



# THE OUTDOOR LIFE ISSUE

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# WEEKLY DISPATCH



October 15th will mark one year from the time the Occupy movement spread around the world. I remember how upon seeing the news footage for the first time I thought that maybe, just maybe, the world was about to transform before my eyes. I also remember two weeks later the crushing realization upon visiting Parade Square and Zuccotti Park that the movement was not quite what I had built it up to be.

Change is never as simple as it seems in history books though. Occupy may not have created a new world order overnight, but it does feel like it gave our generation the wake up call it needed. It gave today's activists the courage to stop dilly dallying around the issues to say what needs to be said and do what needs to be done.

The reality is that over the last four decades, the rich have gotten richer and the poor have gotten relatively poorer. The corporate agenda still has way too much influence in politics. The bottom line is we cannot

continue with business as usual, and it's likely on us as educated youth to be the ones to challenge the status quo.

Our world is in transition. Over the spring and summer, students in Quebec resisted tuition hikes to affirm the need for education to be a public good rather than individual investment. Last week's American Presidential debate mostly centered around differing conceptions about the meaning of social welfare. In France last week they proposed a new 75% "supertax" on the ultra rich. Across Canada, thousands of students are gearing up to travel to Ottawa at the end of October as part of a national effort called Powershift that aims to end corporate subsidies (check it out if you haven't already). And that's all just the tip of the iceberg.

Regardless of your political persuasions, we are in university to think critically, to think beyond the simplified versions of reality we are presented with in mainstream media. As students of the world and as the leaders of tomorrow we have a duty to stay informed, engaged, and to make our values known. So please, dear Dalhousie, use your voice.

Much Love,

Jamie

Stay connected with the DSU through Facebook & Twitter

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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 Streeter feature are solely those of the person being quoted, and not The Gazette's writers or staff.

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## DalGazette.com Website Top 5

- 1) Soccer coach frustrated despite win—Graeme Benjamin, Sports
- 2) DSU absorbs NSAC student union—Katherine McKenna, News
- 3) Walking down Spring Garden—Luke Orrell, Opinions
- 4) Funny girls—Hilary Stamper, Arts
- 5) To hell and back again—Bryn Karcha, Features

## WEEKEND ACTION!

### OCTOBER 12-14

Women's Basketball Subway Centennial Tournament  
Friday - DAL vs SMU, 8pm  
Saturday - DAL vs Windsor, 8pm  
Sunday - DAL vs Acadia, 1pm



### SATURDAY, OCTOBER 13

Soccer vs UPEI, W 1pm, M 3:15pm  
Men's Hockey Home Opener vs ACA,  
Halifax Forum, 7pm



### MEET THE TIGERS...

**JACOB JOHNSTON**  
Hockey - #11, Defender  
**SHANNON JUNOR**  
Soccer - #1, Keeper  
**ANNA VON MALTZAHN**  
Basketball - #4, Forward

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# editorial

from  
the editor

Email Katrina at  
editor@dalgazette.com

Katrina Pyne Editor-in-Chief



## Why it's cool to be a poser

Katrina Pyne  
Editor-in-Chief

Halifax is an incredible city for us posers. There are endless opportunities to talk the talk, dress the part and just feel cool doing it.

What better time than fall, the most picturesque time of the year, to get out there, to do something cool, take a bunch of pictures of yourself doing it, and then upload them to Facebook?

And don't judge me. I know you all do it. Although, admittedly, I might be the worst for this.

According to the pictures I have on my Facebook, my old high school friends probably think that in the past three years I have become a pro rock climber, ultimate surfer and esteemed deep sea diver.

Of course, none of these are true. I can't stand on a surfboard more than three seconds, I'm still stuck on beginner bouldering problems and so far I've only ever dived in a swimming pool.

But you know what, to hell with the rest. I'm not an ambitious person and why would I want to be? If I want to rent a board, take to the waves and stay on my belly the whole time than that's what I'm going to do.

At least by now I've learned that if you are going to be a poser you should probably be aware of your own physi-

cal limits. Like don't go surfing on a day when the waves are double overhead because it's just water and it can't hurt that bad right?

You'll get a concussion. So yes, know your limits, but get out there!

Climb Nova Scotia has a Thursday night bouldering group offered all summer free of charge. In the winter-time, you might be interested to know that this year your Dalplex membership includes access to the field house and rock court. Ladies, there are even girls-only nights so you can climb without worrying about how weird your butt looks in a harness.

A short drive away, Nova Scotia is home to some pretty decent surfing beaches too. Lawrencetown, Martinique and Cow Bay host some of these prime niches and even if you never get the hang of the 'pop up' it's a great place to get away from the glow of your laptop. Check out magicseaweed.com for conditions and hook up with lessons from a nearby surf shop, outdoors club or a friend.

As for diving, I might be terrified of going deeper than 30 feet, but hey—I've still gotten to know an entire community of incredibly interesting people and by the time you read this article, I might just have gotten my first dip in the ocean.

So yeah, I'm a poser, but I'm glad to be one if it gets me out there doing new things every week.



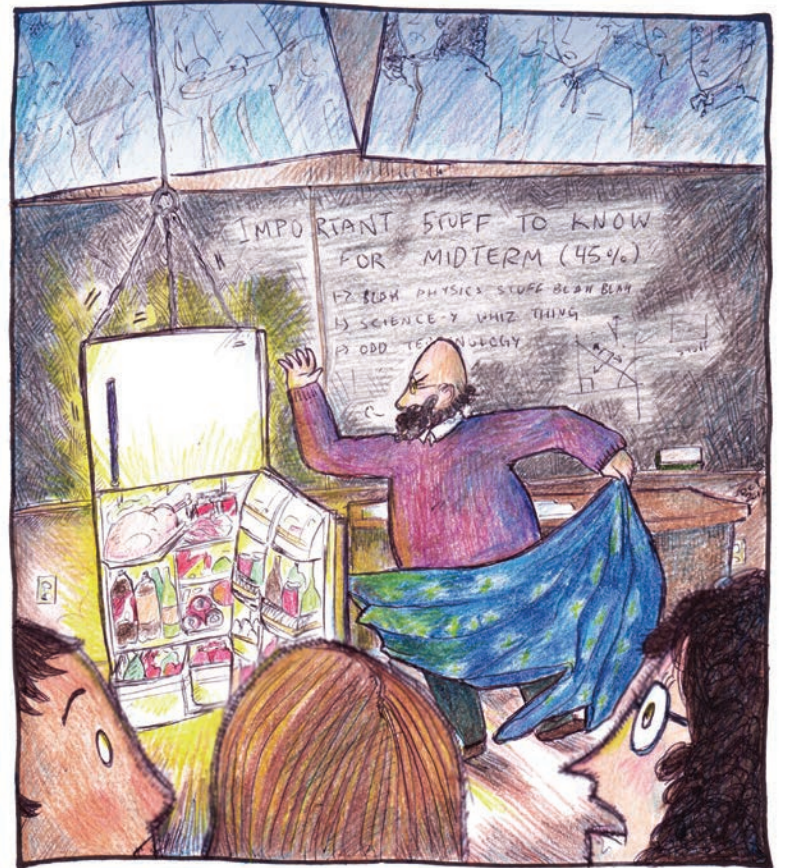
What's a surfing trip without an equally long photo shoot? Photo supplied

I'll talk the talk if I want to. Just don't ask me a follow-up question.

Do something cool, take a bunch of photos and Instagram the shit out of them. You might just inspire someone else to get out there.

And if anyone tries to tell you you're a poser, take comfort in the fact that you got out there at least once and tried something. You can save room on your bucket list for something even more ridiculous. Pro skydiver, perhaps?

**COMMENT!**  
DalGazette.com



In a last effort to get the students to pay attention, Professor Nickels reveals his secret weapon.

