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DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER EST. 1868



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Cycling to school

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DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER
EST. 1868

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LETTER FROM THE EDITOR

The weight of words: Examines what words can carry, from someone who packs them neatly

I don't know about you, but I'm tired.

The political climate is causing depression, exhaustion and ennui to wrap around us like a blanket, the familiar weight of despair settling on our shoulders.

On top of the everyday stresses in school we're seeing the trend of political polarization start to reach its logical conclusion. People on the fringes are eating their diet of political outrage and mailing bombs to political opponents of the president, killing Black people in a Kroger's after assuring a white person that "whites don't shoot whites," or gunning down 11 Jewish people in their place of worship.


All of those white suspects were taken into custody after committing their crimes. Meanwhile police are shooting Black boys for wearing hoodies, and Black men for being in their own apartments.


As someone who follows the news, reading these stories often enrages me more than the content of the stories themselves. The media has a tendency towards objectivity that's starting to obscure reality.

When accused serial sexual abuser Brett Kavanaugh was confirmed to the U.S. Supreme Court, *the New York Times* and *the Wall Street Journal* ran headlines about partisanship.

Buzzfeed, often-criticized for its listicles and quizzes, was the only one to mention the sexual assault allegations in their headline. Regardless of intention, the other two leaving it out implies that partisan debate is more important than having a supreme court justice that has likely gotten away with sexual assault.


We see examples of it close to home. In the most recent New Brunswick shooting, the community affected was described by most media as a quiet community or some other variation on that theme. It's unclear what makes a community or neighbourhood a 'quiet' one, but stories




Elamin Abdelmahmoud 
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Following


One of those proud-of-where-I-work moments.

 **WSJ** 4m ago

Breaking News
Senate votes to confirm Brett Kavanaugh, cementing a conservative majority on the Supreme Court after a blistering debate

 **BF NEWS** 5m ago

Brett Kavanaugh, who faced multiple sexual misconduct allegations, has been confirmed as the next Supreme Court justice.

 **NYTIMES** 6m ago

The Senate confirmed Brett Kavanaugh to the Supreme Court after a bitter partisan battle, shifting the ideological balance of the court.

2:09 PM - 6 Oct 2018

about shootings in North Preston never describe that community as quiet.

The implication is that a Black community can't be a quiet community, because shooting happens all the time. So far in 2018, there's been exactly one shooting incident in North Preston reported on by the media.

In the neighbouring community of Lawrencetown there's also been one shooting incident, it was not reported on by the media. The only reason I know that it happened was because I heard the shots while walking my dog, ran home and called the police. They swarmed my neighbourhood for hours.

I don't know what came of it; no one reported on it. Would my community be called quiet if a shooting happened here?

Here at *the Dalhousie Gazette* we know the responsibility we have, and we're trying. Even if we are "just" a student paper, we're still a paper of public record. The words we use and how we use them matter. If you've been reading our paper, maybe you've noticed.

In our sports coverage, we deliberately exclude racist team names. Last issue our cover page had the word *spoopy* instead of a similar word that's a racial epithet.

When you read your news question the words they use. When you read our paper, question our language and how we use them. Question what they mean, explicitly or implicitly. Can it improve? And support the news outlets that value accuracy over objectivity if accuracy is more important.

Pay attention to the words you use. What weight to they carry?



Matt Stickland, Copy Editor



L.A. Bonté



@FilbertCartoons

Métis Nation speaks out against Nova Scotian self-identifiers

MOU states the Métis and Mi'kmaq will work together to address the issue

BY ISABEL BUCKMASTER



CHIEF SIDNEY PETERS (LEFT), CO-CHAIR OF THE ASSEMBLY OF NOVA SCOTIA MI'KMAQ CHIEFS, AND PRESIDENT CLÉMENT CHARTIER (RIGHT), FROM THE MÉTIS NATIONAL COUNCIL. PHOTO PROVIDED BY THE MI'KMAQ RIGHTS INITIATIVE.

More Nova Scotians are claiming Métis heritage and attempting to access Aboriginal and Treaty rights.

