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DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER EST. 1868



TANIA WILLARD, *BASKET RESCUE OPERATION* (TALKING TO PETER MORIN AND REMEMBERING DANA CLAXTON'S TALK FOR THE BCMA IN WHISTLER) FROM THE SERIES *ONLY AVAILABLE LIGHT*, 2016. BIRCH BARK BASKET (RECLAIMED FROM ANTIQUE STORE), CEDAR ROOT, COPPER FOIL, LASER CUT TEXT.

Indigenous art exhibit changing the narrative


#callresponse creates an interconnected conversation

ALSO IN THIS ISSUE



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EVEN "DINGY" APARTMENTS ARE
UNAFFORDABLE IN HALIFAX 5


WHAT'S IN THE DAL
PHYSIO CLINIC? 19



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DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER
EST. 1868

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THE FINE PRINT

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Meet the DSU Executive

CORY LARSEN Vice President, Student Life

Cory is launching a new DSU Ambassador program for volunteers and starting a programming series with student musicians

CHANTAL KHOURY Vice President, Finance and Operations

Chantal is working on creating a more accessible Tiger Patrol and creating a participatory budget framework for the DSU

ANNIE SHANNON-DWYER Vice President, Internal

Annie plans to streamline communications, and provide levied societies with access to Anti-Oppression training

AARON PROSPER President

Aaron's focus for this year will be to consult and gather feedback from our community on what's important to them

MASUMA KHAN Vice President, Academic and External

Masuma is creating student-driven advocacy, supporting the Survivor Support Centre, and hosting a new CKDU Radio Show called "DSU Content"

More info: dsu.ca

DSU

LETTER FROM THE EDITOR

October is Mi'kmaq history month: Mi'kmaq are Indigenous year-round, let's acknowledge this year-round

The Dalhousie Gazette is settled on and reports in K'jipuktuk of Mi'kma'ki – the ancestral and unceded territory of the Mi'kmaq people. Dalhousie University is built on this territory. The entire city of Halifax (K'jipuktuk) is.

I try to make a point of ensuring our staff, editors and writers not only know this but understand what this means. We live on Indigenous lands – there's a lot of history here. It's more than simply acknowledging we're on Indigenous territory.

Do you know who the Indigenous people in the area are? Can you say “welcome” in the language of the local Indigenous people? (It's pjila'si in Mi'kmaq). What treaties govern the land you live on?

Mi'kmaq & Wolastoqiyik peoples first signed one of a series of *Peace and Friendship Treaties* with the British Crown in 1725. The treaty is simply an agreement between signing parties that the British wouldn't be attacked. No land or rights were given up by anyone. That's why the land is unceded.

This history is so easy to learn. There's this amazing resource called the internet.

You can literally type in any question you have about Indigenous peoples and you'll find an answer whenever you want – no need to force the only native kid you know to teach you everything about Indigenous peoples.

Because no one native kid ever can. Whenever you travel more than 100 kilometres out of your city, you're probably crossing a territorial boundary or two along the way. Each Canadian destination you visit, there's a new territory to explore, treaties to be aware of and history to understand.

Karla Jefferd-Moore

Karla Jefferd-Moore

Encouraging African Nova Scotian teens to study STEM

Imhotep Legacy Academy receives funding from the federal government

BY SHAYLA SMITH



STUDENTS WORK WITH THEIR MENTORS ON AN ACTIVITY CALLED “HOW BREATHALYSERS WORK” TO BREAK DOWN THE CHEMISTRY BEHIND BREATHALYSERS. PHOTO BY SARA SIMPSON PHOTOGRAPHY & GRAPHIC DESIGN

Funding from the Canadian government has given a boost to non-profit organization Imhotep Legacy Academy (ILA).

Overseen by Dalhousie University, ILA aims to diversify the Nova Scotian workforce by exposing African Nova Scotian students to STEM (Science, Technology, Engineering, Mathematics) subjects. The organization has been mentoring and teaching students for 16 years.

Per an announcement on Sept. 17, ILA will receive \$128,160 over the course of three years from

the Natural Sciences and Engineering Research Council of Canada PromoScience Program. This is an organization that aims to foster future researchers in Canada, as stated on its website.

Executive Director of the ILA program, Sidney Idemudia, said this money means the program will be able to “continue with the afterschool program across Nova Scotia; it will enable us to hire mentors of African descent from the university ... and buy materials”

The ILA offers opportunities and support for stu-

dents in grades 6-12. It has Lego programs, after-school programs and virtual school programs. On top of that, there are summer research opportunities available to university students. They give some university students research scholarships and summer employment to increase their exposure to STEM based professions so that they may find the area that interests them most.

Idemudia said students can gain research experience in the departments of science, engineering, the faculty of health professions and the faculty of medicine. Idemudia also noted that ILA's students take part in robotics competitions and are learning to code through their new coding program. The ILA program is becoming increasingly popular with 20-30 students graduating from the program every year.

“Some of them will come to Dalhousie University,” said Idemudia. “Eighty-three per cent of students that came through the program are at Dal in STEM fields.”

The ILA visits several partner schools to promote their program. While at the schools, they do a science demonstration “to get them interested in science and technology and then invite those who are interested to register,” said Idemudia.

Interested students then meet with the ILA weekly to learn more about STEM. By doing this, the students are able to gain a deeper understanding of

the subjects and create connections with mentors and other students.

Idemudia explained that the ILA has a tri-mentoring system: “University professors act as mentors to mentor our university mentors who we employ to go and mentor junior high school students.”

This system is one of the unique things about the organization.

The importance of this program lies not only within the knowledge gained, but the means through which it is gained. It was created due to the lack of African Nova Scotian students going into STEM fields.

Idemudia emphasized that students “get to have fun while doing the activities.” They learn through “cultural relevance,” said Idemudia, meaning that these students learn about how STEM is associated with their African heritage by learning about “someone of African descent who has succeeded in that category before,” while also receiving mentorship from someone of African descent.

ILA aims to support young, African Nova Scotians academically and financially. Because of the high cost of university, they give some students scholarships to help with their university fees. Idemudia explained that they want “students to know that STEM is an option” and in doing so, break many of the barriers which prevent African Nova Scotian students from studying STEM.

Making scientific research accessible

Dal students publishing readable scientific research online

BY CHIARA FERRERO-WONG



PHOTO BY MILOS TOSIC

Mary Anne White believes science belongs to everybody.

“The public has the right to know something about science. I think it’s both a right and a responsibility. [Science] enlivens our life,” said White, a chemistry professor at Dalhousie University and a recipient of the Order of Canada for her leadership in science outreach.

There are a lot of hot science topics in the media and it’s hard to know what’s true and what’s exaggerated. And academic journals charge a fortune for subscriptions, making them inaccessible to readers. In an attempt to combat misinformation and bring science to the masses, there are resources in existence that do just that: make science accessible.

“I think most scientists would prefer to talk to other scientists than to the general public,” said White. “That’s hard work and not what we’re really well trained for.”

White puts “a lot of fault on” the nature of scientific training. Part of the problem is that everybody is too busy to reach out to the community – so how can people access science in a way that’s easy to understand and doesn’t cost a fortune?

There are a lot of initiatives out there that are trying to do this, including big names like the Discovery Channel and CBC’s Quirks and Quarks. But closer to home is a blog run by Dal iGEM titled *Think of the PLoSibilities*. The blog was named after the Public Library of Science (PLOS), an open access science journal that’s free to anybody with an internet connection. But even though this journal is open and accessible to all, the articles are still riddled with jargon. So, Dal iGEM created *Think of the PLoSibilities*.

Dal iGEM is Dal’s undergraduate genetic

engineering research team. This year they’re involved in a project that will tackle Nova Scotia’s problems surrounding toxic aluminum in the water.

One aspect of Dal iGEM is “human practices,” which involves outreach, explained society Presidents Francis Routledge and Matthew Curry. Two years ago, members of Dal iGEM started this blog as part of that outreach. The blog has “lay summaries” of journal

articles from PLOS that are submitted by students. A lay summary is created by condensing the article into a short blog post, using language without excessive jargon; this way, the information is available in a more accessible form for all to read and understand.

When Dal iGEM introduced the blog at the iGEM competition in Boston two years ago, they were met with a lot of enthusiasm from other students, said Curry and Routledge.

Now, there are summaries submitted by students from all across Canada, with some from France and China as well. The summaries are on a wide range of topics, from gene editing to how baby bats communicate. They publish one of these summaries every week and are always accepting submissions.

The blog can be found on the *Think of the PLoSibilities* Wordpress site. Here, instructions on submitting summaries can be found along with information about the blog, and the blog posts themselves.

With initiatives such as *Think of the PLoSibilities*, scientific journals are becoming readable for people outside the STEM field.

“It’s fun to talk about science because it’s something that’s beautiful: finding out how things work. And why not share that with other people?” said White.

“It’s fun to talk about science because it’s something that’s beautiful. And why not share that with other people?”

No place to call home

Even the “dingy” apartments are unaffordable, say Halifax students

BY ISABEL BUCKMASTER



PHOTO BY JULIA MOUNTENAY

The students of Halifax universities are struggling to find affordable apartments.

“My original intention was to get an apartment for myself. After a little searching, I realized that was a bit of a pipe dream,” says Nicole Rushton, a second-year student at Saint Mary’s University. Rushton moved to Halifax two years ago to work and pursue her education, and she has been looking for a place to live since last September.

“There’s nothing affordable to live in, in a safe area or a clean building, which are priorities of mine because I am a young female,” she said.

“I was making 13 dollars an hour – so over the minimum wage – and working five, nine-hour days a week and it was not a sufficient income to be able to afford an apartment on my own.”

