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The Dalhousie Gazette
North America's Oldest Campus Newspaper, Est. 1868

it felt like
there were
fire works
exploding
in his head
and they
still havent
quit.

the next chapter:
**e-books versus
textbooks**



Lockerbie





DALHOUSIE
STUDENT
UNION

DSU Weekly Dispatch

Mark Your Calendars for Upcoming Events

Fusion Friday featuring DJ Sticks

Friday, January 14

Come see internationally known DJ Sticks for only \$3.00! The show begins at 9:00pm and you must be 19+ to attend.

Dal's Got Talent

Wednesday, January 19

Come out and see what your fellow students and colleagues have to offer! There is no cover charge for the show and this is a wet/dry event!

Open Mic

Wednesday, January 26

Come and watch your fellow students perform or enter yourself to compete for a chance to win \$100.00. If you've got talent, we want you to bring it! The show begins at 9:00pm and you must be 19+ to attend.

Learning to Lead with Dean Connor

Wednesday, January 26

Dean Connor is currently the Chief Operating Officer of Sun Life Financial Global, and formerly the President of Sun Life Financial Canada. Mr. Connor will be sharing his knowledge on what it takes to be a successful leader in the working world.

Admission is free, so come out to the Scotia Bank Auditorium, located in the McCain Building from 7:30pm to 9:00pm. This lecture is proudly brought to you by the Dalhousie Management Society.

Fusion Friday

Friday, January 28

This event is brought to you by Engineers Without Borders! There will be three bands performing! More details for this event will follow so keep an eye on the DSU website and Dispatches in the Gazette for more information!

Grawood Specials and Regular Programming

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Come try our Burger, Fries and a Draft special for just \$5.95 every Thursday from 5:00pm - 9:00pm. Why not stay for Trivia night? The Grawood hosts an exciting game of Trivia every Thursday starting at 9:00pm, so come out and test your knowledge!

If you have a big appetite, join us for our Bottomless Pasta special every Friday! All you can eat pasta for one low price!

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2009-2010 Annual Report at www.dsu.ca!

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January 14 - January 20, 2011 •

North America's Oldest Campus Newspaper, Est. 1868

The Dalhousie Gazette

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the fine print.

The Gazette is the official written record of Dalhousie University since 1868 and is open to participation from all students. It is published weekly during the academic year by the Dalhousie Gazette Publishing Society. The Gazette is a student-run publication. Its primary purpose is to report fairly and objectively on issues of importance and interest to the students of Dalhousie University, to provide an open forum for the free expression and exchange of ideas, and to stimulate meaningful debate on issues that affect or would otherwise be of interest to the student body and/or society in general. A "staff contributor" is a member of the paper defined as a person who has had three volunteer articles, or photographs of reasonable length, and/or substance published in three different issues within the current publishing year. Views expressed in the letters to the editor, Overheard at Dal, and opinions section are solely those of the contributing writers, and do not necessarily represent the views of The Gazette or

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WEDNESDAY NIGHT WING NIGHT

30 CENT WINGS

5PM - 9PM

BEVERAGE PURCHASE REQUIRED

DSU DALHOUSIE STUDENT UNION

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news.

news

news covers Dalhousie and the greater Halifax community. Contributions are welcome! E-mail Samantha at news@dalgazette.com

Samantha Durnford News Editor



Dal Libraries puts 250,000 books on your phone

Desktop delivery for library books expands, but face challenges

Evey Hornbeck
News Contributor

Dalhousie's libraries are increasing the size of their e-book collections. As a result, books may become more accessible to students, but there are a few hiccups to work out first.

An e-book, or electronic book, is a book published in digital form. Like print books, they are released by a publishing company, but are read digitally on a computer or with a reader, such as an Apple iPad or Amazon Kindle. In theory, they can be accessed anywhere with an internet connection.

"Students want desktop delivery."

This is why they are so appealing says Ian Colford, assistant librarian for collections development. Dalhousie first began purchasing e-books in 2001. They have since expanded to include around 250,000 titles in many different subjects.

"Students want desktop delivery of what they're looking for," Colford says. "If we can deliver the content digitally to their dorm room or wherever, that's the way they may prefer to access it."

In 2008/09, the Killam librarians spent 8 per cent, or \$38,085, of its book budget on e-books. By 2009/10, they were spending 13 per cent, or \$61,888, of the book budget on electronic books. Between 1999 and 2009, the amount of money the Killam spent on electronic products such as databases, journals, and e-books went from about \$350,000 to \$2.8 million, Colford says.

However, their e-book service isn't quite ready for widespread use yet. Libraries have to purchase e-books from e-book vendors. To protect the book from copying and free distribution on the Internet, the vendors place restrictions on viewing the book. These restrictions include limiting the number of users who may read an e-book at the same time and how many pages can be printed off. Sometimes only one or two people can view the same e-book at the same time. This means that, despite being an electronic file, Dal's e-books are more like books on reserve than they are like a website.

This has caused problems. Last semester, a vendor blocked access to a book at Dal when most of a 120-student class tried to access it at the same time, the night before a quiz. To make things worse, the library did not have a print copy of the book. In most cases they buy a book digitally or in print, but not both.

The library scrambled and made a deal for unlimited access for a few days in that case, but situations like this could come up in future, Colford says.

Another issue for users is the difference between reading a book electronically and reading it in print. Many students



Digital is taking over. ••• Photo by Pau Balite

prefer the look and feel of the printed page, as well as its versatility.

"I can highlight, I can take notes, and you can't do that on the screen," said Philip Ong, a fourth-year environmental science student.

Colford says recently there was a researcher who complained to the library about accessing a book electronically. The site only allowed him to view one page at a time, and limited printing to 10 pages per session. Ultimately, the library purchased a print copy of the book as well, increasing the cost to the library.

Buying an e-book instead of a print copy does not necessarily mean saving money. Publishers set the prices, so the cost of an e-book is usually about the same price as a print copy. To purchase unlimited access, says Colford, "you're looking at four, five times the cover price."

Libraries can get a deal by purchasing access to a database of e-books, as Dalhousie has done on occasion. Larger university libraries such as McGill University and the University of Toronto have more freedom to buy whole collections because they have larger

of Alberta and the University of British Columbia, are taking steps to opt out of the group as a result of the fee increase, according to Macleans OnCampus.

Greg Fergus, director of public affairs with the Association of Universities and Colleges of Canada, told the Canadian University Press that the Access Copyright is trying to get university's to pay more for a service that they are using less and less.

Michael Geist, Canada Research Chair in Internet and e-commerce Law at the University of Ottawa, believes the fee increase will push universities toward e-books.

"We're already very digital. Books are one of the things that is now transitioning in that process."

"The costs of maintaining both (print and electronic resources) are increasingly forcing universities to consider whether technology can replace conventional approaches," he wrote in the *Ottawa Citizen* in December. "The answer from a growing number of schools is that they are prepared to chart a new path that relies more heavily on emerging technologies and electronic access."

Dr. Bertrum MacDonald, a professor at Dalhousie's School of Information Management, agrees with Geist and commends Dalhousie for moving forward with e-book collections, saying libraries are "at the forefront" of the e-book movement.

"It seems to me that the future is digital," he says. "We're already very digital. Books are one of the things that are now transitioning in that process."

But where does this leave Dal students?

Some students, like Cory Wilkie, love reading e-books.

"You can search, you don't have to carry them around ... it's easier," the computer science student said.

Others aren't so sure.

"I think I'd probably like reading an actual book better, but I might use it," said Emily Watson, a second-year sociology student.

"I'd rather have the hard copy because reading a substantial amount online is a pain," says Liz Hudson, a fourth-year student in history and gender studies. "You can't just flip to the index."

Students at Dal can use Dal Libraries' system to borrow hard copy books from other Halifax universities, and vice-versa.

But students may run into trouble when trying to access an e-book their home library doesn't own. While libraries negotiate for deals to allow sharing, only one chapter or 15 per cent of the book can be sent to another library, due to copyright rules. This means there's a tight limit on e-book sharing between libraries, a "core function" of libraries, according to Colford.

MacDonald believes student interest will pick up as the technology to read e-books improves, and as more students become aware of Dalhousie's e-book collection.

"Quite a few students have e-book readers," says MacDonald, "and students are continuously reading on their cellphones and computers." Eventually, he says, reading electronically could become the norm.

Dalhousie's interest in e-books continues to grow. The number of e-books acquired each year has been steadily increasing, but without a clear direction.

"It's hard to say what the plan is because the whole field of e-books is evolving so rapidly," says Colford. Librarians decide whether to buy in print or electronically on a case-by-case basis.

"We're in a transition period. It's anybody's guess how it's going to turn out in the end. So, we'll see."

DalGazette.com Website Top 5

- 1. Dude, stop faking it**
Hayley Gray, Opinions
- 2. Seven King's students plagiarized on term essay**
Katrina Pyne, News
- 3. Dal law changes program name**
Lisa Delaney, News
- 4. And the nominees are...**
Meriha Beaton & Rebecca Spence, Arts
- 5. Tigers Hockey Midseason Wrap-up**
Arfa Ayub, Sports

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news briefs

New career site at Dal

Dalhousie University has created an online resource called myCareer to facilitate job searches for students. MyCareer, launched on Jan. 5, and is located in the Services section of students' MyDal account.

It combines previously existing career and co-op centres at the university into one system. Current students can access job listings and apply to jobs. Available jobs include part-time work, volunteer work, co-op and internship opportunities and post-graduation employment. Students upload their cover letter, resume and transcripts onto myCareer.

Through the portal, people can also make appointments with Dalhousie advisors and explore potentially helpful events through the site.

Dal student plays at Games

Dalhousie Tiger Jocelyn LeBlanc is set to play for the Canadian women's hockey team in the World University Games. LeBlanc is the top scorer on the Dalhousie team, as well as assistant captain.

Last season, LeBlanc was second in overall scoring for the Atlantic University Sport (AUS) league, playing on the first all-star team. Erzurum, Turkey is the host city for the Games, which run from Jan. 27 to Feb. 6, with the hockey final taking place on Feb. 5. The Canadian women's hockey team won gold at the last games in China in 2009.

Airline company shuts down

East Coast Airways has stopped offering service months after beginning flights.

The Halifax-based discount airline geared its services towards students by offering affordable flights and a 15 per cent student discount on advertised rates. Flights ran between Halifax, Charlottetown, P.E.I., Yarmouth, N.S., Saint John, N.B. and Sydney, N.S.

The airline has been scrutinized for poor practices around filing paperwork, leading to unauthorized takeoffs. American creditors expressed dissatisfaction about the company's poor record-keeping system.

—Olivia Schneider, Staff Contributor

Lock your doors

Police are warning citizens to lock their doors at all times. Four incidents of breaking and entering have occurred this week on the Halifax Peninsula, with entry gained through an unlocked door.

Upon entry, the thieves stole electronics and fled. At one home, the resident was present during the theft. The thefts occurred during the late afternoon at homes on Carleton Street, Jubilee Road, and Barrington Street.

—Katie Toth, Opinions Editor

Feds funnel millions into summer job creation

Large investment will create 3,500 more jobs, though part-time students remain ineligible

Emma Godmere

CUP Ottawa Bureau

OTTAWA (CUP) — More Canadian students will be able to find full-time work this summer, thanks to a \$10-million investment from the Conservative government.

Ted Menzies, newly-appointed minister of state for finance, announced on Jan. 5 that the government would help create as many as 3,500 new student jobs for summer 2011.

In an email to Canadian University Press, a Human Resources and Skills Development Canada spokesperson explained the national budget for the Canada Summer Jobs program is being permanently increased by \$10-million, starting this year.

“Not enough attention is being paid to part-time students.”

“It's welcome news for debt-ravaged students,” said Dave Molenhuis, national chairperson for the Canadian Federation of Students. “The Canada Summer Jobs program is important in that it's created employment opportunities for students that would not otherwise exist.”

The Conservatives first put Canada Summer Jobs into place in 2007 after slashing funding to its predecessor, the Summer Career Placement Program, in the 2006 federal budget. Since then, the Tories have invested \$10 million in the summer employment initiative each in 2009 and 2010 as part of their Economic Action Plan.

Both of those years saw some of the highest youth unemployment rates on record, according to Statistics Canada. Last summer, 16.8 per cent of Canadians aged 15–24 were jobless; 19.2 per cent of youth were unemployed in summer 2009.

NDP youth and post-secondary education critic Niki Ashton explained that while the government's investment is an important step, it's not enough to help young Canadians.

“But not only are they not doing enough, they're not showing any sort of innovation or really any strategy to deal with this in the longer term,” she said. “The high rates of youth unemployment

are not just a phenomenon of 2010 — this has been a trend.”

Additionally, not all students will be able to benefit from the Conservatives' new investment. The jobs that will be created will only be available to full-time students aged 15–30, who are returning to full-time studies in September 2011.

According to HRSDC, “Canada Summer Jobs is specifically designed to support full-time students returning to school because they only have summer months to be employed full-time and to save money to support their tuition costs.”

Molenhuis agreed that not enough attention is being paid to part-time students.

“Looking at who is a part-time student, especially today's economy, (it) includes mature students, students with dependants, students with disabilities, as well as those requiring re-training,” he said.

“These are students who can only complete their studies on a part-time basis because of financial circumstances, because they have to work during the school year in order to be able to afford the costs of living and afford the increasing cost of post-secondary education,” he continued.

According to Statistics Canada, there were 284,154 part-time university students registered for the 2008-2009 academic year—the most recent year for which information was collected. In that year, part-time students made up about 25 per cent of all university students in Canada.

