

# FLOW

Tidal power exposed, pg 8



**The Dalhousie Gazette**

*North America's Oldest Campus Newspaper, Est. 1868*

+ SUB food debate continues, pg 7

Hann in space, pg 11

Carleton's hoops dynasty, pg 17



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# The Dalhousie Gazette

North America's Oldest Campus Newspaper, Est. 1868

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## the fine print

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

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# from the editor

from the editor

E-mail Dylan at editor@dalgazette.com

Dylan Matthias Editor-in-Chief



## The strange and wonderful world of online journalism

Dylan Matthias  
Editor-in-Chief

Every year we have a new website for the *Gazette*. Even though online journalism is becoming more and more important, we've been slow, like many campus publications, to really adapt ourselves to the Internet.

This year, that changed. After a lot of hard work we relaunched our website in the fall, and all year we've been posting on and plugging dalgazette.com whenever we can. We're pretty proud of it: it's got extra, exclusive content, it's attractively designed and easy to use. Most importantly, it exists, it's updated, and with some maintenance here and there, it works.

So we feel we're entitled to a little pride, and we'll be working hard next year to take full advantage of our online presence with more day-to-day news that you need to know. This year we covered the Occupy NS movement, the Atlantic Film Festival, the faculty strike negotiations and the CIS Final 8 basketball tournament almost entirely online. We'll be looking to bring you more of the same and then some next year.

But we are also looking for feedback. Maintaining and running an online news site is not easy, and online journalism is constantly evolving. We'd love to hear your ideas for how to best make use of our site.

What kind of content do you want to see? How often? More importantly, how do you check dalgazette.com—on your phone, iPad, desktop? All these things are important to how we cover our campus.

There is one other request we have for you, too. Part of our web re-design involved the long-planned *Gazette* graveyard, a highly spooky place where we store all the articles from past years.

Sadly, our previous websites were sometimes positively skeletal. We salvaged a lot of material. Think 40,000 pages of material. For that, we had about 30 photos, despite the fact that the *Gazette* has long had very talented photographers.

Our archive is also largely restricted to the past two years, and there are holes in that coverage, too—so it's best to check even if you have written for us before. Our archiving is never quite as good as it should be, so we

are asking your help. Check out the sidebar to see how you can be immortalized forever in our archives. Even better, it's an excellent way to fill out the increasingly popular online C.V., which looks real good when presented to an employer.

If you have questions or comments—or just great ideas—about our website and how we can adapt ourselves to the age of the Internet, please email us at Editor@DalGazette.com.

We want to help keep Dalhousie's history intact online, and we hope you can help.

Happy surfing and searching! ☺

CHECK OUT  
OUR EMERGING  
ARCHIVE AT:

**Dal**  
**Gazette.com**

### How-to appear in the *Gazette* archive

#### A six-step solution for articles and comics

1. If you wrote for us in the past, go to our website and search your name. If your story shows up, check to see if anything is missing. If it doesn't, we probably don't have it, or the version we do have is corrupted. If you still have a copy, we'd love to add it.
2. If you have the photos for the story, send those in too.
3. For text, send us the article with as much information as possible. Include the date it was published, the year and any headline or other info you have.
4. File types: .rtf and .doc are best, thanks. Google Docs is alright, too.
5. Send photos in a manageable file format. We like JPEGs. We like them a lot. Avoid TIFFs or other massive types unless it's the only type you have. Flickr links are fine.
6. If it had a caption or if you remember what the photo is of, this is helpful information to include.

#### And how to do it if you were a photographer

1. If you took photos for any story, first search that story and see if your photo made it up.
2. If you don't know which story your photo went with, let us know the date you took it and the issue number if you have it (143-02 or some such, usually on the cover of the paper).
3. Send photos in a manageable file format. We like JPEGs. We like them a lot. Avoid TIFFs or other massive types unless it's the only type you have. Flickr links are fine.
4. If it had a caption or if you remember what the photo is of, this is helpful information to include.

\*Please be patient—these things take time and people. Thanks  
—The *Gazette* website team

Email your archive material to: Archives@DalGazette.com ☺

# letters

### re: Behind the dark curtain

Your article on a woman's experience of sexualized violence in a Halifax bar was upsetting and concerning. Sexual assault is not something anyone should have to experience. Unfortunately, rape and sexualized violence happen frequently in Nova Scotia, and it is important to ask, "How do we end sexualized violence in Nova Scotia?"

Avalon Sexual Assault Centre has called on the provincial government to implement a province-wide strategy to address sexualized violence. An effective strategy against sexualized violence would include not only specialized counselling for people experiencing violence, but also specialized professional training for first responders (such as bar staff), and stable, long-term funding for community education to address the root

causes of sexualized violence. "Suffering in Silence," a recent needs assessment on sexual assault services in Nova Scotia, found that the province lacks comprehensive sexual assault services: Basic support and therapy, where available, is inadequate for the number of people who experience sexualized violence. Accompaniment in the justice and medical system is only available on an ad hoc basis in most areas.

Public and professional education is only occasional because of a lack of resources. There are nearly no services in the form of crisis line support, on-call response and advocacy, and targeted data collection. The Sexual Assault Nurse Examiner program is only available in Halifax and Antigonish. A comprehensive provincial strategy on sexualized violence, and

stable, dedicated funding for sexual assault services across the province is necessary if Nova Scotia intends to seriously and effectively challenge sexualized violence in our communities.  
—Irene Smith  
Executive Director  
Avalon Sexual Assault Centre

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HEADQUARTERS







Katrina Pyne News Editor

Will bars up their security training?

Avalon wants sexual assault on the agenda



Clark Jang
News Contributor
Alex Clarke knows how to spot a
troubled situation.

"You can tell a lot by facial expres-
sions, body posture, things like that.
There are certain signs that can be
seen before it happens," says Clarke, a
former security guard at a downtown
Halifax bar.

Before being hired, Clarke had
no formal training. As bar security,
Clarke was not required to hold a
security guard license. The Nova Scot-
ia Department of Justice wants that
to change.

The Department of Justice is pur-
suing legislation to make licensing
mandatory for security personnel. The
legislation, known as the Security
Services and Investigative Services
Act, would include mandatory
training for bar security and would
be more stringent in its inclusion of
who counts as security.

It is expected to come into force in
May.

According to Dan Harrison, a com-
munications advisor in the provincial
Department of Justice, the act will
outline a curriculum on which secu-
rity would need to be trained.

"There's a broad group of security
professionals out there, so we want to
make sure we get all of this right so
when it starts, it's as effective as it can
be," says Harrison.

But as a result of a recent investiga-
tion by the Gazette, the Avalon Sexual
Assault Centre, a Halifax organiza-
tion that provides services for vict-
ims of sexually violent crimes, wants

to see sexual assault training on the
table as part of the training regimen
before the regulations come into
effect.

Irene Smith, executive director of
the centre, says regulating private
security is a small piece of a larger
issue.

"There are a lack of programs and
services for sexual violence in Nova
Scotia," says Smith.

For example, Nova Scotia does not
have a 24/7 sexual assault crisis line,
Smith points out.

Smith says the Avalon centre is
in the process of contacting policy-
makers who are developing the reg-
ulations and wants to engage in dia-
logue about what the updated act will
entail.

"I think it's way broader than the
legislation. Legislation is just one
piece of a larger social problem."

Right now there is no regulated
training for bar security, let alone sex-
ual assault training.

"It would increase their profession-
alism and ability to respond effec-
tively," says Gaye Wishart, chair of the
board of directors at Avalon. "There's
no training now, so anything would
be helpful."

Wishart is also an advisor at the
Human Rights, Equity & Harassment
Prevention office at Dalhousie. She
believes licensing legislation, includ-
ing sexual assault training, could help
bar security choose an appropriate
response when faced with a sexually
violent incident.

"They may be the first line of
reporting sexual assaults in the bars
downtown, where we know a lot of

these incidents are occurring," says
Wishart.

Clarke believes sexual assault train-
ing would be a useful tool for security
guards to have in their arsenal.

"It should be mandatory when
applying for that job position," he
says.

However, Clarke says even though
he was not trained to deal with sexual
assaults, specifically, a lot of it is com-
mon sense.

"There have been girls who have
come up to me and said, 'That guy
grabbed my ass.' Anything like that
and I kick them out immediately,"
says Clarke.

"But sometimes it's hard to use
common sense in certain situations,"
he adds.

Halifax is a hotbed for sexually vio-
lent crimes. According to Statistics
Canada, Nova Scotia reported 683
sexual assaults in 2010, the most in
Atlantic Canada. Only New Brun-
swick exceeded Halifax in sexual
assaults per capita, with 77.82 per
100,000 population. However, as
many as 84 per cent of sexually vio-
lent crimes go unreported.

"We encourage all people who are
sexually assaulted to report these
incidents," says Harrison.

By reporting incidents and openly
talking about sexual assault, Wishart
believes education, awareness and
behaviour can change the societal
norms of victim blaming, trivializa-
tion and normalization.

"It's important for us to keep the
conversation going," says Wishart.

Photo by Angela Gzowski



DSU election appeals rejected

Disqualified candidates move on to Judicial Board

Daniel Boltinsky
Staff Contributor

The appeals made by presidential
and vice-presidential candidates
Jamie Arron and Aaron Beale to
overturn their disqualifications were
unsuccessful, the Dalhousie Student
Union (DSU) elections committee
announced March 8.

Both candidates are now expected
to meet with the committee's Judicial
Board, which will make the final deci-
sion regarding their fines.

Both were disqualified for incur-
ring \$100 or more in fines. The com-
mittees, in reconsidering whether the
fines were fair, determine if Arron
and Beale were in fact disqualified for
executive positions in the DSU.

From the candidates' side, the pro-
cess involved submitting evidence
to the committee that may not have
been available previously. Beale, a
VP (academic and external) candi-
date, was handed a \$165 fine for
campaigning in the post-campaign
period, which was incurred when 29
of his handbills were found posted in
Howe Hall. According to the com-
mittee, a Dal student emailed them
on Feb. 24 claiming responsibility for
the campaigning, and added that it

occurred without Beale's knowledge
or encouragement.

Beale argued that he exercised due
diligence during his campaign, and
he ought not be penalized for some-
thing out of his control. The com-
mittee ruled that Beale should have
taken preventative steps; for exam-
ple, not leaving his handbills unat-
tended.

"It's such a
dangerous
precedent to set."

Because Beale's fine for post-cam-
paigning in Howe Hall is over \$100,
his appointment as vice-president is
dependent on it being overturned.
He is confident this will happen when
the Judicial Board examines his case.

"If I'm disqualified, then next year
you'll probably see every single candi-
date get disqualified," says Beale,
"because everyone will know how
easy it is to disqualify them. It's such
a dangerous precedent to set."

Jamie Arron appealed five fines of
\$20. For him to be appointed presi-

dent, the Judicial Board must deem
at least one of these fines void.

For example, in a statement from
the DSU elections committee it is
said that Arron argued that his fine
for "failure to remove DSU footage
from campaign video" was invalid
because the footage did not belong
to the DSU. However, the elections
committee rejected the appeal because,
they say, "the matter of ownership of
the video is irrelevant to the fine."

A separate fine was levied on
Feb. 13 for using DSU footage, and
because Arron did not appeal that
one, the committee said in the state-
ment, they "deliberated based on the
assumption that that first fine was
still valid."

Upon receiving written notification
of their appeal status, the candidates
have five school days to write to the
Judicial Board.

"I find this whole thing kind of con-
cerning," says Beale. "I just think stu-
dents are going to lose hope in the
elections process."

Aaron Beale will next bring his
appeal to the Judicial Board.

Photo by Angela Gzowski



# STRIKE SCARE JUST ABOUT OVER

## Faculty agreement ratification set for this week

**Torey Ellis**  
Assistant News Editor  
.....  
Dalhousie administration and the Dal Faculty Association (DFA) may have come to a tentative agreement, but there are still a few steps to be taken.

Karen Janigan, communications officer for the DFA, said the association's ratification vote will take place March 15, 16 and 19.