Rushton isn’t the only one who has been unsuccessful in her search.

“The hunt for housing in Halifax is very hard if you’re trying to find a bug-free, a rat-free place for a decent price,” said Cristalle Watson, a second-year Dalhousie University student. “I saw this one two-bedroom for

\$1,250 and it was horrible. It stank, it was mildewy, it was tiny, cramped little rooms, things were broken and dingy; it was kind of disgusting.” She pointed out that despite the state these houses are in, the rates still run high.

In fact, according to RentBoard.ca and the Dalhousie Off-Campus living guide, to rent a two-bedroom apartment in the south end of Halifax, prices run upwards of between \$1,400-1,600 a month. Excluding utilities. On Kijiji Halifax, prices range from between \$1,400-1,500 for places in Dartmouth or Bedford and from \$1,500-2,200 for two-bedroom apartments in the downtown core.

In addition to students, these prices affect young professionals and families.

“You can literally be in one area of Halifax where a one-bedroom is \$1,000 and then a block and-a-half away, another one-bedroom is \$1,700,” said Paul Cyr, a SMU alumnus who’s been watching the local housing market inflate since he graduated a few years ago. “There’s a disillusion that everything is fine in Halifax but what the problem is that we are a heavily populated school city. You know, you have NSCAD, you have Dal, you have Saint

Mary’s, you have [Mount] Saint Vincent, and so on and so on.”

A 2016 study through the Association of Atlantic Universities found that Halifax welcomes more than 6,000 full-time students to its universities each year – and studies continue to show that that number is increasing as the years pass. “You’re having this influx of international students who are buying and renting during school but the thing is; there are no starter homes anymore, there are no affordable apartments,” said Cyr.

Adriana Wissman was forced to live that reality during her first three years living in Halifax.

“With literally tens of thousands of kids flocking to the city during the school months, there was so much competition around these apartments,” said Wissman, a fourth-year student at Dalhousie and the University of King’s College, who originally moved to Halifax from the United States for school.

“I’m not asking for affordable housing, I’m asking for fair prices.”

“Freshman year I lived on campus, but then for both sophomore year and junior year, I tried with friends to find an affordable apartment that was in an OK location. Both years we ended up giving up and living in dorms

again because the rent was always too high compared to dorm prices.”

According to Canadian Centre of Policy Alternatives’ 2016 living wage report, the living wage for a family of four (assuming one child is in daycare and

the other is in after-school care) in Halifax is \$19.17/hour. As of January 2018, minimum wage in Nova Scotia is \$11/hour.

“If you have student debts, if you have a car payment, if you have a child, or if you’re starting a family or whatever it is, it’s almost like you’re starting to get pushed out of here,” said Cyr, who has struggled to find a salary that matches up with the cost of renting in Halifax.

“I’m not asking for affordable housing, I’m asking for fair prices.”

Homecoming 2018

Dal hired DSU as homecoming party planners

BY LANE HARRISON



PHOTO BY CHRIS PARENT

On Oct. 3 last year, Dalhousie University's President, Richard Florizone tweeted "3. This kind of behaviour is not reflective of our values and disrespectful to our neighbours. Most importantly, it is unsafe."

His third tweet in a series of five, detailing his reaction to #hocol7 partying.

This year Dal took a varied approach to how homecoming was organized and policed, in the hopes that Homecoming 2018 resulted in better behaviour from the students and a better experience for the surrounding residential community.

Lessons learned

Last year the Dal Student Union had zero involvement in the organization and preparation of homecoming; there was no space for students who were of legal age to drink and enjoy homecoming festivities. This year Dal approached the DSU for a partnership and give them the funds to organize this year's Black and Gold event, which included a licensed area for 19+ students to drink.

When asked if the wet space was a reaction to what happened in 2017, DSU President Aaron Prosper said "maybe not explicitly but perhaps implicitly it is."

With the absence of a wet space on campus last year, many students took to the streets surrounding Dal to partake in their own homecoming festivities. The aim this year, says Prosper was "to create a space that students can come have a wet space, but have it in a safe environment."

By commissioning the DSU to run this event, Dal used them as an extension of themselves; the university itself can't create a licensed wet space.

"The union is – for the whole university – the designated licensors of alcohol throughout the university. So, if we're going to have (a wet space) it makes sense that it's going to go through the union no matter what," said Prosper.

The event and licensing will also all be funded through Dal, "There was monetary offers to help," said Prosper, "it's close to 100% being funded through them."



PROVIDED BY DALHOUSIE UNIVERSITY CHEER

Partnership increases police presence

While Dal's partnership with the DSU is to promote a safe drinking experience, another partnership exists to police the drinking experience.

This year, as with the past 13 years, "Dalhousie's Designated Police Patrol – an enhanced police presence in the community funded by the university – will monitor and respond to community concerns in neighbourhoods adjacent to the university" reads a press release issued by Dal on Sept. 26.

According to the release, this year the Designated Police Patrol "will include additional resources, expanded hours, and a proactive approach to managing concerns in the community." The press release also states that the Halifax Regional Police have been visiting student homes in the surrounding campus area, reminding them of the municipal and provincial laws, potential fines and even criminal charges that they could receive for violations over homecoming weekend.

"With an increased police presence and com-

munity outreach initiatives, our focus is on creating a safe and welcoming environment for neighbours and citizens," says Inspector Dean Simmonds, Central Divisional Commander of the HRP.

The intention of their presence is safety, but the HRP have a complicated relationship with Dal students. 23 off-campus arrests were made during 2017's homecoming weekend.

The Dalhousie Gazette's reported the story of a fourth-year student who was held in a cell by the regional police for seven hours during last year's homecoming. She was arrested for smoking a cigarette on Jennings Street after the house party turned block party was shut down by police, and had to beg for toilet paper, water and blankets while in jail. She was released without a fine or charge.

"I think what Jennings [Street] was trying to do – to provide an area to drink, because Dalhousie doesn't give that to us," she said back in 2017, reflecting on the weekend. She thought Dal should've provided students with a space to come together and have fun legally.

Dalhousie University communications were unable to schedule an interview with *The Dalhousie Gazette* before publication deadline.

Jubilee Junction vs. Triple A

Two Dal student staples go slice to slice

BY MAYOWA OLUWASANMI



PHOTO BY KARLA RENIC

Corner shops are the backbone of any good neighbourhood. They embody the beauty of the local.

Halifax prides itself on local excellence – Triple A Convenience and Pizzeria, and Jubilee Junction Convenience Store being perfect examples. The rival shops are located at the corners of Preston Street and Jubilee Road.

Convenience is their biggest product: the corners of each shop are filled with everything you could possibly need. Pizza, ice cream sandwiches, tampons and multi-purpose cleaner – they’ve got it. These two establishments are a staple for Haligonian students, from middle-school to graduate degree.

Each shop delivers when it comes to service, but who does it best?

Pizza, ice cream, chips – OH MY!

What makes a good pizza?

Answers may vary according to toppings, but generous cheese, large slices and low-cost are uni-

versally accepted. According to this metric, Triple A and Jubilee Junction make good pizza – cheap and piping hot. Halifax is a student hub and we love our pizza.

At five bucks a slice, Triple A delivers.

Jubilee Junction offers the same slice (though with less variety) for \$3. They’re renowned for their pizza as well as their ice-cream. Soft serve ice cream, regular ice cream and Hali-famous homemade ice cream sandwiches all in a myriad of flavours. It may almost be overwhelming having such choice, but the owners are friendly and patient, giving you time to choose between the classic and the colourful.

Both shops have an impressive spread of ice cream, freshly baked desserts and popcorn on display; from salads to subs to chocolate chip cookies they have it all.

Both these places can ensure you don’t go hungry – but which makes your taste buds go happy? Despite the cheaper price, Jubilee Junction’s slice doesn’t measure up. Triple A’s may cost a toonie more, but the hot cheese, generous portion and yummy toppings make it the better of the two.

Triple A wins with its slices, but Jubilee makes bet-

ter pizzas to order. Jubilee also offers a better deal: you can get large three-topping pizza for \$9.99 year-round. They also tend to be more generous with toppings. Triple A does large pizza for \$9.99, but the number of toppings changes.

The cheaper the berry, the sweeter the juice

If there’s anything students love more than pizza, it’s low prices.

So which corner store is cheaper? Triple A is by no means high-end shopping, but they do charge higher prices for the same items you can get at Jubilee. For anyone looking to save, Jubilee Junction is the place. With its \$3 pizza slices and basic food items (pasta, sauce, juice and ramen) at low prices, it’s one of the best places to shop on a budget. Rather than rushing to

Walmart or Sobeys, students could get their basics at a better price – while also supporting local businesses.

The overall experience

Corner shops are jungles of convenience, organization is of less importance. You can find nearly anything in them, even if you have to wipe some dust off a bag of M&M’s.

In terms of organization, Jubilee Junction is easier to navigate. The cramped Triple A has more shelves than walking space and there’s never any space to queue up properly.

Each shop has gone the extra mile to market to their clientele. Both provide free ice cream (using report cards in lieu of money) to students on the final day of school. Student discounts and special deals – they offer a paradise for the average student. Triple A goes the extra mile by providing DalCard access, clever advertising (Gatorade as hangover cures) and a delivery service that offers snacks with your pizza.

Both shops open late and offer cheap junk food, making either the perfect stop after a night out.

In terms of ambiance, Triple A is the clear winner. It’s an overall more inviting space, with two benches and tables for customers to “eat in” as opposed to the solitary benches at

Jubilee Junction. Triple A gives off the vibes of a small cafe, strategically placing its kitchen at the entrance allowing customers to smell the food before they even walk in.

