

Dalhousie's Student Newspaper since 1868

# Gazette



Resources for your brain- p.4  
 Alex Fountain remembered- p.9  
 How to help loved ones- p.15



# WEEKLY DISPATCH

## Mark Your Calendars – Upcoming Events

### \*Important dates\*

Don't forget! The DSU Health Plan Opt-Out deadline is Sept 25<sup>th</sup>!

### Shinerama

The totals will soon be in for our Shine Day blitz! In the mean time, why not take advantage of a few extra Shinerama events in support of the Canadian Cystic Fibrosis Foundation?



**Club Monaco Sale!**  
Sunday, September 27<sup>th</sup>

The DSU is selling tickets to a special sale at Club Monaco in the Halifax Shopping Center on Sunday September 27<sup>th</sup> from 7-9pm. \$5 gets you access to the event and 30% off of everything in the store, including items that are already marked down. Get your tickets at the SUB Info Desk.

All proceeds from ticket sales will go directly to the DSU's Shinerama Campaign

**DSU Golf Tournament**  
Friday, Oct 2<sup>nd</sup>



Swing for Shinerama is an annual event organized by the DSU as an addition to our regular Shinerama activities. Contact [dsuvsf@dal.ca](mailto:dsuvsf@dal.ca) to sign up or to get details.

### DSU Events

**Trivia Nights @ The Grawood and T-Room**  
Grawood - Thursdays @ 9pm  
T-Room - Fridays @ 9pm



Trivia returns to the Grawood and T-Room! Prove that you're a genius. Open to all Dal students, faculty, staff, Alumni and guests!



**Dalhousie's Got Talent**  
Auditions - Wednesday, September 23 - Friday, September 25  
Event - Wednesday, September 30

Email [dsuvspl@dal.ca](mailto:dsuvspl@dal.ca) to compete. Auditions will be held in the SUB from 2-5pm. Performance Wednesday the 30<sup>th</sup>, 9pm @ The Grawood.

**Classified Live @ The Grawood**  
Friday, September 25<sup>th</sup>



Classified Live @ The Grawood (Tickets \$15 each). Don't miss the opportunity to see this local talent up close and personal.

### Other Events:

Thurs, Sep. 24<sup>th</sup> - Live Music @ The T-Room  
Sat, Sep. 26<sup>th</sup> - Management Society Night @ The Grawood  
Wed, Sep. 30<sup>th</sup> - Grawood Wing Night (\$0.30 wings w/ a beverage purchase)

### Advocacy



The Alliance of Nova Scotia Student Associations Student Assembly will be held on October 23, 24, & 25 at St. Francis Xavier University. We are looking for delegates (2 non-councillor) to attend on behalf of Dalhousie students.

Please contact VP Education Rob LeForte for more information [dsuvspe@dal.ca](mailto:dsuvspe@dal.ca).

Stay tuned for more upcoming events, and check out the new DSU STORM (Student Oriented Magazine) for all our September events!

Sincerely,

# Your DSU Executive

P.S. Don't forget to follow us on Twitter: @dalstudentunion



## Cover:

This week The Gazette is dedicated to the issue of mental health care and its availability to university-aged youth. Anyone who has struggled with a mental health disorder, diagnosed or not, knows it can be isolating. In this issue, we want to show that mental illness affects all of us in different ways. We need to begin a dialogue about this common problem. If we don't talk about it, who will?

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# "DREW BARRYMORE HAS DIRECTED A WORK OF PURE GENIUS."

AIN'T IT COOL NEWS



Pete Hammond, BOXOFFICE MAGAZINE

# "WICKEDLY FUNNY."

Karen Durbin, ELLE

# "ELLEN PAGE IS NOT ONLY A GREAT ACTRESS, BUT A DARING ONE."

Roger Ebert, CHICAGO SUN-TIMES



# ELLEN PAGE WHIP IT

PG LANGUAGE MAY OFFEND

WHIP-IT.NET



## OPENS EVERYWHERE OCTOBER 2



Joshua Boyter Editor in Chief  
editor@dalgazette.com

# Letter from the Editor

## Read this before delving into the complex issue of mental health

Joshua Boyter, Editor in Chief  
Kaley Kennedy, Opinions Editor

When the Gazette staff first started talking about doing an issue on mental health, we did not know what we were getting into. Mental health is a complex problem and we did not want to over-simplify it.

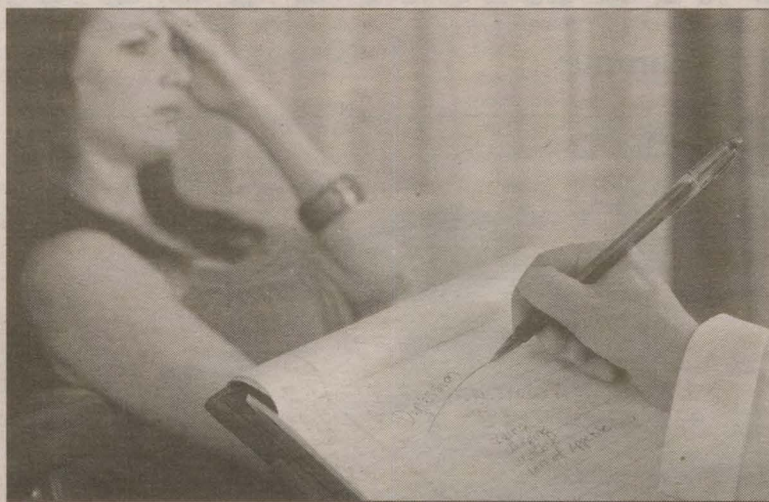
It's an unfortunate reality that you, our readers, are at a prime age and space to suffer from depression, anxiety, self-esteem issues and other manifestations of poor mental health. As students we don't sleep enough, we often fill our bodies with poisons like alcohol and drugs, and as young people, we also have to face the intensity of growing up.

Knowing this, there was a lot of tension about our capacity to present the subject in a way that was sensitive and informative while still interesting and thought-provoking. It became clear quite quickly that our entire staff would need to spend time exploring the ethical implications of what we were embarking on. This was not a task we took on lightly, nor was it something we felt could be rushed.

This meant pushing back the issue three weeks. It meant thinking about how readers struggling with mental health would respond to difficult and possibly triggering content. It meant timing this issue with an eye to other factors that impact students' mental health, such as midterm season and the winter. It meant ensuring that our writers felt supported enough to tackle the complicated subject. Finally, after weeks of research and discussions with professionals in the field, we think we have developed a themed issue that does not trivialize the subject matter nor exalt it.

As journalists, it's our responsibility to give voice to all sides of an issue and report the truth. It is important that we are aware that subjects we cover may be extremely sensitive. Regarding mental health, situations are often extremely personal, frequently exposing deep held emotions. It was important to us that this issue look not just at people in our community suffering through mental hardship, but also explore what services are available to students and find where there are gaps.

We believe we have found a balance. In the News section, you will find resources for



No one is immune to mental health issues. | Stock photo

you or friends who may suffer from mental health disorders. In Opinions, you'll be able to read an informative article on how to improve your mental health through exercise and positive thinking. In Arts and Features

you can read a pair of articles about one of our contributors who dealt with depression. In Sports, you'll find a story comparing stress in Halifax to stress in Toronto. We aim to show that mental health is a real

and common problem in our age group and that there are resources available to us.

Most of us have stared mental health in the face at one time in our lives. Be it stress from exams, the fallout from a relationship ending or battling through Seasonal Affective Disorder during the winter.

When our staff first started brainstorming for this issue, many of us shared personal experiences or stories of friends who struggled with mental illness. It's important for us, as students and classmates, to open up to one another about the struggles we face, so we can deal with them together.

We recognize that this issue deals with a lot of heavy material and we encourage our readers who are suffering from mental health to seek help if any of the content is overwhelming. If you are struggling please seek help from a friend, a family member or a professional.

Anyone who suspects they or a friend may need immediate help can call the **Mental Health Mobile Crisis Team** at 429-8167 or toll-free at 1-888-429-8167.

**TICK-TOCK!**

Now's the time to write for the Dalhousie Gazette

# News

## News

Gazette News covers Dalhousie and the greater Halifax community. Contributions are welcome! Email Bethany or Lucy at [news@dalgazette.com](mailto:news@dalgazette.com)



Bethany Home News Editor  
[news@dalgazette.com](mailto:news@dalgazette.com)

# Mental health resources for youth

Help is available on and off campus

Hilary Beaumont  
Copy Editor

Lauren Naish  
News Contributor

University is like a petri dish for mental health problems. Young people, often for the first time, are away from home, dealing with serious financial as well as academic responsibilities. We are also expected to develop a whole new social life, stacked high with the pressures of sex, drugs and alcohol.

The Canadian Mental Health Association (CMHA) estimates ten to 20 per cent of Canadian youth are affected by a mental illness or disorder. That's as many as 100 of your 500 Facebook friends.

Schizophrenia strikes youth aged 16 to 30 more than in any other age group, according to the CMHA, affecting about one in 100 people. That's five students in your first year biology class.

Suicide is the second most common cause of death for Canadians aged 15 to 24, accounting for one in four deaths. The CMHA estimates 4,000 Canadians die each year because of suicide.

Often help may seem out of reach for someone experiencing severe mental illness, but we've compiled a list of mental health resources that cater to youth. The CMHA says 80 per cent of people who experience depression can be helped once the illness is recognized.

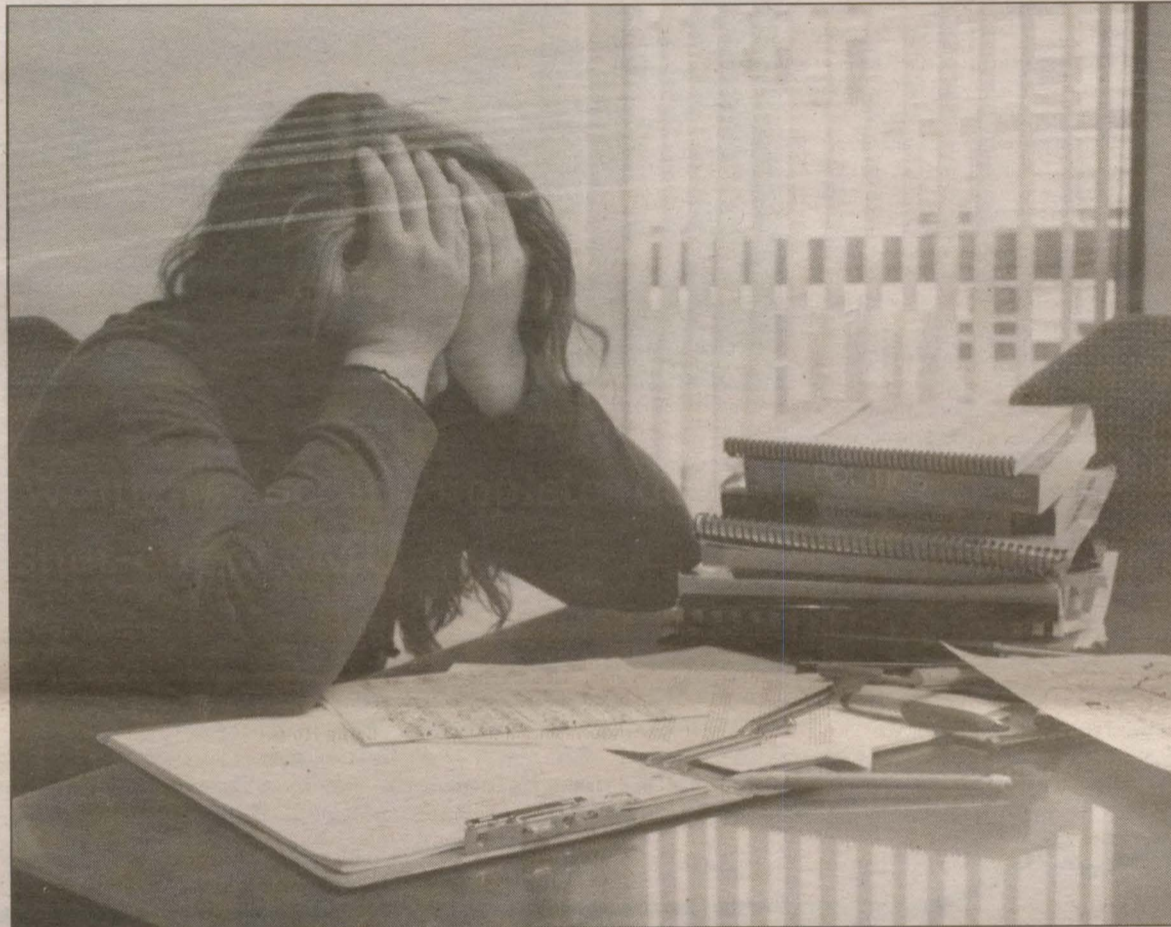
If you think you might suffer from a mental disorder, use these resources. You won't need a referral for most of them, and confidentiality is guaranteed. But the key to fighting mental problems, in yourself and in our society, is accepting they are a public health problem. There is nothing shameful or strange about your suffering. And there are so many different ways to get help.

### Emergency help:

If you or a friend experiences an emergency, such as thoughts of suicide or psychosis, call the **Mental Health Mobile Crisis Team** at 429-8167 or toll-free at 1-888-429-8167. This service is available 24 hours a day, seven days a week. The mobile team is able to pick you up between 1 p.m. and 1 a.m. and drive you to the IWK's emergency department. They will ensure you go through the proper check-in procedures. Or call the **Metro Help Line** at 494-2081. This line offers suicide and crisis intervention, counselling referrals and over-the-phone counselling from 8 a.m. to 11:30 p.m.

### Web resources:

The Canadian Centre for Suicide Prevention: [www.suicideinfo.ca](http://www.suicideinfo.ca)  
The Canadian Mental Health Association: [www.cmha.ca](http://www.cmha.ca)  
Mental Health Canada: [www.mental-healthcanada.com](http://www.mental-healthcanada.com)  
Centre for Addiction and Mental Health:



Don't suffer alone; there are people who want to help. | Photo by Jared Dalziel

### www.camh.net

Community Mental Health Services: [www.cdha.nshealth.ca](http://www.cdha.nshealth.ca), [www.ourhealthyminds.com](http://www.ourhealthyminds.com)

### On Campus:

#### Dalhousie Counselling Services

Located on the fourth floor of the Student Union Building, the appointment-based Dal Counselling Centre is open to all Dal, King's and NSCAD students. This service offers a variety of workshops to combat stress, anxiety, grief or loss, but also allows students to speak directly to a counsellor about a range of mental health disorders.

Students can make priority-based appointments, but often wait lists during exam time can be up to five weeks long.

Fortunately the centre also keeps hours open daily for students who need immediate help. To request immediate help in an emergency situation, call 494-2081.

The Dalhousie Counselling Centre is open 9 a.m. to 5 p.m. Monday, Thursday and Friday, and 9 a.m. to 8:30 p.m. Tuesday and Wednesday. Call 494-2081 to make an appointment. Visit [counsellingservices.dal.ca](http://counsellingservices.dal.ca) for more information.

The Dal Counselling Centre is a safe space for members of the LGBTQ community through Allies at Dal.

#### Dalhousie Counselling Centre Workshops:

##### Anger management:

This counselling program aims to help students identify anger triggers and understand myths about anger, helping them to reduce anger intensity. This course is not suitable for students who experience angry feelings after drinking alcohol.

##### Self-esteem improvement:

Students with insecurities might benefit from this weekly program of five 90-minute sessions. Often low confidence can worsen on a busy campus, but with coaching, students can work on asserting themselves and building their overall confidence.

##### Eating disorders group:

This group is for students who experience regular problems eating, such as overeating, bulimia, anorexia, bingeing or purging. This program aims to connect possible underlying emotions with eating disorders. This group provides a safe space for students to talk freely about their eating habits on a weekly basis.

##### Overcoming depression group:

This eight-session program may help students who are dealing with symptoms of depression, such as fatigue or decreased

energy, difficulty concentrating or making decisions, insomnia, feelings of guilt, worthlessness or helplessness, regular anxious or sad feelings and, sometimes, thoughts of suicide. This program includes group discussion and individual tasks.

Other workshops include healthy relationships, managing anxiety, parental divorce, relationship loss, and sleep and relaxation groups. Visit [counsellingservices.dal.ca](http://counsellingservices.dal.ca) for more information or call 494-2081 to express your interest in joining a group.

#### The Feeling Better Program

For Dal, King's or NSCAD students who are experiencing mild to moderate symptoms of depression, anxiety or stress, and who are not already seeing a psychologist, this new online program provides self-help on the go.

Students can work through five core and six optional modules on their laptops, spending only one to two hours on each level. They will also have regular contact with a coach over the phone or by e-mail.

Interested students can e-mail [fbcoach1@dal.ca](mailto:fbcoach1@dal.ca) for more information. This service is provided through Dal Counselling Services.

#### The Mark A. Hill Accessibility Centre

Snuggled between the Dal quad and the stairs outside the Killam Library, the Accessi-

bility Centre is not only a resource for students with physical disabilities – it also provides help for those who have been diagnosed with learning disabilities and mental health disorders.

The centre's services include help in finding funding, tutors, note-takers, readers and scribes. Through the Accessibility Centre, students can also arrange to take exams in an environment or time slot more suitable for them.

Call 494-2836 or e-mail [access@dal.ca](mailto:access@dal.ca) for more information. Or check the centre out online at [studentaccessibility.dal.ca](http://studentaccessibility.dal.ca).

#### The Dalhousie Women's Centre

This centre is located in a cozy white house on South Street near Dalplex. The volunteers at the women's centre can refer students to queer-friendly practitioners in Halifax. The volunteers are also trained to help during crisis situations.

The centre is open to people of all genders and is a safe space for members of the LGBTQ community. Studies on suicide rates among youth in the LGBTQ community are rare, but in 2003, a study done in British Columbia found that young lesbian women are up to five times more likely to attempt suicide than young heterosexual women.

Call 494-2432 or e-mail [dwc@dal.ca](mailto:dwc@dal.ca). Or visit the DWC website: [www.dalwomenscentre.ca](http://www.dalwomenscentre.ca).

#### Residence Assistants

Every RA in Dal residence, even minors, has gone through crisis and suicide prevention training. RAs are expected to have an open door policy with the students in their section of residence. Students can knock on their RAs' door at any hour of the day or night to receive amateur counselling. RAs will usually refer students to Dal Counselling Services, but are trained to listen and help students in crisis situations.

#### Dalhousie Health Clinic

Though this clinic on the first floor of Howe Hall has a bad reputation for mental health services, it is still a valuable on-campus resource. During summer hours and exam time, the clinic should not be your first resource, but Dal students with insurance or a student health plan can make appointments with a psychiatrist.

The clinic is open 8 a.m. to 10 p.m. Monday to Friday and 10 a.m. to 6 p.m. on weekends and holidays.

This service is not a walk-in clinic, but the nurses will not turn away a student who comes to them in the midst of a crisis. To make an appointment, call 494-2171. Don't miss your appointment – you'll be billed \$30.

#### Peer Health

Though Peer Health, Dal's "health and wellness source," has no information on mental health posted on their website, *The Gazette* was able to gain information from a student who went through Peer Health orientation.