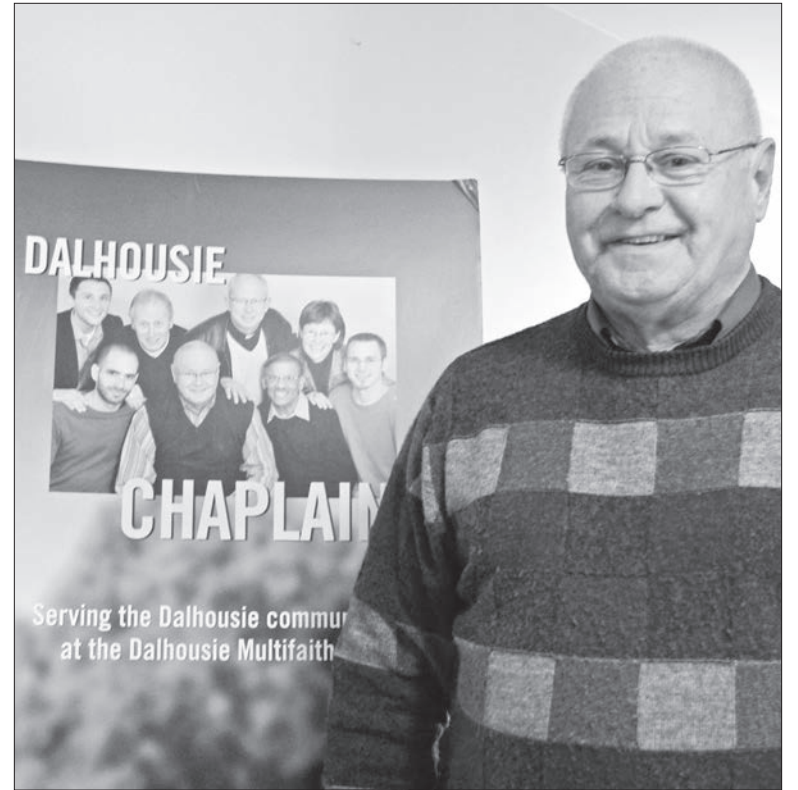
“To not allow them the opportunity to access summer employment, or to ignore that demographic and the needs they have, is further setting them back in the challenges they face,” said Ashton.

Along with age and full-time status criteria for students, the federal government will be investing specifically in non-profit organizations, public sector agencies and small businesses. Priority will be given to jobs and workplaces that support local communities, offer career-related experience to students, and will hire students with disabilities and youth who are members of visible minority groups.

Employers will be able to apply for funding throughout the month of February and are expected to be able to have students working starting in May 2011. According to HRSDC, students will be able to apply for jobs directly with employers, although a full list of supported workplaces will only be available after the summer.

Multifaith Centre sees visitor decline

Chaplain says everyone is welcome



Clement Mehlman says, “we are always wanting more people dropping in.”

Lauren Naish
News Contributor

The Dalhousie Multifaith Centre has been experiencing a decline in attendance over the last decade.

Clement Mehlman has been with the Multifaith Centre for 14 years.

When he first came to Dalhousie it was located right in the Student Union Building. At that time, when it was part of the main student hub on campus, there were three times as many students dropping into the center than there are now.

Mehlman, the Lutheran chaplain and one of the 14 religious representatives who offer their services at the Centre, isn't sure if this is a result of the location change, or the result of a shift in the amount of religious students on campus. “The administration no longer keep statistics on the religious representation of students,” said Mehlman.

He says that the Centre welcomes all. “We are always wanting more people dropping in,” said Mehlman.

The current location has more space to provide services for the growing religious communities at Dal, and the Centre is creating additions that will continue to accommodate the changing needs of religious students on campus.

Although it varies from season to season, Mehlman says the Muslim students are the most common visitors. They come to use the quiet room for their daily prayers.

The house will be undergoing some renovations this year so that Muslim students and faculty will have access to ablution rooms. These are rooms where they can cleanse their bodies before prayer. They will be available in the fall of this year.

Mehlman acknowledges that religious expression can be problematic.

“Religions can be tonic, but they can also be toxic,” said Mehlman. He believes a lot of people are disturbed by the toxic qualities associated with religion.

By bringing together religions and providing a space like the Multifaith Centre, Mehlman thinks others will see that admiring other religions is good for everyone.

“I think what this office can show people is that different religions can work together on common human problems.”

While spiritual and religious well-being might not be at the top of the priority lists of all students, the center provides an alternative place to tackle life's big questions.

“It's a good place for the conversation to begin,” said Mehlman.

To foster that conversation, the Centre's Quiet Room remains a neutral space. When you walk into it there aren't altars or symbols of particular religions. It can be used for anything from daily prayers to finding a place to collect your thoughts.

Aside from a quiet space for religious practice, the Multifaith Centre has rooms for meetings and can act as a counseling service.

Mehlman says they even have visitors who are referred to them by Dal's counsellors.

Victor Day is the director of Counselling Services at Dal. He said in an email that Counselling Services have a good relationship with the Multifaith Centre and that referrals between the two centres works both ways.

“Sometimes students with psychological problems initially go to the Multifaith Centre but may be referred to Counselling for more specific psychological counselling. Although students don't come to us with spiritual issues, sometimes spiritual or religious issues arise within counselling for other concerns, and counsellors suggest the students go to the Multifaith Centre to discuss those.”

Both places help students with religious beliefs who are feeling isolated connect with their local religious community. ☺

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Copyright fee increase postponed

Copyright Board of Canada puts \$45-regulations on hold

Jamie Ross
CUP Atlantic Bureau Chief

FREDERICTON (CUP)—New rules that would change how much universities and students are charged for photocopies and course packs won't come into play for at least another few years.

The Copyright Board of Canada issued an interim decision Dec. 23 that puts a hold on a proposed tariff put forth by the licensing agency Access Copyright.

The collective is asking to raise the fee that allows schools and students to access and copy copyrighted material from \$3.38 plus 10 cents per copied page for course packs to a blanket fee of \$45 per full-time equivalent student.

Under the interim tariff, all parties concerned can go about their business as usual, says Erin Finlay, legal counsel and manager of legal services for Access Copyright.

"The great news about the interim tariff is that actually nothing has to change. The institutions, the professors and the students, everyone can operate as they have been for the last 15 years," said Finlay, adding the proposed tariff will take the board a "few years" to process.

The old agreement, which the interim tariff has extended, expired Dec. 31.

The board issued the interim measure without reasons stated because it considered the decision "urgent."

Critics of the proposed tariff say the fee increase is too substantial.

Greg Fergus, director of public affairs with the Association of Universities and Colleges of Canada, says raising the

rate to \$45 per full-time student doesn't make sense because in post-secondary education today, learning is being done more and more in the digital realm.

"What Access Copyright is proposing is paying more for something we're using less of," he said, noting that some schools already pay double fees, for both digital and Access Copyright licences.

.....
"It doesn't seem right to me that we'd be paying anywhere between 2.5 or even five times as much for a service we're using less and less of."

"What it means is we should be paying somewhere close to \$8-10 (per full-time student) ... it doesn't seem right to me that we'd be paying anywhere between 2.5 or even five times as much for a service we're using less and less of."

A number of universities, including the University of Alberta and Ryerson University, across the country had decided before the Dec. 31 deadline to deny the proposed increase and let their contracts expire.

In an email circulated to faculty and staff at the University of New Brunswick in mid-December, Anthony Secco, vice-president academic at the Fredericton campus, and Robert MacKinnon, vice-president of the Saint John campus, wrote that there was no option to continue the current agreement, and that the university had rejected the alternative fee plan.

They also encouraged faculty to use electronic materials licensed by the library because its terms of agreement allow for course reserve and classroom use.

No one at UNB could be reached for an interview.

Finlay said there have been a lot of misconceptions about the proposed tariff and fee increases, which she says have been grossly exaggerated.

She said you can't take the old rate of \$3.38 per student and apply it directly to the new price of \$45 without considering the 10 cents per page that's paid by the student each time he or she buys a course pack.

"You can't take the former rate and compare it to the proposed new rate and say, 'That's the difference.' You have to take into account all of the payments that were made by students for course packs. In addition, there are a number of additional uses that weren't covered in the previous access copy licenses."

She said the old licence only covered photocopying, and that the tariffs would cover different types of digital uses like scanning and posting to websites.

"There has to be a value captured for those types of uses," she said.



Photocopying copyrighted material will soon cost more. ••• Photo by Pau Balite

intrigue **analysis** investigating
 uncovering building *movement action*

news. *cover news*

attitudes **perspectives** feeling

sharing suggesting *movement action*

opinions. *cover opinions*

drama **stories** writing

making playing *movement action*

arts&culture. *cover arts&culture*

success **competition** winning

pushing training *movement action*

sports. *cover sports*



The Dalhousie Gazette

CONTRIBUTOR MEETINGS 2011

mondays @ 5:30 pm, room 312, the SUB

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	8		5				

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Katie Toth Opinions Editor



How do we respond to the ex-gay movement?

We must fight the ideology that allows it to flourish

Katie Toth
Opinions Editor

When Tyson Skriver of Lethbridge, Alberta discovered he was attracted to men, his first instinct was to fight it.

"At that very moment, I thought, I'm going to hell," he said. So, "I basically just grew up trying to suppress any feelings that I had."

At 21, while on a missionary trip, he learned about Exodus International. For a while, he was hopeful that his battles against being gay might finally be won.

"I was like, 'this is what I want!', because everything that everyone told me about being gay, I found in my own life. They say that—I was actually told this straight to my face—that gay people are unhappy ... I thought, 'I'm depressed! I'm sad! I'm unhappy! Of course, of course if that's what's causing me to be unhappy, then I don't want that in my life.' So I felt that Exodus would be the way out of my sadness, of my grief for being the way that I was."

"So I came out to my family actually, during that time, and in the letter that I wrote home to my parents I said, in very ex-gay terms, I struggle with homosexuality. As if to say it's something mutable ... I'm just struggling with this, but eventually it will be overcome."

That "overcoming" didn't work so well. And that should be no surprise. According to "Changing Sexual Orientation: a consumer's report," by Dr. Ariel Shidlo and Dr. Michael Schroeder, only 8 of 202 study subjects said that ex-gay programmes had made them fully

heterosexual. Meanwhile, 155 felt that the 'conversion' had done long term harm, with 23 attempting suicide during therapy and 11 attempting suicide after therapy.

Exodus is one of the best-known anti-gay ministries, promising young, often desperate youth that "you don't have to be gay!" Its workshops, often shrouded in secrecy, charge people hundreds of dollars only to attend—no promises about the outcome. Often, they don't work—and why would they? In their ineffectiveness, these 'businesses' can reap the benefits of the shame they've instilled in people, as they continue to keep returning.

When you look at the statistics, it's pretty easy to see that ex-gay workshops don't change a person's orientation or even their behaviour. Instead, they act as catalysts, fostering an existing cycle that often begins with "relapse" and ends with self-harm, shame, abuse, or suicide.

So why do people keep signing up?

It would be easy to say 'religion,' but we need to recognize that religion means way more than a disapproving and nebulous finger pointing from the Divine (as scary as the thought of that might be). If the ex-gay movement were merely a question of correct theological praxis, it would never survive.

Rather, Skriver says, "it was a choice between being gay and being part of a community." Ex-gay ideology threatens people: by being true to your sexuality, every single bond you've built will be taken from you. And for Skriver, "the church was my entire life. The people I grew up around, the people that I

visited, that came to our house and that we ate with, that were our friends. Of course I'm going to choose community over this other thing, because this other thing, it would seem, just popped into my head."

Queer Christian youth are told they must decide between their faith communities and their sexuality by secularists and fundamentalists alike. In *Out In The Country*, Mary Gray notes that our urban-centric gay-rights movement often demands of queer youth to "come out, come out wherever you are," at the expense of connections with communities which are perceived as non-affirming.

Folks who find themselves asking this of people should note that they, too, are forcing people to choose between their sexuality and the others they love. Dan Savage would be wise to keep this in mind the next time he tells someone that if they don't forcibly introduce their parents to their partner, they're a weenies.

In perpetuating the idea that queer people should have to choose between organized religion and their sexuality, we perpetuate the "Love Won Out" myth that Exodus tries to sell: that being attracted to folks of the same sex is merely an issue of "natural sexual inclination," a challenge of human

perversity, something that has nothing to do with real love. By holding on to the traditions that they feel connected to, queers refuse to be pushed out of a community to which we have the same right of access and spiritual welcome as anyone else. Eliminating the ex-gay movement

means fighting the ideology that allows it to happen. This cannot only be achieved through secularism. Although a certain separation of state practices from religious influence is important, it doesn't serve those who enjoy being part of their faith communities. Rather, it means refusing to let a few homophobes bar the doors to the spaces which should be open to all.

Challenging the ex-gay movement within Christianity means no longer accepting flawed, often violent interpretations of the Bible as religious truisms. When secularists insist that Christianity is inherently homophobic, they allow religious fundamentalists to continue peddling their wares of hate as accurate depictions of religious thought. This thus maintains a dichotomy where people who identify with their spiritual traditions are told that they have to choose. Ex-gay workshops—nay, ex-gay Christianity as a whole—wouldn't be possible if people stopped allowing secularists and fundamentalists alike to hold homophobia up on a float and parade it around as their "religion."

Skriver now organizes with the Lethbridge Gay and Lesbian Alliance, and has worked with his local United Church congregation to make affirming (pro-gay) policy.

"That was such a good feeling, to be involved with that, because growing up I always thought these people would never accept me. Suddenly seeing the opposite of that, something I never expected to happen ... this is definitely something to pursue, and keep striving for."

Obviously, not every queer person needs to identify with any religion, let alone Christianity. But those that do, need to be supported. We must refuse to allow homophobia to push people out of any space, especially sacred ones.

In coming together, secularists and people of faith alike can resist the dichotomy that both the queer community and our churches have pushed in the past. ☺

letter to the editor.

Dear Pal,

Please don't make assertions about "female nature". Women (and people of all genders and sexual identities) writing in for advice don't need to hear any more lore about how we "seek a male of superior status...[for our] protection and survival". Here's one woman who is going to university so that she does not need to depend on her partner for security and well-being.