The DFA executive recommended the members accept the tentative agreement, and a general meeting took place Thursday night. Janigan was unable to talk about what

was included in the agreement itself, because at the time of print the faculty members had not had the chance to hear about it.

.....  
**"All the signs have been really positive."**  
.....

"They're dying with anticipation to find out what the deal is," Janigan said in a phone interview.

As for the negotiations themselves,

Janigan only described them as "long."

"It took a long time, longer than some members of the team probably expected," she said. The two sides met at the Dartmouth Holiday Inn from March 8-11.

Charles Crosby, spokesperson for Dal administration, said he is optimistic the agreement will be ratified.

"We're optimistic, and we're thrilled we were able to come to an agreement," he said.

"All the signs have been really positive, and we're really looking forward to moving on with this."

At the time of print the Board of Gov-

ernors had not yet set their ratification vote date.

One unexpected side effect of the negotiations, Janigan said, was a spike in web traffic: the DFA's website crashed March 11, as thousands of students, parents and faculty tried to find out what was going on.

It was a dramatic increase in traffic all month, Janigan said, and with almost 5,000 views per day earlier that weekend.

"I was trying to post an update that we had come to a tentative agreement, and the site crashed from underneath me." ☹

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### BREAKING NEWS

**DalGazette.com**

### Website Top 5

1. Strike may be averted  
Torey Ellis, News
2. DFA negotiations:  
Thursday in review  
Torey Ellis, News
3. Information deficit on  
DFA negotiations  
Torey Ellis, News
4. Behind the dark curtain  
Kat Pyne, News
5. A second strike?  
Calum Agnew, News



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# The face of diversity

## Are policies enough to prevent discrimination at Dal?



**Clark Jang**  
News Contributor

Not many people are familiar with Dalhousie's policy on affirmative action and employment equity, or with the concept behind it. Perhaps they should be.

Nancy MacDonald is an assistant professor in the school of social work, and a PhD candidate. In 2001, she worked on a study about affirmative action, which involves giving members of under-represented groups preference in the hiring process. The study showed that affirmative action increased the number of social workers from designated groups, but did not actually prevent racial discrimination in the workplace or when accessing employment.

"It may get you in the door, but it doesn't keep you in the door, and it fails because it does not recognize the systemic barriers that we experience," says MacDonald.

The Office of Human Rights, Equity & Harassment Prevention (HREHP) at Dal was designed to make sure the university's human rights, equity and harassment prevention policies are practiced.

Those who are interested in venturing onto the HREHP website to brush up on Dal's guidelines are left to navigate through a maze of confusing language, links to affiliated websites and numerous policies, programs and guidelines.

But behind the mass of information lies a simple idea.

"The purpose of affirmative action and employment equity is to correct a historic disadvantage," says Lisa DeLong, a human rights and equity advisor in the HREHP office. DeLong says once relative progress has been made in designated groups, ideally affirmative action cancels out its own need. Aboriginal persons, persons with a disability, visible minorities and women fall under the umbrella of designated groups.

"You're aiming to correct the disadvantage, not to create a temporary correction," says DeLong. "It's the reality we live in that there's a lot of historic disadvantage that prevents people from accessing higher education."

One concern with policies like affirmative action and employment equity is that it promotes a form of reverse discrimination.

"It's not discrimination to imple-

ment a program aimed at correcting a historic disadvantage," says DeLong. "From my understanding that's the reason for Section 15(2) in our Charter [of Rights and Freedoms]."

That section states that any law, program or activity aimed at correcting the conditions of historically disadvantaged groups is not discriminatory.

Another caveat of affirmative action is self-identification. During the application process, applicants are given the chance to identify as a member of an under-represented group. If they don't self-identify, their applications are treated like any other.

***"There are stereotypes, like we are given leeway into programs, or that we don't pay taxes."***

Sara Swasson, who identifies as Mi'kmaq, is studying for her master's degree in health promotions. She believes racial targeting is one reason people may choose not to self-identify.

"There are stereotypes, like we are given leeway into programs, or that we don't pay taxes," says Swasson. "That's not true."

Marlo Shinyei, the academic recruitment advisor, says the perception of hiring solely because of an affirmative action program can be discouraging.

"There's also the perception that affirmative action is lowering the bar," adds DeLong. "That's not the case. Everyone is enriched by having a more diverse crowd to work with."

She notes that the Dalhousie Diversity Faculty Award is an example of a program in place to promote workplace diversity. The award is an initiative for faculties to hire from designated groups, paying up to half of their salary for three to five years for a maximum of \$50,000 per year.

"I don't think we've seen another

specific initiative that has been so specifically focused on hiring or hiring goals," says Shinyei.

When selecting candidates to meet hiring goals, Dal uses the test of "substantially better qualified." The test states that unless a member of a non-designated group is substantially better qualified than the candidate from an under-represented group, the under-represented group member will have preference for the job.

"But it is context-specific. It's different for every faculty," says DeLong.

However, MacDonald thinks the policies and programs could be more inclusive.

"I do think there is room to expand the policies for other groups who experience other types of oppression," says MacDonald.

Dal's school of social work recognizes Aboriginals, persons with disabilities, visible minorities and women, as well as Acadian peoples and the lesbian, gay, transgender, two-spirited, queer and intersex (LGBTQI) community in its affirmative action program. Acadian peoples and LGBTQI individuals are not included in Dal's definition of designated groups.

"That's where the school [of social work] has been so progressive," says MacDonald.

MacDonald points out that affirmative action and employment equity only apply to the hiring process. As one who has experienced racism, she feels the university should have more comprehensive strategies to promote inclusiveness and prevent discrimination within the workplace.

"We need to work with Dalhousie Faculty Association, the universities themselves and our departments in terms of what we can do in this university environment."

"Oftentimes we're left trying to keep ourselves balanced and healthy when we're in an institution that doesn't have the policies and practices in place, nor is prepared to consider racism because that's such a taboo word."

And even though the university has implemented policies like affirmative action and the Federal Contractors Program, MacDonald thinks there is still much to be done.

"Is it sufficient?" she asks. "No. We have a lot to do." ☺

### Census representation at Dal

One mechanism to collect employee self-identification information is the Employee Equity Census, says Lindie Colp-Rutley, an equity analyst in the Human Rights, Equity & Harassment Prevention office at Dalhousie.

"We're always collecting that information anyways, usually at the point of hire," says Colp-Rutley.

Dal census data for 2006 and 2010 shows growth in representation of three of the five groups in the census. Women grew to 57.5 per cent in 2010 from 55.7 per cent in

2006. The Aboriginal presence grew from 0.8 per cent to one per cent in 2010, and racially visible faculty from 7.6 per cent to eight per cent.

Black faculty dropped from 3.4 per cent to three percent between 2006 and 2010, and persons with a disability consisted of 2.7 per cent after registering 3.4 per cent in 2006.

—Clark Jang  
News Contributor

ABOVE: Lindie Colp-Rutley, Lisa DeLong and Marlo Shinyei of the HREHP office  
BELOW: The face of diversity? ••• Photos by Clark Jang





## Will the DSU opt for a self-op food model?

### *The Loaded Ladle's struggle for permanency*

**Katrina Pyne**  
News Editor

Since the success of the Loaded Ladle's appeal to be re-ratified as a society in December, things have been coming together. Now, the society is as determined as ever to receive a permanent spot in the Student Union Building.

But it all depends on whether the Dalhousie Student Union will go for the self-operated, or 'self-op,' food model, which means it would run its own food services.

Over the past year, the student union has been working with an external consultant to put together a plan for what a self-op model in the SUB would look like. They put out a Request For Proposal (RFP) asking companies to describe what they would do with the SUB building, in line with the DSU's vision for that space.

Chris Saulnier, president of the

DSU, says the discussion period on food in the SUB is coming to a close and next year will be all about implementation.

"We are looking for an active and dynamic partnership because we think food is an integral part of the student experience at Dalhousie," he says.

"We think there is clearly a demand for the student union to do a better job of providing that service at a higher level."

He says the RFP will give the DSU a chance to compare their own self-op plans against plans from more professional and experienced companies such as Sodexo and Aramark.

On April 18, council will vote on whether to implement the self-op model.

Currently, the Loaded Ladle has returned to its weekly servings in the SUB, but only by the grace of Sodexo, who have an exclusive contract with the DSU for food in the SUB exclud-

ing the Grawood.

"We want to continue to facilitate [the Loaded Ladle's] success so it's very clear within both our self-op plan and the RFP that we put out that the Loaded Ladle is here to stay," says Saulnier.

"They have a levy from students from last year and they provide a service that a lot of students enjoy, so it's very clear that no matter what decision is made at the end of the year, the Loaded Ladle is part of that mix."

The Loaded Ladle went from being \$9,000 in debt earlier this year, having lost access to their student levy, to catching a second wind in December 2011. They received their insurance and passed a health inspection, then installed a sink in the SUB over the break. In January they were finally audited.

Everything sort of came all at once," says Ciarra Glass, a third-year student and Loaded Ladle board member. "After that we started serving at

the beginning of February and everything has been improving since then."

The biggest challenge the Loaded Ladle now faces is working against the timeline of the DSU. While the Loaded Ladle hopes to have a permanent space in the SUB for next year where they can serve five days a week, Saulnier says that is not likely to happen until the summer of 2013.

"The timeline they would like to operate on is very short, whereas as a student union, we are looking at what the building is going to look like for the next 10 years."

He says any renovations like an industrial kitchen cannot be rushed.

"It takes time to design that and secure the funding to do those renovations. We'd be looking at doing those capital expansions, and any major projects, not this summer but the one after."

Nevertheless, the Loaded Ladle is eager to pursue these options for the coming years.

"We are really excited about working with the new executive for next year," says Glass. "With food being such a big election issue, it will be interesting to work with them and see what their plans are."

Rebecca Hoffer, a fifth-year student and Loaded Ladle board member, says the extra space in the SUB would be a huge help for the society. They are currently making all the food off-site at St. Andrew's United Church and driving it to the SUB in a van.

For now, the Loaded Ladle hopes to keep serving free food from 11:30 a.m. to 1:30 p.m. on Tuesdays in the SUB. ☺

**Rebecca Hoffer serves up vegan brownies at a Tuesday serving.**

••• Photo by Katrina Pyne





## Go with the flow

For tidal energy to exist in NS more research needs to be done

CarolAnne Black  
Science Columnist

Nova Scotia is looking to renewable energy sources. For most of the world, renewable energy means hydroelectric, solar and wind energy. But here in Nova Scotia, it can mean the tides. Soon we may be using in-stream tidal turbines as a form of renewable energy. But nowhere else have turbines been exposed to tides as big and powerful as the ones found here.

The world record tidal range was set in 1916. Measuring just over 16m, it was about the height of a five-storey building. The location was Burntcoat Head, NS, a part of the Bay of Fundy that runs along the south shore of the Minas Basin.

Because the Bay is in Canada, it must contend with our winters. When below freezing temperatures set in, the cold combines with the record-setting tides and muddy waters to form brown ice blocks.

It is these blocks that pose the biggest threat to tidal energy research in Nova Scotia. If we are going to adopt tidal energy as one of Nova Scotia's forms of renewable energy, we must first understand how these ice blocks could impact turbines in the Bay of Fundy.

Fundy ice blocks are formed in rivers connected to the Bay and are often swept along by high-water tidal currents, beaching at a new home in each low tide. Blocks can accumulate mud until they barely float or just barely sink.

It is well known that ice blocks set adrift can collide with surface struc-

tures, such as wharfs and bridge footings, but what about the ice we can't see from above the water's surface?

In 2009, Nova Scotia Power and its partner OpenHydro tested a tidal power turbine at the bottom of the Minas Basin. The tidal currents in the Basin are immense sources of renewable and predictable energy. (Solar and wind are renewable, but inherently unpredictable.)

To decrease the water level from high to low tide, currents flush from Fundy roughly the same volume of water as the discharge into the ocean of all the world's rivers combined. Four times daily, during two tidal cycles, this exchange of water occurs between the Atlantic Ocean and the Bay of Fundy. But extraction of energy from the Bay could create complications from collisions between bottom-anchored tidal power generators and sub-surface ice blocks.