—Jessica Perrie

WELCOME BACK STUDENTS

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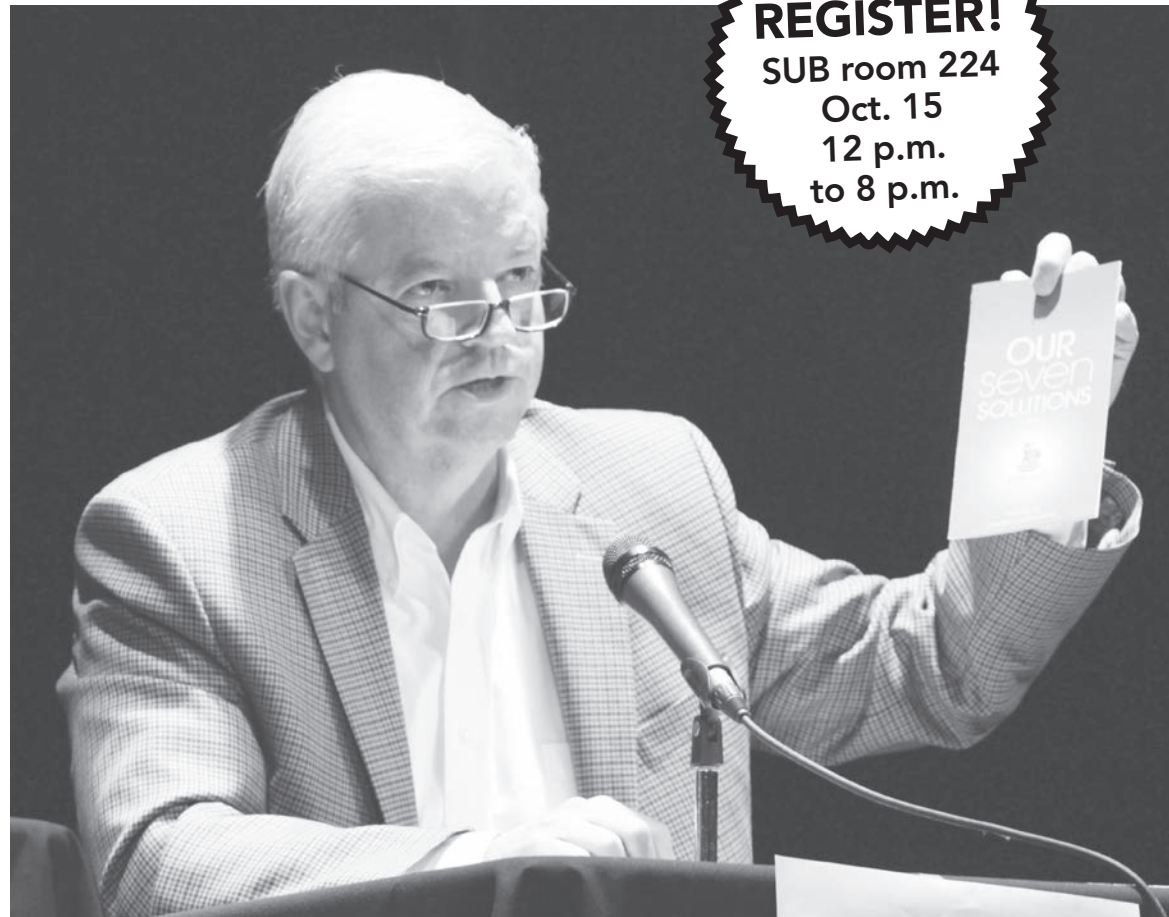
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Daniel Boltinsky News Editor

## Q&A: Gerry Walsh



**REGISTER!**  
SUB room 224  
Oct. 15  
12 p.m.  
to 8 p.m.

Gerry Walsh co-founded the Blue Nose marathon and has ran over 48,000km so far. ••• Photo by Bryn Karcha

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**Kristie Smith**  
Staff Contributor

.....  
The finish line is in sight—we're nearing the end of the race for the HRM. This week's Q&A is with Gerry Walsh, one of five candidates competing for district seven.

The DSU will be hosting voter registration in the SUB on Oct. 15 and 16. The election will be held Oct. 20.

### Gerry Walsh on voting:

**Q:** Why do you think the number of people voting in Halifax is down?

**Gerry Walsh:** Well, on the municipal level about roughly one in three people vote, and in the provincial election it was about 50 per cent and the federal was about 60 per cent. So the more senior levels of government tend to get higher level of votes. That's a challenge, and I don't know the answer exactly. I can tell you when I knock on doors, there are a lot of people who want to engage but there are also a lot of people who couldn't care less. Maybe they've just tuned out because they're disenchanted with governments of all levels and don't realize how much politics impacts their lives.

**Q:** How are you trying to get the student vote?

**GW:** My experience with students is that they are engaged. They are concerned about social issues and some of the broader economic issues and even sometimes political issues, although they're not necessarily expressed through political parties or even voting. I mean I have three kids, all in their twenties, and it will range into their own interests but they, and their friends and other people their age, are concerned about what's happening in the world and their country and the city. So for me, it's through conversation.

For students, the two biggest issues are tuition and debt, which are related. So for me, if you get a good job after graduation you're not as worried about your debt.

### Gerry Walsh on transit and tuition:

**Q:** What's your opinion on the HRM's transit system?

**GW:** Broken and needs to be fixed. I know that we have among the lowest ridership per capita in the country so the question is why. Why aren't people taking the bus? I don't know the solution yet, but I know there's a problem. At people's doors, it keeps coming up. I've spoken with bus drivers, one who had what I thought were amazing ideas on issues like getting buses from suburban to urban areas but no one higher up will listen to him. To me, why aren't they listening to the people who are the front line workers who probably know the answers to all their questions?

People expect councillors or managers to have all the answers but no. I've learned over the years that if you ask good questions and really listen to the answers until you have a good understanding, you can resolve almost anything.

**Q:** Tuition: we know it's provincial, but it affects your constituents. So?

**GW:** Job creation. I think philosophically, education should be a right. If you look at Quebec and what's gone on for the past year or so, people say, 'Oh, well they still have the lowest tuition rates in Canada, what are they complaining about,' but the reality is that Quebecers were brought up thinking that they had a right to affordable education and I understand that point. It's about the same in Newfoundland. So I think our future economic success as a country, and in our own province, is through better educating people.

From the jobs point of view, Halifax can actually play a key role in making our city business friendly. So whether it's through lower taxation or supporting local businesses in some fashion to get them to hire students here, there's a lot the municipal government can do to help in some ways.

### Gerry Walsh on the race:

**Q:** Who is your main competition?

**GW:** Sue Uteck. And then Wayne Mason.

## “I THINK PHILOSOPHICALLY, EDUCATION SHOULD BE A RIGHT.”

.....  
**Q:** And if you weren't to win the election, who would you want to win? Which candidate do you feel could achieve much of the same goals you have?

**GW:** That's a good question. I thought I would be asked this question sooner but I haven't been until now. And it would be Wayne Mason. The reason behind that is that I am running because I think we need change and Sue Uteck has been in for three terms and over those three terms we've had stadium debacles, sponsorship debacles, a transit strike. And so, both Wayne and I are running on a platform of change.

I tell people, as they're thinking about the candidates on the way to the booth, that if you're happy with things the way they are, vote for Sue Uteck; vote for the status quo. But if you're not happy and want change, who do you have? Me and Wayne, and the Dawgfather, and Mike MacDonnell. Options.

**Q:** Any closing remarks?

**GW:** My approach would be much more analytical than impulsive, more deliberate in my decision making, and I find that this current council's style is to—with little information—have strongly held opinions and that's not at all my style. **Q**

*This interview has been edited for clarity and length.*

# New Dal start-up will help you break up

You can't put a price on love. But a breakup is \$14.99

Katherine McKenna  
News Contributor

Ending things is never easy.

But a new business on campus is taking the edge off a bittersweet goodbye. For a flat rate of \$14.99, students can pay scrappy start-up It's Not You, It's Us to end a failing relationship.

Blue posters litter the campus. "Breaking up is hard to do. Let us do it for you," they say, with a link to a Tumblr page and a Twitter account.

"It's exactly how it sounds," says Andrew Auld, third-year English student. "It's a facilitated break-up service."

**"IT'S NOT BAD BECAUSE IT DOESN'T BOTHER ME."**

Auld is the mastermind behind It's Not You, It's Us. He says the idea stemmed from watching a friend suffer through a dying romance. The idea took root, and early last month the business was launched. Since putting up posters around campus, he's been surprised by the interest he's received.

"I'm a little surprised because it started as a joke," he says. "It seemed like a ridiculous thing to do."

Although Auld hasn't actually gone through with any break-ups yet, he

says he's received a number of emails from potential clients as well as people wondering if the business is legitimate. He says that his standard operating procedure is to learn about the couple's problems and then to find the best way to end things. Auld is willing to do break-ups in person, over the phone, by email—whatever best suits the situation.

It won't be messy, Auld says. He's sure that his arm's-length approach will quell hysterics, and if not, he's getting paid anyway. He's confident that the reaction of others won't faze him.

"I have no vested interest in their relationship. It's not bad because it doesn't bother me."

There are some caveats: anything longer than six months and the fee rises. The more emotionally grueling the break-up, the higher the fee.

There are some limits. Auld says It's Not You It's Us won't end a marriage—and they're definitely not giving advice on how to save the relationship.

