



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

# Our Memorial for Memorial Arena

Complete coverage pgs 6-10



Photo by Angela Gzowski



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# DSU WEEKLY DISPATCH

Here is a list of upcoming events that you will want to mark your calendars for:

## The Art of Hosting Workshop Sign Up Deadline

Tuesday, January 24

You are invited to join an intensive, three day learning retreat at the majestic Windhorse Farm to dig into the art of hosting conversations that matter.

You will learn specific tools for tapping into groups' collective intelligence to solve big challenges facing our campus, community, and world.

You will dig into conversations about the broader frameworks and worldviews of leadership that are guiding our local and global systems.

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For more information, check out our Facebook page at [Facebook.com/Events/310187419002653/](https://www.facebook.com/Events/310187419002653/)

## Society Fair

Thursday, January 26

The Dalhousie experience is about more than academics. Whether you love movies, play a sport or enjoy relaxing with some good friends and a cup of tea we have a society for you. The DSU societies compete in international competitions, service needs in the community, represent students on social, environmental, and political issues and host exciting social events. Joining a society offers you the chance to make new friends, pursue hobbies and provides the opportunity for you to develop and apply real-world skills applicable to your personal and professional development.

The society fair offers a sample of are 200+ societies on campus. **Come to the McInnes room on Thursday January 26, 2012 from 11:00am - 3:00pm to browse through the different societies and learn how to get involved!**

For a complete listing of societies visit Tiger Societies at [DSU.ca/Tiger\\_Society](http://DSU.ca/Tiger_Society)

Open to Dal students, staff, alumni and their guests

Wet/dry (must show valid Dal ID if under 19)

## Brains for Change

Saturday, January 28

What needs to be discussed? Join Dalhousie's doers and dreamers in a day long conversation in the Student Union Building.

B4C is a program focused on the development of Dalhousie students, The Dalhousie campus and Halifax community.

It is an opportunity to meet community members bringing big ideas to light in Halifax and to discuss current student issues with university faculty and staff.

What's on your mind? B4C will help incubate a variety of interdisciplinary, student-led projects and provide continual support and communication for these projects to flourish.

For more information, contact Jamie Arron at [DSUVPSL@Dal.ca](mailto:DSUVPSL@Dal.ca) or check out the B4C website at [BrainsForChange.ca](http://BrainsForChange.ca)

## Diversity Week

January 23 -28

January 23, World of Winter Festival- Drop by the SUB to see how different cultural and ethnic groups celebrate winter at Dal! SUB lobby 11:00am-3:00pm

January 24, Film Screening: Miss Representation: The documentary Miss Representation, by Jennifer Siebel Newsom, premiered at the 2011 Sundance Film Festival, and aired on OWN: Oprah Winfrey Network ([bit.ly/Ownpremiere](http://bit.ly/Ownpremiere)) in October.

The film explores how the media's misrepresentations of women have led to the under representation of women in positions of power and influence. The showing will begin at 7:00pm. Location TBD

January 26, Language exchange at the Grad House. Teach others neat phrases in your favorite language or learn something new! This event will begin at 7:30pm and is sure to be a great time.

January 28, Open Mic Party at the T-Room. Showcase your unique talents at this night of diverse and talented performances.

For more information on Diversity week, please contact Kayla Kurin at [DSUVPI@Dal.ca](mailto:DSUVPI@Dal.ca)

## Society Audits

Levied society books for Fall 2011 audit are due on January 31st, 2012, at 4:00 pm. They can be dropped off to Evan Price in room 222A of the SUB.

The funds will be available for distribution after January 15th, following a successful audit.

Any questions should be addressed to Evan at [DSUVVFO@Dal.ca](mailto:DSUVVFO@Dal.ca)

January 20 - January 26, 2012 •

# The Dalhousie Gazette

North America's Oldest Campus Newspaper, Est. 1868

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## the fine print

The Gazette is the official written record of Dalhousie University since 1868. It is published weekly during the academic year by the Dalhousie Gazette Publishing Society. The Gazette is a student-run publication. Its primary purpose is to report fairly and objectively on issues of importance and interest to the students of Dalhousie University, to provide an open forum for the free expression and exchange of ideas, and to stimulate meaningful debate on issues that affect or would otherwise be of interest to the student body and/or society in general. Views expressed in the letters to the editor, Overheard at Dal, and opinions section are solely those of the contributing writers, and do not necessarily represent the views of The Gazette or its staff. Views expressed in the Streeter feature are solely those of the person being quoted, and not The Gazette's writers or staff.

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# from the editor

from the editor

E-mail Dylan at editor@dalgazette.com

Dylan Matthias Editor-in-Chief



## Get ready for lower attendance at nostalgic Forum

### Dal hockey team will play for empty seats

Dylan Matthias  
Editor-in-Chief

I took my first trip to the Halifax Forum three years ago in February to watch Dalhousie play Saint Mary's in men's hockey. It was a sort of pilgrimage. The bus was late, the night was dark and cold, the ticket booth was slow, the arena was a maze. The bus was late again on the way home, too.

There is a magic to the Halifax Forum, where in all likelihood Dal will play their men's hockey games for the next few years while they build a new arena on campus.

I'm a huge fan of the Forum. It's an old-feel hockey rink big enough to be real and weird enough to be right for the sport in eastern Canada. The criticism of it is the sight-lines, which does make it nearly useless for big events, but watching a university hockey game there is fun. The press box is suspended on one arm above

the glass on the side, and wobbles when you walk. The concourses up top are deserted and locked, but there are always a few souls up in the high seats just to watch.

Sadly, the chances that any of them will be students are virtually nil. It's a long trek to Almon and Windsor streets from campus.

It's hard enough to get students out to on-campus hockey games, though usually enough filter in to be respectable. The arena is right across from Risley Hall and two minutes from Howe, so there's really no excuse for those bored on a Friday night. But Dal is averaging 317 people at games this year, down from 422 a game last year. A perpetually losing team doesn't help, and Dal are last in league attendance by a mile.

Interestingly, Saint Mary's are the next lowest, with 614 a game, despite having a good team. The Huskies play at the Forum. UNB have the most,

and they play at the Aitken Centre, a massive on-campus arena complex. SMU, like Dal, are also working on a new athletics centre to replace Alumni Arena.

The neighbourhood around the Forum is nice and hopefully some local families will come out to games, but it will be sparse. Students can be a little lazy when it comes to hauling themselves out to watch a game. To be successful in a market where AUS hockey competes with the CHL and sports on TV, the games need to be accessible. The Forum, for all its magic, is not, at least for students (if you're driving in from Dartmouth, it's another story).

I love the Forum when it's empty. It is an old-time hockey rink of the sort that is disappearing in Canada; it is a connection to the old game that is so much a part of our national myth. AUS hockey, because it is at once both skilled and offers little in the way of

serious athletic advancement for its older, amateur players, is the perfect hockey to watch in such a rink: fast, hard and proud.

It's just a pity so few students will see it. ☹

#### Corrections

Sometimes the *Gazette* makes a mistake, and sometimes we don't notice for a while. In numerous articles throughout the fall we misspelled the name of women's soccer player Bianca Jakisa as Biannca Jakisa. The *Gazette* regrets the error and will amend the online version of the articles in question.

In the Jan. 13 issue of the *Gazette*, the band Trouble Andrew was incorrectly labelled as Trouble With Andrew. The *Gazette* regrets this and all further errors.

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**Dal Gazette**

**CONTRIBUTORS' MEETINGS**

**MONDAYS, 5:30PM**  
**ROOM 312, The SUB**



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Katrina Pyne News Editor



“No Fracking Way,” says Halifax
Occupy leads environmental protest

Alana Westwood
News Contributor

Halifax's Parade Square was once again occupied on Jan. 14.

The protest against the expansion of hydraulic fracturing in Nova Scotia drew concerned citizens from as far away as Cape Breton and New Brunswick. Though somewhat subdued by the snow and freezing rain, over 100 people turned out for 'No Fracking Way,' an event spearheaded by Occupy Nova Scotia.

Focusing on a specific issue is a change for Occupy Nova Scotia, as it reflects a more structured approach.

According to Eric Mandelker, organizer of the protest, "Occupy Nova Scotia still holds to its core ideology: [to pursue the] resolution of gross economic inequalities, governmental corruption and environmental degradation."

Hydraulic fracturing, or 'fracking,'

is a method of drilling for shale gas accomplished by the injection of pressured water and chemicals into deep wells. This process literally cracks the rock, allowing for the extraction of natural gas or oil.

As technologies improve and the rising price of fossil fuels makes the endeavour more lucrative, growth in the use of fracking has been exponential. Touted benefits are largely economic, and include job creation, increased domestic production of fossil fuels, as well as reductions in the price of natural gas.

But peer-reviewed research has found fracking to be a significant source of air and water contamination. Fracking also causes earthquakes of magnitudes up to 5.5, and has been implicated in the poisoning of drinking water.

Despite this, some government reviews in the U.S. and Canada have found the risks of contamination to

be negligible. Though environmental assessments and further research is ongoing, concern about the technique is rising rapidly.

"We will help amplify their voices."

Though Occupy Nova Scotia took the lead, the Jan. 14 protest was just the latest in a series of actions by the Nova Scotia Fracking Resource and Action Coalition (NOFRAC). The protest followed a conference in December and future events are planned as well.

The fracking debate has been heating up in both Canada and globally, as opponents of the technique gain momentum. A moratorium on frack-

ing has been put in place in Quebec and internationally in parts of the United States, France, Australia and South Africa.

As 'frack off' signs were hoisted Saturday, speakers gave accounts of how fracking impacts their lives. In line with Occupy Nova Scotia ideologies, the protest's purpose was to show solidarity with the rural communities who are directly affected. Many of the speakers urgently demanded a moratorium for the province on behalf of their supporting organizations including the Environmental Health Association of Nova Scotia and the Council of Canadians.

In the Occupy spirit, the supportive crowd remained light-hearted, dancing to comedic folk music by Cape Breton musicians who had travelled to Halifax specifically for the event.

Similar to Occupy Nova Scotia, opposition to fracking has become a tenet of New York's Occupy move-

ment. In both Nova Scotia and NYC, the technique is currently under review by regulators. In both jurisdictions, leading experts have called for a moratorium on fracking pending further study.

Spearheading causes such as this one seems to be a likely future direction for Occupy Nova Scotia as the movement rapidly gains focus. Mandelker says "Occupy NS does not have a set list of priorities or goals, but we feel if there is a segment of the population that is being marginalized, dismissed, threatened, or in jeopardy from the actions of the state or corporations, we will help amplify their voices and their struggle."

Saturday's anti-fracking event is only the first of many Occupy Nova Scotia-organized protests to come.

Frack Off! ••• Photo by Dan Corbett

news briefs

PhysioClinic more accessible

Dal is making physiotherapy, massage and orthotics more accessible to students through alternative payment options. In the past, students could receive \$25 from insurance per visit to a specialist, with a maximum of \$500 per academic year.

Mike Mutton, CEO of the PhysioClinic at the Dalplex, says that since fees in Halifax can range from \$50 to \$70 per visit, students are often left penniless after paying for their appointments directly.

The new negotiations between the Dalplex PhysioClinic and the student health insurance allows the clinic to send the bill directly to the insurance company rather than to the student. Students will still have

a maximum of \$500 per year, but they will not be required to pay the money out of their own pockets up front.

Anyone interested in these services can contact the clinic directly by phone at 494-3653, or by email at Dalplex@Physio.ca

Dal investigates piracy

Dalhousie's marine affairs program is researching modern-day piracy. The two-year research project looks at how piracy could be a potential political, nautical or legal issue.

According to Dal News, Dal alumnus Hugh Williamson uses his 42 years of experience with the Canadian Naval Reserve to supplement the ongoing research here at Dal.

"Dalhousie is ideally set up for this

sort of study," Williamson told Dal News. With departments such as international trade, marine affairs and international development, to name a few, Dal can provide a wide range of research perspectives.

The research will help to develop new strategies for managing these crimes and will lead to greater safety for both naval and coastal communities.

Data Privacy event

The 2012 Dalhousie Data Privacy Day is fast approaching. On Jan. 25 Dal's Information Technology Services will be hosting a half-day conference to celebrate.

eHealth privacy expert Michael Power is one of the confirmed speakers. Power is involved with

eHealth Ontario, and is a graduate from the Schulich School of Law. His talk will concern the Nova Scotia Secure Health Access Record, and Dal's new Personal Health Information Act.

