

DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER EST. 1868

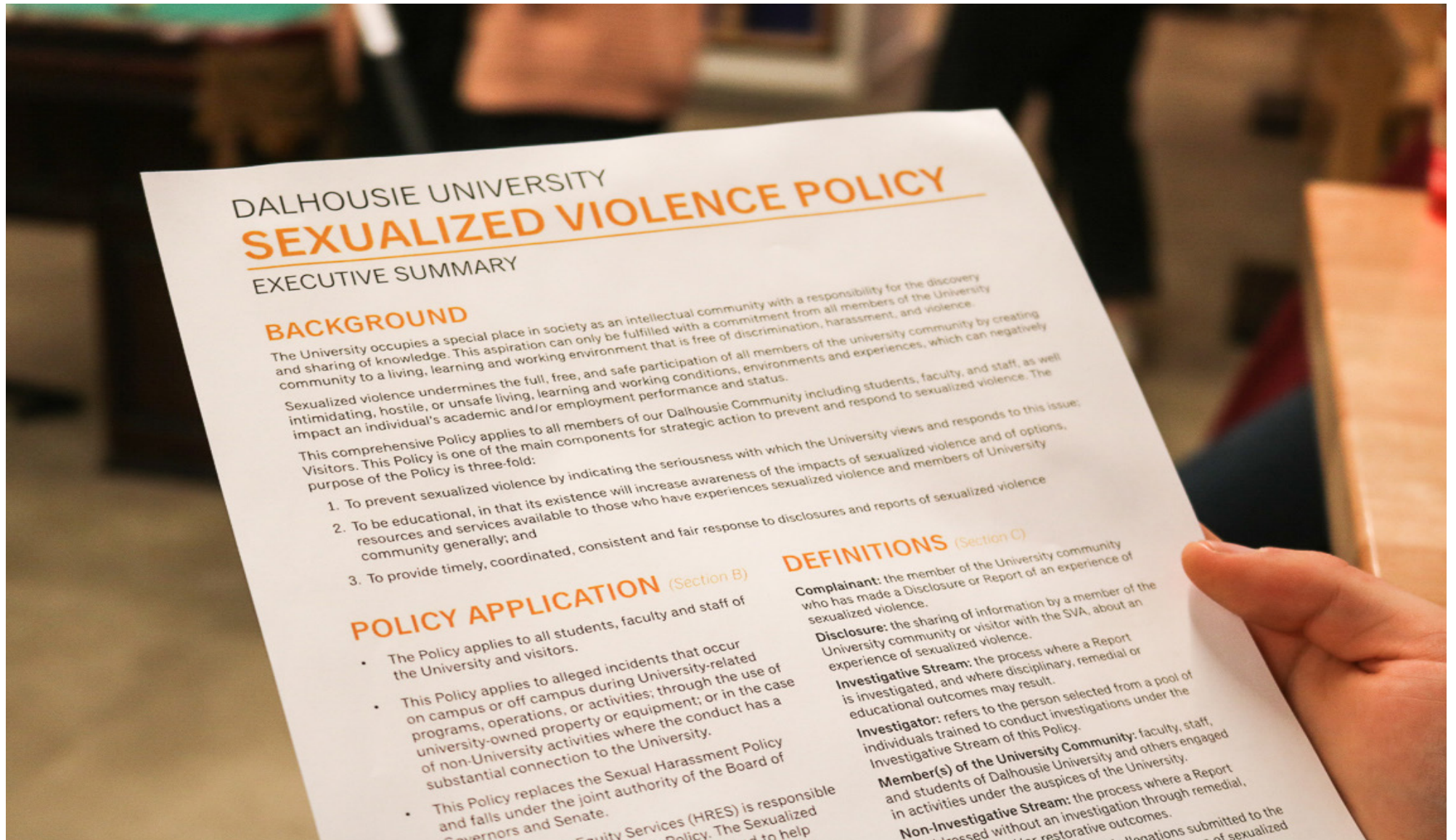


PHOTO BY CHRIS STOODLEY

Sharing a classroom with your harasser

A Dal student navigates the university's Human Rights and Equity Services

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DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER
EST. 1868

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LETTER FROM THE EDITOR

Senioritis: life really do be like that sometimes

No one is really sure who came up with that stupid quote about life being like a roll of toilet paper. (No, not that one where you're either on a roll or ...)

Every time I think about impending graduation and finally putting a close to my undergraduate years, I think of this stupid fucking quote.

When I came from away, I was already over being here. Reflecting back now, it feels like I actually lived 5 years in my first two years here in Halifax. Fourth year slipped out of my grasp and the daily routine of work and school distracted me from play. I literally cannot remember anything from third year.

I'm not mad about it. I'm not quite over being here just yet (I can't even think about walking away from the Gazette after three years) but that last, sweet, week of May couldn't come sooner.

I'm just mad I can't think about releasing myself from the shackles that bond me to the academic institution it without comparing it to a diminishing roll of toilet paper. Also, I have end-of-semester brain, which is a symptom of it being the end of the semester.

I hope we're all refreshed and ready to get through the rest of it, including DSU elections and finals. Maybe let this issue distract you for a minute.

Karla Jefford-Moore

WRITE FOR THE DALHOUSIE GAZETTE

PITCH YOUR STORY IDEAS TO
editor@dalgazette.com

Sharing a classroom with your harasser

A Dal student navigates the university's Human Rights and Equity Services

BY KARLA RENIC

**Editor's note: The Dalhousie Gazette has withheld the real names of both the victim and the alleged harasser in this story in order to protect the victim.*



DALHOUSIE'S HUMAN RIGHTS AND EQUITY SERVICES IS LOCATED INSIDE THE MACDONALD BUILDING ACROSS FROM THE UNIVERSITY CLUB. PHOTO BY CHRIS STOODLEY

A Dalhousie University student has come forward to share his experiences of harassment at the hands of a fellow student.

Joshua* applied for a peace bond in January 2019 for fear of his ex-boyfriend. Joshua said his ex-boyfriend, Greg*, “taunted, harassed and assaulted” him after they ended their romantic relationship in August 2017.

The harassment has included cyberbullying, catfishing and stalking.

“He was posting things about me online,” said Joshua. Greg allegedly hacked Joshua’s Grindr account, stole his photos and shared them on social media. Joshua said Greg used Grindr to catfish him.

“He’s used locations tracking services to break into my home,” said Joshua. “With Snap Maps he saw that I had a guy over at my place. He showed up at the house. He came down and went to my room.”

“You don’t even realize something like that could even happen until it does. Until you’re sitting there watching a movie and your ex-boyfriend walks into your room.”

Joshua said Greg also stalked him through Grindr; he’d pop up at the same locations. “It happened twice. I know this wasn’t a coincidence.” Several weeks ago, Greg physically and verbally assaulted Joshua at a nightclub in Halifax.

Greg is also in one of Joshua’s classes this semester at Dalhousie.

Pursuing a peace bond

“I think it’s a really unfair situation because: here I am, someone who’s been taunted, harassed and assaulted by this person over three years and now I have to sit in a class and pretend everything’s fine and try and learn,” said Joshua.

Following the assault, Joshua decided to go to

the police and to try and get a peace bond to avoid any further contact with Greg. Since a peace bond requires a court resolution, it can take a long time. Joshua decided to talk to Dal Security after a friend of his reached out with a similar experience. She told Joshua about a “no-contact agreement” that she had signed with her ex.

Joshua went to the Human Rights and Equity Services (HRES) at Dalhousie and presented them with his story mid-January.

Janet Bryson, Dalhousie’s Communications Manager, stated in an email response: “HRES provides advice on reporting options, internally and externally, as well as information referrals. They also provide information and resources on how to respond to and provide support to survivors through an advisor specializing in sexualized violence.”

Dalhousie’s current sexual violence advisor is Melissa MacKay. In September 2018, Dalhousie updated its Sexual Violence Policy as a single document addressing how the university responds to reports of sexualized violence on campus.

Joshua said Dal has been “pretty supportive so far.” Greg has signed a no-contact agreement, but doesn’t want to drop the class. “I don’t think he understands why I need the space,” said Joshua.

The no-contact agreement can’t force a student to drop a class but to, “whenever possible they will leave as much physical space between them as the location allows, and will not communicate with each other.” It also allows “incidental contact (i.e. acknowledging the other passing on the sidewalk with a nod or simple ‘hello’)”

Joshua believes if he successfully got a peace bond, Dalhousie may be able to remove Greg from the class.

Bryson would not confirm this, saying, “It would depend on the conditions of the peace bond and the circumstances. Just to be clear, the university would never speak to the details of someone’s experience in coming forward with a report of sexualized violence.”

Best-case scenario

The best-case scenario, Joshua said, would be working out a peaceful transition with Dal and Greg if he agrees to the terms of the peace bond. Joshua’s worry was that Greg would appeal it and extend the process for another six months.

