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# THE DALHOUSIE GAZETTE

North America's Oldest Campus Newspaper, Est. 1868



# TRICK OR TREAT!

Cover Photo by Chris Parent

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# WEEKLY DISPATCH



## Got an idea? Soapbox that.

After our 1 month pilot of the DSU's new Soapbox program we've provided official responses to 24 ideas directly submitted by students, with lots more in the works. Now we're making the site look pretty, setting up categories for easy navigation, and preparing a communications blitz for a grand launch to harness the voices of +18,000 Dalhousie students. This is your union. Have your say at [dsu.ca/soapbox](http://dsu.ca/soapbox)

### Here's a sampling of the Soapbox ideas already in the works...

• **Keeping Tiger Patrol running until the library closes:** we are planning on running a pilot project from Nov 26-Dec 14 but are waiting on final staffing info from Dal Security Services  
*—submitted by a.hallinck*

• **Making University Avenue into a pedestrian-friendly zone:** I've had many discussions about this one and Dal senior admin and HRM are on board in principle. Now that we have the new City Council we've arranged follow-up meetings in early November to start creating an action plan, with the aim to get this up and running in its simplest form in late March/April  
*— submitted by mr328580*

• **Outdoor Movie Screenings:** We did a bike-in movie during Green Week and now have a Halloween special coming next week. Check out Facebook for details  
*—submitted by Js355488*

• **Monthly adventures around Nova Scotia:** We did a beach trip to Rainbow Haven in September and for October we have a roadtrip to PEI to support Dal Football!  
*—submitted by Mnoblehearle*

• **Ban the Plastic Water Bottle:** This is one we've been working on for a couple years. DSU council adopted the pledge on September 26. Upon negotiation of our next beverage contract (in 2015) we will be fully bottle water free in the SUB. We're getting rid of office water coolers in the meantime  
*—submitted by nd676933*

### New Ideas Needing feedback

• having laptop chargers available to borrow at the Library  
*—submitted by Brittany Amber MacDonald*

• expansion of the SUB's Tims to speed up lines  
*—submitted by bluekornchips*

• arcade machines in the SUB with video game systems for rental  
*—submitted by Thomas Eaton*

• and over 100 more!

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October 26 - November 1, 2012

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North America's Oldest Campus Newspaper, Est. 1868

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## THE FINE PRINT

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## DALGAZETTE.COM WEBSITE TOP 5

- 1) Walking to remember—Monica Mutale, Sports
- 2) Almost famous—Clark Jang, News
- 3) Will the well-intentioned volunteer please stand up?  
Kathleen Reid, Opinions
- 4) Q&A: Fred Connors—Kristie Smith, News
- 5) Ben's Ten—Benjamin Blum, Sports

# JOIN US

CONTRIBUTORS' MEETINGS  
MONDAYS 5:30PM  
ROOM 312 THE SUB







# FRIGHTENINGLY FEW STUDENTS KNOW HEALTH CARE PROGRAM

Ian Campbell

News Contributor

The DSU health plan will cover your prescription drugs and vision care. But you may be surprised to hear that their physio, acupuncture and psychiatry are all 100 per cent covered—if you visit the right practitioner.

One year after the introduction of the Student VIP preferred practitioner program, students and health care practitioners say this program has made treatments more accessible to Dal students. Yet many students remain unaware of this aspect of their health coverage.

The program allows students covered under the DSU health and dental insurance plan to receive 100 per cent coverage, for visits to preferred practitioners, such as the Dal Physioclinic, up to a maximum of \$500 per year. The plan has a cap of \$25 per treatment on health care costs students face when using their DSU health insurance coverage for claims at clinics not participating in the program.

Carl Bagnell, a second year student at Dal, says he did not know about the preferred practitioner clinics. As a result, he received only \$25 of coverage for each round of physio.

The preferred practitioner program is a partnership between C&C Insurance Consultants—the organization through which the DSU purchases the health and dental package—and AIM Healthcare group. Eight other Canadian universities have signed on to the program, including

Saint Mary's University in Halifax and Wilfred Laurier University in Waterloo.

The AIM network includes clinics offering methods of treatment such as naturopathy, chiropractors, and acupuncture.

According to Robyn Spencer, a physiotherapist working at The Physioclinic, the program has made this type of health care more financially accessible to students.

"It has made a huge difference," says Spencer. "More students are coming in for that initial assessment and more students are seeking further treatment."

Spencer says that prior to implementation of the program, many students would not attend after their initial assessment due to financial limitations.

This was a concern for her, she says, because as much as the therapists try to give students strategies and exercises that they can take away with them to help themselves, "sometimes there is a certain amount of treatment that is required from the therapist in order to get them back to 100 per cent."

Many of the cases she sees are sports injuries, but strain and poor posture from studying can be another common factor.

"Any time you're sitting at a desk for more than an hour you're using your postural muscles," she explains.

"So when you start to get bored and you start to lean on one shoulder, or you are sitting at a computer and you are hunched over it, then you start to

get neck and shoulder pain."

She adds that some students may not be aware that this type of posture can also lead to headaches that stem from the neck.

Mat Holden, a third-year commerce student at Dal who began to attend The Physioclinic this fall, applauded the initiative.

"I wouldn't be able to come here if I didn't have the coverage," he says. However, he feels that the cap of \$500 per year for each of the therapies covered by the plan may still prove prohibitive.

"It seems to be enough for one injury a year," says Spencer, who also thinks an increased cap would further benefit students. She says that with repeated injuries a student is likely to go through the \$500 cap, and may then still face a financial barrier.

DSU health plan administrator Samantha Morneau recognizes this limitation, but says it comes with any health plan. There are limits to what the DSU can offer, given that it costs only \$253 per year for a student to purchase the plan, which works out to just over \$20 per month.