Other speakers will include guests from the RCMP, Bell Aliant and Dal.

The event, which will include a light meal, is free for students and will cost \$25 for members of the general public. For more information visit: Dal.ca/DataPrivacyDay

Drinking trends in couples

Researchers at Dal have discovered that a dating couple can have a substantial influence on each other's drinking behaviour. In fact, Dal News says the impact is so substantial that researchers were able to

predict binge drinking habits of one partner based on the habits of their significant other.

Simon Sherry, assistant professor in the psychology department at Dal and co-author of the study, is one of many researchers who finds this disconcerting. Sherry clarifies that the concern is not drawn from couples who have a few drinks on Friday nights. He says the concern is for people who make alcohol a crucial part of their relationship, and become heavily dependent on it to have a good time.

—Alesia Hebb
News Contributor



## Residence runs dry

### Plumbing on the rocks in Fountain House

••• Photo by Angela Gzowski

**Laura Hubbard**  
News Contributor

Cassandra Lowartz, a Fountain House resident, pays an extra \$480 in residence fees for a sink in her room. But she and everyone else who pays the fee were left with empty taps when the Dalhousie facilities team turned off water to her building in December.

No compensation is being offered to the affected students.

“My daily schedule is affected,” Lowartz says. “It’s more difficult to do my dishes, make coffee in the morning.”

Lowartz also expressed concerns about access to washrooms. She has a bad knee from an old injury and finds it difficult to travel up and down the stairs every time she needs to use the washroom.

Maryanne Barkley, the facilities building manager at Dal, sent out an email to all students before the water access was turned off, saying it would be for “maintenance work including valve replacement. Fountain residents can use the washroom facilities in Smith and Bronson houses during this shutdown.”

The shutdown was to last from Dec. 19 to 23, the latter part of the exam period. Barkley says the work was avoided for as long as possible and these dates were chosen because Fountain House would not be fully

occupied so late in the semester.

Barkley, in email correspondence, made it clear that the facilities team did what they could to minimize the impact on residents. During the shutdown in December, bottled water was made available to those affected.

The shutdown was necessary, Barkley says. Earlier this school year, a leak was discovered in a hot-water line on the fourth floor of Fountain House.

“In order to replace the damaged section of pipe, water needed to be shut down so the plumbing lines could be drained,” Barkley wrote. “Residents were notified and accommodations were made for them.”

Lowartz says this is not the only shutdown this calendar year; this happened twice during the winter semester last year, as well.

She is not the only one frustrated about these plumbing issues: the facilities team is as well. While Fountain House is a relatively new building, the plumbing is plastic and connections are sealed with plumbing glue. Barkley acknowledged last winter’s issues, saying leaks began to develop in the basement of the residence.

The facilities team worked over the summer months on Fountain House and its plumbing system, and will continue to do so after classes end this year. ☹

# Memorial for Memorial Arena



ABOVE: To keep playing, intramural athletes Tyler Trecartin, Elsa Tokunaga and Grant Flagler will need a new home. ••• Photo by by Angela Gzowski  
BELOW: Men's hockey called the arena home. ••• Photo by Pau Balite

## NO PLACE TO PLAY

Intramurals speak out against demolition

Paula Sanderson  
Staff Contributor

Owen Melanson says hockey is a lifestyle. Alex MacDonald says he cannot live without it. Sam Legere perhaps says it best: "There is nothing better. The cold air on your face—it's the Canadian dream."

Melanson, Macdonald and Legere are just three of the more than 500 Dalhousie students who play intramural hockey at Memorial Arena.

And with Memorial Arena closing in April, they will soon be without a rink.

"One of the best things about coming to university was I got to do something that meant a lot to me," says Legere. "It's a bit of a bummer."

MacDonald agrees. "I'm kind of sad. It's a really nice rink, nice roof, nice architecture," he says. "I'm angry it's closing."

MacDonald thinks that tearing down the rink is unnecessary. "It's just over the top," he says.

Nick Twarog doesn't understand why the rink is going down. "We live in Canada," he says. "Why are they taking down a rink in Canada?"

Dal management disagrees.

Kathie Wheadon-Hore, senior manager of building operations with Athletics and Recreational Services, says there is a need for a new roof on the arena. The cost would make it "hard to justify putting a three to four million dollar roof on a 30-year-old

building."

Additionally, Krista Cross, senior manager of marketing, says the facilities attached to the arena, such as the change rooms, are not adequate.

Instead Dal will be building a brand new arena that will offer services they believe students need.

The plans have not yet been released. Nor have any of the sites for the proposed plans been "100 per cent confirmed," says Wheadon-Hore.

The plans include a new fitness facility, mixed-use residence and the new arena.

Shawn Fraser, senior manager of programs, says this was something that students want. "Two years ago the students agreed to a facilities' improvement fee for fitness facilities and to be implemented when the doors open," he says. "There is an interest and a demand from the students."

Cross is quick to point out, however, that the plan for the new facility is just getting started.

"It's really preliminary right now... but there is so much that needs to happen," she says. "It is not a short process."

No one wants to guess how long this will take, but Fraser floated four to five years.

During those four to five years Dal students will have to decide whether ice sports mean that much to them. Fraser says the director of athletics

has been meeting with staff from the Halifax Forum to find ice time not only for the varsity teams but also for the clubs and intramurals.

Nothing is finalized, but Cross says it's promising.

"It will not be perfect for the short-term," says Cross. "It will be a tough road ahead for the next couple of years but with the idea that this is short-term pain for long-term gain. Eventually we will have a space that is perfect—or as close to perfect as we may hope."


Wheadon-Hore says she has received calls from different groups concerned about the closure for the next few years.

Cross says for that reason, the rink will happen. "It needs to happen and needs to happen as fast as possible," she says.

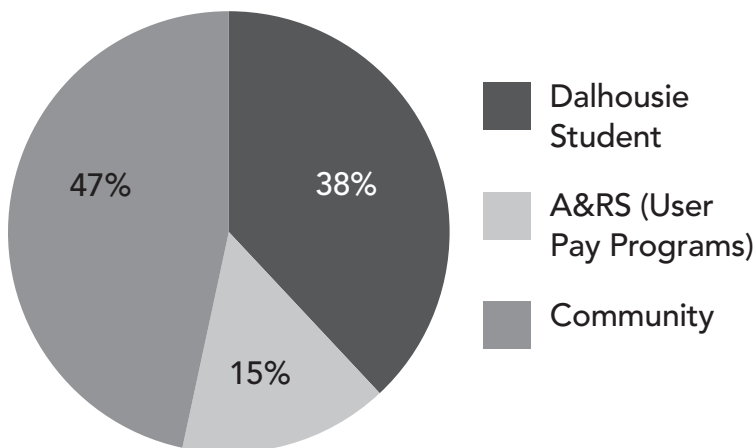
In the interim, Dal will continue to offer intramural hockey. "We know it's important to students," Cross says. "It just might not be on campus."

First-year Dal student Maddie Evans doesn't think that would be a bad thing. "Perhaps that will get us off campus more," she says.

Rene Yang also doesn't think it will be a problem. "Everything in Halifax is so close."

According to Wheadon-Hore, the motto Dal is taking is, one step back, five steps forward. The intramural players will keep playing hockey wherever there is a rink. 

### Arena Usage By User Group 2010/1



Source: Department of Athletics and Recreational Services, Dalhousie University



# Dal expands for out of province students

*New residence will add 200 rooms*

**Theresa Ketterling**  
News Contributor

Excavation has begun on Dalhousie's new residence and multi-use facility. Those fenced-in houses on LeMarchant Street will soon be gone, and if all goes according to plan, workers will be pouring foundations by mid-February.

The new residence is one of a few new buildings Dal students can expect to see going up in the next five or so years. A Dalplex expansion and a new arena are also in the works.

The LeMarchant Street residence is the only one with a set completion date, though. Assistant vice-president of facilities management Jeff Lamb says students should be able to move in by September 2013.

The residence will contain 326 rooms. Most will be single rooms which share a bathroom and, in some cases, a mini living room with one other room. There are also four-bedroom apartments with living rooms and kitchens but no ovens. The building doesn't contain a cafeteria, so at least for now residents will have to use what already exists.

The building will be mixed-use, as well: International Student & Exchange Services and the Black

Student Advising Centre, as well as Health Services and Counselling Services, will get new spaces on the lower floors.

Lamb says Dal needs about 700 new beds "as soon as possible." There are fewer and fewer high school grads from Nova Scotia, which means Dal will need to recruit more out-of-province students, who are more likely to live on campus. Because the Eliza Ritchie residence will likely be demolished in the next few years, Dal will get an overall gain of about 200 extra beds from the new residence.

**"We've squeezed every bit of space we can for activity areas."**

And while the new residence is going up, the Memorial Arena is coming down.

The revelation that the arena would have to come down came as a surprise to everyone, Lamb says. A new arena isn't included in Dal's 2010 Campus Master Plan.

Though the residence will be built on the property next to the current arena, the residence would prevent snow from blowing off the arena roof and the arena wouldn't be able to hold up that amount of snow. So now Dal will be building both an arena and a Dalplex expansion.

Kathie Wheadon-Hore, the senior manager of building operations at the Dalplex, says the Dalplex was built for a student population half the size of Dal today. The cardio room was meant to be a student lounge. The Fieldhouse is used for everything from yoga to Zumba to varsity practices.

"We've squeezed every bit of space we can for activity areas, but we just don't have enough space," she says.

A new facility would ideally include space for exercise classes, cardio, and weight training, and students wouldn't have to pay extra to use the cardio room.

But Lamb says the need for a new rink will affect what resources the university has to build new facilities.

"We had a wish list, and our wish list will now have to change because of the rink scenario," says Shawn Fraser, who oversees campus recreation programs. He says when it became clear in November that Dal would

need a new arena, plans for a Dalplex expansion were "almost back to the drawing board."

Lamb says an arena will probably go where Eliza Ritchie is now; the space is available and no rezoning would be necessary. If the arena

went where Eliza Ritchie is, a Dalplex expansion would be built where the Memorial Arena is now. ☹

**LeMarchant Street will look very different in 2014.** ••• Photo by Angela Gzowski

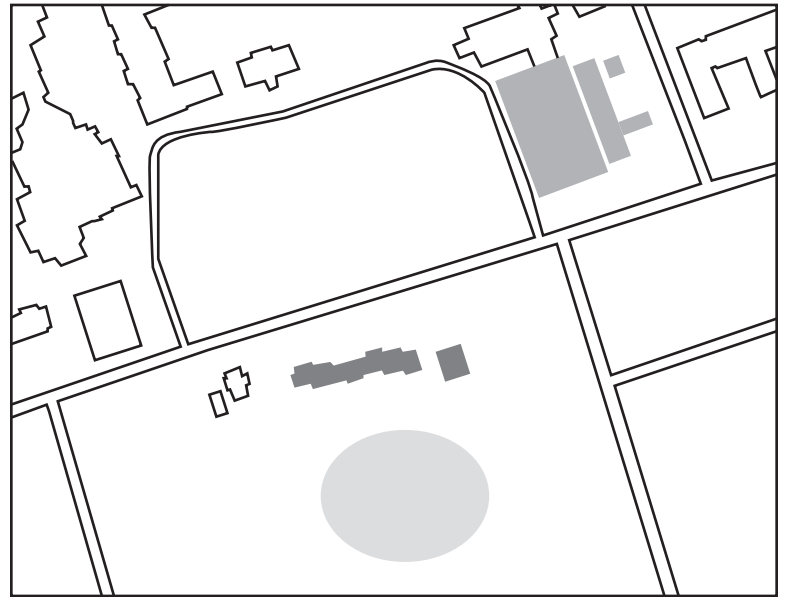
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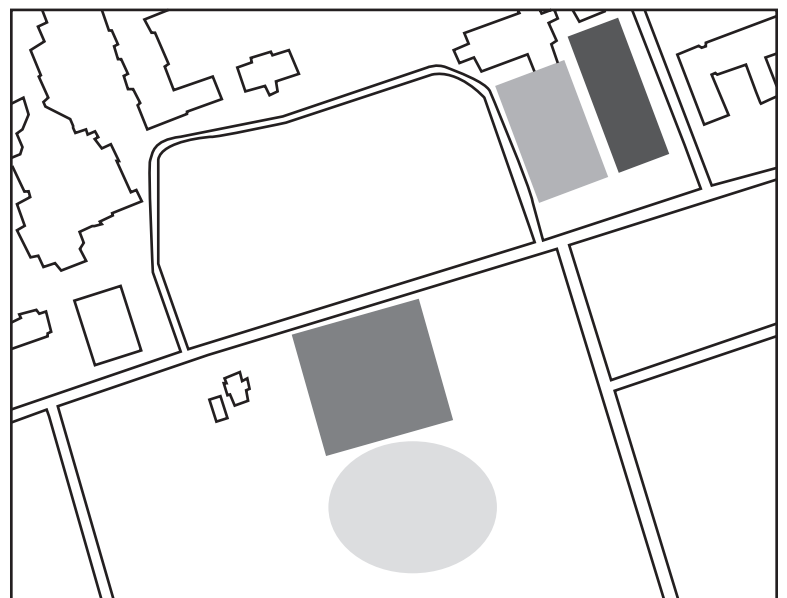
# Athletic Facilities at Dal: Now & Soon

## NOW



- Memorial Arena and adjacent buildings, slated for demolition between now and April 2012
- Eliza Ritchie Hall, slated for demolition upon completion of new residence
- The Dalplex

## SOON



- Future residence with 300+ rooms
- Future fitness and recreation centre
- New arena

## Leaving campus rink won't be easy

### Men's hockey players adjust to new reality

**Arfa Ayub**  
Staff Contributor

Benjamin Breault isn't excited about the possibility of his team playing hockey at the Halifax Forum.