The "Mind-Body Health" division of Peer Health, according to the orientation guide,

provides programs for students such as yoga and meditation, stress and anxiety, time management and positive body image workshops.

E-mail the Peer Health communications team at [peerhealth@dal.ca](mailto:peerhealth@dal.ca) for more information. Don't visit the website.

**Yes! Plus (offered by the Art of Living Foundation)**

If you have \$300 to drop and a few free days, this might be the program for you. This monthly six-day workshop that takes place in the Student Union Building claims to eliminate stress, increase mental clarity and improve productivity simply through meditation and breathing techniques. The next workshop starts in late October.

E-mail [halifaxyouthteam@artofliving.ca](mailto:halifaxyouthteam@artofliving.ca) or call 412-3042 to sign up. Proceeds go toward humanitarian efforts worldwide.

**Off Campus:**

**Community Mental Health Services**

If you don't know where to go, Capital Health's Community Mental Health Services is a good place to start. It is a community outpatient service that offers general mental health service. The staff is trained to work with individuals and families dealing with mental illnesses, such as anxiety, complex depression, Bi-polar disorder, adjustment disorders and schizophrenia.

The services provided range from initial one-on-one mental health assessments to group and individual therapy, and family and community education. Because this is a part of Capital District Health, it is covered by health insurance. The Community Mental Health Service can be accessed through a referral by a doctor, agency, family member, or by self-referral.

The outpatient service is located at 7071 Bayers Rd., Suite 109, and is open Monday to Friday from 8:30 a.m. to 4:30 p.m. For more information call 454-1400 or 454-1440. Or visit [www.ourhealthyminds.com](http://www.ourhealthyminds.com).

**Healthy Minds Co-operative**

This co-operative is a member owned and democratically run not-for-profit mental health enterprise. They help members move through the health system, or find peers who are going through the same things they are. They have an abundant list of mental health resources and can point you in the right di-

rection with a referral if it is not clear where to turn. To become a member, simply fill out a form and pay the one time membership fee of \$5. The Healthy Minds Co-operative is located at 7071 Bayers Rd., Suite 112, and can be reached at 404-3504. Visit the co-op online at [www.healthyminds.ca](http://www.healthyminds.ca).

**IWK Mental Health and Addictions Service**

The IWK Mental Health and Addictions Service provides many different mental health programs to individuals under the age of 19. If you are under 19 and would like to access the programs provided by the IWK,

people to act as first responders to those who are suffering from a mental illness or crisis.

Participants in the Mental Health First Aid workshops will learn the symptoms and signs of mental illness as well as the resources available to those who suffer from depression, anxiety disorders, psychosis and substance use disorders, among others.

The basic course is 12-hours long, delivered in four three-hour parts. The registration fee is \$50. Sign up by calling Tony Prime at 424-7235.

The next available course will be Dec. 10 and 11, at the Joseph Howe Building at 1690 Hollis St. For more infor-

Among Friends Social Club (86A Portland St., Dartmouth, 463-2187) and the Sharing and Caring Social Club (Room 114, Bloomfield Center, 455-0072).

The CMHA is also a great place to get involved as a volunteer. The Building Bridges Program (455-6983) is a program that matches a volunteer with an individual who has dealt with a mental illness to share leisure interests in the community or Halifax.

If you would like to find out more about the Canadian Mental Health Association and its programs check out [www.cmhad-art.ca](http://www.cmhad-art.ca). The Links section on the website also provides an extensive list of mental health

Laing House, found at 1225 Barrington St., is a space for individuals to come and relax, do laundry, participate in workshops or get one-on-one help from the Community Support Staff.

Laing House also tries to break down the stigmas surrounding mental illness with programs like Youth Speak, where members go out into the community to talk about their experiences living with a mental illness.

To become a part of Laing House you don't need a referral. The programs and services provided by Laing House are free.

To find out more about the organization, or to see if it is the right resource for you, call Laing House's programming staff at 425-9018, or visit [www.lainghouse.org](http://www.lainghouse.org).

**Self-Help Connection**

Self-Help Connection promotes self-help groups around the province. They are a valuable networking service for the health needs of Nova Scotians. Self-Help Connection also has the capacity to perform research and evaluation of self-help and mental health issues.

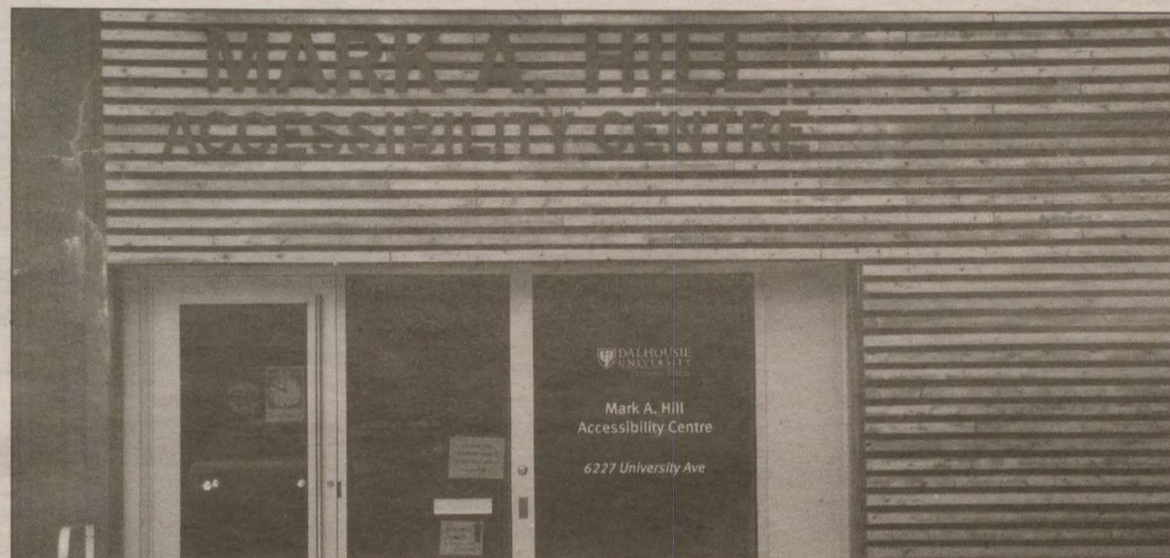
Although Self-Help Connection doesn't specialize in mental health issues, it is a fantastic resource to use if you are looking to better your mental health through peer support or self-help groups.

Self-Help Connection is located on the second floor of the Canadian Mental Health Building, 63 King St., Dartmouth. For more information about the organization, call 466-2011 or 1-866-765-6639. Visit [www.selfhelpconnection.ca](http://www.selfhelpconnection.ca).

**Teen Mental Health**

The Teen Mental Health website, [www.teenmentalhealth.org](http://www.teenmentalhealth.org), is a project of the Sun Life Financial Chair in Adolescent Mental Health, the IWK Health Center and Dalhousie University. The website's goal is to enhance the knowledge and understanding of mental illness in hopes of improving the disability felt by young people with mental disorders. It is a fantastic resource for anything from information about the teen brain and how to understand mental illness, to information for professionals. It is run by Stan Kutcher, the expert interviewed in Holly Huntley's news article in this issue about the state of mental health counselling at our university.

*With files from Bethany Horne.*



The Accessibility Centre offers help for students with learning disabilities and mental health disorders. It's located just outside the Killam. Photo by Paul Balfe

the first step is to call Central Referral at the IWK. They will be able to assess you and tell you what program would best suit your mental health needs. The IWK also has a Mental Health Crisis team located in the emergency department (call 1-888-429-8167). This team deals with cases that would need hospitalization, such as manic or psychotic episodes, severe depression and suicidal or homicidal feelings. Contact the IWK Central Referral at 464-4110. [www.iwk.nshealth.ca](http://www.iwk.nshealth.ca).

**Mental Health First Aid Workshop**

Built like the mental health equivalent to First Aid programs, Mental Health First Aid is a government-sponsored program that trains

information about Mental Health First Aid and a description of the course content visit [www.mentalhealthfirstaid.ca](http://www.mentalhealthfirstaid.ca).

**Canadian Mental Health Association**

The Canadian Mental Health Association, a nation-wide voluntary mental health organization, is great source for information on mental health. The Halifax-Dartmouth Branch of the CMHA is located in the Bloomfield Center, 2786 Agricola St.

Although the CMHA doesn't have counselling services, it is a great resource centre. They work to provide a huge variety of supports to people who need it. They have social clubs, such as the

resources around Halifax and Dartmouth.

**Laing House**

Laing House runs on a peer support system, providing help for youth with mental illness. It is aimed at individuals between the ages of 16 and 30 who have suffered from mood disorders, psychosis or anxiety disorders and are looking for help rebuilding their lives. Laing has programs about education, healthy living, employment, family and peer support, and community outreach.

The programs, which have largely been developed by youth in its community, aim to help other youth develop their own skills and talents.

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er. Before I knew it, he was breaking down the door to Bitch's room. He popped the door right off the hinges and barged in. We found Elle passed out on the bed and the Bitch was half naked. Just enough to get Mac really pissed. But that wasn't even the

News

# The hole in our health care

## Mental disorders are the single biggest sickness affecting people our age

Holly Huntley  
News Contributor

The prevalence of mental illness in university students is growing.

And according to one researcher, we're a long way away from reversing that trend.

Dr. Stan Kutcher is the Chair in Adolescent Mental Health at the IWK Health Centre. He is also the Chair of Dalhousie's Department of Psychiatry. He is a local, national and international expert in the field.

"Mental disorders are the single largest health problem for young people," he says.

"Most mental disorders start before age 25, and many of the disorders that start at this age, i.e. depression, manic depression, some anxiety disorders, eating disorders, substance abuse, and schizophrenia, are chronic illnesses."

At Dalhousie University, the growing problem can be measured at one place.

Last year was the Counselling Services Centre's busiest year ever. More than 1,500 students from Dal, King's and the Nova Scotia College of Art and Design used their services.

But Victor Day, the director of the centre, says that they are unable to meet all of the needs because they do not have the resources.

"Many students seek individual counselling, and we cannot meet all expectations or requests, and we do encourage some who ask for individual counselling to try group programs and workshops," Day wrote in an email.

A Dal student, who wishes to remain anonymous, says there's a lack of attention to the types of counselling available.

"It could be streamlined by having short descriptions of ... who to contact with (a) range of problems," says the third-year medical student who uses the centre to cope with learning difficulties.

"There was nothing in the description of services that could speak to that, so counselling is what people recommended," she says.

Kutcher says this shortage in treatment resources is not unique to universities. But he says that through "innovative partnerships" service providers can fight the "grossly insufficient" resources in the system.

He says mental health service providers are working in silos when they should be working together.

"I don't really know exactly what Dal's counselling services linkages are, but they have never come to us (at the IWK) asking to collaborate, and we have tremendous expertise with mental illness," he says.

"It is a complex problem and it requires a complex solution. Sharing resources and services will save them money."

About 15 per cent of university students will be diagnosed with a mental illness while

at school, a recent article in The Globe and Mail says. But this is a misleading number. More than half of students struggling with their mental health don't ask for help.

Kutcher says people don't seek help in part because of the stigma surrounding mental illness. To fight stigma, Kutcher and his team at the IWK wrote a booklet called Transitions.

It's a how-to guide for students moving up from high school to university. It delivers information in a way that encourages readers to talk about factors like peer pressure, eating disorders, alcohol, gambling and suicide freely, and self-help seek if they need to.

The booklet was meant to be included in every Halifax university's orientation pack. The IWK gave it out for free the first year, and universities would have to buy the program in consecutive years.

All the universities in Halifax bought the booklet after the first year - except Dal.

Day says that when VP (student services) Dr. Bonnie Neuman asked about counselling services' experience with Transitions they told her that none of the 1,525 students they had last year indicated learning about the centre through the booklet.

No mental health information was included in this year's frosh packages. But the packages did include a USB drive that contained information on Dal's Counselling Centre, which is an overburdened resource. The busiest year for the centre was last year - regular patients waited an average of 38 days before receiving treatment. The centre's prioritized wait times are based on a triage system.

But a direct question about Transitions was not on the survey that Day is basing his data on.

Kutcher says that in his survey of students from all of Halifax's universities, 20 per cent said they sought mental health help, and 40 per cent talked about mental health with a friend, as a result of reading Transitions.

Kutcher says it is the responsibility of the institution to provide info about good health care to its students.

"If Dal is providing information about nutrition or sexual health they should be equally providing information about (mental illness). To do otherwise is to discriminate."

With files from Lucy Scholey

Holly Huntley gathered enough information during her research process to begin writing regularly for The Gazette about Dal's approach to mental health services. Look for her name in the Opinions section next week.

The author interviewed her boss, Stan Kutcher, for this story.

# Writing helps

## Newsletter improves quality of life in network of group homes

Alan Hale  
News Contributor

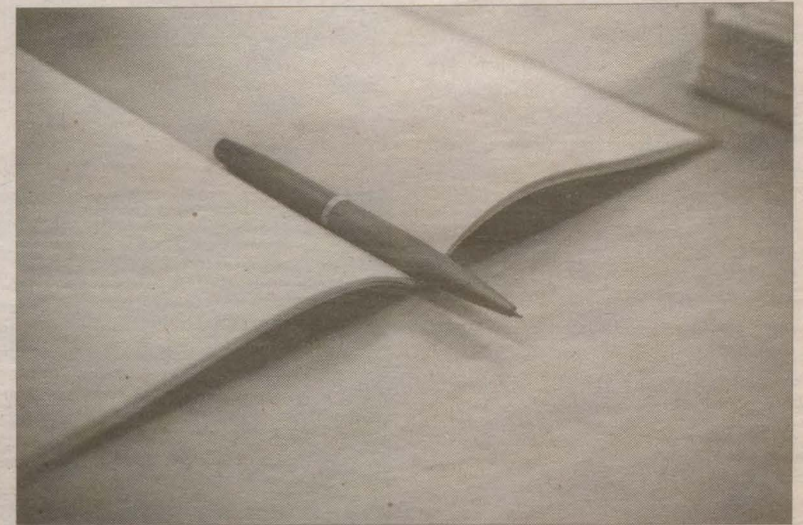
"Cats Rule," proclaims the bold Comic Sans headline. The small, pixelated picture of a wide-eyed kitten, stares up at you from the white printer paper. The article underneath might possibly be the most enthusiastic three-paragraph description of the virtues of felines to be put to print outside Cat Fancier Magazine. The writer describes how cats like to be brushed, and shares their observation that they do not enjoy "cool air from the fan."

The article is one of many that can be found in the August issue of the Community Access Co-op Newsletter. The newsletter is put out by the Metro Community Housing Association (MCHA), a non-profit organization in Halifax that provides housing to people who have experienced some kind of mental health crisis. But instead of having MCHA staff write the newsletter, it is written entirely by those the organization is helping.

The August issue of the newsletter consists of five sheets of regular printer paper, double-sided, with two or three articles on each page, and a liberal amount of clip art scattered throughout. The topics covered are diverse: a review of a Ramones Greatest Hits album, some religious poetry and even a news article about the disappearance of Cecilia Zhang.

The editor, Adam Pelley, single-handedly makes the whole publication come together and is not picky about topics.

"It's all up to the writers. They can submit whatever they want, whatever their interests are, whatever they like. They just submit it and I'll pretty much put it in there."



Stock Photo

The MCHA has been operating since the 1970s. They started out with a single group home. Today, the organization runs four group homes, as well as other housing options with varying levels of staffing. Their goal is to help clients achieve as much independence as possible.

Pelley was diagnosed with schizophrenia 10 years ago and has been in charge of the newsletter for two and a half years. During that time the MCHA has put new emphasis on their already decade-old publication and has seen the amount of writers for it increase 50 per cent.

Pelley understands how important participating in the newsletter can be, even if it only goes out to MCHA's 150 clients. The newslet-

ter isn't meant to raise awareness in the general public; it exists for the benefit of the clients.

"It helps them get out of the house, and gives them more confidence more in what they do," he says. "I think it helps give me more confidence, as well."

It's that confidence that will help MCHA's clients go out and engage in the larger community despite their illnesses.

The newsletter falls under the umbrella of the MCHA's Community Access Co-op program. Other activities in this program are things like a monthly movie night, concert field trips and other special events.

It also incorporates skills building, such as a literacy program they're hoping to re-start next year.

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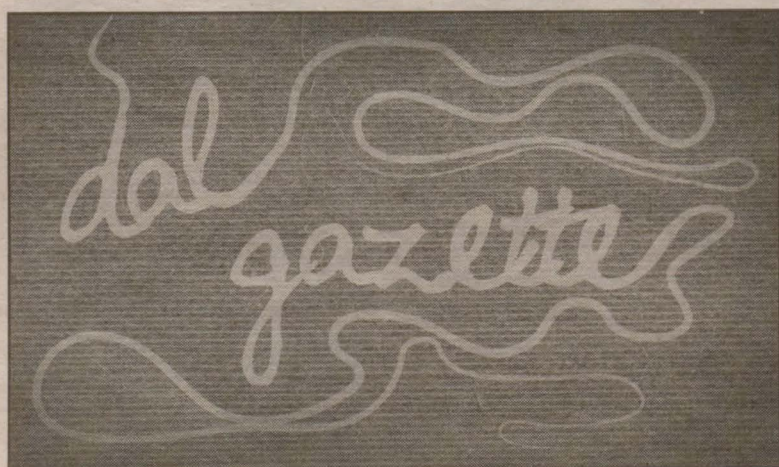
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## NSCC teachers vote overwhelmingly for strike

### No strike date posed yet, but staff members are preparing to picket

Sarah Ratchford  
CUP Atlantic Bureau Chief

FREDERICTON (CUP) – Faculty and staff at Nova Scotia Community College (NSCC) have voted to go on strike to obtain the same 2.9 per cent annual pay increase over two years that their public school colleagues received.

The province's 10,000 public school teachers signed a contract for the increase in April. Both groups are represented by the Nova Scotia Teachers' Union (NSTU).

Unlike public school teachers, employees of NSCC's 13 campuses have been without a contract for over a year, leading them to a Sept. 22 strike vote.

Ballots were cast electronically, and approximately 91 per cent of faculty members voted; 93 per cent of those who voted were in favour of a strike.

Professional support employees, represented by the same union, voted in favour of a strike as well. Ninety-six per cent of these employees voted, with 90 per cent in favour of the strike.

The Nova Scotia provincial budget was released on Sept. 24, "and we were hoping it would include money for the community college," says Alexis Allen, president of the NSTU. "There was no money set aside for NSCC, though."

"We're hoping in the next few days to hear that we'll be called in. The minister (of education, labour and workforce development, Marilyn More) wants us to go back

to the table, but there is no table to go back to because there is no money," Allen says.

Despite the results of the vote, Gina Brown, director of Marketing and Communications for NSCC, says a strike can still be diverted.

"We're ready to sit down and talk. We're trying to keep working to come

**"There is no table to go back to because there is no money."**

to a mutually acceptable agreement for all parties. We want to keep working to avoid (the strike) altogether," says Brown.

"For us it's just business as usual. We understand that people will be concerned, but I think people are doing an amazing job at just staying calm."

Programs and services on NSCC campuses have not been affected as of yet.