But Auld says that he's felt some resistance since putting up the posters.

"I've noticed they're getting torn down around campus... some romantics must be unhappy and ripping them down."

He says their skepticism is misdirected. Break-ups happen regardless of whether or not there's a middle man. Auld says that sometimes love just fades and that his business is only trying to make things easier.

"We're just doing what we're paid to do." ☹



Don't worry, there are plenty of other fish in the sea. ••• Photo by Bryn Karcha

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Spending time in nature brings positive side effects, like sharpened memory and attention span. ••• Photo by Bryn Karcha

## GOING FOR GREEN

### THE PSYCHOLOGICAL BENEFITS OF OUTDOOR LIVING

**Geordon Omand**  
 Opinions Contributor

*"I believe that there is a subtle magnetism in Nature, which, if we unconsciously yield to it, will direct us aright."*

—Henry David Thoreau

Thoreau's words apply as much today as they did when he penned them over a century and a half ago. We'd be hard-pressed to deny his intuitive acknowledgement of nature's positive impact on our lives.

But what is it about nature that grounds us and heals us, gives us focus and inspiration and contributes to our general well-being?

Scientists have proposed various reasons for nature's healing powers: everything from the benefits of exercise and vitamin D from the sun; lower levels of noise pollution and higher air quality; and even subliminal fractal patterns and immune system-enhancing wood oils.

Research has helped us to learn more about the cognitive benefits of communing with nature. Something as simple as an hour-long walk in the woods has been found to improve memory and lengthen attention spans. Studies show that exposure to green spaces helps reduce the symptoms of attention deficit hyperactivity disorder in children.

What's more, the benefits can be caught on camera. Simply looking at photographs of outdoor scenes have been shown to lead to improved results on memory tests.

*"I go to nature to be soothed and healed, and to have my senses put in order."*

—John Burroughs,  
 conservationist and writer

Just as we can see nature's therapeutic influence, we can also see the results of its absence.

*Time Magazine* published an article in 2009 documenting the growing recognition among psychologists that many of society's modern-day mental illnesses are at least in part the result of our alienation from nature. Conditions such as depression and anxiety are arguably worsened by our increasing alienation from the natural world.

And the problem may start early. Richard Louv calls it nature deficit disorder. In his book *Last Child in the Woods*, he makes a link between a rise in behavioural problems in children and their spending less and less time outdoors.

*"Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul."*

—John Muir, naturalist and wilderness preservation advocate

Human beings are deeply connected to the natural world. Although our minds and bodies may be shaped by modern social spaces, we still closely resemble the humans who adapted to their natural environment over the course of millennia.

That's the central premise of eco-psychology, a field that explores our relationship to the natural world.

It argues we have long been programmed to exist in nature. It's our natural state.

Biologist Edward Wilson describes this phenomenon as "biophilia"—human beings' default attraction to nature. It is perhaps one of the reasons we find being in nature so rejuvenating.

*"To sit in the shade on a fine day and look upon verdure is the most perfect refreshment."*

—Jane Austen, English novelist

Cities are a reality of this modern world. Globally speaking, we are more urbanized than ever before. Ensnared in our networks of concrete and steel, it can feel difficult to maintain meaningful connections with the earth.

But even in the most concentrated metropolitan centres, access to nature isn't impossible. The Sierra Club, which runs inner city outings for children, builds its activities on the principle of finding nearby nature. Nature can be found discovered in the unlikeliest of places.

That's hardly a difficulty here in Halifax. Whether it's a paddle on the Northwest Arm, a stroll through Point Pleasant Park or a cycle on the Rails to Trails path, we're surrounded by outdoor opportunities.

So take a hike already. And if you're concerned about the time away affecting your studies, just listen to Einstein.

*"Look deep into nature, and then you will understand everything better."*

—Albert Einstein



## EMPIRE

### THEATRES

#### SHOWTIMES

**Antiviral**

Thurs-Fri, 7:20, 9:45

**Argo**

Thurs-Fri, 6:45, 9:15

**Here Comes the Boom**

Thurs-Fri, 6:55, 9:25

**Pitch Perfect**

Thurs-Fri, 7:15, 9:45

**Taken 2**

Thurs-Fri, 7:00, 9:30

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# The importance of being outside

## A personal reflection

**Vanessa Ratjen**

Opinions Contributor

.....  
 Growing up in a small town on Vancouver Island meant that getting out of the house and into the forest was a matter of walking out the door. My parents always encouraged us to get outside, so every summer they would take my older brother, two older sisters and me on a multi-week exploration of roads less travelled.

One Westfalia, six people, two dogs and a canoe on top.

Dad would drive our trusty steed off the main road, open an outdated logging road map and we would all jitter our way along potholed gravel roads for hours. We would slow down if the road was blocked, and stop if there was a creek to swim in or a debate to be held over the scat we saw (grizzly or black bear?).

The evening's campsite was a surprise location as often as it was a planned destination. But, of course, my dad "knew the whole time we'd get here." "Here" being a nameless lake, a fir-lined enclosure or pristine waterfall.

In the end it never mattered where we were—we were relieved to stretch our legs and let the lingering trembles of bumpy roads subside. We would set up camp, build a fire, canoe the lake, have dinner, clean up and pile back into the van at bedtime, exhausted from so much fresh air.

It would be false to state that these are all happy memories. Nature is not always a holiday. Leech-filled lakes,

mosquito-dense forests and shifting weather were common, on top of the bouts of exasperation that resulted from being in constant close quarters with your family for weeks on end. Not to mention our dog Pablo, who was notoriously car-sick.

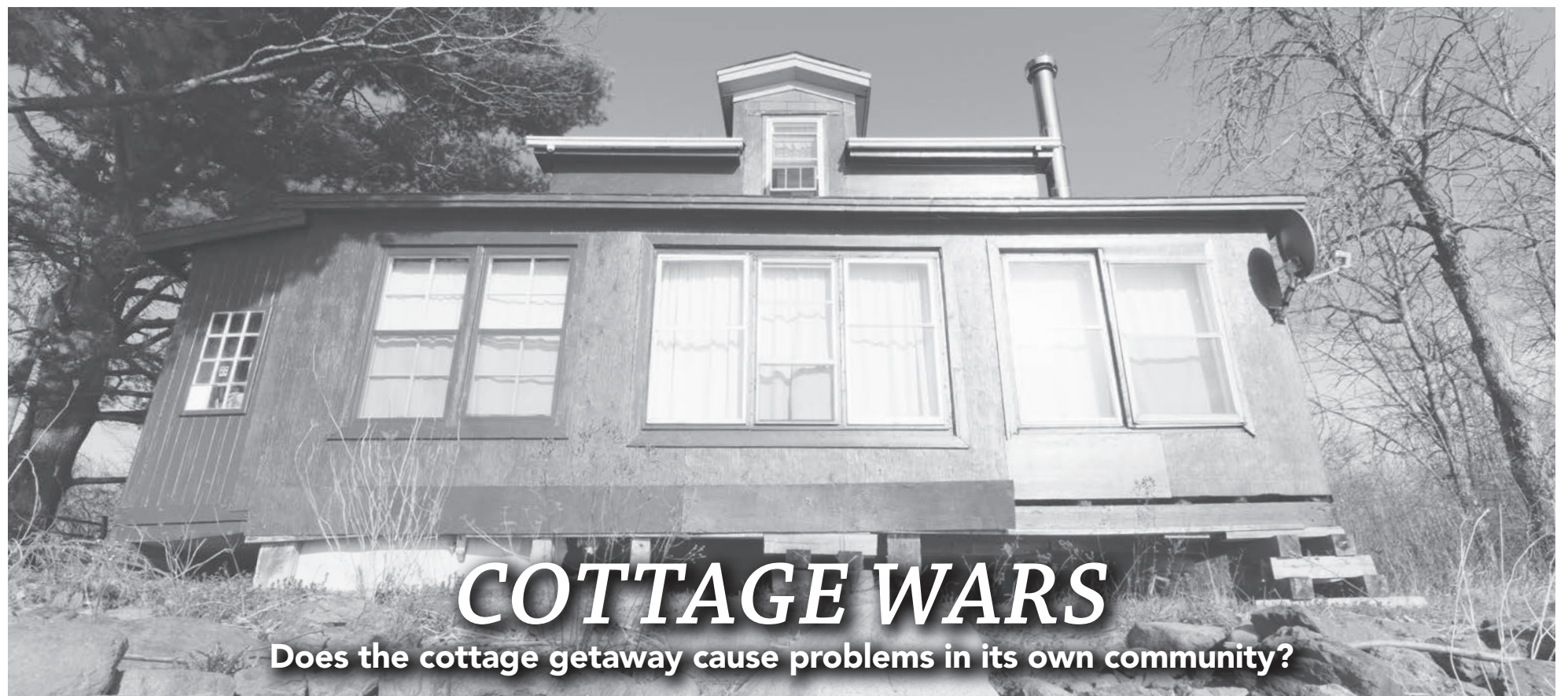
Nevertheless, I have continued exploring the wilder world as an adult and I'm a more grounded person because of it. When I'm feeling overwhelmed by life, I walk through the door and venture forth.

