

DALHOUSIE STUDENT

Fusion Friday Friday, January 28

This event is brought to you by Engineers Without Boarders! There will be four bands performing in the Grawood! Come out and see Kayo, The Martins, Quake, and Ceeceefied all in one night!

Tickets are only \$5.00 and can be purchased at the door. The show begins at 9:00pm and we hope to see you all there! (Please note that you must be 19+ to attend)

Charity Ball Saturday, Jan 29

Every year the DSU throws its annual charity ball and auction in support of a select charity. This year the DSU has proudly chosen the Avalon Centre, a group that provides aid and support to local victims of sexual assault. This formal event is one of the social highlights of the year. Complete with dinner, dancing, auction and a performance by the vastly popular Mellotones, you will not be disappointed.

Tickets can be purchased at the Info Desk in the SUB for \$25 each or you can buy a table of ten for \$250.

This event takes place in the McInnes Room fro 7:00pm to 1:00am.

Skratch Bastid Thursday, February 3

You've seen him at the Paragon, now here is your chance to see him live at the Grawood! Why not kick off your Munro Day weekend with a bang!

This event is open to all students, faculty, staff, alumni and their guests! Tickets are only \$7.00 and can be purchased in advance at the Info Desk in the SUB or at the door.

Please note that you must be 19+ to attend this event.

Munro Day Ski Trip Friday, February 4

Looking for an exciting way to spend Munro day? Why not come skiing at Ski Wentworth

Tickets prices include rentals, lift passes, and a lesson! Tickets can be purchased at the Info Desk in the SUB.

\$29.00 without transportation

\$49.00 with transportation – the bus will leave the SUB at 8:30am and arrive back at Dal around 8:30pm.

This fun filled day is open to all students, faculty and staff. You can also sign in one guest.

Be sure to check out the DSU's 2009-2010 Annual Report at www.dsu.ca!

Stay connected with the DSU through Facebook & Twitter

Facebook: Group and Page – Dalhousie Student Union Twitter: www.twitter.com/dalstudentunion

North America's Oldest Campus Newspaper, Est. 1868

The Dalhousie Gazette

Joel Tichinoff, Editor in Chief editor@dalgazette.com

> Staff, Copy/Online Editor copy@dalgazette.com

Samantha Durnford, News Editor Katrina Pyne, Assistant News Editor news@dalgazette.com

> Katie Toth, Opinions Editor opinions@dalgazette.com

Rebecca Spence, Arts Editor Erica Eades, Assistant Arts Editor arts@dalgazette.com

Dylan Matthias, Sports Editor sports@dalgazette.com

Abram Gutscher, Photo Editor photo@dalgazette.com

Emily Davidson, Guest Art Director design@dalgazette.com

contact us.

www.dalgazette.com The SUB, Room 312 6136 University Avenue Halifax NS, B3H 4J2 902 494 1280

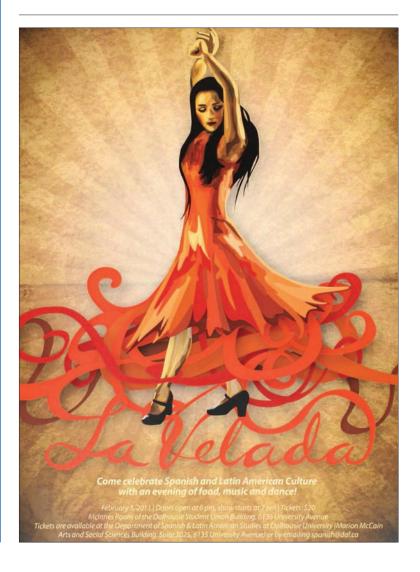
Advertising Inquiries Ben McDade, Ad Manager 902 222 1160 advertising@dalgazette.com

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 Dalhouse 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

staff

are solely those of the person being quoted, and not The Gazette's writers or staff. This publication is intended for readers 18 years of age or older. The views of our writers are not the explicit views of Dalhousie University. All students of Dalhousie University, as well as any interested parties on or off-campus, are invited to contribute to any section of the newspaper. Please contact the appropriate editor for submission guidelines, or drop by for our weekly volunteer meetings every Monday at 5:30 p.m. in room 312 of the Dal SUB. The Gazette reserves the right to edit and reprint all submissions, and will not publish material deemed by its editorial board to be discriminatory, racist, sexist, homophobic or libellous. Opinions expressed in submitted letters are solely those of the authors. Editorials in The Gazette are signed and represent the opinions of the writer(s), not necessarily those of The Gazette staff, Editorial Board, publisher, or Dalhousie University.





news

news.

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

Samantha Durnford News Editor



Student Day of Action will demand government response In a response to the O'Neill report, students will march on Feb. 2nd

Leilani Graham-Laidlaw and Olivia Schneider Staff Contributors

On Feb. 2 students are taking to the streets for a day of action to advocate for a freeze or reduction of tuition fees.

tvDalhousie, King's, Saint Mary's, NSCAD and Mount Saint Vincent have combined forces to organize a massive rally and march to Province House in the wake of the O'Neill report recommendations. They're going there to show the government they care, prior to the release of a new provincial education budget.

"We want students to get involved without feeling like they have to know what's happening," says Elise Graham, the chairperson for the Canadian Federation of Students (CFS) Nova Scotia, who is taking part in organizing the event. "The O'Neill report had regressive solutions, like deregulated tuition. Nothing that's really positive for students."

"We've known this was going to be a big year for a while."

At Dal, students are meeting in front of the Killam Library at noon and King's students will meet in the King's quad at the same time. At both locations, there will be speeches, free food, and at King's, a pep-up dance performance.

The two groups will then march down to Victoria Park carrying signs and banners telling the Nova Scotia government what they want. Flying slogans like "We're students, we fight back," "If this were France, shit would burn," and "Darrell Dexter, don't listen to Tim O'Neill/Nova Scotians need a better deal!"

Some professors have made the decision to cancel classes and bring their students to attend the march. King's and NSCAD have both granted academic amnesty to students participating in the rally so they will not be penalized. At the time of printing, negotiations for academic amnesty were still underway for Dal and SMU.

Students at Mount Saint Vincent, Acadia, St. FX and Université Sainte-Anne will be holding similar events. The Association of Nova Scotia University Teachers, the Nova Scotia Government and General Employees Union and local high school student councils have offered official support to the rally.

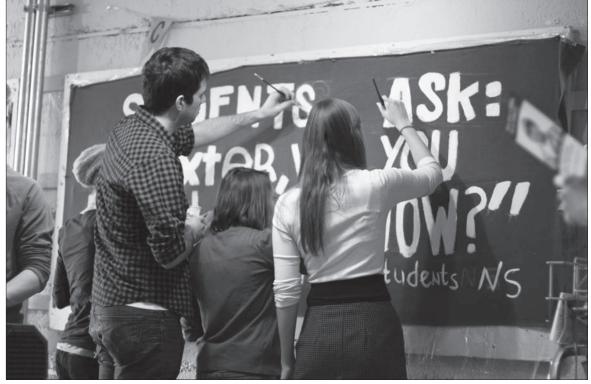
Over the past few months, students have been spreading the word about the Student Day of Action, handing out pamphlets at everything from the Saturday moming market, to basketball games, to amateur drag queen shows.

Online, people have been spreading the word via Facebook, YouTube, and Twitter.

The entire event is being co-ordinated by the CFS, a national union of students whose members lobby the government on students' behalf. According to Rebecca Rose, the regional director for the Maritimes, their bottom line is "to strive towards universal free education through progressive reductions of tuition fees"

Rose says the CFS's mandate right now—to reduce fees and drop debt, in the language of this campaign's title comes directly from students.

"We're a grass-roots, bottom-up, democratic organization," says Rose, running down the lists of elections, letters, town-hall style meetings, polls and petitions that solidify the CFS's credentials as a union that lobbies for



Students have been getting together to make signs and posters all month • • • Photo by Abram Gutscher

students.

The Reduce Fees, Drop Debt campaign consists of three points: increase post-secondary funding, reduce tuition fees, and increase the portion of student loans that's available as a bursary beyond 20 per cent.

According to Rose, the Student Day of Action is a direct response to former banking vice president Tim O'Neill's report which was released in September. Recommendations from the report include "strengthening" or merging universities such as Mount Saint Vincent, NSCAD and/or the Nova Scotia Agricultural College with Dal into one education institute. Université Sainte-Anne would be moved to Halifax to merge with Dal. CBU would have to cut whole programs and return to being little more than a technical school.

The report also calls for the deregulation of tuition fees and for universities to drastically increase tuition. Student loan thresholds would be increased for Nova Scotian students, even though over half of the students in

Nova Scotia are not from this province and are not funded by this province.

Rose says support drastically increased after the O'Neill report was released. "People kind of started popping out of the woodwork."

"We've known this was going to be a big year for a while," says Rose.

"The Memorandum of Understanding (MOU) between university presidents and the government, the department of education specifically, is up on March 31, 2011, which means that the tuition freeze is up and the stable funding that our universities see coming out of that agreement is also expiring."

The MOU is a loose agreement between the Ministry of Education and the Universities' administrations that states where funding should come from. It's not binding, but it directs both institutions' policies.

The CFS and Association of University Teachers had to fight hard for a seat at the negotiating table last time the MOU was under discussion in December 2007, which resulted in a tuition freeze announced when the agreement was finalized on March 31, 2008. It was the first time a student or staff representative was allowed into negotiations.

Rose reports that the government was "initially going to administrations asking for reports on potential cuts of 10 per cent and now they're asking for reports on three to five per cent."

"We're seeing small things happen," she says, but "they're being very, very close-lipped."

According to Rose, protests along the lines of the Day of Action have "won us some major victories," in the past. "It's the only way to demonstrate our numbers in a very visual way."

Most important, she says, the Day of Action "shows the government that we're not apathetic ... but it's just a part of the puzzle."

For more info: REDUCE TUITION FEES (Nova Scotia) on Facebook @nsdayofaction on Twitter

Looking for a rewarding career for men and women?

A well paying job with a wide range
of employment options?

Wondering what to do to supplement your
4 year Bachelors degree?

Explore Occupational Therapy!

Work with seniors, children, injured workers, troubled teens, burn victims

School of Occupational Therapy

Dalhousie University
2nd Floor Forrest Building 5869 University Ave,
Halifax, NS B3H 3J5
occupational.therapy@dal.ca
www.occupationaltherapy.dal.ca
902-494-8804

APPLICATION DEADLINE: FEBRUARY 28, 2011

For September 2011 Admission to our M.Sc.(Occupational Therapy) Programme



Did you know ?

Canada Student Loan debt (which does not include private loans) passed the 13 billion dollar mark this year, and at deadline sat at more than \$13,693,020,000.00

Source: StatsCan, 2010

Day of Action Academic Amnesty



SMU Acedmic amnesty not granted. Faculty Accociation encourage profs not to penalize students for absence.



MSVU Tentative approval pending Senate meeting Monday Jan 31.



DAL Yes; academic amnesty granted. Students won't be penalized for absence but check in with invidual professors about labs, assignments and tests.



NSCAD & King's Yes; academic amnesty granted.



Youth who leave Nova Scotia may not come back

Study shows mounting public concern over student debt

Katie Toth

Opinions Editor

A recent report on public opinion revealed that Nova Scotians are concerned about students leaving Nova Scotia in order to manage massive student debt loads.

Experts say that this issue could potentially lead to a provincial brain-

Nicholas Stark, an honours student pursuing a degree in contemporary studies and physics at the University of King's College, is one of the minds Nova Scotia stands to lose.

High tuition fees have left Stark in a "concerning financial situation."

In many ways, Stark is a model of university and community involvement. He sings in the College Chorus, works as a member of his campus patrol, and spent five days volunteering as a frosh leader during the King's College orientation week.

But a smile that never leaves his face as he talks about King's can't hide his discomfort with his accumulating debt.

Stark says that while he's "enjoyed his time in Nova Scotia," the prohibitive cost of tuition has led him to consider transferring schools, or returning to work

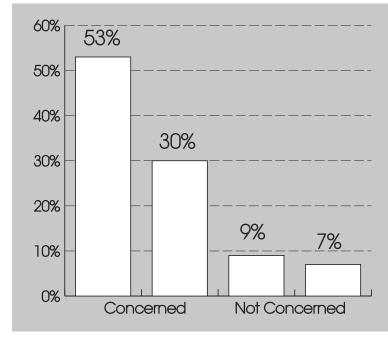
"If tuition fees had been lower in Nova Scotia when I graduated in 2006, I'm sure I would still be there, contributing to the economy."

in his home province of Ontario.