Nova Scotia Power and the Natural Sciences and Engineering Research Council of Canada (NSERC) are funding research at Dalhousie to investigate the threat posed by these ice blocks. One of the first questions to answer is how the ice blocks form. It turns out the key to answering that is Fundy's unique tides.

The oceans are affected by the gravitational pull of the moon and the sun. Their combined forces cause the tides. But the worldwide average tidal range is a little less than one meter. It's mostly the shape of the Bay of Fundy that makes its tides super-sized.

The Bay narrows from 120 km at its mouth into two basins—Chignecto

Bay and Minas Basin—both of which slowly restrict and end in tidal mud flats and rivers. The water entering the Bay with the incoming tide must go somewhere, and the only place to go as the Bay constricts is up.

The Bay is also subject to tidal resonance. Like a boy on a swing, if pushed with the right timing when he slows at the back of the swinging motion, he will go higher. The same is true of tides in the Bay. The motion of the Earth, sun, and moon push the tides in the Bay with the right timing, and the tides nearly resonate, making them go higher.

.....  
**“We have the  
biggest tides in  
the world.”**  
.....

Together, the narrowing from the mouth of the Bay and the timing for resonance give Fundy its huge tides.

To get muddy ice blocks, it's only necessary to throw in some mud.

The water in the Minas Basin and Chignecto Bay is chocolate milk brown. Tidal currents erode mud from the bottom and sides of the Bay, enough so to make the water opaque. In the winter, the mud is incorporated into ice as it forms. In just a few days or weeks of cold weather, vast amounts of ice can form in the Bay and in river channels connected to the Bay. The ice forms as frazil ice: microscopic pieces of ice that develop

on the surface and on the bottom. Most of the ice ends up floating on the surface and makes a slushy layer called grease ice.

With each high tide, the chocolate slush floats up onto the banks of river channels and gets frozen to previous layers of frozen slush and ice, building up vertical ice shelves. When the ice shelves become unstable they can fall into the river, making ice blocks that are flushed out of river channels and into the Bay by tidal currents.

In a 2008 report to The Fundy Tidal Energy Technical Advisory Group and The Ocean Energy Environmental Research Association, three of 10 samples of ice blocks collected were found to sink when immersed in fresh water.

In the current Dalhousie study, results from winter 2011 showed that two of 13 block samples sunk. It is hoped that results from studies conducted over winter 2012 will lead to an understanding of the quantity of blocks that may be formed in the Bay and the fraction of those that may not float at the surface of the water.

Soon we may be able to predict the yearly quantity of blocks that are formed around the Bay, where they form, and when they are likely to be in the open water of the Bay. Researchers at Dalhousie are also working on other components of this project: using acoustics, we can look through the murky water to locate blocks as they head toward turbines; by tracking blocks in the water and melting samples in the lab, we can find melt rates to see how quickly the blocks melt in open water; and by testing

the strength of the blocks, we can find how damaging they could be to man-made structures. The results of this project will help those who design and implement tidal power generators understand the threat posed by the blocks.

By 2020, Nova Scotia is targeting 40 per cent of the province's energy to come from renewable sources. Tidal power may be part of reaching that goal.

Locally, more students and researchers should be funded to study green energy, and in particular, tidal energy. We have the biggest tides in the world in one of the most tidally energetic regions in the world. Research will help us efficiently and effectively extract tidal energy. Ice blocks are just one aspect of this endeavour.

Green energy research will become more important as the world moves away from carbon-based fuels and Canada should set the standard. For Nova Scotia to reach its green energy goal, many more enthusiastic minds will be needed. ☺

**Editor's note:** CarolAnne Black is a student at Dalhousie University. Her research on the Bay of Fundy ice blocks is funded in part by Nova Scotia Power and the Natural Sciences and Engineering Research Council of Canada.

Ice blocks (such as the one pictured above) could possibly damage turbines in the Bay of Fundy.  
••• Photo by CarolAnne Black





## DON'T BLOCK MY VIEWS

*Skye Halifax won't fill in the blanks of our downtown core*

**Ben Wedge**  
Opinions Contributor

The cities of Cologne, Germany and Barcelona, Spain are two cosmopolitan cities with vibrant urban cores, beautiful architecture and strong industry. They are also two cities with some of the most restrictive sightline requirements in the developed world.

In both cities, buildings in the core are restricted to approximately eight storeys, so as to not block the spires of historic cathedrals that make the towns famous. They've long resisted attempts to build up for the sake of building up, and Halifax should follow suit.

The immediate response of high-rise proponents is that tall buildings will draw people downtown, but there is no evidence that this is the case. Shops, businesses and restaurants are what will draw people downtown, not the abundance of parking lots currently covering our downtown landscape.

Rather than block the views of the Halifax harbour with two monstrous, 48-storey towers, like the currently proposed Skye Halifax development, council should focus on filling in the surface parking, a key goal in planning document HRM by Design. The Skye Halifax proposal, which has been sent to public consultation, will slow the infill process dramatically. Council's only plan to attempt to keep buildings close to the current height, thus forcing developers to fill in the vacant spaces, is HRM by Design.

If they throw that document out, all bets are off. Developers will immediately seek to follow up on Skye if it gets built, and the beautiful harbour views will be lost forever.

Dale Godsoe, a former member of the committee that created HRM by Design, wrote an opinion piece on the subject in the *Chronicle Herald* on Mar. 7. In the article, he said that Council's decision to allow Skye Halifax to proceed to public consultation was a signal to developers that the plan can be undermined and that the rules are truly meant to be broken. He chastised council for not nipping this project in the bud and recommending a human-scale development in its stead. He also raised concerns that buildings of Skye's scale would increase the available square footage so rapidly that it would cause a bust similar to that of the 1980s when the last round of high rises were built in the city.

Haligonians have long enjoyed frolicking on the Common and taking a hike up Citadel Hill to observe the movement of ships in the harbour. Even a few 48-storey monsters, such as the Skye Halifax proposal from United Gulf Developments, would be enough to wipe the view out entirely.

What's the point of doing this if we ignore the real issue: the lack of development on the street and the continued focus on preserving space for vehicles in the downtown core?

Out of place high rises do little to offset the current car-centric nature of Halifax and will prevent us from

enjoying the views of our city. Last week, news editor for *The Coast* Tim Bousquet tweeted that he received an email pointing out that if the views from the Citadel were worthless, no one would be creating buildings which mimic those views.

But it's important that we protect historic vantage points, whether they are military monuments or simply hills in the middle of the city. Once they're gone, they'll never come back.

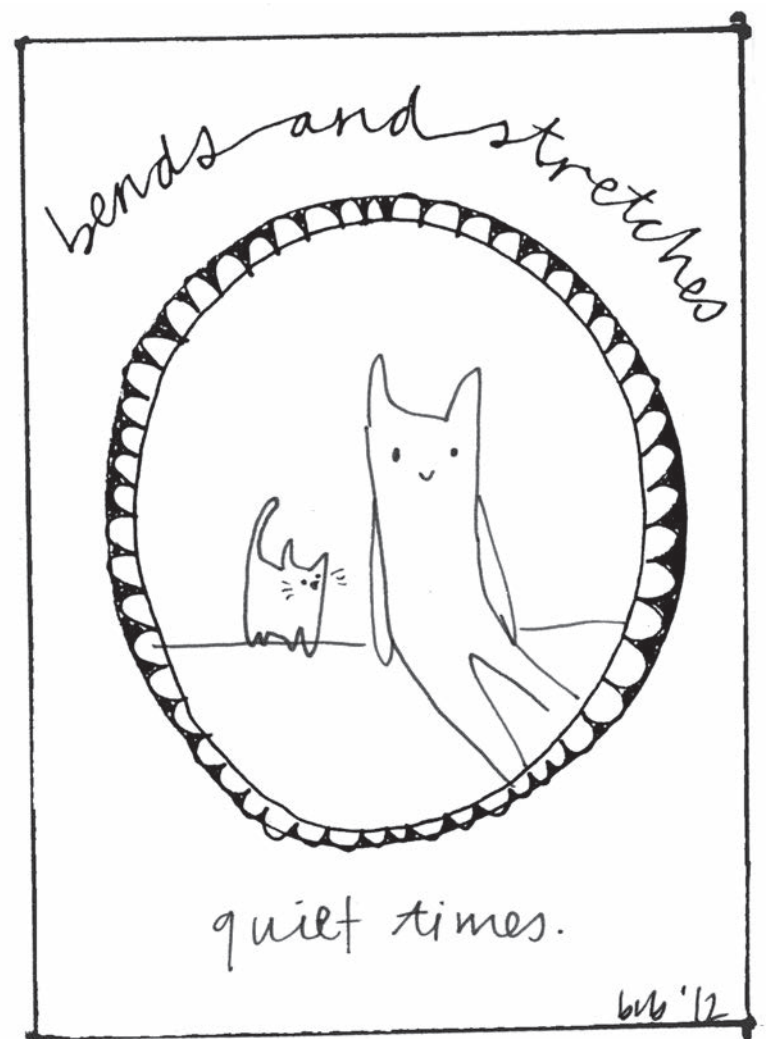
The redevelopment of several buildings along Barrington Street (all of which are low-rise), as well as the nine-storey Waterside Centre on Lower Water Street, will help revitalize the area without impacting the view of the Halifax Harbour from Citadel Hill, unlike the proposed Skye Halifax design.

Will there be a day where high-rise buildings are required in Halifax? Godsoe pointed out that HRM by Design, if followed, would allow available office space to increase from 17 million square feet to 28 million square feet. With office space already vacant downtown, it's hard to argue that we need out-of-scale developments right now.

Ultimately, we will need to look skyward, but let's fill in the holes first. ☹

**Projects like Skye Halifax could impose on views of the harbour.**

••• Photo by Calum Agnew





## KONY WAR: Invisible Children campaign hides motive for U.S. intervention

Martin Miller

Opinions Contributor

Over the past week or so, Ugandan guerrilla leader Joseph Kony has become a very famous man. Invisible Children, an American charity based in San Diego, California, has produced a viral video called *KONY 2012*, which seeks to "make Kony famous." What's their goal? Find Joseph Kony and try him before the International Criminal Court.

Their drive to bring Kony to justice has had some results: the United States has decided to deploy 100 advisors to the region's armies to assist them in finding Joseph Kony. But before you start making posters and changing your Facebook display picture, you should probably think about the history of the region and the history of U.S. intervention in Africa.

Since the beginning of British colonial rule in Africa, there has been a divide between the north and the south of Uganda. After the fall of Idi Amin in 1979, several groups within Uganda began fighting for power. The Acholi people of northern Uganda held power for all of six months during this time, before being overthrown by the current president, Yoweri Museveni, in 1986. Members of the previous government joined with other disgruntled fighters in the north to create the Lord's Resistance

Army (LRA), led by one Joseph Kony. The LRA, as Invisible Children points out, eventually also began to use child soldiers.

To this day, the divide between the north and south of Uganda, strengthened by British development, has not been addressed. The bill outlining U.S. intervention in Uganda, the southern Sudan and the Congo, doesn't mention any of this. Instead, it calls for an increased police and military presence from Yoweri's army.

The UN also indicted the Ugandan army recently for supporting militias in Congo's civil war. These militias destroyed infrastructure and tortured civilians in an effort to secure Uganda's role in the country. But I'm sure that Invisible Children understands the nature of the conflict, don't they? (See photo to the right.)

The most important question to ask when war is being proposed is the following: Why? Joseph Kony is a shadow of his former self. He has just 250 soldiers under his command. There's no major media push to find Henry Kissinger, who actually has an arrest warrant for his crimes in Argentina and Chile. So why are we chasing Kony? Why is the U.S. getting involved in Africa, again?

Central Africa is one of the most resource-rich areas in the world. Diamonds, uranium, tin, gold, copper and coltan are all found in this



region of the world. Coltan is used in cellphones, other electronics and to finance warlords in the Congo.