Whereas Jubilee feels like a true corner shop – one where you buy and leave, nothing particularly enticing you to remain.

It’s impossible to pick a winner. Both value and

provide for their consumers. From cheaper products at Jubilee’s to delicious pizza at Triple A’s, the consumer receives excellent service.

So, who’s better? It can’t really be said. Either way, we win.

Rather than rushing to Walmart or Sobeys, students could get their basics at a better price – while also supporting local businesses.

Eat your veggies!

Easy and affordable thanks to DSU Market's veggie box

BY JUSTIN ANDREWS



PHOTO BY JUSTIN ANDREWS

The delicate balancing act between school and a healthy lifestyle can be hard for some students.

I know it has been for me. Making time to meal plan, shop and cook is stressful at times. The good news is, the Dalhousie Student Union market is offering solutions to ease some of that stress! With the DSU bringing fresh food to campus, students can get their veggies without going out of their way.

You can pop by the market and pick up what you like, or you can sign up for their weekly veggie box (which I recommend).

Their weekly veggie box is based off a concept called Community Supported Agriculture.

This is a customer and farmer forming a contract with each other. The customer agrees to buy a weekly selection of produce for the duration of the season, in exchange for a lower price than if everything was bought separately. This helps the farmer know in advance how much produce they are selling, while also helping the customer by providing convenience and lower prices. It's a win-win.

As a chef and sustainability student, I'm always focused on ways we can strengthen our local food economy and get more people cooking. By supporting a local farmer's market, you are supporting local farms, with produce coming from Abundant Acres and Nog-

gins farm, as well as some maple products from Hutchinson's.

But the DSU market doesn't require a seasonal commitment. You can order a box on the weeks you prefer or sign up for a recurring box every week. There are two options for the veggie box: regular box for \$20 and a mini for \$12. The price mark up on the produce is very minimal, giving students a more affordable way to get their veggies.

The best part is the diversity. The box tends to be a bit different from week to week. Diversity is a key to a balanced diet, and the veggie box takes the guess work out of it! Each week, you'll receive a varied selection of produce to eat, giving you an opportunity to try something you may have not eaten before. If you don't know what to do with something, ask someone at the market, or better yet, con-

tact the farm! Farmers love to hear from their customers.

The market is also a great place to meet a new friend. Try starting a group meal prep day each week so you don't have to do as much cooking yourself.

Food is something that unites us all, and the DSU Market is a great place for the food community to come together. Stop by and get some fruit while it's still in season – maybe I'll see you there.

Diversity is a key to a balanced diet, and the veggie box takes the guess work out of it.

The Market is open at Studley Campus in the SUB Tuesdays from 10 a.m. – 5 p.m. and Wednesdays from 10-4. It runs at the Sexton Campus on Wednesday from 11:30 a.m. - 2:30 p.m.

Jumping ship from Nova Scotia's sinking economy

Immigrants and entrepreneurship may be the lifeboat

BY 王羿杰 YIJIE WANG

The population of Canada has been steadily growing, but this isn't the case for Atlantic Canada. In the past 25 years, Canada's population has grown over 25 per cent while Nova Scotia sits at merely 3 per cent.

Immigrants are critical for Nova Scotia to turn around its economy.

The provincial government has taken serious efforts to increase immigration, such as the Atlantic Immigration Pilot Program and Atlantic International Graduate Program. Thanks to these programs, Nova Scotia reached its fastest growth rate in 2017 since the 80s.

There are more immigrants coming to Nova Scotia than ever before, but many don't stay. The newcomers the province manages to bring in often end up moving to Toronto, Montreal and other big cities after obtaining permanent residency.

Even Atlantic Canadians are leaving the province.

The poor economy is the main cause. There aren't enough jobs available for immigrants or youth from the province. New immigrants may lack the language skills and work experience to compete in the job market. Nova Scotia doesn't

have the capacity to provide the training necessary to absorb newcomers into the labour force right away.

Marco Navarro-Genie is the president and CEO of the Atlantic Institute for Market Studies, a social and economic policy think tank.

"Atlantic Canadians – like most Canadians – are very proud of their place of birth and where they live, but many of them have to leave because they want to see more opportunities for their children," he says.

Newcomer entrepreneurship key

Entrepreneurship is an important part of the province's developmental plan. In recent years, many start-ups sprung up in Halifax. In 2017, \$2 million was awarded to Volta Labs, the largest innovation hub outside of the Kitchener-Waterloo-Toronto corridor.

Jesse Rodgers CEO of Volta Labs says, "the start-up community in Halifax feels like Waterloo 15 years ago and it's going to grow."

Encouraging entrepreneurial activities is the key to pushing economic growth in Nova Scotia and retaining talent. And a new business competition tailored for immigrants and international students is gaining attention.

The Nova Scotia International Network Society and Global Shapers Halifax Hub recently co-launched the 2018 Nova Scotia International Entrepreneurship Competition (NEIEC). This is the first entrepreneurial competition in Halifax focused on supporting newcomers.

Din Fan, the co-president of Nova Scotia International Network Society says that "International students and immigrants bring diversity and international vision into the innovative market, because of they are more likely to think differently with global ambition."

Fan highlights that this competition is the ideal platform for international students and immigrants to be proud of their international identities and showcase their ideas, "Being international has never been a hurdle. It is always an asset."

NEIEC starts in late September. The competition is open to International and immigrant entrepreneurs as well as local entrepreneurs looking to step into the global market. The focus on diversity helps to build relationships and stronger cross-cultural communication between Halifax and the rest of the world.

For the transformation of Nova Scotia's economic landscape, the combination of bringing more immigrants and incentivizing entrepreneurial activities is crucial. The future of Nova Scotia is promising given the many positive changes moving forward.



Halifax's first queer centered union co-op café.

Book a room and study with your pals, or check out our small queer-centred library!

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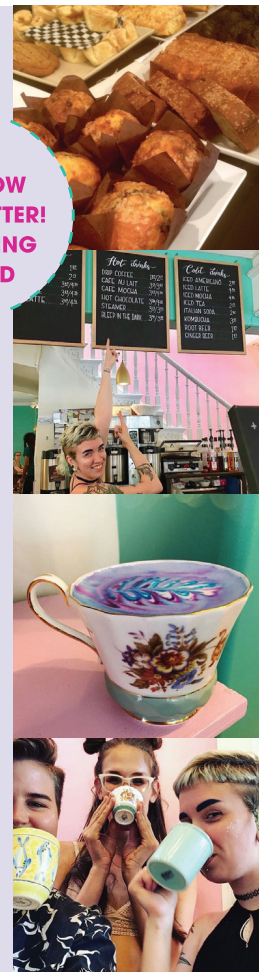


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FREE
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Smoking ban? Not a fan

Halifax smoking ban is disputed, costly, and ineffective

BY LUKE CHURCHILL



PHOTO BY KATE DEL TORCHIO

Smoke is in the air.

But as the official legalization of recreational marijuana approaches, so is an all too convenient public smoking ban in the city of Halifax.

The proposed bylaw prohibits smoking on all municipal property, recreational areas, sidewalks and streets. Restrictions include vaping, tobacco and cannabis. A violation of the bylaw could result in a maximum \$2000 fine, but according to spokesperson Brendan Elliott would only be used as a last resort.

Despite reassurance on the use of fines, the proposed legislation has caused a stir among Haligonians. Some laud the potential public

health benefits while others say it disadvantages homeless people and those with lower-incomes, saying it will be difficult for those people to find a place that permits smoking. Meanwhile, some say it is bad for business and will anger patrons to bars and restaurants.

The public smoking ban will be ushered in along with new rules regarding the use of marijuana starting Oct. 15.

Marijuana regulations will be equally strict, if not more so, than those pertaining to alcohol.

People will not be able to grow their own pot outside unless in a shed or greenhouse

and possession of marijuana remains a criminal offence for anyone under 18. Even those over 19 are not permitted to hold over 30 grams.

But it remains surprising to some that the bylaw takes specific aim at tobacco and vaping, instead of just marijuana. The efforts to enforce the regulations could prove costly and Canadian smoking rates are continuing to drop regardless.

Members of city council have also raised this issue. Sam Austin, councillor from Dartmouth Centre, insisted that the ban did not make sense and proposed an amendment to remove tobacco from the bylaw. The amend-

ment was voted down by council.

However, Councillor Lisa Blackburn insists the bylaw is reasonable.

“This is not a ban; this is designating where certain activities can take place. You know, I really think that this is our path to healthy, livable cities and it starts with the restrictions on smoking,” she said to CBC.

But the debate leads to the question: Do smoking bans even work?

In 2008 a study of New Zealand found that a comprehensive public smoking ban, including bars and restaurants, had no effect on the rate of heart attacks

The evidence remains inconclusive.

In 2002, Helena, Montana introduced a comprehensive smoking ban that seemingly produced astounding results. In 2003, it was reported that the rate of hospital patients admitted for cardiac arrest had dropped by nearly 60% in the year after the ban. This statistic is remarkable. But when further reviewed, scientists debunked the study, criticizing the low sample size and implausible results. The authors eventually recanted the data after the study was published.

Larger studies also show the limited effectiveness of public smoking bans. In 2008 a study of New Zealand found that a comprehensive public smoking ban, including bars and restaurants, had no effect on the rate of heart attacks or other ailments in the year following the ban.

As of now, there is little evidence that public smoking bans do anything positive for public health.

As the haze of the debate lingers, Dalhousie University will remain technically a smoke-free campus. The school declared a smoke-free policy in 2003 that is seldom enforced.

Despite the ongoing dispute regarding smoking, will those wishing to blaze up find a place to do so on Oct. 17? Judging by the smell of Jubilee Road at 2 a.m., they already have.