"I do understand the financial complications for students because a lot of them don't work," says Morneau. She says the DSU is working to address this challenge through initiatives like the Student VIP preferred practitioner program, and also by raising last year's cap of \$400 for each type of therapy covered to the \$500 limit this year. "I think with the new additions we've made we've offered students that extra level," she said.



Acupuncture is one of many treatment options covered by the DSU healthplan.

Photo by Amanda Rolfe

Second-year Dal student Ross George attends The Physioclinic for sports injuries. "Most people don't realize the benefits of it," he says. "I'd say it's not getting enough exposure."

Spencer says that providing students with more information about treatments such as physiotherapy, chiropractic, and acupuncture as part of the literature about the DSU

health plan may help them to make more informed decisions about their healthcare, and understand why these treatments are relevant to them.

"Whether the problem is stemming from inactivity or overuse," Spencer says, "we're a good resource to allow students to live a healthy, active lifestyle." ❧

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Changing seasons can be difficult. ✂✂✂ Photo by Adele van Wyk



Ann Harvey and Christina Aubrecht are working to make South House a more inclusive space. ✂✂✂ Photo by Calum Agnew

# DRINKING YOUR PROBLEMS AWAY

FEELING BLUE? ALCOHOL'S NOT FOR YOU

Danielle Boyd  
News Contributor

As the days get shorter and the weather colder, depression can set in on campus. Unfortunately, students are taking the wrong approach to dealing with depression and anxiety.

In the past two years a string of deaths at Queen's University has raised concerns about student mental health and alcohol abuse. Four of the six deaths were suicides, which caused the university to look into their understanding and treatment of mental health. Students often struggle with the everyday pressures ranging from academic demands and social pressures to a tough job market waiting on the other side.

Depression and anxiety are the most common mental health problems for students. Alcohol is often used as a coping method, but this binge drinking culture (four-five drinks per person in one night) is probably doing more harm than good, says Sherry Stewart, a professor of psychology and psychiatry at Dalhousie.

Stewart has studied the relationships between depression and anxiety, and student drinking. She has identified a strong correlation between heavy drinking and

depression.

"The process of self-medicating is a maladaptive way for alleviating depressive symptoms in the short term," says Stewart. Using alcohol as a coping mechanism for depressive feelings can have long-term effects that lead to lifetime depression.

This student culture of binge drinking—having more than four or five alcoholic drinks in one night—has been featured prominently in the news, and officials are trying to curb student drinking.

Victor Day, the director of counseling and psychological services at Dal, says students drink for many different reasons.

"Students become depressed at university at different points, and not necessarily more in first year," says Day. "First-years, being away from previous friends and support groups, are here alone and may have difficulty making new friends."

"First year is not depressing, it is just how it interacts with how students are."

Mental health treatment in Halifax has been on the rise. Capital Health recently won an award for improved planning and delivery of mental health services. Capital Health works closely with Dal's department of psychiatry to provide services for men-

tal illness. The counseling and psychological services at Dal have also received recognition for their work with a grant this year. This allowed them to hire new part time counselors to assist with their demands.

There are many ways to prevent students from suffering under pressure. The counseling services at Dal offer more than just individual sessions. Day says there are group sessions to help with other depressive related symptoms, such as sleep and relaxation workshops. There are also workshops on exam anxiety to help with students struggling at that time of the year.

Efforts are shifting towards early help and prevention.

"We don't need to change things academically. It's not a matter of making courses easier or telling professors to be nicer. We could be doing more in terms of identifying students in distress at earlier stages," says Day.

He says the best way to help people at risk of depression is to get them engaged in student life, which can help prevent anxiety and depression.

"Isolation is one factor, especially in depression," says Day. "We need to consider who may be vulnerable and find ways to reach out to them and get them more involved." ✂

# DAL WOMEN'S CENTRE REBRANDS

NOW THE SOUTH HOUSE GENDER AND SEXUAL RESOURCE CENTRE

Calum Agnew  
Assistant News Editor

Come January, the Dalhousie Women's Centre (DWC) will be the South House Gender and Sexual Resource Centre. On Oct. 13, the society held a special general meeting to change the constitution, and the motion passed unanimously.

Jacqueline Vincent is the chair of the centre's board. "The new name is a much more accurate representation of what we do now, what we're offering now, and where we're going in the future," she says.

"Everyone involved in the centre is incredibly onboard with this. Everyone I've talked to has been really, really supportive."

The centre will be re-launching with its new name, a new logo and a new website in January, says Christina Aubrecht, the DWC's outreach coordinator.

"This will be an indicator to people that this space is inclusive. Hopefully that barrier, which people have identified as the name, will come down and people will feel more comfortable coming in," says Aubrecht. "We just want to continue moving towards gender equality and inclusion." ✂

The DWC is probably best known to Dal students for the annual Take Back the Night march held in late September, but events are held throughout the year. Consent Fest, a two-day conference in late November, is their next big event, says Aubrecht. The house also serves as a venue for other groups, including the Bad Book Club, a queer- and sex-positive erotica reading group.

The name change is less of a change in direction than it is an acknowledgement of confusions caused by the old name.

"We would go tabling, and say that we're the Dalhousie Women's Centre and then have to qualify that," says Vincent. "We're not just for Dal students. We're not just for women. We are a centre—that's accurate."

"We're a house, we're on South Street, we're a resource centre about certain issues. And this is much more accurate and makes it more explicit that a variety of people are welcome."

Created during the nation-wide response to the Montreal Polytechnique massacre, the Dal Women's Centre has been funded by a direct levy on Dal students since 1993. King's has been contributing since 2007. The centre is located on South Street in front of the Dalplex. ✂

# POUTINE EATING CONTEST RAISES AWARENESS FOR BRAINWAVES HALIFAX



Eating poutine: good for your brain and the ocean. ✂✂✂ Photo by Clark Jang

Clark Jang  
News Contributor

A poutine-eating contest hosted by BrainWaves Halifax and sponsored by Smoke's Pouterie took place Saturday, Oct. 13.