On Jan. 30, Joshua had a court date to discuss the terms of the peace bond and the defendant (Greg) got to decide whether to accept or appeal. If Greg accepted it, they would collectively come to a resolution that works for both. However, he chose to appeal it. This means that there has to be another court date,

where the judge decides what the terms would be.

Following this decision, Joshua decided to talk to Melissa MacKay and the HRES about the Sexual Violence Policy and his options for reporting at Dal.

“I wasn’t interested in doing an extra measure on top of the restraining order if [Greg] was also getting closure. Since he’s appealing it, it’s keeping this window open,” Joshua said. “I’m quite confident that I will get the peace bond and if I don’t, I’m going to pursue the sexualized violence policy.”

Joshua has two options for reporting his case to Dalhousie: investigative and non-investigative. In her email statement, Bryson stated:

“A non-investigative approach does not involve an investigation or a finding that the Sexualized Violence Policy has been breached. This approach aims to design a response that meets the needs of the victim/survivor, which is often unique.”

Bryson explained that the respondent could go through an education program. The victim/survivor can also communicate their experience through the advisor or arrange a moderated discussion with the respondent. This non-investigative option involves the “voluntary participation” of both sides.

“An investigative process involves an investigation and finding as to whether or not the Sexualized Violence Policy has been breached,” wrote Bryson. If the investigators decide that there has been a breach, the vice-provost (Student Affairs) can decide how to proceed, or refer the case to the Senate Discipline Committee for a decision.

A fear for safety

Joshua said he’s confident that Greg would be removed from their class if he pursued the investigative option.

“With the court, I have to prove beyond reasonable doubt that there’s a fear for my safety. With the investigative option at Dal, I don’t have to prove beyond reasonable doubt, I just have to show that there is evidence for this, that there could be [a fear for safety],” he said.

Joshua said that, as a victim, he feels good about having an option to feel safe if he pursues the investigative option. However, reporting a case to Dalhousie is a very onerous process. “Going through this takes a lot of mental and emotional energy,” he said. “I just don’t think I have the mental space to do that.”

As of Joshua’s most recent interview with *the Gazette*, his next court date was scheduled for Feb. 26, during which the judge would decide the terms of the peace bond, considering Greg’s appeal. Depending on the judge’s ruling, Joshua will decide whether to pursue an additional measure with Dalhousie.



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Board of Governors votes to sign UN Principles of Responsible Investment

Divest Dal sits in on meeting to quietly demonstrate

BY REBECCA DINGWELL, NEWS EDITOR WITH FILES FROM ANASTASIA PAYNE



STUDENTS SUPPORTING DIVEST DAL AT THE BOARD OF GOVERNORS MEETING. PHOTO BY ANASTASIA PAYNE

Dalhousie University is one step closer to a green institution, but there are no plans to say goodbye to fossil fuels altogether.

On Feb. 12, the Dalhousie Board of Governors agreed to sign on to the United Nations Principles of Responsible Investment. This is in accordance with recommendations put forth by the Investment Committee's Fossil Fuel Investment Review.

Joyce Carter presented the Investment Review Committee's recommendations, which also included a commitment to look into increasing investment in renewables, among

other things. Meanwhile, a dozen members of Divest Dal, which has been advocating for six years for the university to divest from fossil fuels, sat quietly in the back of guest seating area in University Hall.

When the recommendations came to a vote, board members acknowledged students' presence and their hard work before ultimately passing the item.

In an email, Dal spokesperson Brian

Leadbetter said: "The Board meetings do not include recorded votes as a standard

practice, but this particular motion did pass with strong support. I'm not aware of any dissenting votes or abstentions."

According to a press release from Divest Dal, the

Board of Governors voted against divestment in 2014. But following a nine-day campout on the Dalhousie quad at the end of 2017, the Board agreed to investigate op-

tions for fossil fuel-free investing. The Feb. 12 decision was the result of the year-long process of assessing those investment options.

For Divest Dal organizer Laura Cutmore — who's also the Faculty of Graduate Students representative for the Dalhousie Student Union — the positive vote is good news. At the same time, she believes Dal needs to do more.

"Theoretically, the [United Nations] principles of responsible investing should help to divest more of our money from fossil fuels, but it doesn't guarantee it," said Cutmore. "It doesn't necessitate that fossil fuel money leaves the endowment fund."

Peter MacKinnon, Dal's Interim president, is openly against divestment campaigns. In *University Commons Divided: Exploring Debate & Dissent on Campus*, MacKinnon wrote: "They treat all actors within a target industry or activity the same way, and without acknowledgement that some may be a positive influence both in their own behaviours and influencing others."

At the BOG meeting, MacKinnon said he wants to look at what a sustainable Dal will look like in 10 to 15 years.

Going forward, Divest Dal plans to regroup to figure out strategies for the next year. Although the Fossil Fuel Investment Review made no recommendations to completely divest, Divest Dal's goal remains the same.

"Today was a big step and we're celebrating it. It's a win, but this isn't enough. We've talked to the Board about the UN climate change report that came out last October, which shows that we now have 11 years to take action on climate change," said Cutmore.

"This isn't the end. We have to keep fighting."

"It's a win, but this isn't enough."

National Centre for Truth and Reconciliation partners with Dalhousie

Dal is “committed to doing this reconciliation work,” says Indigenous Services Librarian

BY REBECCA DINGWELL, NEWS EDITOR



DIRECTOR OF THE NATIONAL CENTRE FOR TRUTH & RECONCILIATION IN MANITOBA, RY MORAN. PHOTO BY DANNY ABRIEL



ELAINE MACINNIS AND DONNA BOURNE-TYSON OF THE DALHOUSIE LIBRARIES. PHOTO BY DANNY ABRIEL

Documents from the Truth and Reconciliation Commission are now available through Dalhousie University libraries.

A recent partnership between Dalhousie and the National Centre for Truth and Reconciliation

(NCTR) in Winnipeg means the centre's archives are accessible through Dalhousie library services in Halifax as well as the Agricultural Campus in Truro. In addition to digitally-accessible archives, a physical location in the Indigenous Community

Room at the MacRae Library serves as a space for research consultations, meetings and events.

The NCTR opened at the University of Manitoba in 2015. According to Centre Director Ry Moran, the centre “is tasked with preserving all the materials” that were collected during the Truth and Reconciliation Commission — such as statements from residential school survivors — “and really working hard to make sure that information continues to do its job.”

In addition, “the centre and its partners are broadly tasked with a fair bit of advocacy work and taking up the call to advance Truth and Reconciliation,” said Moran. “Not just wait for it to happen, but actively promote and advance it in the country.”

NCTR's collaboration with Dalhousie is the centre's first satellite location on the east coast.

“With it being sort of head-quartered here [in Winnipeg], and then our partners operating across the country — that gives the centre that regional presence that really, really important,” said Moran. “The relationship with Dal came about fairly organically through a series of conversations at different events that members of the Dal community and I were present at.”

The collaboration

Morning Star Padilla, who was recently hired to Dal's new Indigenous Services Librarian position, is excited for Nova Scotians and other Atlantic Canadians to have greater access to the Centre's resources.

“We did have a residential school right down the road from us in Truro,” said Padilla, referring to

the Shubenacadie Indian Residential School.

“It makes that connection back to local communities and honouring the memories of those who have experiences there, as well as their families and relatives. It's also showing that the NCTR and Dalhousie together are committed to doing this reconciliation work, continuing to move forward together with our local Indigenous communities.”

According to Padilla, there's already plenty of local interest in perusing the NCTR archives and using the Indigenous Community Room: Mi'kmaq community groups have visited the space, students have inquired about hosting learning events and

faculty members have asked how to incorporate more Indigenous content into their teaching.

“We're able, through something like this, to put Elders in contact with youth and bring people of different generations together to really continue to learn from this,” said Padilla.

Prospective researchers — whether part of the Dalhousie community or not — can contact Padilla to set up a

meeting in Halifax or Truro. Padilla can show them how to access publicly available archives or make requests to see documents that have not been made public.

Moran admits there is still much work to be done regarding Truth and Reconciliation, and he hopes the NCTR can continue cultivating partnerships such as this.

“We're kind of coast-to-coast now. We've got to go North,” he said. “We have a lot of partnerships with other universities and other institutions across the country. Realizing those, I think, is still a big part of the next step. I think the step we're taking

“We're able, through something like this, to put Elders in contact with youth and bring people of different generations together to really continue to learn from this.”

Dal Social Work clinic finds home on Quinpool

Students gain work experience while serving the community

BY ISABEL BUCKMASTER



THE DALHOUSIE SCHOOL OF SOCIAL WORK COMMUNITY CLINIC IS LOCATED AT 6054 QUINPOOL ROAD. PHOTO BY KARLA RENIC

The Dalhousie School of Social Work Community Clinic found a long-term home.

The clinic started as a pilot project in 2014 and opened in its new space at 6054 Quinpool Road late last semester. It will continue to operate there for the foreseeable future.

The clinic acts as both a hands-on learning environment for students but also as an asset to the community.