Getting outside doesn't necessarily mean surviving for weeks in the wilderness. Going out for a run, choosing to walk instead of drive to the grocery store, or having my morning coffee on the porch instead of the kitchen are all ways that I've introduced fresh air into my daily routine. A jaunt around the block is incredible for remedying stress. Being physically apart from my job, school or house removes me from my email, the pile of assignments or the dust bunnies under the sofa. I value work, higher learning and cleanliness, but taking a moment to step back helps me to negotiate them better when I'm struggling.

Observing the simple wonders of the outdoors, like warm sun on a winter day or leaves reddening in the fall, offers moments of clarity. When in that space, life seems to fall more evenly into place. As in my childhood, no matter where I am, the shaky feeling from the bumps in the road slides off and, more settled, I turn to the tasks at hand. ☺



Read on to discover this writer's personal relationship with nature. ••• Photo by John-Paul Bow



An increasing interest in cottages could actually destroy the environment vacationers want to enjoy. ••• Photo by Chris Parent

**Shelby Rutledge**

Opinions Contributor

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 Personal cottages can provide a relaxing resort for many Canadian families. Cottages are a great way to spend your summer, or winter holidays with your friends and family. Some fun and adventurous activities you can do at a cottage include, but are not limited to: biking, hiking, portaging, canoeing, kayaking, fishing, going for a picnic and swimming. And of course, you can also enjoy a beautiful day boating on the lake with some friends. What's not to love?

The problem arises when everyone starts to love it. Increasing inter-

est and participation in the cottage life community can have some negative impacts on the community itself. When the population increases, so does the number of trees being cut down to make room for new cottages and other buildings. This is harming the natural environment by destroying natural habitats, routines of animals and possibly increasing the likelihood of contaminating the water and land.

Families driving to get away from the city can also have a major impact on the natural environment, not to mention create huge traffic jams. When we finally get to the cottage, an increase in fellow cottagers makes it

harder to enjoy the privacy and relaxation I came for. Each time I go up to the cottage there is another family moving in, or a new building or cottage being built, resulting in an increase in population and noisy construction.

There are many possible reasons why these problems could be occurring in the cottage community. It could be that a lot of families just want to get away from the big city to actually enjoy the natural environment, have some down time in their life and to bond with friends and family members. However, it seems like some families just want to keep up with other families, thinking that

in order for people to like them or to be included they have to buy a cottage like every other family.

With an increase in population and a subsequent increase in buildings and cottages, cottagers should not neglect the effects that come with these changes. When the population increases, a family's attitudes about the cottage life can change. Think about it: just to get to the cottage now will take you hours, you could be stuck in traffic the whole time, and depending where your cottage is you'll probably have little to no privacy when you get there. The cottage community, the city getaway, is now turning into a small town itself. All

these negatives might make you think twice about going up every weekend, or for a week during the summer.

There is no official answer to fix all these upcoming and current issues; however, there are ways to slow their development. One way would be to monitor how many families are buying cottages. Another way would be to limit how big the cottages can be built, and to limit the number of buildings per lake. These ideas may not solve the whole problem—however, it is a start. ☺

# The Gazette

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talented and hilarious? submit:  
theothergazette@dalgazette.com

Ben Gallagher Other Editor  
Jonathan Rotsztein Other Other Editor



## ADVICE FOR STUDENTS

**Megan James**  
**Purity Ring**

People of the *Other Gazette*, be wary what you listen to. Eat breakfast and stretch everything all the time.



don't worry too much, ok?

—Bethany Riordan-Butterworth

lrb '12

## FICTION

### Redemption Guru The Past

When my wife started stalking the CEO of Vitro Inc., begging him to save our Baby Dream with his hand-of-god technologies, I had an aneurysm. I saw white blinding snow atop a mystic ancient ice cap. I felt myself pawing the surface in search of new-age tranquility. I came to, miraculously lucid.

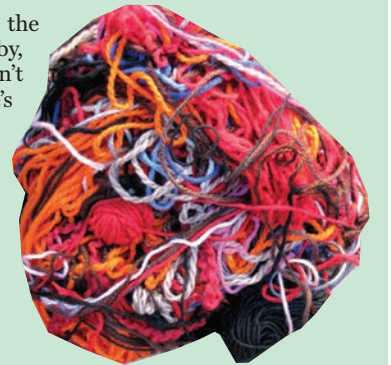
Still I couldn't stop her. My desire for ten-toed pink perfection, my need to pass on my DNA, was as strong as hers. For the thousandth time since the start of our insemination schemes I chastised my brain, told it to Think Positive. "Make sure you tell him about the abortion," I reminded my wife.

She waved a backhand at me. It said I should know better than to bring that up.

If only we'd birthed the Down's foetus into a baby, I thought, we wouldn't be at this millionaire's mercy.

But of course my wife was right. Getting her pregnant the first time was easy. We couldn't have known we were in for a famine.

—Chris Benjamin



—Kathryn Johnson

## EAST COAST

### The Bluenose II and 1/2

The Bluenose is the emblem of Nova Scotia past. It was a fishing schooner and racing vessel built in 1921.

At its peak, the original ship was winning competitions across North America. The ship was so famous it has appeared on our 10-cent coin since 1937 and on our current Nova Scotia license plate. But all good things must come to an end, and eventually motors replaced wind and the Bluenose became obsolete.

No one knows what became of the original Bluenose. In the 1960s Oland's Brewery built and launched a replica of the ship, the Bluenose II, as a marketing ploy for Schooner Lager and as the Oland family yacht.

The province bought the ship in the early 1970s and recently rebuilt and relaunched the Bluenose II so this great symbol of Nova Scotia's heyday can sail the seas and attract tourists once again.

Just as Alexander Keith's ale defines us, so to does Oland's Bluenose II: Nova Scotians are still referred to as Bluenosers.



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## REACTIONS

### NHL lockout by winners

FANS OF WATCHING CLASSIC  
HOCKEY ON CBC 🙄

PREVIOUSLY FORGOTTEN-ABOUT  
FAMILY MEMBERS 🙄 🙄 🙄

TIM THOMAS FOR TAKING A YEAR OFF 🙄 🙄 🙄 🙄

GARY BETTMAN'S LOCKOUT POOL 🙄 🙄 🙄 🙄 🙄

TORONTO MAPLE LEAFS FANS 🙄 🙄 🙄 🙄 🙄



## FICTION

### Redemption Guru The Present

Now, as foretold by my aneurysm, here we are, mitten in mitten, rejected by those in the business of baby making, feeling our way up the final peak to our last hope. If this Redemption Guru is the quack I can't stop thinking he is, we'll summernaut backward down the mountain to our childish deaths.

"Look," shouts my wife. "There he is!"

I'm snow-blinded.

Gently sobbing, she guides my hand over his small ears, flat nose, small mouth and shortened arms, which hold a guitar.

"He has down's syndrome," I say as if, because I can't see him, he can't hear me.

He sings 'Come Back, Baby,' by the Ramones, slow and a cappella, the whole way through.

—Chris Benjamin



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## IMPORTANT INFORMATION

### Spending time outside





**STREET  
INTERVIEW**

*Where's your  
secret getaway?*



"Point Pleasant"

**Katherine Strynatka**  
6th-year biochemistry and German



"Point Pleasant"

**Matt Conlin**  
3rd-year environmental science



"Down to the harbor,  
by the market"

**Danielle Goodreau**  
5th-year marine biology



"Second Cup"

**Hanzeh Hadad**  
2nd-year history of science,  
and economics



"St. Mary's. Because  
that's where I go"

**Erica Ferguson**  
4th-year commerce at St. Mary's



"The Arm. I was out kayaking  
the other day"

**Jacqueline MacMillan**  
5th-year economics upgrader



"PEI"

**Ali Eftekhari**  
4th-year microbiology  
and immunology



"The internet"

**Peter Earley**  
1st-year arts

by Calum Agnew and Chris Parent

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## Dark Festival

### NOCTURNE PROMISES MEMORABLE NIGHT

Mat Wilush  
Arts Contributor

It's time again to drench the night in noise and colour: Nocturne is coming. On Oct. 13 from 6 p.m. until midnight, all of Halifax is transformed into a free, interactive art exhibit. Art of all forms is on display through the darkened city streets, covering the walls, landmarks, and parks of day-time Halifax.