"The competition raises awareness for BrainWaves and Smoke's at the same time," says Andrea Civitarese, the founder of BrainWaves.

BrainWaves is a movement started at Dalhousie that aims to connect the fields of neuroscience and marine biology, and show why the brain needs the ocean.

Four trios—Rage Against the Poutine, Big Booty Bitches, Team Kuzniar, and the Poutine Punishers—faced off in a relay-style eating competition at Smoke's. The fastest team to have all three members finish six ounces of fries, four ounces of

gravy, and one ounce of cheese kurds each would be declared the winner.

Nearly 30 supporters packed into Smoke's to cheer on their friends and lend support for BrainWaves.

In the end Team Kuzniar reigned victorious. Jenna Kuzniar and her brothers Taylor and Carson devoured their poutine in just over seven minutes.

"I really gave it 110 per cent. At one point I hit the fork and the prong fell off in my mouth. It really slowed me down," says Jenna Kuzniar, who at one point used her hands after dropping her fork on the floor.

Big Booty Bitches came in second, followed by Rage Against the Poutine.

The top three teams took home a bunch of swag, including Smoke's shirts, stickers, and gift cards.

After the team competed, the

BrainWaves team then completed a time trial which would be sent to Smoke's headquarters in Toronto, and go towards their overall score in the World Poutine Eating Competition: Campus Edition.

BrainWaves hosted the eating contest as a requirement for the competition. They are scored on their poutine-eating time, and the amount of publicity spread for their organization and Smoke's.

BrainWaves is competing with 11 other teams across Canada for sponsorships of \$2,500, \$1,500, and \$1,000 which would go towards promoting their cause on campus.

"The sponsorship would help us throw other events in the future. We're planning a kayaking trip, a surfing trip, and events that would connect people with the ocean," says Civitarese. ✂





## THE SCARIEST SHAM OF THE YEAR NO COSTUME CAN DISGUISE HALLOWEEN'S RIDICULOUSNESS

Justin Hartling

Opinions Contributor



Halloween is an abomination of a holiday, if you even want to label it as that. The section of society that can really enjoy the day is practically less than one per cent. Grades 5 and 6 were the years Halloween was awesome. Before and after that it is either terrifying or awkward.

Imagine yourself as a five-year-old. It is your first Halloween with classmates and everyone is dressed as a Power Ranger or a princess or something equally adorable. You do your fun crafts, dance to the Monster Mash and eat some candy. It's a good day. Then you see the older kids out trick-or-treating that night. They're all terrifying axe murderers or demented clowns and you are scarred for life. I guarantee every person who ever celebrated Halloween as a child has one memory of pure terror.

Now let's fast forward to junior high. You are an awkward preteen, determined to be mature, but you still love Halloween. Too bad! First you have to convince your friends that you are not doing anything but homework on Halloween night, then sneak around trick-or-treating because you don't want to be called a baby by all the cool kids. Half the time people refuse to give you any candy because "You're too big to be trick or treating."

No matter what you want to believe, nobody thinks your Power Ranger costume is cool anymore.

Then in high school and university, Halloween becomes just another occasion for you to drink excessively and engage in petty vandalism. Also, *Mean Girls* got it right when they said, "In the regular world, Halloween is when children dress up in costumes and beg for candy. In *Girl World*, Halloween is the one night a year when a girl can dress like a total slut and no other girls can say anything about it."

I'm already dreading buying candy and giving it to little kids dressed as Dora or Hannah Montana or whatever kids find cool nowadays (makes me appreciate living in an apartment building). Grown human beings just think that Halloween is the perfect time to scare their neighbour by charging at them with a chainsaw, screaming. I'm not looking forward to that, either.

I look back on my lifetime of Halloween and I have to wonder...did I help my father's back problem by making him lug around my four full pillowcases of candy? Did I really eat that many terrible molasses kisses because they were free? Did I really get into arguments with the elderly because they didn't give me enough candy?

Yep, I did all of that. Why? Because Halloween sucks! ☹️



No amount of candy or costumes can convince this author to like Halloween. ☹️☹️☹️ Photo by Adele van Wyk

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# TERRIFYING TRENDS

## ARE CANINE COSTUMES TAKING IT TOO FAR?

Rachel Bloom

Opinions Contributor

I want to take you all on a journey with me. Let's venture back to early 2000s when *The Simple Life* was the rage of television and everything was "so hot" because of Paris Hilton. Remember how she had those little Chihuahua puppies that she dressed up? Yeah, that was weird, right?

Ladies and gentlemen, this is the exact memory I relive every time I see someone with their pet dressed in a costume on Halloween night. Nothing is scarier than this image—except for maybe an episode of *Here Comes Honey Boo-Boo*. If you're one of those weird fans of the show, you're probably thinking, "Those things have nothing to do with each other though! Leave Honey Boo-Boo alone." These two things have more in common than you might initially realize.

Dressing up your pet is like forcing your child to compete in beauty pageants. First, you're making an ass of them and they don't know it. Second, there is something wrong with

making those kinds of decisions for another being, regardless of whether it's a little girl or a cat. Costumes are pretty individual. I know a lot of people who plan in months of anticipation so that they have something cool to wear on Halloween night. Maybe your dog feels the same and you're putting girly mouse ears or something on them. How would you feel?

Worse, I will never understand why some people dress their animals up as other animals. That is just plain weird. You will probably end up giving your animal some psychological complex that hasn't been identified yet. What happens when your dog becomes afraid that he's not good enough because you've dressed him as a mouse, and that you'd rather have a pet mouse? Okay, a little silly—but to be honest, so is this topic.