"I hate the lighting," said Breault, laughing. "I don't have to lie to tell you that much. And hopefully we can attract more than 100 people per game."

Since arriving at Dalhousie University almost three years ago to play varsity men's hockey, Breault says Memorial Arena has become, what he calls, a "second home." And when he found out the university will be demolishing the building in late April of this year and perhaps making the Forum their home rink for a few years, he was, needless to say, surprised.

The rink's removal means the Tigers will be without an ice surface on campus for about four years.

"The part that hurts me the most is that I painted all the gold you see outside the locker room, and now it will all be gone," joked Breault, who repainted the hallways where the dressing room is located in his first year with the team. Then-head coach

Pete Belliveau suggested the part-time job to him.

First-year Dal defenseman and former Halifax Moosehead Pascal Amyot voiced similar concerns about Memorial Arena closing its doors.

"It is nice, close to home," said

**"It is nice to have the Tiger on centre ice. I am not too thrilled about playing on a logo other than ours."**

Amyot, referring to Dal's present rink. "It is also nice to have the Tiger on centre ice. I am not too thrilled about playing on a logo other than ours. It's definitely going to be weird when we play at the Forum, especially when we play the Huskies. There are going to be two crowds. Hopefully

things don't get too out of control."

While the university has confirmed the deconstruction of the arena, no official plans have been announced as to where the school's two varsity hockey teams will soon play.

Regardless of where the teams are placed, the arena change will take some getting used to, said Breault.

"I live in Eastern Passage, so it might be a little bit of a struggle," he said. "My wife and I only have a car; it's a lot of busing around. We may have to get away from the system a little, and depending on what time the practices are in the morning I may have to miss a couple. That is out of everybody's control, though."

But despite the short-term troubles the new arrangement may cause, both Breault and Amyot agree that it was time for a change. In fact, said Breault, once the new arena is built it may help attract recruits to Dal.

"In the long run, it won't be that big of a deal," added Amyot. "We'll just have to make a few minor adjustments. I mean, if SMU can do it, why can't we?"

The men's Tigers will have to adjust to the change. ••• Photo by Martina Marien

ON OUR COVER: Intramural athletes Benjamin Blum, Sam Day, Grant Flagler react to the loss of their play space.

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# Tigers likely to suit up at Forum, Metro Centre

*Dal expected to separate varsity hockey teams in two rinks*

**Ian Froese**  
Sports Editor

Dalhousie's hockey teams, it appears, will not just make the fabled Halifax Forum their home rink for the next few years, but they will also share space at the city's biggest arena as well.

Rumblings about Dal transferring their on-ice programs to the Forum were heard as soon as the announcement to tear down Memorial Arena due to the construction of a nearby mixed-use facility was made Nov. 29. But, it now seems likely that while the men's team is at the Forum, the women will play their league games at the Metro Centre.

The Tigers are expected to return to campus in about four years once a new arena is constructed. Dal athletic director John MacDonald told the *Gazette* in an interview last week no formal agreement for the school to become a short-term tenant at either arena has been confirmed, although he said the deals should be finalized shortly. MacDonald added that Dal has an "agreement in principle" to hold a majority of its ice times at the Forum.

"They have times," said MacDonald, in reference to the two ice surfaces at the Halifax Forum Complex. "I sat down the other day with their GM and they laid the schedules out for the Forum and Civil arenas and said, 'Where does Dal fit into these

boxes?' And we're fitting in."

Krista Cross, senior manager of marketing at Dal Athletics, said the worry that there isn't enough ice for Dal's varsity hockey programs is not necessary.

"At the moment, it's not about having time, it's about having a good time. We want to make sure that we're considering that they're student-athletes first and they can't be out until 2 a.m. We have to make sure there are appropriate times for our practices."

The current plan at the Forum is to house the games and practices of the men's hockey team, the practices of the women's squad, and most, if not all, of the school's on-ice intramural teams and club programs. The Metro Centre would host the league games of the women's team.

Al Driscoll, general manager of the Halifax Forum Community Association, said it is not possible for the Forum to be Dal's only arena.

"There's not a chance that we can accommodate all the ice that Dalhousie uses at their own rink," he said.

"We have existing tenants who are long-term who are going to be here long after Dal leaves and builds their new rink, so they remain our top priority. At the same time, you want to be a help. Hopefully we can help Dal out."

Driscoll speculated the men's hockey team will probably be playing at the Forum because of the greater

likelihood of receiving lucrative time-slots like Friday and Saturday night. As a result, the women's team would be relegated to the Metro Centre where their requests will fall below the QMJHL's Mooseheads, NBL's Rainmen and numerous concerts in the pecking order.

***"There's not a chance that we can accommodate all the ice that Dalhousie uses at their own rink."***

A Trade Centre Limited media representative declined to comment on the possibility of Dal's women's team playing at the Metro Centre, although she admitted those discussions are taking place.

If Dal's men's team indeed plays at the Forum, they will join their crosstown rivals at Saint Mary's as two AUS programs at the same home rink. The Huskies made themselves at home at the Forum beginning in the 2003-04 season.

Steve Sarty, Saint Mary's athletic director, believes the change will take

some getting used to.

"When you're travelling 10-15 minutes it's not a huge deal, but it's not as convenient obviously as walking to the parking lot and going to Alumni Arena, so there's logistical challenges of how do you get your team all there for practice and how do you get your team back to class?"

Although distance from campus to these new arenas is an issue, MacDonald says that it should not be a big concern, especially in regards to attendance. He says many students already live in the area, and the arenas are only about 10 minutes away from campus by bus. MacDonald also suggested a shuttle service to bring not just players to and from games, but fans as well. It might make coming to a game an event.

"We've already started discussions with the AUS and Saint Mary's to kind of get together on this and really try to promote the Forum as the hotbed for AUS hockey in Halifax," MacDonald said. "The Metro Centre is thrilled to look at some opportunities there as well with regards to other things like doing double-header hockey and looking at ways that we can work together with the Rainmen or whatever to really boost that event experience." ☺

The last game will be played at Memorial Arena this April. ••• Photo by Pau Balite

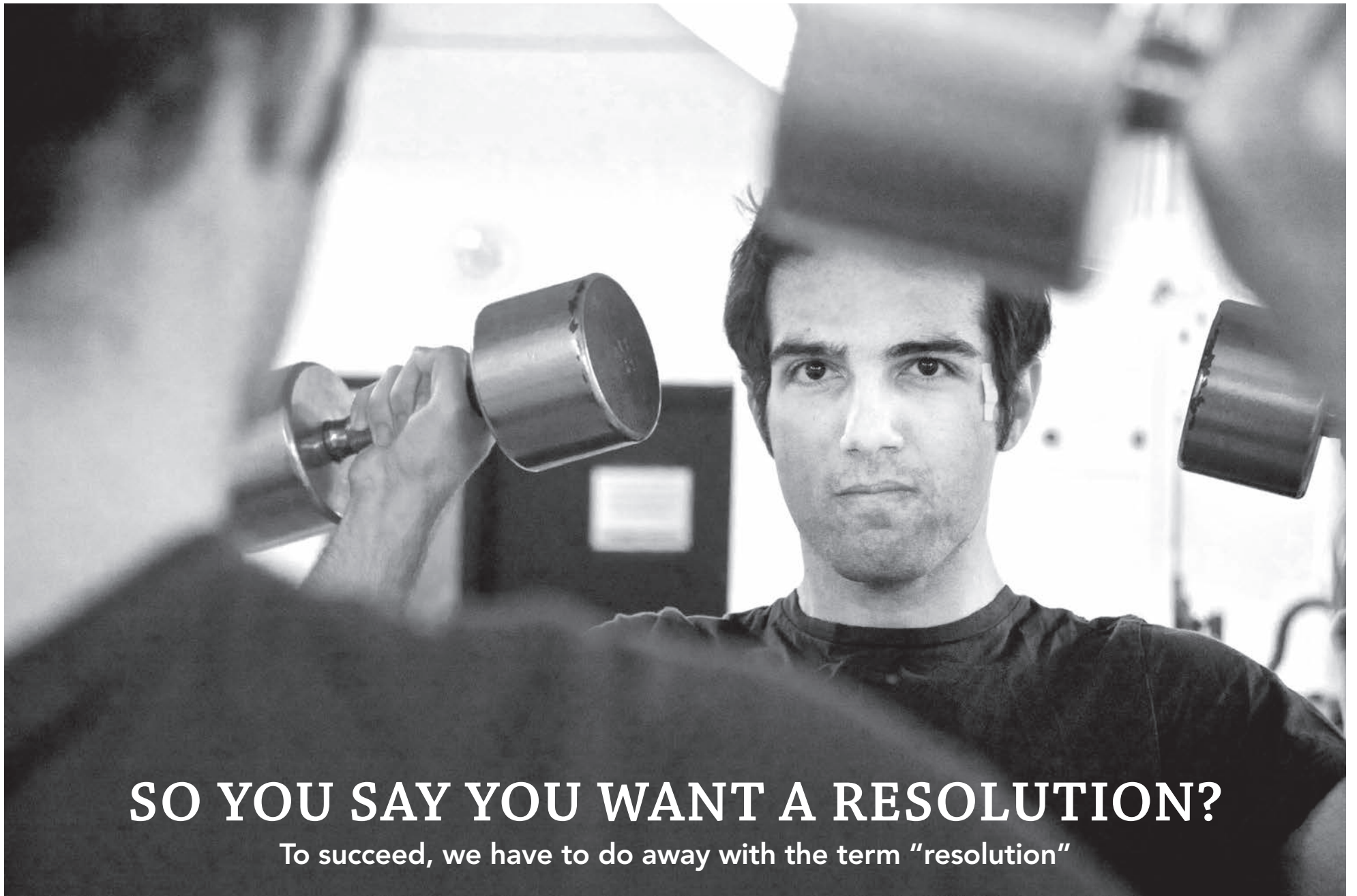
## Hockey camps to be shortened

The April demise of Memorial Arena won't just spell a new home for some of Dalhousie's varsity and recreation teams, but also for its summer hockey camps as well.

Dal athletic director John MacDonald told the *Gazette* they have an "agreement in principle" with St. Margaret's Centre in Upper Tantallon to become the interim home of the Dalhousie Superskills Hockey Camps. Instead of the full nine weeks, however, Dal plans to reduce the youth camp to 2-3 weeks because of the new financial reality of buying ice time. There is also a possibility the camp—which also includes a division for adults—will be travelling to different locations beyond the HRM.

Dal will reassess after their initial trial run whether they should expand the camp to its regular length while the university is without an arena.

—Ian Froese  
Sports Editor



## SO YOU SAY YOU WANT A RESOLUTION?

To succeed, we have to do away with the term "resolution"

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Matthew Ritchie  
Opinions Editor

Yesterday I was at the gym and I saw two weird things: 1) Some guy lifting weights in a pair of Timberlands, and 2) a small, portly gentleman squatting while doing bicep curls so rapidly I think he must have torn his rotator cuffs. I've never seen these guys before, and in a few months, I'll likely never see them working out again.