Allen says NSCC employees could technically have gone on strike as of Friday, Sept. 25.

"We've filed notice of a strike," she says.

"Forty-eight hours after that we can go."

Allen says that Sept. 28 through Sept. 30 will be spent teaching members of NSCC's campuses about strike protocol, and once that is done, a date will be set for the strike if a resolution is not reached by that point.

Sonja Jensen is president of the Student Association at NSCC's Institute of Technology campus in Halifax. She is in her second and final year of the school's electronic engineering technology program, and expresses concern that she might not be able to graduate on time.

"I understand why they're striking, but it'll hurt the students if they go on strike," she says.

Jensen explains that many NSCC programs require a certain number of hours practicing a trade before students can graduate.

"I know for programs like machining and carpentry, you have to have a specific amount of hours that you were in class. If we miss those hours, how are we going to make them up?" she worries.

"There's nothing we can do about it. It's frustrating that all we can do is sit back and wait to hear what's going on."

Allen also expresses concern for the students at NSCC who are about to graduate. She says that a strike would be unfair to them, as it would delay them from obtaining jobs as quickly as possible.

"We're hoping that the government will step in. There's no reason to do this," she says. "It is a travesty to go this far."



Capt. Mark Schrader, left, and his crew members, with educator Zeta Strickland on-board the travelling Ocean Watch. | Photo illustration by Joshua Brown

## Ocean Watch makes port in Halifax after successful Northwest Passage trip

### Union will support bringing scholarship program to Dal

Joshua Brown  
News Contributor

The 64-foot sailboat tied off at the Halifax docks on Sept. 18.

The boat is circumnavigating the continent to raise awareness about environmental issues and gather scientific data.

The crew of the Ocean Watch is collecting atmospheric and ocean data for NASA and the University of Washington. The Pacific Science Center in Seattle develops education materials intended for primary and secondary school classrooms.

Zeta Strickland works for the centre and is the on-board educator for this leg of the trip. She works with school groups who visit the boat.

"There's a curriculum on our website and teachers can download it," says Strickland.

"There's different lessons on all the different science topics both on this boat and also that pertain to just ocean health in general."

It's early in the school year but a lot of teachers have downloaded the curriculum for their classrooms, says Strickland.

The vessel completed a shaky navigation of the North West Passage in Northern Canada.

It was enough to make Capt. Mark Schrader nervous.

"We would just go, night and day, 24-hours a day," says Schrader.

Traversing the passage requires vessels to spot openings in the melting ice – called leads – big enough to put the boat in. The crew had to wait for openings using ice maps before moving quickly through.

The ice in this part of Northern Canada has only been made passable in recent years by the warming of the planet, says Schrader. The Ocean Watch isn't fitted for breaking ice, but these conditions allowed it to pass through.

"The danger is if a lead opens up and there is big pack ice and you take it and it closes and the wind changes you've just lost your boat."

When a sheet of ice cracks it can disintegrate opening leads.

The leads in the passage ranged from 10

feet to half a mile, says Schrader, but when gaps opened up and the conditions looked right they slipped in and hoped for the best.

The Ocean Watch crew sailed off the coast of Labrador in the first week of September, surfing down 30-foot ocean

**"We would just go, night and day, 24-hours a day."**

swells among high-rise sized icebergs.

"This boat has a normal hull speed of about nine knots and we had surfs in excess of 14 and 15 knots ... that's way too fast to stay under control," says Schrader.

Icebergs form in the Labrador Sea when chunks of the North American ice sheet collapse and float south.

Schrader has 35 years of sailing experience, but he says the combination of rolling waves and towering icebergs made him anxious.

"At one point there was 33 of those 'bergs around the boat on the radar screen and it was getting dark," says Schrader.

"All of those 'bergs would cave off a small piece and a small piece is certainly capable of sinking this boat if you got close to it."

The crew will sail down the east coast of the Americas stopping at ports along the U.S. east coast spreading its message.

Their trip will eventually have taken them across 44,000 kilometers of ocean.

Look at a map. Draw a circle around North and South America and call them an island, says Schrader.

"Everything that happens inside that circle absolutely affects the ocean and everything that happens in the ocean, really affects our daily lives," he says.

## Monk-style living, rich in meditation

Samantha Durnford  
News Contributor

The Hare Krishna monks who live on Quinpool Road are looking for a roommate. Their apartment, called the Ashram, is open to anyone curious about their lifestyle. Visitors walk into the meditation room, where a traditional Krishna Mantra is displayed on the wall.

Nitai Rama Dasa, 35, says they're looking for a fourth male roommate willing to learn about the monk lifestyle.

Nitai says the new roommate would gain "peace of mind" living with them and "have a place where you can learn to nourish and take care of your soul."

The monks practice mantra meditation, bhakti yoga, vegetarian eating and celibacy. They don't drink, gamble or watch TV. Nitai says a person living with them wouldn't have to hold himself to these rules.

"They wouldn't be expected to be a monk," says Nitai. "But there would be certain requirements. They'd have to follow the principles, have some commitment for meditation."

For \$500 a month all in, including two vegetarian meals a day, living with the monks isn't a bad deal.

But 22-year-old Dustin Hingley, another

roommate at the Ashram, says it's more.

"Sure cheap rent is good," says Hingley. "But we offer nourishment for the soul and that's something hard to come across. When you can find an atmosphere that is potent with that nourishment, there's a lot of benefit."

"Also, we are very clean!" he mentions

**"We teach you things you need in a social life, but in a spiritual way."**

with a laugh.

The house is tidy, spacious and soothing. Filled with light and lots of space for cooking and meditation, it looks like a good place to study as well.

Jeff Greydanus, 20, the third monk in the Ashram, says the monks teach life lessons.

"Living in this atmosphere you can learn

a lot about social relationships," says Greydanus. "You learn things you don't learn in school, things they don't address, all the moral things. We teach you things you need in a social life, but in a spiritual way."

Matthew Campbell and Jordan Stark, both fourth-year students at Dalhousie University, met the monks this summer.

"The monks are great," says Stark. "Rarely have I met individuals that are so generous, kind and authentic."

After meeting on Spring Garden Road where the monks sometimes hand out pamphlets about Hare Krishna, they invited Campbell back to the Ashram for dinner.

"The monks nourish your mind, body and soul," says Campbell. "The food is like none I've ever had before."

Any roommate would have to get used to the constant visitors to the Ashram. People are welcome to go there to meditate, discuss philosophy, join the monks for a meal and learn how to cook vegetarian.

"Anyone can come," says Nitai. "Religion doesn't matter, we're open to all people"

They turn up their Mantra chant, often played with their own drums and bells, as I leave. They hand me an apple because they believe no one should leave the Ashram hungry.

These monks are people you need to meet.



News

# NDP MP advocates axing loan interest

## Jack Harris asks federal government to make post-secondary a priority

By Kerri Breen

The Muse (Memorial University of Newfoundland)

ST. JOHN'S, N.L. (CUP) — A Newfoundland politician is calling on the federal government to follow his province's lead and remove the interest on student loans nationally.

Jack Harris, the NDP MP for St. John's East, announced that he will put forth a private member's resolution proposing that the federal government follow the precedent set by Newfoundland and Labrador's Department of Education.

The interest rate on Newfoundland and Labrador student loans, both past and present, has been eliminated as of Aug. 1.

"They can't say it can't be done because it's been done," Harris says. "It's been done

here in Newfoundland and Labrador."

In a presentation to students and the media last week, Harris says he estimates the move would cost government about \$130 million a year per percentage of interest.

"In the grand scheme of things, with the budget of the government of Canada, this is not a huge amount of money."

Harris says the legislation, if passed, would be a step in the right direction, but not a solution to Canada's post-secondary funding problems.

"I would call it 'one small step,'" Harris says. "It's something concrete the federal government can do very easily."

Canada also needs to develop a national post-secondary education strategy and dedicate transfer payments for post-secondary, he says.

The Canadian Federation of Students es-

timates the national student debt to be \$13 billion, with \$500 million belonging to students from Newfoundland and Labrador.

Harris hears of working graduates whose loans are preventing them from making major life decisions like having children, getting married, or buying a home.

Loan debts, says Harris, "are very real barriers to people setting themselves up in life. A lot of public policy makers don't really realize that."

Harris is looking across the country for support. He wants to stimulate a national debate about who should bear the costs of post-secondary education. He says the federal government has a much larger role to play.

"Post-secondary education should and must be a greater national priority than it is. It cannot be left to the provinces."

# NEWS BRIEFS

### Dying for a change

Passersby stopped to witness the bizarre scene outside the Halifax Public Library on Monday when a group of activists, young and old, simultaneously and theatrically died. The participants laid still on the ground for five minutes to symbolize the effects climate change will have on humanity if no action is taken. A participant on a megaphone urged passersby around to wake up to climate change. To finish off the flash-mob-style demonstration, participants took out their cell phones and called the Prime Minister's Office to urge Stephen Harper to take action on climate change at a United Nations conference in Copenhagen Denmark this December.

This event was one of many actions occurring globally leading up to the United Nations Climate Change Conference. There will be a day of action at the Halifax Commons on Oct. 24. During the same weekend, a group of Dalhousie University students will flock to Parliament Hill among 1000 other students to lobby the government.

-- Kaleigh McGregor-Bales

### Don't forget your free food

Pack your Tupperware containers two days later. "Tuppy Tuesdays" has become "Tuppy Thursdays" this year and more volunteers have joined.

Home Grown Organic Food and Boulangerie la Vendeeenne donate a portion of the food. Any other ingredients are purchased from local farmers at the Halifax Farmers' Market. A SustainDal creation, the food committee established Tuppy as an alternative to the food choices on campus. Student volunteers prepare a vegan meal from local and mostly organic ingredients in the Dalhousie Women's Center. The volunteers distribute the food, usually a soup and fresh bread, in the upper lobby of the McCain building from 11 a.m. until 1 p.m.

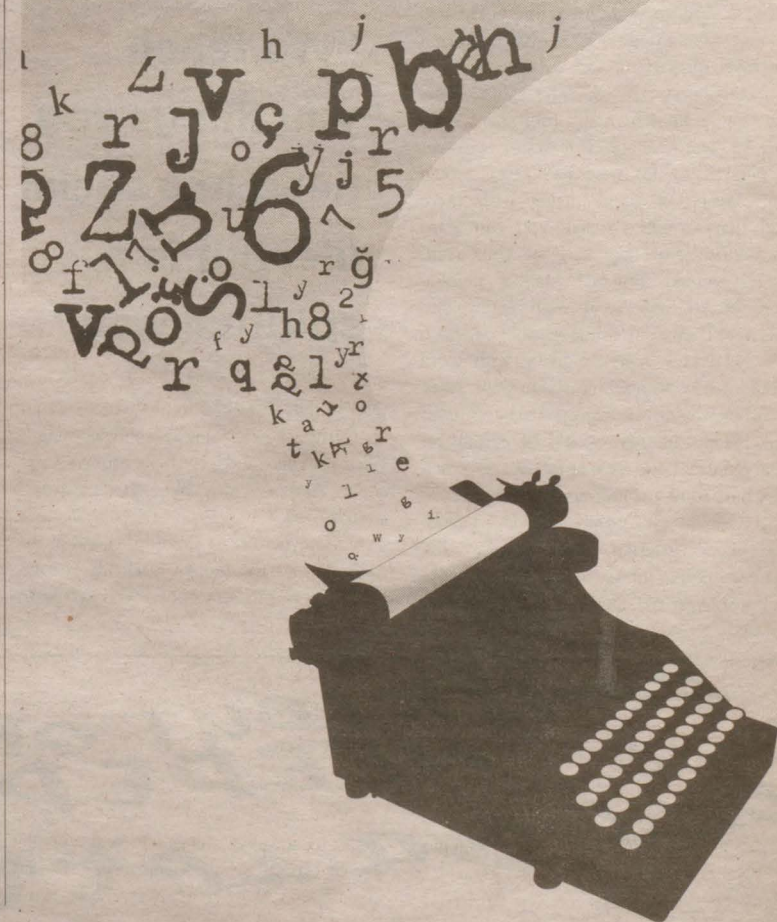
-- Kaleigh McGregor-Bales

*Got something to say?*

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research market elections  
interest barrel melting energy  
global warming  
oil financial nature world  
attack media  
TV*

*Contributor Meetings are held  
each Monday @ 5:30 pm  
in room 312 S.U.B.*



voice. "Mac grabbed the Bitch and started shaking him, demanding to know what had happened. Elle just lay on the bed. She was a thousand miles away by the look in her eyes, propped up against the wall, lying there like a rag doll. Mitch wouldn't talk at



# Features

## Features

Gazette Features publishes one long feature or two short features every week. Email Tim at features@dalgazette.com to pitch an idea.



Tim Mitchell Features Editor  
features@dalgazette.com

# Alex Fountain

## Brother, son, friend

Tim Mitchell  
Features Editor

Alex Fountain was at a karaoke bar in Halifax with a group of friends. He noticed a pretty girl outside of the bar smoking, and he wanted to talk to her. He didn't know who she was, but that didn't matter. He walked right up to her and asked for a cigarette.

She gave him one.

He thanked her.

Alex didn't smoke, but now he had an excuse to talk to her. They talked for a while, and when they went back into the bar, Alex jumped up on stage, and took the microphone.

"This is for that pretty girl over there," he said, pointing to her. "This is for you babe," and Alex sang that song "Drops Of Jupiter" by Train.

Alex was no stranger to the spotlight, and with his outgoing attitude and quirky personality it wasn't difficult for him to make new friends.

One of those friends is Andrew Neville.

"We've been pretty close friends for about three or four years," says Neville, who met Alex at a hardcore music show in Halifax. "I had known Katharine, his younger sister. I feel like she probably introduced him."

Alex and Neville were brought together by their love of music and live shows. They, along with their friends, often went on road trips together, just to see bands they all loved.

They drove to Truro and P.E.I. several times, but their first road trip to Montreal in 2007 sticks out in Neville's mind.

"I think we left at about seven in the morning. It was Alex's first time driving any sort of distance, so it was kind of a funny trip. I think we made the drive there in like 11 hours or something unheard of like that," says Neville with a laugh. "Alex's rationale was, 'If I stop I'll get tired, so I'll just drive as fast as I can the whole way.'"

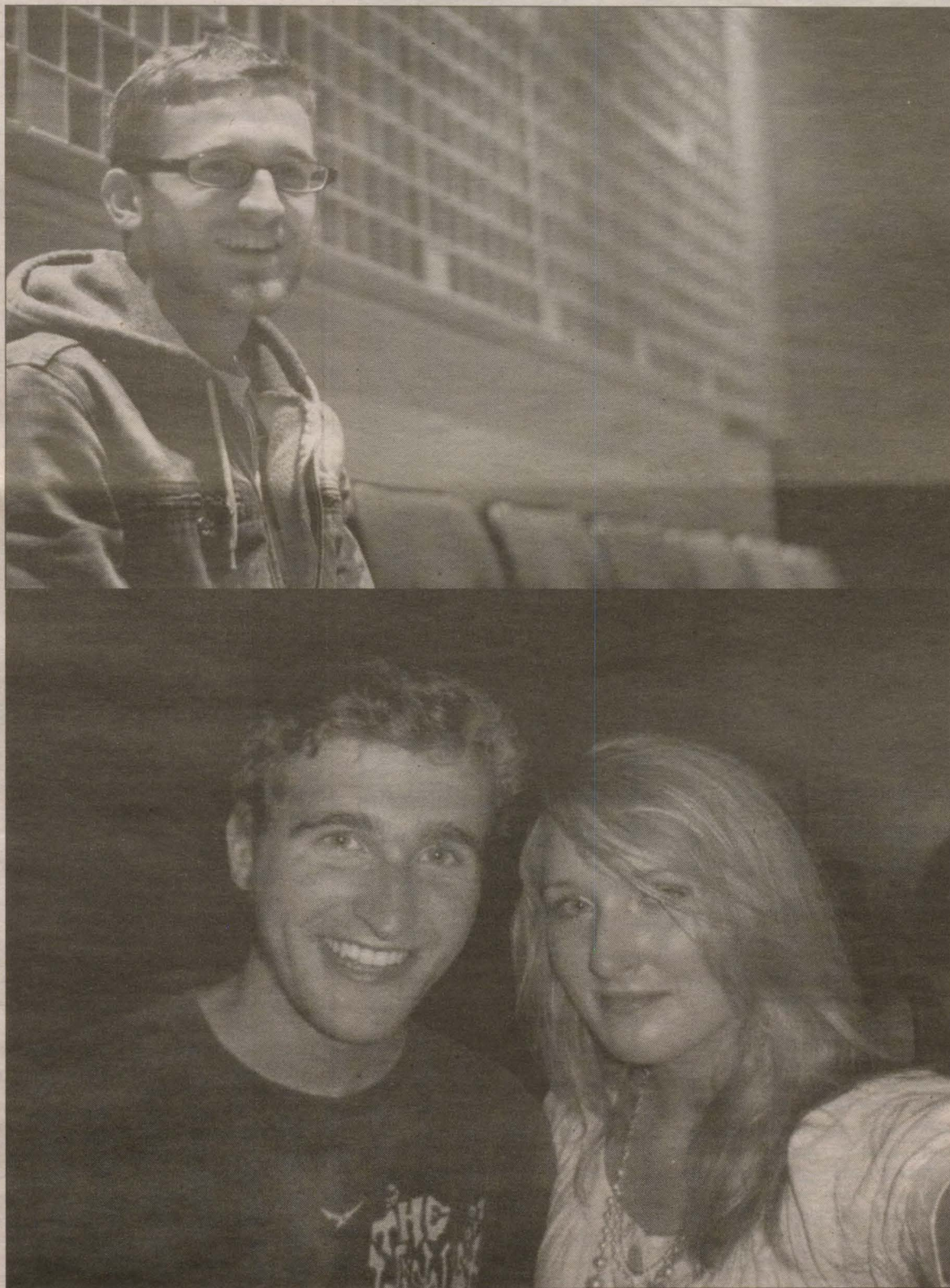
Alex even made a mix CD for the trip with about 100 songs so they didn't have to hear the same tune twice.

Music was a big part of his life, and through the Halifax music scene he forged many friendships. He played guitar or bass in several local bands that were beginning to make names for themselves. Alex even sang and wrote insightful lyrics for some of them:

"Every day you push your body to the limit is a day that you can say was well-worth living, and you'll sleep so much easier when night falls. So fucking push it! Go! There's no sense staying inside. When you're feeling low, your bedroom's no place to hide. Embrace the sunlight, relieve the throbbing pain that hides behind your eyes, and let yourself cry, and eventually, one of these days, you'll let yourself smile."

These are some of Alex's lyrics from his band Empathy Takes Energy. The song is titled "A Day Worth Living."

You would easily recognize Alex at a show. He was always the one surrounded by good friends, with an unmistak-



Alex Fountain (September 11, 1988 – August 22, 2009) | Photos provided by the Fountain family.

able, kind-hearted smile upon his face.

"He was very consoling and always good to talk to, and always willing to hear out what you had to say, which was probably his best quality," says Neville. "He was always genuinely interested in the people he kept close,

and he really cared about what they had to say. It was the thing that, when I think of Alex, that's what I think of most. He was really fun."