I'm definitely taking aim at the worst of the worst pet costumes. I'll fess up and admit that sometimes pet costumes can be cute (I have a heart, especially if you're Dorothy and bring your puppy as Toto) but for the most part they're just weird and they go too



What sort of weird psychological complex are you instilling in your cat-turned-princess? ✘ ✘ ✘ Photo by Matt Glynn

far. The animal often looks uncomfortable and that takes away from any "awww" factor that the costume has going for it. Don't put your dog in anything that makes them droop like

they're in the waiting room at the vet, and I'm okay with your costume.

All in all, if you're going to dress up your pet, keep it classy and simple and ultimately don't push it too far.

Isn't that what significant others are for? Try dressing your date, not your pet. Happy Halloween, pet owners! ✘

# BOBBING FOR MEMORIES: NOSTALGIC MUSINGS ON AN OCTOBER HOLIDAY



This author shares her most awesome and perilous Halloween memory. ✘ ✘ ✘ Photo supplied by Chris Parent

Kristie Smith

Staff Contributor

Picture, if you will: a dark room, a candle held up to my heart, the light of its flame flickering across my face. Now, listen to my terrifying tale of a child dragged helplessly by a car, trapped in his Halloween costume.

When I was younger, Halloween was nothing important. We didn't have much money as I was a kid, so a lot of my costumes were hand-me-downs, recycled from the year before or homemade. Suffice to say, I was a witch on Halloween about 70 per cent of the time.

It was in grade 2 or 3 when my dad's friend Paula, who I knew because she worked in the science shop in the mall, offered to take me out to a richer part of town to get better bags of candy. I was excited beyond belief, and invited my stepbrother Nicky and stepsister Candace to come with me. Candace and I went as (surprise!) witches, but my hat was newer so I was better looking. Adding to my allure was my green skin, which my dad painted, but somehow I remember the hat more fondly.

Nicky, two years my junior, went as the killer from *Scream*, only considerably shorter.

Our evening went something like this: Paula picked us up, drove us across town, let us out to walk around one area of the suburb, after which we went back to the car to store the pillowcase of candy. Then we would drive to another set of suburbs and do it all again. It was the third or fourth string of the night when we returned to the car, exhausted. Paula put our bags of candy into the trunk, took the driver's seat and turned our Halloween-themed mixed CD back on. I removed my hat, which was tall as well as new, and got in the back first. Candace came in on the other side and put her hat with mine on the middle seat, after taking a minute to fix her dress. Outside, Nicky was fiddling with his robes (read: dress) and started getting into the car slowly.

But not the regular kind of slowly. The pokey, pain in the ass slowly, when you know he is getting tired but he doesn't want to admit it. Basically, he was trying to stall.

Well, Paula looked in the back and saw three shadowy bumps, two taller

ones on the sides and a shorter one in the middle seat. What she saw from left to right was Candace, my hat on her hat, and me. Nicky, trying to nudge Candace over and sitting half-in, half-out of the car, was in Paula's blind spot.

He fell out of the car when Paula started the engine and drove off. He was caught in his long robes, head hitting the car door which swung further open, scraping across the ground. Candace screamed before I did but once she started going I quickly joined in. Paula didn't stop, just turning slightly to see what was scaring us. When she saw only two of us, she turned to her left and saw the black-robed body dragging across the pavement. She halted immediately.

Nicky had scrapes all over his body but his jeans took the brunt of the pavement. He had hit his head twice but was otherwise fine. Paula was a basket case and decided we were done for the night. When she finally composed herself she drove us home, gave my dad all of our candy, and drove off in a terrible state.

Nicky was all dazed smiles for the rest of the night. ✘

# CATCH THE TIGERS IN ACTION!

## THURSDAY, OCTOBER 25

Men's Basketball vs Guelph, 8:00pm  
(Exhibition @ Dalplex)

## FRIDAY, OCTOBER 26

Men's Hockey vs UPEI, 7:00pm  
(Halifax Forum)  
Women's Volleyball vs Sherbrooke, 8:00pm  
(Interlock @ Dalplex)

Serve for the Cure. Help the Tigers battle breast cancer!!



## SATURDAY, OCTOBER 27

AUS Subway Cross Country Championships, W 12pm, M 12:45pm  
(Point Pleasant Park)  
Soccer vs MtA, W 1:00pm, M 3:15pm (Wickwire Field)  
Women's Volleyball vs Montreal, 1:00pm (Interlock @ Dalplex)  
Men's Basketball vs Calgary, 3:00pm (Exhibition @ Dalplex)  
Men's Hockey vs UNB, 7:00pm (Halifax Forum)  
Women's Volleyball vs McGill, 8:00pm (Interlock @ Dalplex)

## SUNDAY, OCTOBER 28

Women's Volleyball vs Laval, 1:00pm  
(Interlock @ Dalplex)

Webcasts available at [daltigers.ca](http://daltigers.ca)



Swing by Point Pleasant Park on Saturday to cheer on the Tigers at the AUS Subway Cross Country Championships!