—Kate Hazell

We want to hear from you! Email your thoughts to editor@dalgazette.com or post online at www.dalgazette.com

Toronto community fights teen deportation

Governmental control of borders is a national issue

No One Is Illegal Toronto
Opinions Contributor

TORONTO — At 8:30 a.m. on Jan. 1, Daniel García unwillingly boarded a plane to Mexico City. García was deported after his refugee claims, and subsequent applications for stay were ignored by a racist Canadian government.

Daniel García, an 18-year old high school student who has been living, going to school, working, and organizing alongside No One Is Illegal Toronto in the Parkdale neighbourhood, was first racially profiled, 'randomly' asked for identification and handed over to Immigration Enforcement by Toronto Police on Dec. 23, 2010.

Daniel and his sister, Brenda García, had filed for a refugee claim in Canada in 2007 after they were assaulted in Mexico for her sexual orientation, and her

partner was murdered. As is common practice in Canada for people from Mexico, his as well as his sister's refugee claims were denied.

"Daniel's deportation is an everyday injustice."

The Parkdale and Toronto communities came together to protest Garcia's impending deportation. With over 1600 petitions signed, Christmas Day meetings of 50 people, New Year's Eve rallies of 150 people, some believed that perhaps the Tories would listen to the 'public' that they always invoke. With politicians, church groups, teachers

unions, the Toronto District School Board, and especially Daniel's teachers and fellow students all condemning the deportation and calling for his release and with headlines in every newspaper and TV station across the country telling his 'special' story, some thought that perhaps Jason Kenney would intervene and grant Daniel Garcia a temporary resident permit.

He didn't.

Yet again, the Conservative government has shown that it is committed to a single project—one of exclusion, exploitation and ongoing violence.

The Federal Court Judge hearing a motion on Daniel's stay of deportation insisted that he had come to the court with 'unclean hands' because he had not informed immigration authorities of a change in address and did not appear for one appointment, and as such his deportation would not be stayed.

We charge the Federal Court of Canada, Jason Kenney, and the Harper minority of having unclean hands. Their hands uphold no principle of justice, only the economic value that they can squeeze out of migrants. Their fingers are buried in colonization and capitalism, while ripping apart our communities and our families.

The anger that rises in us is not because Garcia's deportation was an exception. It rises because his deportation is an everyday injustice where migrants, poor, racialized, young, unwell people, often women, queer and those living with disabilities, are tossed out.

What moral authority does any person, bureaucracy or government have to determine where people can live? None! A state that exists due to the dispossession and killing of Indigenous communities has no moral power to control who lives within borders it calls its own.

And when rallies, petitions, phone calls, and emails do not work, we ask ourselves, how are we to defend ourselves against this violence?

Today, as we look back at what has transpired over this past week with sadness and anger, as we hold together those dear and still with us, we commit again to pushing immigration enforcement out, to making our neighborhoods and our communities safe.

We will not gain justice just in the courts, through politicians, or the mainstream media. Justice will come when enough of us, together, commit to tearing down the ideological walls that separate us into citizens and refugees, to ripping open the immigration jails, and to destroying every force that pushes people out of their homes.

For more information, visit nooneisillegal.org.

The Sex Collective presents:

Up mine?

Muses on pegging:
Part of a 3-part series on anal sex



You have a prostate—use it. ••• Photo by Alice Hebb

Mina Atia
The Sex Collective

“Pegging.” Have you ever heard of it before? This sexy term describes the act of a woman penetrating a man with a strap-on. Yes, it is heterosexual! The term has been used to describe the *Bend Over Boyfriend* (B-O-B) series of sex education videos by the sex-toy business Good Vibrations located in San Francisco. The videos were also featured on the Daily Show, which makes them a big deal, kind of.

Why should men consider being penetrated with a dildo by women? Well, because the male G-spot—yes, men have G-spots too—is the prostate gland, and it is best reached through the anus due to their close proximity in anatomical distance. Anal stimulation through penetration allows for friction of the rectum wall adjacent to the prostate gland to massage the prostate area, which contains the ejaculatory ducts that transmit sperm from the ductus deferens into the male urethra during orgasm. Massaging the prostate increases the semen production and the volume of ejaculation leading to an intense orgasm. All of this is achievable by masturbating while being “pegged.”

Many of us are aware that gay men enjoy anal sex, and that prostate stimulation provides vibrant sensations towards climax. However, for some

straight men, the idea of “taking one up the bum” seems too emasculating for them to actually experience this kind of bliss. Our society often tells straight gentlemen that their pride must come from being dominant in bed. So here is some “food for thought”: submission is not all about being passive. In a hot, consensual relationship, the sub holds a good share of control during sex. This applies especially when all the pleasure is happening at their “back door.” The fact that they are in control of the point of entry, of how much they take in, and at what pace should be a clear indication that they, too, possess a different form of power.

The argument of how painful the sexual act could get is one of the many other reasons why men retract when confronted by their female partners during arguments about pegging participation. With enough lubrication and relaxation, pain should not be involved. Instead, gently add pressure to the ring of nerves surrounding the anus, until you feel the sphincter open to welcome you in. Then, work slowly, allowing the pressure to gently hit the prostate area. If it hurts stop.

So why not slap on some more lube and ask your girlfriend to bend you over, or talk with your wife about how hot it would be if she wore a strap-on in bed? You never know what you might be missing. ☺

The war on the environment

Or, how I learned to stop worrying and love the sun

Nick Wright
Humorist

Since the dawn of time, man has had an innate hatred of his environment. It comes as no surprise that almost every major set of mythologies has a cataclysmic story on just what a bitch Mother Nature can be. Usually these myths came in the form of a flood. Whether the Biblical flood, the Mesopotamian epic of Gilgamesh, or the Hindu myth of Manu, the story usually inherently contains the same moral that Nature is an unstoppable she-devil, and Man would be best served to respect her.

But Man is a proud animal. Understandably, he did not want to be subservient to some largely incomprehensible force that had the audacity to place itself above him. And so we began a righteous crusade to bend nature to our will, creating waterwheels and windmills, ploughing the earth and subjugating animals for our own purposes to make tasty, tasty food. Admirable as the attempts of our ancestors were, however, they were inherently flawed. All of these attempts to dominate still depended deeply on Man respecting the so-called ‘natural order.’

We, dear friends, do not have to do any such thing. We live in an enlightened age, one of technology, increased

urbanization, global trade, and rampant consumerism. Through these things, we have finally obtained the tools to defeat our greatest historical enemy: Nature.

Upon looking out the window this Christmas and seeing the lush green lawn of my parents’ house, it occurred to me that not only do we have a fighting chance against our earth, but that we are actually winning the battle. Here in the West, the narrative of the ‘cold long depressing winter which must be endured’ will soon be a thing of the past! While the liberal-spin media has constantly chastised our dire need for bigger and less efficient cars and houses built further and further away from our workplaces, these very things are in the process of creating exactly what we of that more refined class have always wanted: a land of perpetual summer.

The results of the ongoing campaign against Nature are visible not only on the homefront, but worldwide as well. The rainforests of South America were formerly home to some of the most poisonous, shiftest animals in the world. But soon, instead of a smelly, overgrown, unfriendly landscape, we will have acre upon acre of productive farmland with which to feed our unquenchable hunger for meat.

By destroying the current state of nature, we will also be able to truly bring the rest of the world into the twenty-first century. There are many people around the world who still live trapped in

barbaric cultures and ways of life, fishing, farming by hand, and living without many of the modern necessities which by now they should most definitely have been provided.

Those economically draining cultures will be those affected most by our current climate harmonization project. In true neoliberal fashion they will be forced to either adapt or perish, creating modernized economies for us to trade with (or cautionary tales about what happens when you don’t jump on the bandwagon and get horny for Industry).

True: we are still working out the kinks in the great environmental readjustment process. Crippling snowstorms, hurricanes, droughts, and floods, not just abroad but here in the civilized world, have seemingly been on the rise. Do not fear! These are simply the death rattles of a nearly-defeated enemy, the unpleasant collateral damage of a great war almost won.

Soon, if we continue our current habits, we will have a world free of not only the more unpleasant aspects of the natural world, but also of millions of the global poor, who it seems do nothing but drain our hard earned money in foreign aid and bum us out in the form of World Vision commercials while we are trying to watch television in peace. I see no possible way in which man’s complete dominance over nature at this point could not come to pass. ☺

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Slaves to social media

Elizabeth Bate
The Cord
Wilfrid Laurier University

WATERLOO, Ont. (CUP) — Computer addictions were once reserved for nerds and hardcore programmers. But social networking has made them a mainstream mental health issue.

More than just a new way to keep in touch, websites like Facebook and Twitter have created new jobs—but for some, it has also created new addictions.

Wilfrid Laurier University physics and computer science professor Ilias Kotsireas is amazed at the life-changing impact social networking and gaming sites have had on such a large population of individuals.

"It's quite a phenomenon. When you're hooked up for nine or 10 hours, it's bound to affect your life," he said, referring to mobile applications that have made accessing these sites easier, but also harder to get away from.

Daniel Rzonczinski is a therapeutic counsellor at Kitchener-Waterloo Counselling Services. He specializes in treating Internet addictions and said he is seeing an increasing number of patients every year.

"We don't have statistics because it is quite secretive," he said.

Rzonczinski said these addictions start because the Internet is easy to access and feels safe to the user. He

said if the user's daily activities are being interrupted by using Facebook or Internet gambling and gaming sites that determines whether there is an addiction.

"If you're doing this at work (or school), how much time could you spend being more productive on something else?" he said. "The addiction is affecting your normal life, so you're spending more and more hours with your addiction."

Both Kotsireas and Rzonczinski believe students in particular spend too much time online. With laptops becoming an ever-growing staple on university campuses, as much a temptation as a tool, many students can't help being virtually social when they are supposed to be studying.

"The Internet can be a big, big problem. It's a fantastic machine, but it can be terrible at the same time," said Rzonczinski.

As someone all too familiar with being on Facebook while I should be doing other things, I decided to try an experiment. I gave up social networking—all texting, Facebook and Twitter—for an entire week.

The tools of my daily life, I couldn't imagine what my life was like before them—just five years ago.

Applications on mobile devices have made using social networking so easy, we barely even think about it. It was hard at the beginning of my week away to resist the urge to check my phone

first thing in the morning and every few minutes throughout the day.

Rzonczinski said the key to using the new wealth social networking provides and maintaining a healthy relationship with these tools is balance firmly rooted in reality. Rzonczinski adds that the behaviour becomes an issue when the user is spending three, four or more hours a day online looking at the same websites.

"One thing that we see with students is failing courses," said Rzonczinski, who suggests students who find themselves skipping classes frequently or failing courses due to extensive time spent online should seek help. "It's very difficult to solve the problem by themselves."

Rzonczinski said part of the difficulty of addressing an Internet addiction is the ease of deniability. The Internet is a good tool and is widely used, giving the addict the ability to be ambivalent about the issue. "They say, 'I have a problem, but I don't have a problem'," he said.

As my week without social networking progressed, I barely noticed the absence, but when the week was over I was glad to have it back just the same. I have realized I can live without virtual social networking, but I find myself asking why I would want to, as long as its presence in my life remains healthy.

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Rebecca Spence Arts Editor



Ready, set, go!

Fresh Goods owner primed to kick start his new business

Rebecca Spence
Arts Editor

Aaron Clarke was sick of walking into sneaker stores only to be greeted by long walls of monochromatic footwear.

"White and black, white and black, white and black," he groans. "It's just so boring."

Clarke, 30, says he can't wait to receive his first shipment of colourful Adidas sneakers to display on his store's wooden shelves, which are still bare and lonely. Right now he has two pairs showcased from his personal collection—including the purple and yellow sneakers that he says solidified his urge to open his own store.

Since Fresh Goods carries a small but tight inventory of other items to compliment its sneakers, it's fun to peruse the racks of the carefully thought out collection.

Simple yet vibrant K-way wind-breakers, rain jackets and parkas throw you back to the early 1980s jogging trend. Neon backpacks seem straight out of an episode of Fresh Prince of Bel-air. Bright, colourful T-shirts designed by local artist Geordan Moore look like a cover of The Coast. The medley of iPhone, iPad and MacBook cases make you want to go out and buy yourself a brand new Apple device. But Clarke is fairly certain that using a case for another brand of laptop "won't cause it to burst



"The design bug got into me and I started looking at neat things thinking that we should have that in Halifax."

"I'm a bit of an Adidas sneakers freak, and I was horrified with the selection in the city here—it's just garbage," he says. "We're a big enough city to actually have a proper sneaker store with interesting sneakers in it."

Clarke opened Fresh Goods Sneakers and Apparel on Dec. 5, but the grand opening won't be set until the sneakers arrive in mid-February. Located right at the corner of South Park and Spring Garden Road, Fresh Goods is in the perfect location for its target market: university students and young professionals.

"I just wanted it to be a place that people associated with new products or interesting products," says Clarke.

into flames."

But the pièce de résistance is definitely the selection of Nooka watches, belts (called "strips") and other goodies. Clarke is the only Canadian retailer east of Montreal who carries the trendy line from New York designer Matthew Waldman. The bands of the watches and belts are made from polyurethane, a material that gives the elasticity of rubber as well as the toughness and durability of metal. The interface of the watches offers a completely non-traditional way to interpret the abstract concept of time, in which horizontal or vertical bars represent the hours, minutes and seconds.

Nooka even sells its own corporate

Clarke is the only retailer east of Montreal to sell these Nooka watches. ••• Photo by Rebecca Spence

mascot: the "nooka nooka," a crazy looking critter covered in vinyl pop art that doubles as a watch stand.

"It's kind of a kooky idea," says Clarke. "But they're kind of a kooky company."

Clarke certainly appreciates these unique design efforts. But Clarke is just as concerned with the way products are built as he is with the way they look.

"I'm very carefully picking these new, interesting design ideas," he says. "Brand names are important, but I feel like a brand name is a rip off if all you're getting is the name. You don't wanna pay just for name. You want to get value and quality for your money."