Alex stopped going to so many shows over the summer. He started keeping to himself.

"You'd ask him how he was do-

ing, and he would say, 'I'm OK, I'm OK.'"

He put up a very strong front, but Alex was suffering from clinical depression.

"It had been apparent that he was different, but in social situations he was still outgoing and jovial. There were subtle dif-

ferences I guess. He stopped hanging out a lot, started spending more time alone."

On August 22, 2009, Alex took his life. He was 20. No one saw it coming.

"It fucking sucks. I'm not going to mix words about that. It was really the farthest thing from my mind," says Neville. "I had known he was sort of down, but I guess I didn't know the severity of it, or the extent. He knew that people cared about him. At least I really hope he knew that, because I definitely cared a lot about him. He was one of the best people I've ever known."

Alex grew up in the Head of St. Margaret's Bay with his parents, Fred and Elizabeth, and his younger sister Katharine.

"Leading up to his death, we were talking everyday – just very open about things – which is why it was such a shock," says Katharine. "He was so open with me and my parents that you'd think you would see something like this coming, but I just didn't."

Katharine and Alex were very close growing up.

"He was awesome. I couldn't have asked for a better big brother," she says. "We did a lot of things together, I guess because my parents are really family oriented. He was really passive. He wasn't a child that liked to play with fake guns. We always made up random stories with stuffed animals. All that silly stuff."

It was on Alex's 12th birthday that he received his first guitar – a red Stratocaster.

"He'd make me sweet homemade CDs, make the mix CD and then do up the artwork for the case," says Katharine.

Alex graduated from Sir John A. MacDonald high school in 2006. He was accepted to the University of King's College and moved into his dorm room the following year. This year would have been his fourth year of studies. He wanted to be a teacher.

"He was always there for relationship advice. One time I got in a fight with my boyfriend and we were going to go to a concert, but instead Alex and I went to Modest Mouse together. He was always there for me when I needed somebody, so I'd just text him or call him."

That concert was the last time Alex and Katharine got to hang out together.

"I've had to cope with it a lot, just getting out and living life instead of sitting around and dwelling on it. It's like I'm crying but I'm laughing, because I'm thinking of all these hilarious times that we had. Even though he's gone, I feel really lucky for these 18 years. I got to have such a good relationship with my sibling and some people never even get to have that in their life."

*Editor's note: Alex Fountain was an Arts Contributor to the Dal Gazette, and a very talented writer. We'll miss your smile around the office Alex.*

*If you suspect a friend is suffering from depression, consult the list of resources in the News section.*

# Opinions

### Opinions

Gazette Opinions welcomes any opinion backed up with facts, but we don't publish rants. Email Kaley at [opinions@dalgazette.com](mailto:opinions@dalgazette.com) to contribute.



Kaley Kennedy Opinions Editor  
[opinions@dalgazette.com](mailto:opinions@dalgazette.com)

## IMPROVING YOUR MENTAL HEALTH CAN BE AS EASY AS 1-2-3

### Three simple ways to improve your mental health today

Rachel Sunter  
Health Columnist

Between the morning coffee you're already addicted to, the lunch you forgot to pack and that late-evening feeling of slipping behind on your school work or credit card payments, it's hard to find time to fortify your mental health.

The good news is psychological and neurological studies are finding that little things you do every day can actually have a profound and long-term impact on your mental health. Whether it's taking a five-minute break to think happy thoughts or trying today's crossword, it is possible to fit mentally healthful activities into any schedule.

#### Use your head

With global dementia rates estimated around 35 million people, today's researchers are exploring connections between mental exercises and how they affect deteriorating brain function later in life.

Worldwide studies in mental performance suggest that exercising your brain with challenging activities can dramatically impact neural degeneration later in life. Like a muscle, your brain improves and sustains itself with regular use. Some studies have looked to higher education, career paths and even socio-economic standings as ways of predicting dementia later in life, and have indeed found correlations.

More interesting yet are those studies showing that simple but challenging daily activities can improve thought-processes, memory and ability to focus.

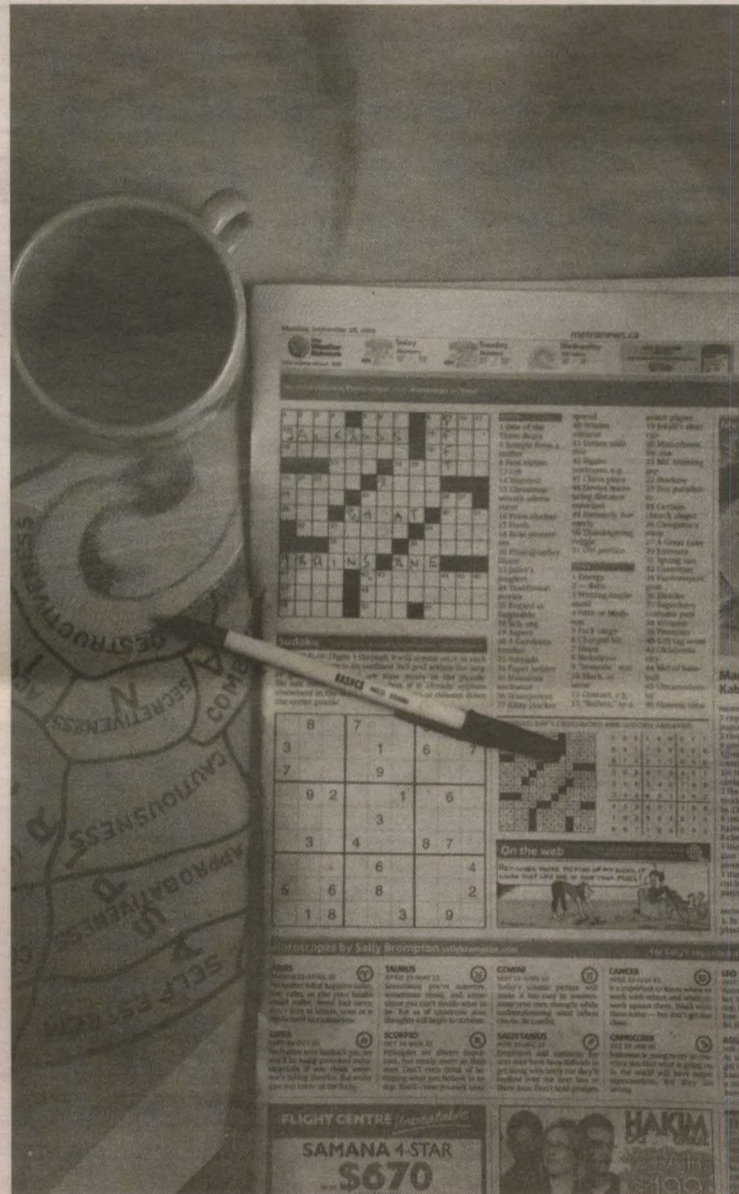
A study in *The New England Journal of Medicine* found that crosswords, which involve memory retrieval, have been linked to lower chances of dementia. Reading, playing board-games, playing musical instruments and dancing were other activities that appeared to reduce dementia. The more frequently the stimulating activity was done each week, the better the results by a wide margin. So get thinking!

#### Use your body, too

Though psychotherapy and medications are usually the first prescriptions for mental illness, physical exercise is now recognized as a potent antidepressant.

According to research findings presented by the American Psychological Association, physical exercise works as an antidepressant for people of all ages, becoming more effective as we age. Furthermore, a 1999 study at Duke University found that exercise alone was in fact more effective than medication in the long-term.

All modes of exercise – walking, jogging, aerobics and weights – done as little as three times a week, have been shown to lessen depression to some degree. These activities have had the added benefits of improving anxiety issues, self-esteem and addictions. Many recent studies are now making ties between



Crosswords may lower your chances of developing dementia. | Photo by Pau Ballie

physical activity and mental deterioration, exploring how physical activity appears to increase brain cognitive abilities and even ward off Alzheimer's and dementia.

If you're interested in being more active, start slow and gradually increase the amount of time you're active and the intensity of your activity to avoid overdoing it mentally or physically. Your personal preferences mean the world when it comes to using exercise as a relaxant, energizer or anti-depressant, so try different things out until you find an activity you enjoy. You'll be more likely to stick with an activity that you enjoy doing.

#### Rethink success

Positive thinking is no joke in the scientific world. Dwelling on your perceived failures and expecting the worst from life can bring about or prolong a slew of mental health issues, like anxiety disorders,

depression, eating disorders, assertiveness issues, addictions and low self-esteem.

Rethinking success means rethinking failure, too. Accept that as humans we are inherently prone to fail as well as succeed. Positive thinking will not only fortify you against self-defeating thought patterns, but its acquisition is sometimes integral to recovery from mental and physical illness.

If you're worried about negative thinking habits, talk to a counsellor or psychologist. There are a plethora of self-help books out there preaching simple 'rules' for success and happiness, but quite often negative thinking habits are routed in deeper wounds that may need tending to.

For new and inspiring perspectives on success and how to live happily, I would recommend checking out Ted.com to watch a mind-blowing speech or two. "John Wooden on True Success" is a personal favourite.

## Battling a suicidal economy

### Recession has pushed many people to the brink

Schenley Brown  
Opinions Contributor

Recently, many cities including Toronto, Montreal, Edmonton and Vancouver have reported sharp increases in phone calls to suicide prevention hotlines since the recession started. As the economy has slid into recession, it is clear that standard of living for many people has decreased.

According to the Canadian Mental Health Association, suicidal behaviour is a type of mental illness or disease. In calling suicidal behaviour a disease, I believe experts intend to stop the stigma of blame connected to suicidal behaviour; blame felt by those that are suicidal and the people around them.

The problem with the idea that suicidal behaviour is a disease rests in that it allows people to think of it as individual problem. A disease is something that is within someone and it would not get better or worse depending on external factors. In calling suicidal behaviour a disease we are allowing ourselves to detach each incident from society. We are telling the people that feel suicidal that it is in their heads, that they don't have the fight or flight mechanism and that their feelings have little to do with the social world. As I said before, this is one way to stop the stigma of blame around suicide. But who is society shielding from blame?

Events occur because of people. When I say, "the economy has slid into recession," it is very easy for someone to detach "the recession" from the people that had an effect on creating the recession. In fact, it sounds

as if "the economy" did this on its own. It makes it easy to forget how an event occurred, and who had an effect on that event. This is the same dilemma that arises with calling suicidal behaviour a disease. It is not a disease, it is not only within someone's mind – it is societal driven and maintained.

To stop suicidal behaviour, everyone needs to understand that this behaviour is a mechanism of our society and the problem roots-itself in the ways our society works.

One origin of this problem may be linked to our increasing consumerism. In contemporary Canadian culture, what people own is linked to how people feel about themselves and those they associate with. As the recession has intensified, a lot of people have lost their jobs and no longer have disposable income to buy new things or pay for things they bought before losing their jobs. This creates a feeling of unworthiness because people have linked self-esteem and self-value to material possessions. They see "things" as part of what they are, and therefore feel they have lost part of themselves. This feeling of unworthiness can cause suicidal behaviour. This behaviour was created because of mechanisms in our society.

In order to battle mental illness, we cannot segregate these problems from the rest of society and put the blame on the individual's biology by calling it a disease. We must understand that these problems are rooted in social interaction and our society as a whole. Only then can we start digging into the root causes of suicide and figure out how to change the way we function as a society to eradicate it.

## LETTER TO THE EDITOR

### Re: Lesbian handholding study in last week's issue

I feel like my views on the lesbian handholding study were not accurately represented in the article that ran in last week's Gazette, and I would like to have the opportunity to represent the complexity of this controversy as I see it.

When it was originally conceived as a free-standing project not connected to Wassersug's work with prostate cancer patients, there were no significant issues with the handholding study. I do not think Wassersug was seeking to equate queer women with chemically castrated men, nor do I think he was seeking to find heteronormative power dynamics between coupled queer women. Considering the relatively minimal research regarding queer identities and relationships done within the sciences, I think this could have been a positive addition to the study of handholding, which has so far only looked at heterosexual couples.

While Wassersug says he did not originally intend to relate the lesbian handholding study to his work with prostate cancer patients, he has suggested that there could be a link, as the handholding study could pave the way for further studies that examine the sexual and emotional power dynamics between two queer women in a partnership, which could be used to develop an educational program for heterosexual couples in which the male has been chemically castrated.

This is where the study and its possible applications become problematic. Following castration, patients experience a drastic decrease in testoster-

one levels and the inability to become erect, which, on a physiological level, would technically make a prostate cancer patient more equal to his female partner (Wassersug is focusing on straight couples, although there is also research being done on gay couples in which one partner has been castrated).

The problem with using studies of the power dynamics in a relationship between two queer women as a model for straight prostate cancer couples is that hormones and the absence of a functioning, biological penis are not the only factors that shape how queer women relate to each other, and do not make straight couples analogous to coupled queer women.

Sociological factors play a large part in shaping queer women's identities and their relationships with their partners. For example, both partners would have the experience of living as women in a sexist, patriarchal society, and as queer in a heteronormative, homophobic society. Just because a man has experienced a decrease in his testosterone levels and loss of function in his penis does not mean he suddenly experiences and can relate to his female partner's experiences of patriarchy and sexism.

While prostate cancer patients and their female partners do require some form of counselling and could benefit greatly from an introduction to non-heteronormative, non-phallogocentric ways of having sex, I do not think this requires the study of coupled queer women's sexual relationships.

- Mary Burnett



Krysti Campbell is one of about 1400 international students who pay twice as much in tuition fees than their Canadian classmates. | Photo by Pau Balite

## International students differentiated by extra fees

Students from abroad pay twice as much for the same education

David Kumagai  
Opinions Columnist

Most of you (or your parents) paid your term fees last week. But about 1400 of you had to foot an extra fee of more than \$3000 this fall.

Krysti Campbell is a third-year Biology student and a residence assistant (RA) at Dalhousie. Even with an honorarium of more than \$2000 credited to her account for being an RA, she owed the school more money than most students.

Campbell is from the Bahamas. International students pay about double the amount of Canadian students for the same education. In addition to tuition fees and ancillary fees like the athletic fee or the U-Pass fee, international students pay a differential fee.

Many people, including the Canadian Federation of Students, think differential fees are an unfair burden.

After years of government cuts to post-secondary education, tuition fees have steadily risen to brutal heights for everyone. Differential fees exacerbate the effect for students coming from abroad.

Tuition fees for post-secondary education in Canada are expensive enough for people in less wealthy countries (most of the world) and adding a differential fee essentially locks an already closed door for low and middle-income international students seeking a Canadian education.

Whose job is it to keep that door ajar? According to a 2005 factsheet released by the Canadian Federation of Students, it's up to the Canadian government: "Providing access to affordable education should be an important part of Canada's contribution to international development."

Margaret Wood, the university's lone International Student Advisor, said she tells students that \$28,000 is the magic amount needed to cover all expenses for one year at Dal. In the Bahamas, according to the International Monetary Funds World Economic Outlook Database, the GDP per capita is \$22,156. The Bahamas is among the wealthiest countries in the Caribbean.

I spent this summer in Ghana, a country where roughly 30 per cent of the people live in poverty, that has a developing but still substandard education system. Ghanaian peers of mine constantly offered me their sisters' hands in marriage in the hopes of giving someone in their family the chance to study, work and live in Canada.

All over the world, bright and hard work-

ing people long for a Canadian education.

Unfortunately, with large federal and provincial deficits and a seemingly endless succession of governments with a zest for cutting funds to post-secondary education, institutions have looked to differential fees to increase revenue and solve budget deficits. For example, while domestic students saw tuition fee increases of almost four per cent annually from 2005 to 2008, international students saw annual increases as high as 16 per cent.

It makes little sense for Canadian schools to ask for more from people with less.

The Canadian government's first obligation should be to Canadian students and international students shouldn't be given an advantage over Canadian students. But even without the differential fee, they still have to pay their way here, learn a new academic culture and sometimes a new language; that's a big enough disadvantage.

If the elimination of the differential fee meant slightly higher tuition for all, it still wouldn't be a case of catering to international students at the expense of Canadian students. It would amount to a fairer system that's more in line with Canada's commitment to building an equitable society that is inclusive and diverse.

Raising fees for international students is a politically safe move, but it shouldn't be. Many students, who come here to study, aspire to work and live here for a long time after their degree. Immigration is increasingly necessary for economic growth in the country, and immigrants that study in Canada have an easier time integrating and contributing to the workforce.

Canada should be giving incentives to international students as part of its strategy for long-term economic growth rather than locking the door of opportunity to all but the richest of international students, who are the least likely to remain working in Canada after their degree.

Campbell said the relative affordability of Canadian schools drew her to Dal. Part of the appeal of Canadian institutions is that they are cheaper than American schools and are set in an immigrant society that remains dependent on and supposedly impartial to immigrants. It's a distinction worth keeping.

*David Kumagai is a third year journalism student at the University of King's College. His column will appear bi-weekly and cover issues facing international students at Dal.*

## Reading required to inspire minds

Putting required course texts on university library stacks should be a no brainer

Glenn Blake  
Opinions Contributor

Let me tell you a story.

A long time ago, in the first semester of my first year, I was enrolled in a Greek elective, but soon after, I dropped it in favour of German. German didn't work out so well so on the last possible day, after some exploring, I switched to Spanish.

The third time was definitely a charm, but by the time the dust had settled I had spent \$600 in books, two thirds of which was all for naught and couldn't be returned. Consequently, I decided to forego the book buying process and boycott purchasing textbooks - not from the Dalhousie bookstore, not from Tigerbooks and not from Amazon.

This is not to say I haven't done any readings - quite the opposite. There are plenty of ways you can get all the information your textbooks have to offer, without the pain of depleting your alcohol budget.

You would expect the Killam Library to be one of these ways. For some it is. For many it is not. While some textbooks are available at the Killam, those were not ordered by the librarians or faculties, but placed there by benevolent professors who may happen to have an extra copy given to them by the publishing company. In fact, the onus of providing the library with copies of course readers and textbooks lies solely with teaching staff.

Recently, it dawned on me that I cannot be the only student who has searched for alternatives to dishing out hundreds of dollars for required books you may only open a few times.

Surely there are some students who would benefit from having their course materials available at the library? Shouldn't the books that are required for classes also be required to be on reserve in the library?

I am not proposing that the library's budget be spent on ludicrously expensive



Making textbooks available at the Dal libraries could save students hundreds of dollars every year. | Photo by Pau Balite

textbooks. The library does not have the budget to be buying books for each class.

I am proposing that Dal live up to its vision statement that boasts a university based around "an excellent learning environment" and "acclaimed research strengths," both of which imply that the books you require be available to you regardless of your income.

If lowering student debt isn't reason enough to place required readings in the library, there is always the environmental impact.

Those of us old enough to remember Paper-Cut, the initiative to get double sided printers in the library, could read between the lines and realize there were financial benefits to limiting the amount of waste created by paper excess. Reducing the number of books ordered and printed would reduce waste, albeit marginally.

The difference here is that the university would stand to lose money. This is because the bookstore in the Student Union Building, where most students presumably purchase their textbooks, is run by the university

(not the Dal Student Union) as a for-profit business. When you purchase books at the bookstore, the profit does not go back to the students via the student union but rather gets put back into the bookstore and the university.