### MEET THE TIGERS..

Sarah Currie  
Commerce (4)  
Halifax, NS

Adam McGregor  
Neuroscience (3)  
Renfrew, ON



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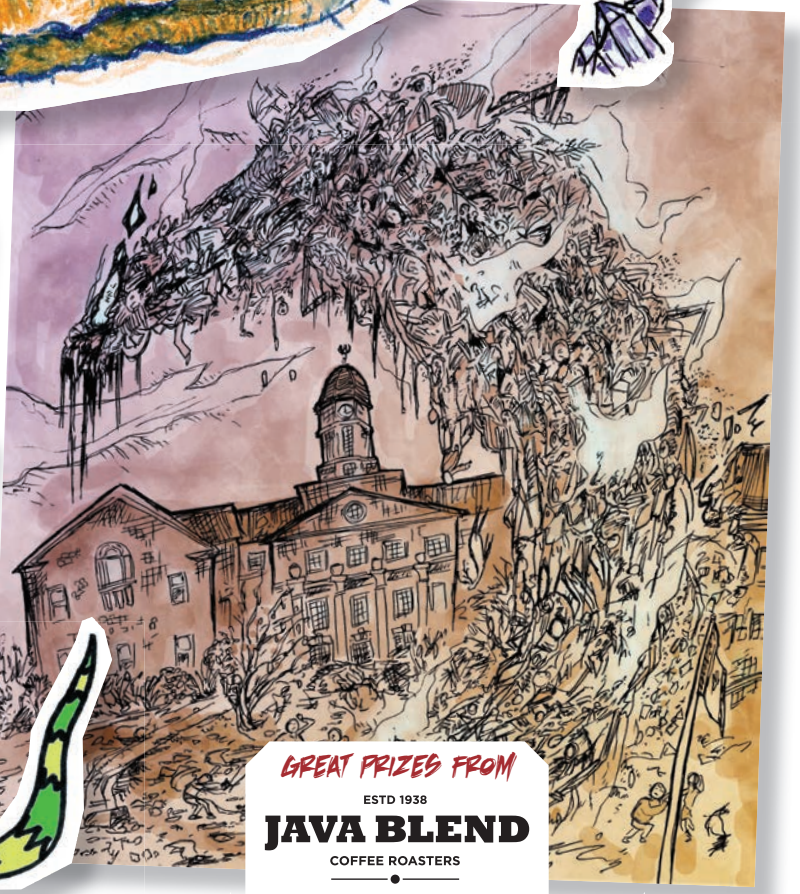


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# HALIFAX POP EXPLOSION



## PURITY RING

I had never been to the Marquee before. That building was The Paragon when I was underage and closed by the time I turned 19. The room was incredible: spacious, with corners to explore and hang out in. Purity Ring brought their special stage arrangement with them, an assortment of hanging orbs that lit up according to triggers set by the band's producer, Corin Roddick. Megan James, Purity Ring's vocalist (and Haligonian) moved gracefully around the stage singing sweet melodies over Roddick's bombastic, booming 808 drums.

—Evan McIntyre ✘✘✘ Photo by Evan McIntyre



## EL-P

El-P's live performance was amazing. Being a new fan, I got particularly excited when he opened with the first two tracks from his latest album *Cancer 4 Cure*. His aggressive, esoteric vocals battled and conquered the industrial-inspired instrumentals he produces.

—Evan McIntyre ✘✘✘ Photo by Evan McIntyre



Zola Jesus resurrected the 90's the Palace. ✘✘✘ Photo by Michael Cestnik

## BLACK LIPS

The roadie affixes a disco skull with glowing red eyes to the top of the stage. That's how you know The Black Lips are about to play. It starts to spin, maybe through some dark magic. The Lips, at least, cultivate a little dark mythology: rumours of a drunken recording session in Mexico, getting chased out of India for public nudity, and Vice Records music videos do the rest. To their credit, Olympic Hall is sweaty on the last night of the Pop Explosion with flower punk and good, gritty vibes throughout. When guitarist Cole Alexander unleashes a hawk-like screech, band members wave spirit fingers over the crowd as if they are casting some voodoo spell—and well, maybe they are.

—Andrew Mills



## AL TUCK

Al Tuck played like he was drunk; it suited him as well as his blazer and beard did. During his whisky-fumed "folk comedy," as he called it, I wondered briefly if we would hear more than one song, but it didn't bother me—I love a good belly laugh as much as the next girl. Tuck talked of the old times, like a good folk singer should, and sang about his "brother from another mother."

—Meagan Deuling

## ATLAS SOUND

Not everyone liked Atlas Sound but not everyone was in the mood to be lulled into a trance. He sang sometimes, once or twice—did he sing words? None I recognized. Could his music be called songs? It's up for debate. But there was music resonating up to the peaked ceiling in St. Matthew's Church on Wednesday night. And I was floating up there with it.

—Meagan Deuling

## GIANNA LAUREN

At the end of the night, our bitter curmudgeonly server at the Carleton said Gianna Lauren made him sick—"didn't anyone tell her she's not cool anymore?" But he didn't get it. Lauren sang about marmalade on toast like someone died and her bright red guitar clashed with her crocheted pinafore. She opened the floor up to questions as she shoved her humungous glasses into place. Lauren's never been cool: that's why she's so rad.

—Meagan Deuling

## JON MCKIEL

Jon Mckiel didn't worry about decipherable lyrics on Friday night and it's not surprising because his pants were bright red and because his music was so slow and loud it made more sense without words. Mckiel's probably one of those loudly silent brooders who isn't very good at putting thoughts into words but is such a heavy thinker you feel his thoughts.

—Meagan Deuling

## HOLLYWOOD HORROR LOST IN THE DARK: WHAT'S REALLY SCARY



Edvard who? ✘✘✘ Still from *Nosferatu*

Brett Alverton  
Arts Contributor

Horror movies grew out of the rubble of post-war Germany like a psilocybin mushroom sprouting from the front lawn of a cop station. Something unexpected in the face of imperial violence. *Nosferatu* (1922), the first screen vampire, stalked black and white footage like a silent apparition—the shadow of wartime angst—awkwardly carting his grotesquely curled hands into the darker hallways of imagination.