According to the Dalhousie University website, the clinic offers undergraduate and graduate students in Health Professions an opportunity to learn frontline practice from a social justice and anti-oppressive perspective, to provide support

and advocacy, and to enhance existing front line services by supporting their work and collaborating on complex cases.

“It started from seeing that there was nothing for folks that were marginally or precariously housed, that were living on the streets, and there were no supports in case management, counselling support, that came from an anti-oppressive lens,” said Dr. Jeff Karabanow, professor and co-manager of the clinic.

“Four years later, and we have been overwhelmed by community support, student interest from an interprofessional lens, as well as from our client need. From this, we really feel like

we’ve built more of a sustainable platform, financially and through our work in the community.”

In the four years the clinic has been open, said Karabanow, they have seen over 400 clients, trained over a hundred students and have worked with more than 40 organizations — including various universities and government organizations, as well as Dalhousie University.

Bridging the gap

Within the clinic, there are various departments that can provide help with a variety of needs from psychology to social work to occupational therapy. There is also access to a pharmacy and nutrition resources.

“We work with people experiencing poverty, homelessness, are marginalized and need support in one way or another. We are really guided by the client and their needs, whether that revolves around financial work, advocacy, supportive counselling,” said Karabanow. “We work with folks that are experiencing a lot of physical, mental and emotional health issues and we really try to support them in their day to day living.”

Social workers deal with many different aspects of a community, explained Karabanow.

They are responsible for helping individuals, families, and groups of people to cope with the problems they’re facing to improve their patients’ lives. This help can consist of immediate referral to another place that can help with the specific issue or can end with the social worker being involved for months or even years. Students such as Meagan Bowers describe social work as a challenging, but rewarding career.

“The clinic tries to bridge the gap between the community and the university and gets to see some of the very real issues that people go through in the process. A lot of the issues our clients suffer from are close to me; I’ve seen a lot of hurt and I’ve seen a lot of hardships and those

experiences drew me into social work,” said Bowers, a social work student who works at the clinic.

“The clinic has filled a much-needed space in the community. We know we’re doing a good job because new folks are consistently being directed our way and people are starting to recognize the impact we can have with our clients.”

A hands-on experience

The social work program lets students be at the frontline, working one-on-one with clients as they do their placement at the clinic.

Throughout the program, the students work towards being more independent and developing their own caseload — an opportunity unique to the agency. And the clinic isn’t exclusive to social work students, also welcoming psychology students to work in the mental health

aspects of the clinic. This allows students to work closely with the other professions and collaborate to gain outside knowledge in order to meet clients’ needs.

Rebecca Tucker is one of three psychology students at

the clinic who works in the mental health branch of social work. She deals with mental health assessments and individual counselling, mainly therapy. Although mental health isn’t the only thing that the clinic deals with, it does play a part in many cases.

“It can be hard to get the help and care you need. It’s scary to have to be on your own and manage everything in your life and your mental health as well. The clinic provides insight into how I can help someone with that within the barriers of the system,” said Tucker.

“When you have this many people in one place that want to support you and will work together for you, it feels welcoming and open and like you have a team behind you. Behind the scenes, we never stop working to try and help you the best we can.”

“The clinic has filled a much-needed space in the community.”

Budgeting practices of campus bars

Deficits are common, but for different reasons

BY HANNAH BING



THE GRAWOOD IS A STUDENT OWNED AND OPERATED EATERY INSIDE THE STUDENT UNION BUILDING. PHOTO BY CHRIS STOODLEY

Student bars are an important part of campus life for many students. However, in recent years it seems student bars are no longer consistently turning a profit.

The Grawood is the student owned and operated bar found in the Student Union Building. It's managed by the DSU and is currently running a \$10,200 deficit on their bar services for the 2018-2019 budget.

According to the DSU budget glossary, a deficit is a "financial shortage where expenses exceed revenues," in other words, the money is flowing out of the Grawood.

Chantel Khoury is vice president of finance and operations for the DSU. Khoury says the Grawood only makes money from events. Societies can host events, request bar services and buy the

alcohol from the Grawood, but they're responsible for finding their own labour to run the event.

Khoury said there are ways to lessen the deficit by increasing the prices of food and alcohol, but their "main priority is just bringing students into our bar, knowing that our staff is trained with anti-oppression training and disclosure training. The safety of the students is the number one priority. We could increase the prices but we know attendance would decrease."

The Grawood is restricted by Dalhousie's alcohol policy. Under the university's alcohol policy, advertising alcohol pricing is completely banned.

The policy guidelines also restrict imagery of alcohol, people drinking or alcohol branding.

According to Khoury, "St. Patty's day used to bring in a lot of folks, it used to be like a pretty — not going to lie — messy event, but at the same time it brought in a lot of money," she said. "With the new alcohol policy, we are not allowed to accept a whole lot of sponsorship from alcohol companies anymore and we have definitely lost a lot of opportunities there. We are

very restricted."

Greg Wright is the current DSU bar manager, meaning he holds the alcohol licence for the

whole university, including the Grawood as well as the T-Room over on Dal's Sexton campus. He's trying to lobby the university to change their policy, so they can advertise their prices to students.

Khoury recognizes that keeping prices low can result in losing money, but the trade-off benefits students.

"I wouldn't say that it is a purposeful thing that we run the deficit, but we definitely acknowledge that we can absorb the cost elsewhere and it is still bringing students in at more accessible pricing."

She said the Grawood used to make money in early 2000; since then, decreasing revenues have been a pattern amongst campus bars all over the country. Balancing student attendance, cheap beer and profits is done differently between schools.

Some Canadian campus bars are running deficits over \$100 000.

The main campus bar at Saint Mary's University, the Gorsebrook Lounge, runs a deficit of \$15,000 according to SMU Student Association budget for the 2016-2017 year, about four thousand more than the Grawood. SMU's alcohol policy doesn't restrict alcohol advertising or the portrayal of people drinking, under the condition that these ads are only outside of the bar itself.

An interview with SMUSA was arranged but cancelled; no further comment was provided.

The University of King's College bar is The HMCS Wardroom. Jennifer Nowoselski is the hospitality coordinator for the King's Student Union and oversees the finances of the establishment. She says the Wardroom isn't making a profit, but they aren't losing money either.

"We carefully adjust our prices to be as accessible as possible for our membership, since we are first and foremost a service of the King's student union. Our model would be related to a non-profit, we are set up to break even so that we can be financially sustainable without profiting from students," says Nowoselski.

Campus bars in Halifax have different approaches to their budgeting, but they all claim to be keeping students in mind.

Some Canadian campus bars are running deficits over \$100 000.

U of T student unions sign open letter against Ford government

UTSU, UTGSU, UTMSU joined by 75 student unions across Canada

BY ANDY TAKAGI, *THE VARSITY*

This article was originally published on Jan. 29 by *The Varsity*, a University of Toronto student news publication.

Seventy-five student unions across Canada have signed an open letter to Premier Doug Ford and Minister of Training, Colleges and Universities (MTCU) Merrilee Fullerton condemning the government's recent changes to postsecondary education funding.

The letter, first released by Carleton University's student newspaper *The Charlatan* on January 29, calls on Ford and Fullerton to reverse the decision mandating Ontario universities to develop an "opt-out" system for "non-essential" student fees. It also calls the changes to the Ontario Student Assistance Program "disappointing" and a "firm step backwards."

The University of Toronto Students' Union (UTSU), the University of Toronto Mississauga Students' Union (UTMSU), and the University of Toronto Graduate Students' Union (UTGSU) are among the signatories.

The letter compares the government's decision to implement an opt-out option on incidental fees — a policy that Fullerton labelled the "Student Choice Initiative" — as similar to if taxpayers were allowed to opt out of paying for services like a police force and public libraries.

The student unions write that the Stu-



PHOTO ORIGINALLY PUBLISHED WITH 'U OF T STUDENT UNIONS SIGN OPEN LETTER AGAINST FORD GOVERNMENT' PUBLISHED BY *THE VARSITY*.

dent Choice Initiative puts on-campus services funded by incidental fees at risk, specifically services such as "health and dental plans, peer-to-peer support, on-campus press, support services like food banks and more."

"Students will be less safe, more vulnerable to failure and less able to gain the skills and work-related experience they'll need to find jobs after graduation."

The unions also expressed concern about how the Student Choice Initiative would affect mental health and sexual assault support services, as well as on-campus jobs.

The letter ends with the student unions calling on the Ford government to reverse the mandate and to consult with student associations, labour unions, and institutions on how the initiative will create a less prepared workforce and one "saddled with debt."

"By making postsecondary less accessible to middle and low-income families, and by jeopardizing student experience on campus, your government is actively standing in the way of growing that workforce."

UTSU President Anne Boucher confirmed to *The Varsity* that the UTSU had

joined with the other Canadian student unions in the letter.

"We wanted to show a level of solidarity with the other groups across Ontario," wrote Boucher.

The University of British Columbia's Alma Mater Society, the University of Manitoba Students' Union, and the University of New Brunswick Student Union are also among the student associations that signed the letter.