Much of Clarke's attitude spawns

from working in television as a props builder – mostly for kids' shows before he opened his store. In that field he met lots of people who came from art school backgrounds, leading him to pay more attention to how things are designed and built.

"Building so many strange things with so many weird materials got me curious about things," says Clarke. "The design bug got into me and I started looking at neat things thinking that we should have that in Halifax."

This explains why Fresh Goods carries Reigning Champ hoodies that are sewn together in Vancouver and backpacks that take advantage of abrasion resistant

material. Clarke believes that even though the price point is a bit higher on these items, the quality is well worth it.

"There's no reason to suffer poor quality," he says. "People pay good money for things and they should be satisfied by the end of the day." ☺

Fresh Goods Sneakers and Apparel is located at 1491 South Park Street—right next door to the closed down Dairy Queen (which is hopefully not turning into a Nike outlet anytime soon). For more information check out freshgoods.ca



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by Paul Balite



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"Saving money to use instead on food."

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OVERHEARD
AT DAL

On
Spring
Garden
Road:

Guy: "Plants have neurons too, right?"

Overheard
at King's
in Prince
Hall:

Guy: "I feel like one of the giants from the Big Friendly Giant."

Girl: "Why, because you're tall?"

Guy: "No, because I like human blood."

Somewhere
else at King's:

Girl, struggling
with small straw:

"Not cool. I have to suck so hard to get some."

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Flavour of the week

Add some umami to your everyday fare



Cherish this savoury morning treat. ••• Photo by Jordana Levine

Jordana Levine
Food Columnist

Most of us can list the four basic tastes that we find in food: sweet, sour, salty and bitter. But there is another taste. It's called umami.

Umami is a Japanese word that

directly translates to mean "delicious taste," but is commonly referred to as savouriness. Foods like anchovies, ketchup and parmesan cheese have umami.

The taste comes from glutamate, a type of amino acid, and compounds called ribonucleotides. MSG

(monosodium glutamate) is basically a refined version of the taste, although it can be found naturally in a variety of meat, fish, vegetables and dairy products. It's not easy to identify, but it plays a role in enhancing other flavours and balancing them out on your tongue to make your mouth water.

Although people have been cooking with umami ingredients since ancient Rome (or earlier), when they used fermented fish sauces, the taste wasn't officially identified until 1908. A Japanese scientist named Kikunae Ikeda realized that broth from kombu seaweed was appetizing because of this unique taste. It led to the combination of seaweed broth with dried bonito (fish) flakes and parmesan cheese with tomato sauce. These combinations enhance the savouriness of each dish.

Although the quick fix to pack umami into any dish is often a sprinkle of MSG, Laura Santtini, a British food writer, has found a natural way to put all the flavours that create umami into a shiny new tube. She calls it Taste #5 Umami Paste. Although it's hard to come by, having only gone mainstream in the UK last February and constantly selling out at a limited number of Canadian stores, my roommate's mom managed to snag a bunch of tubes over the break in Toronto.

So we decided to make something as umami-filled as possible on our first Saturday back at school: savoury French toast. Although I usually have mine sweet, with cinnamon, sugar and milk mixed into the egg mixture and maple syrup on top, my roommate Emily assured me that savoury French toast was the way to go.

Makes sense, considering I like my scrambled eggs with herbs, onions and cheese.

We beat two eggs together with a few tablespoons of melted cream cheese and milk, warmed in the microwave. Then, we sprinkled in a bunch of crushed oregano (which would be great fresh, as would basil, rosemary, or a number of other herbs), some black pepper and a squeeze of umami paste. Slosh around

some bread, which is best when it's a little stale, in the egg mixture and fry the toasts in a pan for a couple minutes on each side with a tiny bit of oil, until it gets nice and golden. In hindsight, I would use cream instead of milk for a richer flavour.

We also made a quick fresh salsa with chopped onion, tomatoes, a pinch of garlic, and some lemon juice. And, just for fun, I squeezed in some umami paste, too.

.....
"Make your mouth water."

The result was something foreign and surprising. It definitely took a few bites for my taste buds to adjust to the concept. But it turned out to be a perfect brunch – and easy to make for a crowd. Hints of salty anchovy paste, meaty porcini mushrooms and rich balsamic vinegar darted around in my mouth.

Although I don't know if you can get the paste in Halifax, and it's even hard to find online right now, you could probably make a simplified version on your own.

The paste has tomato purée, garlic, anchovy paste, black olives, balsamic vinegar, porcini mushrooms, parmesan, olive oil, vinegar, sugar and salt. If you put a tiny pinch of a few of those into any savoury dish, whether it's pasta, steak, soup, or pizza, the results would probably be similar. You don't need much.

So play around and find the umami in your food. ☺

You can learn more about Taste #5 Umami Paste at laurasanttini.com/umami

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 - Not currently receiving psychological services or recently started psychotropic medications (e.g., anti-depressants) or experiencing symptoms of bipolar disorder, an eating disorder, an addiction, or psychosis
- It consists of modules that students work through at their own pace, and regular contact with a program coach.
- Previous pilot research on the program has suggested positive potential, but we wish to evaluate it in comparison to improvements that may occur without the program.
- For more information, please e-mail: fbcoach1@dal.ca

Learning Lynch

Dal's new film course exposes students to the cinema of David Lynch

Cheryl Hann
Staff Contributor

If the song "Blue Velvet" gives you chills, not because it's enchanting, but because you can't help but picture Dennis Hopper huffing chemicals out of an oxygen mask; if you've ever refused to go behind a family restaurant cause you know there's a horrible man back there making everyone afraid; if you like your coffee black as midnight on a moonless night, boy, do I have news for you. Beginning this term, Dalhousie will be offering a class devoted entirely to the work of David Lynch.

The class, taught by professor David Nicol is Dalhousie's first film class dedicated to a single director, and this one's already got his own adjective.

"People use (the word Lynchian) to mean weird," says Nicol. "But anyone can be weird. I could say, 'extract the purple ocelot, Mildred!!' and that would be very weird, but it's not Lynchian." No. It's not. There is something more lasting in Lynch's particular brand of absurdity: a kind of irony that sets our mundane lives against a backdrop of the morbid and the macabre, reminding us how pervasive these forces really are.

"It often gets under your skin and stays in your mind for reasons that are hard to define," says Nicol. "In a couple

of minutes, you'll have forgotten my ocelot sentence, but you'll never forget Laura Palmer's cousin saying, 'I feel like I know her, but sometimes my arms bend back.' That's what Lynch does."

"The intriguing question is why," he says.

Nicol hopes to answer this question by inviting his class to psychoanalyze Lynch's films. Since Lynch's films are so characteristically dreamlike, it makes sense to study them the same way we study dreams.

"He's obsessed with particular themes and images," says Nicol. "So we can watch him develop those ideas across his career." These themes become apparent when you look at Lynch's films: All but two of them are set in the United States. Twelve films feature the unmistakable music of Angelo Badalamenti. Lynch seems to love the 1950s and the color red. Nicol's class can help you figure out what these recurring motifs mean, and how Lynch is able to use them so effectively.

The *Gazette* asked fourth-year honours student David Hung why he registered for the class.

"This class will be an opportunity to share the different experiences everyone had watching Lynch's films," says Hung. "If you've ever seen one before, you'll know that it affects you very personally. You may not completely understand it,

but that's not the point. It only matters what you take away from the film."

Hung hopes the class will help him gain new insight into Lynch's work through exposure to different perspectives.

Students who signed up for the course will get to share their perspectives on the majority of Lynch's work. *Eraserhead*, *The Elephant Man*, *Lost Highway*, *Mulholland Drive*: they're all there, plus five more and, "a few episodes of *Twin Peaks*" Nicol says.

So if you're lucky enough to get a spot in the class (space is limited), that's awesome. You're going to love it. If not, you can always rent *Mulholland Drive* from the video store and spend the next three days telling anyone who'll listen about the huge dump it took in your mind.

And, if you are going to watch Lynch at home, Nicol has some advice:

"Get yourself access to one of those big, high-def TV sets. You'll need a really good sound system, with a lot of bass, and you should turn it up loud. Lynch likes his films to be large and loud so that they engulf you in his world and remove you from this one. And you must watch the whole film from beginning to end. Lynch is very serious about this.

"Basically you need to treat the film with some respect," he says. "It is a work of art, after all." ☺

FRED.

More than just your average salon/gallery/eatery

Erica Eades
Assistant Arts Editor

If you think a venue that combines an art gallery with a whet café and a hair salon seems like a strange concept—you're probably right. But one visit to Fred. is enough to make you reconsider.

Located across from Gus' Pub in Halifax's trendy North End, Fred. sits inside an old, concrete bank. Simplistic and bland in its outward appearance, one could easily walk by without so much as a second glance. For those who venture within, however, a myriad of surprises awaits.

When you first enter the local haunt, you're greeted by the welcoming staff manning the front counter. For those in a hurry, they offer coffee and snacks to go—but that means missing out on the experience that separates Fred from other restaurants (and galleries and salons, for that matter). That's because their variety of services makes for a unique blend of characters; artists, foodies and fashionistas alike frequent the chic and tasty destination.

On this particular rain-filled, Maritime-evening, the gallery is showcasing ART. *surround*, a group exhibit featuring the work of Kyle Jackson, Miro Davis, Bryan Steiss, Tere Mullin, George Walford, Michelle St-Onge, Benjamin Allain, Ben Woodyard and Diana Deblatte Scarola.

The range of voices behind this exhibit makes for an extremely diverse collection. From Davis' sculpture, made from porcelain, resin and grout, to Allain's paintings that consist of spilled coffee and mixed media, there is limited consistency from one piece to the next. But that's what makes it so exciting: everywhere you look, there is something new to experience. From vibrant colours, to muted tones, there is an extraordinary depth that keeps things interesting as you walk through the exhibit.

While your eyes are soaking in the brilliance of the gallery, your taste buds can also enjoy a spread of fresh and locally-sourced foods. Though I was disappointed to find minimal vegetarian options on the menu, I was content with their delicious orzo salad and freshly-baked bread.

Also not to be missed is their amazing assortment of cupcakes. To keep people coming back for more, they switch up their flavours on a regular basis—this week's special included an orange-ginger combo, and an exceptional chocolate and cracked pepper.

Being in the North End makes Fred a fairly substantial jaunt from campus. But if you're looking for a great place to study, a delicious cappuccino, local artwork, or even a trim—be sure to stop by. You won't be disappointed. ☺

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Documentary explores 'girl from the Apple commercial'

Intimate portrait into the life of Feist

Dan Hawie
The Silhouette
McMaster University

HAMILTON, Ont. (CUP) — Canadian songstress Leslie Feist has spent the better part of the last decade under the luminescence of the world's spotlight, earning multiple Juno awards and Grammy nominations.

But if the name doesn't ring a bell, most people simply know her as "that girl from the Apple commercial."

After cutting her teeth with Toronto indie giants Broken Social Scene, Feist found success through showcasing her prowess as a solo act, with the single "1234" propelling her 2008 record *The Reminder* into international levels of acclaim, with over 1.5 million copies sold to date.

Yet in the shadow of that ubiquitous girl-with-a-guitar image lays a group of contributors that have been just as important to her radiance. The substance of Feist's own stature is very much concealed in a veil of colours behind her, and puppeteers, musicians and visual artists are all part of the production.

Fittingly then, her most recent endeavour with film auteur Anthony Seck pulls back the curtain on what she describes as her "amplifiers" in a documentary-meets-poetic piece titled *Look at What the Light Did Now*. Culled from hundreds of hours of footage taken during the writing, recording and cross-continental touring of *The Reminder*, Seck sheds light on the helping hands

behind the creative process of Feist.

The film was shown at a sold-out screening in Toronto last week that brought out hometown fans and artists alike, including members of Sloan, Barenaked Ladies and Howie Beck, to celebrate the Canadian indie darling.

"She shies away from the glare of the spotlight."

Seck takes us on a visual journey of the 2007 tour, while circling back to cover the album's recording process in a decrepit French mansion, then forward to the creative assemblage of her very image. And in this collaborative frame of motif, we learn that the songstress is very much reliant on the support and comfort of those around her.

When performing in a packed arena, she shies away from the glare of the spotlight over top, as one interviewee notes her fear of being "exposed" and insistence of being dimly lit. Instead, a canvas-like backdrop of kaleidoscopic shadows and clay finger-paintings are projected behind her, as puppeteer Clea Minaker and her helpers craft a visual masterpiece from the back of the stage. Swift montages of the creative processes behind choosing the album's artwork reveals a whole new perspective on each helper's absorption in the finished

product too. We learn that the iconic shot of Feist's silhouette was pushed more by the photographer behind it, and that the multi-coloured streamlines in the artwork are artist Simone Rubi's conceptual idea of human connection.

Ultimately, the film unveils a vibrant world behind the shadows of one artist, whose path to stardom is just as colourful as it is brimming with like-minded personalities. The film itself is not so much biographical then, as it is impressionistic to the viewer in revealing that sweet spot of where art meets music, which certainly resonated through the warm Toronto reception.

"It's where everything started."

In a brief chat after the screening, the leading lady couldn't help but gush about the importance of bringing the film back to where the bulk of her career took off. She explained: "The film's been screening all over the place, and this one's smack dab in the middle. But it's certainly the most special because it's where everything started.

"The stakes are higher because everything's a little harder at home. But everyone's been so enthusiastic tonight, and I can only hope for the same wonderful reception with the rest of the tour," she added.



arts&culture

flicks.

Country Strong

Leilani Graham-Laidlaw
Staff Contributor

Grade: B

I had a bad day last week. A bang-your-head-on-the-wall, overdue assignments and a computer that went boom kind of day. So I figured *Country Strong*, the new country music film starring Gwyneth Paltrow, Leighton Meester and Tim McGraw, would either exacerbate the big black cloud over my head or clear it up with the kind of cheese-ball goodness you'd expect from something centred around classic pedal steel guitar.

Let's just say I was seeing big blue skies by the end of it.