Where there's destruction, there's art; where there's the violence of state control, there's a subterranean imaginative response. This is how worlds

are made. Just watch Guillermo Del Toro's beautiful *Pan's Labyrinth* (2006) which contrasts the true horror of the Spanish civil war with a little girl's lyrical underworld—her psychic attempt to comprehend the ugly insanity of the war. The power of that movie is to make you feel the fable is real, that the true shadow world might be the historical one where people kill their brothers for ideology.

Horror has become a bankable genre. *Scream* (1996) and *Nightmare on Elm Street* (1984) are full of teenage angst, and a ghoulish little thing called *Carrie: The Remake* (2013) reflects Hollywood's angst—at being so damned unoriginal. Maybe horror fans enjoy being punished. That

would explain the sadomasochism of Hollywood's sequel machine.

But then, you don't need to dose yourself with shrooms to see that the most enchanting art is often right in front of you. Jason Eisener lives in Dartmouth and he directed 2011's schlocker *Hobo With A Shotgun*, which re-imagines a city (looking remarkably like Halifax lit in post-apocalyptic exploitation hues) so degenerative that justice falls in the hand of the most unlikely hero.

Maybe not your typical idea of enchantment, but there's alchemy in dark humour, in aestheticizing ugly, primal realities—even if, instead of running from your fears, you're just sitting in front of a screen. ✘



WOMEN OF POP



A: Julie Doiron hit notes on either end of the happy/sad spectrum with warm vocals.

B: If Louisiana ever settles into a perfect pastel-hued winter, it will sound like Cold Specks

C: Becky Black of the Pack AD put 'snarling' on her resumé.

☺☺☺ Photos by Michael Cestnik



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Dal's Ryan Himmelman and Jacob Saunders have set sail for France. ☼☼☼ Photo supplied

## DAL SAILS TO FRANCE—AGAIN

### FUNDING AN ISSUE FOR SAILORS EMBARKING ON ANOTHER WORLD CUP

**Kristie Smith**

Staff Contributor



Team Canada at the 32nd Student Yachting World Cup will once again be made up of Dalhousie students: seven, in fact, and one other from Saint Mary's.

"We were a little rushed last time around," says skipper Ted Murphy. "We didn't fully know what we were getting into, so we weren't quite as prepared."

Last year they placed sixth in France out of 15 teams, ranging from top-ranked France to Australia.

Even though the team won a recent regatta on Oct. 14 to earn their third consecutive berth in the World Cup, they qualified for this trip to France a year ago.

The challenge before they left for their second World Cup? Fundraising.

"We've had some private donors who've helped us out," explains Danielle Boyd, team navigator and fifth-year student. "We've also done some small fundraisers, get-togethers and parties."

Some of their public sponsors include Burrrito Jax, Strange Adventures, Colonial Honda and J&R Grimsco. One of the several ways the Dal Sailing team has earned money is by giving sponsors the opportunity to buy ad space from the team in *The Chronicle Herald*, for which sailing earns 50 per cent of the revenue.

"Our goal [for] fundraising this year is \$8,000," adds team captain Jacob Saunders. "We're probably going to make less than that. So a lot of this is coming out of our pockets."

Some teams going to the World Cup are more established in the yachting scene and have bigger budgets, such as the United States' club. Last year's American team had a budget that covered a private bus, paid travel, a training support boat with two coaches, and more, all for a total of \$75,000.

Dal supports the club but cannot increase its budget for this particular event when it only lets a select num-

ber of people participate. Out of 70 club members, only seven get to compete in France.

The club, which finds half of its members are first time sailors, doesn't have to advertise much because the sailing community in Nova Scotia is tight-knit and word gets around, they explain. The rest of their members found out through the Dal society page. The club's successes abroad didn't hurt either.

"The student union has been able to support us as Dal Sailing in general but they don't have a lot of support for this event, which is understandable because it's only a select number of students who get to go," explains Saunders.

"In terms of our budget, it's going to be about \$11,000 total, excluding flights," says Justin Hall, who has been on the team for his five years at Dal. "For a lot of us, it's about \$1,000 or \$1,100 out of our pockets."

Each member is paying for their own flight and splitting some costs, including portions of the team uniform. The crew left for France on Monday for a regatta that runs from Oct. 27 until Nov. 3.

"The biggest factor for us is just the stress of knowing that we have to pay for this," admits Saunders, "and the amount of time we're putting in leading up to this, fundraising, working part-time jobs, cutting down to \$50 for groceries, or whatever it takes."

"And do school work," adds Boyd, laughing. ☼

*You can follow the team's adventure in France online at [twitter.com/DalSailing](http://twitter.com/DalSailing).*

### CORRECTION

In the Oct. 19 article "Walking to remember," one of the teams taking part in the event was mistakenly identified as cross-country. It is in fact the track and field team. The article has been corrected online. *The Gazette* regrets this error.



Hauling down Dal was a challenge for the opposition this year. ☼☼☼ Photo by Torey Ellis

## WOMEN'S RUGBY AT THE TOP OF THE CLASS

**Graeme Benjamin**

Assistant Sports Editor



Dalhousie women's rugby team won the Maritime University Rugby Championships on Oct. 20, beating the UNB Varsity Reds 33-12.

Leading the way for the Tigers were Christine Belisle and Alyssa Young with two tries each. Belisle, who is only a first-year athlete, credits the team's success to their teamwork.

"There wasn't one specific person who stepped in as the leader," she says. "There were a variety of older girls who helped bring things together and I just wanted to play

better so they could be proud."

Except for a season-opening loss to UNB, Dal had quick work of their opposition in the regular season. They beat Acadia twice and avenged their earlier defeat to the Varsity Reds to end their campaign with a combined scoreline of 106-20. Their victory in the championship was the icing on the cake.

Dal's kicker Hayley Atkinson completed four of five conversions in the championship game. She thinks the first-years will be committed to the team as long as they stay at Dal.