The Varsity has reached out to the UTM-SU and the UTGSU for comment.

What's the sense in no scents?

Scent policy at Dal has scientific and historical backing

BY JESS MONIZ



PHOTO BY RAWPIXEL ON UNSPLASH

Jess Moins is a Dalhousie University student studying Marine Biology. She writes to allow you to see just how exciting science can be — especially since they don't let her slip jokes into formal reports (that is, if they don't catch them).

Look under Dalhousie University's safety policy, and you'll find all you need to know about biohazards, chemicals, radiation and lasers. *Where are you hiding the lasers from us, Dalhousie?*

Scents may not be as lethal as lasers, but they too are an occupational hazard.

The scent page has information on tobacco smoke and Dal's use of scent-free cleaning solutions. It also mentions that The Nova Scotia Human Rights Commission is considering treating scent sensitivity as a disability.

The point is, scents are serious stuff. But you may not know why these policies exist other than to be polite. Who is it for? Is there a real medical reason? Why is my need to slather myself in pine musk denied?

What is an allergy

Scent allergy isn't really a thing. The term allergy describes the biological reaction of your immune system. Although allergies may feel awful, it's not because your body hates you. When something

small — a protein — enters your body, it's passed around by immune system cells. A specific immune cell, B cells, make tiny traps called antibodies.

Antibodies are like Lego blocks; they stick to different blocks depending on their shape. If you inhale pollen, your body makes a pollen antibody. The next time you inhale pollen, the antibodies created earlier are primed to pollen. They stick together like two matching Lego blocks, making the pollen larger and easier to identify for the rest of your immune system.

Antibodies are like security. If you're caught for shoplifting, they keep a photo of you in the back. The next time you go in, they can more easily recognize you. Similarly, antibodies "remember" particles that enter our bodies.

Next, the body releases histamine, which makes you cough and itch and tear up. That's the part where security pepper sprays you, the message is clear; stay away! But in the case of allergies, it's not shoplifting we need to stay away from, but a grassy field or maybe some flowers.

This normal process to keep out sickness becomes an unhelpful allergy when your immune system goes full ham to protect you from the deadly — even if it's just peanuts. Your body overreacts in response to a certain protein.

This process doesn't apply to scents because smelling happens when particles are small — small enough to come off a substance and waft through

the air. These are tiny chemical compounds — not proteins — too tiny to cause an issue, too tiny to build tiny antibodies.

Scent sensitivity still real

Biologically, the processes for allergies and smelling are different, so technically there are no scent allergies.

But don't reach for the sweet, powerful scent of hot patchouli and rose petals yet, because scent sensitivity is still a thing.

One medical condition that might make you sensitive to the air around you: asthma.

In 2017, an online survey of 1137 American adults aged 18 to 65 was published in the journal of Air Quality, Atmosphere & Health. Around 27 per cent of people reported medically diagnosed asthma, or an asthma-like condition. Sixty-four per cent of asthmatics reported adverse responses to scented products, including breathing problems, asthma attacks and headaches. Sixty-six per cent of asthmatics interviewed said they would support scent-free policy.

Those with asthma might not appreciate you smelling like sandalwood making sweet love to leather in the ocean's spray. An innocent spritz for you, might mean migraines for them.

Another condition causing sensitivity to scents is Multiple Chemical Sensitivity (MCS).

This occurs when someone is exposed to something that causes them to fall ill. After that incident, they experience immune response reactions when exposed to certain substances linked to the initial exposure. The condition is still being researched

and there are many possible causes and symptoms attributed to the condition.

A specific incident causing MCS symptoms plays a large part in why Dal has a scent policy in the first place. In the late 80s, staff at the Camp Hill Hospital experienced symptoms of headaches, itching, and stomach problems. The

problem seemed to be with the air quality, and the staff complained about the smell and disorienting effects of entering the hospital.

The hospital was recirculating air around the building, rather than fresh air from outside. Some reported that some of the compounds used around the hospital were getting into air ducts. Beyond the nasty smells, the air was circulating indoor pollutants. This included formaldehyde, phenol, sodium

hydroxide and smoke.

Staff were breathing it in day after day. When they finally changed the air circulation, people were still experiencing adverse reactions after contact with synthetic items or polluted air outside of the hospital. Rather than the temporary problem of people breathing bad air, people were suffering from a long-term health condition.

"We share the air"

Plans for a clinic at the Dalhousie medical school to help patients with MCS was established in 1995 after roughly 1000 hospital staff members had been affected. At that point, some people were unable to leave their homes due to MCS. Even years afterwards some were still avoiding contact with certain artificial compounds in their clothing and in the air.

The same year the clinic was established, Dal's scent policy was put into motion. As the policy notes, "there are very close professional and personal contacts between the university community and the hospitals, the university was profoundly impacted by the situation." The scent policy has since been updated to cover a broad range of sensitivities.

You've likely seen the emails, signs and posters that discouraging scented products, for example "We share the air" posters. Most of the time, scents are outright banned.

Banning all scents everywhere isn't realistic. No one smells of nothing. I'm normally wearing what they call, "Eau de siracha spill with subtle hints of stress." You're always going to smell like something. Sometimes it's maple mixed with the irresistible allure of vanilla. Sometimes it's gym sweat. I'm not going to shame the natural state of the human body.

Regardless, fragrance policy needs to consider the effect of scents has on others. If scent free is the only option for some people, then there's no scent worth causing a ruckus over. By looking at exactly what types of sensitivity we're accommodating and why it occurs, we can make better guidelines.

What environmental regulations do sufferers of MCS need? Would an arm's length distance from a scent be okay for people with asthma? Information on the science of sensitivity can inform students on the importance of the issue. But it can also help us have a clearer understanding of what's effective and helpful, rather than a broad ban.

Maybe we can find a way to make a scent management policy rather than a scent free one. Either way, I support it; unlike the policy denying me access to lasers.

The Nova Scotia Human Rights Commission is considering treating scent sensitivity as a disability.

Secondhand clothing? More like sustainability scam

ThredUP misses the point of thrifting

BY LEXI KUO, OPINIONS EDITOR

ThredUP is an online shop selling secondhand clothing. Veiled in the rosy rhetoric of sustainability, savings and style, their Facebook page preaches, “get thrifty with it!”

Online thrifting seems like a godsend, and maybe it could be, but ThredUP is not it.

No one will deny that reusing clothes is better than tossing them. The concept seems sound. Send in your old clothes instead of throwing them out! Order “another woman’s trash,” which is now your treasure, a garment good as new!

Except thrifting isn’t good as new. And that’s exactly the point.

You can send clothing to ThredUP using their “Clean Out Kit.” Once received, “ThredUP’s authentication and style experts determine resale value. Only high-quality items that meet our strict standards will be accepted.”

Strict standards indeed. They don’t accept clothing purchased more than five years ago, items missing sizing information, “outdated denim treatments or pant cuts,” any signs of wear including “rips, tears, pilling, fading, shrinkage or blemishes of any kind.”

I cut the label off my fluffy sweater because it was getting in the way of the fluff. I don’t need the “99% cotton” assurance to prove that it’s still cozy, ready to warm the arms of its next owner.

“Outdated denim treatments or pant cuts?” You’re telling me that low waist flare is outdated? Kiss my apple bottom ass.