"It's a very real concern for me right

Gabe Hoogers is the Nova Scotia representative of the Canadian Federation of Students. He thinks Stark's story points to a broader problem.

leave Nova Scotia after they graduate in



According to a poll commissioned by a coalition comprised of the Association Nova Scotia University Teachers, The Canadian Federation of Students-Nova Scotia, and the Nova Scotia Government and General Employees Union, 53 per cent of respondents were "very concerned" and 30 per cent were "somewhat concerned" that students will have to leave Nova Scotia for higher wages because of large debts.

order to pay their debts, but also reject a Nova Scotian education altogether, instead leaving the province to attend university elsewhere. According to Hoogers, many youths hope to stay in Nova Scotia, but find it financially unviable.

"We're losing great minds," Hoogers said.

A 2007 study from the Maritimes Provinces Higher Education Commission (MPHEC) seems to agree. The study noted that, "tuition fees seem to influence students' choice of institution. This appears to be an important factor explaining the increasing number of Maritimers studying at the Memorial University of Newfoundland."

For Jessica McCormick, a Cape Breton native, tuition fees were the primary factor in her decision to attend Memorial.

"I considered going to Cape Breton University because that was the dosest one to home, and also going to Saint FX and Dalhousie ... I hadn't really considered Memorial until I started looking at the finances of it all," McCormick said.

Tuition fees in Newfoundland and Labrador have been frozen since 1999.

For McCormick, the hardest part of leaving home was being far from her family. "If tuition fees had been lower in the province when I had graduated in 2006, I'm sure I would still be there, and be with my family, and be contributing to the (Nova Scotian) economy," she said.

That's not to say, however, that McCormick regrets her decision. "I've really made a life for myself here.'

McCormick's university experience led her to get involved with her student union, MUNSU, where she now works on the union executive as the external officer. The student representative of one of the cheapest universities in the country has plenty of advice for Nova Scotian students.

"In Newfoundland and Labrador, the students have been so successful because we are one hundred percent united. Regardless of what university you're at ... everybody can get behind something like reducing tuition fees, and making post secondary education

McCormack's experience at Memorial has been so positive, she says, that she now plans on staying in Newfoundland to work and attend graduate school. "I'll definitely be staying in St John's."

Katie Toth is the Women's Representative for the Canadian Federation of Students-Nova Scotia.

Did you know?

59% of Nova Scotians would pay slightly higher income taxes if they knew the money was going to fund postsecondary education.

Source: Opinion Search Research report released in Jan. 2010, commissioned by the Canadian Federation of Students, the Association of Nova Scotia University Teachers and the Nova Scotia Government and General Employees Union

Did you know?

83% of Nova Scotians support REDUCING tuition fees, while 90% of Canadians support **REDUCING or FREEZING** tuition fees.

Source: Opinion Search Research report released in Jan. 2010, commissioned by the Canadian Federation of Students, the Association of Nova Scotia University Teachers and the Nova Scotia Government and General Employees Union

DSU President unsure Day of Action will bring big change

Chris Saulnier hopes the protest will at least open communication between government and students

Nicole Feriancek News Contributor

With the Student Day of Action approaching, Dalhousie Student Union (DSU) President Chris Saulnier is unsure the march will make the government rethink their policies.

In reaction to a lack of communication with the provincial government, thousands of students are expected to march to Province House on Feb. 2.

"I'm not convinced that this rally will cause the government to rethink all of their policies. I'm hoping that it might make them take a step back and realize that what they're doing may not be the right decision.

Saulnier says the most he can hope to come of this rally is for the government to realize how important it is for the province to invest in education.

"Even though Nova Scotia is in a tough financial climate, cutting money on education is not the answer.

Despite his suspicions that the Day of Action may not bring major change, Saulnier does think that a tuition hike would be troubling for Dal students.

"It's all speculation as to what tuition will look like next year," says Saulnier. "That's a bad situation for a student to be in because they're not able to plan for how they will be able to pay for tuition. It's a scary thought."

The N.S. Student Bursary Program, which gives a grant of about \$600 a semester to students who choose to stay in the province for their education, also expires in March. Without the bursary, students from Nova Scotia would feel an instant 21 per cent increase in what they are paying, says Saulnier.

Because this is a government funded program, Dalhousie would feel no increase in revenue despite the extra cost to students. In addition, the government is talking about cutting basic funding to universities, says Saulnier. If Dalhousie needs to raise tuition, this will be an added expense for students.

"In order to maintain the current level of service, universities will obviously have to raise tuition, to make up that difference from students," he says.

Yet money is not the only factor driving this protest. A lack of government cooperation and negotiation is further heating the issue.

"Right now the government is not talking to universities, not talking to students and not talking to the public, so we don't know what's happening. This is a call to the government to release more information," says Saulnier.

DSU Vice President Academic and External Rob LeForte says that the DSU has made numerous attempts to communicate with the provincial government this fall, but has not been included in getting any kind of feedback.

"It's not just the fact that tuition may increase," says LeForte. "It's the fact that we've been talking to the government frequently in the past about how detrimental this is for universities and how hard it would hit students, and in the last four or so months we have had a real difficulty with any sort of communication."

A mass student protest may be the only option left, as a last resort to influence government policies, before Premier Darrel Dexter releases the budget in the spring.

"We really would like to be around the table and express our concerns to them so they can make better policies," says LeForte. "But we've pretty well exhausted all opportunities for communication. That's really why we are pursuing the student Day of Action so much.

The provincial government has told the DSU that a negotiation process will begin soon, and that students may be involved. But how soon, along with the level of negotiation is unclear. Regardless of the uncertainties, universities have to plan ahead for next year.

"It's very frustrating," says Saulnier, "Especially because university budgets are being prepared right now."

Hoogers has seen his peers not only

Did you know?

Tuition fees have gone up four times faster than the rate of inflation in the past 15 years.

Source: StatsCan, 2010

Did you know?

68% of Nova Scotians say "many people don't have the opportunity" to access post secondary education, because, according to 83% of them, "university and college education is too expensive for many people."

Source: Opinion Search Research report released in Jan. 2010, commissioned by the Canadian Federation of Students, the Association of Nova Scotia University Teachers and the Nova Scotia Government and General Employees Union

MLA Megan Leslie says student movements work

Leslie says she wishes she could be here Feb 2nd

Samantha Durnford News Editor

Gazette Exclusive Interview

(3): How do you feel about the Student Day of Action?

Megan Leslie: Oh, I think it's great! I'm very sad I won't be here. Parliament sits on Jan 31st, so I'll be in Ottawa and I'm sad that I can't help out. I think it sends a message on where you stand on a political issue or policy. It's also a great way to spread your message and educate other people who want to get involved.

(3): What implications can the Day of Action have on the government?

ML: I don't think any rally or day of action or protest is a silver bullet. I mean, you don't have a protest and poof laws change, but it's part of an on-going struggle to have your voice heard and have your country's law reflect what you want.

So, having a rally can, for example, get media attention which means people will read about it and if they read about it maybe they'll write a letter, and someone else can read it and decide they want to do something. Protests are really important and I think they work, but they only work if there's a greater community or grassroots campaign to go along with it.

(9): What are your thoughts on the O'Neill report?

ML: I haven't read it. It's a provincial issue and I haven't been involved in it.

As far as the federal aspect on post-secondary education, what we're working on in the NDP is a Post-Secondary Act that would transfer money to the provinces and guarantee stable funding and protect principles of accessibility and quality. So, that's how we're looking at post-secondary education. It's a provincial issue but the feds can be involved if they take a leadership role in funding.

We introduced the Act before the last election, before 2008, but we haven't reintroduced it this session because we're still tweaking it and working with student groups and educators to try and improve it a bit. Hopefully, we'll be able to introduce it soon.

(3): What is the best thing students can do to make a change?

ML: Nothing ever is the clincher, no one thing is ever the clincher. I think if you really want to see change on a particular issue, getting involved is the way to

go, and there are a lot of different ways to get involved: student government, meeting with your MLA, hold a teach-in, and just get informed on the issue.

Getting informed will allow you to have an opinion and then you can be as creative as you want to be and you can spread your message. It adds to the collective movement and the grassroots movement and I think those movements do work.

(9): Does the government hear students

ML: Absolutely. In our Post-Secondary Education Act, we had to try and get around the issue that education is a provincial issue but we had so many conversations with student activists and students with huge debt that we knew we had to figure out something.

It comes directly from the fact that students have been in contact with us and started conversations saying, "look, we can't afford school anymore."

Definitely: government listens.

(2): How do you feel about the fact that food banks are opening and students can't afford school?

ML: I'm not that far away from it. I graduated from Dalhousie Law School and I understand it. I'm a little bit embarrassed to admit it but when I got into law school, I didn't realize how hard it would be financially, and after a couple weeks in, I had to call my parents and figure out how to make it work.

I thought I couldn't make it work and I thought I was going to have to quit school because I figured I couldn't do it financially. There are students across Canada making that decision every day and there are students that don't even apply because they don't think that they can afford it or get the assistance they need. We're losing such incredibly smart and talented people who want to go to school who don't even bother applying because they don't think they can afford it

(a): Were you involved in any protests growing up?

ML: Oh my God, yes. I staged my first protest when I was 15 and it was just me and my best friend protesting in front of town hall.

I mean, I've moved onto bigger ones! To give the student movement some credit in Nova Scotia, there has been a tuition freeze and I'm not saying that's the be-all-end-all, but that would never have happened without pressure of students.

If you don't use your voice, then it's not that people aren't listening to you: it's that there's no voice to listen to at all.

By 2006, the

Did you know?

unemployment rate had fallen to 12% for those with less than high school and 4% for university graduates.

Source: StatsCan, 2010

Did you know ?

More Nova Scotians are concerned about "the affordability of post-secondary education" over taxes, health care, unemployment, and crime. 88% say that education should be a high priority for the government.

Source: Opinion Search Research report released in Jan. 2010, commissioned by the Canadian Federation of Students, the Association of Nova Scotia University Teachers and the Nova Scotia Government and General Employees Union

Students impressed with Brains for Change Challenge

Participants say event was "much better" than last year



Students formed groups to discuss projects for the upcoming funding event in March • • • Photo by Abram Gutscher

Samantha Chown Staff Contributor

Dalhousie students interested in change and community projects participated in the second annual Brains for Change (BFC) challenge on Jan. 22.

The day long conference hosted by Launch Point, a leadership society at Dal, gave students an opportunity to share ideas with other students as well as network with faculty and prominent community members.

Laura Dimand, one of the event's organizers said, "We wanted to create a venue where people join together who have like interests to collaborate and really start change that can actually bappen"."

Jamie Arron, creator of BFC and the Leadership Director for the Dalhousie Student Union, wanted to create a "pocket of utopia" where ideas could be born in a safe and supporting environment. He said he hoped these ideas would eventually spread from those in attendance to the rest of Dal's population.

Instead of guest speakers lecturing the group like last year, about 70 participants were broken into small groups between five and eight people per table.

Christine Moore, a career counsellor at Dal who attended last year's event, said the new "open space" format was an excellent improvement. "The idea of sitting and listening to someone talk is not nearly as enjoyable as doing something."

Nikki Mohle, a third-year nursing student, came to the conference without expectations but with the understanding that BFC would give students the opportunity to become more engaged in the school community, "something that is very easy not to do in university."

Carmen Dell, also a third-year nursing student and returning participant, says a prominent theme that emerged from last year's conference was the lack of communication across campus and students feeling disconnected. Dell says the conference gets participants focused on their values and what they would like to see changed in the community removing the disconnect.

"A lot of conversation happens on the surface level but when we sit down intentionally, amazing stuff can happen," she says.

The first half of the day was dedicated to trust building activities to warm participants up and get into a creative mindset. The first task was to create a tool out of craft materials to help first-year students make friends. This was followed by a reflection on working in teams and then a question exercise where students had the chance to pose any question they wanted and have it answered by another participant.

The second half of the conference allowed for students to pitch their ideas

of change to the rest of the attendees. Ideas ranged from getting Halifax certified as a Fair Trade city to rallying students together for the upcoming Student Day of Action. The open space format was used to allow students to migrate towards the group's whose issues they were most passionate about and engage in open discussion.

"The idea of sitting and listening to someone talk is not nearly as enjoyable as doing something."

Once an idea gets the go ahead from co-ordinators, the group is encouraged to have weekly meetings until the pitch date to members of the community on March 22. Groups are then allowed to apply for funding. BFC is going to distribute \$2,500 based on need to the groups whose ideas have an achievable plan. Last year BFC distributed over \$5,000 to various projects that stemmed from the conference.

Did you know?

Debt is highest in the Maritimes, with an average of \$28,000.00 per student.