"The [first-years] that wanted to play, they really stepped up," she says.

"They came to every practice, made sure they were known and some of them were the best players on the team."

Atkinson also credits the coaching staff, including their head coach since 2006, Nicole Baker, for much of their success.

"Last year we only had two coaches and they did the best they could, but this year we had double that," she says.

When asked, the players and coaches were unaware of when was the last time the Tigers won the championship. ☼

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*Reception to Follow*



The Tigers want to keep their focus on the ice amid hazing allegations.

Photo by Chris Parent

## TEAM ACCUSED OF HAZING

INDIVIDUAL PLAYERS MAY STILL BE DISCIPLINED

Graeme Benjamin

Assistant Sports Editor

Senior players on the Dalhousie women's hockey team have been accused of hazing by a first-year teammate.

The revelations were brought forth last Thursday by *The Canadian Press*, stating that the team is under full investigation by the university and that team members have signed behavioral contracts.

Charles Crosby is the spokesperson for Dal. He says a rookie team member expressed concern to the coach about the treatment of her and other first-year players at an off-campus party.

"The players in question are aware that they let down the team and let down the school," he says. "But they are very much interested in looking forward."

Bonnie Neuman, vice president of student services, is said to be interviewing each player on the team individually. She declined to comment on any aspect of the investigation.

It remains unclear what the penalty will be for the individuals involved if any disciplinary action is taken at all. Crosby clearly stated there will not be a team-wide suspension.

"We're going to let the investigative process take its course and then once we have a better sense of what exactly we're looking at then we'll have a much firmer idea [of what to do next]," he says.

The university would like to use the restorative justice approach to the fullest extent, but individual players involved may receive different punishments.

Tom Huisman, director of operations and development at Canadian Interuniversity Sport, said the national federation wouldn't get involved in the hazing allegations because these are usually dealt with at an institutional level.

Practices and games will go on as scheduled while the investigation is underway. Team members were told not to comment on the allegations to the media.

Crosby hopes this doesn't affect how the team performs as a unit for the duration of the season.

"Hopefully we can keep this off the ice and, if all goes well, we'll be able to proceed forward and have a great season."

This is believed to be the only hazing allegation involving the university's athletic program in recent memory.

## ONE-GOAL WEEKEND

TWO LOSSES FOR WOMEN'S HOCKEY

Monica Mutale

Sports Contributor

It was a tough weekend at home for the Dalhousie women's hockey team. The Tigers fell 3-1 to Moncton at the Halifax Metro Center on Oct. 20 before losing 4-0 to St. Thomas the next afternoon at the Halifax Forum.

At their home opener last Saturday, Sarah MacNeil scored Dal's only goal 13 minutes into the third period. Moncton had already scored twice by then, and Catherine Dumas scored for the visitors in the final minute to secure the win.

The Tigers came back ready to play the next day, but were blown away in the first period. St. Thomas' Katie Brewster scored twice. Then Stephanie Gates and Cassidy McTaggart both beat the keeper to give the Tommies a 4-0 lead by the end of the first period.

The Tigers regrouped, conceding no goals in the remaining two periods. Head coach Sean Fraser says that won't be enough going forward.

"We need to put some pucks in the net," he says. "It's hard to win with only one goal in the weekend."

"I thought we came out flat in the first period, and even in the second. We had a bit better third, but we obviously have work to do."

"But," he adds, "next weekend's another week."

The team declined to comment on recent hazing allegations brought forth by a first-year player, focusing instead on finding a winning strategy.

Forward Sarah McVey says a strong start to the game is key.

"We just need to start getting some more chances in the first period so we're not down by a couple goals after 20 minutes. So, just putting together 60 minutes of strong play the whole game."

McVey, a fifth-year Tiger, says there's plenty of time to improve.

"I think we're doing well so far, and working as a team really well," she says.

"We're having a bit of a slow start, but it's only been a couple of games, so we're not going to push the panic button right now."

*The team takes on UPEI next in away action on Friday, Oct. 26. The next day the Tigers battle Mount Allison.*





# THE SEXTANT

THE OFFICIAL PAPER OF DALHOUSIE SEXTON CAMPUS

## Music and Math

### An exploration of two seemingly independent realms



Melwin Meelankavil  
Staff Contributor  
MAsc Cand. '13

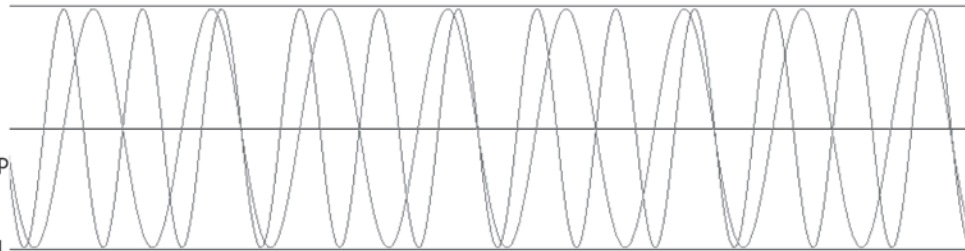
Music in today's world is found almost everywhere. A pedestrian enjoying the music on his iPod, or a truck driver listening to the radio, or even a beggar playing a guitar to earn his living – these are but a few examples of music everywhere. It is a nearly universal fact that everybody loves music in some form, like rock, jazz, hip-hop, etc. At the end of a stressful day at work or after finally completing all of those assignments, there is probably nothing more pleasant and relaxing than listening to your favourite singer or band.

To switch topics, Mathematics is also seen and used almost everywhere in some way or the other. In everyday life you use it at your favourite restaurant, or to calculate your taxable income or to plan your budget. On the other hand, almost every child dreads Mathematics. The very idea of fractions, decimals, percentages, etc.

is not exactly the favourite pastime of a school-going kid.