This is not to insinuate that the desire to turn a profit has kept textbooks and course readers out of the library, but something has, and it's time to address it. While I think we would all expect a law student, for example, to have the books required to pass the bar, there are those classes where owning a copy of the book serves little purpose.

Students are tired of being gouged at every stage of their university career, and having textbooks available on reserve at the library is a simple act that would save many students a lot of money. It's time for Dal to stop draining student's wallets and to start inspiring minds.

*Glenn Blake is a student representative on the Dalhousie Senate and member of the DSU Council.*

## Five things the DSU needs to do to improve their website

Catherine Holloway  
Opinions Contributor

The Dalhousie Student Union will be writing a request for proposal (RFP) for a new website this year. This means they'll be putting together a description of what they want and letting web development firms bid on a contract. They could end up spending around \$20,000 for an outside company to rebuild the DSU website.

As someone who has worked as a web developer, I find this infuriating. It's essentially paying for \$20,000 in wrapping paper for a broken gift.

The reason web development costs so much is not because it requires particularly difficult skills. Instead, it's because clients are often technologically ignorant and don't know what they want. The problems with the DSU website don't call for a complete recall; they call for proper maintenance. Thankfully, maintenance is significantly less expensive.

To demonstrate, here are my top five things that the DSU could do to improve its website using the existing infrastructure.

1. Most of the DSU web applications are maintained by the Dal Association of Com-

puting Machinery (ACM), a student society made up of technical enthusiasts. Once web services are completed by the ACM, those services should be moved off of the ACM servers and onto the information technology servers in the Killam. This ensures that if the ACM decides to play around with their servers, as happened this summer, services that students have come to depend on won't stop working when they need them. Of course, continue to give the ACM development control.

2. Provide support for societies who want to set up their own dsu.dal.ca domain. Help them install content management systems. Every society could have their own website which could be regularly updated with little or no web development knowledge. Excellent, easy to install content management systems are available for free, and can be housed on existing infrastructure.

3. The information on dsu.ca needs to be updated. One example is the page on Union Market. Since the page is a static image, you can't search the current operating hours through Google or other search engines. On some computers you can't even see the page. The DSU Dispatch, which appears each week in The Gazette, hasn't been updated in two

years. Neither has the annual report. Media information hasn't been updated in a year. There are also no links to the DSU Twitter account or Facebook group on the main page.

4. Executive committee members need to learn how to use the DSU website. Storing minutes on the web and putting a link up is a really trivial task. As far as I'm concerned, the DSU Council voted to remove web recordings out of irrelevant technical concerns. Didn't Mark Hobbs campaign on a promise of a DSUTube? That hasn't been a reality because of a clause in the constitution that prevents DSU created content from being put up on third-party websites. There's more than one way to put a video on the web.

5. Students shouldn't be left out of DSU events because they don't have a Facebook account. All information that is put out by DSU executive committee members on Facebook needs to also be available on dsu.ca.

Again, let me emphasize that these are all things that can be done on existing infrastructure. Nothing needs to be purchased except tech know-how, which can be acquired from Dalhousie students. Paying students to help students - wouldn't that be nice.

# Streetter

Question: How do you stay sane?

People who write for the Dalhousie Gazette live happily ever after.

It's physics. Welllll, not really.

In fact this is an unsubstantiated claim that is both outrageous and unreliable.

However, the staff is really excited to meet you so come to a Contributor's meeting today!

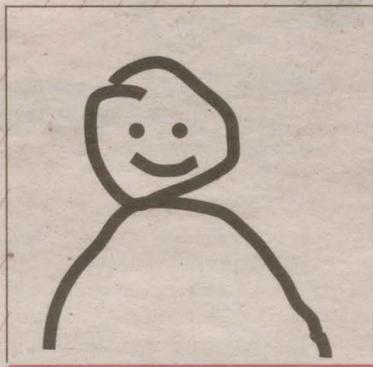
If today is Monday and it's 5:30 p.m.

rm. 312 of the S.U.B



"Just by talking to my friends."

**Danielle Aubé,**  
2nd year biology student



"Bars and boozing."

**Chris Dohnal,**  
3rd year international development studies student



"Medicinal marijuana."

**Vandad Kardar,**  
3rd year history student



"My girlfriend keeps me sane."

**Gus Kennedy,**  
3rd year resource and environmental management exchange student



"The VIP room is all about getting CUH-RAZY."

**Matt Ritchie,**  
5th year creeper



"By doing insane things. Everyone knows that if you're actually insane, you don't think you're insane."

**Kit Milnes,**  
4th year environmental science and business student



"I talk to my invisible friend. He keeps me sane."

**Ben Ojolek,**  
3rd year environmental science and international development studies student



"I don't. I embrace partial insanity."

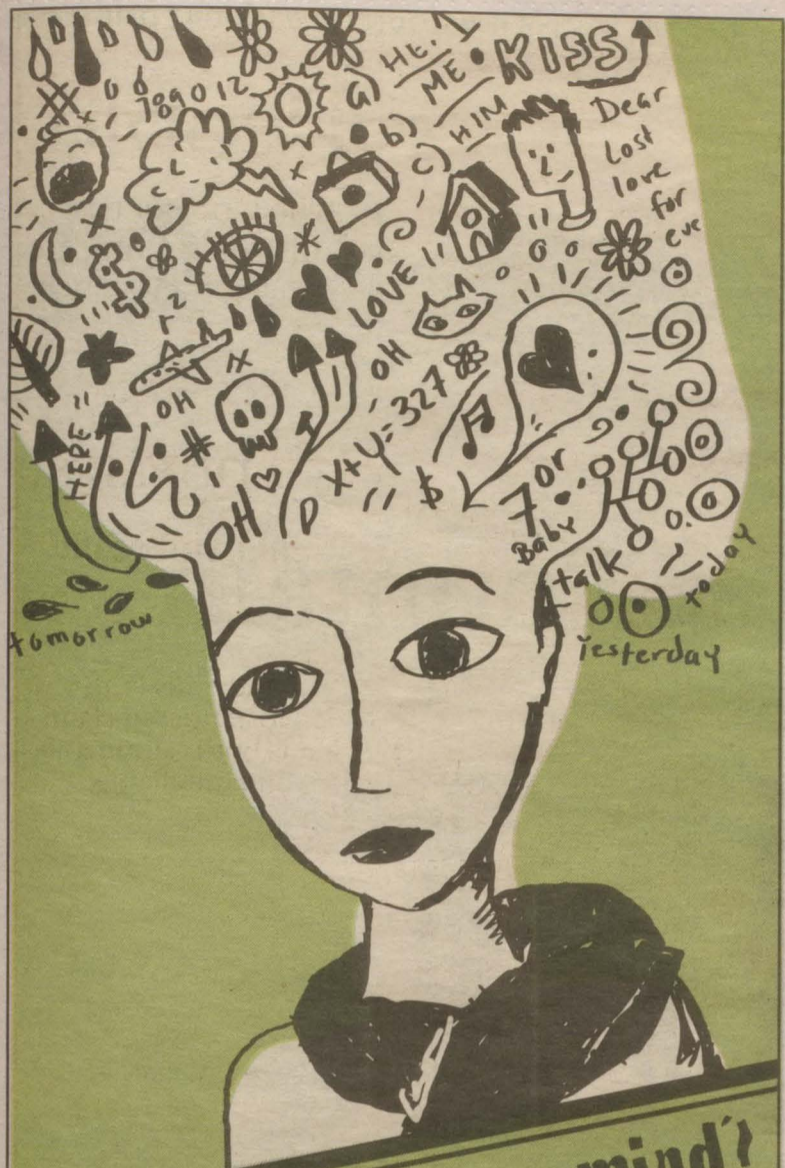
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# Arts

**Arts**  
Gazette Arts covers cultural happenings in the Halifax community. You heard it here first. Email Laura or Matt at arts@dalgazette.com to contribute.



Laura Dawe **Arts Editor**  
arts@dalgazette.com

## Music in memory of Alex Fountain

Emma Teitel  
Arts Contributor

On the night of Aug. 22, Andrew Neville got a phone call from Lachlan, his best friend and Alex Fountain's roommate.

"Alex is missing," Lachlan said. "Come over." Neville immediately rode his bike to Alex's apartment, where he and Lachlan phoned friends, then hospitals, and finally, the police.

When none of their phone calls bore fruit, Neville rode his bike to Gus' Pub: a likely place for his friend to lose track of time. Still no Alex. Neville then rode back to the apartment, but before pulling his bike into the driveway he saw that it was already full.

"When I saw the lights and the cop car in front of his place, I had a fairly decent idea about where this was going." Alex Fountain had taken his life.

"He was depressed," says Neville. "Everyone knew that. But I guess no one knew the severity of it."

Alex would have turned 21 on Sept. 11. He was a King's journalism student, who, Neville says, "didn't talk about school very often." What he did talk



| Photo provided

about, what he was about, was music. In his senior year of high school at Sir John A. MacDonald in Tantallon, Alex revised the graduation playlist to include Modest Mouse and Sigur Ros because he was

tired of listening to the standard Vitamin C and "Sunscreen Song." He knew his music.

The day following that fateful night, Neville retreated to his parents place in Cole Harbour, where he gathered his emotions, and thought:



| Photo provided

Rather than cancel the show Alex was to perform in with his band Empathy Takes Energy that coming Monday in a bar Neville described as the size of a large bedroom, he would relocate it to a bigger venue.

"In my mind, the most appropriate thing to do for Alex, and for everyone who knew him, would be to have a rock show that would bring everybody together."

Knowing the venue was closed for renovations, but knowing also that it was worth a try, he phoned Pavilion manager Chris Smith who agreed to open the club for one night only. "This all happened within 24 hours," says Neville. "The next day we had the show."

The Pavilion opened at 6 p.m. the next evening, Sept. 24. When it closed at the end of the night, roughly 600 people had passed through its doors. The bands that performed, besides Alex's, included Stay Hungry, The Gideons, Megalodon, York Redoubt, Memories of Phoenix and The Carrier - a metal band from Boston.

"I didn't really pay much attention to the show," Neville says. "I was so busy moving around, just trying to keep busy. But it was good having The Carrier there. I felt kind of bad for them cause they didn't really know what was going on. But they took away from the immediate sense of it. They gave people an outside perspective."

The people were friends and family of Alex's, and other music fans who were used to seeing him around at shows.

But equally as moving, says Neville, were the members of bands his friend liked, who approached him saying things like, "Hey, I never really spoke to Alex but he came to all my shows and he knew the words to all my songs."

It was moments like these that confirmed for Neville the importance of organizing such an event, especially so soon after his friend's passing.

"The whole thing was really beautiful. Having those people there was awesome but at the same time it was really, really shitty. I had been avoiding it. And then I couldn't. The show showed me that yes, this is really real."

Neville organized just one night of rock music in memory of a friend who loved the stuff unconditionally.

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# Between genius and madness

A humorous look at art and the conflicts of the mind

Cheryl Hann  
Arts Contributor

For as long as pretentious, pipe-smoking men have discussed art (presumably while stroking their beards), scientists have done the same. Instead of stroking their beards, they have been stroking their note pads – with pens.

For centuries, the sciences have examined the possible link between art and mental illness, hoping to discover how complex the connection is between genius and madness. "Scientists" (a term so obscure it makes me want to rage-puke) aren't the only ones to consider this connection. Artists, philosophers, poets and authors are all aware of the inherent connection between mental deterioration and creative augmentation. This shouldn't surprise you. If you were to sit down and pencil out a list of your favourite writers, artists and thinkers, I'd be willing to bet that most of them would have some history of mental collapse.

Vincent Van Gogh, Jackson Pollock, Georgia O'Keefe and Ernest Hemingway all seem to testify to a link between creativity and psychic instability.

Edgar Allen Poe puts it nicely when he says, "those who dream by day are cognizant of many things which escape those who dream only by night."

Basically, what ol' Poe-Poe is saying is that we "normies" are somewhat lacking in the quick, divergent thought patterns and unique view of the world that characterize both the highly creative and the mentally disturbed. Poe isn't the only one who feels this way, either.

A study done at Stanford University by Dr. Connie Strong revealed that creative people often share more personality traits with the mentally ill than with "normal" people who pursue a "normal" life. (Note: the word normal will continue to be thrown around all willy-nilly throughout the course of this article). The conclusions of this study, which compared "creative" students at the university against "normal" students, and then with students suffering from Bi-polar Disorder, found that the "creative" students shared more personality and emotional traits with the Bi-polar group, and that the characteristics of manic-depression are very similar to those of creative thought.

Acutely tuned senses, apprehension, irritability, self-interest and the ability to rapidly connect disparate ideas are all trademark indicators of both the creative and manic-depressive mind. This makes sense, since the common interpretation of a "stroke of genius" is convergence of rational and irrational thought, the melding together of the real world and the ethereal world, the world of dreams and demons, nonsense and the arcane.

Since this is a line that is so finely walked by the creative genius, it is easy to see how so many gifted and troubled artists succumbed to their own dark imaginings. Virginia Wolfe, Charlie Parker, John Berryman and Sylvia "head in the oven" Plath – these artists show us how the agony of mental illness can often outweigh the joy of creativity. But, some artists struggle through

the pain, and use their unique mental state to create truly wonderful works of art.

A prime example of how mental deterioration informs and even enhances artistic practice can be found in Victorian illustrator Louis Wain. Wain was born in 1860 in England, and made his living as a greeting and post card illustrator.

For much of his life, he was a "normal" boy, but after the death of his wife, and a financially disastrous trip to the United States, Wain was overpowered by Schizophrenia. Wain made a career drawing anthropomorphic cats, something he began doing to entertain his wife while she was dying of breast cancer. He soon became famous for his charming illustrations of Victorian gentlecats meeting each other in the streets of London, stopping to shake paws and discuss the weather.

But as the fear and paranoia of Wain's illness took hold, the cats began to look less like adorable, high-society kitty-men and more like sinister cat-rapists. The cats were soon being drawn, wide-eyed and fearful, over ornate, symmetrical backgrounds – a phase in Wain's career known as his "wallpaper cat" phase.

In these paintings, the cats are still clearly cats. They have fur, they have easily distinguishable features, they are still the work of a relatively sane man. But, by the early 1900s, Wain's mind had left the building. Checked out. Neglected to pay the hotel bill. At this time, Wain lived in a state of constant fear and harbored strong feelings of persecution and suspicion. The outside world stopped making sense, and Wain's cats became wild, sprawling, psychedelic patterns in which a cat is only vaguely discernable. These drawings were Wain's attempt to make sense of the world around him. His thoughts and perceptions were so jumbled up, so confused, that the only thing that made any sense to him were symmetrical patterns. Only lines and colors seemed capable of working in harmony.

In this period, Wain made what many now consider to be his best work. The paintings are inspired, unique and wholly original – they are nothing like his earliest efforts. The paintings are genius, plain and simple, too visually captivating to have been drawn by a man who saw the world correctly.

Wain eventually died in a mental institution, surrounded by cats, which is pretty ironic, since many speculate that his Schizophrenia was caused in part by toxoplasmosis, a parasitic infection that can be contracted from cats.

While Louis Wain is a good example of the archetypal "mad genius," I don't want to plant the wrong idea-seed in your mind-garden. The truth is that mental illness is an incredibly painful thing to live with – for those who experience it directly, and for those who care for the afflicted.

It is also important to note that most emotionally troubled people are not exceptionally creative, and most insanely creative people are not actually insane. There is simply an inextricable link between the two. In the words of George Bernard Shaw: "If you can't get rid of the family skeleton, you might as well make it dance."

# Nothing sluggish about Slug

King's grads movie about fake money cost real money to make

Rebecca Spence  
Arts Contributor

Greedy. Lies. Corruption. These are some of the sinister subjects that arise in director/producer Nate Lyman's most recent filmmaking venture, *Slug*, a 10-minute student film that premiered at the 29th Atlantic Film Festival on Sept. 21. The film opened to nothing short of a full house, but its creators were nowhere to be found.

"I wish I had been there to see it," says Lyman, 23, in his first year of law school at the University of British Columbia.

Also absent was co-producer and director of photography, Steve Delaney, and co-director/screenwriter Mitchell Cushman.

Delaney, 23, is at home in Toronto while Cushman, 23, is enrolled in a Masters of Fine Arts program at the University of Alberta.

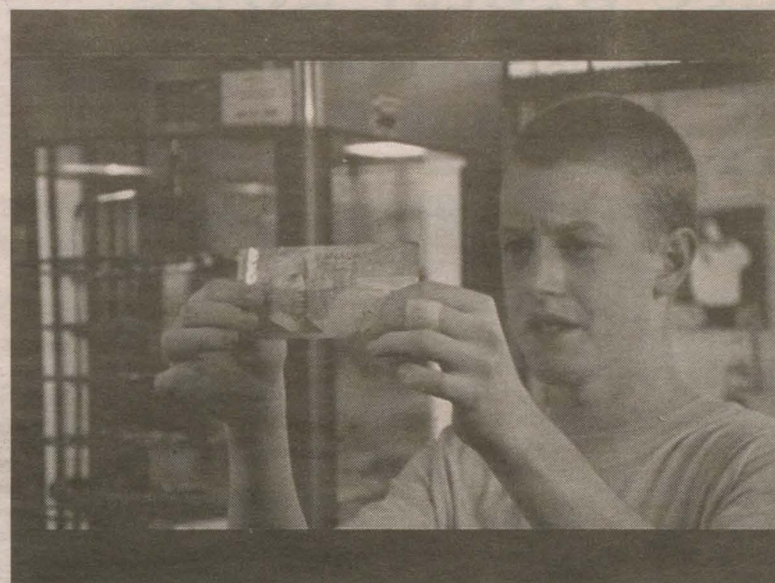
Each collaborator graduated from the University of King's College last year, and held roles as executive members of the Dalhousie-King's Film Collective.

Delaney & Lyman recruited Cushman to write a script that could easily be translated to film. Inspired by J.S.G. Boggs, an artist who was famous for counterfeiting bills, checks, and coins, in the 1980s and early 1990s, Cushman's script focuses on the concept of "slug money," a slang term for fake, illegal tender.

The story follows the destructive path of a counterfeit \$5 bill as it makes its way through the hands of several unassuming Halifax youth. From the colourful downtown backdrops of Mary Jane's and pizza corner to the scenes shot inside the ever-recognizable Jubilee Junction and Jessy's Pizza, slug money shows no mercy to its victims.

Matt Howard portrays a young, naïve university student who seems to bring misfortune to everyone around him. He buys his slug money from an older, seemingly wiser, attractive female college dropout named Felicia (Picnicfacer Evany Rosen). Howard's acting is natural and genuine, bringing a subtle cloud of guilt and fear over him wherever he goes. The film also stars Pat Wade, Yolana Wassersug and Jon Grosz.

Cushman's dialogue showcases charm and



Movie still

wit from beginning to end. Hilarity ensues particularly at its climax, when an angry victim of the \$5 bill returns to the scene of the exchange, a pizza parlor, yelling, "Pillsbury counterfeit dough boy! Where are your ethics?"

The entire movie was shot in three days in August, 2008. The decision to shoot on 16-millimeter film proved to have some special aesthetic rewards – such as a professional looking texture and depth of field – but also its practical disadvantages.