“This is a new phenomenon since the '80s that people are emerging in Eastern Canada claiming to be Métis,” says Métis National Council President, Clément Chartier. “There are dozens of these cases in Eastern Canada where they have not been able to prove ancestry.”

As of the 2016 Census, Statistics Canada reports a spike in Nova Scotians identifying as Métis from 3,095 in 2011 to 6,905 – double what it was before. But the reality of the situation is that the Métis have no claim to rights in Nova Scotia, and those with official status don't want it.

“It is not a matter of race, it is not a matter of blood, it is a matter of belonging to a political or cultural entity or people and that's what's at stake,” said Chartier. “This [trend] is a big disservice to the Métis Nation – it attacks our integrity, it attacks our nationhood and attacks our

being, our spirituality and our existence as a people.”

On Sept. 27, a memorandum of understanding was signed between representatives of the Mi'kmaq and the Métis peoples, addressing the recent movement of self-identifying Métis in Nova Scotia. Both nations will be collaborating to ensure that the issue is resolved and promising to establish cultural awareness initiatives to educate the general public.

“The term Métis is an actual nation and documented nation we know; they have a documented, traditional homeland that is Ontario westward. They have their own culture and practices, they have their own history and they have fought for their own recognition,” said Zabrina Whitman, Senior Policy Analyst for Kwilmu'kw Maw-klu-suaqn (Mi'kmaq Rights Initiative) Negotiation Office.

“For groups outside of the Métis homeland to be defining themselves as Métis, it goes against what

the Métis nation is saying who their people are.”

It was in 2003 when the Supreme Court of Canada affirmed the existence of Métis rights during the case of *R. v. Powley*. In this case, Steve and Roddy Powley – two Métis men – were charged with “unlawfully hunting moose and possessing game hunted in breach of the Game and Fish Act.”

The Powleys pleaded not guilty and were acquitted, because under Section 35 of the 1982 Constitution, Métis have the right to hunt for food and water.

Now, there's a basic legal test, called the “Powley Test” that an individual must pass in order to be considered Métis by the government: the person must identify as a Métis person, be a member of a present-day Métis community and have ties to a

historic Métis community. Since then, the Métis have fought hard for the acknowledgement they now receive.

These self-identifiers could change that.

“I can't speak for the other provinces, but for a great many in Nova Scotia, the majority of them [the people claiming Métis status] are saying their lineage is to someone who is Mi'kmaq in the last several hundred years but that doesn't mean they're Métis,” said Whitman. “Métis is someone who is a part of the Métis Nation. Potentially does it mean that they have Mi'kmaq ancestors at one point in their history? Yes, but that doesn't mean that they're Métis.”

“The Métis Nation is its own nation, they have their own culture, their own practices, their own history and their own language and so people to identify as Métis outside of the Métis traditional territory is not respecting their nationhood as an Indigenous Nation.”

Looking to the future, Whitman believes that the solution will be resolved in a positive way. “I think that's what's significant: is ensuring that people are using the appropriate terminology and that individuals have a proper understanding of the Nations, of these terms and of the history of Canada and the Indigenous Nations that live here.”

As for Chartier, he is looking for the problem to be resolved and for the Métis peoples to continue to avoid any potential negativity that may come down on them because of this situation.

“It attacks our integrity, it attacks our nationhood and attacks our being, our spirituality and our existence as a people.”

“The Métis Nation is a distinct people based in western Canada with our own language, our own customs and traditions, culture and rights and so we don't call ourselves a mixed ancestry people. We're not. We are a distinct, full-fledged rights-bearing Indigenous people: The Métis Nation,” said Chartier.

“The big distinction is the Métis Nation is a people and not an adjective to describe people of mixed ancestry.”

Hot in here

Time is running out to prevent catastrophic climate change, says IPCC

BY KRISTEN TYMOSHUK



The toasty planet keeps getting hotter.

On Oct. 6, the Intergovernmental Panel on Climate Change (IPCC) released a special report. It predicts the planet will be 1.5 C warmer than it was before the industrial revolution between 2030 and 2052 if human-made greenhouse gas emissions continue to increase at the current rate.