Source: StatsCan, 2010

opinions

opinions.

opinions gazette opinions welcomes any

gazette opinions welcomes any opinion backed up with facts, but we don't publish rants. E-mail Katie at opinions@dalgazette.com to contribute.

Katie Toth Opinions Editor



Criticism of Israeli policy requires nuance

Real change is contingent on responsibility, mutual respect

Samantha Levy Opinions Contributor

As a left-leaning Jew and a Zionist in a liberal arts college, I am often caught in the middle of this socio-political tug-of-war. I find myself particularly upset with the way in which the Israeli-Palestinian conflict has been polarized on university campuses and beyond. Zionists appear unable to be critical of Israeli policy and advocates for Palestinian sovereignty seem unwilling to see past victimization. This op-ed is a response to an article condemning Israel, but I hope that it is not misread as an affront to the Palestinian plight.

In his Jan. 7 op-ed "A Lament for Gaza" David Bush wrote that a "power imbalance" lies at the heart of the Israeli-Palestinian conflict and cites the "miniscule Palestinian armed resistance," but he misses the point. Proportionality is not a numerical comparison, but rather an assessment of threats and subsequent measures that must be pursued in order to avert or avoid them. Israel is not simply a modern day Goliath.

Bush critiques the blockade as the harshest in history, but his analysis fails on two accounts. One, it misrepresents the facts by neglecting to mention that Egypt has also enacted a blockade against Gaza and also by not mentioning that it is a blockade against weapons and not against medicine and food. Secondly, Bush fails to ask the crucial question: why did Israel enact a blockade in the first place?

I disagree with anyone who attempts to "justify brutality," as Bush writes. None the less, I do believe that his argument—that Hamas was elected due to decades of oppression and occupation—is shortsighted. I agree with the general premise of this argument—that the Palestinian people have been dealt a horrible hand and have suffered greatly—but I wish to provide further analysis. Israel is to blame partly

With the founding of the country and the rejection by the Palestinian Liberation Organization of a two-state solution, Israeli forces did forcibly, violently, and humiliatingly remove thousands of Palestinians from their homes. This is historically documented. But the issue is more complicated than this.

Fast-forward to June 2007, roughly two years after Israel unilaterally withdrew from Gaza, and you find Hamas staging an incredibly violent coup against the reigning Fatah government. At this point, there was not a single Israeli troop on the ground. If we are to place blame for the election of Hamas, a recognized

terrorist organization that refuses to talk to Israel, then we must also acknowledge how horribly the Fatah government, particularly under the leadership of Yasser Arafat, humiliated, oppressed and utterly failed their own people.

Additionally, we should also examine the flip-side of the coin: the Israeli election of the right-wing Netanyahu government in 2009. I am no fan of Netanyahu or his right-wing party, the Likud, and I strongly disagree with their expansion of settlements in the West Bank. However, if we can chalk up the throwing of rockets and the election of Hamas to feelings of oppression and humiliation, than we can certainly explain Netanyahu's election and the formation of a strong Israeli military to a sense of frustration; frustration of years of having to defend its legitimacy and frustration after years of unilateral peace-talks. The settlements are hardly the only barrier to peace and a two-state solution, as Bush believes them to be, because there have been years of unanswered concessions that have lead to this government's

Bush cites horrific incidences of army brutality, incidences that I am in no position to deny. I hope that they are false accusations, yet understand that they may very well be true and am prepared to make the army and the

government answer to them, because as the only liberal democracy in the Middle East, that is Israel's responsibility. He also references incidents wherein the Israeli army shelled hospitals and schools, though he neglects to mention the intelligence that showed Hamas to be hiding and manufacturing weaponry undemeath. Nor does he cite the effort by Israeli troops to empty these sites prior to the attacks.

I am willing to acknowledge the situation in Gaza is horrific. What I am not prepared to do is to posit this relationship as a power-struggle between big and small, between colonizers and colonized, because those accusations are misdirected. I do not think that all critics of Israel are anti-Semitic. On the contrary, I believe it is my job as a Zionist to critique Israel when I disagree with its policies, as I would Canada.

I do, however, believe that Israel is disproportionately attacked by human rights organizations such as the UN Human Rights Council: out of 14 emergency Human Rights Council sessions between 2006 and 2009, at least 6 were about Israel. Large-scale atrocities as the genocide in Darfur and the mass rapes in the Congo were relegated to only three sessions. This is not to say that Israel should not be scrutinized, but if this statistic seems imbalanced, than it may

have more to show us of the political incentive to scrutinize Israel.

While I encourage thoughtful criticism of Israel, I do have a major problem with critics of Israel and Israelis, and I hope that you catch this distinction. What baffles me is that the same people who argue that it is unfair to blockade supplies to Gaza because it punishes the civilians rather than the government are the same people who advocate boycotts of Israeli-owned companies. Do you honestly think that by refraining to purchase a pair of Naot sandals or Ahava face cream that you are doing anything more than running somebody out of business? That would be like boycotting Lululemon because you thought that Canada was in Afghanistan

Bush ends his article with a plea to "move past the fictions and lies of omission," so I will end mine the same way. Unilateral criticism is an incomplete analysis of a very complex situation. I do not disagree with many of the claims made in his op-ed, but encourage Bush and readers to see past these black-and-white distinctions. We must engage with the situation meaningfully by pursuing numerous angles instead of limiting ourselves to a scenario of right-versus-wrong.

Presidential Dispatch

Accessible, high quality university education is important for our communities

Chris Saulnier Opinions Contributor

Recently, our province launched a campaign branding Nova Scotia as the "Canada's University Capital." This campaign draws on the depth and breadth of programs available at the 11 universities scattered from one end of the province to the other. A less advertised, but equally well deserved, title held by the post-secondary education system in Nova Scotia is that of being the "Canada's Tuition Capital." Students in Nova Scotia have faced the country's highest undergraduate tuition fees for 19 of the past 21 years.

No member of Darrell Dexter's NDP Government would dispute the importance of our universities to Nova Scotia's future economic success. However, what currently exists is an underfunded system—the Nova Scotia Government invests less money per student than any other Province. Universities in Nova Scotia have been doing a good job at providing quality

education with low levels of funding compared to all of their Canadian counterparts. The fact that Dalhousie is such a respected institution, both on a national and international level, speaks to its success at operating in a restricted financial climate. If the government decides not to value education in Nova Scotia, then it is not reasonable or fair for them to argue that funding is being reduced because universities are 'inefficient'.

These proposed cuts have nothing to do with making universities operate more efficiently or improving the quality of education in Nova Scotia. Funding cuts, when combined with the O'Neill Report's recommendation to completely deregulate tuition, would merely allow Premier Dexter to turn provincial debt into student debt.

Before Dexter was elected Premier, he stated "Nova Scotia can no longer afford to lose its best students and future leaders because of overwhelming student debts." It appears now he is prepared to allow just that to happen.



The NS Government invests less money per student than in any other province • • • Photo by Alice Hebb

The situation is clearly not getting any better for students, and we can now even less afford to lose our graduates due to student debt.

Provincial funding cuts will result in higher tuitions and higher debts. It is obvious that this is the wrong decision.

Accessible and high quality university education is important to our province, important to our citizens, important to our communities, workers, and businesses. Most significantly, it is important to our students and our future.

Chris Saulnier is the President of the Dalhousie Student Union. You can email him at dsupres@dal.ca.

opinions

Austerity measures: an ideological epidemic

Whether in England or Nova Scotia, they won't listen to us if we don't march

Gabe Hoogers Opinions Contributor

On Nov. 9, 2009, the United Kingdom government commissioned former British Patroleum (BP) CEO Lord Browne of Madingley to conduct an Independent Review of Higher Education Funding and Student Finance. Lord Browne's final report recommended that the government lift the current cap on British tuition fees, allowing universities to set tuition fees at whatever level they see fit.

Sound familiar? Less than one month before the release of Lord Browne's disastrous report, the Nova Scotia government released the Report on the University System in Nova Scotia, commissioned by Premier Darrell Dexter and written by former Bank of Montreal Executive Vice-President Tim O'Neill. Much like Browne, O'Neill recommended that the NDP government lift the tuition fee freeze and allow universities to increase tuition fees indefinitely, thus increasing the amount of debt that each graduate

is able to accrue. On Nov. 10, 2010, 52,000 students and

workers flooded the streets of London to protest the UK's cuts to university and social-program funding. It was the largest UK student demonstration in over a decade. Despite this impressive show of force and solidarity, the UK government used the Browne report to justify their decision to increase tuition fees threefold. This, in a country that didn't even have tuition fees until 1998. These tuition fee increases accompanied a litany of cost-cutting measures, often targeting the sectors of British society that are the most financially vulnerable.

The Report on the University System in Nova Scotia represents an outlook towards education that the United Kingdom has already adopted: that post-secondary education should only be for the privileged few who can afford

Undergraduate students in Nova Scotia face larger average debt loads than those graduating from any other province, at \$31,000.

In his former life as Leader of Opposition, Darrell Dexter acknowledged the negative impact this level of debt has on our province. It

is concerning, then, that he responded to a report that recommends massive increases in student debt and tuition fees as "innovative and strategic." These sentiments are especially troubling in a year when the agreement between universities and government that ensures stable funding (and frozen tuition) has expired. Meanwhile, the Nova Scotia student tuition fee rebate trust fund—a program which keeps tuition fees low for permanent residents of the province—has begun to run dry.

"Undergrads in Nova Scotia face the largest average debt loads in the country."

Despite a four-year tuition fee freeze, it is clear that tuition fees are still a barrier for people from low- and middleincome families and marginalized communities. In a recent public opinion poll conducted by our Nova Scotia Post-Secondary Education Coalition, 83 per cent of Nova Scotians supported reducing tuition fees

Like students in the UK (and the U.S. and France and Italy and Greece to name a few), students in Nova Scotia are fighting back against so-called "austerity measures." We are calling on the provincial government to prioritize funding for post-secondary education and reduce tuition fees.

In the past year, 4,000 students signed the petition to increase funding to universities and grants and reduce tuition fees: these petitions were submitted to the legislature in Nov. 2010. Students at King's and Dal sent dozens of hand-written letters and emails to their provincial elected representatives, which lead to MLA Leonard Preyra requesting to meet with student representatives in January. Student reps have also been meeting with politicians from government as well as both opposition

But we all know that nothing gets done on any level of government, without a great big push from one or more stakeholder groups. Sometimes these groups are big businesses like BP who benefit from increased corporate influence on education, or banks such as Bank of Montreal, who profit off of massive student debt.

Sometimes, however, stakeholders are workers, educators and students.

On Feb. 2 Nova Scotia students will take to the streets for the Reduce Fees-Drop Debt Student Day of Action. This mass mobilization will demonstrate to decision-makers that students are willing to fight for our right to a well-funded, quality and affordable education.

In 2007, just weeks after students across Nova Scotia participated in a national Student Day of Action, the province announced our first tuition fee freeze. The action also set the tone for the 2007 round of funding

and fees negotiations, ensuring that the government was committed to maintaining the tuition fee freeze until this year.

On Feb. 2, we will march, because when it comes to government funding for education and tuition fees, Nova Scotia deserves a better deal. We have no guarantee that decision makers will listen to us—but if we don't speak out, there's no chance that they will.

Gabe Hoogers is the Nova Scotia Representative of the Canadian Federation of Students.

LSAT MCAT **GMAT GRE Preparation Seminars**

- **Complete 30-Hour Seminars**
- **Convenient Weekend Schedule**
- **Proven Test-Taking Strategies**
- **Experienced Course Instructors**
- **Comprehensive Study Materials**
- **Simulated Practice Exams**
- **Limited Class Size**
- Free Repeat Policy
- **Personal Tutoring Available**
- Thousands of Satisfied Students

OXFORD SEMINARS

1-800-269-6719 416-924-3240 www.oxfordseminars.ca

Solidarity!

From Fredericton to Halifax, our challenges are the same

Ella Henry and Mary-Dan Johnston Opinions Contributors

Our public universities have been foundational to the construction of the Canada that we know today, a country that for many years had one of the highest standards of living on the planet.

University only became accessible to middle class families in the postwar years as government began to put money into institutions in order to educate veterans returning from Europe. This democratization of education opened up the university to students from beyond the upper classes, diversifying the kind of research being done and spreading knowledge throughout the social field, rather than concentrating it among the elites.

However, in the last twenty years, we've seen funding cuts that are drastically undermining the accessibility of our education system.

Since the recommendations of the O'Neill Report exploded onto the political scene in September, it has become clear: Nova Scotia is becoming the front line of the battle for publicly funded post-secondary education across Canada.