The *Globe and Mail's* diversity problem

It's Margret Wentte

BY MATT STICKLAND, COPY EDITOR



Here at *The Dalhousie Gazette* we've been pretty vocal that student journalism is important. So in a way, it's flattering when one of Canada's most notorious opinion writers seems to have read our paper and written a rebuttal to a piece about Dalhousie University changing its mace.

Realistically she didn't write the piece in response to me, but it's nice to feel important sometimes.

In her piece, Margret Wentte laments that Dal is somehow abandoning its goal of higher learning in favour of diversity, equity and inclusiveness. She never quite makes clear exactly how teaching students that all people are equal and belong in society is bad or how that's unacceptable to be taught at a university, but hey, here we are.

She continues on to ask, "what is this new religion?" And answers, "It's the religion of anti-racism and anti-oppression."

Of course, if Wentte were a fan of old books as her English Lit degree would indicate, she would know that anti-racism and anti-oppression have been re-occurring themes in the Abrahamic religions for give or take 2000 years.

New Religion

Although she is right about one thing, Dalhousie is falling prey to the new religion: The Market.

You see, Dal might claim to be in the business of teaching, but it's really in the business of making money. It's unclear exactly why

Dal is doing this, but it is.

In the lead up to the potential professor strike last year, Professor John Kirk said that full-time tenured professors are being replaced by part-time professors in different faculties.

The Dalhousie Faculty Association published a bulletin in the summer of 2017 stating that for 15 years, Dal's been directing funds away from academics and towards administration and infrastructure. Which is great because who among us is spending thousands of dol-

lars a year to learn good?

I for one am stoked that my tuition is going towards a swanky new gym I can look at while my intentions remain intentions. We also get puppies to pet at exam time if we're stressed because our overworked and underpaid professors didn't have the time or resources to prepare us properly for an exam. But I digress.

Wente raises a good point: English departments everywhere have shrunk, and the subject material has changed. But not, as she writes, due to being "a victim of waning interest and also of decades of postmodernist abuse at the hands of scholars who think that the great masterpieces of dead white males are reactionary, oppressive, sexist, racist and irrelevant, much like the 9th Earl of Dalhousie."

Because that's a dumb thing to write.

Dal's real problem

Dalhousie wants more people to come to the school so they can make more money. To do that they need to have fun and sexy courses that people will want to take. Multiple professors have explained that schools write course descriptions like editors write headlines: to suck you in.

The other aspect is pay.

Part-time professors are paid terribly. Like, their students can probably eat better than they can levels of poverty. The average part-time salary in 2016 and 2017 for a political science professor was \$4881. I'm supposed to note that this is lower than it should be because the university was operating under the old collective agreement. The professors got

an undisclosed amount in retroactive payments. So, consider that noted.

Also, consider this noted: it's impossible to live on that amount of money. Dalhousie has somehow managed to turn the formerly prestigious career of being a university professor into a side hustle. No one's going to teach Shakespeare as a side hustle.

Dalhousie's problem, Mrs. Wentte, is not creating more diversity – it's capitalism.

We also get puppies to pet at exam time if our overworked and underpaid professors didn't have the time or resources to prepare us properly for an exam.

Dalhousie professor baking his way to the top

Dentistry Professor Sachin Seth treats your sweet tooth on Great Canadian Baking Show

BY JESSICA BRIAND, ARTS AND LIFESTYLE EDITOR



Dalhousie Dentistry professor, Sachin Seth, is baking away the competition on season two of the *Great Canadian Baking Show*. The Nova Scotian baker started near the top of the group of 10 bakers during week one, and claimed the title of ‘Star Baker’ in week two.

Being on a baking show was a bucket list item of Seth’s for years. He grew up watching baking shows on TV; he began cooking in his teens, sneaking into his family kitchen before anyone was awake, to make a mess and see what he could come up with.

For Seth, baking isn’t a far reach from his dentistry background. He says it’s just another form of chemistry.

“Dentistry plays beautifully into baking, because dentistry is so scientific yet so artistic at the same time, and it truthfully is perfect like that,” he says. “Baking is very artis-

tic as well, it’s my form of artistic expression.”

In the first week, Seth won the technical bake: he made an orange chiffon cake using an incomplete recipe provided to them. The judges selected his cake over the nine other competitors during a blind tasting.

“We are put to the test in that technical bake. We are given a recipe with various things missing, it could be some ingredient quantities or some instructions, and we have to use our sort of culinary expertise to navigate that,” he says.

A team behind him

Seth is competitive on the show, but in-person radiates friendliness. His mindset heading into the competition was similar to every person for themselves, but that changed as he bonded with the competitors. In the first



HALIFAX'S SACHIN SETH IS A BAKER ON CBC'S THE GREAT CANADIAN BAKING SHOW SEASON 2. COURTESY OF CBC

episode, Seth finished a little early and helped a fellow contestant during the first bake to flip her upside-down cake onto a plate.

“The person I helped – I’m pretty sure it was Wendy – she’s from P.E.I., so she’s like our cousin, right?” he says. “She’s in our neighbourhood. She needed some help last minute, and I couldn’t not help her, I just had to. It wasn’t a big help at all; Wendy is great on her own, but it was just a little bit of side help there.”

Seth just missed coming out on top in both the Show Stopper and Signature bakes. A lot of his students came up to him after the show aired to tell him they thought he had been robbed of the win. His students also set up viewing parties for the first episode and have been very supportive.

“I have never felt so lucky and fortunate to

be surrounded by so much wonderful people on a daily basis. They have been so awesome.”

According to Seth, he’s been stopped on University Avenue to be congratulated and wished good luck by students, faculty and other Haligonians. Seth says that he’s a little shy about it, but his wife gets really excited and happy when people stop him on the street.

“They’re so ecstatic and they are so supportive of me,” he says of his family. “They know it’s sort of one of those bucket list things I have to do in life, and everyone has been so happy with my participation.”

Crusade on sugar?

People have pointed out in coverage of the show and press releases that it’s ironic a dentist

would do a baking competition, because of all the sugar involved.

Seth doesn't see it that way.

"The funny thing obviously, is that I should be on the crusade against sugar but my per-

sonal belief in life is everything in moderation," he says. "Definitely, eat sugar; eat it that's fine, but it's all about oral hygiene in the end. It's not going to kill you to have some sugar, but it might not do so great to your teeth if you don't floss and brush properly."

Some other tips he suggested if you can't brush your teeth right away included drinking lots of water daily to break down any extra

sugar left behind, or to chew sugar free gum to get your saliva going to break it down.

He also says that it's not all that ironic because dentistry and baking are closely related. "I've always maintained dentistry is one of those professions that really is a great mix of art and science. We as dentists out there are very used to working with our hands and our fingers, and working in scientific environments. Baking to me is an extension of that."

To bake or not to bake?

Seth has no plans currently to switch from the world of dentistry to the world of baking, but it will always be something he continues to do. "If I were

to open a bakery tomorrow, it would be fun for a bit, but it slowly would become work and I use baking as something I do to get away from work so I don't want to ruin that right now."

Some things he would consider doing in the baking industry are becoming a product ambassador or food judge. He says his experience judging students and his knowledge about baking would make him a very good

judge. As for how far Seth will make it this season?

"It was a once in a lifetime experience, and I'm just so grateful and happy that I was successful to be on the show and represent Nova Scotia, or Halifax, or Dalhousie community, or all of the above, and I hope I do everyone proud. We'll see, you'll have to tune in and watch."

You can watch professor Sachin Seth on the *Great Canadian Baking Show* on CBC online, or every Wednesday evening on CBC at 8 p.m.

"Dentistry plays beautifully into baking, because dentistry is so scientific yet so artistic at the same time, and it truthfully is perfect like that."



COURTESY OF CBC

Sweet tips for your Thanksgiving

Dal dentist turned baker gives students some tips

BY JESSICA BRIAND, ARTS AND LIFESTYLE EDITOR

Thanksgiving is just around the corner, so students are preparing to head home or host Friendsgiving in the city.

Don't stress about baking, because *The Dalhousie Gazette* talked to Dalhousie University professor and competitor on the second season of *The Great Canadian Baking Show*, Sachin Seth, for some sweet tips.

Seth recognizes that not all students have the means or the money to buy and cook a turkey, but he says it's not just about the food.

"It's not always about having this table full of really lavish, crazy things that you see on TV or in magazines, at the end of the day it's all about getting together with your friends or your family and just having a really nice time together," he says. "If you can't afford the turkey or the chicken, does it mean you can't have thanksgiving? Absolutely not; you do what you can, and if it ends up being chicken wings then oh well, you do that."

Chicken wings for Thanksgiving could be a new lasting tradition.

But for Seth, Thanksgiving is all about dessert anyway. He says even students can make a dessert that everyone will love.

and you can buy them fairly inexpensively and I think why the heck not? You get something on the table and everyone always likes it and it's always a great place to start."

Seth's tips include adding something extra to the cake batter; a package of pudding mix can also turn boxed cake into something nice and wonderful.

If you're cooking for a smaller crowd he suggests mug cakes. He recently filmed a video for DalNews showing students how to make a mug cake in the microwave and says they turn out delicious.

And his go-to is pie. Despite the debate over which kind is the best.

"The one sad thing about my marriage, and I love my marriage, is that my wife does not like apple pie," he says. "I love apple pie and it's just one of those things. She likes pecan pie, so in the spirit of keeping everyone happy in my household I make a pecan pie and it happens to be my father's favourite as well."

He suggests if students want to make their own pie you can't go wrong with Nova Scotia apples this time of year and you can always dial it back a bit by using store bought crust and other pre-prepared ingredients.