Sea level rise, biodiversity loss and extreme weather are likely to increase as temperature climbs.

The report draws distinctions between 1.5 C and 2.0 C of warming: past 1.5 C of warming, impacts such as ecosystem loss and Arctic sea ice loss are more likely to pass irreversible tipping points.

If emissions aren't significantly reduced, the world could be on track to surpass 1.5 C and head straight for 2.0 C.

Jason Hollett, the Executive Director of Climate Change Nova Scotia, explained that even "if all human sources of greenhouse gas emissions stopped today, there's already change baked into our system." Impacts are going to be felt regardless, and "that's what the IPCC report talked about, that 1.5 C is most likely the minimum of where we're going to hit."

Changing for climate

Unavoidable warming has led the Nova Scotian

government to establish adaption strategies for living in a warmer world.

One strategy involves collaboration with the Nova Scotia Department of Agriculture. Hollett said food security in a warmer world will be a major concern and ensuring farming operations are resilient is crucial to provide enough food for a still growing population.

"This year we're going to have more growing days in the province which represents an opportunity for the agricultural sector," said Hollett. "However, we are seeing changes in the precipitation patterns, and that can impact access to water resources, which are also important to the agriculture sector."

Nova Scotia isn't an innocent victim to climate change. According to Hollett, the electricity sector accounts for 44-45 per cent of the province's greenhouse gas emissions. Coal burning still supplies 50-60 per cent of that energy.

To reduce emissions, Nova Scotia set a goal to bring in 40 per cent of its electricity from renewable sources by 2020. By 2030, greenhouse gas emissions from electricity must be reduced by 65 per cent. According to Nova Scotia's Electricity Plan (2015), "more than 25 per cent comes from clean renewables, and that will rise to more than 40 per cent around 2018."

Hollett said the province is working with New-

foundland and Labrador to import electricity from Muskrat Falls, a hydroelectricity project. (This project is a controversial one, with Indigenous groups and their allies protesting since its inception).

Hollett also mentioned the government made a commitment under the Pan-Canadian Framework to create a cap and trade program to reduce CO2 emissions. Nova Scotia is on track to reach these goals, said Hollett, but there's no set plan to reduce greenhouse gas emissions to zero.

In addition, the Department of Environment recently approved Lafarge Canada to burn 350,000 scrap tires for fuel at the company's cement plant in Brookfield. As reported in Halifax's alt-weekly, *The Coast* on Oct. 10: "Burning tires, even when carefully monitored, risks releasing toxic dioxins and dangerous heavy metals in the local environment."

Making a plan

The IPCC report said it is crucial to reach world-wide net zero emissions by 2050 to prevent warming from exceeding 1.5 C. In the 2010 Dalhousie Climate Change Plan, the Dalhousie Office of Sustainability proposed a goal to be carbon neutral by 2050.

Rochelle Owen is the Executive Director of the Dalhousie Office of Sustainability. She's also the author of Dalhousie University's climate change plan. The plan covers mitigation, adaption, and education surrounding climate change. Owen is updating the plan in 2019 to address how to reach carbon neutral-

ity from a mitigation point of view.

A key strategy is employing more renewable energy, she said. Some buildings, including the Computer Science Building, are decked out in solar panels. But the energy generated only accounts for three per cent of the building electricity load. The main problem is lack of space.

"If you calculate out how much space we have and how much it costs [to input renewable energy sources], the target coverage is probably in the 10 per cent range," said Owen. "To reach carbon neutrality you pretty much have to do offsite renewable power purchase projects."

Owen also stated that the emissions targets set out by the plan are on track with the IPCC reduction targets.

Despite the changes Nova Scotia and Dalhousie are making to reduce emissions, climate change is going to affect daily life. The IPCC report made it clear it's too late to completely avoid any impacts. Hollett believes the report should act as a wake-up call to buckle down and reach emission reduction goals.

"If we act now, and we act aggressively, we can avoid some of those terrible impacts that we may see in the future compared to if we don't act," said Hollett.

"I think [the report] is meant to be motivation to the world to say yes, things are bad, but we have opportunities to really mitigate these impacts, and we have an obligation to mitigate these impacts."