In order to meet this challenge, students need to work together. What happens in Nova Scotia is not isolated from what happens in the rest of the country, and students everywhere need to join forces. If we see tuition fees increase to over \$10,000 a year in Nova Scotia following O'Neill's recommendations, it won't stop there. These political decisions set the tone for the rest of the country. Other governments will be able to get away with removing regulations on tuition fees on the grounds that Nova Scotia

From New Brunswick, we want to offer you some advice. Recommendations of government commissioned reports can be defeated if students hit the streets. In 2007, the New Brunswick government released a report on higher education in the province, recommending that UNB Saint John be merged with the Community College into a Polytechnic University in order to meet the perceived demands of employers, rather than those of students.

This decision was based on the assumption that people in Saint John—a city with one of the highest per capita poverty rates in Canadaneeded a training school, rather than a university like every other major city in the province. The report recommended that ree polytechnics be created, but no were, as hundreds of students, faculty and community members walked out of their classrooms and onto the streets to protest the recommendations. The recommendations were scrapped, with students winning the right to finish most degree programs in Saint John, rather than having to move away.

The demands of a population can only be amplified if individuals add

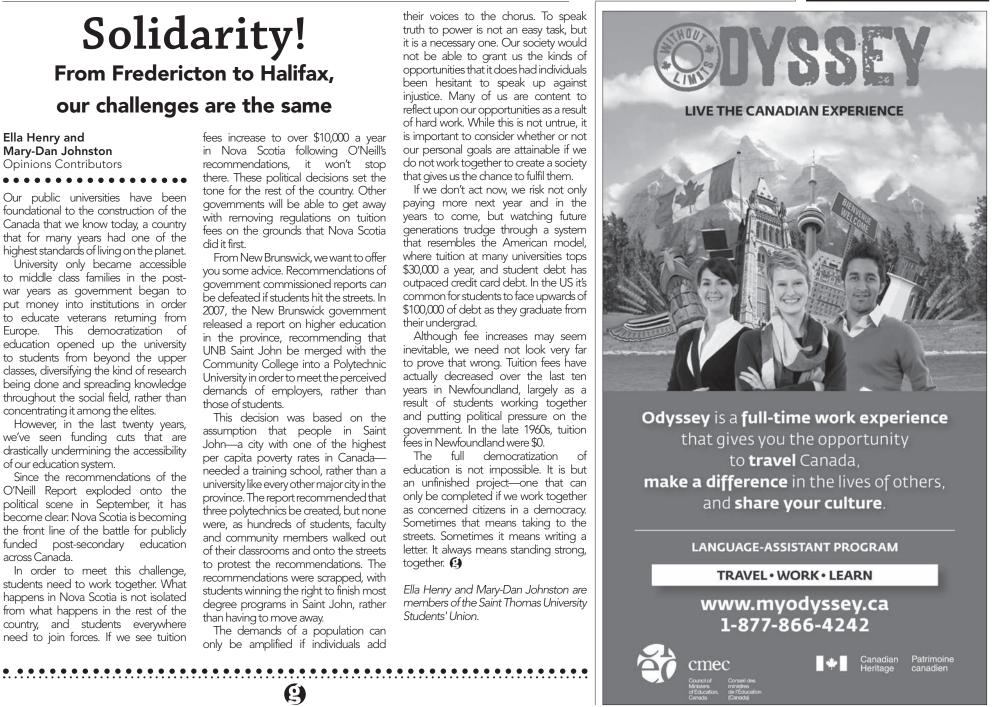
their voices to the chorus. To speak truth to power is not an easy task, but it is a necessary one. Our society would not be able to grant us the kinds of opportunities that it does had individuals been hesitant to speak up against injustice. Many of us are content to reflect upon our opportunities as a result of hard work. While this is not untrue, it is important to consider whether or not our personal goals are attainable if we do not work together to create a society that gives us the chance to fulfil them.

If we don't act now, we risk not only paying more next year and in the years to come, but watching future generations trudge through a system that resembles the American model, where tuition at many universities tops \$30,000 a year, and student debt has outpaced credit card debt. In the US it's common for students to face upwards of \$100,000 of debt as they graduate from their undergrad.

Although fee increases may seem inevitable, we need not look very far to prove that wrong. Tuition fees have actually decreased over the last ten years in Newfoundland, largely as a result of students working together and putting political pressure on the government. In the late 1960s, tuition fees in Newfoundland were \$0.

full democratization education is not impossible. It is but an unfinished project—one that can only be completed if we work together as concerned citizens in a democracy Sometimes that means taking to the streets. Sometimes it means writing a letter. It always means standing strong, together.

Ella Henry and Mary-Dan Johnston are members of the Saint Thomas University Students' Union.



Government opacity won't win our votes

Playing politics affects students and communities



Province House: the public is on the outside looking in

Mark Coffin Opinions Contributor

When you are on the executive of a university student union, invitations to participate in decision-making with the university come to you. During my time as Vice President (education) for the Dalhousie Student Union, the number of invitations we received was

overwhelming, and many of them for quite trite decisions. I recall getting one invitation to join the hiring committee for a position as benign-sounding as head groundskeeper. Universities, in my experience, are hyper-aware of the importance of inviting students and other important stakeholders to the decision making table, and do so to a nauseating degree.

Our provincial government, on the other hand, couldn't be more unlike our universities. Advocates for education in Nova Scotia know this all too well. The government has asked the school boards to detail what a 22 per cent funding cut would look like, and the school boards responded. Judging from the media discourse, the discussion has

School boards have understandably decided to share the results of their cost cutting scenarios with both the government and the public. In brief, they've said that the result would mean 70 schools closing and 4000 jobs disappearing across the province.

Nova Scotia Premier Darrel Dexter has snapped back, saying "it's terribly irresponsible to be creating the kind of fear that they are creating by bringing forward these scenarios."

In other words, this was either meant to be an internal conversation that the government wasn't ready to bring to the public, or it was meant to be a public relations tactic that has evidently backfired, and they likely wish everyone would stop talking about it. Regardless of their intent, the government's inability to bring their concerns to the public in an honest manner is just bad politics.

University administrations have just completed a similar exercise—albeit much less public—where they've been asked to demonstrate what the effect of an undisclosed drop in funding to the post-secondary system would be. Not surprisingly, students were not invited to partake in this discussion.

When asked about school boards, university funding, or tuition in the legislature, the government's response is unsatisfactory. They've given dodgy responses to serious questions, while they are evidently giving serious consideration to dodgy proposals like increasing tuition.

To a certain degree, this is how politics works, and it's how politics have always worked. A government knows they have to make a tough decision, so they leak some information publicly that suggests the actual decision might be worse than whatever they have planned. Then, rather than announce the slightly less alarming decisions when they're actually made, they wait until the last minute and announce them all at once (in our case, probably on budget day), because it's better to have one bad news day than

"The government's neglect to honestly bring their concerns to the public is just bad politics."

Unfortunately, in the case of education funding, this drawn-out process is hurting the very citizens the government is elected to serve. Students are unable to plan for the costs that will be expected of them next year, not knowing how much tuition will be. School boards and university administrations are forced to spend more time and energy securing

adequate funding for next year's operations and devote less attention to improving the quality of education we're all paying for. Teachers, faculty and other school employees are concerned about job security, and smart ones are looking for employment elsewhere.

Perhaps the situation won't be as dire as the letters to the editor, town hall meetings and alarmist presentations would have us believe. But, without a genuine discussion on education funding, we'll never know.

A refusal from government to communicate openly with stakeholders forces students and other concerned citizens to mobilize for citizen action. We must encourage our government to adequately fund an accessible and affordable education system in Nova Scotia. To get involved, contact your student union.

Mark Coffin is the executive director of ANSSA, the Alliance of Nova Scotia Student Associations.

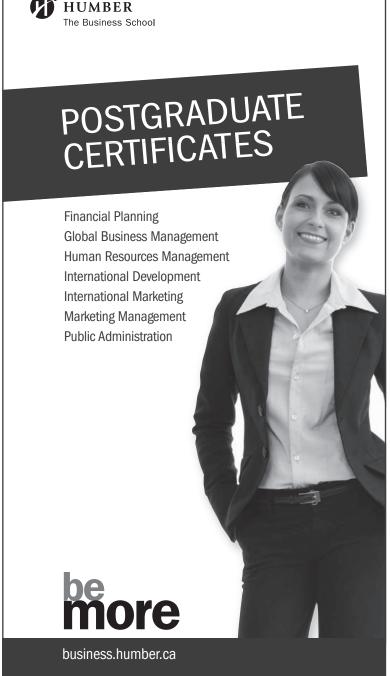


Success.

Being successful includes overcoming obstacles. If your schedule is getting in the way of completing your business degree, don't let it stop you. Athabasca University's Faculty of Business has the courses you need - online, without the obstacles.

Success begins at www.business.athabascau.ca.

> Athabasca University Faculty of Business







TESOL/TESL Teacher Training **Certification Courses**

- Intensive 60-Hour Program
- **Classroom Management Techniques**
- **Detailed Lesson Planning**
- **ESL Skills Development**
- **Comprehensive Teaching Materials**
- Interactive Teaching Practicum
- **Internationally Recognized Certificate**
- Teacher Placement Service
- Money-Back Guarantee Included
- Thousands of Satisfied Students

OXFORD SEMINARS 1-800-269-6719/416-924-3240 www.oxfordseminars.ca

NEED POSTERS FOR YOUR WALLS?

COME TO THE COOLEST POSTER SHOP IN HALIFAX!

> WE HAVE 1000'S TO CHOOSE FROM

MUSIC · MOVIES VINTAGE



The Art Expo 492 7128 Park Lane Mall (next to the theatres)

arts&culture

arts&culture.

arts&culture arts covers cultural happenings in Halifax. E-mail Rebecca or Erica at arts@dalgazette.com to contribute.



Rebecca Spence Arts Editor

When everything old is new again

Vagabond Vintage becomes a full-time job for David Figueroa

Heather Jordan Ross Arts Contributor

Plaid. Tweed. Neon. Dozens of loafers, flats, sneakers, and a single pair of cowboy boots line the walls. Three suitcases filled with vintage goodies lay open on the floor: one for belts, one for scarves and one for winter wear.

Sitting at a wooden table with a cash box and a docking station purring Arcade Fire's "The Suburbs" is Toronto native David Figueroa, the owner of Vagabond Vintage. Posted in the Dalhousie Student Union Building, this is his fifth sale at Dalhousie this year.

When Figueroa started Vagabond Vintage as a traveling vintage store a year and a half ago, it was a part-time excursion. But since he started monthly sales at Dalhousie, King's and NSCAD, selling vintage clothes has become his full-time job.

Figueroa got his start working with Caravan Vintage in Toronto before he decided to move to Halifax and start a business of his own.

"I noticed right away that it was easier to be part of the Halifax scene and gain its support," he says. "Halifax is a pretty interesting city to work in because it's not as dominated."

Though many vintage retailers in Toronto go to warehouses, Figueroa's interests in vintage clothes lay in a more mom and pop approach. He traveled Nova Scotia this summer to flea markets, the 75 mile yard sale and thrift stores.

Figueroa was doing street sales in the summer, but since he started doing sales at universities he can now afford to make Vagabond Vintage his full time job. He started at NSCAD, but he says that Dalhousie and King's generated a larger

"I found the true niche is coming to the south end. It's harder to be connected to the bigger scene in the North End, so I try to bring it to the students."

Figueroa says that bringing vintage to the students is important in connecting them to the bigger Halifax scene.

"I found the true niche is coming to the south end. It's harder to be connected to the bigger scene in the North End, so I try to bring it to the students," he says. "You're here to have your focus on

Staci Latham-Murphy, a first year



Figueroa used to vintage threads on Gottingen Street • • • Photo supplied

Dalhousie student, holds up a red and blue scarf to her friend.

"It's me," she says. Her friend agrees. Latham-Murphy finds vintage shopping exhilarating, even though she thinks it's difficult to find good shops in Halifax. "I like buying vintage clothing because it has a story, as opposed to just knowing that it just came from a sweatshop.

She also likes vintage shopping because it's inexpensive, and that's how Figueroa plans to keep it.

"I won't buy things if I have to mark it up too much," he says. "Thirty-five dollars is my peak, and that would be for a jacket."

Even keeping prices low, Figueroa can still afford to make this a full time job while paying off a student loan of

his own, as a graduate from Georgian College with a degree in Fine Arts.

Figueroa's next Dalhousie sale will be on Feb. 9 in the Student Union Building. Next sale at King's Jan. 28 in the Wardroom. He can be found online at vagabondvintage.tumblr.com.