That's because it's January, meaning for the next two months I won't be able to find a spare bench, elliptical machine or free weights in my gym, as throngs of people will be descending on Goodlife to fulfill their New Year's resolutions.

Now, I don't really have a problem with my gym becoming popular (as long as people stop wearing those stupid Animal t-shirts). What I do have a problem with is that, come March, my gym is going to be empty, as resolutions give way to the cold, hard reality that losing weight kind of sucks and is hard and takes time.

According to the *Globe and Mail's* Leslie Beck, research shows that by February most people "lose steam" while trying to complete their resolutions, and that by June they're likely to completely break their promise.

North Americans seem to love making New Year's resolutions, especially between the ages of 18 to 24, according to Steven Shapiro, a moti-

vational speaker and author of *Goal-Free Living*. In a random study commissioned by Shapiro, 45 per cent of Americans set New Year's Resolutions, with only eight per cent succeeding in their goals.

This suggests some startling facts: Americans are really self-aware of their shortcomings, and they will likely fail at accomplishing any resolutions they set.

.....  
**"45 per cent  
of Americans  
set New Year's  
Resolutions, with  
only 8 per cent  
ever succeeding  
in their goals."**  
.....

The problem isn't that humans are inherently lazy and find it hard to accomplish goals (though that is probably somewhat true); the problem lies in the way we go about trying to better ourselves, and in the word "resolution" in general.

I hate to sound like a first-year bachelor of arts essay introduction,

but according to Google's dictionary application, a resolution is "A firm decision to do or not do something." Common resolutions such as saving money (a resolution made by 34 per cent of Americans), losing weight (38 per cent), or some other vague form of self-improvement through hard work and education (47 per cent) occupy the majority of North Americans' goals in the New Year.

But that doesn't really explain how to go about making any sort of concrete change in your life. All that really says is that you would like to accomplish a certain thing.

For instance, my New Year's resolution this year was to be healthier and stronger (yeah, I'm one of \*those\* guys). But that doesn't necessarily mean I know how to accomplish those goals.

That's why, contrary to self-help speakers like Shapiro (who argues a less goal-oriented approach to New Year's resolutions, and one based on general themes such as being happy and successful), I think it's possible to complete our vain resolutions of looking sexier or eating healthier or finally getting a girlfriend. We just can't look at them as vague resolutions anymore—we have to look at them as concrete plans.

To sound like a second-year bachelor of arts student writing an essay (still making grand, sweeping judgments, but with better sources), Mer-

riam-Webster defines the word plan as "a method for achieving an end".

Don't simply decide to eat healthier without doing any research on how you're going to accomplish it. Make a detailed list of what you plan to do. Buy some new cookbooks, read up on healthy eating tips and plan ahead with meals.

The same goes for working out. Are you going to get a personal trainer or construct your own workout from a book (I recommend the life changing *Core Performance* series by Mark Verstegen), or are you going to just simply run into a gym and randomly pump weights on nautilus machines while wearing a pair of boots?

So, this New Year, make a resolution to do away with resolutions and actually make a concrete plan to accomplish your goals.

There's nothing wrong with being goal-oriented. I mean, the highest selling book this holiday season was the Steve Jobs biography. Do you think that guy simply made a resolution to change the world? No, he planned out his attack. That's the only real way to succeed. ☹

This guy must know what he's doing—he has a gash on this forehead.

••• Photo by Adele Van Wyk

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# Please excuse the typos

Mobile technology makes our interactions lazier than ever

Erica Eades  
Arts/Copy Editor

I recently came across a blog post by marketing copywriter Amber James on typo apologies sent from mobile devices. You know the ones: “Sent from my iPhone/Blackberry/Android/tablet. Please excuse the typos.” The phrase litters the signature box of emails sent by droves of (usually articulate) people. After laying out the facts, James posed an interesting question: “Should we excuse them?” And, perhaps more importantly: “Should we excuse ourselves?”

That got me thinking. Today’s society is one obsessed with speed and convenience, and we’re always looking for ways to cut corners and save time. But if technology really is making our lives easier, why is it we no longer have time to spell-check our emails? Are we really just too busy, or is our dependence on technology simply making us lazy?

There’s a great scene in Richard Linklater’s film *Before Sunrise* in which Jesse (played by Ethan Hawke) addresses this concept. He asks, “What good is saved time if nobody uses it—if it just turns into more busy work?” He continues by joking, “You never hear someone say, ‘With the time I’ve saved by using my word processor, I’m gonna go to a Zen monas-

tery and hang out.” Bear in mind this film came out in 1994, but replace the basic word processor with something a little more advanced, like, say, a smartphone, and I’d say he’s right on point.

“Why is it we no longer have time to spell-check our emails?”

Consider our everyday interactions: We stay in touch with old friends by commenting on Facebook photos and writing on their “walls”; we interact with co-workers strictly through emails; we even text our housemates when they’re sitting in the next room (or is that just me?). Our methods of contact seem limitless, yet the amount of *quality* communication in our lives is diminishing. And really, what do most of us do with the time we save by texting instead of calling? Marathon TV shows on Netflix? Work more? Nap?

Before owning an iPhone, I did all my emailing from home. I planned out what I wanted to say, read through it a few times before pressing

send, and, by the time that message left my computer, I was confident I’d sent something worth reading. Now, thanks to data plans and rampant wi-fi availability, I can send an email or Tweet to anyone, from anywhere. Whether I’m rushing between classes, sitting in a coffee shop or even standing on the bus, if an idea pops into my head, I just type it up, send it off and continue doing whatever it was I was doing.

We’re experiencing a level of convenience unlike never before, but that doesn’t mean we should allow ourselves to be negligent. If, in the future, we continue to rely so heavily on smartphones and social networking sites (as I’m sure we will), it’s critical that we do so responsibly.

And that brings me back to my first point: Errors are inevitable. Heck, if this wasn’t the case I’d be out of a job and my future would be looking pretty bleak. But that’s just it: We all make mistakes on our first drafts—be it an essay, a speech or an article—and then, through a series of edits and re-writes, we end up with a piece that’s polished and error-free—one we’re proud to say we’ve written.

Should we not hold our daily interactions to the same standard? ☺

Spellcheck is standard on phones—use it. ••• Photo by Petr Kratochvil via FreeStockPhotos.biz



# Working for the extended weekend

NEF suggests shorter workweek, but should we adopt?

Samantha Elmsley  
Opinions Contributor

On Jan. 8, the *Guardian* reported that the New Economics Foundation (NEF), a think-tank based out of the UK, announced their intention to host a forum to discuss their idea of a cure for Britain’s economic woes: a shorter work week.

The original study, published by the NEF in February 2010, recommends a three-day working week—or around 20 hours per week, per worker—as a solution to the job crisis currently sweeping the country. A four-day weekend, the NEF claims, would mean employers would have to hire more workers, thus creating more jobs. It would also boost productivity, because workers would have more time to take care of their health and wellness, which would maximize working capacity as well as creating job growth. Guilt-ridden parents would have more time with their kids, adult children would take care of their parents and we would all become masters of the vegetable patch, growing our own food to supplement the mass-produced grocery store goodies. (So it’s a greener solution, too, by the way.)

On the *Guardian*’s website, the

reaction is mostly outrage. The primary concern seems to be that if their minimum wage is currently 5.52 pounds per hour, how is one supposed to raise a family on 100 pounds per week? A valid concern, considering that when I was living in the U.K. a can of beans cost about 75 pence, or almost one hour’s worth of work. (Start digging, everyone. Those veggies aren’t going to grow themselves!)

However, the issue regarding financial compensation for a shorter workweek is addressed in the study, which declares that minimum wage must increase, and the cost of housing must go down; both, they suggest, would be adjusted by the government. The publishers of this study are real, live economists, and they have thought through that little snag.

I, for one, am amazed that a group of economists, of all people (no offense), have come forth with such a rosy view of humanity. The study assumes that people would do wholesome, productive things with their four-day weekend, such as growing vegetables in their backyard during their free time. Whereas many, if not most people I know, would take advantage of the extra pyjama time to watch that one extra season of *How I Met Your Mother* that’s been eluding

them for so long.

It is clear that the current economic system—particularly in Britain, but also in Canada and the United States—must change. The common person is breaking under the strain of too much debt, unaffordable living costs and unattainable education fees, and perhaps the NEF has the right idea for a solution. But in this time of disillusionment and cynicism, it is hard not to receive this idea with laughter, at worst, and tentatively supportive bemusement at best: A system that actually thinks highly of humanity and imagines us using our extra free time more productively? What?

If their plans works, and does everything this merry group says it will, it would revolutionize people’s lives in a major way. It would require a mutual letting go of feelings of productivity at work, a conscious decision to drop out of the rat race and trust that one’s neighbor won’t leave one gasping for breath in their dust. Perhaps the arrival of Occupy—and for Britain, the London riots—is a signal that humanity is ready to take a leap of faith. ☺

••• Photo by Capl@WashJeff.edu



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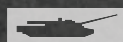
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# STREET INTERVIEW

## Would you go to a Dal Tigers game at the Forum?

by Erica Eades and Matthew Ritchie



"Probably wouldn't; too far away"

**Jasmin Astle**  
3rd-year biology



"I don't go in the first place...but maybe if they started winning"

**Tim Hiltz**  
3rd-year kinesiology



"If they gave us free goodies and transportation"

**Shangqing Wang**  
1st-year master's of public admin



"No"

**Brianna Starkey**  
1st-year master's of public admin



"I would go if there was a ride"

**Mallory White**  
4th-year kinesiology



"No"

**Joanna Poltarowicz**  
3rd-year environmental science



(laughing) "No"

**John Maeng**  
2nd-year biology and chemistry



"I've never watched them before"

**Agnieszka Kubow**  
psychology grad



"I've never watch them, either"

**Kristie Robertson**  
neuroscience grad

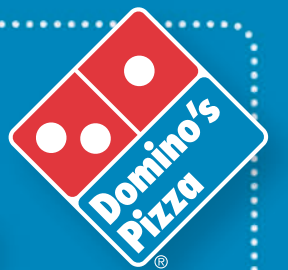


"Sure...but I'd rather it be Girl Talk"

**Matthew Ritchie**  
7th year of partying down



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## The country house and the city house

### City living promotes sustainability

Sam Vlesing

Opinions Contributor

It may sound surprising, but the majority of residents in compact urban centres use less fossil fuel, walk more, bike regularly, and use public transit more frequently than their counterparts in the country.

For most city dwellers, their way of life has not been a conscious decision, but rather is the result of extenuating factors that promote sustain-

able behavior. People living in cities use various energy efficient methods of transportation, which require less fossil fuel and emit smaller amounts of greenhouse gases.

At first glance, the borough of Manhattan in New York City may seem unsustainable; it uses a tremendous amount of water and electricity, emits an enormous amount of greenhouse gases and uses a considerable amount of fossil fuel. However, relative to its size, Manhattan uses a

smaller amount of electricity and fossil fuel per capita than any other U.S. city.

According to David Owen, author of *Green Metropolis*, New Yorkers (and inhabitants of other dense metropolises such as Amsterdam and Copenhagen) trade the supposed convenience of the automobile for the true convenience of proximity.

In dense urban cities, necessities such as grocery stores and doctors' offices are found in apartment

building lobbies, down the street, or around the corner from most home residences. But, these amenities in the suburbs and non-compact cities tend to be located further from residential areas.

According to Owen, the "eighty-two percent of employed Manhattan residents that travel to work by public transit, by bicycle, or on foot" do so because they are surrounded by factors that promote sustainable transportation.

Many city dwellers picture themselves living in the country, taking hikes while walking the dogs, and enjoying a sustainable life style. That, however, is a fallacy; living in a rural environment requires one to travel further distances and therefore employ unsustainable methods of transportation.

According to Owen, the average New Yorker annually generates 7.1 metric tonnes of greenhouse gases, a lower rate than that of residents of any other American city, and less than 30 per cent of the national average.


Clearly, living closer together promotes cleaner and more efficient modes of transportation, decreases the necessity for commuters to use ecologically damaging transportation, and alternately enables individuals to utilize different efficient modes of environmentally friendly transportation.

Manhattan is so compact it accounts for just one per cent of the United States green house gas emissions while housing 2.7% of its population. If the same ratio between percentage of population and per-

centage of green house gas emissions existed for the rest of the United States, American emissions would fall below the standard of the 1997 Kyoto Protocol.