Cycling to school

Despite improvements, Dal's bicycle infrastructure leaves something to be desired

BY SHAYLA SMITH



A NEW BIKE LANE BETWEEN THE HALIFAX CENTRAL LIBRARY AND THE DALHOUSIE SCHOOL OF ARCHITECTURE AND PLANNING ON THE SEXTON CAMPUS. PHOTO FROM TWITTER @HEYCORNPUSSHER (JOHN KYLE).

Dalhousie University has made numerous efforts to ensure that students can have the option of biking to school. However, as cyclist and Dal employee, John Kyle pointed out, “there’s always room for improvement.”

Many students live off-campus, and some want a healthy, environmentally-friendly option to commute. With this in mind, Dal created new biking infrastructure, such as new bike parking spots and bike lanes.

Executive Director of the Office of Sustainability, Rochelle Owen, reflected on Dal’s efforts by noting that there has been new biking infrastructure installed on Sexton Campus: a new bike corridor through the campus.

“Making campus comfortable and safe for cyclists can invite students to commute by bike, and to explore beyond campus”

“The [Halifax Central] Library owns the top part of the land and the bottom part, Dal owns,” said Owen.

Kyle works at Dal’s Centre for Collaborative Clinical Learning and Research. He believes that the biking corridor on Sexton can be improved by implementing “protected lanes.” He explained that it “should have curbs or bollards protecting it so that drivers know where it’s safe to park.”

“The section by the Central Library included a buffer zone between the lane and the grass, but didn’t have physical barriers to prevent drivers from parking in it,” said Kyle. “A few bollards or pre-cast curbs would keep

them out of there.”

Kyle also mentioned that in addition to the Sexton campus, the bike lanes on University Avenue could be improved as well, with “a fully-protected lane.”

But Owen said Dal isn’t responsible for this bike lane. “On University Avenue, there’s the pilot cycle track and it is on HRM land,” she explained. She advises that people call 311 if they have any concerns about illegal parking in those lanes.

Owen also noted that they are aware of the issues facing cyclists, as they continue to “get emails and tweets and Facebook messages.” However, the Office of Sustainability is not responsible for enforcement. Upon reception of complaints they “notify the Security Office and they do enforcement.”

Sarah Manchon, Chair of the Halifax Cycling Coalition, supported the bike lanes on University Avenue. She said this is “an important project” as it “provided momentum and support for the subsequent

bikeway projects that have been implemented since.”

The concerns of the cyclists are taken into consideration when assessing new projects to ensure the safety of bikers. Manchon explained that they evaluate feedback from cyclists and use this to “have a deeper conversation about why the design treatment matters,” which leads to the construction of new “planters and concrete barriers, that create a safer division between cars and bikes.”

Kyle explained that although many features have been implemented to improve the experience for cyclists travelling to university, there are still some challenges. He pointed to the preferential treatment of car parking as one example.

“Dal publishes a map of car parking locations online, but not bike parking,” said Kyle. This makes it difficult for students to know where they can park. He said that “Dal plows out the car parking areas, but not bike parking areas” and this lack of maintenance can cause danger to cyclists.

Kyle proposed another solution which could prevent injuries in bike parking areas. He believes that “covered outdoor bike racks would help protect bikes on wet or snowy days. NSCC has them, why can’t Dal?”

There is an indoor bike parking area in the CHEB, but it remains inaccessible as “it’s behind two locked doors and a set of stairs,” he said.

Manchon agrees with the idea of students having the option to cycle to campus with ease. “Making campus comfortable and safe for cyclists can invite students to commute by bike, and to explore beyond campus,” she said.

Although cyclists face problems cycling on campus and around Halifax, Kyle is reassured that “Dal is doing relatively well at accommodating bicycles, especially compared to the city,” he said. “Dal seems to be actively looking for ways to make cycling better.”

Similarly, Manchon feels “very optimistic about cycling infrastructure in Halifax.” She continues to support the efforts of implementing new biking ideas around the city, such as the municipality’s Integrated Mobility Plan that “aims to implement a core network of connected bikeways in Halifax by 2022,” said Manchon. “There is momentum behind these infrastructure projects, and several bike lanes and paths will be completed this fall already.”