Using "humanitarian intervention" as an excuse to invade Africa is not new: Somalia was billed as a humanitarian intervention, but it too had strategic importance. Not for its resources, but for its key position in the Horn of Africa, near the largest

shipping line in the world. There is a reason why there is a NATO naval detachment off the coast of Somalia, and it has nothing to do with stopping foreign trawlers from fishing in what used to be Somali waters.

I would like to applaud the makers of *KONY 2012* for making a very impressive video, and for making many people aware of whom Joseph

Kony is. But I would like to remind everyone that it is important to think critically about the content of your media and be wary of any argument for military intervention. ☹

The founders of Invisible Children, clearly aware of the serious and complex nature of the conflict. ••• via Invisible Children

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## Money for nothing

### Reasons to boycott the bottled water industry



Christian Pollard

Opinions Contributor

Bottled water is at the hub of sustainability. Whether it's the environment, human rights, human health, politics, dependency on oil or good old fashion pollution, bottled water is right there creating problems.

The simplest and most astounding thing about the bottled water industry is not its gargantuan size (although it makes billions of dollars a year), but the product it's selling.

Think about it. Since we were kids, we've been told that tap water is not safe. No one ever said it explicitly, but advertisements told us how pure, clean and fresh bottled water was. We simply inferred the rest. We've been tricked into thinking (or not thinking) many facts about bottled water.

One of those facts is that bottled water is a healthier alternative to the tap. But in reality, nothing could be further from the truth.

Bottled water not only contains harmful chemicals leached from its oil-based packaging, but is tested a fraction of the times a year as municipal water. There is less than one person (that means they have more jobs than just overseeing water) in the entire FDA who monitors bottled water quality in the United States. The Canadian system isn't much

better. While Halifax's water commission tests its water at least weekly through a third party laboratory, bottled water is tested yearly at most and is always done so by the companies themselves. They sell us lower quality water and charge us thousands of times more for it.

Speaking of cost, many arguments against sustainability involve economics. A green future always seems to clash with the cold recognition of an economy at work that must remain at work. Corporate business undercuts sustainable development in the interest of cutting costs, because consumers are seldom willing to spend more money unless they absolutely have to.

That's why it's a travesty that people let themselves be convinced to purchase bottled water. It is literally thousands of times more expensive than what comes out of your tap. They are selling you something you can have almost for free. That's like being charged for the air you breathe.

If you don't care about your health or where you spend your money, you must at least care about other people. Communities all over the world are cornered by massive companies such as Coca-Cola and Nestlé and are forced to give up their fresh water supplies. If they have time to mount a defense, they are often defeated in court. How can a community of people who make \$50,000 a year compete with a company like Nestlé, whose profit was \$10.3 billion in 2011? We like to think the justice system is not swayed by money, but when there are billions and billions of dollars involved, it definitely can.

You may remember the hydrological cycle from elementary school: the rain falls, it seeps into the ground, collects in rivers and streams, and finds its way to the ocean, where it's evaporated and turned into clouds,

followed by rain once again.

That's not really how it works anymore.

When water is bottled and shipped around the world, it cannot complete its natural cycle. The bottling and shipping of fresh water is one of the many factors leading to some of the world's most powerful rivers drying up. We have only a finite amount of fresh water on our planet and we're now letting it be sold for profit.

There is an alarmingly long list of problems with bottled water, but it's time to think about solutions.

The cornerstone of unsustainable business is how global it is. The more expansive one's business, the more customers you'll have and the more money you'll make.

So how do we counteract global gigantism? With localized action.

Although a cliché, it is true that we can all make a difference. Realistically, we all have a responsibility to make a difference.

So how do we do it? Corporate business is not going to listen to a single consumer, but they have to listen to government and the government has to listen to the people. And the people, though we frequently feel disenfranchised, have power in our collective voice, which is most sternly held in our institutions.

Institutions such as universities are a powerful tool in public debate, and we should collect our efforts in such a way that we can influence policy. If we influence policy, we can move towards a future that is rid of the cancer of the bottled water industry.

It is imperative that we do our part—not as single consumer boycotting bottled water, but as a collective community of aware citizens maximizing their democratic rights. ☹

**Editor's note:** Christian Pollard is on the water committee of the DSUSO





Erica Eades Arts Editor



## Hann Solo

*Picnicface star/Dal alum races for space*

**Matthew Ritchie**  
 Opinions Editor

.....  
 Cheryl Hann is one of the luckiest people in the world. As a member of local sketch comedy group Picnicface, she has the opportunity to not only star in a TV show on the Comedy Network, but earn a living making people laugh.

According to Hann, though, she would leave that all behind to do one thing.

“I love what I do and I love my job,” she says, “but I would quit tomorrow if I could become an astronaut.”

Soon she may have that chance.

A few weeks ago Hann’s mother was looking through the *Metro* when she discovered the Race for Space contest: with the help of Space Expedition Curacao, *Metro* would be granting one lucky person the chance to fly for an hour above the Earth’s atmosphere.

Her mother quickly called her to deliver the good news.

“When I found out it was real, I just lost my mind,” Hann says.

Growing up in the remote town of Quirpon, N.L., Hann was always enamored by “nature and natural phenomena.” But it wasn’t until one specific winter while GT snow racing that she discovered the true beauty of the night sky. “I had fallen off my GT and was just lying there recovering my breath and this meteor shower was going on. There were just pink and green streaks in the sky and I was like, ‘What the fuck is this?’ and became obsessed with it.”

Since that day Hann has been obsessed with space. She frequently visits the St. Mary’s University observatory to look through their high-powered telescope and explore the night sky. (She even knows the differences between the observatory’s summer and winter schedules.) She loves to watch documentaries on space exploration and spends her free time listening to electromagnetic sound recordings the Voyager took while

passing by planets in our solar system decades ago.

“With Saturn they compressed the electromagnetic waves and found speech patterns in the recording. They don’t understand what that’s all about,” she says. Earth, on the other hand, sounds like “an enchanted forest. It sounds like magic. You can hear that there is something different about this planet compared to the others.”

.....  
**“Space is the thing. It is the last unknowable thing there is and everybody is fascinated by it because everyone wants to know all the secrets.”**  
 .....

With the money gained from her television show she plans to soon buy a telescope of her own, but she wants to consult with someone who knows their stuff so she doesn’t get ripped off.

More recently, her love of space took her to California, where she got to visit the world famous Griffith Observatory in Los Angeles. After begging one of the clerks to move the telescope, she was able to look through Jupiter’s murky clouds. The event was truly awe-inspiring.

Hann thinks the overwhelming sense of awe from the cosmos is what truly draws people to the mysteries of the universe.

“Space is the thing. It is the last unknowable thing there is and every-

body is fascinated by it because everyone wants to know all the secrets. But some secrets you just can’t know, which is why it’s fascinating,” she says.

Her race for space is going well. According to the standings at the time this article was written, Hann sits in seventh place. But she points out the system experiences inexplicable fluctuations from time to time: “It’s like, ‘This is awesome, I have 21,000 votes. I’m winning.’ Then you push refresh and you’ve moved down four spots and someone has moved up with 50,000 votes. It doesn’t make sense.”

Hann is confused by how the voting system works and suspects some foul play, going so far as to speculate on her Twitter page that contestants may be cheating.

“If you’re cheating, I’m going to lose it, because cheaters shouldn’t get to go to space,” she says. “If you’re not cheating, all the power to you, but if you are cheating, I hope your soul feels OK when you’re in space.”

But Hann continues to slave away during the race, posting on her Facebook and Twitter pages consistently and urging fans to vote 10 times daily.

“I have never before exploited my Picnicface thing, or fame, if you could even call it that. But going to space is pretty much the only dream I have that I really care about,” she says. “Part of me wonders if I’m a villain because I’m on TV and I use that to try to win this contest. But the bottom line is: I don’t care. I want to go to space.”

*The contest closes March 26. Those wishing to vote can do so by visiting [MetroInSpace.ca](http://MetroInSpace.ca).*

**Editor’s note:** Cheryl Hann is a former Gazette contributor.

**ABOVE:** Dragons are nothing compare to space monsters;  
**RIGHT:** Hann readies for blast-off.  
 ••• Photos by Angela Gzowski



### Cheryl weighs in on the cinema classics of sci-fi space exploration

**Alien**

“I like that it has a really strong female lead. I read that Ripley’s part was originally written for a man and then Sigourney Weaver got the part and as a result played a really strong female character. I can’t tell if I like that, because she may just be a strong woman because she was supposed to be a man.”

**Space Jam**

“I love *Space Jam*. When I was a kid, the *Space Jam* soundtrack was the jam. I bought it a couple weeks ago. I’ve definitely watched it in the past month.”

**2001: A Space Odyssey**

“That was one of the first movies where I was like, ‘This is a cool movie. I’m cooler for having watched this’. There’s a lot in that movie I still don’t get. There’s so much symbolism, you could spend a year trying to figure it out.”

**Armageddon**

“It’s like, the world is about to end and only blue collared workers can save us! I mostly remember that Aerosmith song and the part where Ben Affleck is acting out a scene with Animal Crackers on Liv Tyler’s belly.”

—Matthew Ritchie





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# Aidan Knight comes to Halifax

## Victoria native to play the Seahorse March 21

Paula Sanderson  
Staff Contributor

Aidan Knight is wandering around a grocery store in London, Ont. He's with his band, and they are trying to find something to eat.

The 25-year-old Victoria, B.C. native is in the middle of telling a story about crowd-surfing to Whitney Houston's "I Wanna Dance with Somebody" when he finds the apples. "Oh, hold on. What is this? Royal Gala..."

As he shops, Knight takes a few minutes to talk about his passion for music. The young singer-songwriter is currently touring Canada with Hey Ocean and is slowly making his way east to Halifax.

Knight first started playing guitar at 15 when he went on a road trip up to northern British Columbia.

While traveling, he wanted to learn to play intellectual songs, so one of his friends began teaching him the music by ska-punk group Sublime. Knight says he started out writing songs with really big words.

"I probably just chose them out of the dictionary," he says.

The whole point, he laughs, was to impress girls. "It was about getting girls to pay attention to me."

Ten years down the road, Knight is starting to get some major attention.

"I don't know how comfortable I am with it overall, but I certainly appreciate all of the attention and how people are responding to the music," he says. "I feel the same way about music."

He has worked with numerous Canadian singer-songwriters including Dan Mangan and Said the Whale.

He is currently working on a new album. His last EP, *Friendly Fires*, is a transitioning piece to his new music.

"I don't really know if anyone knows we're working on it," says Knight. "We have a few of the songs finished, but there is still a lot more work to be done."

Knight says the recording process is difficult to navigate,

"When you're talking about creativity, and then you're pairing it all down to a sort of scheduled work period where we have to go and record this here and this here and somehow make them all go together, it's a very weird thing," he says.

He notes how organization is key for the navigation.

"I'm not very organized," he says. "I'm trying to fight both those things to have something that feels like it's inspired and effortless but at the same time just have so much work put into the final product"

A lot of Knight's music has been about Canadian landscapes. His most popular song on iTunes is "Jasper" from his *Veriscolour* album.

Knight is moving away from this, though.

"A lot of the newer songs that we're working on are less inspired by Canadian landscapes and more inspired by personal landscape; they don't have as many geographical references or giveaways.

"I'm trying to create great characters that can say the things I don't necessarily know how to say," he says.

He has become good friends with others in the industry, particularly Dan Mangan.

"I feel like I've learned a lot [from Mangan] about how to be someone who is business savvy but yet full of



human kindness," he says.

These friends have allowed Knight to be more ambitious with his music.


"I feel mostly embarrassed about a lot of the things I say or play; it's just my personality. I've had a lot of good lessons by people I look up to and have them tell me that they really like what I do," he says.

On March 21, Knight will be playing at the Seahorse with Hey Ocean.

Knight says the two bands are quite different.

"We are kind of the salty to their sweet," he says.

At the concert, Knight says you should expect some "very off the cuff, awkward but extremely endearing

banter in between songs; lots of tuning and just, really, five friends playing music on stage. And hopefully somewhere in that map an enjoyable six or seven songs that we will play." 