A compact metropolis increases the incentive for residents of dense urban areas to use sustainable methods of transportation and live an all around sustainable lifestyle. Most dense urban cities are not the result of deliberate sustainable planning, but rather a combination of social, economic, political, and geographical factors that promote sustainable development.

The physical structure of urban metropolises makes the shift towards methods of sustainable transportation easier for larger populations to undertake. But without policies to keep cities compact and population densities high, they will begin to disintegrate all over the world.

Not only is it pertinent that we change our patterns of production and consumption, it is equally important to alter the environments in which we live. Our contemporary globalized world is faced with many obstacles to overcome, all which increase the need for climate change. The future is going to compel us to live differently. Moving to the city, urban centers and metropolises are essential to achieving global sustainability. 

New York City's density makes it sustainable. ••• Photo by Angela Gzowski


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Erica Eades Arts Editor

## In the Dead of Winter

Local music festival heats things up

**Matthew Ritchie**  
 Opinions Editor

Positioned between the Halifax Pop Explosion and the Halifax International Jazz Festival, the In the Dead of Winter music festival has been keeping Haligonians warm with acoustic lullabies and baroque-pop vignettes for years. Primarily dealing with the acoustic guitarist/singer/songwriter spectrum of popular music, In the Dead of Winter delivers for those suffering from a lack of concerts in the wintertime.

2012 is no exception, with Grammy Award-winners, strumming songstresses and grungy acoustic rockers occupying the festival. Here are the shows not to miss from the festival's run Jan. 25 to Jan. 28:

**Shawn Colvin**  
**Rebecca Cohn Auditorium**  
**Wed. Jan. 25**

Since attacking the mainstream 19 years ago with her debut album, *Steady On*, Colvin has amassed an impressive number of awards, winning three Grammys during her eight-album career. Her 1996 single, "Sunny Came Home", catapulted her into the mainstream, and Colvin has continued touring and recording over the past 15 years. For fans of Joni Mitchell or the alt-folk of Ryan Adams and Ani DiFranco, catch the one-off Cohn performance of this year's festival.

**Mo Kenney**  
**The Company House**  
**Thurs. Jan. 26**

Performing sparkling fingerpicked acoustic guitar songs with equal parts haunting crooning, Waverley, Nova Scotia's Mo Kenney is a must-see at this year's In the Dead of Winter. At only 21 years old, Kenney delivers fragile pop songs in the vein of Elliot Smith with the pop sensibilities of Randy Newman. If you can't make it to this show, catch her opening for Ron Sexsmith on the Maritime leg of his tour. Look for her new album, recorded with Joel Plaskett's New Scotland Records, later this year.

**Moonshine Ramblers**  
**The Bus Stop Theatre**  
**Thurs. Jan. 26**

With a name like Moonshine Ramblers, it's no stretch of the imagination to realize that this band sounds country/bluegrass as fuck. Chances are you may have caught this five-piece opening for acts at local venues The Paragon, The Seahorse or The Carleton, but their upcoming performance at The Bus Stop Theatre offers a more intimate environment for the roots rockers.

**Martha Wainwright**  
**The Spatz Theatre**  
**Fri. Jan. 27**

The youngest of Canada's favourite musical family (think Loudon, Rufus and Kate McGarrigle), Martha Wainwright is one of the more experi-

mental artists playing the festival this year. Mixing acoustic rock with art-pop, Wainwright and her David Bowie-meets-Brett Anderson vocal theatrics grace Citadel High's The Spatz Theatre for one of the bigger performances of the festival.

**Steve Gates**  
**The Company House**  
**Fri. Jan. 27**

The frontman of Halifax's epic roots rockers Caledonia, Gates graces The Company House to perform tracks off of his recent EP, *Hello Jesus*, and songs from his upcoming full-length. If you like the music of Bon Iver and Jon McKiel, this show is for you. And speaking of Jon McKiel...

**Jon McKiel**  
**2053 Gottingen**  
**Sat. Jan. 28**

When it comes to sludgy Neil Young rock, mixed with introspective acoustic Neil Young rock, Jon McKiel is the man to inherit the throne as the new Canadian folk dark lord. Broken keyboards and detuned grunge riffs occupy chunks of his new LP *Tonka War Cloud*, but that doesn't mean he won't break out his acoustic guitar to soothe the crowd of 2053 Gottingen. One of the provinces best musicians—this one is a must see. ☺

Martha Wainwright is just one of the fantastic performers at this year's festival. ••• Photo supplied



## Grow your own kitchen herb garden

All it takes is a little thyme

**Rachel Eades**  
 DIY Columnist

When you're living on a budget, your diet can get pretty bland. A repetitive schedule of rice, cereal, and toast with peanut butter gets boring quickly, and a boring meal significantly increases your chances of giving into those 3 a.m. pizza cravings (which aren't great for your wallet, either).

An easy way to spice up your meals is by keeping a stash of fresh herbs and spices on hand. Herbs are not only healthy, but also an effective way of making other budget-friendly foods (like brown rice, inexpensive cuts of meat and the slightly sad looking produce that's marked down to 50 per cent off) more appetizing.

Dried herbs are fine and all, but they can be pricey, and nothing beats fresh herbs for flavour and quality. Luckily, with minimal effort and a limited upfront investment, you can set up your own indoor herb garden, which will provide you with fresh herbs year round.

To get started, you'll need the following supplies:

- Herb plants
- Pots or containers
- Soil or potting mix
- A sunny windowsill

You'll ideally want a window that gets at least five hours of sun per day. South or southeast facing is your best bet, and north won't work at all. You can experiment with other directions in between, but be aware that you may have varying levels of success.

Next you'll want to figure out what sort of containers you're going to use. You'll need containers that are at least six to 12 inches deep, and you'll want at least six inches of space for each individual herb. You'll also want to make sure your container has adequate drainage at the bottom. The easiest way to find a container that meets these requirements is to buy one from a nursery or garden centre that's specifically designed for growing herbs. The basic plastic ones are very inexpensive.

While you're at the nursery/garden centre, you'll want to pick up some soil/potting mix and your herb seedlings. If you're new to gardening, I strongly recommend starting with seedlings (plants which have already started to grow) rather than seeds, since they're harder to mess up.

Some good herb choices for indoor growing include:

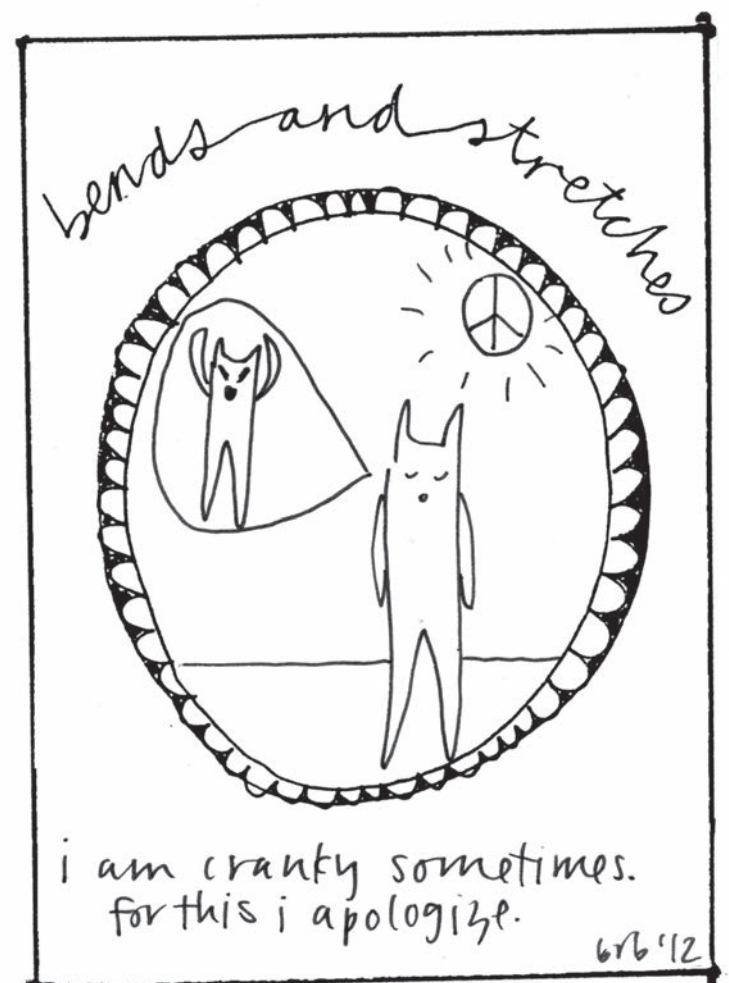
- chives
- basil
- parsley
- mint
- rosemary
- thyme

The slightly more adventurous may want to try sage or oregano as well.

To plant your seedlings, put two to three inches of soil/potting mix in the bottom of your container, remove your seedling (and the bit of soil surrounding it) carefully from its container and gently position your seedling in the soil. Add enough soil/potting mix on top to cover the roots and base of the plant—there should be at least an inch of space left at the top of your container. If you're using one large container, you can put multiple varieties of herbs in one container, as long as you allow six inches of space per plant.

Once your herbs are planted, place your container in your sunny window. Herbs should only be watered sparingly—the number one killer of herbs is over-watering, not under-watering.

Your herbs may take a little while to start growing, but be patient, and they'll come along soon. Once they start to grow, you're free to start using them in recipes; just make sure you never take more than 1/3 of the plant at once. With the right amount of sunshine and water, your herb garden will keep producing fresh herbs indefinitely. Enjoy! ☺



# Return to sender?

One man's mission to get a celebrity autograph



**Mathew Holden**  
Staff Contributor

Anyone who is a fan of *The Simpsons* (the good, old *Simpsons*, that is) will remember the episode from 1991 where Marge rekindles her love of painting and recalls sending a portrait she did to Ringo Starr of The Beatles in 1964. In another scene, Ringo is shown sitting at a desk in a room stuffed with fan mail, still

responding to the letters he'd received 25 years earlier. It turns out this joke was not a joke at all; Ringo really did continue to reply to his fans in this way. In fact, it was only within the last two or three years that he announced after 40 years of working through his backlog of fan mail, he could no longer respond to individual letters.

I bring this up because while I was going through my records recently, I noticed a lot of bands had mail-

ing addresses on the back of their albums. The Beatles and The Rolling Stones albums from the 1960s say "Write to us" and provide an address. This got me thinking. Could I write to the popular bands of today and still get a response?

Since I don't buy CDs anymore, I couldn't check the liner notes of most current bands. I decided since websites are the main form of "personal" communication between a band and

its fans now, this would be the best place to start. I picked bands and artists at random, trying to find a good mix of local and international musicians from varying eras and levels of fame. What I quickly discovered was that even in the day of instant Internet searches, this information was hard to come by.

I started with Nickelback and Justin Bieber—primarily because they are Canadian, but also because I figured as two of the most famous acts in the world, it would be easy to find their contact information. This was not the case at all. In fact, both websites boasted official fan clubs that charge substantial membership fees. Nickelback's membership cost \$80, while J. Biebs wanted \$99 (per year). This amount gets you access to pre-sale tickets and admittance to his "online community". Nickelback also rewards you with a travel bag and shot glass set, while Bieber delivers a purple hat. Neither one mentions anything about autographs.

I had mixed luck visiting a few additional websites. Sloan was the only band with a mailing address specifically for fan mail. I was also surprised to find the Barenaked Ladies charge a fee to be a member. But at \$35 (which includes a T-shirt), it's a bit more reasonable than Bieber's.

I also contacted Canadian musicians Joel Plaskett and Peter Elkas. Just two hours after emailing them, I received responses from both artists. In fact, it was Elkas himself who replied saying he would send me the autograph I requested.