For more information on Dal’s bike services, including rental and repair, visit the Dal Bike Centre website.

Tour of Halifax prioritizes Black and Indigenous history

Dal prof Isaac Saney and Mi'kmaw Elder Billy Lewis guide, educate and unite

BY ISABEL BUCKMASTER



THE HALIFAX PUBLIC GARDENS IS THE THIRD STOP ON THE POLITICAL HISTORY TOUR OF HALIFAX. PHOTO BY CHRIS STOODLEY.

A new tour of Halifax is addressing overlooked history and gaining traction around the city.

A collaboration between the NSPIRG and Our Rising, Project Reconstruct's Political History Tour of Halifax is done from an African Nova Scotian and Indigenous perspective while also combining various other struggles, such as the labour struggle and the anti-war struggle.

The tour culminates in a discussion that takes place on a tour bus.

Lead by its tour guides, professor Isaac Saney and Mi'kmaw Elder Billy Lewis, there were over 300 people on the first tour and response has been overwhelming.

"Since the first tour, I have received numerous emails and other communications, as has Elder

Billy Lewis, as has the people in Our Rising," said Saney, who is the director of the Transition Year Program and an instructor of Black Studies at Dalhousie University. "People are asking for special tours for their high school classes, for the departments at Dalhousie University and other things such as that."

Right now, those involved with the tours are discussing how to accommodate the influx of requests.

The tour itself covers locations all around Halifax and runs from 11 a.m. to 4:30 p.m. — about five-and-a-half hours total. Beginning at Dalhousie University, the tour goes from there to

Citadel Hill, then the Public Gardens, Halifax North Memorial Public Library, the Mi'kmaw Native Friendship Centre and Africville, before ending at the Westin Hotel.

Each place on the tour has a special significance to African Nova Scotian and Indigenous history, with

most of the stories from the location either erased or ignored in traditional Nova Scotian history books.

Tangible history

"By taking people to physical locations, they give people that kind of materiality — that kind of essential experience that can actually

show here where people lived, here where incredible injustices took place, here where people actually resisted those injustices and here where very important struggles took place," said Saney. "As a historian, we are always concerned about providing the fullest presentation of the history as possible so that certain very significant events and people are understood. I think this is a necessary corrective remedy for that."

The goal of the tour is to open up a dialogue in the hopes that it may provoke a change.

"They [Halgionians] need to understand that the past is not even past, that these historical processes are not just years ago but continue to operate in various ways. Perhaps in new dynamic ways, but nevertheless these processes continue to shape the present we live in," said Saney. "One of the goals was also to say that there have always been instances of unity and there should be instances of unity that unite all those that are struggling against various forms of oppression and equality."

The aim is not only to educate people, Saney explained, "but also to unite people in the common humanity that we all share and basically to promote the idea of unity to transform the world."

Our Rising is an NGO dedicated to making the ideals of the tour happen in everyday life. According to its website, it's committed to individual, communal and societal transformation; they attempt to promote hope and make a change from the ground up.

"We believe that hope is reflected in how we come together, how we act together and how we walk a path together towards justice, equality and harmony. It is in the growing movements of people standing up in dignity, healing what divides us and embodying the world we all know is possible. We believe the light on the horizon belongs to all of us and that its rising is all of our rising," reads the site.

The next tour will take place on Saturday, Nov. 10, with additional tours expected to . The hope is that these tours will cover even more topics, attempting to encompass all of Halifax's history.

"In order to understand and see the exclusions of the problems of the present in order to carve a path towards the future, we need to understand this as history," said Saney.

"These processes continue to shape the present we live in."

Beginner's guide to pot

From a fellow beginner

BY MATT STICKLAND, COPY EDITOR



For those who are well versed in being high, feel free to skip this article. For the dozen of you who waited until cannabis became legal before trying it, here are some helpful tips from a fellow newbie.