The installations range from independent projects to features put on by Halifax galleries. Down at the harbour there's Devil's Island, a project involving a 90-foot barge. At the Museum of Natural History, you'll be able to check out an artist singing lullabies to the specimens. Maybe you'd prefer to be involved: you could play a game of Tweetris (which will some-

how mesh Twitter, tetris, and yoga), or get caught up in a large-scale spider web spun in Victoria Park. There are human-shaped banners hanging from Barrington Street, ghost ships on a concrete ocean, poetry in corners, and a troupe of gigantic ants marching through the streets.

"One of our main goals was to make art accessible through experience," says Rose Zack, the chair of Nocturne. This is to be Nocturne's fifth consecutive edition, with more to explore than ever before. Stretching through five separate zones (covering all of Halifax, from the north end to Dalhousie and the harbour), which are connected by walking tours, and special shuttle services. This year visitors can ride the ferry to Dartmouth and catch one of the five local bands playing a live set on the

ship all night.

Zack also commented on a "fan favourite artist award," with a grand prize being given to the artist who receives the most donations. "We wanted an opportunity for the public to contribute," she says.

The public will have more options to contribute, by trying Propeller's Dark Nocturne Lager. A percentage of each lager will go toward future Nocturne events. What better combination is there than beer and art?

For all you Nocturne-virgins: it's a lot to handle, I know. "We all walk down the same streets every day and (Nocturne) forces you to shift your perspective," says Zack, on the power of Nocturne; "hopefully that sticks with you." ☺



Nocturne revelers take a break during bright night.

••• Supplied photo by Michelle Doucette Design and Photography via Nocturne



Humani-T also has a Hydrostone Market location in the North End. ••• Photo supplied by Humani-T café

RESTAURANT  
REVIEW

## Humani-T café

Come for the gelato, stay for the ambiance

Amanda Joy Saoud  
Arts Contributor

When I walked into Humani-T Café, which is nestled in the very urban and domineering Trillium on South Park St., I expected a very cookie cutter café with a bland atmosphere. Instead, I was greeted with a spacious area filled with a variety of choices. I passed a smoothie section, a wall filled with flavourful teas, and an artisan gelato bar as I made my way to the breakfast and lunch area. There

were a surprising amount of choices. I settled on the spicy chicken bacon panini and a mixed green salad with cranberries, feta and almonds. My friend, on the other hand, ordered a tomato and brie panini with a shirazi salad (tomato, cucumber and red onions with olive oil and lemon juice).

After ordering all that deliciousness and paying (about ten dollars each), we picked a place to sit near a mock fireplace. A very friendly employee came up to us and confirmed our

orders. In fact, the entire staff was just as friendly and warm. After a little while, our lunches were delivered to our table—just like in a restaurant!

The food looked, smelled and tasted great. It was a simple meal, but for what I paid it was the portions the atmosphere and the service that made it special. I recommend Humani-T Café if you're looking for a nice escape from the usual campus food. ☺



Paul Thomas Anderson directs Daniel Day-Lewis. ••• Photo supplied

FILM  
REVIEW

## The Master is Spellbinding

Jonathan Bruce  
Arts Contributor

Paul Thomas Anderson loves long tracking shots, multi-character ensembles, ambient musical scores and ambiguous endings. He directed *Boogie Nights* (1997), *Magnolia* (1999), *Punch Drunk Love* (2002) and *There Will Be Blood* (2007). Now he has delivered another powerful film with *The Master* (2012).

Set in post-WWII America, Freddie Quell (Joaquin Phoenix) struggles to make a life for himself after being discharged from the Navy. He is belligerent, prone to violent outbursts and has a severe drinking problem. Freddie supports himself by selling homemade liquor.

Eventually, he encounters the eccentric Lancaster Dodd (Philip Seymour Hoffman), the leader of a religious group called The Cause. Dodd tries to reach out to Freddie, whose liquor he enjoys. The Cause believes in the idea of "processing," an interrogation-based therapy that uncovers and cures people of trauma. Freddie becomes Dodd's second-hand man, but he is unable to give up alcohol. His behaviour concerns Dodd's stoic wife Peggy (Amy Adams), who

doubts he can be cured. Upon hearing that Dodd's teachings are made up, Freddie must decide whether to stay with The Cause or leave.

Anderson, as always, is a master at the helm. Phoenix is convincing in body language and speech—his intense performance evokes James Dean and Marlon Brando. Hoffman shows off with Dodd, ranging from friendly to intense and cold. It's left open whether he's a sincere humanitarian or a shady con-man. Adams has a good turn as the maternal and stern Peggy, but it is never explored if she wields any influence over her husband or The Cause. While the film is about Freddie and Dodd, it would have been nice to develop Peggy's character.

Mihai Malaimare Jr. has made an interesting choice to shoot the film in 65 mm. The resulting images are vibrant, colourful and arresting. Composer Jonny Greenwood (Radiohead) provides an eerie score with sinister, ambient cues. The film's greatest weakness is the lack of Freddie's backstory, which would have helped explain his faults. Certain scenes have a surreal quality, typical of Anderson, dreamlike and captivating. ☺

# The no-show powwow explained

## What happened after last year's successful Mi'kmaq gathering



Councillor Uteck and the rest of the Events Committee decide which events will be funded and how much money they'll each get. Photo by Jayme-Lynn Gloade

**Katherine MacNeill**  
Arts Contributor

The tipis started being built a few days before. They were huge. There were 15 of them, arranged in a circle covering half of the North Common, and at night they glowed like a neon rainbow when organizers turned on the lights.

Those tipis and the drumming from within beckoned 60,000 people to the Halifax International Mawio'mi in July of 2011. Mawio'mi means powwow, or gathering, in Mi'kmaq. There were vendors selling Aboriginal jewellery and traditional Mi'kmaq food stuffed everyone's bellies. It was delicious and free; almost everything was free. It was a three-day-long celebration and everyone was invited, from across the country and beyond.

This summer, no one came because there was no powwow to go to.

Organizers decided to take a break this year. It wasn't a funding problem. All levels of government were willing to pitch in.

Sue Uteck is the chair of the Special Events Committee in Halifax. They agreed to give \$100,000 to fund the powwow each of the last two years, and this year too.

"It was a first-class family affair. It was an amazing event," she said about the 2011 gathering.

"We take into account a lot of things when we decide what to fund, and one of them is whether the event draws in national or international crowds," Uteck says. The powwow

brings in people from all over Canada, as well as from the United States.

The committee also looks at how much money the event plans to bring into the city.

When event coordinator Andree Gracie presented the 2011 plans to the committee she estimated that number to be about \$2.5 million.

But Gracie and her fellow organizer Deborah Ginnish wanted to take a couple of years to let new ideas emerge without having to rush.

"I think it's the responsible thing to do," Gracie says. "We're going to take a breather and figure out how we can make it even better next year."

But no powwow this year came as a major disappointment for the people who look forward to it as a time to celebrate and teach their culture. Natasha Bernard works for the Millbrook Band Council and goes to as many powwows as she can, all over the Maritimes.

"If I were travelling and had car trouble, I wouldn't be stuck if I were near a reserve—I know so many people just from attending powwows," she says.

"I get to see the younger generations dance and learn more about their own culture, and I love to see the reactions of the non-native people. It's important that our culture stays alive. It was very disappointing that there was no powwow this summer."

Jennifer Watts is the councillor for the area and says it was a model for the kind of events that the Halifax Common should host.



The powwow adds colour to the Commons. Photo by Natasha Bernard

"It was amazing, no one complained. People are used to these expensive, fenced off events on the Commons. This was free, family-friendly and inclusive. And I think non-native people usually assume powwows are something they aren't invited to."

Gracie was happy with the feedback as well. "People stopped us on the street this summer and asked us, 'Where is it? When is it coming?' One woman said to me, 'After last year's event, Mi'kmaq people stood taller.'"

Dalhousie began having its own Mawio'mi the same year the powwows on the Commons began, in 2010. That powwow went on as usual this year on Oct. 2.

We will have to wait until next year for the International Powwow to return, but if Gracie is right, it will be better than ever. And, as she says, it's already pretty good.

"It's pure, it's celebratory, it's inviting, it's so organic. It tells the connection between the Mi'kmaq and the earth. It makes Mi'kmaq people proud to tell their story."