While I loved the film, it does come with the caveat that I expected, nay, needed cheesy music-video scenarios and paper-thin plots. But while it made me feel good, it was not a feel-good film and the ending's not quite happy. And that's what elevates it beyond your usual guilty pleasure, bad-day movies.

There was some real grit anchoring the story line, though everything happened exactly as you'd expect. The alcohol and heartbreak stories about bad pasts

were there, if tucked nicely behind the curtain as for any wide-release film. That was part of this film's strength: it played across that line between public and private beautifully, with the characters' dirty laundry flying high right next to the stage curtains. It felt like every shot was either wide-angle or close up, playing on the dilemma between the personal and public, or "fame" and "love" as it was put.

Grand as all that sounds, and as well as it was all acted out (Paltrow was a knockout), it's still a film based on country music, with all the requisite denim and drama. While you don't need to like country to watch it, enjoying the music is half the movie. (Oh, and if you didn't get the Loretta Lynn reference, go look up Coal Miner's Daughter. Now.)

There were maybe 35 or 40 people there at an afternoon showing on opening day, and while I know Halifax ain't exactly blue sky country, y'all would do good to go see it while you can. Or at least keep it in mind for those days when all you want is to curl up in bed, turn off the lights, and lose yourself in a bit of rhinestone-covered goodness. ☺

tunes.

Sky One Room—Winchester Warm

Sagar Jha
Staff Contributor

Grade: C+

In November, Ottawa-based folk duet, Winchester Warm, released their first LP, *Sky One Room*. Since then, they have been winning over audiences on their cross-Canada tours.

Consisting of drummer Matt Godin and guitarist Jon Pearce, the group has been admired for their complex, two-part vocal arrangements. But there must have been something lost in the recording process—done by Jarrett Bartlett in the historic McLeod-Stewarton United Church in Centretown, Ottawa.

The vocals delivered by both Godin and Pearce require a bit more practice. The songs have profound lyrics that are full of intense imagery, but they are lost in the lack of enunciation from both

singers. The pitch of Pearce's voice also needs more work, as he is slightly out of tune and doesn't have a great range.

The group definitely uses a creative style of vocal arrangement, similar to California's Counting Crows or even In-Flight Safety. However, *Sky One Room* lacks the range and full sound delivered by these two bands.

Instrumentally, the album spews positive energy and mellow vibes. They blend country and folk music extremely well, creating a great soundtrack to walk to. They know they have an amazing chemistry and are able to incorporate soft piano and banjo riffs, making the sound much more complete.

The group will be performing in Halifax on Jan. 17 at The Company House, and if the many reviews of their live performances hold true, it will be an intimate and soothing experience. ☺

Listings

Visual Art

The Last Frontier: examining tensions between nature, culture and technology

Where: Art Gallery of Nova Scotia (1723 Hollis St.)
When: Through April 26, 6:30 p.m.

Rush Hour, Peaces of Me: installations of youth art

Where: Megan Leslie's Community Office (1-2207 Gottingen St.)
When: Through Jan. 28

Live Music

Blues Jam with Brad Conrad

Where: Bearly's House of Blues & Ribs (1269 Barrington St.)
When: Sundays,

Halifax Ladies Musical Club

Where: Dalhousie Arts Centre

(6101 University Ave.)
When: Saturdays, 10:30 a.m.

Waterbabies Jazz Quartet

Where: Niche (1505 Barrington St.)
When: Saturdays, 7-11 p.m.

On Stage

I Hate Mondays Comedy Fest

Where: Foggy Goggle (1667 Argyle St.)
When: Mondays, 9 p.m.

Laughterburner with Mills and Rhyme

Where: Bearly's House of Blues & Ribs (1269 Barrington St.)
When: Wednesdays, 8 p.m.

Picnicface

Where: Joker's Comedy Club (5680 Spring Garden Rd.)
When: Sundays, 8 p.m.

eats.

The Gallery Pub

Caroline Elias
Staff Contributor

Grade: A-

During the evenings, The Paragon Theatre provides Halifax with up-and-coming bands and DJs. But during the day, it is now open as a restaurant.

The Gallery Pub, which opened on Dec. 27, takes up the front half of the venue. The name comes from the paintings that hang, showing different bands and singers who have performed over the years. There are over 100 paintings—all done by local artist, Peter Farmer—and are signed by the musicians the night of their performance.

Despite the fact that The Gallery is a new restaurant, the food was delicious. The super garlic cheese toast (an appetizer for \$4.50) was, as the name suggests, very garlic-y, and had an ample amount of cheese. Served on pita bread, it was small enough for two people to share, without worrying about having enough room for a main course.

The list of entrées offers a variety of options: all-day breakfast, pizza, pasta,

fish and burgers. The "Gallery Club" (\$11.50) adds an interesting twist to the classic chicken club sandwich by adding avocado. It is very fresh, and the blend of avocado makes it an intriguing taste experience.



"Decision Burger" (\$11.50) is exactly that: a thick patty on artisan bread with a lot of choices. Two toppings are complementary (ranging from sautéed mushrooms to bacon and blue cheese) and there is a long list of condiments to choose from.

Both of these entrées are served with roasties (small potato wedges) and a small salad. The portions are small enough that you don't leave feeling stuffed, yet big enough that you are satisfied.

The dessert was as delectable as the main course. "The Campfire Martini" (\$6.50) is served in a martini glass, warmed, with crumbled graham cracker on the bottom, chocolate brownie in the middle, hot fudge, and finally, marshmallows on top. Definitely a good dessert to share between two people!

One of the wonderful things about The Gallery is that many of the options have vegan and vegetarian substitutes. In fact, there is an entire portion of the menu devoted to non-meat eaters.

The service at the restaurant is as good as the food. The waiters are friendly and more than happy to give you advice on the food choices.

The Gallery is more expensive than the average pub, and has smaller portions. Because of its unique décor, and its slightly higher price range, it makes a great place for a date!

The Gallery Pub is located inside the Paragon Theater at 2037 Gottingen St. It is open for food service Monday through Saturday from 11:30 a.m. to 9:00 p.m., and Sunday for Brunch from 11:00 a.m. to 3:00 p.m. ☺

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Dylan Matthias Sports Editor



Silence fuelled STU hazing rumors: volleyball captain

Team believes speaking up early on might have saved their season

Lily Boisson

The Aquinian
St. Thomas University

FREDERICTON (CUP) — Brett Lewis has nothing to hide. The co-captain of the volleyball team's one regret, besides losing his teammate, is that he followed the advice of university administrators who asked him to keep quiet.

Lewis says the entire team was asked not to speak to the media following the death of rookie Andrew Bartlett after a team party last October. He trusted the university to represent him and his teammates, but now he says he feels let down.

"The people who suggested we keep quiet and said that they would handle it didn't do so," said Lewis, who feels the university should have made a statement on behalf of the volleyball team early on.

At the time, the administration said there would be no comment from the athletic department, but it did not tell student athletes they couldn't talk.

As team co-captain, Lewis says he was unofficially in charge of the rookie party last fall. After the party, Bartlett was driven home by a teammate. The next morning he was found dead by police

in a stairwell in his apartment building. Police ruled Bartlett's death an accident.

In a statement released Dec. 8, police spokesman Rick Mooney said alcohol was a factor in an accidental fall. The investigation concluded no criminal wrongdoing, but revealed few other details.

St. Thomas University also concluded their investigation that day and president Dennis Cochrane said the university found evidence of hazing on the volleyball team. He told media that Lewis and his teammates broke school policy by treating rookies and veterans differently. The team has been suspended for the rest of the season.

It didn't take long for rumours of hazing to surface after Bartlett's death. An article published on the New Brunswick Beacon alleged Bartlett and other volleyball rookies participated in initiation rituals at the party.

Amidst speculation and media attention, Lewis says the team was advised not to speak to the media, a decision he now regrets.

"A matter of days after the incident there should have been some form of address whether it was from the university, from the coaching staff or from myself. I think something should

have been done to better address the issue because the silence added fuel to the rumours and allowed skeptics to assume the worst."

According to Lewis, nothing sinister happened at the party. Rookies were asked to bring costumes and he admits a lot of alcohol was present. But he says no one was humiliated or berated and no one was forced to participate. Lewis insists everyone had a good time, even Bartlett.

"I remember, I have a vivid detail of the night this year and of Andrew with his arm around me, making fun of me and laughing and carrying on for a while," he said. "I think Andrew had a really good time."

Lewis acknowledges there's much secrecy around rookie parties, but he says the atmosphere at this party was congratulatory. Rookies could opt out of the activities if they wanted, and Lewis says some of them did.

Lewis says he personally kept an eye on his teammates drinking and at no point did he think he would need to stop the party because things were out of control.

As Bartlett's case got more attention, so did the team.

"A lot of the guys had a real hard



People line up outside a New Brunswick church for the funeral of Andrew Bartlett, a fourth-year student who was found dead in his apartment on Oct. 24 following a St. Thomas University varsity volleyball rookie party.

••• Photo by Alex Solak/The Aquinian

time with it, just being scapegoated and borderline shunned," said Lewis, who describes receiving some "longer than usual stares" during that time.

He tried to focus on volleyball. The team played an exhibition tournament just six days after the passing of their teammate and Lewis admits it was hard to muster the enthusiasm and energy to get back on the court.

"It was really frustrating because we had the talent or ability to be a good team, but it couldn't produce on the

court just because there was so much going on. We kept going to practices, kept playing our games."

Lewis found encouragement in Bartlett's parents, who told the team to keep playing. And it seemed like things were getting better until the suspension of the team was announced in mid-December. After all their hard work to get back on the court, Lewis said the news felt like a slap in the face.

"It probably would have been a lot better to have just not played at all."

He wasn't surprised by the severity of the punishment. Following Bartlett's death, speculation about hazing grew across the country. He feels that because hazing was widely thought of to be the cause, the school was almost forced to hand out the harsh consequence.

"Because of how things were handled, they ran out of options," said Lewis. "Things were handled poorly from the beginning."

However, he says the people he trusted to tell his side of the story kept quiet and as a result he's not only lost a teammate but an entire team.

"Everyone makes mistakes, us included. It just seems like we're also paying for their mistakes, too."

Tigers need to start scoring

Women's hockey team hoping to improve

Ian Froese

Staff Contributor

It is a cliché maybe older than the game played on the ice: every game matters. And in AUS women's hockey, where only eight points separate the second through sixth place teams, the phrase could not ring louder.

"I think, really, it has gotten better and better," said Tigers head coach Lesley Jordan, explaining the tight competition between the competitors. "In the past it's been PEI and Mount A sort of in sixth and seventh and both of those teams have beaten pretty much everybody in our league (this year). It's pretty even. It's anyone's game on any night."

The Tigers currently sit in third with 17 points following the first weekend of play after the midseason break. They intend to improve upon their fifth place result last season. Although a few losses would see Dal plummet in the standings, the Tigers are also within striking distance of the AUS juggernauts, St. FX and Moncton.

"I think we want to be a top three team so being ranked third overall is where we want to be," Jordan said. "Closing the gap might be a different story just because it's a pretty sizeable lead, but we need to win games like (last weekend's) against PEI and Mount A to keep ourselves in position, and then when we have opportunities against the top two teams we have to make sure we

get points in those games as well."

The Tigers have witnessed their fair share of nail-biting matches this season, including at least one contest versus each team decided by a single tally. The team were three and five in a streak of eight straight one-goal games; four were solved in overtime. A few bounces could easily have propelled Jordan's girls to the pinnacle of the AUS heap. The Tigers, for instance, are the only team to have stolen points from the undefeated, nationally-ranked St. FX; Dal claimed two points courtesy of overtime losses. Against Moncton the Tigers lost both games, by a single goal, of course.

Hoping to get a jump on the competition, the Tigers cut short their December break, returning a week earlier than normal for exhibition and intra-squad matches. They were victorious against Saint Mary's and played some laid-back tilts against Team Nova Scotia as that team prepares for the Canada Winter Games.

In net, Ashley Boutilier defends the crease. She has been given every opportunity to lead the Tigers, starting each game. She must persevere to keep her squad competitive in difficult matches. Team captain Laura Shearer is a threat at the point with 13 points. The leader of the defence corps should continue tallying on the scoreboard alongside her explosive fourth-year teammate Jocelyn LeBlanc. The Tigers will only go as far as LeBlanc takes them.

One of the conference's finest talents, her success comes at a price to the team. She will be sidelined for four matches beginning Jan. 29 to represent Canada at the 2011 International University Sports Federation Winter Universiade in Turkey. Fourth-year forwards Robyn Nicholson and Robin Mullen should help carry the offensive load.

"The Tigers will only go as far as LeBlanc takes them."

The Tigers will need to improve their scoring beyond just LeBlanc's departure. They have surrendered more goals than they have scored.

"Whether it's on the power play or five-on-five we want to get three goals a game, if not more, and if we can keep [our opponents] to two goals or less than we're in good shape," Jordan said. St. FX and Moncton have hit the netting 55 times each, substantially more than the 33 goals the Tigers have celebrated.

In this past weekend, scoring remained a concern. The Tigers required extra minutes to edge both Mount Allison and UPEI past their 1-1 stalemate. ☹

sports briefs

Dylan Matthias
Sports Editor

Oh, dear, Dal Tigers

There's a certain Gazette hockey writing tradition that starts up around now involving the Tigers men's hockey team's playoff chances and despairing articles about terrible streaks in January.

The Tigers kicked that tradition off in fine form this weekend, following up their 5-0 loss to the always-dangerous Varsity Reds with a 9-4 pounding at the hands of UPEI. It's the Tiger's third straight loss (they lost 4-0 to St. FX in the last game of 2010, too), although at least they scored this time.

More revealing is the fact that, if the Tigers do manage to make the playoffs, they'll have a good chance of playing UPEI in the first round. The Panthers currently sit third, with 22 points. Dal are sixth with 16 points and a whopping -23 goal differential.