Munchies

Thanks to pop culture tropes, everyone is aware that the munchies are a thing; people who are stoners like to eat food. If movies are your only frame of reference it would seem like munchies are a direct result of being hungry. So it makes sense then, in preparation for an inaugural stoning to have a lot of food on hand.

Individual experiences may vary, but munchies have nothing to do with being hungry. Eating while high just seems like the right thing to do. Even if you're full, your

brain and stomach just tell you to eat.

And then eat some more.

Being uncomfortably full while high is not the most pleasant of experiences. For munchies it's a good idea to fill your house with fruits and veggies (generally having healthy snacks in your home is a good all-around idea).

A glass of water at hand is also a must.

Low and slow

For someone just starting out, the slightly-too-thin-to-be-a-filter advisory card, tells new users to go low and slow. Meaning smoke a little and see how you're feeling before smoking more.

Rolling a loose underfilled joint – which is likely for first timers – is good if you're a beginner. It's advised that people pick a strain that has low tetrahydrocannabinol (THC)

content and has a relatively close cannabidiol (CBD) to THC ratio. A close THC to CBD ratio means the CBD will help mellow the high caused by THC.

Pot and booze intoxicate backwards. When drinking, being drunk ramps up as you drink more and your body starts processing the alcohol; after a certain amount of drinks, everyone has a point where they realize that even if they stop drinking now, they will be drunk for the rest of the night.

But when smoking, the high happens almost right away and slowly starts to peter off. After smoking initially, the high starts to wear off, or at least seems like it.

But it doesn't wear off.

It just kind of waits. If you smoke later on in the same evening – even if it's at the same low and slow rate used on the first tokes – it's eas-

ier to get higher than intended. The second smoking of the night has a lower threshold to get too high since the THC is still in your system.

If the weed of the night is low THC, it'll get you attempting to scroll up on a screenshot of a tweet level high, which is fine. If it's high THC, it could be the-world-is-ending-and-the-cops-are-after-you level high, which is not fine.

It's possible – but unlikely – that no matter how many precautions you take the high might be bad. That's why it's important to have a trip sitter. Someone experienced with the high who can help you through it if you're having a bad time. Other than that, watch some cartoons, listen to music, look at a lava lamp. Enjoy your time in Canada's new greener pastures.

Cannabis ad standards reveal government hypocrisy

Alcohol ads face unjustifiably lenient restrictions

BY ISABEL BUCKMASTER

Legalization is finally a reality. Despite this, it's become apparent that alcohol is the golden child in the government's eyes.

Ads portraying the glamour of liquor are plastered all over the city, flaunting the freedom of alcohol advertising with every glistening bottle of booze. The promise of a good time is insinuated in every ad, making for the perfect propaganda.

Meanwhile, cannabis is being treated in a completely opposite way. There are few cannabis ads. Existing ads are controlled by the government and centred around warning the public about the dangers of cannabis and ignoring any concept of recreational use.

This is hypocrisy.

The legal limits on cannabis advertising prevent it from reaching the glamorous status of its alcoholic competition. According to Bill 108 of The Cannabis Control Act, there's a ban on any advertising that may be considered appealing to youth. These limits restrict appealing packaging or labelling, selling through a self-service display or vending machine, and all promotion of cannabis products that may be seen by youth. Violators could face a fine of upwards of \$5 million or even three years of jail time.

In contrast, there are virtually no limits on the advertisement of alcohol in Canada. The Code for Broadcast Advertising of Alcoholic Beverages says that all advertising of alcoholic beverages must not attempt to influence non-drinkers to drink or purchase alcoholic beverages, be directed at any persons under the legal drinking age or attempt to establish the product as a social symbol. Despite these rules, most alcohol ads still contribute to the normalization of casual drinking, with montages of attractive young people partying and selling the fantasy of alcohol, while ultimately facing no repercussions.

The difficulty of following the rules constraining cannabis advertisements and the strict nature of the cannabis legislature is already being felt by the Nova Scotia Liquor Corporation (NSLC), especially in comparison to the alcohol. Recently released store images of the NSLC Cannabis stores feature no inner or outer cannabis advertising.