Singer-songwriter Aidan Knight.  
••• Photo supplied



# STREETEER

## What does flow mean to you?

by Kat Pyne & Sam Elmsley



"I just think of go-with-the-flow, go with the tide"

**Brittany Rojas**  
4th-year IDS



"I think of it as music, rhythm"

**Trisha McPharlane**  
2nd-year IDS



"Wind"

**Yibo Sun**  
1st-year engineering



"Water"

**Sihang Wang**  
1st-year management



"Hockey hair"

**Chantelle Gordon**  
2nd-year kinesiology



"Diarrhea"

**Sean McKearney**  
4th-year commerce



"Cool hairstyle"

**Eric Fleming**  
4th-year history



"Ability to rhyme"

**Omar Abouelnaga**  
1st-year engineering



"Yoga"

**Kristina Yurko**  
Dal alumni



"Water"

**Shannon Dang**  
1st-year arts

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**Recipe: Makin' banana pancakes**

Pretend like it's the weekend and get baking!

**Rachel Eades**  
 DIY Columnist

So we're only a few days away from the first official day of spring, which means as Halifax residents you're going to have a lot of rain on your hands for the next little while. Which is probably for the best, since spring coincides with exam season, and you probably need all the help you can get to stay motivated. Nice weather is distracting, and we can't have that!

But while you're hibernating with your books, looking at the rain outside your window, you may suddenly find yourself humming the lyrics of Jack Johnson's "Banana Pancakes" ("can't you see that it's just raining / ain't no need to go outside..."). And if that happens, you may suddenly find yourself craving a stack of banana pancakes of your very own. In which case, you're in luck! I just so happen

to have a recipe for banana pancakes to share with you today. An *easy* recipe. With *chocolate chips*. That doesn't even come from a box! If I know students like I think I do, you probably have a couple of sad looking bananas on top of your fridge or in your fruit bowl that you bought while feeling virtuous one day, but never ate. With one of those sad bananas and a few basic baking ingredients, you'll be all set to make a batch of these delicious breakfast delicacies.

Here's the recipe!

**Ingredients**

- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup skim milk  
 (I'm sure any other milk will work just fine too though)

- 3 tablespoons butter, melted
- 2 eggs
- 1 tablespoon white sugar
- 1 teaspoon vanilla extract
- 1 large banana, diced
- 1/2 cup miniature semisweet chocolate chips (or regular sized chocolate chips, but be warned that full size chips might melt all over your frying pan)
- cooking spray/butter/oil - whatever you usually use to grease the pan when you make pancakes

**Directions**

Combine flour, baking powder, baking soda, and salt in a large bowl. Set bowl aside. In a separate bowl, whisk together the skim milk, melted butter, eggs, sugar, and vanilla (don't panic if the sugar gets all clumpy when you add it in, this happened to me, and the pancakes turned out fine). Make a well in the center of the dry ingre-


dients and stir in the wet ingredients, being careful not to over mix the batter. Gently fold in the banana and chocolate chips.

Heat a large skillet over medium heat, and coat with cooking spray, melted butter, or cooking oil. Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side. The first rule of pancakes? The first one is always a disaster, don't be discouraged.

You should get about 9 pancakes out of this recipe. Serve with butter, maple syrup, or your favourite pancake toppings. It's not the healthiest meal, but as an occasional treat, it's fantastic!

Mmm... banana pancakes.

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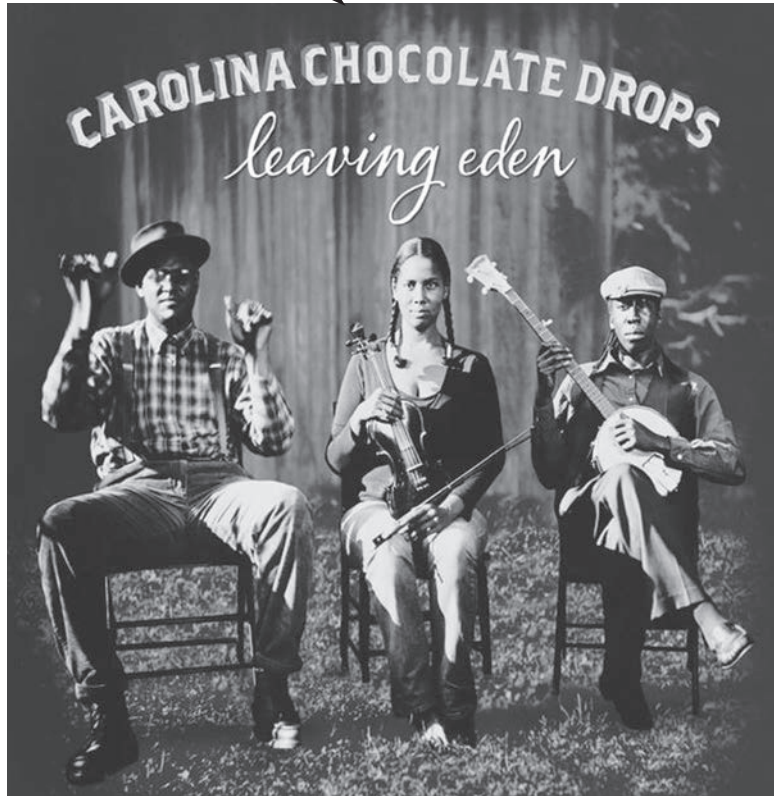
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 Bill Spurr, Chronicle Herald





tunes review

## Carolina Chocolate Drops—*Leaving Eden*



Simcha Walfish  
Arts Contributor

*Leaving Eden* finds the Carolina Chocolate Drops in the unenviable position of having to follow up their marvellous, Grammy-winning, 2010 album, *Genuine Negro Jig*. The Carolina Chocolate Drops are currently spearheading a revival of old-time American music, trying to highlight the important, but often neglected place of African-American musicians in the tradition of string bands, jug bands and Piedmont blues, in a style that peaked in popularity in the 1920s and 1930s.

But the band isn't simply interested in reproducing historical artifacts. Rather than create the old sound by rote, they breathe life into the forgotten material in a way that is extremely creative, drawing on the old music for inspiration but always leaving it with an original spin.

*Leaving Eden* is the band's first album with their new lineup. After founding member Justin Robinson left to pursue a solo career (Justin Robinson and the Mary Annettes released their debut album, *Bones for Tinder* in January), the band replaced him with a new multi-instrumentalist and a beatboxer. With Robin-

son's departure, Rhiannon Giddens emerges as the clear leader of the group.

.....  
**“Rather than create the old sound by rote, they breathe life into the forgotten material in a way that is extremely creative, drawing on the old music for inspiration but always leaving it with an original spin.”**  
 .....

The album starts with two short

instrumentals, both traditional. The first, “Riro’s House”, is an upbeat fiddle/banjo tune, and the second is a slow, but catchy, tune called “Kerr’s Negro Jig”. The album picks up the pace quickly with Giddens’s strong vocals on an old bluegrass tune called “Ruby, Are You Mad at Your Man?”.

The album then continues with a series of cover songs and originals. Perhaps the most random cover is a song called “Mahalla,” written by Hannes Coetzee, a guitarist from the Karoo region of South Africa. Coetzee is a YouTube sensation known for his unique style of playing slide guitar using a spoon in his mouth.

The title track is one of the gentler songs of the album, showcasing a more elegant side of Giddens’s opera-trained voice. The highlights of the album are “Country Girl” and “I Truly Understand That You Love Another Man”. The first is the most memorable original on the album and features a great vocal performance by Giddens and a beatbox rhythm by Adam Matta. The second is a rendition of an old country song that has a rather cheerful tune despite its subject matter.

While the album can’t really compete with the greatness of *Genuine Negro Jig*, it is a worthy sequel. **Ⓒ**



tunes review

## Yukon Blonde—*Tiger Talk*



Matthew Ritchie  
Opinions Editor

.....  
 It’s been four years since Yukon Blonde released their first EP, *Everything in Everyway*, to critical attention. But in that time, Kelowna, B.C. shaggy rockers have travelled the globe, playing shows in Australia and Japan, as well as criss-crossing Canada too many times to count.

.....  
**“At its essence, Yukon Blonde is still the same band. Their harmonies soar, the guitars are precise and the good vibes are aplenty.”**  
 .....

All that touring has finally paid off. This month sees the release of *Tiger Talk*, the band’s second LP in three years, and an album that follows their critically acclaimed self-titled debut. But a lot is different on *Tiger Talk* compared to their first effort.

At its essence, Yukon Blonde is still the same band. Their harmonies soar, the guitars are precise and the good vibes are aplenty. But with *Tiger Talk* the band shows a bit of a harder side than fans may be used to.

When I spoke with guitarist/vocalist Brandon Scott last year for *The Dalhousie Gazette*, he mentioned that his main problem with their self-titled debut was that it was too crisp and didn’t have the hard rocking distortion and spontaneity of their live show.

That’s the major difference with *Tiger Talk*: you can tell this is a band that knows their live sound and wanted that to come across in the recording. The guitars are dirtier and louder, the bass is heavier, the drums are less splashy and more exact—overall, *Tiger Talk* is a far better record than its predecessor.

It’s easy to see on opening cuts “My Girl” and “Stairway” that the band consciously mimicked the spontaneous chanting and sing-alongs that happen at live shows, giving the album a pub rock feel.

But sometimes the band shoots for arena rock theatrics. “Radio” has the minimalist strumming of a Cars classic with Cheap Trick guitar solo stunts, while album closers “Guns” and “Sweet Dee” have candy-coated atmospherics similar to British shoe-gazers The Jesus and Mary Chain, and Ride.

*Tiger Talk* certainly isn’t as well rounded and definitive as the band’s previous record, but this may be some of the catchiest songwriting of their career. **Ⓒ**