Emerald and Marrinna Wells show-off their regalia. Photo by Karin Murray-Bergquist

# Mawio'mi at Dal

## Dancers twirled to the drumbeat

**Karin Murray-Bergquist**  
Arts Contributor

The third Dalhousie Mawio'mi, the Mi'kmaq word for gathering, was held Tuesday, Oct. 2. It included the grand entry, the raising of the flag, speeches, food, and, of course, dances.

Out on the grass of the Dal quad, the drums pounded as the dancers, with and without regalia, showcased their great talent and celebrated together.

During breaks in the festivities, the dancers were happy to answer any questions about their regalia, the dances, or the Mawio'mi culture. Many of the dances were intertribal; everyone was welcome to participate. Others dances were more specific: grass dance, women's traditional, men's traditional, jingle dress dance, fancy shawl dance and more.

Each dance has regalia associated with it, and a particular origin. Jingle dress dancer Emerald Wells explained that her dance is one of healing and

prayer for others. It is performed by women and girls and named for the conical metal jingles attached to the dress. A gift of tobacco may be given to the dancer by someone wishing her to pray for the health of a particular person.

Marrinna Wells, whose specialty is the women's traditional, added that her own regalia is a little different than the usual one worn for this dance. She wore a yoke rather than a shawl, though either one can be used.

Both dancers have been coming to the Dal Mawio'mi for three years—as long as it has existed.

The Dal Mawio'mi has changed in those three short years. In its first incarnation, Wells recalled, it was small, indoors, with only one drum and a few participants. Now it is outside and, judging by the number of people who gathered around to watch or dance, quite popular. While not as big as many others around the Maritimes—which usually last a couple of days—it has grown in the time since it was first held at the school.

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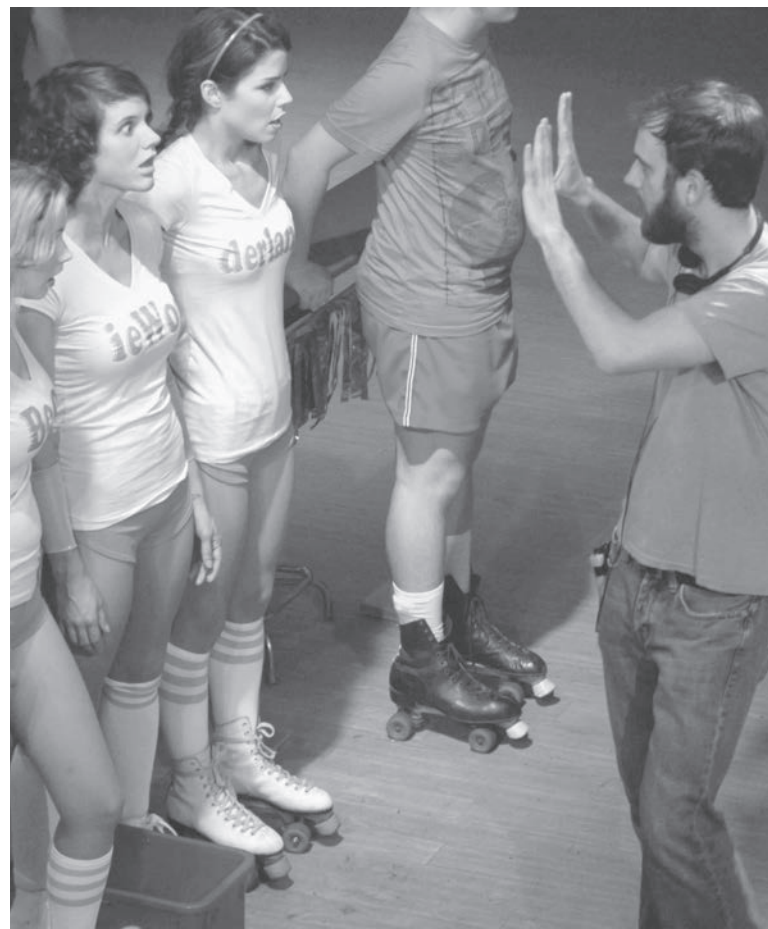
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Beard, no beard. Picnicface, no Picnicface. ••• Photo supplied by Picnicface

## Halifax comedy still alive, despite setbacks

Picnicface lives YOLO to the fullest by going on hiatus

**Evan McIntyre**  
Staff Contributor

Things seem bittersweet for comedy in this city. Last week Picnicface's original film, *Rollertown*, was released in theatres across the nation—a year after its premiere at 2011's Atlantic Film Festival. While the film's release should be a celebration for the group, it seems like an afterthought:

It was revealed this summer that Picnicface's eponymous series on The Comedy Network was cancelled.

Although the comedy group is still together, Andy Bush said, "right now it's pretty much on hiatus. Everyone is kind of doing their own thing working on their own stuff and if there was an opportunity for us to come back together I'm sure we would love it." Bush is a member of Picnicface and he directed, acted in, and co-wrote *Rollertown*.

There is a lot of work done behind Picnicface's bombastic presentations, especially when they were producing *Rollertown*.

"This was my first feature for sure, it's a different beast," Bush said. "You're doing little bits and pieces and you have to keep together in your head how it fits in the grand scheme of things."

While seeing Picnicface live can be a spontaneous laugh riot, they grabbed a lot of attention with their sharply edited and animated shorts. While clips like *Powerthirst*, and *All About Halifax* have received millions of views, it's tough to make money from YouTube.

Regardless, browsing through Picnicface's 84 clip Youtube channel, you

can find some hilarious stuff.

"I really liked (working on) *Beard, No Beard*," Bush said. "When I started I didn't even know what I was doing. I didn't even think there was going to be any music and then I put music to it and I had a lot of fun."

**"WE WERE JUST SITTING DOWN AND ACTING LIKE A JOKE MACHINE."**

The clip is exemplary of the group's spontaneous creativity and off-brand comedy. Using a static camera, Bush models his facial hair over a cheesy German techno beat made in Garage Band. A cowboy hat is also present.

One infamous Picnicface clip that always seems to pop-up in Facebook feeds during frosh week is *All About Halifax*. The 80-second clip is jam packed with misinformation about the HRM (Halifax's official emotion is mild surprise), and its mixture of the mundane and the whimsical.

"I really enjoyed that because we were just sitting down and acting like a joke machine," Bush said.

Despite setbacks with Bell TV the group has left their mark on Halifax, and Canadian, comedy. *Rollertown* won three Canadian Comedy awards in August, and Picnicface picked some up for their work on TV too. ☹

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## A BALANCING ACT

Anna von Maltzahn juggles two varsity sports in final year

**Monica Mutale**  
Sports Contributor

For the record, Anna von Maltzahn wears exhaustion well. She shows no signs of tiredness as she strides into the Dalplex to sit down with the *Gazette*.

Von Maltzahn, a fourth-year neuroscience major, decided to make her final year of schooling her most challenging one yet. She will not only be representing Dalhousie again in basketball, but on the cross-country team as well. Few student-athletes are more qualified than von Maltzahn to take on this feat. She already has Academic All-Canadian recognition to her credit, won the 2012 Blue-nose 10-kilometre marathon this past summer and claimed the 2012 AUS defensive player of the year award for her skills on the court.

Von Maltzahn, 21, has come a long way from her earliest memories in sports: playing in the streets with her older brother Alex.

"In terms of being on an actual team, I did some running starting in Grade 6," recalls the Halifax native. "Even before that, I was playing on soccer teams."

By the time she reached high school von Maltzahn, 5-11, was getting serious about basketball. She competed for Queen Elizabeth High School before the school merged with St. Patrick's. After amalgamation, von Maltzahn was part of a newly formed Citadel squad that won the provincial championship in 2009.

Although she ran cross-country throughout high school, she had to choose a speciality. "After that, I was focused primarily on basketball. I've done the odd race but, in terms of consistently racing, I haven't done that until this year."

### Juggling her time

So, does von Maltzahn's increased workload make her the busiest student around?

"Maybe," she says after a while. "I like to think that because I have a handle on it, when I come to practice and I come to play our games people can't tell that. I come with just as much energy as everyone else there. And even though I may be a little bit busier than everybody else there, they still are very, very busy in terms of

balancing their work and being on a sports team."

It also helps that she's had time to adjust to being a varsity athlete.

"I'm in my fourth year," she says. "A first-year student might not be able to handle that."

**"I'M IN MY FOURTH YEAR. A FIRST-YEAR STUDENT MIGHT NOT BE ABLE TO HANDLE THAT."**

Von Maltzahn isn't fooling everybody, though. Her basketball coach Anna Stammberger worries about the co-captain overworking herself.

