannix and fired home past a frozen Ur.

Ur returned to play the second half, but Dal let in two more goals, both from wide positions as the speedy Panthers walked all over the Tigers' slow back line, at which point Colin Power replaced the beleaguered Tigers' keeper, who looked in pain as he went to the bench.

Dalhousie rallied, with Afani banging in another goal and Julian Perrotta finally scoring after a season that saw him miss way too many chances.

In stoppage time, the Tigers forced UPEI back into their own box. A ball made contact with a Panther arm, but despite massive appeals from every Dal player, Ferrer made no call. "I did see a handball," said Perrotta, who was in the box at the time. "At least I thought I saw it. Maybe it was hopeful thinking."

"I thought we had a good appeal for a handball in the end," said Nearing, who also cast doubt on UPEI's third goal, suggesting it was offside. "The refereeing wasn't everything, though. We had our chances. We should have just stopped them from scoring. We scored enough goals to win today."

Nearing said he's aiming for a striker and a defender in the off-season, to replace Michel Daoust and Talal Al-Awa'id, who will be ineligible.

Cape Breton end UPEI's run

Monday morning's final was a far more tactical, technical affair than the two 4-3 shootouts on Sunday, but it too had its stories. The University of Prince Edward Island entered the game as fatigued underdogs, playing their third game in three days against a Caper team loaded with CIS-level talent itching to prove itself after a dismal 2008. The class difference showed as UPEI approached the game quite cau-

tiously, making for a turgid first half full of long ball tactics and poor passing.

"They came out with a game plan to stop us playing the way we play," said AUS player of the year Andrew Rigby, a CBU midfielder.

The Capers eventually broke through early in the second half after a goalkeeping mistake by Tim Kalinowski, who first came out to challenge Shayne Hollis, then thought better of it and back-pedalled into his box and tried to block the shot. He got a hand to it, but couldn't stop the goal.

When it all looked over in the 87th minute, Jimmie Mayaleh cut in from the left and looped a perfect shot into the far top corner past Chris Tournidis to make it 1-1. In his exuberance, Mayaleh pulled his shirt off and leapt into a throng of his teammates, earning an automatic yellow card. While an easy burst of happiness is easy to forgive, Mayaleh followed his goal up with a mindless challenge straight off the ensuing kick-off, slicing down Keishen Bean from behind and earning himself a second yellow 30 seconds after his beautiful goal. With UPEI down to 10 men for extra time, the Capers wasted no time in attacking, and the nation's leading scorer in Keishen Bean chipped a shot past Kalinowski, just 15 seconds into extra time. UPEI could not muster an equalizer and Cape Breton took the title.

Both teams will attend CIS nationals, although Mayaleh will miss his team's crucial first game (which decides whether they compete for a medal or go into the consolation pool) due to the red card. Rigby was named tournament MVP, which includes a \$1000 prize.

Upstart Moncton impress

Everyone's favourite team seemed to be the U de M Aigles-Bleu at some point

over the weekend. Up against a UNB side that bunkered in their own half and played for penalties all through Saturday's quarter-final, the Aigles-Bleu kept up a quick, exciting attacking style of play that was quite wonderfully free of any kind of defensive responsibility, meaning chances were created in abundance. It took them 110 minutes to break down the UNB fortress. Antonio Mékary passed to Patrick Gautreau, who crossed for captain and attacking midfielder Olivier Babineau, who nodded it past UNB keeper Matt Lally.

Babineau was the most exciting player to watch all weekend. He held no constant position, falling perhaps best into the Latin American trequartista position behind two other attackers, although he popped up wherever the ball was, wowing fans with crafty ball skills and intelligent movement.

Dal women out in St. John's, St. FX win

The Dalhousie Tigers Women's team suffered a similar semi-final loss in Newfoundland, losing to St. FX after Kate MacDonald scored in the 23rd minute.

The Tigers conceded two long-range goals, first from Meghan Ramsden on a free kick, and then a long bouncer from Nicholle Morrison at 99 minutes, in extra time.

The young Tigers team will have a better chance next year when rookie attacking trio Emma Landry (one goal), Joanna Blodgett (no goals), and Beth O'Reilly (no goals) are more used to the AUS level of play. St. FX will be joined in Toronto by underdogs UPEI, who upset the heavily favoured Cape Breton women (the 2007 CIS champions and 2008 AUS champions) 1-0 in a snowstorm.

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TIGERS SPORTS BRIEFS

Joel Tichinoff | Sports Editor

Men's soccer records first loss of the season

Dal fell back to third place in AUS rankings losing 2-0 to fifth place St. Francis Xavier. The Tigers' record now sits at 6-1-3 going with three games left in the regular season. The CIS still ranks Dalhousie fourth nationally in men's soccer. The team remains undefeated at home, where they will host the AUS Championships in November.

Women's soccer team wins in Antigonish

The women's soccer team avenged the men's teams' loss with a 5-0 pounding of the X-women. The women's team has only allowed three goals all season and sits one point out of first place in AUS Standings. The Women's Tigers are undefeated this season and are ranked sixth nationally by the CIS.

Women's hockey beat X-women at home

Tessa Boudreau, Fielding Montgomery, Liz Matheson and Jocelyn LeBlanc scored for the Tigers in a 4-3 victory versus St. Francis Xavier. Dalhousie goaltender Ashley Boutilier made 29 saves in Friday's win.