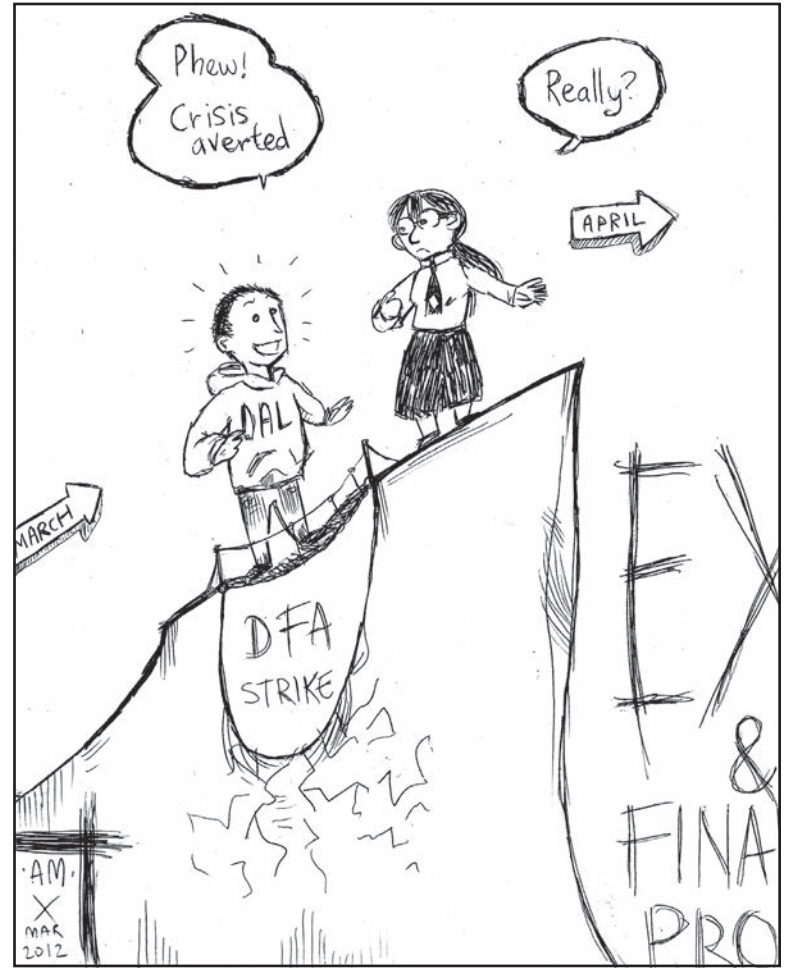
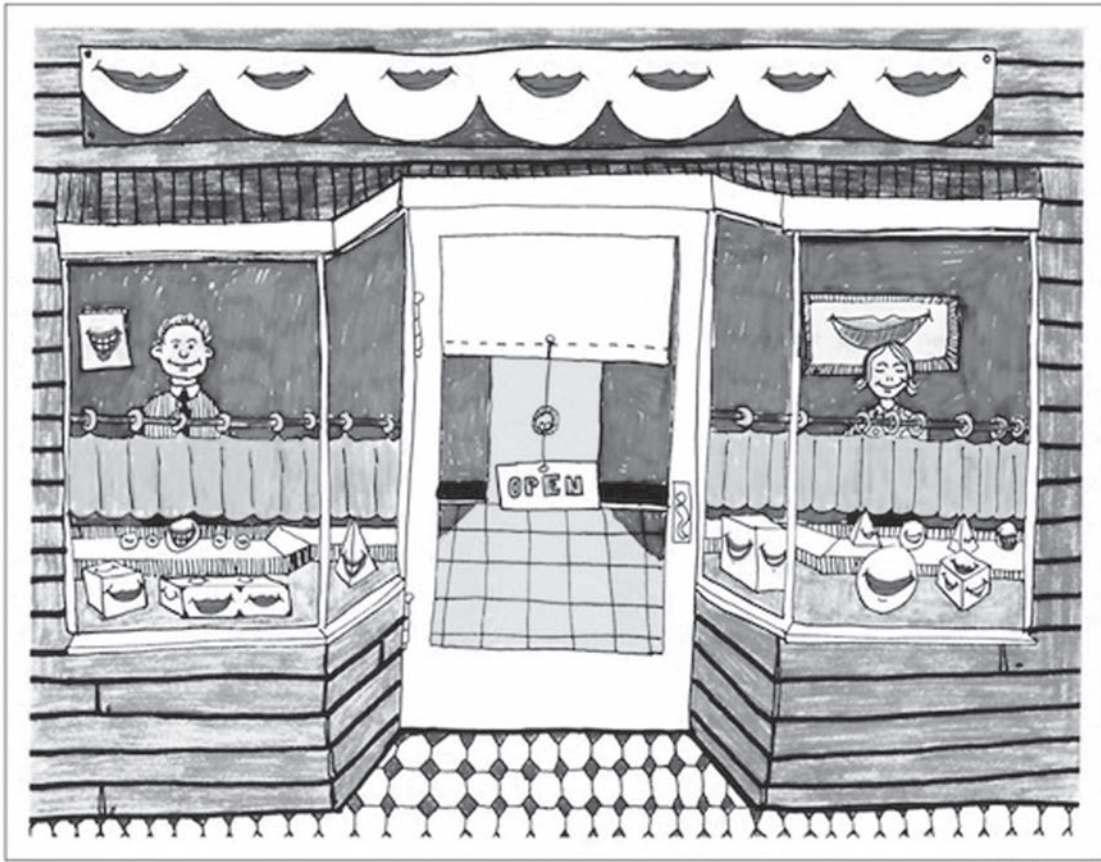
tunes review

# The Beach Boys—*The Smile Sessions*

NEW IMPROVED FULL DIMENSIONAL STEREO

## SMILE THE BEACH BOYS

Good Vibrations Good Vibrations Good Vibrations



**Mathew Holden**  
Music Columnist

The sticker on the front of the record says “The most anticipated album in Rock n’ Roll history.” It’s not kidding. As the leader of The Beach Boys, Brian Wilson had always been a very competitive songwriter and producer, trying to create the best songs, the best sound and the greatest album. That album was called *Smile*, and in the years since its inception, it has become the stuff of legends.

Here’s a brief back story: Inspired by The Beatles’ *Revolver*, Wilson set out to create the next Beach Boys album in the same style, one very different than the surf rock they were known and loved for. The result was *Pet Sounds*, released in 1966, one of the most important and groundbreaking albums of the 1960s and currently number two on Rolling Stone’s 500 Greatest Albums of All Time list (*Revolver* is number three).

By the time the Beach Boys started recording *Smile* the next year, The Beatles were already working on *Sgt. Pepper’s Lonely Hearts Club Band*, their follow up to *Revolver*. The story goes that in early 1967 Paul McCartney played a tape of “A Day in the Life” for Wilson and it broke his brain. Recording of the *Smile* album fell apart quickly after that until it was abandoned completely. *Sgt. Pepper’s* went on to be considered the greatest album ever made by many critics.

Over the next 10 years, parts of the *Smile* album were rerecorded, usually in very simplified versions, and released on later albums. The *Smile*

album itself became a music legend. In 2004, Brian Wilson completed and recorded a new, full version of *Smile*, which was met with public and critical acclaim. It had confirmed all the rumors of its brilliance, but also fueled the fires once again for the original recordings. Finally, in late 2011, 45 years after being recorded, The Beach Boys’ original recording of *Smile* was released. Simply put: It is incredible.

.....  
**“It had confirmed all the rumors of its brilliance, but also fueled the fires once again for the original recordings.”**  
 .....

Officially titled *The Smile Sessions* because it was never officially completed, the album released is substantially intact, with all of the instrumental tracks finished and almost all of the vocals added as well.

My reaction, after listening for the first time was: “Smile is brilliant, but it is a mess.” Most of the songs are made up of distinct sections, recorded separately and then assembled by Wilson. This technique, pioneered by Wilson and first used on the song “Good Vibrations,” gives a sometimes

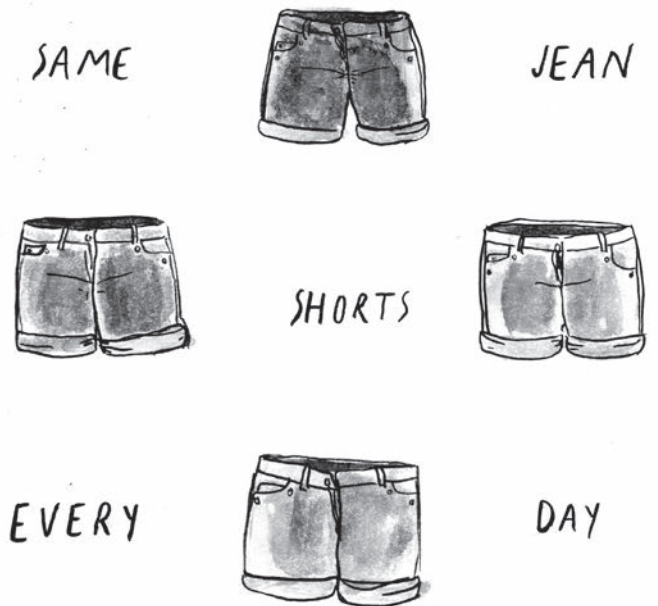
jarring effect as songs jump from one part to the next. The songs grow to have sections that relate and play off each other in very interesting ways.

As always, the highlight of the album, and all Beach Boys albums, is the beautiful and complex five-part harmonies sung by the five Beach Boys: Brothers Brian, Carl and Dennis Wilson, Al Jardine and Mike Love. From the moment the album starts, it is clear that the vocal melodies are the most advanced and difficult the Beach Boys had ever recorded.

Many of the styles and genres represented on the album were far ahead of their time. For example, my favourite song on the album, “Cabin Essence,” is a song that could have been released last week by any current psychedelic band such as Animal Collective. The song features a banjo and harmonica verse followed by an intense layered and repeated chorus. Brian Wilson and the Beach Boys were never limited by their musicians, and were free to hire the best and most talented session musicians available at the time. Including the five members, 19 people are listed as musicians on this song alone.

For anyone who is a fan of The Beatles, The Beach Boys, psychedelic music and just music in general, this album is required listening. The innovation, attention to detail, and just pure beauty of the music will make anyone *smile*. ☺

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## Decade belongs to Carleton

Ravens dynasty wins eighth title in 10 years

**Ben Wedge**

Sports Contributor  
 with files from Ian Froese

It's been a decade to remember for the Carleton Ravens.

The top seed in the CIS Final 8 men's basketball tournament demonstrated without a doubt why they are the country's top program, pulling ahead of the University of Alberta Golden Bears in the fifth minute and never looking back to take their eighth title in 10 years Mar. 11 at the Halifax Metro Centre. The final score was 86 - 67.

Winning the banner caps Carleton's undefeated 34 - 0 season against CIS competition. It also ties the Ravens with the University of Victoria for the all-time championship record with eight titles.

Despite the undefeated campaign, you won't see Carleton tournament all-star Tyson Hinz choosing which of his three titles means more to him.

"It's really hard to compare the championships, but I'm really happy for all the seniors that got to win it this year."

In front of a crowd of over 3,500, Carleton's defence contained Alberta's big players for much of the game, with bellwether Daniel Ferguson

held to 25 points and just three three pointers. Jordan Baker and Sahr Saffa added 12 points each to the Canada West champions' total.

Alberta was also unable to box out the powerful Ravens, and had difficulty rebounding both offensively and defensively. They were able to score on just 31.7 per cent of field goal attempts, compared to 52.6 per cent for the Ravens. The clearly frustrated Golden Bears also got in penalty trouble in the first quarter, recording six fouls in their attempt to slow the Ravens.

CIS player of the year Philip Scrubb scored 26 points.

"I've been a part of two championships and now we just need to win three more," said the second-year from Richmond, B.C. Scrubb had several impressive individual performances, and made a mockery of the Bears' defensive efforts, scoring on half his attempts.

Ravens coach Dave Smart, boasting 13 years behind Carleton's bench, could not sit still despite his side's clear dominance. He was constantly screaming for more out of every player, showing his incredible attention to detail and desire for precision.

Late in the fourth quarter a referee issued Smart a warning for his

constant criticism, at which point he relented—if only slightly. His passion was evident, and his players' reactions showed they look up to him.

***"I've been a part of two championships and now we just need to win three more."***

He refuted any talk of a dynasty to the media, responding with "one title in one year" after being asked about his team's championship record in the past decade.

A large contingent of Carleton students were on hand to cheer their school, including Bridgewater native John Samson, studying international business in Ottawa. He rode the fan bus to Halifax to cheer on the Ravens.

"It's kind of at a point where it's almost becoming a little too easy, but it's still fun every year."

He and his peers shouted such

chants as, "12 is selfish!," to try and get Alberta's No. 12, Daniel Ferguson, off his game, and "We love Smart!," in praise of their head coach.

Even Alberta head coach Greg Francis raved about Carleton's dynasty. "They've become the model, the gold standard in this country. It's a great thing to chase after, but I'm really proud of my guys for showing up. It's just a little disappointing because I wanted to give this to my fifth-year guys."

The Golden Bears had victories against Ryerson and a squeaker past St. FX to make the title game.

The Ravens beat Acadia in the quarterfinals and Fraser Valley in the semifinals to qualify for the championship themselves.

The outcome of the game was never in doubt, but the action was entertaining and the crowd was behind both teams. The Final 8 tournament will be in Ottawa for the next two years. The host after that is unknown. 📍

Carleton's fans storm the floor after their side wins the championship.

••• Photo by Shauna Brown

### DEFINING CARLETON'S GR8NESS

8

Number of titles in the past decade

8

All-time record for most national championships. Carleton is now tied with the University of Victoria.

34-0

Carleton's undefeated record against CIS competition, believed to be the first ever.

5

Number of times the CIS player of the year award has been awarded to a Raven in the past seven years.

5

Record for most CIS coach of the year awards, currently held by Dave Smart.



# St. FX squeaks by for national bronze

## Dunn leads AUS finalists to top three honour

Ethan Calof  
Sports Contributor

While it was not the game they hoped to play in, the St. FX X-Men were still determined to end their season with a victory. The X-Men did exactly that, weathering a late comeback from the Fraser Valley Cascades.