"It does take a little bit of her focus and her energy away from the team, but she makes up for it because of all that she does," Stammberger says. "It's not my favourite thing to have a person doing cross-country and basketball because she is tired sometimes and there's a higher risk of injury. It's a bit of a gamble in some ways."

"However, she's a player who has given the program so much over the last three years. She's paid her dues and put in the effort and deserves to have this opportunity to challenge herself."

Stammberger is a Dal alumnus. She graduated in 1983 with a degree in physical education.

"I was here at Dal as a student-athlete," said Stammberger, "and I actually also did cross-country and basketball. (Von Maltzahn) knew that so I couldn't say, 'that's not possible!'"

Conveniently, the AUS cross-country championship (Oct. 27) occurs on a weekend the basketball team has off. It also helps that the running season is short, ending with the CIS championship on Nov. 10. This is all before the basketball season comes into full swing.

"Otherwise it wouldn't be possible," Stammberger says. "She couldn't do



Anna von Maltzahn is no longer just a threat on the basketball court, but on the trail, too. ••• Photo by Alice Hebb

basketball and volleyball together, for example."

### A day in the life

Together von Maltzahn, Stammberger and cross-country coach Rich Lehman came up with a training schedule.

A typical day for the athlete starts at 7 a.m.

"Tuesdays are one of the days where I have a tough cross-country workout and a basketball workout," von Maltzahn explains. "So, I wake up, I go to my class and then I come home and I have a couple hours to eat lunch and do work."

Sounds simple enough. But then von Maltzahn jogs down to Point Pleasant Park for a cross-country workout. Two hours later she heads home to eat, again, and do some more school work. Then, basketball practice is from 5:30 to 7:30 p.m., after

which von Maltzahn returns home to—what else—eat and do school-work before turning in.

"I go to bed as early as I can," she adds. After all, there's basketball practice again on Wednesday morning.

Von Maltzahn has quickly proven to be one of Dal's leaders on the trail—despite her novice status. She was Dal's top runner, in fifth place, at the season-opening Moncton Invitational last month, and has followed it up with two consecutive races as the second fastest Tiger.

Von Maltzahn credits her self-discipline for her success, which comes from years of athletic involvement.

"I don't think I would be as efficient as I am if it weren't for athletics. Being on two teams makes me so disciplined in how I spend my time. I'm so certain that I need to use my free time that I do have for school-work, and so I do it. I don't have the

option of thinking, 'Oh, I have some time later, I'll do it then.'"

In addition to finding time, von Maltzahn has the motivation required to make dual-sportsmanship work. The things that drive her are simple.

"I'd say it's the physical fitness and the people. And just because I'm so competitive it's genuinely so much fun."

"There's obviously very little time for social life," she adds, "even less so than last year. So, it does affect my personal life, but the people in my personal life are so supportive of me."

But does she have room in her schedule for a romantic relationship?

"Would I have time for one?" she wonders, chin in hand.

"Well, I always seem to think I can spread myself a little thinner," she says with a laugh. "That's hard to say. I am spread pretty thin right now."

If anyone could make it work, we have a feeling it'd be Anna. ☺

## JOIN NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER



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

# East Coast welcomes the NBA

Toronto Raptors warmly greeted by port city



Fans came out to watch point guard Jose Calderon and the Raptors compete in an intrasquad game. ••• Photo by Bryn Karcha

**Sam Vlesing**  
Staff Contributor

It took the Toronto Raptors, Canada's only remaining NBA franchise, 15 years to come back to Halifax. But when they finally took the leap, they

were greeted as if they never even left. Concluding a week-long training camp held in the city, the Raptors played an exhibition game on Oct. 6 to a healthy crowd, numbering over 7,000 at the Metro Centre.

Watching live NBA action in Hal-

ifax is pretty rare, so those lucky enough to see the Raptors play definitely got a bang for their buck. The atmosphere was electric throughout the game. The Dance Pak came out in full force and the only living 'raptor' left on the planet, the team's mascot,

entertained the crowd with his antics.

Although the Raptors were split into two teams, the intra-squad game was highly entertaining. Playing in front of this many ecstatic fans even amazed guard Jose Calderon, who said afterward, "I was surprised that there were so many people for an exhibition game."

Even though Raptors rookie Jonas Valanciunas and off-season acquisition Kyle Lowry didn't dress for the game, the stars still came out. The NBA's first overall pick in 2006, Andrea Bargnani, fourth-year sensation DeMar DeRozan, veteran Jose Calderon and Landry Fields, who signed with the organization after a successful year with the Knicks, all played significant minutes.

Having to impress a packed house, but more importantly, head coach Dwane Casey, players fought hard in order to earn a spot in the team's final rotation once the regular season gets underway.

For a change, the Raptors look enthusiastic and motivated this year. Coming off an abysmal 2010-2011 season where they finished second last in the Eastern Conference, Casey was brought to Toronto with the reputation of a defensive specialist. Last season, he took a unit that ranked near the bottom of the NBA in every defensive category and transformed the entire culture of the team. After improving to 11th in the East last season, Canada's club looks to make the playoffs for the first time since 2008.

Displaying a little bit of what can be expected this season, the core of young guns led by third-year Ed


Davis may be the extra push needed to finally get the Raptors over the threshold and into playoff territory.

The fans, however, didn't seem to care about Toronto's lack of playoff appearances in recent years. They welcomed the team to the city wholeheartedly, filling the arena with a sea of red and white jerseys.

Regardless of where you were from or whom you supported, seemingly everyone had smiles on their faces. Well, maybe not everyone—the Halifax Rainmen, sitting directly behind the media, didn't seem too enthusiastic.

When guard John Lucas threw a lob pass to Ed Davis in the first quarter for a huge alley-oop slam, the stadium erupted—except for the Rainmen. When DeRozan finished with authority late in the third quarter, the place erupted, but again the Rainmen showed no reaction. Even the Rainmen's mascot, Thunder, appeared indifferent in comparison to his NBA counterpart. While The Raptor was performing acrobatic gymnastics, Thunder had trouble doing a simple cartwheel.

What the Raptors organization did for the community here in Halifax is substantial. Not only did all ticket proceeds from last Saturday's game go to local charities, the many young and impressionable basketball players in the city had the opportunity to see their role models live.

For an organization that pegs itself as Canada's team, let's hope this basketball town won't have to wait 15 years to get another glimpse of live action. 

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# BEN'S TEN

## How to survive the NHL lockout

Benjamin Blum  
Sports Contributor

Winter is coming, but the NHL likely isn't

Trouble's a-Bruin as the owners and players' union squabble like siblings over who mom likes more. As players continue migrating to sunny Russia, here are 10 ways to survive the lockout without resorting to cheering for the Leafs to fall from the trees.

### 1. Incorporate hockey into your daily routine

You can use goalie pads as sofa cushions, pucks as coasters, and start the latest trend by wearing a helmet to class. Plus, calling home to ask for money is the epitome of a collective bargaining agreement.

### 2. Show some emotion

Take time out of every day to express yourself, hockey-style. Whether it's by proclaiming "He shoots, he scores!" after successfully asking someone out, or by raucously high-fiving your friends after giving a smart answer in class, letting out your frustrations through acts of borderline unsportsmanlike conduct is a healthy way to keep hockey in mind. For the more daring, treat everything your professor says like a referee making a lousy call against your team.

### 3. Find another sport to follow—even soccer

Now that you're done laughing at the very notion of watching soccer, think about this: you have to watch something. Find a sport that is somewhat appealing and jump right in. If you don't know who to cheer for, find a team that wears colours similar to your NHL team and you're all set!

### 4. Play shinny at Memorial Arena, right between Wickwire Field and the SUB

Oh wait, they tore it down. Well, this is awkward.

### 5. Therapy

We're all having a tough time. Find some friends, reminisce about the good ol' days, and watch some clips online while lamenting the loss of your fantasy hockey league. Also, if someone has NHL 13, have two teams play while everyone else watches and criticizes, just like in real life.

### 6. Show some school spirit

Dalhousie and University of King's College have a wide variety of teams filled with stellar student-athletes who are desperate for fans. Seriously, the only people who often show up are the sportswriters for the *Gazette* and the refs!

### 7. Play like you did as a kid

Grab some friends, find a quiet street, choose your favourite player—dibs on Ray Bourque—and play some hockey. For those who consider themselves less inclined to run around, have mock-CBA negotiations and fight over who gets to be Bill Daly!

### 8. Pop your 'Cherry'

Find a nearby fabric store or Salvation Army, choose the gaudiest patterned clothing available, and don those clothes every Saturday night while yelling your opinions at people sitting directly next to you!