@dalgazette @gazetteopinions @gazette_arts





'good food cheap, and

lots of it!"

Bill Spurr, Chronicle Herald



www.jeansrestaurant.ca 5972 Spring Garden Road Tel 444 7776

Eat in, Take Out DEBIT **Dal Cards Credit Cards** FREE DELIVERY Call for Details





Had enough turkey filled with homemade bread stuffing and topped with pools of gravy? Make your new years resolution to eat healthy with Hamachi, brown rice and seaweed stuffed with the freshest fish and served with low sodium soy, wasabi and ginger.

Hamachi - Eating Healthy and Loving it!









444.4688

5537 Young St. Hydrostone Market, Halifax 431.5543

HamachiHouse.com

KIKing off the new year in the right way!

HEALTH KIK FESTIVAL!



Try our chef's new healthy festival creations & enjoy the unique flavours of Europe!

1873 Granville St., Granville Square • 902.446.4700 BrusselsRestaurant.ca



The Campus Bike Centre is offering 2 new courses.

Winter Riding Safety Class

This class provides the basics on urban streets safe riding, night-time safety factors, winter riding handling tips & cold weather riding. Time: Wed 5:30-8:00 January & February.

You must have a safe working bike, bike lights (red/white) and a helmet. If your bike is not in working order you will not be allowed to take the class. Please dress for the weather.

Demystifying Your Bike: Basics of Bike Maintenance

A 6 week hands on course where you will learn the basics, plus a bit more. Fixing a flat, making sure your brakes and gears work will be the foundation, but we will go a step farther and show you how to get rid of the squeaks and wobbles.

Time: Tuesday evenings from 5:30-8:30. First class will be Jan 18, 2011

For more information check out our new website http://bikecentre.dal.ca/



407-4444

Official Gazette Location: 6041 North St Free Delivery Over \$8 after 4 pm Over \$15 from 11 am to 4 pm

WE ACCEPT DAL CARD

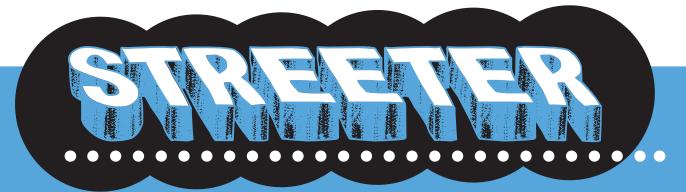
Pick up & Delivery Specials: Large 3 item Pizza 10 Wings & 2L Pop 23.95 + taxLarge 5 item Pizza,

Medium Garlic Fingers & 2L Pop \$25.95 + tax

Large Pepperoni \$11.99 + tax

jessyspizza.ca





What is your student debt situation?





"\$8 700"

Rob LeForte 5th-year Political Science

"I 've applied. I'm still waiting for my loan to be approved.

Logan Astle

2nd-year Engineering

"I live at home, work all summer and I have a scholarship.

Keisha Brown

\$27 000 - \$35 000 by the time I graduate. It stresses me out!

Regan Hines 4th-year Commerce



\$60 000. And that's just from my undergrad. It's BS, but at least the funds are available.

Jeanne Sumbu 1st-year Law



Around \$75 000

Chad LeClair 2nd-year MBA



"I took four years off after my undergrad to pay off a \$25 000

Dylan Quinn 2nd-year MA Neuroscience



"\$32 000. It'll be between \$60-70 000 when I graduate."

Mary Robertson 2nd-year Nursing

Drug **Education** Prof:

"How would it feel to be in a burning building filled with \$8000 worth of pot plants... Would you even know you were on fire?"

Best Prof Ever

"Once I had this 10year old girl talking to me about the Bible, so I told her about Darwin."

At Starbucks on Spring Garden:

"Are Ottawa and Toronto both in Ontario?"

SUBMIT THE RESULTS OF **YOUR EAVESDROPPING: OVERHEARD AT DAL FACEBOOK GROUP**

canadian federation of students fees • drop d

Join students across the province to call on the government to reduce tuition fees and drop student debt.

It's a better deal for Nova Scotia!

ON FEB 2, WE MARCH RALLY @ NOON IN FRONT OF THE KILLAM www.cfs-ns.ca

Cheap eats

Inexpensive groceries don't have to include KD

Jordana Levine Food Columnist

At a time when we're worrying about rising tuition, do we really need to be stressed about the cost of eating, too?

So many students let their bodies and their taste buds suffer because they're afraid to spend too much money on groceries.

It always makes me cringe when I talk to students who live off of Mr. Noodles, Kraft Dinner and frozen peas. Meanwhile, I feel especially proud when I manage to live off less than \$50 worth of groceries for an entire week and still make some tasty meals.

Eating cheap doesn't have to mean eating badly. Inexpensive food can still taste great. Once you start experimenting, you'll probably find you can bundle all the nutrients you need into a simple, affordable meal.

Recently, I threw together a whole bunch of leftovers that I needed to use up quickly. I didn't have to buy anything and I got a complete meal with lots of healthy ingredients.

If you're starting from scratch, though, here's what everything cost:

- 1 medium-sized baking potato, \$0.55
- 1 can black beans, \$0.99 (on sale; regular: \$1.35)
- 1 small block cheddar cheese, \$3.59
- 1 plum tomato, \$0.60
- 1 broccoli crown, \$1.25

• 1 bulb garlic, \$0.27

This is assuming you already have some sort of fat to cook in (butter, margarine oil)

Total: \$7.25. Keep in mind that you'll have leftovers of almost everything. You really only need half the tomato, a fifth of the cheese, a couple tablespoons of beans and half the broccoli, making it \$2.50 per meal. Or, spend a couple dollars more, buy some extra potatoes, and make dinner for four.

"Eating cheap doesn't have to mean eating badly."

Poke a few holes in the potato and bake at 425F for 45 minutes to an hour, depending on the size and how crispy you like the skin.

Take out the potato and—minding the steam—slice it into quarters lengthwise. Put the slices side by side on a baking sheet and sprinkle a couple tablespoons of beans, diced tomato, and cheese slices on top. If you want, you can sprinkle some black pepper, chili flakes, or any other herbs and spices. You can get small bags of most of them for 99 cents.

Switch the oven to broil and put the baked potato back in until the cheese

melts, about five minutes.

Meanwhile, cut the broccoli into chunks and steam for five minutes in a covered pot with half an inch of water. Drain the water and throw in a little butter (or whatever you have) and a clove of minced garlic. Sauté for two minutes and serve alongside the potato.

This meal can be made in any number of ways. You can pick any starch you want; bake these toppings over a bag of tortilla chips (\$2.79/bag) or fry them with rice (\$2.29/bag). Any extra vegetables or protein you have lying around, like peas, com, ground beef or tofu will work great as toppings, too. Throwing everything into a two-egg omelet (\$2.69 for 12 eggs) will work well if you're looking for more protein and less starch.

Keep in mind that you can get five pounds of potatoes (about 15) for \$2.99 or a big bag of shredded cheese (\$5.49), which freezes well and can be used over a long period of time.

And remember, leftovers are great. You can make a whole bunch of potatoes and heat them up in the oven throughout the week.

Look for store brand or no name products and sales, which are always helpful; if chickpeas are on sale, get them instead of beans.

There are endless ways to lower the cost of food, but it doesn't mean you need to lower your expectations. These suggestions may not keep tuition from going up, but it's one less thing to worry about.

Neptune Theatre's rendition of Blithe Spirit is a smashing success

Delia Macpherson Arts Contributor

Blithe Spirit effectively captures the witty intelligence of every great British comedy. Taking the audience back to the early days of childhood, the show's style and sense of humour are reminiscent of old Jeeves and Wooster episodes. There's nothing better than watching conservative, upper-class Brits fretting over nothing for two hours, and yapping away with heavy accents—exclaiming profanities such as "poppycock!"

Playwright Noel Coward wrote this British comedy in 1941 in the midst of World War II. Coward's office and home were destroyed by German bombs within weeks of completing the play. Although it is without a doubt a comic play, it does raise more serious social and political concerns of the time about love, death, divorce and marriage.

Coward creates eccentric, over-thetop characters to play out the themes and investigate the "human condition" which ultimately results in a spectacularly well-written piece of theatre that is still just as relevant and lucid today.

The play centers around a middle-aged couple; Charles and his second wife, Ruth. Charles is an author who invites Madame Arcati, a bizarre dairvoyant, to conduct a séance in their home in hopes of getting ideas for his new book. Shenanigans ensue and Charles is thereafter haunted by his "fascinating and maddening" dead first wife, Elvira.

Blithe Spirit opens with a plump and jolly maid named Edith, fussing about a majestic and stately looking living room. Edith is played by Heather MacIntyre in her debut role at Neptune. MacIntyre's performance is sidesplitting. Throughout the show, this eager maid comes in and out of the scene more than a dozen times with great one-liners

and slapstick comedy.

MacIntyre is one of seven characters in the show, so the cast is rather small for a typical Neptune production.

Charles and Ruth, played by Ivan Sherry and Martha Irving, have notably good chemistry on the stage. On that point though, all of the actors and actresses in this performance had good chemistry. There was no weak link in the show: all performers were cast appropriately and displayed sincerity and genuineness on the stage. The naturalness of the actors is particularly noticeable in the blocking.

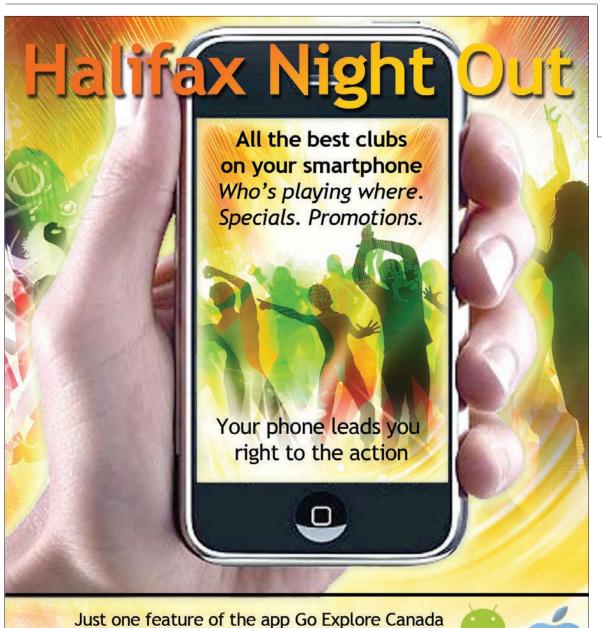
The set, being the inside of a home, included large bookcases, luxe green furniture and astonishing woodworking. Generally Neptune productions spend a great deal of time and effort in the details of their sets and in this case it generated a feeling of ease both in the actors and in the audience. The characters on stage moved through the furniture as if it was their own home, allowing the audience to become consumed by the narrative and action of the show.

Marla MacLean plays Elvira, the dead wife who is conjured or "materialized" and is only audible or visible to her late husband, Charles. I was particularly impressed with this character and how she was worked in with the rest of the show.

MacLean is dressed in off-white, silky negligee, high heels, dangly diamond earrings and a short, blond curly wig. Remind you of anyone? In an extremely well-played Marilyn Monroe tribute, MacLean is glorious as she drapes herself suggestively on the arm chairs. Her movements are smooth as she pirouettes her way across the stage, barking insults at Ruth, Charles' new wife.

Blithe Spirit is enjoyable, entertaining and the most well-rounded show this journalist has seen in 2010-2011.

DALHOUSIE



Search app stores for 'Go Explore Canada'

FREE DOWNLOAD

THE FEELING BETTER PROGRAM



- Dr. Victor Day of Counselling Services is conducting research on the effectiveness of our free on-line, self-help program for students who are:
 - Attending Dalhousie University, King's College, or the Nova Scotia College of Art and Design
 - Experiencing some symptoms of depression, anxiety, and/or stress
 - Not currently receiving psychological services or recently started psychotropic medications (e.g., antidepressants) 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

arts&culture

Breakfast on the common

jane's now serving weekday morning fare

Meriha Beaton Staff Contributor

It's a beautiful day in the neighbourhood, and Jane Wright, owner of the popular restaurant jane's on the common, thinks the best way to start off the day is with a hearty breakfast.

"Breakfast is my favourite meal of the day, I also think it's the most important meal of the day," says Wright.

Lucky for us, she has started serving breakfast from Tuesdays through Fridays starting at 7:30 a.m.

The restaurant served breakfast for three months in 2003, when it first opened. Unfortunately, due to lack of space in the kitchen the budding restaurant had to limit the menu to brunch, lunch and dinner. Eight years and a kitchen expansion later, jane's has finally opened up for breakfast.