"I highly recommend against shooting on 16mm film, unless you are seriously ambitious," says Delaney. "Or unless you are looking for a good way to bankrupt yourself."

After shooting wrapped, the producers ran out of money to pay for developing the film, which involved mailing it to a professional laboratory in Toronto and waiting for it to be processed. They were forced to spend another month fundraising in order to even see the footage. The final product was not completed until June, 2009.

"I didn't get to watch the film until about two or three months after filming," says Lyman. "Imagine spending all this time working

on something and then not being able to see it."

Ultimately, the filmmakers spent \$5000 on the production. About 10 per cent of this money came from the King's Film Collective, for which Delaney says he is "truly grateful." The rest of the budget came from fundraising, the Dalhousie Student Union, private donors and the producers' own pockets.

"We didn't have the luxury of making everything exactly the way we wanted," says Lyman. "You always have to make compromises ... it's a constant battle."

Despite the many challenges along the way, the filmmakers each agree that their hard work has paid off.

"It's fantastic," says Lyman. "It's so nice to finally get some sort of recognition of all the hard work that went into it. Everyone who worked on this film worked for free and this is their payment: getting to see their work on the big screen and their name in the credits. It makes its all worthwhile."

"It feels exactly as you would expect to have a film in the AFF," says Delaney. "Fucking awesome."

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## Arts

# The Bad Arts are pretty good

Local band to play unlikely venue

Sasha Downer  
Arts Contributor



"Before even playing a show, we were just in this dark dungeon for like two months just playing and writing and rehearsing or whatever ..." | Supplied photo

The smell of rank garbage fills the air as raindrops blow off of the trees and onto our faces. The steps are soaked so we have no choice but to stand in a cramped circle on the wheelchair ramp behind the coffee shop. The staff members interrupt the band several times mid-answer, and the clouds threaten to piss all over us again. But all this is not enough to reveal any diva quality in any of the members of The Bad Arts during our impromptu interview.

Andrew Patterson (drums), Corbett Hancey (bass/vocals) and Paul Conrod (guitar/vocals) make up the Bad Arts, a group of humble Haligonians who enjoy playing music, regardless of the venue.

"We've never played a family barbeque," says Patterson grinning. "It's still a dream."

"I guess we'd have to say the bar's our favourite," says chuckling Hancey. "Oh yeah, I forgot about the living room."

The Bad Arts, who have been together for about a year, named their band after a song by Canadian artist Destroyer.

"Aside from the fact that we're shitty artists, (our band name) comes from a song by Dan Bejar. He's sort of a one-man band," says Hancey. "It's all about sticking to your guns artistically, not selling out really, but in a witty, self-deprecating kind of way ... which is kind of what we're like."

"We all listen to tons of different music, but I think we all sort of meet at 1980s post-punk, New York noise, that kind of stuff," says Patterson, who is known for his on-stage handstands.

Though the band is fresh out of the womb, they have achieved an unprecedented level of success.

"Just the other day I was outside smoking a cigarette and a girl came over and was like 'I randomly went to Gus' for a drink one night and saw you guys.' She was, like, trying to learn drumming and really liked my drumming," says a confused looking Patterson.

"It was weird cause she wasn't like a girl that you'd expect to see ... she was like Polish and she was getting her PhD," he says, giggling.

The road to celebrity is a long and winding one, but these guys have had the advantage of being hooked up.

"We've been lucky to know a lot of bands before we were a band," says Patterson. But they owe their semi-stardom to more than just luck.

"Before even playing a show, we were just in this dark dungeon for like two months just playing and writing and rehearsing or whatever ... but it's all been super fun, and everyone on the scene around here is pretty supportive," says Hancey, nodding his head.

The threesome is looking forward to playing at the Resolutes Club this Wednesday.

"It's like an old gentleman's club ... apparently they've got this old dusty plaque up there from the 1950s or 1960s, which I guess they asked the city to give them, which says: 'If you don't want to, you don't have to let women into this establishment.' ... It's still there," says Hancey.

"The normal Resolutes crowd will probably be repulsed by what we're doing," says Patterson with a grin. "But we're always talking about reaching new demographics."

"This might be our show to break into the 50-plus crowd," says Conrod.

Though the band is unsure of what's to come, they will continue on their journey to the top "one step at a time."

"Right now my goal is to play tomorrow night and have it go well. And then on Sunday the goal will be to play Sunday night and play well," says Patterson.

*Watch out for the Bad Arts. Specifically watch out for them on Wednesday, Oct. 7 at the Resolutes Club on Inglis Street in the south end. They will probably play well. And there's free pool!*

# Felt up

Indie Craft Movie Handmade Nation Hits the AFF

Jenner-Brooke Berger  
Arts Contributor

The craft community of Halifax has patiently awaited the debut of indie craft movie Handmade Nation. The film is brought to you by first-time director Faythe Levine, founder of Milwaukee's first DIY indie market and craft festival, Art vs. Craft. Levine showcases the craft colleagues she has become acquainted with since Art vs. Craft's debut in 2004.

Handmade Nation, is a 65-minute fidgety parade of big and small names in the DIY American Craft Community. Viewers enter home studios, storefronts, communal feminist craft spaces, bookbinding productions, glassblowing workshops and outdoor craft festivals. Levine travels to 15 cities, in an attempt to exhibit the community that is craft.

To name a few, Levine interviews papercut calendar maker Nikki McClure, minute floral stationary creator Jill Bliss, popular show poster-printers The Little Friends of Printmaking and sustainable clothing designer Stephanie Syjuco.

I chatted with local felt crafter Blythe Church about her take on the movie, and the community of crafters in our city. Church creates hand-dyed felt replicas of anything from Nintendo systems to vintage typewriters and audio equipment.

**Jenner-Brooke Berger:** Tell me a bit about yourself.

**Blythe Church:** I was born in Montreal and moved to England when I was five. When I was growing up, I was always drawing or making something. My mom was an art teacher so she was always taking me to art exhibitions and giving me art supplies to play with. I always said I would return to Canada for university and moved to Halifax in 1999 to go to NSCAD. I loved it here so much, I stayed!

**JBB:** What are your days like?

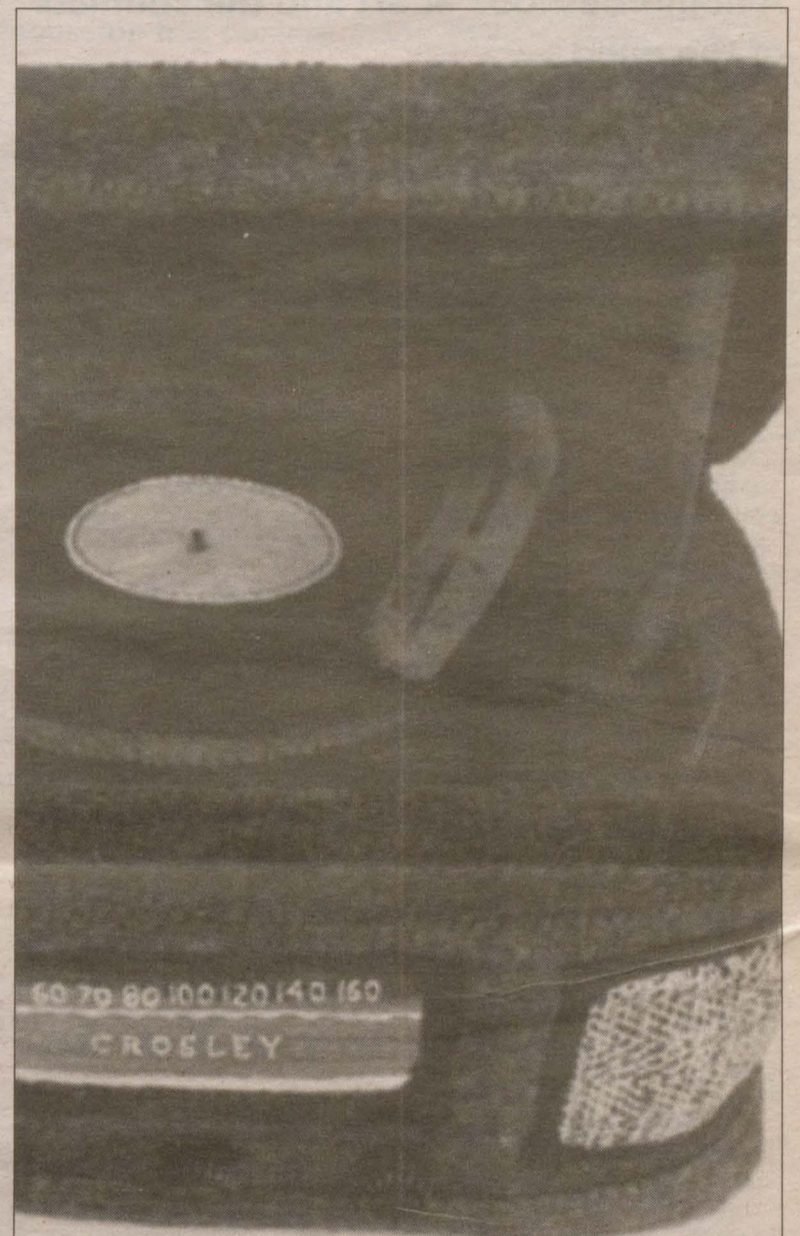
**BC:** I work four days a week at the NSCAD Art Supply Store and spend pretty much every other minute sewing. My studio is in my house, which is great. On my days off I can roll out of bed and into the studio and when I'm tired after a day of work I can bring my sewing into the living room and work on a project while watching a movie.

**JBB:** Did you begin with the felt work or was there a progression toward it?

**BC:** At NSCAD, I studied weaving and dyeing, but once I graduated (I) didn't have studio access. Without having anything creative to do, I found I was getting depressed. I really needed a creative outlet, so I began sewing. I was looking at the Craftster website ([www.craftster.org](http://www.craftster.org)) a lot at work and found the online craft community really inspiring. My first big project was a sewn robot made of wool felt that I dyed grey. From there I recreated my boyfriend's favourite camera, and then my sewing machine. I'm an avid thrift store shopper and I've been stock-piling vintage electronics and other discarded quirky objects to remake in felt.

**JBB:** In what ways are you involved in the Halifax craft community?

**BC:** I take part in the Halifax Crafter's Market and I sell my work at Argyle Fine Art. I have taken part in several local group shows. I'm currently part of the High Fibre Café show at the Moorings Gallery in Mahone Bay cu-



Felt record player made by Blythe Church. | Supplied photo

rated by Anne Pickard. I'm also just finishing up a year-long project for the Founder's Tree at the Parade of Trees fundraiser for the Mental Health Foundation of Nova Scotia.

Last year I took part in a large collaborative show through Argyle Fine Art with photographer Chris Smith. Different artists working in different media were assigned different band photographs taken by Chris. I remade the members of Wintersleep as pinned beetles in a shadowbox frame. The show was an amazing success and it felt great to work in a different way than I usually do.

I often have what I call "crafty dates" with my friends. My friend Andrea and I meet up monthly to print stationary and other things using our Print Gocco's. It's great creating work with friends. We help each other troubleshoot and can bounce ideas off one another.

**JBB:** What did you think about the film?

**BC:** I was really excited for the movie. It's so great to see so many people that, like me, have this need to create and such passion for their craft. They interviewed some wonderful craftspeople and featured some great galleries but the second you got drawn into a moment in the film, the focus changed direction with an abrupt scene change, which

was really confusing. I saw several crafters whose work I've purchased on the Etsy website ([www.etsy.com](http://www.etsy.com)) and I loved seeing inside their studios. I only wish the filmmakers had interviewed the artists more in-depth. I left the movie wanting more!

**JBB:** Do you see any distinction between what is "art" and "craft"?

**BC:** Craft is often stereotyped by work like this, which makes working in this field so incredibly challenging. Craft with a great concept can be just as innovative and thought provoking as what is traditionally referred to as "art." Luckily the resurgence of craft in the past few years is breaking these stereotypes and websites such as Etsy and Craftster, craft fairs like the Halifax Crafters Market, galleries like Argyle Fine Art and stores like Love Me Boutique are showing people that craft no longer means macramé plant holders and crocheted toilet roll covers. Craft can be innovative, thought provoking.

You can view Blythe Church's felt creations on her website <http://sewnbyblythe.com/> and visit her at Argyle Fine Art (1869 Upper Water St).



# Being there

Supporting family or friends with depression

Alex Bruvels  
Staff Contributor

My father is a Bi-polar alcoholic who has addictive tendencies toward whatever array of medication his psychiatrist is currently tinkering with. From mid life onward, he diminished severely from a productive, out-going member of society, experienced an inability to work, withdrew from social circles and became, to a major extent, a recluse. Capable now of only the most minimal day to day activities such as showering, buying the newspaper, and chain smoking constantly, his life is limited. On a bad day sometimes even these activities pose a major challenge. The situation often left me wondering, what the hell can I do to help him? I often ashamedly wonder: is there even any point? Although it's an ongoing learning process, over the years here are some of the lessons I learned, how I've tried to help him and how I try to help myself in dealing with what has had a profound impact on both of our lives.

## Be informed

Knowing the signs and symptoms of depression enables you to not only recognize mood fluctuations and outbursts but it allows you to understand why they occur. By being informed you can help your family member or friend avoid triggers such as alcohol, drugs or excessive stress that often offset emotional episodes, long bouts of depression, or removal from a "good place" mentally in their lives. By being aware of medication that they are taking, you can ensure it is being used

properly and not mixed with non-doctor approved substances. By maintaining an ongoing dialogue with any psychiatric or support staff they may be seeing can help you learn about what role you ought to play in their life and how to contribute as a support unit.

As well, be aware of false stereotypes. The media tends to display those with mental illness as often dangerous or extremely unstable. These are often only the most extreme cases and do not exemplify the reality of mental illness. In fact many people that suffer from depression, obsessive compulsive disorder (OCD), and even Schizophrenia (often linked closely with depression) are able to lead productive and stable lives. Although depression does not always have an absolute cure, combining medication, psychiatric monitoring, a healthy life style including exercise, diet and social interaction can lead to long periods of stable behaviour and personal mental progress.

Finally, mental illness does not always equate complete debilitation. Depression has wide variances of affect on people and can be only temporary or at a level that is only a minor inconvenience.

## Don't try to be Superman

Contrary to popular belief, depression is not something one can "snap out of." It often occurs as a result of chemical imbalances in the brain. Simply trying to raise their spirits or get them out of the dumps, although sometimes may help, will not always work. Be prepared for severe ups and downs, slow progress, and in some cases no progress. Don't

take it personally when you can't change how they feel, the crucial thing is to be there when they do need you, whether it be with help for day to day tasks or just emotional support. Recognize that those with mental illness are often fiercely independent and can be resentful when they feel they are being babied or their independence is being infringed upon.

## Seek your own support

You are not alone. One in five Canadians have experienced mental illness at one point in their lives. As a result, their illness had likely impacted their friends or family in some way. The strain brought on by constantly providing support and sometimes even receiving emotional abuse or being subject to irrational behaviour can result in your own stress and frustration. Having your own friends and family to rely on is crucial. Organizations such as the Canadian Mental Health Association and the Schizophrenia Society of Canada offer support groups for the families and friends of the mentally ill.

## Be patient

A partner suffering from depression may not "feel up to it" sexually. If a family member suffers from Seasonal Affective Disorder (SAD), during the winter months they may withdraw and lose interests in usual hobbies or social interaction. They may eat less, engage in substance abuse seeking behaviour and at the extreme may attempt suicide. Acceptance of such realities is crucial. Progress will often not be made over night and sometimes there will be none. At the end of the day your love and care is often the best help you can give.

# Strangely "Reclining Landscapes"

Taking a walk through Sluggett's world

Hannah Griffin  
Arts Contributor

Upon entering the large, dim room that houses Ryan Sluggett's exhibition at The Khyber Institute for Contemporary Arts, the sparseness of the showing is striking. "Reclining Landscapes" explores the shapes and characteristics different landscapes take on with age. The exhibit consists of eight pieces in total. Three of the pieces adorn the only wall in the room not left bare, and are more traditionally constructed images.

For these, Calgary-born Sluggett divides each large piece of paper into four quadrants and through the use of both bright, sheer colours and earthy tones, provides a surreal view into a particular landscape undergoing change. It is difficult to ascertain precisely what the landscape being portrayed is, yet each individual shape can be interpreted to be a different form. Each piece almost suggests that the landscape is revolting against its traditional and expected structure as it decays.

Sluggett rarely incorporates shapes into these works that have straight lines or 90-degree angles; each shape is oblong or rounded.

Across the room are the five remaining structures, sitting haphazardly on large white blocks. They are considerably more abstract than the three other pieces in the exhibit, largely due to the use of unexpected materials.

Each of the five pieces interpreting a different landscape in decline is about a foot



Some of Sluggett's work. | Photo by Hannah Griffin

and half long, with materials including metal rods, wood, recycled paper, copper hooks, nylon, clay, tin, bread bag ties and cement. The most eye-catching use of these materials employs two gold-coloured metal rods jammed through a clay disk, attached to a wood block adorned with irregular shapes.

The centerpiece to the collection incorporates visual media into the exhibit and helps to pull together the exhibit's concept. Low on the second white block sits a large cement square with a mounted piece of paper. A projector continually emits many additional images of Sluggett's work on landscapes, sometimes playing in fast-forward.

Accompanying the reel is an audio track that fills the high-ceilinged room with the ghostly sound of the whistling wind, subtle squeaking, and the far away sound of a motor. This produces an eerie, lonely feeling while viewing the exhibit. Each image on this reel changes by having alterations



in the colour of its parts, eventually transforming into another of Sluggett's works.

While initially the exhibit seems underwhelming, the incorporation of the reel adds a certain element of understanding to Sluggett's work. No two images show twice for over 10 minutes, displaying a huge array of Sluggett's work. This helps to make the almost empty room feel far less sparse. The use of multiple mediums is a nice touch. Sluggett's "Reclining Landscapes" is a strange and colourful view into one artist's understanding of change. It is engaging and different, but anyone expecting to see traditional and realistic depictions of landscapes should look elsewhere.

"Reclining Landscapes" runs from Sept. 10 until Oct. 9 at the Khyber ICA, (1588 Barrington St.) Tuesday to Friday, 12 p.m. to 5 p.m. Admission is free.



Visit Farm City Market next Wednesday. | Photo by Abram Gutscher

# Recent grads buy the farm

Farm City Market promotes delicious local food in Halifax's north end

Amy Donovan  
Staff Contributor

It's a breezy Wednesday afternoon in Halifax's north end. Nestled right beside the NSLC on Agricola Street, there is a hub of activity seemingly centered around a bunch of vegetables and someone's front step. Go a little closer and you'll see two long tables laden with fruits, veggies and baked goods. A chalkboard says you can have four apples or pears for \$1.

It began seven weeks ago with one small table, says Jessica Ross, one of four co-founders of the Farm City Market.

The 23-year-old is petite, friendly and sporting a cloud of curly brown hair. She doesn't really look like a farmer, but she and three friends – all Bachelor of Arts graduates from Dalhousie and Kings – hope to make the farm they purchased in January their livelihood.

"A main part of our focus is to give a go at feeding ourselves, providing for ourselves, preserving for ourselves and giving back to our community in the city," says Ross. "Ideally people should be able to get fresh, healthy vegetables every day."