### 9. Explore new frontiers

Hockey doesn't stop just because of a lockout. Minor leagues exist, including in Halifax, the World Junior Championships are happening later this year, and some of your favourite players are abroad in Europe and Russia. Onward, Metallurg Magnitogorsk!

### 10. Celebrate that your team is undefeated so far!

Unless you cheer for the Canadiens, Senators, Red Wings, or Sabres. If this applies to you, your team is winless.



## sports briefs

### Football narrowly drops road decision

The Dalhousie Football Club will determine their playoff fate on the road.

A narrow 28-24 defeat at the hands of the Holland College Hurricanes in Charlottetown on Oct. 6 will relegate the Tigers to a play-off run away from Wickwire Field. The Hurricanes and their 3-1 record joined the undefeated UNB Fredericton Red Bombers over the weekend as the two squads to earn home-field advantage in the four-team circuit.

All AFL teams automatically earn a playoff berth.

Losing out on at least one extra home game may not be the worst outcome for the 1-3 Tigers, which are winless in their two home matches this season. Dal's only triumph came on the road against the UNB Saint John Seawolves.

The Tigers nearly scored their second victory of the season on Saturday, racing to a 15-7 edge in the opening quarter after two touchdown passes from Brendan Festeryga. A touchback and a series of safeties put the Hurricanes up 19-16 at halftime.

Although Dal would not earn another lead, they made it close. Tigers wide receiver Darko Stasevic pulled their deficit to within three points on a touchdown that made

the score 26-23.

Dal has two games left in the regular season. This weekend, their final home game, is opposite the Seawolves. Game time is 6 p.m.

### Depleted roster score respectable runs

Dal's cross-country teams have their eye on the prize—the conference race at the end of the month.

Opting to rest most of their roster ahead of this weekend's interlock at UNB, the Tigers brought a diminished crew to Acadia on Oct. 6 and performed respectfully considering the circumstances.

On the women's side, fifth-year Holly Van Gestel was only 10 seconds off the pace, finishing in second place behind UNB's Frida Aspnaes. Anna Von Maltzahn and Britany MacArthur rounded out the top 10 for the Tigers, crossing the line in eighth and tenth, respectively.

The men's team, on the other hand, kept a majority of their stars at home. David Burlock, Dante Manchester were the top finishers for the black and gold, running to 15th and 16th place finishes. Fifth-year Mike Weersink came in 27th.

Dal did not have enough runners to be considered for the team scores.

The Tigers' only race on home soil this season, the AUS championship, is quickly approaching. Dal's women

will try to defend their crowd, while the men will attempt to retain top spot Oct. 27 at Point Pleasant Park. The first race is at noon.

### Exhibition woes

Thankfully, these games don't matter.

Tigers athletes on three teams embroiled in training camp found themselves on the losing end of their exhibition matches this past weekend.

Dal's men's hockey team was dropped 2-0 to the Saint Mary's Huskies, ending their preseason schedule with an 0-2 record. The Tigers will quickly transition to regular season play this weekend in what will be the start of a new era: playing at the Halifax Forum. They'll face Saint Mary's on Saturday, Oct. 12, where they are now sharing home ice at the Forum, then welcome Acadia the next day.

In other exhibition action, two Canada West teams overwhelmed the black and gold. Dal's women's basketball team was knocked aside 79-66 to the University of Calgary and men's volleyball fell twice to the University of Manitoba.

—Ian Froese  
Sports Editor



Dalhousie's football team returns home Oct. 13 for their final contest this season at Wickwire Field. ••• Photo by Pau Balite



# THE SEXTANT

THE OFFICIAL PAPER OF DALHOUSIE SEXTON CAMPUS

## Many questions about it

### Alia Karim's "No questions about it" article spurs several questions



Alex Holgate  
Staff Contributor  
Industrial '13

The Gazette recently published an article by Alia Karim asserting that eating local and organic was the only way forward, no question about it. However, as I read not only the title, but the article itself I found that contrary to the title's suggestion I was asking many questions about it. Karim's article hits its stride quickly, and we discover that her English Major has imparted significant knowledge about the dynamics of climate change and the intricacies of genetically modified organisms. Suffice it to say I disagreed with her analysis.

"Eating organic is really the only way to ensure that what you consume is free of synthetic fertilizers, pesticides, herbicides and fungicides." (1) That is quite a bold statement, I was under the impression that organic foods could contain some of those things as well. The Annals of Internal Medicine would appear to agree with me and Michelle Brandt writes that although

there is a slightly lower risk of pesticide contamination with organic food, "organic foods are not necessarily 100 percent free of pesticides." (2) There appears to be slightly less pesticides in 'organic' foods than otherwise, however the Stanford study concludes that, "pesticide levels of all foods generally fell within the allowable safety limits." (2)

Well, if there is really no difference in pesticides, organic foods must at least be healthier for you

right? I would seriously question if that is the case, "The U.S. Department of Agriculture (USDA) has refused to recognize 'organic' food as distinguishable in any way from any other food" (3) And if you are not inclined to believe in the USDA, medical doctors at Stanford concluded that, "There isn't much difference between organic and



Traditional white rice compared with GMO golden rice (Photo credit: Indiana Public Media)

conventional foods, if you're an adult and making a decision based solely on your health," (2) after conducting the most thorough analysis of the issue to date. Furthermore, organic foods grown without pesticide use

#### "ORGANIC FOODS ARE NOT NECESSARILY 100 PERCENT FREE OF PESTICIDES."

– Michelle Brandt, Annals of Internal Medicine

have been continually linked to E. coli outbreaks and deaths, possibly due to the 'organic fertilizers' Karim seems to advocate; a fancy way of describing feces. (3)

So we have established that maybe organic isn't all it's made out to be; at least if I go eat organic, "it's free of genetically modified organisms (GMO)." (1) Why is this made out to be a good thing? Karim's entire article is based on organic local food being the only sensible way forward; however, consider the alternative that genetically modified foods are a good thing. We need not look any further than Golden Rice. Golden Rice is a genetically modified variety of rice that has been modified to produce vitamin A; enough vitamin A that it is, "as good a source as vitamin supplements, and better than spinach." (4) Why is this important? Vitamin A deficiency kills over half a million children under five years of age each year, mostly in third world countries. But they probably wouldn't want a solution like golden rice would they, I mean after all it's

not organic!

One of the final major points in the article revolves around the concept of locally produced food. Although in theory nothing is really wrong with this, practically it doesn't amount to much. The Worldwatch institute is a globally focused environmental research organization based out of Washington D.C., in one of their reports they write that, "final delivery from producer or processor to the point of retail sale accounts for only 4 percent of the U.S. food system's greenhouse gas emissions." (6) Furthermore, local travel is not necessarily very efficient; "trains are 10 times more efficient at moving freight, ton for ton, than trucks are." (6) And that is large trucks! How many local food vendors are shipping their freight by train? Although I have no data on the matter, I would hazard to guess that they are using small trucks more often than not which are even less efficient than the larger counterparts. It is fairly straightforward to see how locally grown food may not be any more efficient in many cases and I fail to see how, "local food movements are essential." (1)

Thinkers of the world unite and don't mindlessly eat the organic propaganda! ☘

Sources are linked in the online article at <http://www.thesextant.ca/2012/10/09/many-questions-about-it/>

## The Paradox of our time



Melwin Meelankavil  
Staff Contributor  
MAsc Cand. '13

Technology today is a great wonder  
Bringing our loved ones from here and yonder  
Talking to someone who is thousands of miles away  
As if they were right in front of us in a café  
But come to think of it, we don't have time for any  
As we are busy with our lives and working for every penny  
No time to talk, no time to joke  
No time to sit down over a nice dish of pork

True, technology has solved many of our medical predicaments  
It has postponed death and alleviated our ailments  
With it we can move across the world so fast  
Doing what couldn't be done by our ancestors of the past  
But come to think of it, technology has changed our world for good  
The nations amassing weapons, instead of food  
Everyone becoming lazy and losing their creativity  
Including the absence of innovative activity

This could be one of the greatest ironies defined  
The paradox of our times ... ☘



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#### CO-OP CORNER

Final posting for Round I is October 9, rankings released on October 19.



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#### SEXTON EVENTS

**FRIDAY, OCTOBER 12**  
**2 PM** – Engibeering  
**9:30 PM** – T-Room Trivia with Stan & Matt (\$2, 19+)

**THURSDAY, OCTOBER 18**  
**9 PM** – Environmental Engineering presents Open Mic with George Woodhouse (\$3, 19+)

**FRIDAY, OCTOBER 19**  
**2 PM** – Engibeering  
**9:30 PM** – T-Room Trivia with Stan & Matt (\$2, 19+)

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