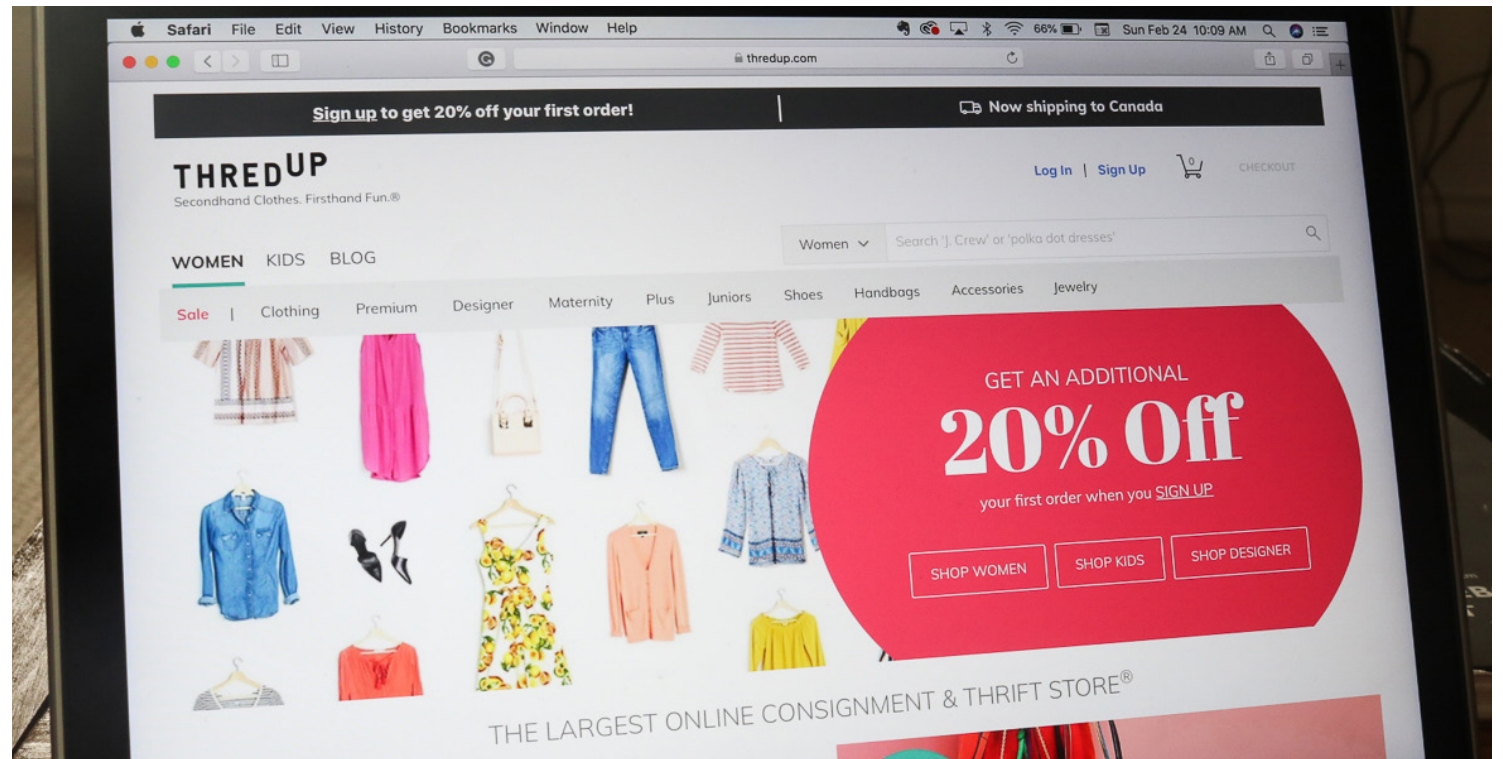
There’s also an emphasis on brand authenticity. They list “brands we love,” they don’t accept fakes or knockoffs of any kind.

The rule I go by: if it’s authentic enough to fool me at the thrift store, it’s authentic enough to fool everyone else. Looking hot in these jeans, feeling crafty because I’m the only one that knows that the “Gucci” on my waistband is missing a “c.”

So, once you’re past the quality standards — tough luck given they “typically accept less than 40% of the clothing we receive for resale” — you’re ready to get into the secondhand spirit.

So many things to choose from, passed down from other ThredUP users. No new materials, the sustainable cycle of mail-in and receive; who knew that ThredUP was the one-stop shop to being on-trend and environmentally conscious!

Well, they’ve barely got the environmentally conscious part.



THREDUP IS A WEBSITE THAT SELLS SECOND-HAND WOMEN'S AND CHILDREN'S CLOTHING. PHOTO BY CHRIS STOODLEY

What happens to the 60 per cent of clothes that aren’t accepted? What about waste from processing and re-packaging clothing? What resources go into transport? These answers can’t be found on their website.

As to being on-trend, the word “trend” refers to “what’s hip or popular at a certain point in time.” What’s trendy now probably wasn’t five years ago, and won’t be trendy five years from now.

Interesting how brands and celebrities avidly push trends forward. It’s almost as if they keep changing the “standards of cool” so that we are forced to buy continuously.

They set what’s cool, and they sell it too. It’s like asking your barber if you need a haircut.

Point is, trends are a tool to tempt your purchase. That everyone else has one, that a celebrity was spotted in it, that it’s just so freaking

edgy if not comfortable or practical, is a reason to buy something you might not buy otherwise. The temporariness of trends is part of their definition, and trendiness is clearly not sustainable.

Trends aren’t always evil all the time. There are other reasons for wasteful consumption, like convenience or necessity but thinking

about why something is trendy, the importance of being “on-trend” might change how you buy.

ThredUP isn’t the first secondhand clothing company. Consignment and vintage shops are plenty to be found. Rather it’s suspi-

cious that ThredUP is marketing sustainability, while also marketing trendiness. If trendiness leads to money flow, we can guess where ThredUPs priorities lie.

Sustainability is a checkbox, a term that they are stamping on their company and products to - ironically — hop on the eco-friendly trend. Meanwhile, they ignore the main issue, the focus on brand and trend is an unsustainable way of thinking.

Experienced thrifters know to check for pit and crotch stains, test each zipper, watch for loose seams or holes, and the list goes on.

But even if something sounds the alarm, it’s not over. A thread and needle, hefty scissors, clothing die, or patches might be a quick fix.

Grossed out by pit and crotch stains? Well I can’t say I don’t have a few clothes with those. Sometimes a brief outline is left even after multiple attempts to remove it. Ah well, it’s still wearable, you can’t see the stain from the outside, and there’s no ghost of past crotch stain haunting the garment with the smell of my period from three years ago.

If it’s a freshly laundered and recent addition to my closet, it’s new to me.

**You’re telling me that
low waist flare is
outdated? Kiss my
apple bottom ass.**

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Dalhousie student and his band to release first single

Driftwood People continue their successful year

BY ALEX INGLIS



THE COVER OF THE DRIFTWOOD PEOPLE'S NEW SINGLE, *RUBY*. PHOTO PROVIDED BY DRIFTWOOD PEOPLE

Dalhousie University student, Braden Lam's band, Driftwood People, are releasing their debut single, *Ruby* next month. Originally a solo performer, Lam began jamming with the band last summer.

While on tour around Atlantic Canada, through performing together and almost crashing on the highway from a loose wheel on their van, they developed a chemistry that, as Lam says, made them "a lot more than just a backing band."

In September the band performed at the annual DalFest held on Dalhousie campus, opening for JUNO-nominated Charlotte Cardin.

The on-stage energy of the band was something unmatched for Lam in his solo experience. And he knew the real project was cooperating with Saint Mary's University students Nick Pothier, Jonathan MacKenzie and Aaron Hillier. The four of them make Driftwood People.

Compared to Lam's solo material, drawn from the singer-songwriter and folk traditions, their collaborative style is more of a "pop indie vibe" as Lam describes it, with "acoustic folk elements and roots."

Ruby, the single recorded on Prince Edward Island over reading week break in



THE DRIFTWOOD PEOPLE. BRADEN LAM IS THIRD TO THE RIGHT. PHOTO PROVIDED BY DRIFTWOOD PEOPLE

November, personifies the Canadian portion of the Ruby Range mountains which begin in Alaska and go through southern Yukon into British Columbia. The central evocation of the song is the wide-eyed awe of being at the base of a mountain and wishing to take in the view from the peak.

Lam was captivated by the mountains and used them as inspiration for his music. "Picture yourself standing at the bottom of a mountain and looking up at it," said Lam.

That's the exact feeling that Lam was trying to encapsulate in the new single. Lam attempts to capture elements like "breathing in the alpine air" and the sublimity of all the sights and smells of simply being there.

In the song, a girl symbolizes the mountains. The artwork for the single is a silhouette of this girl filled with a landscape photo taken by Lam himself. *Ruby* draws a comparison of the mountains to the beauty

found in a loved one by using this symbolic girl to get the point across. It also includes a dope sax solo by Marlee Saulnier.

Ruby will release on March 15 and on March 29, Driftwood People will be celebrating the single release at The Seahorse Tavern with Rain Over St. Ambrose. They're offering free entry for ticket holders of the Wintersleep show at the Marquee Ballroom happening on the same night.

The never-ending use of the time loop

How *Russian Doll* reimagines an overused premise

BY TARINI FERNANDO



A CLIP FROM *RUSSIAN DOLL* ON NETFLIX. PHOTO BY MADDI TANG

*Editor's Note: This article contains spoilers for the Netflix original *Russian Doll*.*

In the new Netflix series *Russian Doll*, protagonist Nadia (Natasha Lyonne) relives the day of her 36th birthday over and over again.

It may sound unoriginal, but *Russian Doll* does something completely new with this overused premise.

The time loop plot device has been used in countless Hollywood films and TV episodes. The basic idea is that a character repeatedly relives the same period of time, usually breaking the cycle after finding some solution that has to do with saving the world or self-growth.

The most famous time loop film is largely considered to be the 1993 comedy *Groundhog Day*, starring Bill Murray as a crabby weatherman

who continuously relives the titular day. Other more recent uses of the premise include *Source Code* (2011), *Before I Fall* (2017), *Happy Death Day* (2017), and its sequel, *Happy Death Day 2U* (2019).

In *Russian Doll*, when Nadia finally accepts what's happening to her, she immediately gets to work trying to figure out why it's happening and how she stops it. Things get even stranger when she discovers that someone else is going through the same experience as her. He's a stranger named Alan who is connected to Nadia's life by only one brief encounter — or so she thinks at first.