But contacting bands wasn't always

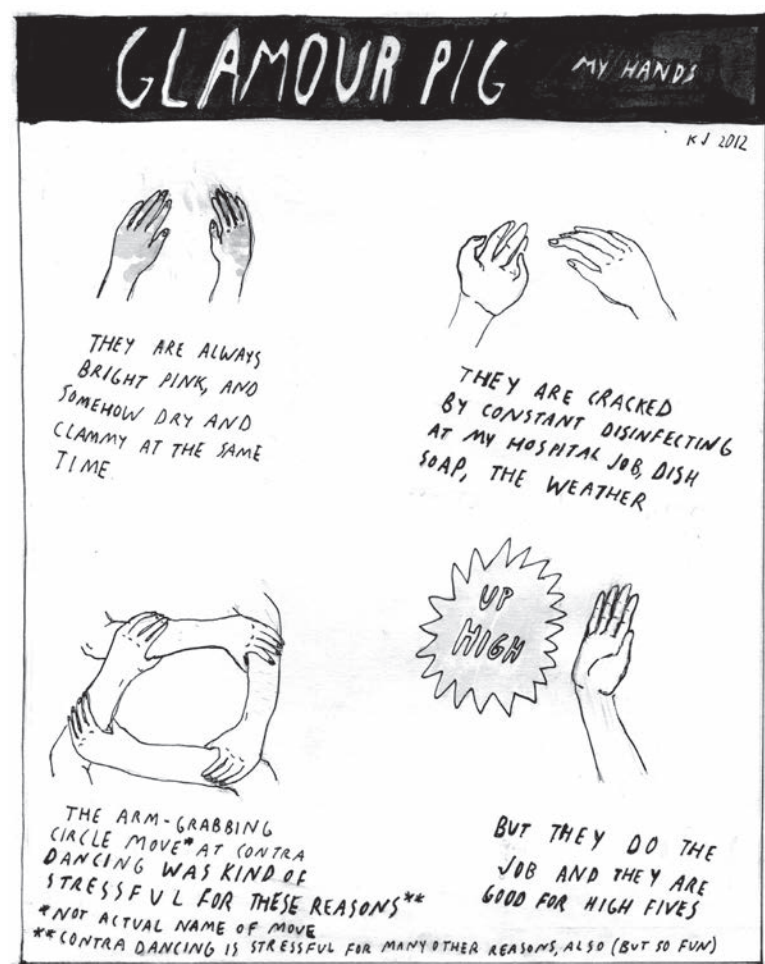
an easy task. I was surprised to find that most bands, such as Arcade Fire, don't provide any contact information on their websites.

Eventually I came upon a website called fanmail.biz, which seems to have an address for almost any celebrity you could imagine. But if the information is accurate or not is another question altogether. I decided to write to: Sloan, The Tragically Hip, Joel Plaskett, Peter Elkas, Barenaked Ladies, Nickelback, Justin Bieber, The Black Keys and Weird Al Yankovic.

Of course, I soon realized I had one more obstacle to overcome: When asking for autographs, is it necessary to include a self-addressed and stamped envelope for them to send it back in? I didn't know how to include a stamped envelope for the American mail—and it turns out it's very hard to find US stamps in Canada.

As of the submission deadline for this article, I haven't found a solution to this question—but at least my letters to the artists with Canadian mailing addresses are ready to go. I'm optimistic that I will hear back from a few of these artists, but it will take some time. Be sure to look for an article at the end of the school year where I follow up on my luck. I'm hoping I will not return empty-handed! ☹

The Beatles' Ringo Starr spent nearly 40 years responding to his backlog of fan mail. ••• Photo by Ian Burt/oddssock via Flickr



## Recipe: Spinach Pesto Pizza

Healthy, tasty and vegan-approved

**Rob Sangster-Poole**  
Food Columnist

### Ingredients:

One 12-inch pizza base  
1-1.5 cups finely chopped baby spinach  
2 cloves garlic, chopped or pressed  
1/4 cup olive oil  
1 tbsp basil  
1/2 tsp oregano  
Pinch of salt and pepper  
\*1/4 cup grated parmesan cheese (optional)  
1/4 cup tomato/pizza sauce

Contrary to what the United States Congress declared several months ago, pizza is not a vegetable. That's not to say that pizza can't be relatively healthy, though. In fact, there are plenty of recipes that involve wholesome ingredients and can also be vegan-friendly. This is one of them.

I myself (not being at all discriminatory in my diet) like to add a bit of cheese or throw some meat on as a topping, but it's totally up to you. Customize as you see fit. After all, that is the best thing about pizza. And if you're not so much into the whole pizza thing, this pesto goes great on pasta too.

**Step 1.** If you have a blender or food processor, throw in the spinach, garlic and herbs all at once, adding the olive oil gradually. If your kitchen is more lo-fi, use a decently sharp knife to chop everything up as finely as possible. Then mix it all up in a bowl. Add a pinch of salt and pepper, and



some grated Parmesan if you're so inclined.

**Step 2.** Now for the pizza dough. For beginners, I suggest just buying a ready-made pizza base at the store. If you'd rather make your own, it's not at all difficult. Food websites like epicurious.com and allrecipes.com have some really simple recipes.

**Step 3.** Once your dough/base is ready to go, evenly spread out the tomato sauce on top, leaving a bit of room around the crust. On top of this, spread out a layer of the spinach pesto mix. And finally, throw on whatever extra toppings you're into. (Roasted pine nuts are great.) As

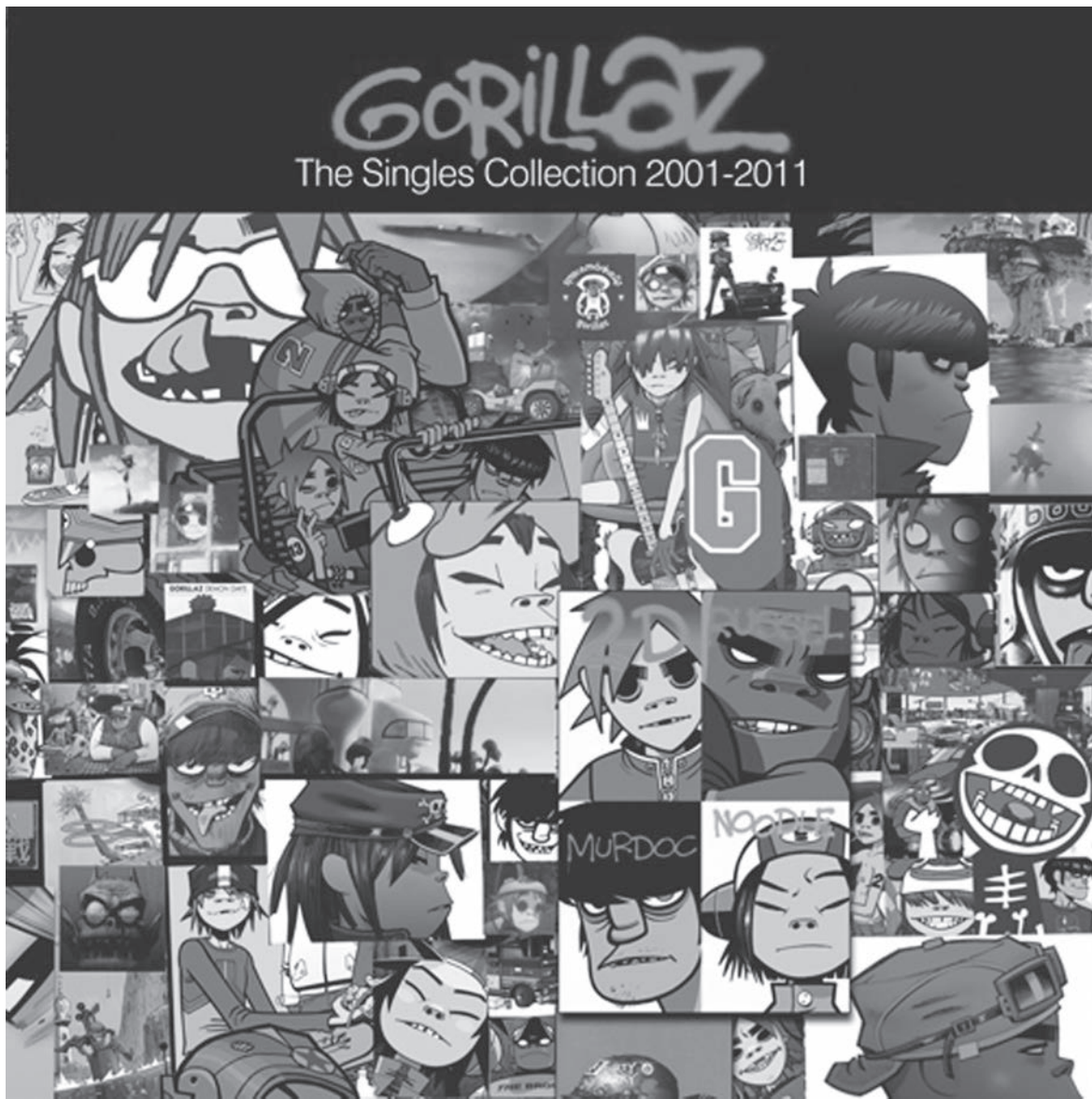
does chorizo sausage. I'm also a fan of chopped (and lightly cooked) asparagus. Heck, almost anything is good on pizza. Except pineapple. Fuck pineapple. Whoever invented pineapple on pizza should be lined up against a wall and shot. (I'm looking at you, Hawaii.)

**Step 4.** After you've made the difficult decision of choosing a topping (or not), grease a baking sheet with olive oil (and/or cornmeal) and throw the pizza on top. Preheat the oven to 425 degrees and bake for about 15 minutes.

That's it, that's all. Enjoy! ☹

DalGazette.com





tunes review  
**Gorillaz**  
*The Singles Collection 2001-2011*

**Matthew Ritchie**  
 Opinions Editor

My one main regret in life is not seeing the Gorillaz on their first world tour.

I was 14, I had never been to a concert before, and Damon Albarn (ex-band member of Blur) and his fake pop group Gorillaz were playing at one of Toronto's sketchier clubs. I didn't go to the show, but all my friends did, and not only did they see one of the band's first North American shows, but a truly groundbreaking performance.

The band was supporting their 2001 self-titled album. In the coming years the band got bigger, the stage got larger, the animated screen

became a massive projected curtain with four-storey 3D figures playing along, and members of The Clash came on board.

In 2005 they released *Demon Days*, and with Albarn feeling he could never make another strong record under the Gorillaz banner, they decided to finish the project. But like most band breakups it didn't last very long, with the band officially releasing a new studio album with 2010's *Plastic Beach*, followed by the iPad-recorded *The Fall*.

Speaking without a shred of hyperbole, the Gorillaz are one of the most important bands of the past 10 years. No other group has created such a spectacular multimedia project with the beats to back up the visuals.

Which is why it's kind of silly that they would release a singles album, being that Gorillaz have always been about making dense albums to be listened to from front to back. But that doesn't mean *The Singles Collection 2001-2011* is a bad album.

Capturing all their top hits like "Dirty Harry", "Clint Eastwood", "DARE" and "Stylo", as well as one-off remixes from their albums *D-Sides* and *G-Sides*, *The Singles Collection* is a perfect summary from one of the decade's coolest bands.

But if you want to listen to Gorillaz the way they are supposed to be heard, grab all four studio albums (preferably with some of Albarn's favourite party favours—this is a dub band, after all).



**CREATIVE**

Submit your Micro-Fiction,  
 Poetry and Feedback to  
 Creative@DalGazette.com

**The Freefall**

Oh once did we rise when we walked  
 the wall;  
 Oh those days when that wall  
 fulfilled our wants!  
 We climbed those vertical heights  
 As we shook each other's hands  
 And hands like tight ropes we held.

But we recall those unfortunate days  
 When these hands of trust had not  
 been obeyed:  
 Leaders inevitably  
 Showing insecurity  
 And mankind's inequality.

So they saw us fall like a massacre  
 But "for our sake" they pulled up  
 foodmakers  
 And climbing, we followed them

For we wanted to become  
 Winners of zero-sum games.

Though how are they comets racing  
 upwards—  
 Costs of following which we can't  
 afford?  
 Indeed, a few had caught up  
 Yet the most could not cope up  
 And fell again, giving up!

Have I seen mankind falling down  
 once more  
 When I saw of gluttony an outpour?  
 Just like a returning cold  
 We still crawl to the tall wall  
 Buying tickets for freefalls.

—Adrian Laeson

tunes review

**Kathleen Edwards—*Voyageur***



**Frances Dorenbaum**  
 Arts Contributor

Much of the hype for Kathleen Edwards' new album, *Voyageur*, comes from curiosity about her collaboration with Justin Vernon (aka Bon Iver), her co-producer and current beau. This is the first time Edwards has shared the writing process. The collaboration has inspired her to take her country-folk style one step further, producing a more contemporary and less genre-specific album of honest, raw tracks.

The pair's voices complement each other with Edwards' raspy, lower range and Vernon's dreamy falsetto, especially in *Voyageur*'s "Chameleon/Comedian."

In addition, Vernon's longtime admiration of Edwards' music has proven to be an asset, as his contributions are distinct, but in no way overwhelming.