"Over the years as we've expanded a bit, we now have a great big walk in fridge and it just makes sense," says Wright. "jane's was always supposed to be a neighbourhood restaurant and I think that means having breakfast as an option."

For years jane's has been known for its brunch menu, being dubbed Best Brunch by *The Coast* for three consecutive years. After numerous requests from customers craving the Ricotta pancakes on weekdays, Jane

started thinking about bringing breakfast back. After entertaining the idea all fall, she began making drafts of the menu and doing taste tests of different dishes.

Developing the menu didn't take long, as many of the breakfast items have been borrowed from the brunch menu. Favourites such as Sweet Will's Breakfast, the ricotta pancakes and the Caribbean French Toast remain on the breakfast menu, while dishes like the eggs benedict and the grilled cheese are naturally reserved for weekend brunch.

"jane's was never meant to be fine dining, it was meant to be a neighbourhood restaurant."

"We still have one of the tiniest kitchens in town so we have to be really creative with the number of ingredients that we use, because we don't have unlimited storage," says Wright. But having limited storage seems to be a blessing in disguise. jane's menu is small but delicious, with every dish being unique in its own way. Even the most traditional of dishes, like Sweet Will's Breakfast, is one of a kind, made with fresh, local ingredients.

The classic Sweet Will's Breakfast consists of one Sweet William's Country sausage, two eggs, sassy baked beans, sour dough toast, roasted potatoes and greens. And although most of the items on the menu have stayed the same, Wright has added a few new treats. The Breakfast Sandwich includes a fried egg, roasted tomato, spinach, provolone cheese and basil pine nut pesto on a buttermilk biscuit. Old-fashioned oatmeal porridge and the Maritime Breakfast are two of the other new arrivals on the menu.

"We have always had a really collaborative approach to the menu, we have an executive chef who I work really close with but we also have at least five other trained chefs who work here," says Wright. "So, the ideas kind of bubble up."

Almost all the ingredients used at jane's are purchased locally and the best quality of the products are assured. Wright purchases her sausages from Sweet Williams at the Halifax Farmer's Market and only uses free-range eggs.

"We try to use the best quality

Jane Wright says breakfast is the most important meal of the day

ingredients that we can find," says Wright. "But also keep it at a price point, as jane's was never meant to be fine dining, it was meant to be a neighbourhood restaurant."

jane's is trying to appeal to all its customers. Without claiming to be a gluten-free, vegan restaurant, jane's tries to give everyone an option to choose

from on the menu. Almost every dish on the breakfast menu has a gluten free or vegan option.

"We try to have something for everyone, so that a young vegan student can bring her grandmother in here and hopefully everybody can find something that they can enjoy."

Premier Wines and Spirits Fine Wines, Spirits and Beers 10am-8pm Sat—Thurs 10am-9pm Fridays 1535 Dresden Row Above Pete's Fruitique 902 435 6945 www.premierwines.ca Delivery available 7 days a week! Spring Garden Spring Garden

Skin & Bones

New work by Miro Davis studies the transience of life and death

Nick Laugher Staff Contributor

Expanding and contracting with the prescient knowledge of our temporary existence, Miro Davis' "Skins" spirals wildly within the flux of reality, snagging jagged teeth on tangents in free-fall.

The NSCAD alumnus' newest exhibition, having just run its course at the Hydrostone Gallery, is deeply rooted in the rich, imaginative landscape of transition. Drawing inspiration from the ineffable brilliance of childhood memories and the deep contrast of simplicity and surreality, her creations pulse and shiver with a palpable, living, breathing intensity.

Pieces like the sculpted resin and porcelain "Black Oyster," a miniature city nestled in the heart of an oyster shell, illustrate the artist's infatuation with spatial manipulation. The unassuming, tiny structures scrawled over the shell slowly shift their intentions, trading their innocence for inspiration as they begin to reflect our own tiny shell of existence. Before you can blink, they are towering over you in a triumphant display of massive minutiae.

Davis' work plays heavily with our preconceived attitudes of modern day existence, showcasing the microscopic infinity within the world's tiniest, trivial structures. "Jewellery Case 2," a collection of lamppost-like earrings,

spiral shells and anemones, is basked in the twisted shine of a tiny, ethereal existence that churns and spins alongside our own as we tread on, completely unaware.

Pulling the wool over our eyes, now glazed and habituated to life's mysteries, Davis ignites the long-lost feeling of awe and potential that comes with being a child. Transforming ordinary, everyday objects into stunning, kaleidoscopic sprawls, she tugs at our heartstrings as we fall in love with her tiny, temporary worlds. With broken bottles and feathers masquerading as ancient bones of a forgotten age in "Bones #1," what comes rushing back is the turbulent feeling of the unknown, stirring the sands of our curiosity.

Davis harnesses the bizarre, beautiful processes of nature, funnelling our curiosity and humanity into metaphorical microcosms for the misunderstanding of our own existence. Showcasing the stunning potency of the natural world, Davis reminds us that within every seemingly normal nook and cranny is a stunning display of child-like wonder. It's the recognition of these tiny slivers of normalcy within Davis' work that illuminates the richness of her imaginative creations, reminding us all that life—above all else—is a jumbled, scatterbrained cataclysm of uncertainty. (2)

Havana meets Halifax

Grand opening this Friday for new Cuban lounge



Escape to Havana with a mojito • • • Photo by Paul Kapridov

Corey Davison
Arts Contributor

On a trip to Montreal this summer, they decided to open a restaurant.

But by the time Yojainys Maceo and Josvanys Rodriguez had drawn up their business plan and signed a lease, their idea had evolved into something a little more complex.

"We'd been walking around the city and here, there is nothing like in Cuba. In the restaurants here they don't have entertainment. When people go out and eat they just watch TV; that's all," says Maceo.

He hopes that patrons at his lounge will become more involved in what's happening around them as they enjoy their food.

"We're going to have live Latin music, shows. We're going to go to the tables and take people dancing; have the bartender talking to people with the mir."

Then at 10 p.m., Maceo adds, all the tables in the middle of the restaurant will be cleared for dancing—turning the lounge into a nightclub.

Shaun O'Hearn, owner of Your Father's

Mustache and Rockbottom Brewery, is almost as enthusiastic about Havana Nights as Maceo and Rodriguez.

"Well, I think it's fantastic. I think it's great that there's somebody moving into that spot. I wish them the best of luck"

Knowing that his neighbors are new to the restaurant industry, O'Hearn also offered one piece of advice: "Make sure you listen to your customers, give the customers what they want."

"If they're not happy when they leave, then they're not going to tell others good things about your business and the best form of advertising you can have is word of mouth."

Tom Wile agrees that that any new "representation of different ethnic cuisines" is a good addition to Spring Garden Road.

On the other hand however, he fears that it will get confused with his business—especially because they are only a couple blocks apart.

The owner of Tom's Little Havana Café, Wile says that the relaxed atmosphere of his bar is very different from what Maceo and Rodriguez have in mind for Havana Nights

"I'm a little bit concerned that there may be some confusion in the marketplace about somebody saying they're going to Tom's Little Havana and they come across Havana Nights thinking it's the same place."

Wile says that the only reason why "Havana" is mentioned in the name of his restaurant is because it used to be a cigar bar.

Rodriguez have presented the Cuban

"I am extremely excited to go there," she says giddily.

"There's a really big Latin American community in Halifax that a lot of people don't really realize is there and so I'm pretty hopeful that this is going to be successful."

"We serve some terrific food but none of it is Cuban," he laughs.

"There's a really big Latin American community in Halifax that a lot of people don't really realize is there and so I'm pretty hopeful that this is going to be successful," says Molly Warner, president of the Dalhousie Spanish Society.

She recently completed a semester abroad at the University of Havana and can't wait to see how Maceo and

Even though Havana Nights has technically been open to the public since the beginning of January, Maceo and Rodriguez have planned a second grand opening for Friday night.

This weekend, Maceo says, people can expect a live Cuban band and salsa dancing.

But if none of that tickles your fancy, they serve a pretty mean mojito.

New Canadian realisms

Dr. Roberta Barker says theatre has always been "intensely political"

Hannah Rittner
Arts Contributor

Arts Contributor

Theatre and politics are lovers.

Roberta Barker, chair of the Dalhousie theatre department, is leading a conference called New Canadian Realisms on Jan. 28. This conference is based on a collection of essays Dr. Barker compiled with another professor from University of Western Ontario. The book is entitled *New Canadian Realism Plays and New Canadian Realism Essays.*

Theatre is political. Barker's experience has revealed this to her. She wants to make realism politically viable.

"Throughout Canada's history, theatre and performance, performance cultures, have been intensely political," she says. "They have always been reflections upon the needs, the self-conceptions, the stories that were valued by particular communities, performance is a way a community can speak about its vision of itself, and that is a political act."

Barker says this conference is trying to see how that aspect of realism can still be relevant in the 20th century and in Canada.

This conference will reflect the diverse experiences, histories, and identities that constitute the public discourses that feed our country's voice.

"We have a series of panels, that in all ways are engaging with this idea of realism and real, and what it means in Canadian theatre and society today, reflecting the diversity of different approaches to the real in Canadian theatre," says Dr. Barker. "We have a panel on intercultural theatres that are looking at different cultural traditions within Canada that have reshaped the

notion of realism ... So what does it mean if we talk about Latino, or Latina Canadian realism, or African Canadian realism or Asian Canadian realism. What's going on with those traditions?"

This conference will facilitate an exciting dialogue between these conceptions of the real, discovering commonalities that can produce conclusions about ways to make these voices relevant to the political stage after entering the theatrical one.

Theatre feeds on reality. Barker believes that the symbiotic process of theatre and politics "opens ears and lives to hear messages, opening up spaces constantly for those voices, and experiences to be heard, so that they can become an integral part of the political discourse of Canada."

Realist theatre enriches political discourse. "Realist theatre makes sure you can understand and identify all representations as human," she says. "That's the message of our time, when we see the extreme partisanship of politics, when the other side is demonized we miss the opportunity to look compassionately at what's going on emotionally psychologically, behind the debate, where there might be common ground."

"That is the opportunity for a conference like this, speaking about what we have in common, and what does that say about the real in Canada right now."

These are wise words that merit the same compassion and sensitivity Dr. Barker displays for Canadian reality, and for ensuring that the plurality of human experience is respected in the political sphere.

§

ROBIE @ SPRING GARDEN
C H I R O P R A C T I C

Dr. Brad Lohrenz
Worried about your health?
Try a safe, proven alternative method to health and healing!

Try
Chiropractic!

• Exam Stress
• Sports Injuries
• Trouble Sleeping
• Headaches
• Nutritional Questions
• Postural Stress
• Back & Neck Pain

Halifax Professional Centre 5991 Spring Garden Road

Main Floor (beside Starbucks)

422-(**EASY**) 3279

Works with University student insurance | Close to Universities | No referral required

sports

sports.

sports sports covers athletic events and topics relevant to Dalhousie and the Atlantic region. E-mail Dylan at sports@dalgazette.com to contribute

Dylan Matthias Sports Editor



Volunteer hockey manager honoured

Wheeler the public face of Dal men's hockey

Arfa Ayub Staff Contributor

It was one promise the Dalhousie Tigers men's hockey team are glad they kept on the day they honoured long time volunteer and club manager Chuck

"It wasn't even one person that stepped up and said: 'Okay, we are going to win for Chuck," said Dal captain Ryan Jenner. "We just kind of knew what we were going to do."

On Jan. 15 the team honoured Wheeler with a special pre-game ceremony and then later in a reception at the University Club. Wheeler has been with the team for 16 years and said that he enjoys every minute of it.

"In high school I played hockey, basketball and baseball," said Wheeler. "Anything to do with sports has always been part of my life, as well as the academic part of it. I find that it keeps the body in a good shape and makes your mind clear

Born in Halifax, Wheeler attended Queen Elizabeth High School. After he graduated he served in the army for six

months during the Second World War. the University Club," said McNeil. "He's Wheeler said in the later part of the war there was an army craze—everybody was patriotic and he got caught up in the cycle before enrolling at Dalhousie in

"He shows up every day ... he does all that because he loves the program. He is an amazing guy."

David McNeil, a long-time Tigers fan and a professor at Dalhousie University, met Wheeler about five years ago and said he admires Wheeler for his relationship with the public.

"He always remembers people's names and makes an effort to go and talk to them in the lobby or perhaps in

a very good sort of public figure for the whole men's hockey program."