Old, and new, time loops

So, how does *Russian Doll* compare to other time loop films? Although it certainly works as a comedy, the show reimagines things in a slightly

what Nadia and Alan need to learn to get out of it.

There are elements of this show that are similar to other time loop films. Like *Groundhog Day*, the series still deals with the ideas of self-improvement and helping others around you. But it takes these themes to another level. Nadia and Alan aren't going through things by themselves. They explicitly talk about their dilemma, unlike other time loop films where the protagonist is often trying to solve the conflict internally.

It gives the viewer an inside look at challenging the time loop's existence, especially from Nadia's more scientific approach at times.

Smoke, mirrors and life lessons

With all the mirror imagery throughout the show, it's undeniable that a major theme is self-reflection. But it's not about them suddenly learning to become morally good people. Nadia and Alan need to come to terms with their inner demons before trying to help each other.

Nadia needs to let go of her guilt around her mother's death. Alan needs to realize that he is worthy of love and one break-up doesn't contradict that point. They also realize they can't learn any of this without each other's help.

Sometimes time loops can annoy viewers. The creators of *Russian Doll*, however, have added interesting elements that keep people at home watching into the next episode. The story evolves and changes with every loop with things and people going missing every time the loop restarts. The main character also makes new discoveries about events that happened the night of their deaths and must decide whether or not to stop them. It's not just the obvious forefront storyline, but hidden Easter eggs in the plot to keep viewers on their toes.

What is it about the time loop that is so alluring to audiences? Is it the idea of getting infinite chances to make things right with all the people you've ever wronged? The chance to say the perfect line to someone you fumbled your words with? Regardless of why, this premise has and will continue to bring in viewers for years to come. Based on how popular it has been in recent years, it probably won't be long until someone else uses it in a completely different light.

Read This: Orhan Pamuk

A tale of two books by an Istanbul author

BY HANNAH VAN DEN BOSCH AND CHIARA FERRERO-WONG



ORHAN PAMUK AT THE RUSTAVELI THEATRE IN 2014 IN TBILISI, GEORGIA. PHOTO BY MAKI GOGALADZE

Orhan Pamuk is from Istanbul and is one of Turkey's best-known authors. In 2006 he won the Nobel Prize in literature, making him Turkey's first Nobel laureate. His novels focus on Turkish characters, and the beauty found in their everyday lives.

We both recently read two of Pamuk's books: *A Strangeness in my Mind*, and *The Red-Haired Woman*. Both of these books take place in Istanbul, from the latter half of the 20th century up until today. Pamuk has this incredible ability to go from writing about the specifics of an hour in a day, to covering many years in just a few pages, all without losing his readers.

If you have an interest in learning about Istanbul's culture, *A Strangeness in my Mind* would be a good place to start. No prior

knowledge is needed, as Pamuk eagerly describes every interesting aspect of ordinary life in Istanbul. He depicts in great detail some of Turkey's cultural practices through his protagonist Mevlut, a yoghurt and boza seller.

Pamuk explores the importance of food in Turkish culture; the thought and effort that go into preparing a single meal through vivid, almost palatable imagery. This practice is also an important part of social life in Istanbul, and Pamuk makes these connections in the most beautiful way.

While relationships are present and important in *A Strangeness in my Mind*, they are more prominent in Pamuk's most recent novel *The Red-Haired Woman*. In this

novel, themes and ideas from the traditional Greek tale of *Oedipus the King* are present. Again, he sets up the novel so that anyone can understand the plot, and no prior knowledge of the Greek story is needed.

Pamuk artistically entwines the story of Oedipus with his own character Cem, revealing parallels and differences between the two as the book progresses. Even though the story of Oedipus has been told many times before, Pamuk still manages to fill this book with unpredictability and tension. It's absolutely fantastic.

If you find yourself reading books that seem to trace similar storylines, featuring similar protagonists, Pamuk's novels will break that cycle. His stories are unique,

his characters are believable and the books are endlessly fascinating and bizarre.

These books have inspired us to have a deep interest in Turkey's culture, especially the incredibly dynamic and diverse fabric that makes up the city of Istanbul. Either of these books will make you feel as if you're walking the streets of Istanbul with Mevlut or Cem, away from the stressors of your student life — the perfect way to travel without spending a dime, or leaving your bed.

Both of these books can be found at the Halifax Public Libraries or at your local bookstores. *A Strangeness in my Mind* can also be found at the University of King's College library.

Painted flowers of hope for the IWK

Elderly women raises funds for IWK through artwork

BY BAYLEIGH MARELJ



DOROTHEA MCCORRISTON ESTIMATES SHE HAS SOLD OVER 160 PAINTINGS IN THE LAST YEAR. PHOTO BY BAYLEIGH MARELJ

Dorothea McCorriston cradles a photograph of her granddaughter Alisha in her hands. It was taken in 1991 when Alisha and her twin sister Jocelyn were born three months premature at the IWK Health Centre.

The photos are tucked into an album full of flowers. A temporary storage place amongst a catalogue of McCorriston's paintings for her one-person charity Dot's Flowers of Hope.

The flowers of hope are grown on eight by eleven-inch canvases. McCorriston sells them for \$10 apiece, with all proceeds going to the IWK.

This year, between collecting spare change, selling her paintings and some generous donations, McCorriston raised \$2044.45 for the IWK's Radiothon which took place on Feb. 1, 2019.

Now 83, McCorriston took up painting in October 2017, after her 82nd birthday. One day she was walking through the dollar store, and she happened by the canvases and acrylics.

On impulse, she bought them.

"They sat there for probably three weeks," she said. "And then one stormy Sunday I just got the

notion I'd do something, and I like flowers so I thought I'd paint a flower."

She didn't stop after just one. In late 2017, after accumulating a large stack of floral canvases, McCorriston started to wonder what to do with them.

One night, when she was talking to her daughter Wendy Stinson on Facebook, she got the idea post her paintings online.

"I wondered if sold them with the whole \$10 going to the Radiothon how I would do," she said. "Bang! I sold like 13 that night, so I had the money from that and my change jar to turn into the 2018 Radiothon."

McCorriston has painted non-stop since.

Over the last year, she estimates she has sold over 160 paintings, but she hasn't always been interested in illustration. She has, however, always been a creative person.

Art and life changes

A seamstress by trade, she spent years making custom wedding dresses, working for a time at the New

York Dress Shop that used to be on Gottingen Street.

"Her whole life has been creating things one way or another. She started making clothes for her Barbie dolls when she was about four years old," according to her daughter.

McCorriston was forced to abandon her creative outlets when she started to develop macular degeneration.

According to the Canadian Association of Optometrists macular degeneration is "a condition that causes the center of your vision to blur while the side or peripheral vision remains unaffected."

Her vision in her right eye has degenerated enough that she is no longer able to sew, an activity she has been doing since before she went to school.

"It got to the point where I couldn't really see to thread a needle, so that was the end," she said. "I had a year there that I didn't know what to do. I sort of entertained myself at a pity party."

Stinson says that she has noticed a real change in McCorriston's attitude since she started painting.

"When she couldn't sew anymore that was devas-

tating to her because that was her life, she was always doing something," said Stinson. "It gives her purpose again."

Making imperfections count

McCorriston doesn't paint her flowers from references. Each flower is the product of her mind, coming from a place she calls her "imaginary garden."

McCorriston says that the main difference between painting and sewing is that painting allows her to make mistakes. If she makes a mistake while painting she can just cover it over with more paint.

"Just working with the one eye that isn't perfect, it's sometimes a surprise to me what's coming out," she said with a chuckle. "If they resemble a real flower it is purely coincidental."

These mistakes don't stop McCorriston from being proud of her work. She takes pride in the impact she is making on her community.

"As my daughter likes to say, every petal counts."

Last summer McCorriston ventured to the Halifax Public Gardens in order to sell her paintings on the fence. She says that she didn't sell many paintings but she did gain perspective.

"People would stop and talk once they saw where the money was going," she said. "Everybody seemed to know somebody that had something to do with the IWK. It meant, even more, to know that there is so many affected."

According to the IWK website, 4,605 babies were born at the health centre between April 2017 and March 2018.

McCorriston doesn't forget the personal impact that the centre has had on her life.

"When they came out with Alisha, the doctor was pushing her to the Intensive Care Unit and I thought to myself there's no way that is going to survive," she said.

Both of the twins were under three pounds at birth.

McCorriston's lime green living room is full of family photos. On her shelf, next to daisies and ladybugs sits a picture of Alisha and Jocelyn smiling. Last August they celebrated their 27th birthday.

"We've always felt grateful for them," she said. "We look at them now and think, you know, two miracles."

Vaudeville charity fashion show to start sixth showcase

Student-run fashion show continues to speak out about important issues

BY OLIVIA MALITO

Editor's Note: Olivia Malito was an executive member of the Vaudeville Design Show society last season. She is no longer affiliated with the society.

It's that time of year again. After a successful five years of student-run fashion shows, the members of the Vaudeville Design Show Society are gearing up for their sixth walk down the runway.

Change is good

Each year, the society finds a different source of inspiration to fuel the overall vision for the show.