This weekend isn't any easier for Dal, as they play Saint Mary's and St. FX. The weekend of the 21st and 22nd will be crucial as the Tigers play lowly St. Thomas and seventh-place Moncton at home. If they drop points in those games, the currently held playoff position could slip away.

UNB shutout streak extended to three games

The Varsity Reds haven't allowed a goal since Dal beat them 6-3 at Memorial Arena on Nov. 27th (although they did give up one to McGill in exhibition play).

The Reds had a rough first half, at least by their standards, losing to UPEI in the first game of the season and dropping games to Saint Mary's, Acadia and Dal later on.

The Varsity Reds face UPEI, St. FX and Saint Mary's in the next two weeks, all at home.

Provost sets AUS goal-scoring record

Université de Moncton star Mariève Provost scored her 106th goal on the weekend, passing Brayden Ferguson of St. FX for the all-time AUS goal-scoring lead.

Provost already has more points (205) than Ferguson (196) and has played four fewer games (96) than Ferguson (100). She is the first ever AUS player and only the third CIS player to reach 200 points, according to her bio on the AUS website.

Dalhousie's Jocelyn LeBlanc sits 11th on the list with 62 goals.

This is Provost's last year of eligibility. Moncton sit second with 19 points behind St. FX, who have 24.

WEEKEND HOCKEY COVERAGE ONLINE:

DalGazette.com

sports

Tigers blanked by UNB

Arfa Ayub
Staff Contributor

It was a disappointing start to 2011 for the Dalhousie Tigers men's hockey team. They lost 5-0 to the UNB Varsity Reds last Friday (Jan. 7). The Tigers dominated UNB and won 6-3 last time they faced the Reds, but this time they played like a team whose defence forgot they had a game to play. The Tigers were shutout for the third time this season.

Dal started the first period strong, playing physical and not allowing UNB to gain the attacking zone. Halfway through the period UNB took over the game. After a hard hit by Dal defender

Justin Javorek, UNB's Kyle Bailey had trouble getting up and had to be helped off the ice. He did not return for the rest of the game.

The hit triggered a momentum spark for UNB as they went on to score the next three goals. UNB's Jonathan Hardy scored during the next play after speeding past Dal's defence and made it 1-0. With 6:36 left to play in the first, UNB nearly scored a shorthanded goal on a breakaway chance. Spencer Corcoran scored to make it 2-0 late in the first period. Josh Clendenning followed up 22 seconds later with just under three minutes left to play.

The second period was not much better for the Tigers. They allowed two

more goals by defender Josh Kidd and centre Ryan Seymour to make it 5-0, putting UNB in complete control. After the fourth goal Tigers head coach Pete Belliveau replaced starting goalie Bobby Nadeau with backup Josh Disher.

The lone bright spot for the Tigers in the period came when they effectively killed off a five-on-three powerplay to keep the game from completely getting out of hand. UNB's Chris Culligan nearly made it 6-0 during the last minute of the third as he sped into the attacking zone on yet another breakaway chance allowed by Dal's defence. Fortunately, Disher made a great sliding save. ☹

Dal play badly, still win against Mounties



Dal also won 2-1 in overtime last Saturday over UPEI. ••• Photo by Martina Marien

Dylan Matthias
Sports Editor

Thanks to Jenelle Hulan, it was a close game. The Dalhousie Tigers women's hockey team dominated the Mount Allison Mounties on Jan. 7 at Memorial Arena, but could only manage one goal in regulation. Robyn Nicholson scored a controversial goal 3:30 into overtime to give Dal a 2-1 win.

The Tigers outshot the Mounties 38-9 over the whole game and 26-6 in the second and third periods combined. Despite that dominance, the game was within Mt. A's reach several times. Hulan, the Mountie's goaltender, made save after save to keep her team in it.

"I wanted to win so bad," said Hulan. "I wasn't going to let it slip. ... (Dal) used to be one of the best teams in the league and they used to be beating us eight to nothing and I figured, well, if nobody else wants to step up than I want to."

Dal struggled to begin the game, giving Mount A an easy goal 1:45 into

the first. Courtney King caught Dal's defence on a bad pinch and although goalie Ashley Boutilier kicked her shot aside, King found her own rebound and then Lindsay James in front of the net for an easy tap-in.

"Dal's defence looked awful most of the night."

Dal's defence looked awful most of the night, and against a more dangerous team than the 5-6-1 Mounties would have been lit up. Aggressive play at the defensive blue line and in the neutral zone coupled with lackadaisical back-checking led to numerous odd-man rushes. Only Dal's significant size advantage and a Mount A team described by Hulan as "all over the place" kept the score low.

Hulan had a pretty good shutout bid going, and after some spectacular diving and reflex saves, looked capable of achieving it until 17:47 of the second, when Laura Shearer scored off the rebound of a close-range shot. A Mounties defence that had limited Dal's chances by collapsing in front of Hulan were a bit slow clearing the puck this time and Shearer capitalized.

Jocelyn LeBlanc, who's been in a rut for the Tigers for several games, only managed four shots in the game and was overshadowed by players like Miranda McMillan, Rebecca Smyth and

Fielding Montgomery, all of whom had excellent games.

Brooke Winch was lucky to avoid a significant penalty after drilling Megan Davies' head into the glass in the third period. The ref, who was on the other side of the ice at the time, called no penalty for boarding, body checking or hitting the head, any of which could have easily been given.

A powerplay to start the overtime cancelled out some late pressure from Mount Allison at the end of the third period, and allowed Dal to control the overtime. Hulan continued to look a lot bigger than her 5' 2" frame. Mount A clung on, with Davies stopping a Robin Mullen break just ten seconds in with a great poke check.

"I couldn't believe the call at the end," said Hulan. "I thought I had it in my glove but she came and smacked it right out." Nicholson's winner was doubly controversial because Laura Shearer quite obviously hooked the Mount Allison defender on the hands to strip her of the puck at the point.

Mount Allison have beaten Dal twice already this year, including a very controversial 3-0 win that saw Dal shorthanded 11 times and take 34 minutes in penalties. Alyssa Hennigar missed the Jan. 7 game after being suspended on Nov. 27. She was also prohibited from playing in all of Dal's Christmas break games. The Tigers only dressed 16 skaters as Christina Patterson, Lyndsey LeBlanc, Rebecca Sweet, Isabelle Germain and Rachel Cox were all injured. ☹

How to achieve "revolutionary" success

Colin Hebb
Health Columnist

So, it's 2011. Perusing Facebook status updates on New Years Eve, one could not help but hear a collective sigh of relief that 2010 was bidding us adieu. We love fresh starts and second chances, and a new year brings the promise of that.

"Being more physically active doesn't necessarily mean you need to head to the gym."

For many people, health and fitness goals rank high on the list of self-betterment New Year's resolutions. For those that are completely sedentary, putting this into practice can be quite daunting. The gym, a common destination for "revolutionaries," can be a very intimidating place for the fitness virgin. Other activities, like jogging or recreational sports can also be difficult to get into. For those finding their 2011 fresh start falling flat, here a few suggestions that might help get you started:

Start slow

Set realistic goals and be patient while you work towards achieving them. Recently, the physical activity guidelines for Canadians were reduced in order to provide a less daunting set of goals for the newly converted health-minded folk to achieve. While this has sparked some debate over what kind of message this sends (and whether or not the new standards are adequate), this principle should be applied to your own fitness adventure. Easing into your new regime will minimize the chance that you will quit prematurely out of frustration or exhaustion. You may be surprised how quickly you see health benefits going from no activity to even moderate levels of movement.

Be creative

Being more physically active doesn't necessarily mean you need to head to the gym and start pumping weights. There are other creative ways of increasing the activity in your life. Changing everyday habits, such as walking to school instead of driving, taking the stairs instead of an elevator or just adding a morning/evening walk or jog into your day are examples of non-gym methods of being active. Engaging in activities and sports are also great ways to be active and have fun at the same time. If you haven't tried Zumba yet (I will admit, I have yet to take the plunge), I would suggest giving it a whirl. I've heard great things and many people seem to stick to it once they start.

Do a little research

Nutrition is half the equation when battling the bulge. It is surprising how little many of us actually know about what we are putting into our bodies. I think it was second-year university before I actually learned what a calorie meant. I likely would have much better choices prior to that had I known this tidbit of information. Many restaurants also now post their nutritional content online or in-house. Check out some of the places you frequent to be sure your favourites aren't throwing a lot of unexpected calories your way.

Get a personal trainer

This can be quite costly, but if you are serious about making some changes in your life, a coach might just be the answer. Seven years ago when I was trying this, I hired a personal trainer and it made all the difference. Trainers are filled with a vast knowledge of activity and what might work best for you. Many trainers have also lived the experience and can offer some helpful tips and motivational quips for you as a new exerciser. Be sure to shop around. You want to have a trainer that you click with, otherwise, an avoidable clash of personalities may lead to your fitness downfall.

I hope this provides you with some helpful motivation to kick those 2011 goals into gear. Don't be afraid to have some failure, as we always need to stumble a little bit when facing the tough paths. Patience and perseverance are the keys to your success. ☹

GET INVOLVED, GET ACTIVE AND LIVE WELL @ DAL!

Dalhousie University's Department of Athletics and Recreational Services offers Dal students plenty of opportunities to get active, meet up with friends, show your competitive spirit and take your mind off the books! You can also head to Dalplex with your student ID and unwind while staying healthy.

FRIDAY January 14

M Hockey vs. SMU @ 7:30pm

Alumni Weekend!
2000's Decade Night
FREE for Dal students!

Want to earn some cash?

The Tigers "Shoot for Tuition" contest will take place tonight!! Don't miss your chance to win \$5000!

SATURDAY January 15

M Hockey vs. StFX @ 3:30pm

Alumni Weekend!
Chuck Wheeler Day
FREE for Dal students!

Want to learn to climb for only \$5? Intro to Climbing session today at the Rock Court from 1:30-3pm.

Call 494-3372, pre-registration is required.

SUNDAY January 16

Track & Field Meet (Exh), @ 6pm

FREE for Dal students!



MONDAY January 17

Live Well Yoga starts today! 9-10pm at the Studley Dance Studio. Only \$50, Dal students only.

Pre-registration is required as space is limited!

Call 494-3372 to book your spot.

TUESDAY January 18

Sign up for one of the hottest new fitness trends - Kettlebells!

Tue/Thu, 9:30-10:30am for \$120 - pre-registration is required.

STARTS TODAY!



WEDNESDAY January 19

Great Cardio & Towel add-on prices for students! Get 3 months of Cardio Plus for \$55 or 3 months of Towel Service for only \$35! (Prices are subject to HST)

THURSDAY January 20

Introduction to Bartending course starts today! Must be 19+, pre-registration required. \$115 for 6 classes from 6-8pm on Thursdays.

ATHLETICS.DAL.CA

No banner big enough

Anna McKilligan's good-bye to the soccer grads of 2010

Anna McKilligan
Sports Contributor

Editor's Note: Anna McKilligan has played for the past three years on the Dalhousie women's soccer team.

To most, the Dalhousie women's soccer team doesn't mean a whole lot. To some, we're those annoying girls who kick you off Wickwire every night from 5-7 p.m. For those who live in Eliza Ritchie or Sheriff Hall, we're the reason you get woken up many Saturdays and Sundays with loud warm-up music. But for me, being part of this team means much more.

We're friends and teammates, but really we're a group of athletes brought together by one goal: an AUS banner followed by a CIS championship. From stepping on the field as a first year, the countdown begins. Every player wants those titles, and knows they only have four or five years of eligibility to do it.

This season, the Dalhousie women's team is graduating six players. Six young women who have made the decision to return year after year. Although these women may not have a banner to boast their accomplishments as members of the team, I'd like to give a small glance into the impact these girls have made over the course of four or five years.

The top five teams in AUS have the chance to win an AUS title and banner (check out the Dalplex the next time you're there; Dal have won quite a few). The winning team goes to national championships to play against the top teams in the country.

After visiting one of these banners which hang on the side of the Dalplex gym, many may wonder, what's the big deal about a white piece of cloth with some funny blue tassels? Those banners are pieces of varsity history. Call any athlete present or past who won one of those elusive pieces of fabric and they would all remember every second of the game, match, or race they won to get it.

Stepping on to Wickwire August with the team, that banner was the only thing on every player's mind. That banner is the reason behind every tackle, every pass and every goal we made.

After finishing first overall in AUS and then losing in the second round of the playoffs for two consecutive seasons, it's easy to overlook the amazing things our team achieved. These are the things that aren't awarded with a banner.

Kim Hardy, Katie Richard, Kate MacDonald, Amanda Henry, Sarah Mitchell and Jeanette Huck all graduate after playing four or five years as a varsity soccer player. On top of their responsibilities as university athletes, these girls graduate from four different faculties. Kate, Amanda and Sarah all finished their undergraduate degrees in kinesiology. Sarah is now in graduate school here at Dalhousie for physiotherapy. Jeanette finishes as a graduate of commerce, and Kim as a biology major.

Kim Hardy is without a doubt one of the toughest players I know. Coming onto the soccer team five years ago as a walk on, she started out at a slight disadvantage, as many players in AUS are recruited. However, Kim has never met an obstacle she couldn't overcome. Beginning her career as a forward, dabbling in goal, and ending up as a centre defender, Kim can and will play any position on the field.

To be a goaltender all you really

need to be able to do is stand in the net with two functional arms and legs (granted, this would not be the best goaltender). Kim Hardy would argue otherwise. When she stepped in to play goalie for her summer club team in the championship game of 2009, Kim played an entire 45 minutes with a broken arm. The final score of that game favoured Kim's team; she didn't allow a single goal.

Hardy by name and hardy by nature, Kim graduates as a Tiger through and through.

As with most varsity sports, soccer is a huge commitment. Being a member of the soccer team means balancing a university curriculum with a short but intense season of competition while trying to fit some kind of a social life in the mix. However, being a member of a team is a great way to meet new people at university and for first year students soccer presents an opportunity to learn balance and be welcomed by fellow student-athletes to show you the ropes.