As noted in a press release put out by the team, the military paid for his first year's tuition; however, money was hard to come by for the rest of his degree as there were no bursaries or student loans available at the time. Chuck was forced to put his education on hold after his first

In 1947 Wheleer met his wife, Dawn. He then joined the air force and began a 12-year career in meteorology. After spending his final four years with the air force in France, he and his family moved to Frankfurt, Germany where he worked as the general sales manager for an American insurance company for four more years before returning to Canada in 1964. Following a successful 30-year career with Bridgestone Tires and after helping Dawn raise their three children, Roger, Nadine and Robert, he retired in

Following his retirement Wheeler said that his it was his two sons who convinced him to return to Dalhousie to complete his degree.

"I did not take a whole lot of courses



In men's hockey play on Jan. 21, the Tigers fell 6—4 to the Universite de Moncton Aigles Bleus. Moncton trail Dal by four points in the AUS. • • • Photo by Martina Marien

at once," said Wheeler. "When I first started I decided my first credit would be history because I lived in Europe. I found that very difficult—especially with my background in marketing. After I got that I was going to quit and the boys said 'No dad, stay there and finish it off,' and when I did the subject that I nearly failed I ended up getting an A on it so that was

In the year 2000, at the age of 75, Wheeler graduated with a bachelor of arts degree and a major in history. Jenner said that it's Wheeler's effort and dedication that he admires the most.

"He shows up every day—Monday to Friday—he is here eight to four," he said. "He comes to our games every weekend and on the road sometimes and he is a volunteer. He does all that because he loves the program. He is an amazing guy."

Club Profile: Dal's new ringette team off to flying start

Fourth-place finish in University Challenge Cup a pleasant surprise

Staff Contributor

Ringette may not get the press that hockey receives, but it still matters to the athletes who take part. It's why many players were frustrated upon the realization they couldn't play the sport they love at the school they study at.

"Usually when you go to university you expect to play the sport that you've been playing your whole childhood," said third-year biochemistry and Spanish major Corinne Caissie, "and then you come here and there's no team. That's kind of a disappointment.'

Thankfully for Caissie, fourth-year microbiology student Kaitlyn Carson solved that problem earlier in the fall.

"It was something I always thought about doing, and finally there were enough other people around me interested in it too," said Carson.

"We had doubts. I wasn't sure about this."

After their club was ratified a few weeks into the fall semester, they approached the school's athletic department to pursue funding options. They were too late in the application process to attain monetary backing, but they received assistance in other forms. For instance, they obtained free

morning ice slots and the jerseys retired by the women's hockey team. The team practiced approximately four hours each week and competed in two exhibition contests in preparation for the ringette season tournament, the University Challenge Cup.

Dal's presence at the 13th annual championship, hosted by the University of Western Ontario, marked the first time an Atlantic Canadian team had competed. With minimal experience playing together, the Dal squad was intimidated at the prospect of playing in the more competitive of the two

"We had doubts. I wasn't sure about this," Carson said. "I think most of us were scared we were going to go up there and lose 10-0 every game." The team's general manager, Alan Saade, a household name in the Halifax ringette scene, insisted they be included in the

His decision was the correct one. They shocked established contender University of Alberta 4-2 in their opening contest, and the Tigers did not look back. They finished the round robin with an impressive 4-1-1 record. The bronze medal game was a rematch against U of A, but this time they fell 6-2.

"If you would have told us at the beginning of the tournament that we're going to be in the bronze game, I think we would have been really happy. But asking us at the end of the tournament, we were expecting gold," said Caissie. The Tigers were tied with the University



Rose Tanguag-Hebert sets up Danielle Dempsey for the Tigers goal in a 10-0 win over Simon Fraser at national championship. Kaitlyn Carson had the shut out • • • Photo by David Hutchinson

of Calgary following the round robin, but Dal finished behind Calgary because of

The team has slowed down in the new year ever since their season reached its pinnacle at the national championship. But regardless, they remain pleased with their accomplishments through one season. Just don't tell these ladies their traditionally female sport isn't a tough

"Just look at our bruises after a game," said Carson. "It's not wimpy."

The Dalhousie University Ringette Club is always looking for new teammates. If you are interested in lacing up the skates, please contact Kaitlyn Carson at kaitlyn.carson@dal.ca

King's win weather-delayed volleyball game

Blue Devil's 3-2 UNB Saint John

Kayla lafelice Staff Contributor

weather was the strongest competitor in this weekend's volleyball matches, but the University of King's College men's team fought the cold and snatched a fiery win.

Games were delayed a day as traveling from Saint John, N.B. became near impossible due to hostile weather. But the UNB Saint John Seawolves still brought the heat and challenged the Blue Devils in Halifax.

"This team has really proven to be a rival for us this year, these games are good for the league. It's going to help the league in terms of competitiveness," said Blue Devils head coach Justin

UKC right-side hitter Alexander Bell-Moratto continued to slam the ball down into the UNBSJ centre court. Opposing players were tripping over each other, out of control trying to receive the spikes falling down at electric speed.

The Blue Devil's win did not come easy, and controversy was the final hurdle of the game as the Seawolves fought for the winning point in a fifth set.

UKC's Daniel Strickland tipped the ball over the net resulting in the last point for a win. It was argued by the Seawolves' players and coach that Strickland's tip made contact over the net on the opposing side.

"Our centre was straight up—he kept the ball on our side of the net. It was on the very edge. He just jumped to save that ball. In my opinion where I saw, it looked pretty good," says Lynch.

In total, just over 20 serves were missed in all five sets.

In the first set, the UKC men dominated the court, coming out more aggressively than the Seawolves. UKC's Charles Hughes received the ball nicely in the backcourt allowing setter Colin Gaudet to set up high enough for a successful attack.

Intensity on the home front began to simmer as the Seawolves legs had finally been stretched out after the ride to Halifax. Reception of Moratto's hard hits improved on the defensive backcourt.

The Blue Devil's win became secure with the introduction of UKC's 6'7" Strickland making the King's attack too much for the Seawolves to handle.

Considering the teams sit first and second in the ACAA, they seemed distracted. Weeklong preparations were thrown off due to unfavorable weather conditions

Lynch says the delay may have added to the day's confusion but these circumstances are unavoidable and were addressed pre-game.

"It's very important for us to acknowledge any distractions for us and deal with them rather than ignore them and pretend they're not there."

The Seawolves' offence improved as Colin Rouse found his footing and continued to feed the Blue Devil's an unexpected streamline of hits. The Seawolves won the third and fourth sets.

Easy mistakes cost both teams the upper hand. The teams took turns alternating on having the lead, but not by more than three points.

One advantage for the Blue Devil's was the complacency of the Seawolves. The visiting team became accustomed to returning Moratto's shots. Noticing the routine, the Blue Devil's switched briefly to soft tips, undermining the Seawolves' backcourt defence.



In Dal volleyball play, the Tigers went 1-2 in inter-lock play. Dal managed a win over Montreal (pictured) but were defeated by Sherbrooke and Laval • • • Photo by Abram

Donut, muffin or yogurt?

Not that hard to lose weight, but watch for surprises

Rebecca Holstead and Colin Hebb Health Columnists

It's the end of January, and those New Year's resolutions are quickly being pushed out the back door by assignments, readings, classes and the infamous winter blues. The good intentions to get into model-esqe shape were there, but who has the time?

We all know that exercising and being generally active will improve your body image and health, yet many of us don't even meet the minimum standards for

daily physical activity. For those people, you are in luck, because this week we're going to focus on eating healthily. In fact, losing those extra pounds doesn't necessarily have to take time out of your busy schedule—just a few smarter

One of the least time-consuming ways to lose a few pounds is to eat healthier. It is not a good idea to go on a fancy diet that allows you to eat next to nothing! You do not need to starve yourself, or change your life drastically. Make a few healthier decisions per day and you will notice a difference.

Strictly by the numbers, 3,500 calories

is equal to one pound. If you intake an extra 3,500 calories over a period of time, you gain a pound, if you consume 3,500 calories less over a period of time, you lose a pound. Simply put, cutting out 500 calories per day for one week will allow you to lose one pound. Even easier, cut out just 250 calories per day, and you will lose that annoying pound in two weeks.

Next time you go to buy that donut and coffee from Tim Hortons, skip the 300 calorie apple fritter, and substitute it for the yogurt and berries instead, which has half the amount of calories (but don't substitute the donut for a chocolate chip

muffin which contains 430 calories even the blueberry muffin has more calories than the apple fritter).

In one of life's cruel little jokes, it always seems like the more delicious foods contain the most calories. Those large salt-covered french fries from McDonald's get you a whopping 560 calories, which for some people could be a third of their required daily caloric

"Evaluate everything in the moment."

intake.

So we know that sweets and fast food are not the best choices if we want to cut back, but you still need to be careful

with food you might think is healthy. For example, when ordering from Booster Juice, you might want to make sure you are not ordering the 544 calorie smoothie.

Make sure that you know what is actually in the food you are consuming and be aware of the hidden calories running rampant under the radar when you eat out.

It all comes down to making smart decisions. Look at it choice-by-choiceevaluate everything in the moment. When you feel the munchies coming, eat an apple or a bowl of yogurt instead of cookies or chips. Start slowly and phase out some of those nasty cravings. At times, sugar is hard to resist, but you can actually train your body to no longer crave it. In the end, moderation is key as too much of a good thing really can come back to haunt you. (9)

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 28

W Hockey vs UdeM @ 7pm

M Volleyball vs. MUN @ 7pm

FREE for Dal students!

SATURDAY January 29

M Volleyball vs. MUN

Basketball vs. MUN @ W 6pm, M 8pm

W Hockey vs SMU @ 7pm

"Think Pink" game - proceeds will be donated to the Canadian Breast Cancer Foundation - Atlantic.

FREE for Dal students!



January 30 Basketball vs MUN

FREE for Dal students!

@ W 12pm, M 2pm

MONDAY January 31

Pants feeling a little snug? Sign up for 'The Freshman 15 - A Preventative Program' @ Dalplex, Mon & Wed, 7:45-8:45pm.

\$15 for Dal students. Pre-registration is required, call 494-3372 to reserve your spot.

TUESDAY February 1

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)



WEDNESDAY February 2

Join the Outdoor Adventure Crew's e-mail list to hear all about the fun outdoor recreation activities taking place through Dalplex! Email hreynold@dal.ca

for more info.

THURSDAY February 3

Dalplex is on Facebook! Check out our page this month and you could win a great



THLETICS.DAL.CA

from the editor

from the editor.

from the

E-mail Joel at editor@dalgazette.com

Joel Tichinoff Editor-in-Chief



Judocracies

Joel Tichinoff Editor-in-Chief

Last week *The Gazette* re-printed an article in it's archives issue titled *Judocracies*. The decision to publish *Judocracies* was an unilateral decision. The piece was run despite protest from some members of *The Gazette* staff and was not approved through the proper channels of collective consultation and consent. In light of this, it should not have run.

The archives issue was an opportunity for The Gazette to give our readers a glimpse into the history of their paper. These archived words capture the attitudes and spirit of the young people who studied here before us. In re-reading their work we allow them to share with us the way they experienced and interpreted the world around them. From the vast collection of the archives, only handful of stories were chosen which reflected the variety of coverage The Gazette has offered over the years. Care was taken to produce a range and contrast of ideas and perceptions, some which reflected the status quo, others which challenged it; on the same page a reader will find an article commending the University for establishing an military training program as well as a letter written from the trenches of World War I vividly recounting a young man's death and the cigarette that still burned between his lips.

The ability to publicly question the status quo has always given the student press a unique opportunity for

expression that challenges the accepted norms of public opinion. The Gazette is not owned by a corporation and does do not operate for profit. The newspaper belongs to the students of Dalhousie with a mandate 'to represent the views of the students, to advocate their interests.' Given that students are prone to questioning, critical, free and sometimes radical thinking, it's quite a mandate. It is because of the freedom given to us by the students that we can uncover articles from the 19th century that argue for a redistribution of wealth from the rich to the workers, that question why women should be barred from studying Law, that ridicule the 'oppressive and unjust' legal status of married women in the 1880s, an article written in the 1930s denouncing the arrest of Mahatma Gandhi, stating 'force can never maintain peace where the soul of a nation cries out for freedom' and a call for the Dal administration to reach out to the Halifax black community from the 1960s. It is not a given that these views on controversial issues get exposure in the mainstream media. In re-printing these articles we remind ourselves that the students who have maintained this paper for the past 143 years did not shrink from thinking, writing and defending positions that were unpopular at the time. We have not been driven into silence by a fear of challenging our readers.

Judocracies was selected from an issue, published at the height of the Second World War, that lambasted Nazi propaganda and ideology. Published as The Dalhousie Zeitung the entire issue's content imagined a Halifax recently conquered by Nazi Germany. Among other things, this article promises readers a golden age for the Aryans of the world,

parts outline programs with goals to 'exterminate alien and unwanted races from contaminating the new social order' and 'to purge this judocratic and insensate society of the odium of adulteration by unAryan races'. The piece ends with 'Heil Hitler.'