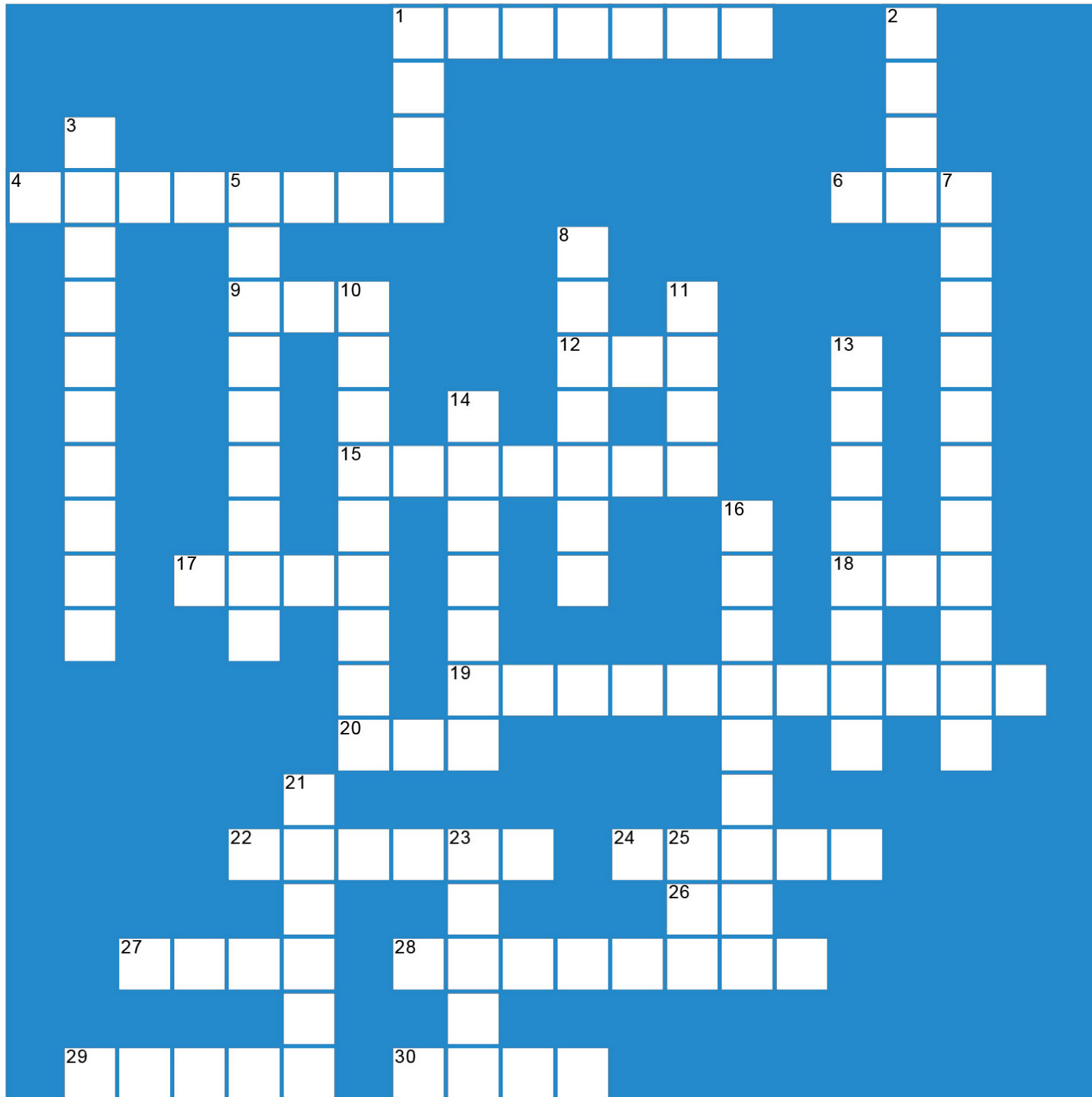
If you really want to go for it and try something new, creative and a little harder, Seth's recipe for Fall Harvest Cookies from *The Great Canadian Baking Show* are on the show's webpage under week two's Star Baker recipes.

Boxed cake

"If you want to get something sweet on the table and you don't have the know-how, boxed cake is underrated," he says. "There's nothing wrong with a boxed cake

Dalhousie University

CREATED BY MATT STICKLAND, COPY EDITOR



Across

- 1 Place to flex
- 4 See you at the pitch
- 6 Best res to drink @ during O-week
- 9 You haven't passed ____
- 12 Bruce ____, but not windward
- 15 Won't get you there
- 17 Out of control party
- 18 Unit of corn
- 19 Essays before computers
- 20 Peggy's cove is a place to ____
- 22 Unintended nap location
- 24 The ppl who teach
- 26 Wax off, wax __
- 27 Average number of years to obtain undergrad
- 28 Joke pictures of school, instantly
- 29 Coffee to wake you up before you go-go
- 30 Move over millennials

Down

- 1 Make mistakes downtown
- 2 Sound at noon
- 3 Coffee with no apostrophe
- 5 Your Councillor, probably
- 7 Drunk eats
- 8 Cats v dogs
- 10 Expensive paperweights
- 11 Halifax summer waves
- 13 Fast food delivery
- 14 Student beat
- 16 Leader out of the zone
- 21 In house mascot
- 23 Halifamous plant
- 25 Museum or CD

Find the answers to this puzzle online at dalgazette.com/arts-culture/crossword-dalhousie-university.

Drawing of house ignites search for artist

Students searching for artist to pay them for their work

BY GABBIE DOUGLAS

When fourth-year University of King's College student, Simon Gillies, and his four other roommates were shown a picture of a drawing of their home, they decided they needed to find the artist and pay them for their work.

They hope that once the artist is found they can pay for and frame the picture.

Gillies posted in the Dalhousie Book Exchange Facebook group hoping to spread the message. No luck.

Gillies sat down with *The Dalhousie Gazette*, in hopes of coming closer to finding the anonymous artist. An image that might be meaningless to the artist is actually special to Gillies.

Dal Gazette: Could you tell me how you guys found this picture?

Simon Gillies: Sure; so, I went to class one day and my friend Nathan came up to me and said, 'Hey, I was walking by your house the other day and I saw this girl standing across the street, drawing a picture of it.' So he went up to her and asked her if he could see the picture, and take a picture of it on his phone. The only information that he got from her was that she is an architecture student at Dal. So he just came up to me one day and said 'hey I have this cool picture of your house that someone drew.' So he sent it to me.

DG: Could you describe the picture?

SG: It looks like its pencil; it's drawn from the perspective of right across the street from my house. It's just a picture. It's a drawing of a three-story house that we live in. We have the top floor of the apartment. The drawing

itself is like black and white and it kind of captures that our house is sort of crooked. It captures the kind of crookedness and imperfection (of the house in the drawing). It's a really cool drawing.

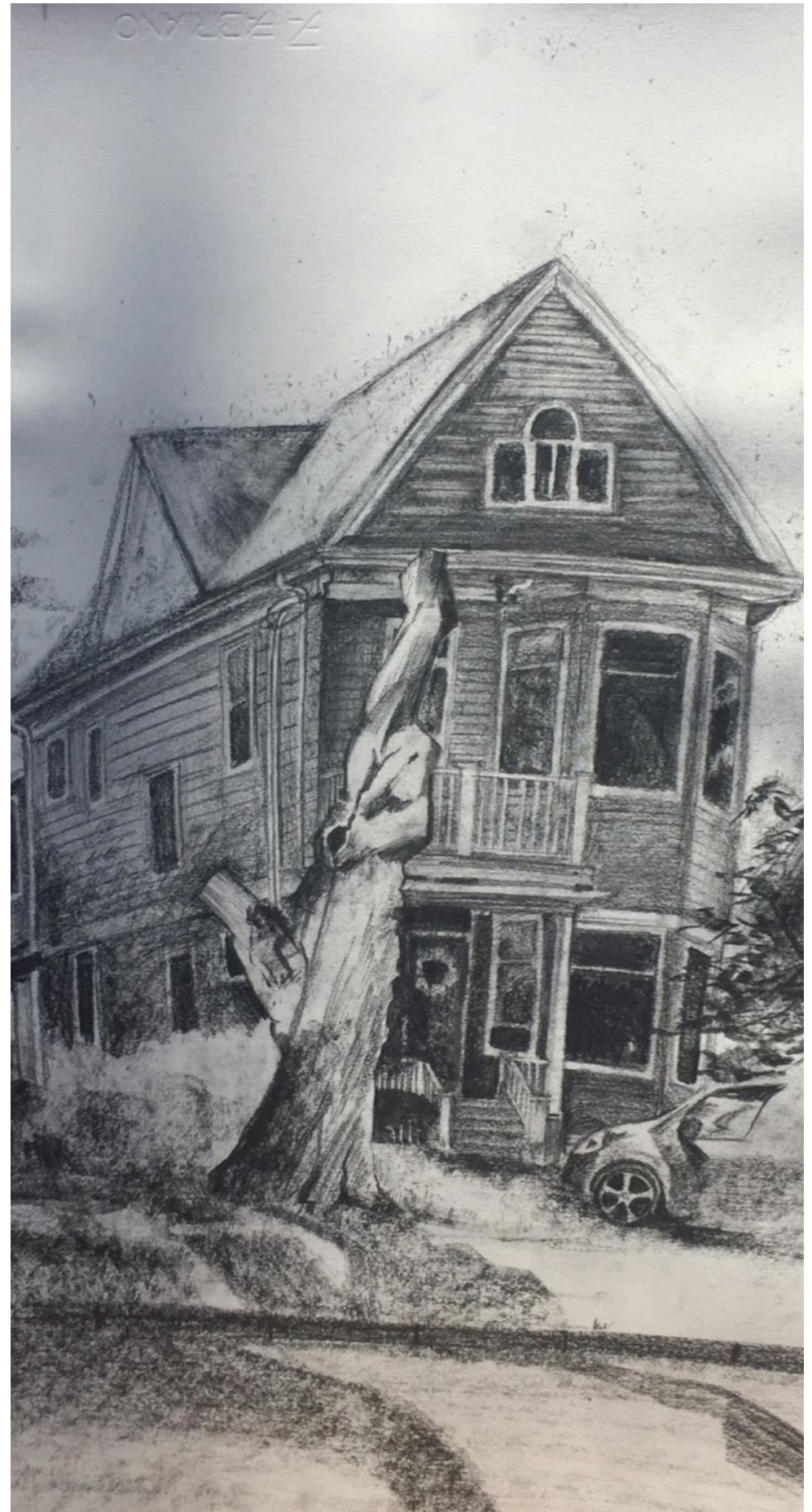
DG: Why do you want to find the artist?