Or at least that's what it says in the brochure.

success as a player and a student. However, coming out of those four years, she wasn't quite ready to throw in the towel. She had already won an AUS banner as a member of the St. FX team, and had finished her degree program. To most people, this would be a fantastic way to end a career as a varsity athlete. But Sarah wasn't done yet.

And so she joined the Dalhousie soccer team this past season. To say she fit in like a dirty shirt would be a complete understatement. After the first few practices, it felt like Sarah had been a Tiger from the very beginning.

Sarah is a warrior through and through. If the ball is turned over to the other team as a result of a decision she made, there is no doubt that she will run that girl down, and make her sorry she ever challenged Dalhousie possession. On top of her athletic talent, Sarah is hilarious and was a highly valued member of our team this year. Sarah Mitchell is an outstanding athlete and finished her five years with unwavering drive and passion.

Following a season of soccer and school day after day for months comes



Dalhousie's Jeanette Huck scored Sept 18 against Cape Breton. Photo by Martina Marien

What comes along with this is a pretty steep and shocking learning curve. Balance, sleep, drive: it doesn't come easy. Pushing yourself physically to the limits to represent your school, week after week, in your sport of choice along with getting up the energy to attend huge lectures after peeling yourself off of a four and a half hour bus trip, is without a doubt a true test of character.

Although, looking at players like Sarah Mitchell, this commitment to sport and university education seems like a breeze.

After graduating with a degree in kinesiology from St. Francis Xavier, Sarah Mitchell was accepted into the Dalhousie physiotherapy graduate degree program. Sarah played on the soccer team at St. FX for all four years of her undergrad and achieved great

the big decision: do you go back for a second round? Every year brings a new demand academically as well as a body with an increasingly good memory for bumps and bruises. And under CIS rules, you can do it for five years!

For most of the girls I've had the pleasure of meeting through soccer, this answer comes easily enough, of course. The thrill of thriving as a student athlete is immeasurable, and the hunger to have your team immortalized in a title or a banner will never go away.

Katie Richard is this desire personified: a little girl with a lot of energy, attitude, and above all, heart. Katie suffered a very serious back injury late in the 2009 season, but after losing to St. FX in the semi-finals that year, a fire was lit inside of little Rich and there was no way she wasn't coming back for another season



Sarah Mitchel, Amanda Henry, Kim Hardy, Katie Richard, Kate MacDonald and Jeanette Huck at their final home game. Photo supplied

with the team.

Katie came back with a vengeance, and set her sights on revenge.

She's the fastest girl in the AUS, and scored one of the cheekiest goals this year that the league has ever seen against our arch-rivals, St. FX.

After beating two St. FX defenders with her lightning speed, it came down to Rich and the goaltender. Blowing down the field, I thought she was going to dribble to the net and take the keeper on one-on-one. So when she started to slow down near the top of the box, I was definitely a little confused. However, little Rich took everyone by surprise when she released an awesome chip falling right underneath the crossbar. Rich is spunky and tenacious. Playing with her was a blast.

On top of playing a varsity sport and keeping up with a high level of academics there are those athletes among us who take their involvement with the school a step further and become an active part of the varsity community at Dalhousie. This community is run and organized by the Varsity Student Council. The council organizes fundraising events and initiatives within varsity sport.

Each team has a representative who gives up time every week to meet with the other representatives on the council and make sure that varsity interests are accounted for within the wider student community. Our team representative is Amanda Henry.

Amanda graduates from Dalhousie after playing four years as a Tiger. She has sat on council for the past two years and will sacrifice the little free time she has already to volunteer at numerous events throughout the year.

She commands the Tigers' backline from her spot in centre defence. A dominant voice on the field, Amanda demands focus and effort from the players surrounding her. Tall, strong, and determined, Amanda Henry is a force to be reckoned with and (as I can say from experience) being on the other side of her tackle is not a pleasant place to be. A born competitor and a tough as nails soccer player, Amanda would make any university proud.

This year, Jeanette Huck and Kate "Nugget" MacDonald took on the responsibility of leading the team. In the role of co-captains, these girls are expected to organize team events, make meal plans on road trips and still be available for any of the players if they have questions or concerns.

On top of all that, a captain has to earn their spot as an athlete. Glancing at our team statistics this is clearly not a problem for Jeanette and Kate. They lead the team in points with Jeanette boasting six goals and Nugget three. Keep in mind neither of these players are forwards. In fact, Jeanette is generally

our starting right defender. On paper, these two are without a doubt captain material.

What the stats don't show are the pep talks, unwavering encouragement and support Jeanette and Kate bring to the team.

Rewind to Sept. 26, 2010. Our team is in Sackville visiting the Mount Allison Mounties. Judging by our perfect record versus the Mounties' much less than perfect record, this game should have been an easy win for us.

Unfortunately, coming out of the first half, we're down 1-0. We still had a lot of energy, and we were ready to change our formation back to one we had dominated the previous game with. As we walked back to the bench, Nugget stood up and took charge.

"I don't know what's going on out there right now girls, but we've got to figure it out. I don't care how we do it, but it has got to be better."

There's no doubt in my mind that every girl on our team wanted to win that day, but sport is not that simple. Our passes weren't connecting and it seemed as though we just weren't on the same wavelength that day. The frustration and panic was slowly building as the time ticked on and our play was getting steadily worse.

We were going to need some magic to finish the game on top. At that point Nugget lifted our team on her shoulders, scoring two amazing, practically self-assisted goals to give us the win.

Kate would never take no for an answer, and she loves to win: that's a captain.

Jeanette Huck is one of the most competitive people I have ever met. I can say with great confidence that given the choice between being on Jeanette's team or against her, I don't know one person who would willingly choose to play against her.

In the second to last game of our 2010 season, our team suffered a devastating 1-0 loss to Memorial which cost us our perfect season.

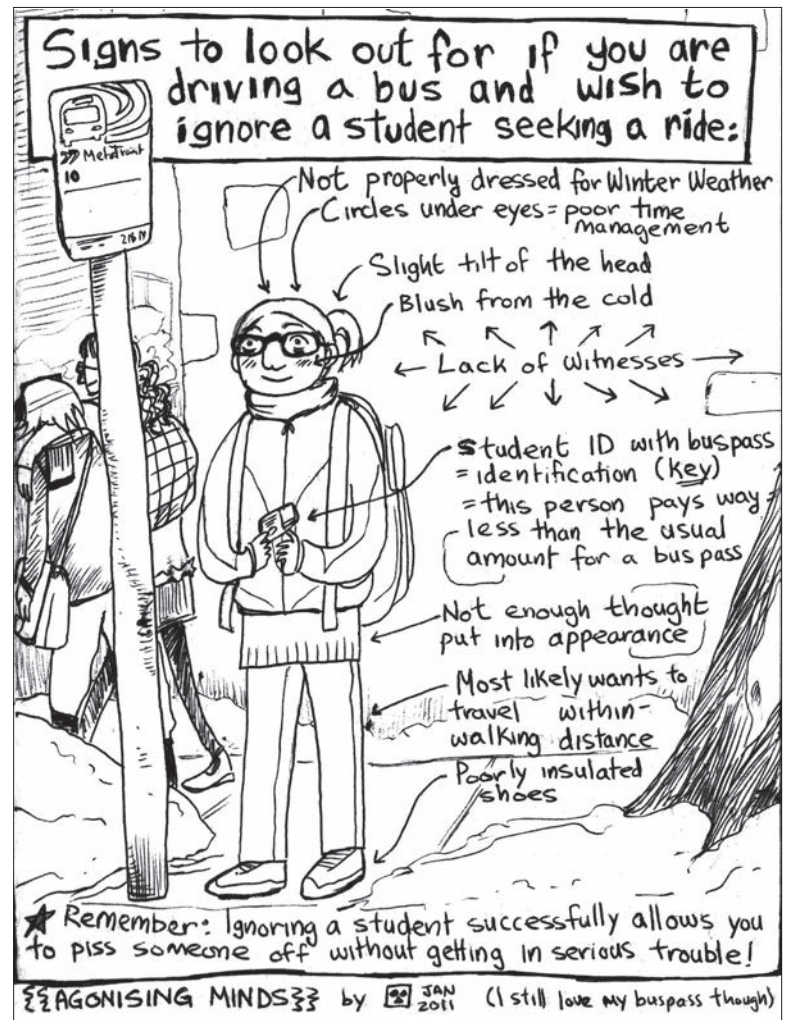
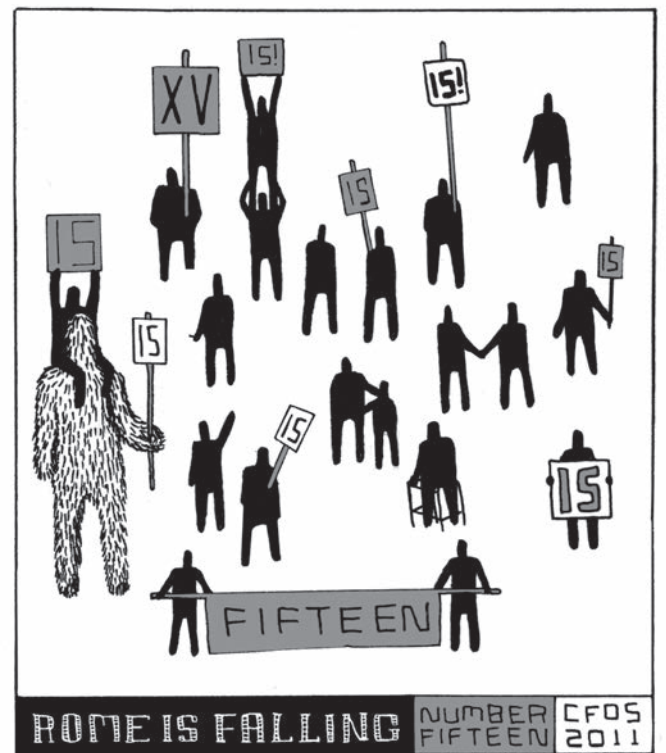
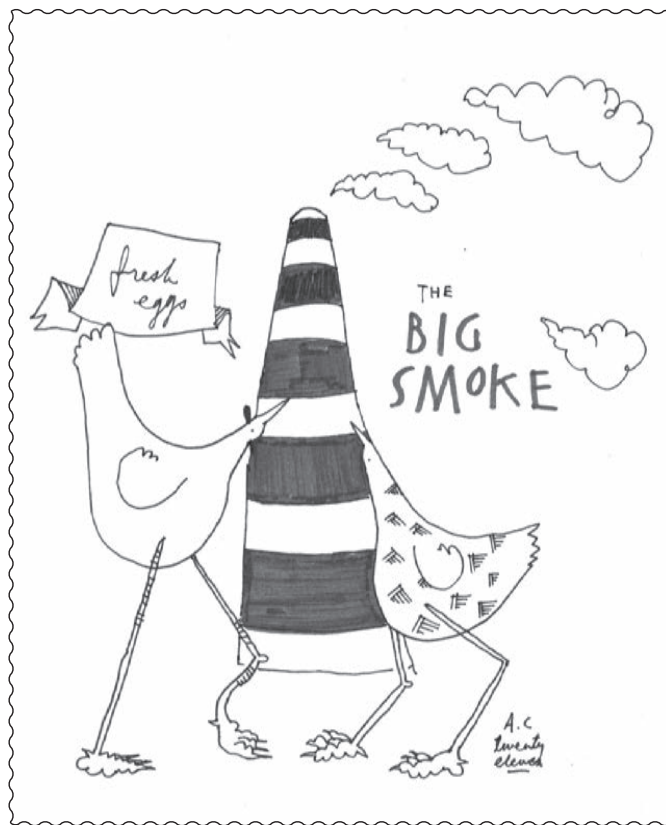
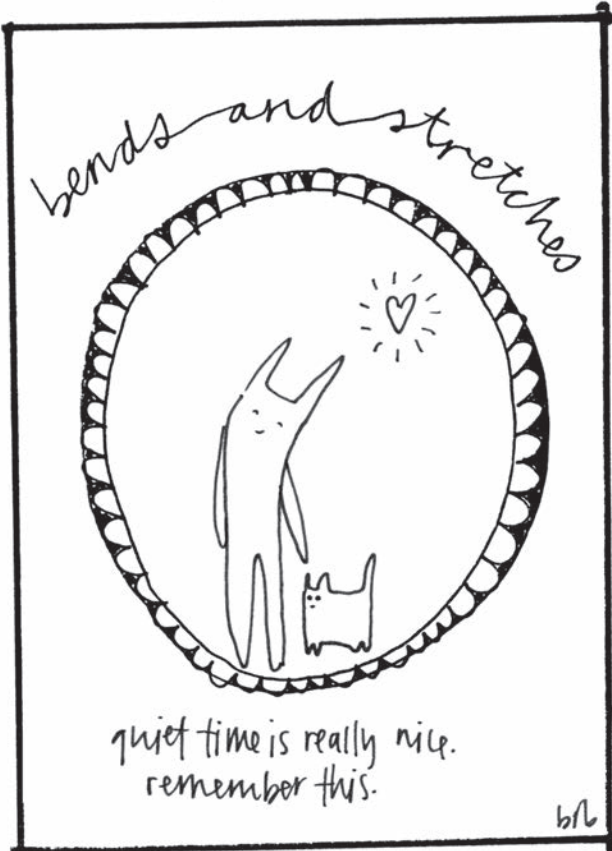
Jeanette had to sit out of that match, but was in the team room at halftime to offer some words of wisdom and was clearly anxious to get back on the pitch for the next game. The next day, we faced the Seahawks again. Inside the first ten minutes, Jeanette had hammered a killer shot to beat the Newfoundland goalkeeper.

She sent a clear message to our opponents that day: you can beat us, but be ready to face the consequences. Jeanette is a fighter and demands the best from her team game in and game out.