All throughout history, many have examined a relationship between these two seemingly unrelated subjects – music and mathematics. Let us consider a few

examples: by examining the keys on a piano we know that the musical scale exists from C to B i.e. C, D, E, F, G, A, B and again C (I've excluded the black keys). One of the simplest scales is the C scale and the keys C, E and G form a C chord. Have you ever wondered why a chord formed is pleasant to listen to whereas any random selection of keys sounds terrible? Well, here is the answer. We know that each key produces a certain frequency of sound – as you go from left to right on the piano, the frequency increases. You will notice that the frequencies of the keys C (261 Hz), E (329 Hz) and G (392 Hz) exist in a ratio i.e. every 3rd wave of G will catch up with every 2nd wave of C. The same can be asserted for the other members of the chord. This is why any chord played on a



An example of a consonant ("good") chord, C (220Hz) and G (262Hz).

Source: <http://www.musicmasterworks.com/>

piano is pleasant to listen to. If you happen to analyze the waveforms of any arbitrary selection of keys, you won't get a uniform pattern such as the one described above.

Another fact that can be noted is that sounds generated by the keys "repeat" themselves i.e. they are "cyclic" in nature. This is to say that whenever the frequency on a key doubles, it results in the same key being played on the "next octave". For example, the key 'A' generates frequencies of 110 Hz, 220 Hz, 440 Hz and so on.

These are but a few examples of how mathematics has been incorporated in designing the musical instruments. Realizing this, many eminent musicians have composed their masterpieces by using well-known

established mathematical elements such as the Fibonacci series and the Golden Ratio.

Recognizing this fact, many schools have started using music to teach mathematics to children. First the basic concepts like angles, ratios, fractions etc. are taught and then "brought to life" by using innovative and productive musical activities. For example, to teach fractions various musical rhythms (beats) are used. To teach probability, a simple game involving singing your favourite song only if your number appears on a dice, can be used. And the results have been phenomenal – the children who found it difficult to grasp the subject found it easy by using this method, not to mention fun. ♣

## Letter to the Editor

I just read the Sextant opinion piece on the topic of local and organic food myths. While Mr. Holgate does apply some reasonable analysis to the question of whether there are clear merits to organic foods (local food discussion to follow), he neglects some monumentally important information, which would at least provide some degree of agreement towards adopting organic food production. It is mainly on the topic of pesticide use for which he cites reports on the residual levels of pesticides in produce. Fundamental understanding of pesticide application would already suggest that pesticides would only be present in smaller quantities in produce since application is topical and only so much could be taken up due to solubility and diffusion rates. In this view, thinner skinned produce that is directly exposed to pesticide would pose a greater risk of uptake due to lower barrier properties of the fruit or vegetable's skin, while thicker skinned produce poses a reduced risk. Furthermore, thinner skinned fruit require greater pesticide application on average due to the greater threat of insect

attack since the fruit has little natural protection. The cited findings did not discuss any of these factors, so not knowing what kind of produce was analyzed makes the attempted generalization meaningless.

Moreso, fruit are directly sprayed, while underground vegetables are not sprayed directly, but their leaves and stems are. Of particular risk for higher levels of pesticide absorption are fruit due to the direct path of exposure, but root vegetables must accumulate pesticides from the leaves and stems as well as from ground water through root uptake in order to concentrate pesticide (although this may not always reduce the risk of pesticide accumulation).

The distance and time to market greatly affect the quality of produce based on factors including, though not limited to ripeness. Humans thrive on a diet consisting largely of ripe fruits and vegetables, because they lack the capacity to thoroughly digest unripe foods, incidentally having fewer digestible carbohydrates and trapping nutrients due to the tougher fibre. The ripening on a plant instills the fruit or vegetable with

the proper constituents for optimal human consumption. Produce that is collected and distributed from a great distance to consumers lack some of these qualities, and only make up for it slightly through artificially induced ripening in storage. Need I say that the greater taste of fresh, local strawberries or any seasonally fresh fruit or vegetable speaks to this point with abundant clarity? In the articulation of these principles, I would in turn argue that local and organic production appear largely favourable over conventional chemically intensive agriculture, though still not universally definitive.

-Louis DeGrosseilliers, PhD  
Candidate, Mechanical Engineering

Editor's notes:

1. This article has been truncated from the full version, which can be found online.

2. We generally allow an article and a reply on a topic, then move on. Alex's article was a reply to an article published in The Gazette. This said, Louis contributed a new perspective which we felt was worthy of publication, and feel the matter is now closed.

## News Briefs

The Pulling for the Kids Fundraiser raised over \$2,000 for the Halifax Area Children's Aid Foundation. A full wrap-up and picture gallery can be found on our website, [www.thesextant.ca](http://www.thesextant.ca) or [www.facebook.com/dalsextant](http://www.facebook.com/dalsextant)

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## SEXTON EVENTS

### FRIDAY, OCTOBER 26

**1 PM** – Engibeering (Design Commons)

**2 PM** – Speaker Series, Robert Ripley, B310, Refreshments provided

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

### WEDNESDAY, OCTOBER 31

**6 – 8 PM** – DUES Costume Contest in the T-Room

**9 PM – 1 AM** – Halloween at the T-Room presented by Physiotherapy and Occupational Therapy, in support of "For the health of it!" Tickets at both info desks, \$5/\$6 19+

### THURSDAY, NOVEMBER 1

**9 PM** – North Lakes w/ Monomyth. \$5 adv/\$8 door, 19+, tickets available at the SUB Info Desk or at the T-Room from 11-6 M-F.

Share your Sexton Campus event by sending details to:

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## T Room HALIFAX'S BEST TRIVIA!

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](mailto:sextant@dal.ca) and we'll arrange to meet and discuss them.

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