SG: I showed the picture to my roommates and we all kind of agreed that it would be really cool to have a copy of the drawing ourselves, and buy it from the artist and frame it. I feel like whoever drew it probably didn't think very much of it, and sort of just drew it off hand. I don't know if it was for a school project or something like that. I think it would be cool to let them know their art is meaningful for other people, and also just to have a drawing of the house that you live in is pretty cool.

DG: In the event that you successfully find the artist, what would you tell them?

SG: I'd just tell them that I really appreciate the drawing, that what might have been something that they think nothing of is something that my roommates and I really appreciate. I would offer to buy it off of them, because I think that what they're doing has value.

Gillies asks that if you're the artist – or know the artist, ask them – to find him on Facebook, or come by the house and knock on the door. Him and his roommates would be happy to talk and let the artist know, in person, that they appreciate their work.

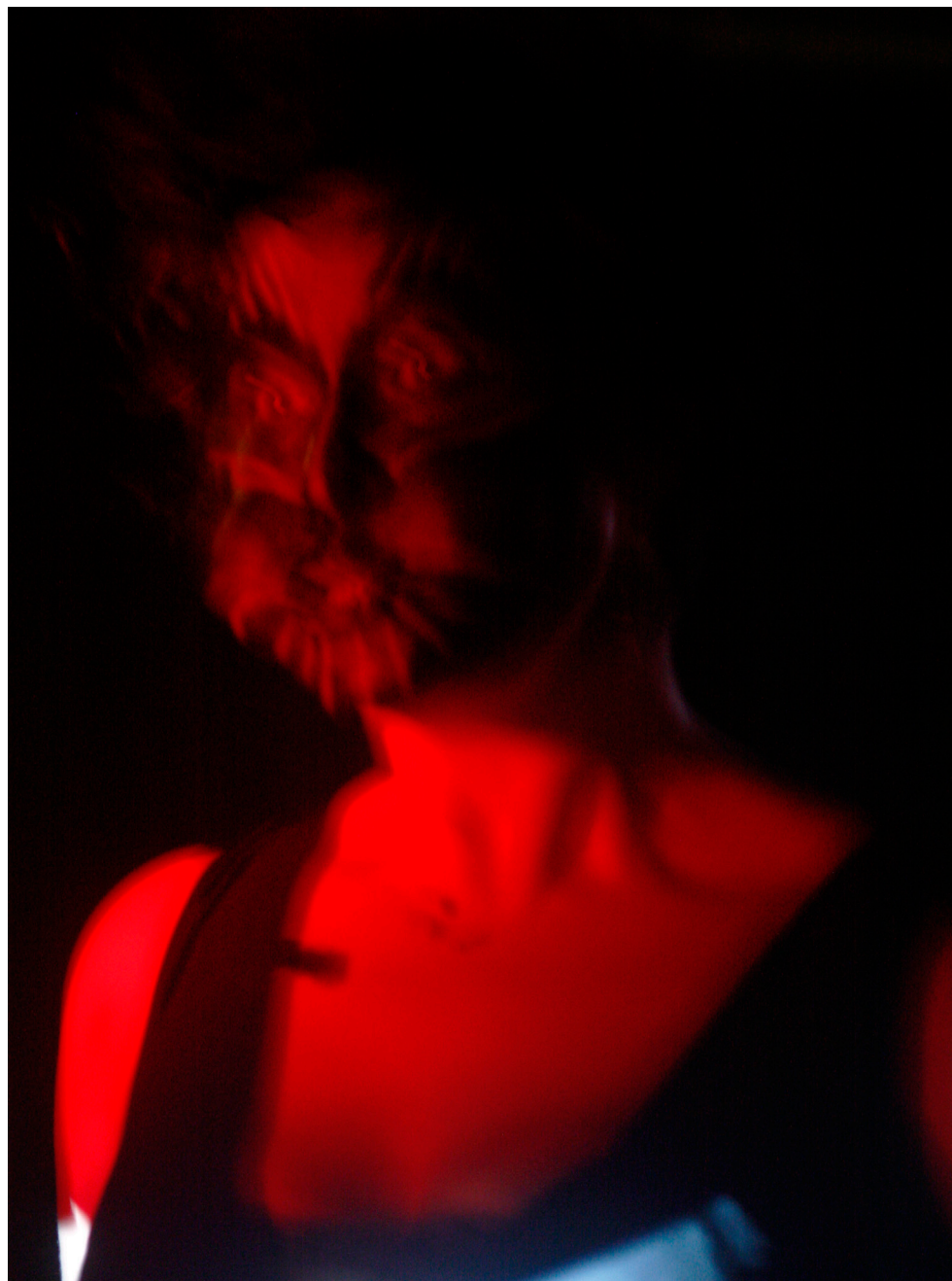


PROVIDED BY SIMON GILLIES

Indigenous art exhibit changing the narrative

#callresponse creates an interconnected conversation

BY CLAIRE HENRY



LAAKKULUK WILLIAMSON-BATHORY AND TANYA TAGAQ, *TIMIGA NUNALU, SIKULU (MY BODY, THE LAND AND THE ICE)*, PERFORMANCE AT NATIVE EDUCATION COLLEGE, 2016. PHOTO: MERLE ADDISON. COURTESY OF THE ARTIST.

The soundscape of Laakkuluk Williamson-Bathory's film, *Timiga, Nunalu Sikulu (My Body, The Land and The Ice)*, envelops the atmosphere of the Saint Mary's University Art Gallery.

Topographical maps cover one wall, inviting gallery visitors to put on headphones and listen to Ursula Johnson and Meagan Musseau's *Ke'tapekiaq Ma'qimikew: The Land Sings, 2018*. The open space lends a misleading simplicity to the complex, multifaceted project currently being exhibited at the SMU gallery.

#callresponse is a collaborative project involving different Indigenous artists and mediums, centralized around the art of Indigenous women in Canada. The works of Christi Belcourt, Maria Hupfield, Ursula Johnson, Tania Willard and Laakkuluk Williamson-Bathory are featured as the #call of the project.

Isaac Murdoch, Esther Neff & IV Castellanos, Cheryl L'Hirondelle and Tanya Tagaq are invited as guest responders, providing a #response to the central works of these five Indigenous women.

Challenging the reconciliation narrative

Tania Willard, who co-organized #callresponse with Maria Hupfield and Tarah Hogue, has a dual artistic and curatorial role.

"It is meant to be a provocation to ask for ongoing awareness, support and advocacy around Indigenous women's issues, starting in the arts but covering all fields, and overall in society," she says.

Willard says that the exhibit intentionally centres the experience and artistic practice of Indigenous women but doesn't hold them solely responsible for

action.

"We're calling for community to respond, we are calling for people to do the work that they need to do, so that we don't have missing and murdered Indigenous women, in other ways for other generations."

According to Willard, centring ideas of reconciliation in #callresponse has been carefully avoided, though she acknowledges the range of acceptance and experience with the term "reconciliation."

"That idea of reconciliation poses that there has to be an original coming together," she says.

In consideration of past and ongoing colonial trauma suffered by Indigenous peoples, Willard says "we are perhaps just at the first stage. Not actually at the reconciliation stage but at a

conciliatory stage."

The curatorial statement of the #callresponse website disrupts the term "reconciliation" while acknowledging the importance of the work done by the Truth and Reconciliation Commission.

Indigenous artists "unpack" our worldviews

"I think it's important that in this show, the primary conversation is among Indigenous artists," says Robin Metcalfe, director/curator of the Saint Mary's University Art Gallery.

"It is not directly a conversation between Indigenous people and settlers, except to the extent that as a settler institution we are presenting the exhibition, and as a curator with settler ancestry I am involved in realizing it."

The critical content of visual art, Metcalfe says, allows viewers to unpack, challenge and question

"We're calling for community to respond, we are calling for people to do the work that they need to do, so that we don't have missing and murdered Indigenous women, in other ways for other generations."



ONLY AVAILABLE LIGHT (DETAIL), FROM THE SERIES ONLY AVAILABLE LIGHT, 2016. ARCHIVAL FILM (HARLAN I. SMITH, *THE SHUSWAP INDIANS OF BRITISH COLUMBIA*, 1928), PROJECTOR, SELENITE CRYSTALS AND PHOTONS. FILM 8:44. ORIGINAL COMPOSITION BY LEELA GILDAY.

the way we see things, and to see things in different ways.