The young farmers' vision extends beyond just providing good food to the North End. They're also passionate about preserving small-scale agriculture in Nova Scotia, sustaining the local economy and, as farmers, being accountable to their customers.

"It's worth people thinking about how things are grown," says Ross. "There's a lot of things you don't know about the food you buy, and when you buy from a farmer you can ask questions to get the information you need on the food you're buying – if it's ethical or healthy."

Some grocery stores, she says, are trying to use local food as a selling point. But "local" doesn't necessarily mean sustainable or ethical.

"The only way a farmer can viably make a living is by selling retail, not wholesale," says Ross. "You have to sell hundreds of thousands of one thing to enter into a large-scale market like Superstore."

For farms like the Gaspereau Mountain, the one Ross and her friends own, that's just not possible. Farmland in Nova Scotia's Annapolis Valley is "disappearing," Ross says, and farmer's markets are its only future.

Ross and her friends know the road to making a living as farmers will be long. Their land hasn't been cultivated in 30 years, so the soil is poor and rocky. They're using a horse instead of a tractor – it's more environmentally friendly, less expensive and "incredibly efficient," but the horse hasn't been trained yet.

"We subsidize our farming by working on another farm," Ross says. "I live on the farm for love, not money," she laughs.

She estimates that during their business hours – every Wednesday, from 3 p.m. to 7 p.m. – the young farmers see about 200 people, and they have lots of return customers. The tables, crates and baskets underneath them are overflowing with fresh produce now, but in a couple of hours they'll be almost empty.

And though it's only the Farm City Market's seventh week in business, the homemade pizza on the table, topped with mozzarella cheese, pesto, balsamic roasted eggplant, zucchini and more, is, at just half-past three, already almost gone.

Hopefully, Farm City Market will be around for longer than their delicious and sustainable goods are on a Wednesday afternoon.

Arts

# You shop, they drop

Commerce students start online grocery store

Emma Teitel  
Arts Contributor

Alex Barkin and Gillian Hull are driven women. That is, they were driven home in a cab from the superstore one too many times. It's true, they could have walked. But 10 minutes can feel like an eternity when your shoulders are weighed down by the straps of your eco-sac, and all your eggs but one have cracked. So they had an idea.

Instead of doing another co-op term like the average commerce student, they'd start their own business.

"We saw students bummed out about walking their groceries home in the rain," says Barkin. "And we knew we wanted to start a biz, so we put two and two together."

And that's how Store to Door, Halifax's first student run, same-day grocery delivery service, was born. Since the launch of its website ([www.storetooorhalifax.com](http://www.storetooorhalifax.com)) on Sept. 10, the business has signed up 65 customers and made 32 orders.

"The campus response has been really positive," Hull says. "We're pretty pleased with how things are going so far."

An entourage doesn't hurt either. Standing outside the SUB last week you

may have come across the Store to Door promotions team: a group of seven beautiful ladies in daisy duke cut offs and company t-shirts (tight, pink, hooded), on roller skates no less, handing out business literature and lollipops. But, says Barkin, though they may hand them out, Store to Door would never make suckers of its customers.

"See for yourself on our site," she says. "The prices are fair and the food is fresh. Log on. We've got over 250 products. Stock your virtual cart and if you order by noon we'll be at your door the same day."

The website even has a party section featuring essential good time items like those red plastic cups that are in all the movies, a big box of Gatorade and a little box of Trojan condoms. And of course, some hefty garbage bags to clean the whole thing up.

Barkin and Hull have received a lot of commendation from both students and staff in the commerce program for being an obviously industrious duo, but more importantly, for being original: Store to Door is the first business of its kind in Halifax.

But Barkin corrects me. It's not entirely original.

"The name was actually thought up by my Nana."

# I Killed My Mother, or J'ai Tué Ma Mère

Reviewing across the language barrier

Laura Dawe  
Arts Editor

According to the volunteer at the AFF box office, it was a decision on the part of the distributor. The Quebecois film that received a standing ovation at Cannes was listed in the AFF literature as *I Killed my Mother*, but the print that arrived in Halifax was definitely *J'ai Tué Ma Mère* sans English subtitles. After reading about the 20-year-old writer/director/star Xavier Dolan, and the three years he spent on the movie, I allowed my desire to see the flick convince me that I would understand the dialogue.

I do not speak French.

My inability to comprehend la belle langue speaks to two things: my failure as a Canadian, and the success of Dolan in creating a film so emotionally intense and visually clear that I left the theatre plein de fulfillment.

*J'ai Tué Ma Mère* is about a 16-year-old writer who wears the coolest sweatshirts ever, has a great haircut and a hot boyfriend. His mother has the worst taste. With her animal print lampshades and Celine Dion outfits, she's like a repressed Ab Fab. Played painfully perfectly by Anne Dorval, this out of touch mere has no way of understanding her son's cultural sensitivity or his homosexuality. The plot is basically just the two of them

in a progressive war for interpersonal power. Occasionally we get to see Dolan get high with his hot boyfriend at hot boyfriend's really liberal and chic mom's house. I see no reason to flavour this review with les spoilers, so I'll leave it at that. It's a coming of age story that deals with issues of alienation, homosexuality and the fact that just because you're related to someone doesn't mean you can relate to them.

Locked off frames are Dolan's specialty. The constant emotional interactions between Dolan's character Hubert, his mother, his boyfriend, and a sympathetic high school teacher tensely play out in front of an unmoving camera.

Dolan's shooting style and a pace are classic in their sensibilities but edged with a few signature shot styles. He frequently opens a scene with a series of still photographs of items in the room. By accomplishing the tone of the setting this way, he is free to leave the camera locked off on the action for as long as he likes, under no obligation to show off any more of the room to build atmosphere. Off-centre single shots of characters speaking read as heavy-handed at first, but they are maintained throughout the film and feel natural and distinctly Dolan by the end.

Maybe the dialogue is brutal and self-indulgent. Maybe it is the truth-song of the art gods. You and I both will have to wait for the DVD to find out.

# Anvil - This Is Thirteen

Jonathan Deal  
Arts Contributor

Grade: B-

*This Is Thirteen* from Canadian band Anvil, is an album full of hard hitting power chords, soaring vocals, raging guitar solos and fast paced drumming synonymous with metal which oozes out "tough." A re-release by VH1 following the hugely popular documentary on the band, the album provides much more than one would expect from a group of rockers who, after

eight records, appear way past their prime.

The band's usual set up is present with Robb Reiner on drums, Lips on lead guitar and vocals, and the talented Glenn Five on Bass Guitar. Though some songs on the album are repetitive due to thick heavy tones, songs like "Flying Blind" showcase the band members' true talent. What makes Anvil special are the lyrics and fantastic guitar solos, which resemble those by dinosaur metal acts such as Iron Maiden and Megadeth.

Lips provides classic metal vocals, occasionally slurring his words that form an incomprehensible mumble, which

is something very uncharacteristic for the lead singer on previous recordings.

Considering Anvil has played along with guitar god Slash, members of Anthrax and AC/DC, the band members definitely have talent. However, their talent only shines through on certain tracks on the somewhat mediocre *This Is Thirteen*. Unless you're a huge Anvil fan, or someone trying to find a band which fuses classic metal style with modern elements, *This Is Thirteen* probably isn't for you. Notable tracks worth listening to are "Burning Bridges," "Worry" and the electrifying "Flying Blind."

# Milks and Rectangles - Civic Virtues

Delia Macpherson  
Staff Contributor

Grade: A

These guys are good. You probably read this all the time, but in this case it's actually true. Milks and Rectangles, a four-piece band from Prince Edward Island, grab your attention immediately. The band describes them-

selves as "a band of landless resolute."

It only took the first few beats of "Armchair General," the opening track on their new album *Civic Virtues*, for me to sync it to my good ol' iPod. The song "Spanish Tickler" has already made it to my 25 most played list.

The music itself is smooth, simple and elegant. It has a feel-good vibe made with enough passion to keep you interested. The album sounds like a mix between The New Pornographers and Franz Ferdinand.

Their catchy guitar licks remind me of the coast. It's incredibly easy to listen to, which makes it that much more enjoyable. These boys have talent and are making chilled out, up-beat indie-rock music. So take some time out of your day and pick up *Civic Virtues* from your local record shop. You will not be disappointed.

*Milks and Rectangles' next show in Halifax is Oct. 17 at The Seahorse Tavern. The set includes In Flight Safety and Library Voices.*

# Dead Snow

Wolf Engelberg  
Arts Contributor

Grade: B+

On Easter holiday, eight Norwegian med students go for a vacation in the mountains, getting drunk and doing rad snowmobile tricks along the way. The film serves as a commercial for Pilsner and snowboard gear until the feast begins. Little do the snow-tubing, sex-in-a-stinky-outhouse-having 20-somethings know, 50 years ago an evil Nazi brigade was chased into those same mountains and for no discernible reason they were turned into zombies. Dark omens are

given to the students by a mysterious wanderer, who is later found murdered in his tent looking like a purple wax replica of himself.

One might think this movie would be an awful experience to watch. *Dead Snow* is one of the most entertaining movies I've seen in quite some time. Norwegian director Tommy Wirkola has done a wonderful job on the zombie genre. In an interview Wirkola described his idea: "Combine the Nazis, the snow and the blood, we just thought it'd be the perfect combination."

It was. The cinematography sets this movie aside from typical Zombie horror films.

Instead of small-town America, we have beautiful fjords and snow-covered mountains expanding on the aesthetic value of the Zombie genre in a much needed manner.

The movie featured some hilariously gory scenes. Brains literally hit the floor in one scene. No zombie film is complete without someone getting torn to bits and this flick delivers on that premise time and time again.

Norway has never had a Zombie film made there before, so this historic moment should be shared by one and all. Unfortunately, it was an AFF screening so you'll have to wait to see it on DVD.



# Sports

**Sports**

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



Joel Tichinoff **Sports Editor**  
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## HUSKIES HOMEOPENER



Photo by John Niven

### Two lead changes in final seconds at Huskies Stadium (page 20)

"What a game."  
--John Maclean

## BEAT THE KIPPER

Weekly sports trivia

**Questions:**

1. Who is the only wrestler to have a 17-0 record at Wrestlemania?
2. What two teams played in the first ever NBA game?
3. Who was the first American team to win the Stanley Cup?

Answers:  
1. The Undertaker  
2. The Toronto Huskies and the New York Knickerbockers (Nov. 1, 1946)  
3. The Seattle Metropolitans (1917)

## A Halifax state of mind

Halifax versus Toronto in a mental health match

Elissa Gurman  
Sports Contributor

I've always considered myself a big city girl. There is just something about stomping down a busy street during rush hour that gives me this indescribable buzz. New York, London, Paris, Toronto – these cities teem with life. So, when it came time to move away from school, I naturally thought I'd make my way to one of these packed metropolitan centers.

Somehow, I found myself in Halifax. This city, with a population of 370,000 people, is my new home. And I have to say, I'm glad to be in a Halifax state of mind.

This September, Forbes magazine published its second list of America's Most Stressful Cities. Topping the list once again is Chicago, followed by Los Angeles, New York City, Cleveland, Ohio and Providence, Rhode Island. Stress ratings are calculated based on several factors, including: unemployment rates, population density, the number of sunny and partly sunny days per year, and violent and property crime rates.

Needless to say, many of these stress-factors are prominent in the booming metropolises I so adore. So how does Halifax, with its special blend of big city amenities and small town feel, measure up in terms of mental health?

**First up: Unemployment**

Though this is an issue that barely seems to touch out-of-towner students like myself, the rate of unemployment in a town or city can have a colossal effect on its overall quality of life and economy. The unemployment rate in

Halifax isn't far off from the national average: 6.3 per cent compared to 6.6 per cent overall in Canada. But in Toronto, Canada's largest city, unemployment is higher at about 8.3 per cent.

Mental Health Score: Halifax 1, Toronto 0.

**Next: How about the weather?**

According to www.Livingin-Canada.com, Halifax gets about 153 sunny days a year compared to Toronto's 221. All of this cloudiness and rain can contribute to Seasonal Affective Disorder (SAD) and general feelings of low energy and dissatisfaction.

Mental Health Score: Halifax 1, Toronto 1.

**Third: Population density**

Do you like your space? Mental health experts claim that crowded urban areas can stress people out. The population density per square kilometre in Halifax is about 68. In Toronto it's about 3972.

Mental Health Score: Halifax 2, Toronto 1.

**Crime:**

I thought this would be an easy one. Of course quaint and cute Halifax is safer than big scary Toronto. In March 2008, Halifax ranked 10th on the McLeans list of Canada's most dangerous cities. It was the only city east of Winnipeg to make the cut. As criminologist Donald Clairmont tells McLeans, "There is no question that compared to other Canadian cities, there is a problem of violence in Halifax."

Clairmont lists drug trafficking, prostitution, car theft and murder as many of the issues. He posits that perhaps the population distribution is somewhat of a factor in this crime rate: "Halifax has the largest number of young adults of any metro-

politan area in the country. And the history of the world has been, where you have a lot of young adults, you typically have a lot of crime." Toronto, on the other hand, is one of the safest cities in North America.

Mental Health Score: Halifax 2, Toronto 2.

**University means less stress?**

Though criminologist Clairmont may cite Halifax's young student population as a possible factor in contributing to higher crime rates, Bert Sperling's Stress Study noticed that a common feature among low-stress cities is the prominence of institutions of higher learning.

Halifax, home to King's College, Dalhousie, St. Mary's, Mount Saint Vincent, the Nova Scotia College of Art and Design and the Nova Scotia Community College, benefits economically and culturally from the proliferation of students. The much larger Toronto area contains three universities, an art college and four community colleges. I'd call that a tie.

Mental Health Score: Halifax 3, Toronto 3.

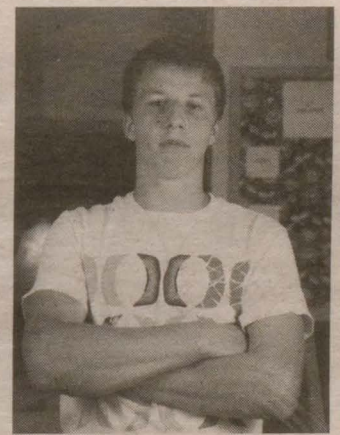
**Attitude:**

The last feature on my less-than-scientific comparative list is a way to blow off stress. As seen above, regardless of the city you live in, stress factors are everywhere. You can live in a low-density area and be anxious about crime, or you can live in a sunny clime and feel claustrophobic. Ultimately, beating stress has a lot to do with your attitude. And as we in Halifax know, sitting down for a beer with some good friends can make all the bad stuff disappear. Halifax has the most bars per capita in Canada.

Mental Health Final Score: Halifax 4, Toronto 3.

## JOCK TALK

Wesley Hawley | Sports Contributor



Name: Wesley Hawley  
Team: Dalhousie Tigers  
Sport: Men's soccer

- Q: Are your balls regulation size?  
A: Haven't had any complaints.
- Q: Who on the Dalhousie men's soccer team can you say without a doubt cried when Michael Jackson died?  
A: Jason Burr bawled, no question.
- Q: Aside from the team showers what did you miss the most about the Dal soccer team in the off-season?  
A: Sunday nights downtown. Lower Deck then Palace for dollar drinks.
- Q: If you were starving and the only two things on the menu were Cream of Sum Yung Gui and Maan Chowder, which would you go with?  
A: The first one sounds pretty good.
- Q: Who on the team would you say is the most like Carlton from the Fresh Prince of Bel-Air?  
A: Definitely Abuchi.
- Q: Let's play a little word association. What is the first thing that pops into your head when I say the words mind blowing?  
A: Header.
- Q: Who would you rather: Meg Griffin or Lisa Simpson?  
A: Lisa. Meg's got nothing going for her.
- Q: What do you think the odds are that Dalhousie will repeat as Atlantic Soccer Champions?  
A: Pretty high. Especially since we host playoffs.
- Q: Who is your favourite Jonas brother?  
A: Brutus.
- Q: What would you say is the anthem of the Dal men's soccer team?  
A: It's a tossup between "Eye Of The Tiger" and "Can't Be Touched" by Roy Jones Jr.

# Huskies win home-opener in comeback thriller

## Sherbrooke and SMU exchange TDs in final minute of play

Joel Tichinoff  
Sports Editor

The low thud of a bass drum and the faint wail of bagpipes greet the maroon and white-clad pedestrians moving down Tower Road towards Husky Stadium on a warm September Saturday. The sense that one is approaching a battlefield is heightened as the stadium and playing field come into view, a glimpse over the throngs crowding the entrance to the stands reveals row upon row of bobbing helmets flashing in the afternoon sun. The dark green helmets marked with a golden "S" belong to the Université de Sherbrooke Vert-et-Or, who tied for second place last year in the Ligue de Football Universitaire du Québec (LFUQ) and have come to Halifax looking to improve on their season's two wins over Bishop's and Concordia and a loss to McGill.

The white helmets belong to Atlantic Canada's unrivalled football powerhouse, the St. Mary's Huskies. The Huskies are playing their first home game of the season with a win and a loss against Acadia and St. Francis Xavier respectively.

From the rapidly filling bleachers, the two teams running drills in parallel horizontal lines recall the formations of a Greek phalanx. The pregame warm-up ends and the Vert-et-Or troop off the turf, a hundred pairs of steel cleats hit pavement with sound of a cavalry platoon passing by.

Following a brief homage to past Husky glory, the home team is marched onto the field followed by a full military pipe-and-drum band blaring "Scotland the Brave," harmonized with a roar of approval from the Huskies faithful fans.

A stoic speech from Land Force Atlantic Area Commander Brig. Gen. David Neasmith caps off the ceremony. As the assortment of dignitaries move off the field and the teams meet at centre-field for the coin-toss, a C-130 Hercules military transport aircraft rumbles overhead. The coin is flipped; Sherbrooke will kick to Saint Mary's.

Technotronic's "Pump Up the Jam" blasts over the stadium loud speaker while the announcer emphatically suggests "Let's get ready for football" amid wild cheers.

Sherbrooke 'demi offensif' Guillaume Blouin sends the kick back to the SMU 20-yard line to running-back Tristan Jones and receiver Jahmeek Murray. Murray receives at the 22 but Sherbrooke comes out strong and he is hauled down quickly. First and 10 from the 30 for the Huskies.

In the ensuing play, Sophomore SMU quarterback Jack Creighton hands the ball off to running-back Devon Jones who is crushed by Vert-et-Or 'demi defensif' Patrice Chenard at the 40 and the earth trembles as the Hercules roars across the sky once more. Again Creighton hands it off to Devon Jones who advances to the 43-yard line before a stopped by a double tackle by Sherbrooke strong-side linebacker Louis-Frederic Dessureault and Ludovic Kashindi, probably the only middle line backer Paris, France has ever produced. Second and seven from the 43. Creighton hands it off to Devon Jones for a third time. A mere two yards are gained and SMU kicker Justin Palardy puts the ball at the Sherbrooke 31. There is flag on the play and SMU is penalized for no yards. It is the first of 30 penalties awarded throughout the game, which the



Photo by John Niven

teams split evenly. The majority of SMU's 126 yards lost to penalties came in a first half that would see the Huskies trailing 16-3 at half-time.