St. FX's 89 - 86 victory over UFV gave the sixth-seeded X-Men the bronze medal in the CIS Final 8 Mar. 11. Forward and team captain Jeremy Dunn, who scored 28 points and added eight rebounds, led the X-Men.

Terry Thomas and Shane Coupland chipped in with 13 points each for the X-Men.

"We're really happy," Coupland said. "We stuck together and got 30 wins for the season."

"We just executed the game plan really well."

Before they could celebrate, however, they had to survive a furious last-minute comeback from UFV, led by fourth-year forward Kyle Grewal.

The Cascades were down by as many as 18 in the second half and were down by 11 to start the fourth quarter, but they clawed back and didn't stop fighting until the final buzzer sounded.

Grewal was dominant for the Cascades. He scored 35 points and added 14 rebounds, hitting five of six attempted three pointers. He willed away his team's deficit, whether by ripping away rebounds or yelling instructions until his voice turned hoarse, with beads of sweat dripping onto his bushy ponytail.

He was, however, unable to corral an inbounds pass with three seconds left in the game to attempt a game-tying three pointer. St. FX guard Tyrell Vernon tipped the ball away to Dunn, ending the comeback.

Grewal was devastated at the way Fraser Valley's first ever appearance in the CIS Final 8 ended.

"[Sometimes] you have a big game. But when it's in a loss? I feel like it doesn't mean anything," Grewal said. "I couldn't catch a ball at the end. Couldn't even get a shot off."

The X-Men were appearing in their first Final 8 since 2009, where they were knocked out in the consolation semifinals. While they were pleased with winning the bronze medal, several X-Men admitted they had their eyes on a larger prize.

"Nobody really wants to be third," Thomas said. "Everyone wants to be first."

"We couldn't be first, but top three? I'll take it."

To reach the bronze medal game, the X-Men beat the RSEQ champion Concordia Stingers in the quarterfinals thanks to a 39-point performance from Thomas, but fell to the Alberta Golden Bears, eventual silver medalists, in the semifinals.

Next season, St. FX returns each of their players. According to Vernon, they should be serious contenders for the gold medal at next year's nationals.

"We have to practice a little bit harder next season, be a little more serious throughout the season. We can take care of business and be back here next year," he said.

"We have to stay focused and try and stay healthy."

The game started slowly for both teams. Both hit fewer than 20 per cent of their three pointers in the first quarter, and they combined for 11



turnovers and 13 fouls. The quarter ended with the teams tied, 16 - 16.

The discord was punctuated by a gaffe from St. FX's Rodrigo Madera, when he allowed a pass to slip through his fingers and out of bounds.

In the second quarter, St. FX began pulling away. They took the lead with

three consecutive three-pointers, and converted several steals into lightly contested baskets. By halftime, they were up by 11 points, and their lead continued climbing as they kept hitting baskets.

Grewal and UFV refused to give in, however. At the end of the third quar-

ter, the deficit had been narrowed to 11, and Grewal hit shot after shot and grabbed rebound after rebound to put UFV down by only one basket.

Unfortunately for Fraser Valley, they could not complete the comeback, and St. FX will return to Antigonish with a bronze medal around

their necks and the status as the third best university basketball program in Canada. ☎

St. FX forward Terry Thomas, seen at the quarterfinal game, lays it in. He had a team-high 28 points in the bronze medal game. ••• Photo by Shauna Brown



# Acadia axes Rams in consolation final

## Axemen leave Final 8 as country's fifth best

**Rob Mills**  
Sports Contributor  
with files from Ian Froese

The only overtime game of the CIS championships took place Mar. 11 in the consolation final between the Acadia Axemen and the Ryerson Rams. It was a thriller that went down to the wire, with Acadia pulling it out in the end 90 - 83 at the Halifax Metro Centre.

Acadia never hung their heads despite facing adversity the whole tournament. The AUS champions were written off from the start because of a heavily debated placement as the tournament's last seed, despite winning their own conference.

To perform well at nationals, AUS defensive player of the year Owen Klassen said they had to move past their unfortunate seeding, which matched the Axemen in the quarterfinals with perennial national favourites, and eventual champions, Carleton.

"The day we found out, we were all frustrated. We thought it was stupid; we asked the coach why," he said. "We were all confused, but we dealt with. We played Carleton, that's what we dealt with."

Although they didn't win their opener, the Axemen made sure to end their season on the right note after overcoming Lakehead in the consolation semifinal. They were down by double digits early in this one, but never gave up.

Despite some great games from Ryerson's Aaron Best and Jahmal Jones with 30 and 20 points, respectively, Acadia hung around all game, never letting it get out of hand. Led by Klassen's 21 points and 12 rebounds, the Axemen overcame a rough shooting afternoon with great free throw shooting and an outstanding effort on the offensive boards.

AUS second team all-star Anthony Sears also came up with a big performance before fouling out midway through the fourth quarter, finishing with 20 points and six rebounds.

Clutch free throws with three seconds left by Anthony Ashe sent the game to overtime, where the Axemen came out firing and never let up, leading to the 90 - 83 final score.

Ryerson's building program has a lot to be proud of. They were the surprise entry in the tournament, yet still did well, winning their first ever game at nationals and nearly their second. The Rams' only other Final 8 appearance was in 1999.

"We're taking it one step at a time. We're building a culture, we're building the program. Hopefully we'll be here a lot more in the future."

Similar to Ryerson, the future is bright for Acadia, as the Axemen are returning all of their players next year, and only have four players entering their fourth year. They should be optimistic as they showed the Canadian basketball world they can compete with the best. **G**



ABOVE: A three-pointer attempt like this one from Acadia's Anthony Ashe, in red, brought the AUS champions into overtime Mar. 11; RIGHT: CIS player of the year Philip Scrubb, in white, was a threat all weekend. He knocked down 25 points over Acadia in the quarterfinals. ••• Photos by Shauna Brown



MORE CIS FINAL 8: DalGazette.com





## CIS Final 8 thoughts

Ian Froese  
Sports Editor

### AUS represents

Name the sport and the AUS is probably considered the weakest league in Canada in that game. Well, aside from men's hockey.

We get the short end of the stick, basically. Our teams are regarded as second-class by national pundits, our players are said to be less talented, and our competition is believed to be weaker. If there's a way our conference can be criticized, it's likely been done.

It probably won't change anything, but hopefully St. FX and Acadia's performance at this year's Final 8 will help change that. The AUS was shafted, again, when Acadia was rewarded for winning the league with the honour of being the final seed in the tournament, behind even St. FX, the team they beat in the league championships. Insane, isn't it?

Even the sixth-seeded X-Men perhaps didn't receive the love they deserved, pitted underneath the wildcard team and the RSEQ champion Concordia Stingers, which experts felt were a weak No. 3. They were right, it turns out, as Concordia's defence struggled to contain tournament all-star Terry Thomas, resulting in the X-Men heading to the semifinals instead.

In the end, both AUS teams did better than they were ranked: St. FX took home the bronze medal, and Acadia won consolation. And good for local basketball fans, both teams will only get better. Neither squad is graduating a player this season.

### Unstoppable Carleton

We all saw it coming. Nothing was going to stop Carleton's inevitable coronation.

The praise we can shower on this team is getting repetitive at this point. They are the country's best

basketball program, bar none. Their offensive ability is unparalleled, splitting the defence with ease. Their defenders are top notch, too. If that wasn't enough, Dave Smart's squad is blessed with last year's CIS player of the year Tyson Hinz and this year's incarnation Philip Scrubb.

Kudos to No. 8 seeded Acadia, by the way, for being the closest team all weekend to dethroning Carleton, getting to within four points of taking the lead in the second half of their quarterfinal match.

For a team that has won eight championships in 10 seasons, it was almost fitting that hours after rehoisting the W.P. McGee Trophy, the NCAA tournament bracket was announced. It's anybody's guess where Carleton would fit in the bracket of 68.

### Last Final 8 for Halifax?

After a tremendous 24-year run hosting the national tournament, Halifax finally lost its rights in 2008 to Ottawa. We got our perceived birth-right back in 2011.

Now with the tournament returning to the nation's capital for two seasons, there's talk we won't be hosting it again anytime soon.

AUS executive director Phil Currie told the *Chronicle Herald* over the weekend that the conference probably won't bid for the event again without the assistance of a third-party partner, citing the financial upside is not as great as it once was. Plus, they've been able to make the AUS Final 6 a weekend earlier into a money maker.

We'll see what happens when bidding for the Final 8 comes up again, but it's safe to say a return to Halifax is no longer a guarantee. ☹

LEFT: Stopping Carleton's reign will be a challenge for the foreseeable future;  
BELOW: Hang time.

••• Photos by Shauna Brown







## Trojans win on record-breaking night for IWK charity

### Bighorns falter in Residence Charity Face-off

**Tim Vanderweide**  
Staff Contributor

Dalhousie Memorial Arena was all orange as the last few seconds ticked off the clock in a game that featured lots of goals, a squid and a record amount of money raised for the IWK Health Centre.

The Trojans, decked primarily in orange, won the seventh annual Dalhousie Residence Charity Face-off by a final score of 6 - 2 Mar. 10 over the red-adorned Big Horns. But the real winner was the IWK.

This year a record \$31,500 was raised in the charity event. The Dal residences' goal of raising over \$100,000 in five years was reached, and all parties involved were extremely pleased with their efforts.

"When Matt [Robinson, the residence life manager at Howe Hall,] came by the bench and showed me the paper that said \$31,500, I was stunned. It's unbelievable that we raised that much money," said Trojans coach Joe Garnett.

The game itself was very exciting. The Trojans came out and dominated the Bighorns physically, quickly breaking through on the power play 2:12 into the first period when John Murray redirected Ryan Oakley's point shot to get his team on the board.

Later, the Trojans' Alex Berry put on a hitting clinic with two crunching hits in a row to put a stamp on his team's first period dominance. However, Berry was later ejected from the game in the third period for hitting from behind.

Big Horns' captain James Morley attempted to give his team some life in the second period throwing a big open ice hit. Unfortunately for him it was deemed a hit to the head and put his team down a man, giving the momentum back to the Trojans. They capitalized right after the penalty had expired via Matt Bartley's backhand, making the score 2 - 0.

The game picked up after that. The Trojans got into penalty trouble and the Bighorns finally beat goalie

Isaac da Silva with 7:35 remaining in the period through Charles Vlastic's marker. Chris Dubois then scored his first of the night to restore the Trojans' two-goal lead, but it was short-lived as Stephen Edwards quickly responded for the Big Horns at 4:57 to go, leaving his side down by a goal, 3 - 2.

Garnett said his team needed a wake-up call.

"The second period was a lot more open and we got sloppy, played some stupid hockey and took some bad penalties," he said. "I was proud of the boys, though, they went into the dressing room and they figured it out themselves, and obviously they did a good job, blowing the game wide open in the third."


The Trojans did exactly that in the final period, scoring three unanswered goals. Dubois got a short-handed goal at 12:49 to go for his second on the night, captain Phil Moreau added his team's fifth to ice it two minutes later, and Mike McCann added salt to the wound, scoring the sixth and final goal with eight minutes left to play.

Risley Hall president Brittany Avery insists the final result never really mattered.

"We were never focused on winning, we just went out to have fun and raise a lot of money for a great cause, and that's exactly what we did."

Moreau was named player of the game for the Trojans, while Edwards received the same honour for the losing side. Both of them had a goal and an assist for their respective teams.

The highlight of the third period was, weirdly enough, a squid being thrown onto the ice by a Trojan fan. It cost the fan's team a delay of game penalty, but they enjoyed the light-hearted moment nonetheless with a few players posing by the squid for pictures.

This was the Trojans' second straight charity face-off victory and fourth consecutive residence victory when you consider the fall soccer matches. 