“Contemporary Indigenous artists in Canada are among the most active, and in the forefront of a lot of unpacking how we see things,” he says. “This exhibition represents some of the most current and critical and engaging of that work”

According to Willard, the #callresponse project is strongly linked to a sense of advocacy and community-based ways of working. As a collaborator with the Saint Mary’s University Art Gallery, Eye-level Art Gallery is involved in coordinating most of the performative and community engagement aspects of #callresponse.

In the current production of #callresponse, Ursula Johnson, of Mi’kmaq First Nation ancestry, collaborated with artist Meagan Musseau, also of Mi’kmaq First Nation ancestry, in a performance piece that opened the exhibit. A future silk-screening workshop led by artist Christi Belcourt will involve local Mi’kmaq water protectors.

Apart from being a social media tool used to link struggles and to extend the reach of the project, Willard says the hashtag of #callresponse represents interconnected and interrelated strands woven together like a basket.

“We can stop what’s happening now, we can raise awareness and come together,” says Willard.

#callresponse is currently exhibited in the Saint Mary’s University Art Gallery from Sept. 8 – Nov. 18, 2018.



ONLY AVAILABLE LIGHT, FROM THE SERIES ONLY AVAILABLE LIGHT, 2016. ARCHIVAL FILM (HARLAN I. SMITH, *THE SHUSWAP INDIANS OF BRITISH COLUMBIA*, 1928), PROJECTOR, SELENITE CRYSTALS AND PHOTONS. FILM 8:44. ORIGINAL COMPOSITION BY LEELA GILDAY.

Healing scars of the tattooing community

Gabe Squalor opens an LGBTQ+ tattoo parlour

BY JESSICA BRIAND, ARTS AND LIFESTYLE EDITOR WITH FILES FROM REBECCA DINGWELL, NEWS EDITOR

After nine years of tattooing in Nova Scotia, Gabe Squalor decided to fill a need in the community of Halifax by opening up an LGBTQ-friendly tattoo parlour, Outlaw Country Tattoo.

“Ever since I got into tattooing – ever since the very beginning – honestly it was very apparent that it was deeply needed,” she says. “It’s like one of those things where you start to get into an industry and you start to look at your peers standing all around you and you noticed you’re very different from your peers.”

The parlour – located on the corner of North and Clifton Street – will be co-owned by Squalor and her best friend Tucker Bottomley. They hope to open around Oct. 1.

“A lot of people didn’t think we’d make it this far, but we have so much passion and desire to do things like this,” she says. “We’re doing what we’re passionate about, which we believe to be one of the most important things in life.”

Comfortable clients are happy clients

The goal of opening Outlaw Country Tattoo is to make people feel comfortable. Squalor says tattooing is a very intimate experience and it’s important to her that her clients know she cares about them.

Throughout a tattoo, Squalor normally asks her clients how they’re feeling and if they’re okay.

“You could apply that to queers, you know when a queer [person] is asked ‘what is your pronoun?’,” she says. “We then have the opportunity to say what we need, what we want. That’s so important, for tattoo artists to continuously create a platform where then the client can say what they feel, what they need, what they want.”

Throughout Squalor’s time in the tattoo industry she noticed that it’s “an industry for people who can’t behave in your normal day-to-day society.”

“We’re very outspoken, we’re very interesting people, and so in the tattoo industry there’s the good and the bad,” she says.

“There’s all this extra room for people to be freaky. There’s also all this extra room for people to be prejudiced, outwardly. We can speak out about whatever we feel, like there’s so much room in the industry for that because there’s no rules and regulations or any dress code, et cetera. So you’ve got a lot of people just being themselves and that’s great but then on the other hand, because of who’s in power, most of the time you get a lot of people who are able to just express as much hate as they want on whatever they want to hate on.”

A scar that lasts a lifetime

Squalor says, tattoos aren’t just about how they look, but the experience of getting them. She compares a tattoo to a scar: you’ll live with it forever, reminded of it always.

When clients of hers discuss a bad experience in getting a beautiful tattoo she finds herself adding to it or covering it up to help the person through the negativity associated with it.

“Even just the simplest touch can really heal a bad scar like that,” she says. “That is why I focus so much on inclusion and safety in a space and I try to really leave the air open for whatever the client at that moment wants to have as an experience.”

In her experience, Squalor says that the people who are describing bad tattoo experiences are women who’d had misogynistic men who wouldn’t listen as their tattoo artists. It could be a great piece of art, just not for the person who got it.

“When you have something like any kind of non-consensual ink on your body, it really impacts your life. Every time you look down you see this time that you tried to say no and it didn’t work, or you weren’t asked if the tattoo artist could do this or that.”

When a simple change is made it changes the clients view of the piece. Squalor says, “the intention has been set in through the ink and the client can feel that and it’s healing.”



PHOTOS TAKEN FROM INSTAGRAM @SQUIGGLYSQUALOR (GABE SQUALOR)

Dal Physio Clinic is helping the bodies of patients and the minds of students

It's been unofficially open for nine months and is growing

BY JOSH YOUNG, SPORTS EDITOR AND ELLERY PLATTS



PHOTO BY KATE DEL TORCHIO

The Dalhousie Physiotherapy Clinic had its official opening last month.

"It's open to everybody. There's lots of people from the community that go down and use it. It's great," said men's soccer head coach, Pat Nearing.

The clinic is located at Dalplex; it's a private clinic owned by the university, which means that members of Dalhousie University and members of the public have to pay for it through health insurance.

But the money goes back into the school.

Unofficially, the clinic has been open since December. It started out with three staff members and now has 12.

The clinic is beneficial for the education of students. Physiotherapy students can work in the clinic and get hands-on experience of what it is like to be a professional.

And it's not limited to just physiotherapy students: kinesiology students and students in other medical programs have the opportunity to job shadow and get a feel for the profession. High school students can also job shadow.

Many of the clinicians working at the physiotherapy clinic are instructors at Dal's school of physiotherapy, therefore the staff knows what to expect with Dal students on work placements.

"There is an additional layer of knowledge and experience that I can offer as a clinician because I have taught the students in lecture and lab," says Ronda Reardon, who is the manager and physiotherapist at the clinic and an instructor at Dal's physiotherapy school. "I understand where they are at in their learning and understand the context of how they learned, so it allows them to have a more robust experience."

It also gives physiotherapy quick access to do research. They don't want to limit it to just physiotherapy, though. The long-term plan for the clinic is to incorporate neurological and cardiovascular research and care into it.

Derek Rutherford, the interim director of the School of Physiotherapy, believes a physiotherapy clinic based in a university is a good idea because of how often students and faculty sit and work.

"I wouldn't say necessarily the university setting caters to a physically active lifestyle and to me I think everyone should be going to see physiotherapy. If you sit for more than four or five hours a day, if you keep that up, sometime in your life you're going to have some physical problems that a physiotherapist can help you with."

This also benefits the physically active students like student athletes. There are constant injuries and

quick access to the clinic helps them perform.

"A lot of these guys are training 20 to 40 hours, as well as playing 20 to 40 hours a week," said Nearing. "Little [injuries] become big things very quickly and you can't, in a short season-especially a university season-just wait to get better," he adds. "You have to actively get better and the physiotherapy department, the new physiotherapy clinic is fabulous at getting people back to practice and back to games."

Physiotherapy faculty and staff are still learning how they are going to incorporate care, education and research into the clinic. But Rutherford is excited for the education benefits that will take place when it is finalized.

"To me, that is when the full richness of a clinical placement will be realized."

Women's hockey is back at UNB

After a ten-year absence the team is back and the coach is focused on the playoffs

BY ILYAS KURBANOV



University of New Brunswick (UNB) Reds women's hockey team makes a come back to Atlantic University Sports (AUS) after a ten-year absence.

The hockey team is back after a seven-year legal battle that resulted in the school being ordered to bring back the program by the New Brunswick Labour and Employment board in 2016. The board found that former player, Sylvia Bryson had proved discrimination against the school for cutting the women's team. The school said it was for budget reasons however, the board found inconsistencies in that claim.

Head Coach Sarah Hilworth intends to bring the program back to its' feet and start a new culture.

"We have been out of the AUS for ten years, but what happened in the past has to stay in the past

because we want to start a winning culture and build the program for years to come," says Hilworth.

Hilworth has set short term and long term goals for the team. She expects the team to make to the playoffs this year.

"AUS is a strong conference, but our goal is to become the best and create a legacy that will last for years to come. Our goal is to bring the U-Sports Women's Hockey Championship to AUS," says Hilworth.

AUS women's hockey programs have yet to win a national championship.

"As someone who won a national championship previously, I immediately want to establish a winning mentality for my players," says Hilworth.

A winning culture is crucial to the building of a

hockey program. Players want to go to winning teams, so in order to attract strong players, UNB will have to show they have a winning mentality.

This team is young with 18 first-year players. Inexperience might be a disadvantage. However, the team has time to develop and grow together.

"Over five years, our team will become more mature, more experienced and better. With hard practices, high pace on the ice and competitive environment, we have a chance to become a great team over the years," says Hilworth.

The Reds open up their season on Oct. 13th against Mount Allison University. A day later, the Fredericton rivalry will reset between St. Thomas University and UNB.

"It will be a game to watch and the game everyone wants to play. It will create an atmosphere in

the city like nothing else. It will be a great game," says Hilworth.

The game will be the first time this rivalry will be reignited in hockey since 2016. The men's hockey teams used to play against each other until St. Thomas folded after the end of the 2015-2016 season.

The AUS women's hockey conference is competitive, only two teams had a losing record last year. UNB will need to be prepared to face good teams on a nightly basis.

"My assistants and I prepare our players for hard fought battles physically and mentally. We are aware of the tension and we expect every opponent to be competitive and well prepared as well," says Hilworth.