With Husky offence making only brief appearances, the home team quickly surrendered a Safety. The weak offence failed to push into enemy territory and allowed Sherbrooke to wear down Saint Mary's defence, resulting in a pair of touch-downs for the visitors.

Vert-et-Or 'demi offensif' Pascal Fils led the charge towards the SMU goal-line rushing for 198 yards in the first three quarters. Fils earned his second TD of the season at the end of the first, crashing through to the n-zone on a one-yard play following a nifty pass from 'quart arriere' J.P. Shoiry to William Dion. SMU offseason acquisition Ahmed Borhat was a bright spot on a beleaguered defence despite his primary role as Receiver. Dion's kick was good putting the Quebec team up 9-0 with two minutes remaining in the first.

If the Husky defence squad was hoping for a break in the second quarter, they didn't get it. Both SMU squads struggled toward half-time with Creighton drawing an intentional grounding penalty in a panicked and

futile attempt to avoid a sack. A frustrated defensive line received an additional blow when Borhat, who had stifled multiple rushes by Fils, was injured near the SMU goal-line.

Bad turned to worse when the Sherbrooke quarterback miraculously dodged two sacks inside the 10-yard line and found 'receveur' Simon Charbonneau to lift the score to 16-0.

Embarrassments continued to pile up for Saint Mary's. The Vert-et-Or kickoff was carried forward by Murray to the Huskies' 38 where he collided with one of his own blockers. Creighton managed to complete a two-yard pass to Aaron Racioppa who was instantly mowed down by stiff Quebec D. In the ensuing play, Creighton whipped the ball directly into the chest of would-be sacker Philippe Lebron. The Halifax team managed to end the half on a positive with Palardy clinching a 19-yard field goal in the final minute.

Half-time featured a stirring return of the military band and a pleasantly well-received performance by the SMU dance team lead by sole male member Francis.

The third quarter saw a 36-yard field goal attempt from Sherbrooke ring off the up-

rights. Three points that would haunt the Vert-et-Or as the lucky break led to a momentum shift and a striking comeback from the home team. Following the near field goal the Maroon-and-White beat back the Vert-et-Or with RB's Craig Leger and Murray spearheading the drive to the Sherbrooke goal-line. A successful Creighton-Devon Jones hand-off on the one-yard line brought the score to 16-10 with Palardy adding the extra point.

Huskies defence experienced a revival at toward the end of the third, squeezing two incomplete passes out of Shoiry. It was now the visitors turn to punt from deep in their own territory on the third down. Taking the cue from the defence, SMU's offence kicked into gear sparking a 90-yard touch-down drive. Husky Stadium erupted as Creighton connected with Jahmeek Murray on a 39-yard toss. The Huskies' QB followed through, finding Joey Doherty at the Sherbrooke 27. Creighton then went short to Receiver Carl Hardwick at the 16.

Second and one for SMU. Next Leger took the ball from Creighton's hands and smashed into 'secondeur' Kevin

Regimbald at the eight. First and goal now for SMU, and Sherbrooke calls a time-out desperately trying to slow the game down, the home team has covered nearly 70 yards in four plays. Sherbrooke manages to mount a rigid stand throwing ball-carrier Devon Jones to the ground at the three-yard line.

Saint Mary's calls a time out to debate pushing on or taking a field goal. They decide to go for it and a nervous Sherbrooke calls a time out of their own. The game resumes and Creighton zips the ball through the hands of 'defendeur' Vincent Gingras, who nearly intercepts and finds Doherty diving through the air and into a tackle from 'demi defensif' J-F Marquis. The ball is down, the kick is good and the home team has its first lead of the game, 17-16 with eight minutes to go.

It's a whole new game. Husky linebacker Leroy Fontain pulverizes the Vert-et-Or kick-off receiver at the Sherbrooke 25. Shoiry attempts a hand off to Fils (so dangerous in the previous three quarters) who is grounded at the 25. Fils would only rush 12 yards total in the final quarter.

SMU defence is afire. Defensive linebacker Austin McLennan misses the interception, deflecting the ball again at the 25. Dion makes a weak punt, which Murray returns to the Sherbrooke zone, dodging to the 45. SMU's drive ends at the 41 but the Sherbrooke offence is pushed back, with two consecutive sacks on Shoiry.

Beaten back to their own 18-yard line, the Vert-et-Or concede a safety. 19-16 for SMU with less than three minutes to go. Just when it seemed Saint Mary's had gained control, Shoiry threw a 55-yard pass to Charbonneau who rushed to the Huskies two-yard line where he was hauled down. Fils finished the play for his third touchdown of the season. 23-19 for Sherbrooke with 1:24 left on the clock.

A field goal wouldn't be enough; it was touch down or nothing for Saint Mary's.

Sherbrooke's kick was carried to the Huskies' 42 by Murray. First and 10 for SMU. Creighton then sent the ball to Murray who fumbled at the Sherbrooke 50. Second and 10 for SMU back on their 42. Murray, who had had rushed 142 yards for the Huskies was injured on the play.

Next, Creighton found Doherty at the 45. Third and seven from their 45.

It was Chicago-native Carl Hardwick who received Creighton's pass and was knocked out of bounds at the Sherbrooke 51. Creighton then nearly got the ball to Hardwick who was running onto the ball at the 10-yard line. Back to second and 10 from the Sherbrooke 49.

Doherty was the next receiver, sneaking by the first down marker at the 33. An incomplete pass to Racioppa drew a 15-yard penalty against Sherbrooke for pass interference.

With 29 seconds left, it was first and 10 from the 24 and fuzzy feeling began to take hold at Husky Stadium. The next play, Creighton double pumped and found Firass El Fateh, Murray's replacement, at the Sherbrooke 11.

With 8.4 seconds left, Sherbrooke received a pass interference penalty placing the Huskies on the one-yard line. First and goal.

It was Creighton himself who carried the ball across the goal line with six seconds left on the clock. Saint Mary's took the game 26-23, coming back to win the game in less than a minute, and for those few fuzzy seconds, this Tiger was a Husky.

## Tigers men's soccer team shuts out Huskies at home Howe Hall cheers on Afani's revenge

Dylan Matthias  
Staff Contributor

For Hamzeh Afani, revenge must have felt good. Last year, the Palestinian striker went to Saint Mary's and was rarely used. This year, he's back at Dalhousie and he showed the Huskies what they let go on Sunday.

Afani scored himself and set up another before coming out of the game, which Dalhousie won 4-0. His speed caused problems for the Husky defence all afternoon. The first 20 minutes were fairly dire from both teams, with a lack of midfield control resulting in lots of long ball play and sloppiness. Many fans turned their attentions to two young children who were engaged in a spirited swordfight with their Tigers' thundersticks.

Afani brought the boisterous fans – many coming from Howe Hall to form a supporter's section – back to the game in the 32nd minute as he finished off a terrific run by Michel Daoust-Wheatley with an easy tap-in goal.

The Tigers' Chris Haughn angered the contingent of Husky fans by levelling Adam Downie shortly after. His sliding challenge might have earned a straight red card, but he kept his studs down and his back leg out of the play, and the referee elected only to show a yellow.

Afani then played set-up man for Daoust-Wheatley, repaying the latter for his first-half assist with a cross over 'keeper Sean Harvey that landed perfectly on Daoust-Wheatley's foot.

Afani was replaced by Julian Perrotta on 64 minutes, but the Tigers kept coming. Kerry Weymann scored his second of the season from his usual place – in the box on a corner kick. This one made it to the ground before Weymann spun around and lobbed it into the top corner.

Andrew Hutchison capped the scoring with an excellent job of perseverance. Picking up the ball about 25 yards out, he carried it through several Husky tackles before putting a powerful low shot under Harvey.

### Team Notes:

The Tigers have a busy week with four

games in four days, starting with this game. They play the hapless Acadia Axemen on Wednesday before playing Memorial and St. Francis Xavier on Friday and Sunday. All three teams are below Dalhousie in the standings.

The Tigers remained undefeated Sunday and now sit a point behind third place Cape Breton and two points out of first place, with games in hand on all the teams they are chasing.

The Tigers were ranked fifth nationally as of last Sunday.

### Unofficial Stats:

Goals: DAL-4; SMU-0  
Shots on Target: DAL-9; SMU-1  
Total Attempts: DAL-12; SMU-9  
Fouls: DAL-19; SMU-9  
Cautions: DAL-2; SMU-2 (34' Weymann; 35' Haughn; 49' McNeil; 54' Downie)  
Ejections: DAL-0; SMU-0  
Corners: DAL-5; SMU-5  
Offsides: DAL-2; SMU-1

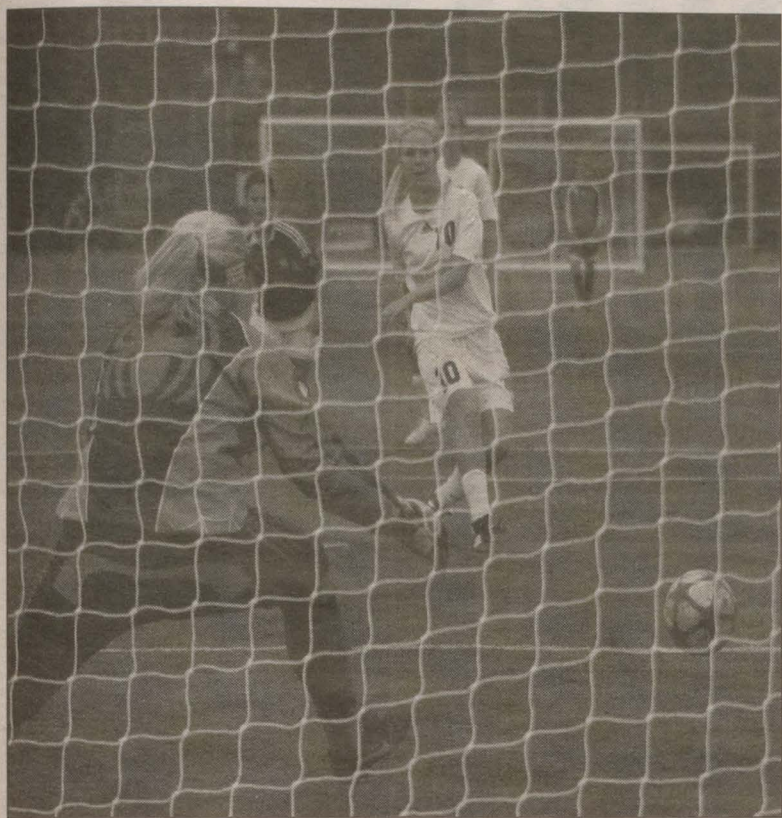


Photo by Pau Balife

## Women's Soccer completes double shut-out of SMU

Dylan Matthias  
Staff Contributor

The Dalhousie women's soccer team outplayed rival Saint Mary's, winning 2-0 at Wickwire Field on Sunday. The Huskies did most of the damage to themselves, scoring an own goal and giving away a penalty kick, essentially giving the Tigers their two goals.

"The energy was better today," says Tigers' coach Jack Hutchison. "We're quite happy with the game."

All Dalhousie had to do was absorb pressure for 90 minutes, which they did easily. Saint Mary's were rarely able to threaten rookie 'keeper Taryn McKenna. McKenna, of Calgary, comes very highly rated. This was her first home start, and she looked hungry and competitive straight from the warm-ups.

For Ashley Donald, it was the first competitive match against her former team since she transferred to Dalhousie to pursue a law degree. Donald had a solid early chance when she rounded veteran defender Anne Langley and took a bad angled shot on Alicia Wilson. Wilson saved the shot, but put the rebound straight to Emma Landry, who couldn't slide home from six yards out.

In the 32nd minute, SMU midfielder Heidi Pentz headed the ball into her own net off a corner kick scrum. It gave the low scoring Huskies – they only have one goal all season as of this writing – a tall task to equalise. Corners continued to haunt Saint Mary's, as any chance they might have had to take points from the game disappeared in the 56th minute.

Kate MacDonald delivered a corner into the box and referee Carl Gorsky ruled that it made contact with an arm and awarded a penalty. Jeanette Huck dispatched it low into the corner for an insurmountable 2-0 lead.

Player of the game Teresa Morrison nearly scored her second of the season when she struck a high shot that Wilson managed to tip away. MacDonald also nearly scored in the 79th when Wilson went down on a cross.

The Tigers play four games in seven days, starting with Sunday's game. Last night they

played Acadia at home. Tomorrow they host dangerous striker Laura Breen as she travels to Wickwire Field with Memorial. Then on Sunday, the Tigers get the top team in the conference: undefeated St. Francis Xavier.

"We're not allowed to be partying at all," says Morrison. "We have tomorrow off to take a break."

"Good food, good rest," says Hutchison on how to get through the week.

He also said he might consider some squad rotation. The St. FX game will be a big one for Morrison, who was St. FX's captain last year before coming to Dalhousie for dentistry.

"It'll be a little bit weird," says Morrison. "It's pretty big."

Hutchison isn't even thinking about St. FX right now.

"Don't have any idea about X. We play Wednesday against Acadia, and that's where the focus is now."

### Team Notes:

Hutchison gave former Queen's University player Laura Johnstone about 20 minutes on Sunday. Hutchison says he's easing her back into the line-up after a year off teaching in Korea.

Regular left-back Alannah MacLean is still fighting a groin injury that kept her out of Sunday's game. She hopes to play Wednesday.

Rookie Stephanie Crewe played left-back Sunday after earning player of the game honours in a 2-2 draw with Moncton two weeks ago.

The win puts Dalhousie up one spot in the standings to fourth place, still trailing UPEI by four points, although the Tigers have a game in hand.

### Unofficial Stats:

Goals: DAL-2; SMU-0  
Shots on Target: DAL-8; SMU-3  
Total Attempts: DAL-17; SMU-4  
Fouls: DAL-6; SMU-10  
Cautions: DAL-0; SMU-1 (56' Stephanie Holland)  
Ejections: DAL-0; SMU-0  
Corners: DAL-10; SMU-2  
Offsides: DAL-1; SMU-1

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# THE SEXTANT

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## EMAIL SPAM

*Anna West*  
Editor in Chief

One of the most exciting thrills of my day is checking my email (I know, I'm pretty lame...). Who doesn't like getting a nice chatty email from a parent, friend, significant other, pet (although, that may not be a common occurrence for most), etc. But, more often than not my shoulders slump and my smile vanishes as I come to the realization that no, this isn't at all what I was looking forward to, but I have once again been bombarded with email spam.

By Wikipedia definition, email spam is unsolicited commercial or bulk email. They often are promoting a product or company, pornographic in nature, a scam or virus or just a newsletter you never signed up for.

Two years ago I submitted an article to Reader's Digest. Since then I get emails,

on a daily basis, that tell me if I subscribe to Reader's Digest I will win a trip for two to some exotic destination down south. I don't want to subscribe to Reader's Digest and am quite sure that I will not be given such a trip. I have responded asking to be removed from their mailing list, but to no avail.

When I was ages 13 to 16 I had a Suzy Shier Prestige Card. Five years later I continue to get updates on the latest sales and promotions. The store I bought my card, and used my card, has been out of business for several months. As far as Suzy Shier is aware I don't even have local access to a Suzy Shier. Why am I drowned by their weak attempt at mass commercial advertisement? I have not stepped foot in Suzy Shier for years. Their meager attempts aren't working. Stop.

In response to constantly receiving so much junk I currently have three email

addresses to attempt to filter my email. One address is only used to give to stores, credit card companies, organizations, etc. This email is still checked on a semi-regular basis to ensure nothing of value has slipped in, but I get great satisfaction of 'Select All' and 'Delete'...probably too much. It is not unlikely that in my quick scan of 'From' and 'Subject' that an email of great significance gets obliterated. This is when email spam gets the better of me. For example, the Dalhousie Newsletters of the Dal Sticky Notes. I never asked to receive these, am unaware of a way to have them stopped. Because of the frustration of spam cluttering my inbox and 'exceeding mailbox capacity' these emails are rarely read. This can result in valuable information being missed or just dismissed without a second thought.

Emails from departmental offices and the co-op office are becoming less and

less effective as more and more people are neglecting emails that are not addressed directly to them. I know and experience this same frustration so find the need to read the emails myself and then send on reminders to my class, highlighting the important points. But when do I cross the line and get grouped along with annoying inbox fillers? Have I already? Email is the main means of communication between the university and students as well as family and friends. It is a quick way to send plenty of information, to keep a written track of the information sent and to send out information to several people at once. But are we, as a society, ruining this great technological advancement?

## SEXISM ON SEXTON?

*Zhindra Gillis*  
Treasurer

The most frequent comments and questions I get when I tell people I am taking engineering are about my gender and what it's like to be doing that while being a girl. Really I couldn't tell you. I can not contrast it with anything as I have never been a guy in engineering and I don't see that my experience in engineering is any different than my peers of the male persuasion.

In fact, the only time I feel like I am discriminated against as a girl in engineering is when I am asked that very question. It's like people are surprised that I have the cognitive ability to understand static forces, programming and vector calculus just because my boobs get in the way.

It's true that the percentage of women in

Engineering peaked in about 2001 at about 20.6% and is now falling. In 2008 the percentage had fallen to 17.1%. Just because there aren't many of us does not mean that it's more difficult for us to fit in, do well, or interact with our classmates. It is actually quite the contrary; one of the smartest students in my class is female. The other students in the class often go to her for help on assignments and her project partners are almost always male. They treat her with a lot of respect, respect for her intelligence and just general respect as a peer in our class.

I am not saying sexism doesn't happen ever in Engineering at Dalhousie. There are people who say girls actually have an advantage because of all the scholarships offered to women in technology. There are cases of harassment during co-op terms and comments from

the occasional professor or male student about "girls" not being capable. According to the Dalhousie Women's Centre they receive a lot of complaints about such things from students. The fight for equality is far from over.

The point is this doesn't happen *more* because it's on an engineering campus. Quite the contrary; I think it happens less and quite a few students agree. During a group discussion quite a few 5<sup>th</sup> year students both male and female whom have spent at least 2 years on Sexton concluded the same thing. We all work hard and can respect each other. Male or female it doesn't matter, and in fact because of the nature of the engineering program male students tend to regard the female students in engineering even more so as equals.

JP Brien, a fifth year Mechanical Student, said it best when he said

"Everyone on Sexton knows if you earn good marks in engineering you earned them and you can't take that away from someone" when it boils down to it sex doesn't have anything to do with your ability to be an engineer and anyone who goes through the program can appreciate that.

It's true the national percentage of females in engineering is dropping. That doesn't mean you should feel sorry of us or think that this makes life more difficult. The people you should feel sorry for are the guys. It always seems to be a sausENGfest around here and most guys would agree that's not always fun. When it comes to the girls on Sexton though, we cite the golden rule: quality not quantity.

*Statistics on women in engineering courtesy of MacLean's Magazine Article: Getting Into the Game September 17<sup>th</sup>, 2009.*



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## CO-OP CORNER

### Important Dates:

- Round I continues until October 21, 2009
- Interviews for Round I continue until October 22, 2009

### Things to Remember:

- The co-op website offers many tips and is very informative. The website is:  
<http://www.engandcompcoop.dal.ca>



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