*Voyageur* explores themes of broken and new love. The album begins with optimism as Edwards sings "this cold out is getting warmer / maybe come September I will feel brand new" in "Empty Threat."

It intensifies with "Chameleon/Comedian." The repetition of "every time" and "I don't need a punch line" in combination with the constant bass drum and Vernon's wailing creates a powerful expression of vulnerability.

"A Soft Place To Land" explores a different type of frustration, the exhaustion of a disagreement and the desire to seek comfort in another.

"Change The Sheets" has a fast tempo and warm sound with a searching guitar riff that sets a hopeful tone. The back-up vocals near the end seem to express moments of release as the song suggests a new-found freedom.

"House Full Of Empty Rooms" describes the emptiness in a fizzling relationship and "Mint" is a darker, seductive and bluesier tune.

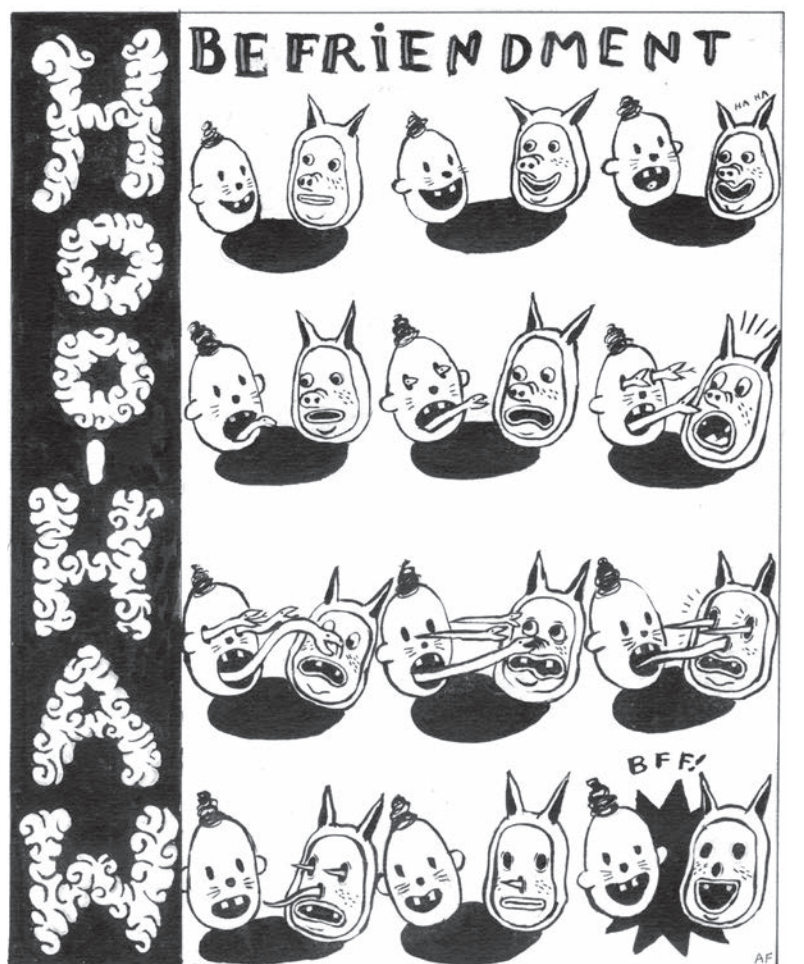
"Sidecar" explores new love. The lyrics reflect Edwards' and Vernon's reality (he after that first heartbreaking LP as Bon Iver, and she after her recent divorce): "I was feeling so lost for so long / you were feeling so lost for so long," showing how the truth is embedded into this album.

Her most poignant and revealing song is "Pink Champagne," which exposes Edwards' unhappiness with her recently finished marriage. Her bluntness and simplicity, coupled with the beautiful melody, is extremely moving, particularly when she states, "I don't want to feel this way."

"Going To Hell" is the most contemporary-sounding track, with syncopated rhythms, ascension in the melody and a fantastical sound. Edwards clearly pays homage to her homeland by mentioning the Great Lakes, and other landscapes, such as "mountains to the prairie grass," in this love song.

*Voyageur* closes on a pretty, but long and underwhelming track featuring Norah Jones.

The album title perfectly encompasses Edwards' love of Canada, and the emotions expressed in the album. Since *Voyageur* is French for "traveler," Edwards takes her listener on a journey through the challenges and the joys of love, while celebrating Canadian heritage. ☺





## Colley the hero in Huskies' win Tigers are no match for talented third-year

**Jason Savoury**  
 Sports Contributor


A match between two cross-town rivals inspired a packed house at the Dalplex Jan. 14 with fans on both sides eagerly anticipating a good show. Unfortunately for Dalhousie, that show was put on by Saint Mary's third-year guard Justine Colley as she led the visiting Huskies to a 73 - 58 win. Colley, the game MVP, led the contest in scoring, with 29 points, including shooting 3-for-7 from three-point land.

Dal didn't help their case to jump up in the standings with the defeat. The Tigers' have a 2 - 6 record and are in seventh place. The league-leading Huskies are 9 - 2.

The game was tightly contested for the first half with the Tigers actually leading 14 - 12 after the opening quarter, and only down 29 - 27 at halftime. It was the third quarter, however, where Colley and the Huskies came alive. It was Colley's most productive quarter as she scored 10 points, and then her teammates added 19 more as they built an insurmountable 13-point lead at 58 - 45.

The story of the game for the Tigers

was domination on the boards. They had a 59 - 33 rebounding advantage, including 31 offensive rebounds. Disappointingly for the home side, the team was unable to turn those second chance scoring opportunities into points. Led in rebounding by third-year guard Anna von Maltzahn with 14, her 2-for-11 shooting percentage was a microcosm of the team, which shot a paltry 31.6 per cent from the field as a whole. Even more damning for Dal was shooting 57 per cent from free throw range, including a stretch of four straight missed free throws in the crucial third quarter.

One bright spot for the Tigers was player of the game Tessa Stammberger, a first-year guard. Scoring six points in the first quarter, it seemed early that the Tigers would ride her hot hand that night. That hand went cold, however, as she ended with just nine more points. She also added four rebounds. 

*The UPEI Panthers visit the Dalplex Jan. 21 at 6 p.m.*

**Tigers guard Anna von Maltzahn contends for the ball.** ••• Photo by Alice Hebb

## Tigers fend off Huskies' final charge Men's basketball grinds out third straight win

**Jason Savoury**  
 Sports Contributor

A closely contested game. A potential game-winning shot in the final seconds. An entire arena holding its breath. The rivalry game Jan. 14 between the Dalhousie Tigers and the Saint Mary's Huskies men's varsity basketball teams had all you could ask for as a hoops fan. But, if you are a fan of the home Tigers, you went home a little bit happier as Dal managed to hold on for the win with a final score of 72 - 70.

The victory is Dal's third consecutive win, turning their 1 - 4 record before the holiday break into a respectable 4 - 4 standing. The Tigers are good enough for fifth in the eight-team AUS.

Leading 58 - 52 at the end of the third quarter, the Tigers fended off a barrage from the Huskies led by fifth-year guard Jerome Smith. He won player of the game honours for the Huskies on the strength of his 22-point effort, 11 of which came in the topsy-turvy fourth quarter.

Smith, who appeared injured after he was helped off the court near the end of the first half, came back in the

game looking decidedly no worse for wear. At one point he made back-to-back three pointers on subsequent trips down the floor for the Huskies.


.....  
***"The rivalry game had all you could ask for as a hoops fan. But, if you are a fan of the home Tigers, you went home a little bit happier."***  
 .....

Although it was Smith who led the Huskies back, it was also Smith who missed his second of two free throws in the closing minute, a shot which would have tied the game at 71, and put the pressure squarely on

the Tigers.

Hoping to overcome a 71 - 70 deficit, the Huskies had to foul, putting Dal guard Ritchie Kanza Mata on the line, where he missed his second free throw after making his first. This opened the door for a SMU shot in the waning seconds that clanked off the rim, assuring the Tigers of their victory.

Dal's game MVP was third-year guard Alexander Arthur, who scored 14 points in the game, shooting 4-for-7 from downtown. The Tigers' leading scorer, however, was forward Robert Nortmann. He scored 17 points, along with 15 boards, including 11 off the offensive glass. Nortmann was a major contributor to the Tigers winning the board battle 54 - 39.

Dal is home Jan. 21 against third place UPEI at the Dalplex. Game time is 8 p.m. 



## TIGER TONING BOOT CAMPS OFFER A FITNESS JUMPSTART FOR ALL

Colin Hebb  
Health Columnist

*I keep seeing boot camps being advertised around town and was wondering what exactly they are and if they are meant for me (I'm pretty new to exercise)?*

—Beginner Boot Camper

I was going to save this question for the spring because when I think of boot camps, I often think of outdoor group fitness classes. I was pleasantly surprised, however, to learn recently that boot camps are not exclusive to warmer months, and indoor winter options seem to be growing in popularity.

I'm getting ahead of myself though. Let's start off by talking about what exactly a 'boot camp' is. Boot camps have been known as a tool of parents everywhere to threaten misbehaving children with the launch of a premature military career. Luckily for me, my parents called it "bad boy school" so I was spared the emotional scarring associated with the phrase.

Today boot camps have become a very effective fitness tool for every level of exerciser. They can range in type and come in both outdoor and indoor forms. The first boot camp I did was an outdoor class on Citadel Hill, twice a week at 6 a.m. It sounds awful, but it turned out to be a fantastic way to start my day and I am NOT a morning exerciser.

At the camp I attended there were about 16-20 participants and we essentially spent the hour going through fitness-based relays, obstacle courses and other challenges. Everything had an aspect of fun and, more importantly, the opportunity to tackle the chore at your own fitness level. Nobody was judging you and everyone was very encouraging with each other. At the same time, there was a competitive spirit that allowed everyone to push each other beyond their comfort zone and achieve amazing things.

Indoor boot camps work the same way, often in fitness centres, gymnasiums, community centres, and other similar facilities. Think gym class

in school without the judgemental, childish sneering and bullying that may have made the class an unpleasant childhood memory.

So, back to one of my original questions: Why would you ever want to take one of these classes?

Boot camps offer an amazing group spirit and sense of encouragement that is hard to find anywhere else. They are similar to group exercise classes, but with more variety. And, you often have a smaller group that you get to grow and push boundaries with. You can make great new friends and get progressively healthier in the process.

Finding the right boot camp is also important. While many are meant for a variety of fitness levels, some are more geared towards beginners, moderates or advanced exercisers. You need to be sure you are getting into one that will challenge you without causing frustration. If you aren't sure about a camp, check to see if you can attend one or two classes for free to get a sense of what it's going to be like.

If you are timid about trying a camp for the first time, find a buddy. It's a great opportunity to work out with a friend, no matter what your fitness level is. Ladies, if you feel uncomfortable working out in front of men, there are many women's-only boot camps available.

I'm not going to list any specific camps, but make sure to do your research to find the one that's right for you. Also, check in with our local gyms, recreational facilities and organizations like the Maritime Heart Centre. While some classes may cost a small fee, if you look hard enough, you can find some that are either free or extremely affordable. Feel free to message me at [cghebb@dal.ca](mailto:cghebb@dal.ca) if you need some help finding the camp that's right for you. ☺

*Send your fitness-related questions to [Sports@DalGazette.com](mailto:Sports@DalGazette.com) and check back in the Gazette weekly to see if your question gets answered*

There are boot camps in town unlike the ones you'll find in the military.

••• Photo by Adele Van Wyk

## 2012 DALHOUSIE UNIVERSITY GOVERNORS' AWARDS CALL FOR NOMINATIONS

In 1992, to mark the 125th anniversary of the founding of the Dalhousie Student Union, and to recognize students' contribution to the quality and vitality of the University, the Board of Governors established a set of awards to be known as Governors' Awards.

Up to four awards can be made each year, for exceptional contributions or leadership in the extracurricular realm in such areas as university governance, development of a sense of community on campus, community service, internationalizing the campus, visual or performing arts, minority access or athletics. To be eligible, students must have a minimum cumulative GPA of 3.0 or equivalent. Otherwise, all students—undergraduate, graduate or professional faculty student, full or part-time, at any stage in their academic career—may be considered for an award.

Recipients are chosen by a committee consisting of the President, three members of the Board of Governors and the Vice-President, Student Services. Nominations are invited, but the committee may consider other persons as well. Awards, in the form of a plaque, are presented annually in the spring by the Chair of the Board or designate.