Balancing cross-country and track and field

Runner Hudson Grimshaw-Surette is naturally a track athlete, however, he has joined the cross-country team for fun and is enjoying the experience

BY SARAH MOORE



PHOTO BY KARLA RENIC

There's a big difference between racing 800-metres and 10,000-metres. Second-year track athlete Hudson Grimshaw-Surette is proving that he can do both.

"He's too talented and competitive not too," said cross-country and track and field Head coach Rich Lehman about why Grimshaw-Surette is running for both sports.

The kinesiology student dabbled in cross-country

last year, running in two races. He came 14th at the DAL/SMU 8-kilometre invitational last September, and finished 37th at the Université Laval invitational 10-kilometre race last October.

However, his main focus is on the track. A middle-distance runner, Grimshaw-Surette came 7th in the 1000-metre and 11th in the 600-metre races at last season's U-Sports track and field championships. He was named Dalhousie's Male Rookie of

the Year.

"Last year I didn't really wanna [run cross country] as much and then I got to the team aspect of it and I realized that it was actually kinda fun," the Yarmouth, N.S. runner says.

Lehman says that Grimshaw-Surette's ability to run cross country was never in question, but they "didn't want to push things too much" in his first year.

This year, he's taking it more seriously, after the men's team lost several key runners: Cal DeWolfe, Graeme Wach and Will Russell.

"I just wanted to help out," Grimshaw-Surette says.

In a team atmosphere, Lehman says that Grimshaw-Surette is "a natural leader."

"He's got a lot of confidence. He's pretty good at getting the guys where they need to be in a workout," Lehman says.

Whether that's mentally preparing for a tough workout or making sure people are taking it easy. "He's really good at managing his emotions," says Lehman.

So far, Grimshaw-Surette's cross-country season is going well. In the University of Prince Edward Island invitational meet in September, he placed 8th. He was the second Tiger to finish, less than a second after English exchange student Bryn Smith.

Dal is hosting the AUS championships at the end of October. Grimshaw-Surette doesn't have high expectations for himself. "It's more of a show up and hope for the best kind of thing," he says.

Given his performance so far, hoping for the best could lead to a finish inside the top ten, His focus is on the team winning.

"I just want to contribute to the team as much as I can," he says. "I wouldn't say that I have a placing goal as much as a team goal - to win."

The men's cross country team won the AUS championship last year and are looking to defend their conference title. Lehman says that while Grimshaw-Surette is an asset for that goal, it's important to remember that cross-country is not his specialty.

"There's no point in losing sight of what he actually does," says Lehman, which is to "run two laps of the track really fast."

Grimshaw-Surette agrees, saying that running cross-country will help him get a good fitness base before he focuses on the 1,000-metre and 800-metre races of the track season, but that "it's mainly for fun."

How to be an Ottawa Senators fan right now

Senators blogger and a die-hard fan shares her complicated feelings being a Sens fan as the team falls apart

BY BEATA ELLIOTT

The NHL's Ottawa Senators have been one of the most important things in my life for as long as I can remember.

I – like many of their fans – have followed them through deep playoff runs, through heartbreaking losses and through every star player they've ever had leaving, such as Daniel Alfredsson, Jason Spezza and most recently, Erik Karlsson.

Some of my closest friends are people I met through blogging about the Senators; when I first moved out of Ottawa, Senators (Sens) fandom was my strongest connection to my hometown. This

team has become such an integral part of my identity that I cannot imagine what my life would look like without them.

Unfortunately, this past year has forced me and many of my fellow fans to rethink our investment in this team.

Fresh off an exciting playoff run where they were one overtime goal away from the Stanley Cup Final, the Senators have executed one of the most dramatic collapses in recent sports history. They have plummeted to the bottom of the NHL standings and spent the last year trading

away most of their good players.

The team's sudden decision to enter a rebuild has fans baffled and outraged. It does not make sense for the Senators to start a rebuild because their best players are in their prime, they have a lot of good young players coming up and they have traded away this year's first-round pick.

Many fans blame owner Eugene Melnyk for the team's situation. Last December, right before the Senator's first outdoor game, Melnyk threatened to relocate the team if fans did not start buying more tickets. It was a slap in the face to a fanbase. A GoFundMe to have giant billboards put up around Ottawa displaying the message #MelnkyOut raised over \$10,000, and the hashtag became a rallying cry for upset Sens fans.

The Senators finished second last in the league last year. Usually, when a team is this bad, fans focus on individual players, because we are still attached to them and want them to succeed. For Sens fans, that's not even an option. A year ago, my favourite NHL players were Erik Karlsson, Mark Stone, Kyle Turris, Mike Hoffman and Fredrik Claesson. Today, the only one still on the Senators is Stone, and rumour has it he has no intention of re-signing when his contract expires

at the end of this season.

I don't care about many of the players left, and I'm not sure I want to if they're all going to leave eventually.

Along with a large portion of the Senators' fanbase, I'm trapped in a special kind of hell this season. I'm still watching games, but without any of the emotional attachment I once had.

I'm watching only because I'm afraid that if I don't, I will lose touch with some of my best friends. I'll be meeting up with Sens twitter friends

and trying to translate my pain into comedy online, and waiting it out. Waiting for Melnyk to sell, and waiting for things to change enough that it doesn't hurt to think about the team whose success used to determine my happiness.

Along with a large portion of the Senators' fanbase, I'm trapped in a special kind of hell this season.

The Ottawa Senators have become impossible to love, and when you've built your identity around something, it's devastating to have it suddenly ripped away from you. This kind of thing stretches way beyond the realm of normal sports-related heartbreak.

So if you know a Sens fan, be nice to them this season. We're going through a lot right now, and it doesn't look like it's going to get better any time soon.

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Stanley Cup contenders for the upcoming hockey season

The Toronto Maple Leafs are Stanley Cup contenders... yes you read that correctly

BY JOSH YOUNG, SPORTS EDITOR

The NHL season has just started and the hockey fans are excited to see if their team will win the Stanley Cup. Here are the top Stanley Cup contenders heading into the season.

Tampa Bay Lightning

Tampa Bay has been close but not close enough to winning the Cup over the past four years. In 2015 they lost in the Stanley Cup Final to Chicago and then lost in the Eastern Conference Final to Pittsburgh (2016) and Washington (2018).

They're loaded with offensive superstars like former goal-scoring champion Steven Stamkos and winger Nikita Kucherov who finished third in the league points. They also have last season's top defencemen, Victor Hedman and star blue-liner Ryan McDonagh. Stopping the pucks is goaltender Andrei Vasilevskiy who was a finalist for the Vezina Trophy as the league's top goalie last year.

They're the most talented team in the league.

Winnipeg Jets

The Jets jumped 27 points in the standings last year and were the second-best team in the league, however, they lost to the Vegas Golden Knights in the Western Conference Final. Like Tampa Bay, the Jets are loaded with talent. They have four players in TSN's top 50 ranked players: Top-line centre Mark Scheifele (11), captain Blake Wheeler (20), sniper Patrick Laine (23), and Vezina Trophy finalist Connor Hellebuyck (44).

They scored the second most amount of goals and were ranked fifth defensively. They have an all-around great team and will be a force in the west.

San Jose Sharks

On defence, San Jose has Brent Burns who won the Norris Trophy as the league's best defenseman two years ago, Marc-Edouard Vlasic who is widely considered the defensive-defenceman in the league,

and they traded for Erik Karlsson who is the best offensive defenceman of his generation.

The Sharks' defence is going to be fantastic but they also have strong offensive players like Evander Kane, Logan Couture, Tomas Hertl and captain Joe Pavelski. Martin Jones is a stable goaltender in net. The Sharks have been Cup contenders for 10 years and made it to the Final in 2016 before losing to Pittsburgh.

Maybe this is the year they finally win it all.

Nashville Predators

Nashville made it to the Cup Final in 2017 but suffered the same fate as San Jose the year before and lost to the Penguins. They bounced back last year and were the best team in the regular season. Unfortunately, they had to take on the mighty Winnipeg Jets in the second round of the playoffs and lost.

They're led defensively by former Norris Trophy winner P.K. Subban, captain Roman Josi and strong defenders in Mattias Ekholm and Ryan Ellis. In goal they have last season's Vezina Trophy winner Pekka Rinne. Offensively, they are above average but not elite. If they rekindle the same fire as last year, they should still be one of the top teams in the league.

Vegas Golden Knights

Most people thought the expansion Vegas Golden Knights were going to be a bad team last year as they were made up of players that other teams didn't want to protect. Boy was everyone wrong. The Knights won the Pacific division with 109 points and cruised through the playoffs until they had to face Washington in the Stanley Cup Final and lost.

They lost some key players like James Neal and David Perron but replaced them with Max Pacioretty and Paul Stastny who are better players. Vegas may not be as dominant as they were last year but they have too much skill not to be seen as contenders.



PHOTO BY KATE DEL TORCHIO

Toronto Maple Leafs

These aren't your childhood Toronto Maple Leafs; these Leafs are young, have loads of firepower and are a great hockey team. They were third in goals scored last year and added superstar centre John Tavares. Their centremen now include Auston Matthews who scored 63 points in 62 games, John Tavares who scored 84 points and Nazem Kadri who scored 55 points.

Only Pittsburgh has a better centre combination

than the Leafs.

Goaltender Frederick Andersen has proven himself to be a quality puck-stopper. The biggest question for the Leafs is on defence. Their defence is about average, however, the 2017 Penguins proved that a team could win the Cup without great defencemen as long as they don't make dumb mistakes and can move the puck to the forwards.

Honourable mentions: Boston Bruins, Florida Panthers, Pittsburgh Penguins and St. Louis Blues.

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