"I'd say that the biggest difference that we've changed from last year to this year is trying to really be in contact with all the designers, with things like weekly check-ups and just making sure they have the support that they need," says Vaudeville Co-President Emily Keay.

On the artistic front, the design of the show echoes the professional vibe of previous year's, with designers using more monochromatic tones to give a sleeker look to the scenes.

This year's show features seven scenes, with six designers incorporating around four to five outfits for each.

For some designers, the change of their creative inspiration for their designs emphasizes just how powerful fashion can be in addressing important issues.

"One of the things I'm passionate about is making the most of the resources we have from the earth and doing what we can to reduce our carbon footprint and our impact on [the] Earth in general," says Vaudeville Co-President and designer, Ashley Osa-Peters.

Osa-Peter's scene, "Re-Use, Reduce, Re-Fashion," uses recycled fabrics repurposed from second-hand stores in order to start a conversation about the consequences of climate change and how fashion can influence that.

"My scene last year was inspired by my Nigerian culture and featured Nigerian prints with lots of bold colours," she says. "However, this year, my scene is a lot more neutral but it still represents a huge part of me."



OLIVER DORAIS-FLEMING WALKED LAST YEAR'S FASHION SHOW ON MAR. 4. PHOTO BY JUDE MORRIS

Philanthropic fashion

With every year's performance taking on a new creative outlook, so does the charity of choice for proceeds from the show. Over the years, Vaudeville has worked with charities such as Dress to Impress Halifax and Avalon Sexual Assault Centre, amongst many other organizations.

For their sixth annual show, all proceeds will be going to Brigadoon Village, a camp for kids who are living with chronic illness or other life challenges.

To gain a better understanding of what Brigadoon does for their campers, several members on the executive team spent a weekend at the camp to meet the children. Several of vaudeville's members have worked at the camp in the past, it was an obvious choice for this year's organization.

There will be a scene in the show that features

models wearing shirts that were designed by children who attend the camp.

"I think it will be a really nice way to tie in the charity and really let the audience see what it is we're supporting," says Keay. "We have testimonials and pictures from when the kids were designing, so hopefully, they'll get a little piece of what Brigadoon does."

A sense of community

With ingrained values such as inclusivity and body-positivity, Vaudeville has gained an impressive membership across Dalhousie University and the University of King's College over the years.

"I love everyone involved with it," says model Anastasia Cook, who has been in the show for two years. "They've been super understanding, com-

passionate, and super open to people of all diversity, body shapes, and sizes."

Vaudeville tries to challenge stereotypes of what a model should look like, the executive team has always promoted the idea that anyone should feel welcome to audition and they love to have new faces.

"Although I had no model experience or anything, it's been super easy to integrate into this experience," says new model Bethany Delve.

The show will be held on Sunday, March 3 in the McInnis Room of the Student Union Building. Doors will open at 7 p.m. (This date has changed due to a double booking of the space).

Tickets will be available for \$10 at the door; buy in advance on the Eventbrite page.

AUS volleyball championships preview

Dalhousie is hosting the championship – here's what you need to know

BY JOSH YOUNG, SPORTS EDITOR



A WOMEN'S VOLLEYBALL GAME BETWEEN THE DALHOUSIE TIGERS AND THE ACADIA AXEWOMEN ON OCT. 28, 2018. PHOTO BY TREVOR MACMILLAN

This year, Dalhousie University is hosting the Atlantic University Sport (AUS) volleyball championships at Dalplex from March, 1 to 2. Dalhousie is the favourite to win its seventh straight AUS championship.

Here's a brief overview of the four teams competing.

Match 1

Dalhousie University (1) vs. Saint Mary's University (4)

Dalhousie Tigers

The Tigers have only lost two games this year and come into the playoffs ranked as the fourth best team in the country.

On their team is a dynamic offensive duo of Julie Moore and Mieke DuMont. Moore is second in the league in points scored per set while DuMont is fifth.

Passing them the ball is superstar setter Courtney

Baker who has experience playing on team Canada. Baker can use her intelligence to continually make the defence guess if the ball is going to be passed to Moore, DuMont or another teammate.

All three of them are fantastic defensively as well. A great cast of talented teammates supports them.

With all the success and talent, Dalhousie hasn't played well leading into the playoffs. They lost two of their final four games, against SMU and the University of New Brunswick. Chances are they are just setbacks, but it shows the Tigers can be defeated.

Saint Mary's Huskies

Going into their Jan. 25 game against Université de Moncton, Saint Mary's had a record of five wins and eight losses (5-8). Then they won six straight games which boosted their record and put them in the last playoff spot.

The Huskies spread out their offence; they have five players placed ninth to 15th in individual scoring. This makes their offence versatile and difficult to predict. They're also great defensively because

they have the most digs per set by any team.

The Huskies' issue is that they have the most amount of errors in the league. Which means they often give points to the opposing team. If SMU players can limit their errors, they should make it a close game.

Match 2:

Acadia University (2) vs. University of New Brunswick (3)

Acadia Axewomen

This should be an exciting game as both Acadia and UNB have beaten each other twice this season and are only separated by two points in the standings.

Just like Dalhousie, Acadia has their own three-headed monster. Lucy Glen-Carter is third in the league in points per set and Lauryn Renzella is sixth. Their setter is Regan Herrington who has the most assists per set in the league this year.

Overall, the team is third in points scored per set.

Acadia is a solid team as they are in the top three of most statistical categories. It is interesting to note they have the most service aces and second most blocks, but they also have the most service errors and blocking errors.

Acadia did take Dalhousie to a fifth and deciding set in the AUS championship game last year, which is volleyball's version of overtime. Many of the players on last year's team returned. With strong playoff experience, they are a contending team.

UNB Reds

UNB is on fire. Before their Jan. 13 game against the Huskies, the Reds had a record of 4-6. Since then they have a record of 8-1, only losing to Acadia once. However, they beat the Axewomen twice during that run.

There's a theme of the top team's having two great offensive players. Statistically, UNB has the best combination.

Siobhan Fitzpatrick leads the league in points per set while Victoria Eadle is fourth. Megan Kuciak is a solid third option as well. Passing everyone the ball is setter Paige Lehto, who is third in assists per set. Simply put, UNB has a fantastic offence and scores the second-most points per set in the AUS.

Defensively they are first in blocks. Kristen Burns has 19 more blocks than the next closest player and the Reds have three other players in the top 10. This makes opposing offences have to be creative on how they're going to hit the ball away from those blockers, which can lead to the offence hitting the ball out of bounds and giving the point to the Reds.

Volleyball fans should be in for an exciting AUS championship. The two best teams in the league, Dalhousie and Acadia are up against two hot teams in UNB and SMU. Even though Dalhousie is the favourite, there is indeed no guarantee that they will be the AUS champions. Any of the four teams have a good shot.

Less is more

After training with an Olympian, sprinter Josh Lunda is back as a Tiger

BY SARAH MOORE



JOSH LUNDA. PHOTO PROVIDED BY LUNDA

Josh Lunda's first three years running for the Dalhousie University Tigers seemed to be going great.

In the 2014-2015 season, the sprinter was named the AUS Rookie of the Year. In the 2016-2017 season, he was on the 4x200 relay team that set a new AUS record of 1:31.33, along with Matthew Coolen, Stephen Belyea and Mike van der Poel.

Then last year, he left the team.

"I don't want to say I left arrogantly, but I left very impatiently," Lunda says.

Frustrated with his progress and caught up in a drive to succeed, Lunda decided to train under former Olympian Adrienne

Power for the 2017-2018 season.

"He's got a tremendous growth mindset, so he really wants to improve," says Mike Bawol, the lead sprints coach for the Tigers. "I think that can be too much at times for people if you want to improve so badly that you're willing to sacrifice relationships and be a little too focused."

Under the different program last year, Lunda was training five times a week, taking five classes at school and working 20 hours a week. He found juggling everything difficult, and the heavy volume of training wasn't working for him.

"I thought I wasn't doing enough and then when I got to doing more, it was ac-

tually too much," Lunda says.

Without enough time to rest, he pushed himself closer to injury. Not competing as a university athlete meant there were fewer meets he could run in, and in those he could he didn't see the results he wanted. He also missed the team environment.

Re-joining the Tigers

At the end of last school year, Lunda took a month off to let his body recover and decide what to do. This year, he rejoined the Tigers.

During his time away from the team, Lunda maintained a good relationship with Bawol, which, "facilitated his come-

back into the group," says Bawol. "It was such an easy transition for him."

It's been quite the comeback. In the Tigers' first meet back after the winter break, Lunda ran a personal best time of 6.94 in the 60m. He continued that momentum at the McGill team challenge at the end of January where he ran an even better time of 6.87, which qualified him for nationals.

"At that point, I knew that me coming back was the perfect decision," he says, grinning. "That just really told me I'm so happy to be back."

A relaxed environment

He's now taking four classes at school and training four times a week, which he says has made a big difference — especially in a training program that stresses staying healthy.