Nominations should include a written description of the student nominee's contribution to the University and up to three letters of support. To assist you in planning your submission, a nomination form can be found on the Student Services website, [studentservices.dal.ca](http://studentservices.dal.ca).

**Please submit nominations to:**  
The Office of the Vice-President  
Student Services  
Room 325A  
Henry Hicks Academic Administration Building  
Dalhousie University  
6299 South Street  
Halifax, NS B3H 4R2

*The deadline for nominations has been extended to Monday, January 30, 2012.*



**JOIN US!**



**Dal Gazette**

CONTRIBUTORS' MEETINGS

MONDAYS, 5:30PM  
ROOM 312, The SUB

*sports briefs*

**Not so pretty in pink**

It wasn't the result they preferred, but the pink-adorned Tigers posted a commendable fight against the nation's fourth best women's hockey team Jan. 13 in St. FX. Janelle Parent and Alex Normore each had two goals to give the X-Women a 4 - 3 road victory.

Dal traded in their black and gold

jerseys for pink that evening in the team's annual fundraiser for the Canadian Breast Cancer Foundation.

**Ur invited to pro combine**

Men's soccer goalkeeper Ben Ur will get his shot at the pro game next weekend when he attends a United Soccer League combine.

The semi professional league in the United States invited the graduating Tiger to its prestigious event where 102 of North America's finest prospects will showcase their talents to scouts from the USL and the higher-level Major League Soccer.

Ur's invitation marks a significant milestone as this is the first year CIS athletes have been invited to attend.

Ur was one of the four to be selected.

—*Ian Froese*  
Sports Editor

A 4 - 3 defeat for the pink-dressed Tigers was not the rosy result they hoped for. ••• Photo by Martina Marien

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**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 20

Shoot to **WIN your Tuition!**  
M Hockey vs. SMU  
@ 7pm

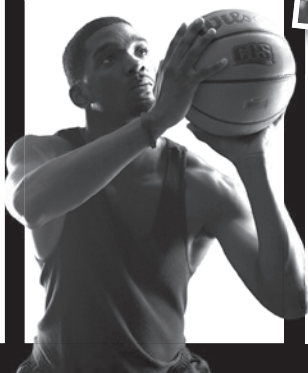
**PCPC Friday Night Flights**  
W Volleyball vs. ACA  
@ 7pm

Free for Dal students!

**SATURDAY**  
January 21

**SUBWAY Build a Sub**  
W/M Basketball vs. UPEI @ 6/8pm

Free for Dal students!



**SUNDAY**  
January 22



**adidas Dress Like a Tiger**  
W Volleyball vs. UdeM @ 2pm

Free for Dal students!

**MONDAY**  
January 23

Did you know...if you're a **Dal student**, you're already a **Dalplex member!** Drop by today with your DalCard and work up a sweat!



**TUESDAY**  
January 24

**Hit the slopes with Dalplex on Munro Day!** Only \$42 for your lift ticket, equipment rental and transportation. Register today!



**WEDNESDAY**  
January 25

Kick start your 2012 workouts and **get better results** with a Dalplex personal trainer!



**THURSDAY**  
January 26

New Year's resolution cardio **deal!** Add it to your membership for **3 months for only \$49!**



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## DalGazette.com Website Top 5

- 1. Glamour Pig**  
Kathryn Johnson, Comics
- 2. How the world will end**  
Leilani Graham-Laidlaw, Online
- 3. Tigers have bite in third period**  
Dylan Anderson, Sports
- 4. Lululemon has effectively cornered the market**  
Rose Behar, Arts
- 5. New Residence plan approved by Council**  
Torey Ellis, News



## HOT OR LON

- HOT:** Subway brings back \$5 subs!  
**NOT:** The stacks still smell like assorted cold cuts
- HOT:** Jon McKiel rocks In the Dead of Winter  
**NOT:** He isn't playing the Rebecca Cohn
- HOT:** Dal Tigers move to Halifax Forum  
**NOT:** Most students haven't even been past Cunard Street
- HOT:** Cheap beer at Grawood Trivia  
**NOT:** The people there
- HOT:** Same-sex marriage here to stay  
**NOT:** We actually believed our Prime Minister would reverse it
- HOT:** Alex Ovechkin stars in rap video  
**NOT:** He stills plays like Alex Ovechkin
- HOT:** Yeti  
**NOT:** Sasquatch

## MORE PHOTOS ONLINE ON

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flickr.com/photos/the-dalhousie-gazette



## CATCH THE TIGERS ACTION!

**Friday, January 20**  
M Hockey vs SMU, 7pm  
Shoot to WIN Your Tuition!

W Volleyball vs ACA, 7pm

**Saturday, January 21**  
Basketball vs UPEI, 6/8pm

**Sunday, January 22**  
W Volleyball vs UdeM, 2pm

Admission is FREE for DAL students with ID

Webcasts are available at [www.ssncanada.ca](http://www.ssncanada.ca)



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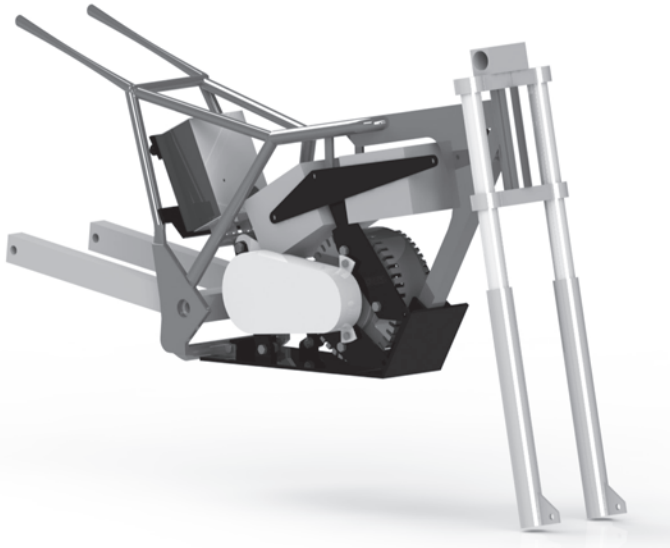
# THE SEXTANT

Editor in Chief:  
Ben Wedge

DALHOUSIE'S OFFICIAL ENGINEERING NEWSPAPER

January 20, 2012  
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## Design at Dal: The electric trials motorcycle



CAD mockup of the bike

**Sebastian Manchester**  
Mechanical '12  
Treasurer

I would love to see the reaction of my ten year old self upon hearing that the final year of my mechanical engineering degree would be spent designing and building a motorcycle. Needless to say, the marbles would drop. Something like: "I feel happy for myself" would be squealed, and I'd move quickly, leaving behind a pile of Osh Kosh.

I DO feel happy for myself. With the help of Jennifer Gough, Grayson Swan, Michael Snider, we are building an electric trials motorcycle. The project is in fulfillment of our Senior Design class, and is the brainchild of electric vehicle and renewable energy expert Dr. Lukas Swan, who is supervising the project.

Trials motorcycling is a boutique sport, highly popular in Europe and embraced in the Maritimes by a growing collective of off-road motorcycle enthusiasts. It is a highly technical sport that involves navigating through courses littered with obstacles, both natural and man-made. The unique geometry and power characteristics of trials motorcycles allow a rider to overcome otherwise insurmountable

barriers. Trials motorcycles use high torque, often at slow speeds with short bursts to conquer these courses. Riding is often done outside, and the gasoline engines that typically power these bikes leave immediate environment polluted with noise and fumes.

Trials motorcycles are an amazing application for electric power. Electric motors provide high torques at low speeds, and eliminate noise and air pollution. Energy storage, which has historically been the major constraint on electric vehicles, can be achieved because trials riding is simply not very energy intense.

At this point the bike is designed and construction is underway. We expect to be riding it by March.

For those who like tech specs, our electric trials motorcycle is built up from the chassis of a 1986 Honda TLR 200. Stripped of its gasoline engine components, the bike's mass dropped from 90 kg to 40 kg. A 48V permanent magnet brushed DC motor will supply power to a custom two-stage gear reduction drive train. We'll see 420 N-m of torque at the rear wheel. Energy is stored in a 48 V, 64 cell Lithium-Ion battery pack. There is 380 W-h of energy on-board, enough to run at 1.2 kW continuously for twenty minutes (more than enough to complete an average trials circuit).

### News briefs

- DUES is seeking a Chief Returning Officer. Email [president@daleng.ca](mailto:president@daleng.ca) for more information
- DUES is having an AGM at 5:45 on Thursday, February 2nd.

- Free pizza for all attendees.
- A constitution meeting for DUES will be held at 5:30 on Thursday, January 26th. Check that out if you want changes made.

## Stay safe at student conferences



**Ben Wedge**  
Industrial '13  
Editor in Chief

Every year, students from across Canada attend conferences touching on a variety of topics. As you read this, I will be at the Institute of Industrial Engineers Canada Conference, hosted by Dal. Others will travel to far-off places such as the Yukon, or perhaps even take an international trip. Topics cover a range of issues, and the discussions and networking opportunities make these conferences invaluable. Travelling, however, has risks, as the delegates to the Canadian University Press's Nash (National Conference) learned this weekend.

There are a few things which are nearly always assumed when students (or anyone, for that matter) gather at conferences. First, people will meet. In North America, that generally means shaking hands. In other cultures it may involve kissing or bowing, or perhaps other symbolic gestures. Food will be eaten, often as a large group, and occasionally in a communal manner. Less open, but no less known, attendees often get "socially lubricated" and end up having sex. Each of these activities, judged on its own, is quite normal in our daily life. The difference at conferences is that we're arriving from across the country, and bring other things with us. At Nash, that something was the

Norovirus. Whether it arrived in the food or with a delegate, it struck fiercely on Saturday night. At least 50 people became violently sick and many delegates were quarantined in the hotel.

In October 2006, the Norovirus ravaged Mount Allison University in quiet Sackville, New Brunswick. The Maritimes being as tight knit as they are, symptoms appeared a few days later at other schools. Steps were immediately taken to limit exposure and the non-lethal disease was quelled quickly. The likely cause of the spread was a sporting event.

Other conferences have had outbreaks of mono, and students at King's Edgemoor School were afflicted by H1N1 after a trip to Mexico. There is ample opportunity for disease to strike at a conference, then spread back home with the delegates, spreading ever further and seeking new victims.

At conferences, our defences are down. Travel makes us weary, we party until the wee hours, then we get up early and sit through more and more sessions, before repeating the cycle several times over and finally returning home. Occasionally, diminished hygiene is exhibited. These help diseases spread more easily. When you depart for your next conference, take the necessary steps to protect yourself – get plenty of rest, stay hydrated, wash your hands frequently and thoroughly, and eat well. We want our friends to bring back ideas and knowledge, not viruses and disease.

## Bus idiots really grind my gears



**Robert Newcombe**  
Industrial '13

- Move to the back. The bus isn't back-heavy, you don't need everyone standing up front when there's plenty of room in back. The bus driver doesn't need the extra company.
- Get your card/change out ahead of time. This may be my biggest pet peeve. You're waiting 10 minutes for the bus because it's running behind, then once the bus comes, you take 23 seconds to find your bus pass or count out change. Rookie. I wonder why it's running behind?

- Give your seat up for someone that needs it. This is a bit tough for some because you actually have to be aware of your surroundings. Give it up for seniors, children, disabled, injured... you get the drift.
- Don't stand by the door. Sure, there's a nice spot to stand with back support, but that's where everyone is exiting the bus. Move to the back.
- Turn down your music. I hate Justin Bieber and probably whatever music you're playing.
- Move to the window seat. Don't care if it's not a 10/10 looking for a seat, put your backpack on your lap and open up a seat.



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## CO-OP CORNER

Round 1 open now, ends February 13th.



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## Sexton Events

Friday, January 17th:

1 pm: Engineering (Design Commons)

9:00pm: Trivia at the T-Room

Thursday, January 26th:

Live entertainment (Jamie Williams and Drew Moores)

Buy your Dalhousie Engineering Gear at the DSEUS office (just inside the Design Commons)



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

The Sextant is published by the Dalhousie Sextant Publishing Society and aims to represent all of the students studying and living on Sexton Campus. If you have any concerns about the paper, please email [sextant@dal.ca](mailto:sextant@dal.ca) and we'll arrange to meet and discuss them.

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Questions, Comments and to Contribute [sextant@dal.ca](mailto:sextant@dal.ca)



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