Men's hockey still winless

Pete Belliveau's Tigers dropped all three games of their three-game 'road trip' outscored 17-7 versus St. Francis Xavier, Université de Moncton and St. Thomas University. The Tigers stand at 0-3-1 on the season. The Tigers return home this Friday to host the Université de Moncton Aigles-Bleus at Memorial Arena.

Field hockey misses playoffs

UPEI will be representing the Maritimes at the OUA playoffs in London, Ontario next weekend. The Dalhousie Tigers were 5-2-3, ranked third in the Atlantic region going into the final tournament. The Tigers beat UPEI in penalty strokes and handed St. Francis Xavier a 3-0 loss, led by the strong play of captain Julie van der Hoop. Dal lost to SMU in the Bronze medal game.

Football Huskies continue seven-game winning streak

Following a 39-23 win over the McGill Redmen in Montreal, the Huskies returned to Halifax where they hosted conference-rival St. Francis Xavier. The X-Men handed SMU their only loss of the season, winning 24-19 on Sept. 12 in Antigonish. The Huskies' avenged the loss with a 41-7 win in front of the home crowd.

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Dal Tigers Basketball
presented live on air by CKDU Sports

Sat Nov 15th MUN @ Dal
6:00pm ^{women's} 8:00pm ^{men's}

Sun Nov 22nd StFX @ Dal
2:00pm ^{women's} 4:00pm ^{men's}



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THE SEXTANT

DALHOUSIE'S OFFICIAL ENGINEERING NEWSPAPER

ENGINEERING OLYMPICS

Jean-Pierre Brien
VP Communications, DSEUS

The Engineering Olympics were held with great success. It was a tight race among Mechanical, Industrial and Mining. It was so tight that it came down to a best of three rock-paper-scissors match. With great fanfare, the Industrials topped the dynasty that was the Mining class.

The Mechanicals took an early lead with an alumni rhyming off 40 digits of pi. The mining society dominated the attendance with nearly 100% representing their class. In the orange pass event, a small Mechanical team laid down the hammer to beat both their close rivals Mining and Industrial.

Up next was the mascot event, in which the Industrials, Mining, and Chemicals faced off against each other. The Industrials mascot, lean ground beef, trumped the Mining mascot, Drinking Engineer with a Mining problem, and the Chemical mascot, a flare stack. With the votes tallied, the Mechanical mascot crashed the T-room with his siren blaring. To much fanfare, he marched to the stage, slammed the megaphone on a table, stripped to his boxers, and began to strut around the stage. Clearly a fan favorite, the Mechanical Mascot came third.

In the mommy wrap event, the Industrials once again faced off the former champions, Mining, and trounced them. Over the next three events, trivia, panty hose with orange, and the life saver pass, the Mechanicals led the pack with two first place finishes and the Industrials held their own with a win in the panty hose with orange.

The Chemical students showed their teeth with two second place finishes in the life saver pass and the ball push in pants. The Mechanicals, bolstered by reinforcements, claimed first place in both events with the president of the DSEUS and the president of the Mechanical society nailing the ball push in

pants to the ground.

In the next two events, the Mining society showed their love for the T-room staff by tipping the bar staff well over one hundred dollars, and the Mechanicals showed their strength once again by claiming first in the Noodle push. This led into the final event in the competition, the nasty food event with the Mechanical society leading the pack. In order to even out the competition, the foods were chosen in reverse order which meant the leaders were at a disadvantage. The Industrial society cruised to a win with Mining not far behind. The Mechanicals dedicatedly choked down some ginger root but finished the event in a disappointing 5th place.

Overall the event was well attended and very well organized. Congratulations to the Industrial Society for winning and to all societies that participated.

POP MACHINES ON SEXTON

Jean-Pierre Brien

Recently all of the pop machines on Sexton campus have been "upgraded". While normally I would have thought this was a great idea, as the old Pepsi machines from the 80's have been getting on in their years but these new machines are just as bad.

The old Pepsi machines wouldn't dispense cash, wouldn't tell you which drinks they still had available and would reset themselves when you didn't have enough change. This led to me losing several dollars on several occasions when the machine neither had Pepsi or change. Basically the students on Sexton have been donating to the Pepsi vis-a-vis these money sucking machines Pepsi has been using to "service" the students of Sexton.

Earlier this year the Pepsi Corporation has "upgraded" its machines on Sexton. The machines now accept 5 dollar bills,

don't dispense Pepsi and don't return your change. It's like going to the casino but without much of a chance of winning - oh wait, that is the casino. I'm sure the next iteration of beverage dispensers will have a slot where you just insert your watch or wallet.

If you have made a donation to one of the new Pepsi machines there is a little number on the side of the Pepsi machine that you can call and they will send you a voucher for free Pepsi. Please allow 4 to 6 weeks to deliver.

Or if you are on Campus please contact,

Heather M. Sutherland - Student Community Services

Email: heather.sutherland@dal.ca

Phone: 1-902-494-1927

Or if you are in the Sub please visit the Info desk.

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Tickets are available from the following people:
Bridget Robinson brb101@dal.ca or find her in the DSEUS Office (Design Commons)
Kirsta Ash kash100@dal.ca



Tuesday November 10 • Mechanical Engineering Society
Night with Abstract Echoes
Thursday November 12 • Electrical Engineering Society
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Friday November 13 • Trivia



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CO-OP CORNER

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- October 27 - December 31: Round II

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- If you have found a job using your own search and not the co-op office, you need to inform the co-op office of this so you are no longer released on PlacePro.
- The co-op website offers many tips and is very informative. The website is: <http://www.engandcompsscicoop.dal.ca>