The issue was published 77 years ago. It is an extract from what was almost certainly the most controversial issue in *The Dalhousie Gazette's* history. It is offensive now and it was offensive then. The whole idea of Nazism and the atrocities committed by Germany during the Second World War is offensive and disturbing. *The Dalhousie Zeitung* was a denunciation of National Socialism for what it was, a fascist, violent ideology fuelled by delusionary propaganda, based on hatred, senseless biological racism and anti-Semitism.

Satire always risks misconception. It is used an indirect way of addressing those things that are most difficult to talk about because they make us most uncomfortable. In satirizing a Nazi invasion, the editors at the time would have known they might be perceived as crass and ignorant. The goal of satire is not to make light of wrongs but to expose folly to ridicule and shame. Certainly no mainstream media at the time would have dared attack Nazism with that level of satire, the students in charge of The Gazette were bold enough to try it and it is a part of The Gazette's history. They assumed their university student readership were educated enough to understand the point they were making. The courage to push boundaries belongs to the staff of 1943, we only remembered what they did. The piece was reprinted it because it was bold, because it was challenging,

because it was an attack on mindless political propaganda, because we're a student paper.

The Dalhousie Zeitung is preserved, swastikas and all, in the archives. Anyone is welcome to read it. If it's content, indeed any archived material, is too offensive or too easily misunderstood for us to re-examine then perhaps we should purge our archives of anything that upsets our modern sensibilities. Removing a racist term from Huckleberry Finn doesn't mean our society has moved beyond race issues. Removing a homophobic term from the song 'Money for Nothing' doesn't mean we have put an end to homophobia. Eliminating what is presently felt to be politically incorrect from our past is equivalent to forgetting it. Political correctness uses language to hide what makes us most uncomfortable, it doesn't solve the problem.

The ideas dealt with in *Judocracies* will forever be a source of shame and sorrow, a stain on our collective memory. As a student writes in one of the archived reprints, "Great questions, like heavy trains, move slowly, but when they do move, they meet opposing forces with the clash of colliding worlds." The answer to how we should deal with wounding events from our past, whether as individuals or a society, is to neither forget nor let them prevent us from moving forward.

-J7

Correction:

Last week's cover editorial "The Archive" was written by Bethany Horne. *The Gazette* regrets the error.

Open Letter on Architecture Faculty Shortage

On Friday January 21, students from the School of Architecture forwarded individualized copies of the following notice to Dalhousie Administration.

Dear Dr. Traves, Dr. Bonnie Neuman, Mr. Ken Burt and Dr. Carolyn Watters:

We are writing out of concern for the faculty shortage at the Dalhousie School of Architecture. As a small professional institution, the substance of the education is founded on the faculty and the quality of their instruction. In addition to a slight increase in the number of faculty on sabbatical and the unavoidable stress caused by experienced faculty retiring or moving on to other programs, there are currently four full-time faculty positions sitting vacant. This shortage is undermining the integrity of our education.

We are writing to request that Dalhousie University provide the resources to enable the School of Architecture to immediately hire two full-time faculty members on twelvemonth contracts until the staffing situation is permanently resolved.

We are also writing to inform you that we, the student body, will do everything in our power to resolve this situation within the next seven days, using the channels laid out by the school.

If the resources are not provided for the School of Architecture to amend the staffing shortage, we will be walking out of classes Friday January 28 at 11:00 AM.

This demonstration will persist until the School of Architecture is provided with the means to resolve this crisis.

-Architechture Students

THINK SMALL...THINK PERSONAL, HANDS-ON TRAINING...

Think Journalism



Love writing and looking for a way to earn a living doing it? Our graduates use the professional training they receive as the basis for careers in a wide variety of fields:

- Newspaper reporting
- Radio and TV reporting
- Business and travel writing
- Editing
- Public Relations
- Teaching

The two-year program at Holland College in Charlottetown, part of joint four-year degree with UPEI, offers hands-on training. Broadcast journalism is the latest addition to the program. Qualified students spend about half of each week working as interns in local newspaper and broadcast newsrooms.

For more information contact:



Rick MacLean: 902-566-9591 rmaclean@hollandcollege.com Wayne Young: 902-566-9589 wyoung@hollandcollege.com

hollandcollege.com

New on Campus: Grad House Café local · fresh · tasty · sustainable practices 1252 LeMarchant St (across student Union Bld)

free coffee \$ free food

seriously! For great daily promotions follow us on

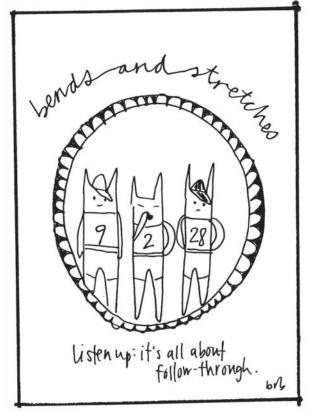
twitter "gradhousec<u>afe"</u>

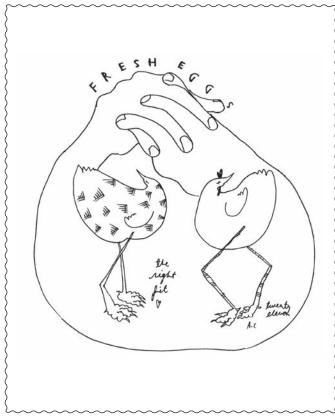
Grad House Café

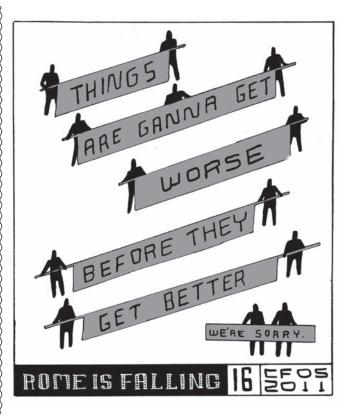
powered by Crêperie Mobile Dal Campus · Markets · Caterino 981-4010

creperiemobile.com info@creperiemobile.com

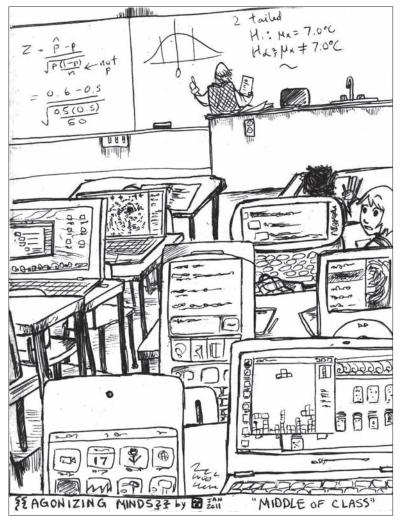
comics.











MODELS WANTED

for the Love & Sex issue in February

Especially interested in two male models for a cover kiss!

All body types welcome

Sign-up now: photo@dalgazette.com



Editor in Chief: Shani Blankrot

DALHOUSIE'S OFFICIAL ENGINEERING NEWSPAPER

Bus Etiquette?



Martin Crawley 5th year Mechanical)

The inspiration for this article comes from a trip I had on the bus, because I was not able to drive my car for a night. For the first 3 years of my undergrad, I was doomed to take the Metro Transit to and from school. Yes, I say doomed because there are very few things that I like about the public busses. The busses stop everywhere, they can be late (or even worse, early!) and in general not a very convenient and quick means of travel. I think a lot of students can agree with me on those issues, that Metro Transit has been trying to fix up. One thing I can say positively about Metro Transit is that if the bus is quiet, I can nap until I reach my destination. However, the one thing I'd love to complain about

is some of the people on the bus. Yes, passengers on the bus bother me just as much as anything else to do with the Metro Transit. I really think that there should be a set of rules for people once they step on the bus, and if they are already in effect, should be enforced.

Irritant #1: People who are constantly talking loudly on their cellphones. Not even my iPod can tune these ignorant people out. No, I do not want to know how ridiculously trashed you got at that party, or that you are arguing with your significant other about trivial matters. When you get on the bus, stfu and if need-be, make a QUICK phone call.

Irritant #2: Parents who can't control their children on the bus. I think this is self explanatory. If your kid is in his or her terrible twos, deal with it. Not everyone wants to hear that little snot cry about not getting that toy that they wanted at the mall. I shouldn't have to deal with your kids attitude, or your weak parenting.

Irritant #3: People who smell. Does a bar of soap or deodorant mean anything to these people. I understand, you had a hard day at work and may have broke a sweat, but that doesn't mean you can't carry a bar of deodorant in your bag and apply it before riding the

Irritant #4: People who listen to music loudly. I love listening to my iPod, and jamming while the bus is rolling through downtown. That doesn't mean I want to listen to your crappy music. I don't want to have to compete over whose music is more awesome by having to increase the volume of my iPod to drown out yours. Turn down that infernal racket of yours!

Irritant #5: People who reserve the seat next to them for their purse or bag when the rest of the bus is full. What makes you think that your bus fare for one seat magically translates into a seat for your bag as well, while all the rest of the passengers have to stand up and suffer for your greediness? On airlines, they charge you extra for more than 1 seat or extra luggage, so why can't this apply to busses as well? Until that time, keep your bags on your lap, and if you can't fit it on your lap, get a cab.

I know a lot of people share in my grief. I should mention that most passengers on the Metro Transit are not annoying and simply going from point A to point B. That's what Metro Transit is for. It's just the few who ruin it for the majority. Even though I drive my car to school everyday, I can still say I rode the transit, and I feel your pain! If you are a culprit who is reading this article, maybe you will take notes of your annoying actions and end them.

CO-OP CORNER

January 28th 2011

Things to Remember:

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

WORD OF THE WEEK

Fish Stank (n): Sketchy odour eminating throughout and around Sexton campus last week. Origin unknown.

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!



Send articles to sextant@dal.ca

Six Sigma Sex



Navin Chari (PhD Candidate Industrial Engineering)

Like many firms have learned, there is always room to cut costs in any industry by determining where the appropriate efficiencies can be attained. Scientific management principles of standardization, lean manufacturing practices, as well as time and motion studies can also breed benefits to industrially engineering the world of sex. As with everything, time is of the essence. Contrary to the average non-engineering bedroom, in this field it is believed that the quicker the better. According to Gilbreth, many things are 'Cheaper by the Dozen', which in fact may be one incentive to encourage your loved one(s) to pursue a career in this line of work. Besides time and materials, there are also many costs to account for: a seedy apartment in Dartmouth, a MACPASS, as well as the necessary budget on covering up that C-section scar. Furthermore, from Engineering Economics we have learned that plastic enhancements can be counted as a depreciable asset, which may constitute rework on account of the wear and tear. So, ensure you optimize its mileage - possibly via a very basic linear program. When

presenting this proposal to the bank, outline a business plan, with a detailed process diagram. Venn diagrams are also useful to demonstrate and document the common conundrum of sleeping one's way through university - is it a subset or is the union just a slight overlap? There has been much controversy, but statistics show that a FIFO discipline is best for most cases 19 out of 20 times, because nobody is getting any younger. Prepare appropriate control charts, typically with the 3-sigma standard deviation to monitor amounts of venereal disease (VD). Remember, there is no concern if it is not statistically significant. Finally, remember the key tenants of lean manufacturing: What would Frederick Winslow Taylor do (WWFWTD)?

Gossip Geek here. Your one and only source into the scandalous lives of Sexton's engineers.

On Sexton campus, some parties are discipline only. Others are strictly for close friends. With every party, comes scandal. Someone gets in a fight, a boyfriend is spotted cheating on his girlfriend, and someone throws up on the dance floor. Last Saturday night was no exception.

There are those that create scandal just by arriving at a party.

M, next time try to save the goggles for skiing.. you might actually get to talk to a girl.

And then like every great party, the cops arrive, the lights come on,



someone passes out beside the toilet, and everyone else goes to find poutine. Until next weekend...

You know you love me. XOXO Gossip Geek.

Read this column in full online





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.

Thursday February 3rd Mech Society Night, T Room

Friday February 4th Munro Day - Ski Trip

Saturday February 5th Pulling for the Kids After Party

Does your society have an event on Sexton Campus? Send an email to sextant@dal.ca



Photo of the Week by Nick Greeno (5th year Mechanical): The view from the top of the mountain at Sugarloaf in Carrabassett Valley, Maine

Questions, Comments and to Contribute sextant@dal.ca



Visit Sexton Campus's Online Resource dalsexton.ca