ABOVE: It's a rare sight to see Memorial Arena packed, except at the annual residence hockey game;  
MIDDLE: Daniel Fitzgerald of the winning Trojans corals the puck;  
BELOW: Trojans fans had fair reason to cheer. ••• Photos by Alice Hebb





Colin doesn't just talk the talk, but he walks the walk. He's seen here at last May's Blue Nose marathon. ••• Photo supplied



## TIGER TONING

### RUNNING THE RACE IS ONLY HALF THE BATTLE

Colin Hebb  
Health Columnist

*"I know the running season is coming up and I want to set a goal of running a race and using that as a basis for getting into a training regime. Where should I start?"*

—Run Claudia Run

Let's be frank for a moment: running a major race isn't easy. They can be very intimidating, and it's something you have to commit to. If you are being forced into it, you're going to have a hard time putting in the required effort.

The truth is that races are actually a really fun and supportive experience. When you are one of thousands running a 5K or 10K, only the people in the front, sprinting off at the sound of the gun, take it too seriously. The rest are usually running with friends, working towards a personal goal, and are perhaps just as nervous as you. At the end, you celebrate with everyone at the finish line, feeling accomplished and a sense of kinship with everyone else who survived the same experience.

Getting there is a bit of a challenge, but with the finish line in mind, it adds a purposeful element to the 'getting fit' training process.

First off, you have to choose a goal. It's best to not train haphazardly and run whatever you feel like on race day. For one, registering early is cheaper, and two, it's best to have a goal in mind as you progress.

If you haven't run before, it's best to start with a fairly light race such as a 5K walk/run. Most 5Ks have individuals doing a mixture of walking and running, so even if it just says "run", don't let that deter you. Many folks starting out, like you, are heading to the 5K, so you will be in similar company.

If you are a more experienced runner, you want to choose a run that is realistic, but challenging. If you have an athletic background, your body may be more accustomed to the activity and you could challenge yourself to a 10K or even a half-marathon.


You want to give yourself enough time to realistically get there, too. If you are looking at running the Blue-nose in May and haven't run in years, the 10K may be your best bet. Everyone is different, however, so pick what seems right for you.

Once you have a goal in mind, put together a plan. Keep in mind that running distance is only part of the battle. It's a good idea to tackle the individual challenges associated with the run as well. So, for example, if you find hills particularly challenging, maybe go for a shorter run one day a week with lots of challenging hills. Your body adapts to what you make it do, so if you want it to perform a certain way, you need to challenge yourself, forcing it to evolve.

Speed is another challenge. If you have a specific time you want to achieve (not required!), then practice doing shorter speed runs.

The most important thing to remember is incremental progress. You won't achieve your goals in a day, so take it slow and move things along at an achievable pace. You also want to avoid burning out and frustrating yourself.

Running groups are a great way to accomplish all this, but not the only way. Go online to find great examples of training programs that may work for you. You can also find tips on many of the questions you may have associated with running (and there are usually plenty).

Good luck and hopefully I'll see you at a run someday soon! 



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### An African Tree Stump

On a dry African midday  
Did I walk through so parched a land  
That to the ground my soul was tamed  
Such that I retreated to a tree stump—  
Sat 'til the sun to a horizon jumped.

But as moments leapt faster than th' former,  
I heard the tree calling, crying out  
Like a pitied old man on his deathbed.  
And it told me scandalous stories  
Starting with its surroundings leased.  
It first saw a suited white man  
With a black local shaking hands.

When it woke up on the contract's first day,  
There'd been so vast a flowing field of crops  
And a sea of bushes on the second.  
"Blessed is the white man," thought the tree,  
"Giving a life healthy and free  
As the starved locals he would feed  
So the children would play with me!"

Though how forlorn was the tree on the third  
When it woke up on a vast field of death  
Beset by skeletons and withered plants!  
"Oh how-now my hopes?" the tree sobbed,  
"Cursed is the white man who had robbed  
From my friends their hopes now undone  
And so of my leaves and my trunk!"

[Then it asked me why I was too heavy  
But mere silence was my answer ready.]

—Adrian Laconsou

### The Descent

I love to walk with Sue,  
my arms tightly around her  
waist. She always begins  
where I end. But,

There is a look she gets  
when she sees the horizon lay  
like a bolt of fabric yet unwound  
by anticipating nimble fingers.  
Her eyes become those of a  
coral snake stalking its prey:  
intense yellow under satin  
warm red smelling skin. My grip  
tightens to bring her back

home. Within barbed-wire fences,  
home, wide as a campfire's light  
home, where I can touch  
her flushed cheeks,

grab her fleeing body.

When she rose up  
past the fences, up  
past the fire's light, up  
from the land,

I shot her down.

—Virginia Houk



### My Little Pet

YOUR EYES—CRUSTY AND PUFFY &  
SWELLED IN THE LIDS & RAW OYSTER  
GOOP IN THE CORNER;  
YOUR NOSE, A HAM SIZED GROWTH  
DRIPPING & SNIFFLING;  
YOUR CHEEKS—ROASTY RED WITH  
PINCHABLE CELLULITE & GANGRENE  
YOUR LIPS—TWO WITHERED FLAPS  
THAT HIDE YOUR SINGLE FANG  
YOUR CHIN IS LIKE GRAVEL IN  
A PANTYHOSE SOCK  
YOUR EARS—GIVE ME A BREAK  
THEY LOOK PERFECT







# THE SEXTANT

DALHOUSIE'S OFFICIAL ENGINEERING NEWSPAPER

Editor in Chief:  
Ben Wedge

March 16th, 2012  
Page 1 of 1

## My experience in Canada: looking back after two months

Melwyn Neelankavil  
MASC cand., Internetworking

Hailing from the East, I must be honest; I was expecting a huge change coming over to the West in terms of the culture, living environment and other things. And I was so right! The experience here has been overwhelming.

First of all, what you cannot overlook here are the smiles and warmth of the Canadians. Even if you happen to meet a stranger on the street, there is a high probability that he will either greet you or

smile at you. Why would a stranger even bother to smile at someone he has never met before? In the East, most people wouldn't care to say a kind word or smile at someone they aren't familiar with. I guess that's the culture in which the Canadians have been brought up.

Another fact to support the above statement is the attitude of the motorists towards the pedestrians. 8 out of 10 times, a car will actually stop if a pedestrian is trying to cross the road in order to let the person pass through. On the contrary, at home, you would have to be very cautious and careful while

crossing the road since vehicles wouldn't bother to stop, let alone being courteous enough to let someone cross the street.

Another obvious change is the "even to take out the trash, you have to arm yourself with your gloves or mittens, a scarf, a jacket and sometimes a toque for your head."

climate. Since I've come here at the most horrible time of the year (for me), adjusting to the weather conditions here has certainly been

a challenge. Back home, if you ever wanted to go out to meet someone or even just for a stroll in the park, you could just walk out the door without thinking of putting on some extra clothing due to the extreme weather. But here, even to take out the trash, you have to arm yourself with your gloves or mittens, a scarf, a jacket and sometimes a toque for your head. It's almost like you are geared up for war against the weather!

Well, it's been quite an experience for the past 2 months in this country. Let's see what to expect in the future in this place!



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## CO-OP CORNER

Round II is underway until May 4. Offers can be received at any time.



Follow us on our new Foursquare page to discover tips about Sexton Campus!  
foursquare.com/dalsexant

## Sexton Events

**Thursday, March 15th**  
9 PM Enviro/Bio night, DJ TBA

**Friday, March 16th**  
1:30PM - Engineering in the DC  
9 PM - Engineering vs Law Trivia

**Friday, March 23rd**  
1:30PM - Engineering in the DC  
9 PM - Tech Ball, Maritime Museum of the Atlantic (\$10)



## HALIFAX'S BEST TRIVIA!

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

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

Editor-In-Chief: Ben Wedge  
Assistant Editor: Damon Surgenor  
Treasurer: Sebastian Manchester

## DUES Elections results are in

Staff

The Dalhousie Undergraduate Engineering Society has held its first elections since the merger of what is now the Diploma of Engineering Society and the former Dalhousie Sexton Engineering Undergraduate Society last April. When Dal and TUNS were merged in the late 90s, a merger between DUES and the TUNS Student Union was strongly opposed. Over the following 15 years, a few changes happened, and the society eventually became DSEUS. Last April, after the third attempt to

merge in four years, DUES accepted the terms of merger and became DES, with DSEUS adopting the historic DUES name, which can be traced back to the 1920s.

With the history aside, the Sextant has confirmed the election results from last week. Elizabeth Croteau (Industrial '13), ran unopposed for President. Michael Matthews (Mechanical '13) is back as VP External. Kai Seltner (Materials '13) and Shelby Pottle (Chem '15) are in as VP Internal for fall and winter respectively. Phil Iatridis (Mech '15) received the nod for VP Outreach, Justin Cooke (Chem

'14) is back as VP Finance (Fall), and Hannah Maynard (Chem '15) won her race for VP Communications (Fall).

As the results show, DUES is still seeking a VP Finance and a VP Communications for the winter semester. A by-election will be held at a general meeting of the society in late September.

An official count of vote share and voter turnout was not available at press time.

The new faces will officially take over in early April and will then need to begin planning events such as orientation. As was mentioned in an early piece in *The Sextant*, DUES mimics the functions covered a toggle to automatically upload new pictures and videos. Now, I have a pain free solution: I snap a picture, then walk within range of a WiFi access point, and Dropbox syncs it with the web and my other devices, full size.

The first real test of this solution was last weekend at the CIS Men's Basketball Championships. I was working with the *Gazette's* Sports Desk to cover the games. Any time I snapped a photo or filmed a video, by the time I was back at my computer (a matter of seconds), the content was on the web, and some post-processing could be done and the link file in my Editor's hands in seconds, no cables, no fuss. Additionally, the photos are now protected against loss. With a little code in Apple's

generally associated with a student union, owing partly to geographic isolation and partly to its direct descent from the TUNS Student Union.

DUES will soon be putting out a call for assistance in planning some marquee events, and one need not be a councillor to participate. Keep your eyes on the weekly emails for more information on how to become involved.

With only two 5th year students on council for the full year, this may be an opportunity for DUES to build depth into its ranks and increase its institutional knowledge, which will benefit us all.

Automator, one can move the photos to a preferred photo without ever touching them.

These three automations which I've mentioned are free and easy to set up. Never again will you wind up in front of your friends, tail between your legs, sheepishly asking for their contact information, admitting that your phone was the latest theft of an opportunistic library visitor, or the victim of a cab ride back from the Dome. Google Sync has your back. *If This Then That's* triggers can save some time in handling frequent online tasks, and Dropbox's photo sync keeps your photos backed up securely, and automatically synced to your desktop. As for my friend, for once it was me giving the automation advice.

## Automate your life & reap the rewards

Ben Wedge  
Industrial '13  
Editor in Chief



A good friend of mine is a very capable interface designer with Tucows, a web hosting and solutions company in Toronto. He and I are both very keen on the Android operating system and technology in general. When I worked in Saint John last fall and he was home to visit his family, we met up at the Churchill's Pub, a local watering hole, to discuss technology.

One of my chief complaints about the technology I was using was synchronization. Google does an excellent job of synchroniz-

ing my litany of devices, ensuring my calendar, address book, and emails are accessible anywhere I need them and always backed up. As effective as this is, my photos and videos still had to be downloaded manually. A complicated solution of automatically uploading them to Google+ then downloading them back to my computer wasn't a very useful one. My friend had no idea how to solve this particular dilemma, but reminded me to try *If this then that*, a popular automation solution.

My ultimate solution was discovered by accident. I was reinstall Dropbox to my Nexus S, as I hadn't used it since upgrading to Ice Cream Sandwich, and dis-

## News briefs

DUES is running a quality of life survey to find out about your experience at Dal. The survey is available on the DUES website, [www.daleng.ca](http://www.daleng.ca).

Pulling for the Kids will be held March 27th from 8am - 8pm. Teams will pull cars around the loop in the Sexton entrance road to raise money for the Halifax Region Chil-

dren's Aid Foundation. Contact [engineer@dal.ca](mailto:engineer@dal.ca) for more information on this event or to register your team of five.

The Sextant is looking for articles, please email

us if you have any ideas.

Discipline shirts are now available for purchase in the Design Commons for \$10. They feature the DalEng logo and a cog on the side.

Questions, Comments and to Contribute [sextant@dal.ca](mailto:sextant@dal.ca)



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