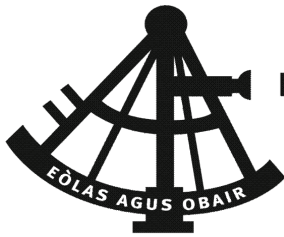
These six girls have done amazing things for our team as well as the varsity community here at Dalhousie.

Now, excuse me if I'm wrong, but I don't think all these accomplishments would even fit on a banner. ☺

comics.



NEXT WEEK:
The Archive Issue
 breaking news at:
DalGazette.com



THE SEXTANT

DALHOUSIE'S OFFICIAL ENGINEERING NEWSPAPER

January 14th 2011

Page 1

Editor in Chief:
Shani Blankrot

Oil Sands Solution



Navin Chari PhD
candidate Industrial
Engineering

Peter Kent, Canada's newest Environment Minister, although a neophyte to Cabinet has been aggressively promoting energy from the oil sands as "ethical", but what exactly does he consider moral? Apparently his definition encompasses poisoning the air, water, and land in the vicinity; climate change; dying wildlife; and exposing communities such as Fort Chipewyan to cancer rates 30% higher than normal. A study by Statistics Canada (2008) has revealed that Alberta has had the highest emissions of all provinces and territories in 2005, accounting for roughly one third. The oil sands alone comprise 5% of the national total, expected to grow to 8% by 2015. The current process is to burn massive amounts of natural gas to extract the oil from the bitumen, by using 3-5 times the carbon emissions of conventional oil. Finan and Kadak

(2010) have demonstrated how this can be slashed in an economical and environmental manner, by "using nuclear energy to power future oil sands production and upgrading activities" and putting "forth several nuclear energy application scenarios for providing steam and electricity to in situ and surface mining operations." This research proves intriguing and following a path of fission, offers a viable solution in effort to be sustainable. I believe it is about time that our politicians are advised that our green future is more than just money.

References

Finan, A. E., & Kadak, A. C. (2010). Integration of Nuclear Energy Into Oil Sands Project. *Journal of Engineering for Gas Turbines and Power*, 132.

Statistics Canada. (2008). *Human Activity and the Environment: Annual Statistics*. Ottawa: Minister of Industry.



Photo of the week by Navin Chari PhD candidate Industrial Engineering. A photo of a statue of Copernicus made entirely of salt, taken at the salt mines near Krakow (Wieliczka Salt Mine).

CO-OP CORNER

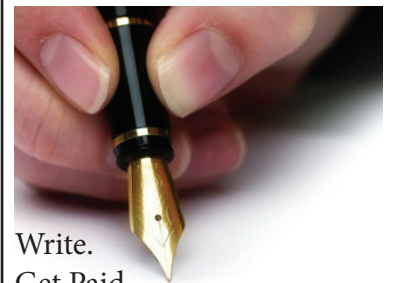
Things to Remember:

- The Co-op website offers many tips and is very information. The website is engandcompcoop.dal.ca
- Round 1 is from January 6 to February 14.

WORD OF THE WEEK

Mysterious Oval: Apparently there's an oval on the Halifax Commons. What does this mean? Also, you can go skating on it. Thoughts? email us.

Editors' note: Word of the Week is a humour column based on popular expressions around Sexton Campus. If you have any complaints or suggestions, please email sextant@dal.ca. Obviously we prefer suggestions!



Write.
Get Paid.
Send articles to sextant@dal.ca

The T-ROOM HALIFAX'S BEST TRIVIA! SEXTON CAMPUS EVENTS

Looking for something to do? Not spending enough time mingling with other faculties/disciplines? Then check out some of these events.

Friday, January 14th
Trivia at the T room

Thursday, January 20th
Dal Action Society Night

Saturday, January 22nd
Two Hours Traffic
T room at 8 PM
Tickets are 10\$

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

Check out the full issue online by scanning this barcode with your smartphone, or by visiting the website! Some content was not printed, as we've chosen to focus on online content delivery. If you have any concerns, please email us.



My New Year's Resolutions: Eat Healthier and Stop Cow Flatulence



Dilan Watson
Industrial '11

The start of the New Year is a time when many people come up with New Year's resolutions. Whether it is to be more active, eat healthier, or to do their part for the environment, everyone has something that they would like to achieve by year's end. And while it may seem like your list of resolutions is long, you might find that it's surprisingly easy to combine some of them, specifically eating healthier and helping the environment.

A healthy diet involves eating products from the food groups in moderation. For many of us, this involves consuming less meat products, such as beef and pork. Interestingly, this decrease in meat consumption might also be the key to curbing global warming once and for all. According to the principles of supply and demand,

less demand for meat will result in farms rearing fewer cows and other livestock.

Why is this reduction of livestock good for the environment? The reason is that cows fart... a lot. And their flatulence is especially bad for the environment. Studies show that the average dairy cow produces anywhere from 100L to 500L of methane per day, through belching and farting (compared to roughly half a liter per day, total gas emitted, for humans).

.....

There is good news though. According to a recent study by the Netherlands Environment Assessment Agency, a global shift towards a low-meat diet (70g of beef and 325g of chicken and egg per week) can reduce total greenhouse gas emissions by 10%. Furthermore, vegetation can be planted on the empty farmland space that would become available, helping to convert some of that carbon dioxide into oxygen. The study shows that these two effects (re-

duced livestock and increased vegetation) can cut in half the costs associated with dealing with climate change, by the year 2050. In terms of a dollar value, the study estimates that unless this shift in diet occurs, by 2050 emissions will need to be cut by two thirds, costing about \$40 trillion.

Anyway, back to my point. When making New Year's resolutions, it's often easy to combine some of them. But that's enough writing for now, my hands are tired...and the oven is signaling that my steak is ready.

Read this article
in full online at
thesextant.ca



Top 10 Signs you are a Super Engineer

10) You sit in the front row at lectures, but would prefer to sit closer.

9) You google things that most socially adept people don't, like

"is Bieber fever contagious" and "what is a g6".

8) You understand all of the jokes on The Big Bang Theory, except the ones about sex.

7) Your favourite bar is the Design Commons.

6) Your favourite TV show has the word 'star' in it (Star Trek, Star Wars, Battlestar Galactica?)

5) Your reaction to reading 6) was disgust that Star Wars was mislabeled as a TV show. Worst. Top 10. Ever.

4) You recite the first 100 decimal places of pi at parties. Everyone applauds but for some reason you still don't pick-up?

3) You think puns on the word 'sexton' are ingenious and unlimited.

2) Your ipod is the unofficial guitar hero discography.

1) Your 4.0 GPA is more than the 3.5 times you have had sex (face it, that first time barely merits a 0.5)

"Top 10 Signs you are a Super Engineer" was submitted by a 4th year Mech student who wishes to remain anonymous. He suggested we start counting down instead of up, good call.

Questions, Comments and to Contribute sextant@dal.ca



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THE GRAWOOD HOURS M/F 11:30AM - 1:30PM WED-FRI DINNER 5-9PM OPEN TIL 1AM WED - FRI

APPETIZERS

- Nachos For Two.....\$10.95**
A generous portion of seasoned corn chips, smothered with a half a pound of Monterey Jack Cheese, green onions, green peppers, tomatoes, jalapeno & banana peppers. Served with sour cream and salsa. *Add chicken \$2.50
- Pita Points & Tzatziki.....\$5.25**
Toasted pita points served w/ creamy Greek Tzatziki sauce.
- Bruschetta...\$3.95 w/cheese \$4.99**
A toasted ciabatta bun basted w/ extra virgin olive oil, topped w/ gresh garlic, green onions, basil & tomatoes.
- Deep Fried Pepperoni.....\$4.75**
A Nova Scotian tradition. Spicy fried pepperoni served with honey mustard dipping sauce.
- Mozza Sticks.....\$5.25**
Lightly breaded & stuffed with mozza cheese. Served with ranch dressing.
- Quesadilla.....\$6.25**
A skillet - seared tortilla shell, stuffed with grilled chicken, mushrooms, onions, tomatoes & delicious peppers.
- Poutine.....\$5.45**
A pile of crispy french fries topped with cheese curds and hot gravy.
- Onion Rings.....\$4.75**
- Spring Rolls.....\$4.75**
A medley of exotic Asian flavors wrapped in a golden shell. Choice of pork or veggie.
- Garlic Bread.....\$4.99**
A ciabatta bun baked golden and topped w/ garlic butter & Monterey Jack Cheese.



FROM THE GARDEN

- Kicked Up Chicken Salad....\$8.25**
A fresh garden salad topped with crispy home style chicken fingers, banana peppers and shredded cheese.
- Cajun Blackened Chicken Caesar Salad\$8.25**
Our signature caesar salad, topped w/ cajun grilled chicken.
- Garden Salad.....\$6.25**
A hearty combo of crisp lettuce & fresh veggies. Add chicken for \$2.50 !
- Classic Caesar Salad.....\$6.25**
Crisp romaine, creamy caesar dressing, topped with croutons, real bacon bits & parma cheese. Add Chicken for \$2.50



WRAPS

Served with french fries. Substitute for onion rings, soup of the day or side salad for only a Toonie!

- Buffalo Chicken Wrap.....\$7.95**
Our legendary crunchy chicken fingers tossed in a mild, medium or hot sauce. Stuffed in a tomato tortilla with cheese, lettuce, tomato and ranch dressing.
- Chicken Caesar Wrap.....\$7.95**
Our classic grilled chicken caesar salad all wrapped up in a soft tortilla. So good it comes with pen and paper to write home.
- Garden Veggie Wrap.....\$6.75**
Garden salad, cheese, ranch dressing on a soft tortilla.
- Chicken Club Wrap.....\$7.95**
Layered grilled chicken breast, smoked bacon, cheese, lettuce, tomato & mayo. Served in a soft tortilla shell.
- Falafel Wrap.....\$6.50**
Falafel, lettuce, tomato, cheese, onion, pickle and Tzatziki sauce in a tortilla shell with fries.

DELICIOUS SANDWICHES

Choose to customize your wrap or sandwich by requesting one of these three healthy yogurt sauces: Spicy Buffalo, Sweet Basil & Garlic or Curry and Roasted Red Pepper Sauce

- Philly Steak.....\$8.25**
Savory sliced beef smothered in grilled onions, peppers mushrooms & tomatoes. Topped with melted cheese and served on a ciabatta bun with tangy bbq sauce.
 - Philly Chicken.....\$8.25**
Seasoned chicken slices blanketed with grilled onions, peppers mushrooms & tomatoes. Topped with melted cheese and served on a ciabatta bun.
 - Traditional Club.....\$7.95**
A lunch fav ! Roasted turkey breast, bacon, cheddar cheese, lettuce and tomato served on 3 pieces of toasted bread.
 - Buffalo Chicken Wood.....\$7.95**
Crunchy chicken fingers, layered with bacon, cheese, lettuce and tomato served on a bun.
 - Hot Grilled Chicken.....\$8.25**
Tasty grilled chicken breasts stacked with bacon, cheese, lettuce and tomato on a bun.
 - Sandwich of the day..... \$4.25**
The chef's brilliant creation of the day. Ask your server for details.
- Served with french fries. Substitute for onion rings, soup of the day or side salad for only a Toonie!

TASTY BURGERS

Served with french fries. Substitute for onion rings, soup of the day or side salad for only a Toonie!

- Tiger Burger.....\$7.50**
A DAL Favorite ! Two 4 oz charbroiled beef patties, piled with smoked bacon, cheese, lettuce, tomato, onion & pickles.
- Saber Tooth Tiger Burger!\$8.95**
Go prehistoric and add another patty to the classic tiger burger built with THREE 4oz charbroiled patties!
- Grilled Chicken Burger.....\$6.95**
A juicy charbroiled breast, topped w/ mayo lettuce & tomato.
- Deluxe Burger.....\$5.95**
Perfectly Grilled beef burger topped with lettuce, tomato, pickle and grilled onion.
- Veggie Breaded Burger.....\$5.95**
A meatless patty, topped with mayo lettuce and tomato.

HOMEMADE FLAMMS

- Not Pizza ..Even Better.....\$7.95 Each**
- The Pepp**
Pepperoni & Mozzarella Cheese
- Veggie**
Cheese, peppers, tomato and yummy onions.
- Philly Chicken**
Deliciously seasoned chicken slices blanketed with grilled onions, peppers, mushrooms, tomatoes and melted cheese.
- Philly Steak**
Sliced beef smothered with grilled onions, peppers, shrooms, & tomatoes. Topped with bbq sauce and melted cheese.



GRAWOOD FAVS

- Chicken Finger & Fries..... \$6.75**
Hot & crunchy breaded chicken fingers, served with fries and choice of dipping sauce.
- Chicken Wings.....\$7.95**
Lightly dusted chicken wings. Hot, mild, medium, or honey garlic sauce.
- Chicken Stir Fry.....\$8.95**
Grilled chicken and veggies tossed in asian sauce.
- Pan Fried Haddock.....\$7.25**
Sizzling Haddock served with rice and veggies.
- Dave's Famous Beer Battered Haddock & Chips.....\$7.95**
Two pieces of beer battered haddock and a heaping pile of crispy fries.
- Souvlaki Pita.....\$7.95**
Skewer of chicken, served with a warm pita, tzatziki & garden salad.
- Pasta Feature.....\$7.25**
Hungry as a tiger? Load up on our pasta feature of the day. Served w/ garlic bread and cheese.
- The Grawood 'Late riser' Breakfast for lunch!.....\$5.95**
Served 11:30am til 12:30pm.
2 eggs your choice of sunny side up, over easy, over hard, or scrambled. Served with hash browns, bacon or sausage and toast.



WEDNESDAY NIGHT WING NIGHT
30 CENT WINGS*
5:00PM - 9:00PM

*BEVERAGE PURCHASE REQUIRED



[event info. prizes. questionable photos of your friends]
THE GRAWOOD CAMPUS PUB facebook

THURSDAY NIGHT
5PM - 9PM
BURGER & FRIES
DRAFT SPECIAL \$5.75

14oz DRAFT