"When I get home, I'm tired but I'm not questioning my life like, 'Should I still be doing this now?'" he says. "It's been great to be able to run not broken this season."

Along with finding that fine training balance, being back in a team environment, among other athletes Lunda considers his family, has been a big benefit.

"It's such a fun environment to be around and I love being here," he says. "The fact that I'm having fun, I think it's definitely contributing to why I'm doing so well."

From a coaching standpoint, Bawol agrees.

"He's learned a lot about himself and he's really grown up. He's so much more mature now than he used to be," says Bawol. "He's taking things a little less seriously, but at the same time I think that's really healthy for him."

Lunda is tied for third in the country for the 60m at the time of writing, but he doesn't want to look too far ahead to nationals.

"I'm just trying to get through the conference championships and see what happens," he says. "If I get ahead of myself, I might psych myself out, so I want to be patient and relax."

Preparing for the playoffs

Men's basketball team is guaranteed to be in the national championships

BY ILYAS KURBANOV

The anticipation is over. It's now playoff time.

The Atlantic University Sports (AUS) men's basketball playoffs start on March 1, and a season of preparation for the Dalhousie University Tigers will be put to the test. They're hosting the U Sports Men's Final 8 national championships this year—guaranteeing them a spot in the tournament — but the Tigers wants to prove they deserve to be there.

“We know we are going to be in the nationals, but we would like to go through the front door and win the conference like we did a couple of years ago,” says the team's head coach Rick Plato. “I believe that if we play our best basketball, we can compete with any team in the country.”

Dalhousie hosted nationals two years ago and won the AUS Championship and a national bronze medal. They failed to qualify to the national stage last year after losing to St. Francis Xavier University X-Men in Dal's first game of the AUS playoffs.

The team two years ago was in a different situation than this year's team. The 2017 team had many veteran players and was back-to-back AUS champions heading into the season. Even though they had never hosted nationals before, they had experience playing against national-level competition.

Alex Carson, Kevin Duong, Sascha Kappos, and Cedric Sanogo are the four remaining players who were on the 2017 team. However, both Carson and Sanogo missed the AUS playoffs and nationals because of injuries. Sanogo did play in the 2015 and 2016 national championships.

Plato understands that the national stage will require more work, so the preparation for each game is critical. He spends extra time with the guys to help them know what they will have to face every game.

“We spend a lot of time with the video,



DALHOUSIE UNIVERSITY'S MEN'S BASKETBALL TEAM. PHOTO PROVIDED BY DALHOUSIE ATHLETICS & RECREATION

and we spend a lot of time in meetings,” says Plato. “Between yesterday and today, I pretty much met with everybody to break things down. so guys can understand things and do their homework.”

“We have to give it our all, so at the end, we have zero regrets about our run.”

Keys to the playoffs from the player's perspective

Preparation during the playoffs is tricky. Outside of the first game of each tournament, Dal will know who their next opponent is with only 24 hours notice. Plato's coached Dal to three AUS championships, so he knows the situation.

“Our coaching staff does a great job of getting us prepared, so it comes down for us buying in and coming in ready to go,” says Kappos. “It will be important to understand every defensive scheme against different opponents and details like how to defend screens and individual matchups.”

Duong, a fifth-year forward, will play his last games for Dal during the national competition.

“Honestly, playing at home in my last nationals, is more than I could've asked for,” says Duong.

Duong expects to be a vocal leader and make sure that the team is at the right state of mind regardless of the situation.

“I think, it's really easy to get caught up in the emotions especially in tight and

close games,” says Duong. “When things start to look bad, we'll have to make sure that we stay on the right track.”

Carson, a third-year guard/forward, leads the team in scoring, averaging 14.4 points per game. He looks forward to taking part in this year's playoff run. Even though he was hurt two years ago, he still learned what it takes to be a champion and have success at nationals.

“I'm really excited for it, since, I wasn't able to play last time,” says Carson. “But now, it's time for me to help our team and lead by example.”

For Carson, leading by example means spending as much time as possible preparing in the gym.

“We have to give it our all, so at the end, we have zero regrets about our run.”

World-class athletes

Some of the best young curlers in the world play for Dal

BY SARAH MOORE, ASSISTANT SPORTS EDITOR



PHOTO BY EVAN DE SILVA

The Dalhousie University women's curling team won the AUS championships on Feb. 10, but their accomplishments in the sport reach far beyond the Atlantic provinces.

Kaitlyn Jones, Lauren Lenentine, Karlee Burgess and Kristin Clarke have all won the World Junior Curling Championships. Burgess and Clarke were part of Mary Fay's gold medal team in 2016, and most recently all four women were crowned World Junior champions in March 2018 in Scotland.

Playing for Dal and winning the AUS conference, the team secured a spot in nationals.

"Having this opportunity to represent Dalhousie and try and win the national championship, that still excites me," says skip Kaitlyn Jones.

It's a different level than curling for her

country, but the university curling season is longer — one of the reasons why Jones plays.

Karlee Burgess is the alternate for Team Canada at the 2019 World Junior Championships, held Feb. 16-23 in Liverpool, N.S. After that, the junior curling season is over, but the university season doesn't conclude for another month.

Happy to be a Dal Tiger

The U Sports championships will be held this year March, 15-19 in Fredericton, N.B. That final tournament is especially important for Jones. She's grateful for university curling so that her season is extended.

Although she is serious about competing, curling for Dal is also about love for the game and having fun.

"We all get along really well and it's just more of a chill sport," says Jones. "There's not as much pressure on you to do well because it's still underrated and very low key."

Instead of feeling intense pressure, the women are able to enjoy the sport.

"I just love my teammates and being able to travel with them is super fun," says Jones. Three members of the team hadn't been to St. John's, N.L. before the AUS Championships. That experience of traveling to new places with her team is Jones's favourite part.

The lack of recognition that university curling gets doesn't bother the team.

"The lack of attention doesn't bother me at all because there are lots of people who do enjoy it."

Within the competition environment, Jones, Lenentine, Burgess and Clarke are reasonably well known. They are the best women curlers for their age group in the world.

"We get a lot of attention in the curling community as it is, so I feel like that's sufficient," says Jones.

Even without much outside attention for curling with Dalhousie, the team is proud to represent the school.

"It's exciting to be able to represent whatever you are playing for," says Jones.

She says representing her school isn't a huge step-down, because "I know that Dal supports us."

Different levels of competition

The level of competition in the AUS is lower than what the World Junior championships are used to. There isn't a consistent level of experience on teams. Often teams are put together just for that tournament with the curlers having different skill levels.

"They try to figure out how to communicate with each other while they're at the competition rather than beforehand," says Jones.

On the Dal team, their experience playing together, most of them for a couple years, gave them an edge as they went undefeated at the AUS championship.

"Having that already known relationship with your teammates before going into some of these events really helps because you know how they throw and you know their tendencies," says Jones.

The national championship will provide a different challenge, as Dal will face teams from stronger leagues across the country, but the Dal team is looking forward to it.

"It's kind of like what a junior national event would be, where you represent your province — instead it's a university," says Jones.

No more hockey, Tigers

Neither Dal hockey team made the playoffs



DALHOUSIE UNIVERSITY'S MEN'S HOCKEY TEAM. PHOTO BY TREVOR MACMILLAN



DALHOUSIE UNIVERSITY'S WOMEN'S HOCKEY TEAM. PHOTO PROVIDED BY DALHOUSIE ATHLETICS & RECREATION



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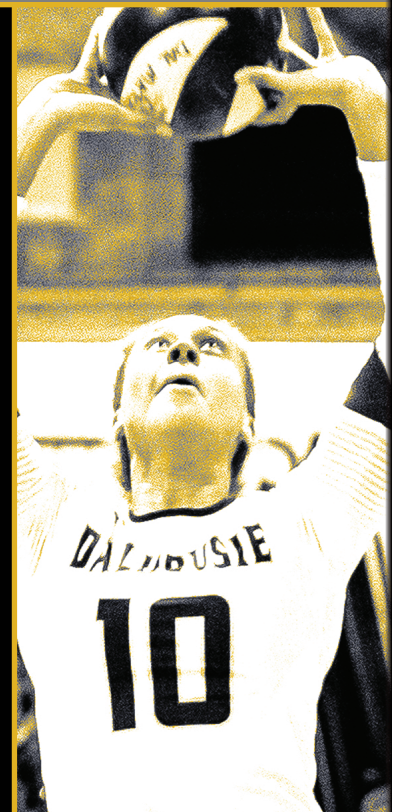
2019 SUBWAY AUS WOMEN'S VOLLEYBALL CHAMPIONSHIP
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FRIDAY, MARCH 1

SEMIFINAL #1: Saint Mary's (4) vs. Dalhousie (1), 4:30pm
SEMIFINAL #2: UNB (3) vs. Acadia (2), 7pm

SATURDAY, MARCH 2

CHAMPIONSHIP FINAL: SF 1 Winner vs. SF 2 Winner, 4pm



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