On top of that, there will be a dividing wall

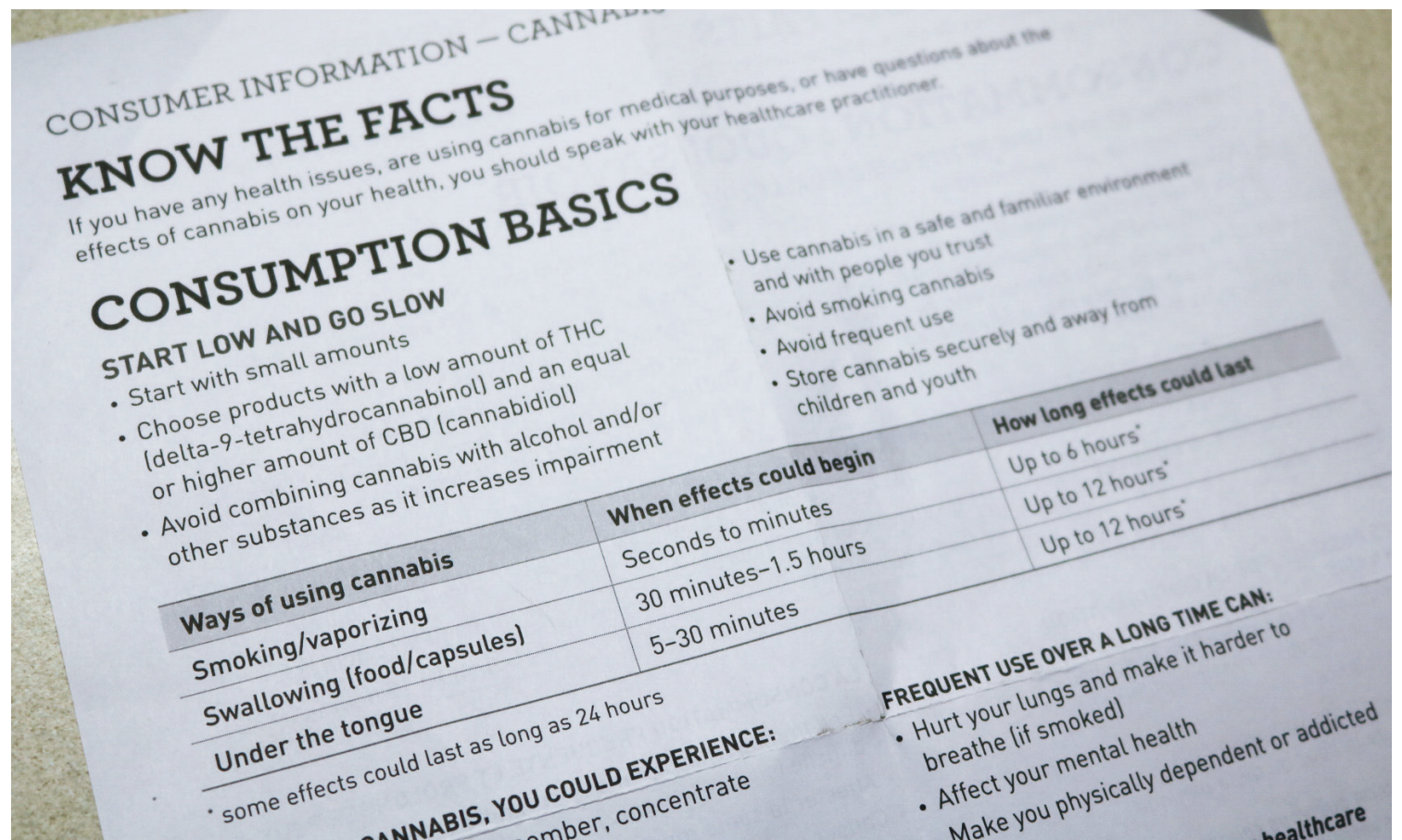


PHOTO BY CHRIS STOODLEY

prohibiting the rest of the store from interacting with the cannabis side. Yet in the same building, you can witness the flagrant nature of alcohol advertising on posters featuring 'a cold one with the boys' dripping with a beer commercial's iconic dew drops.

The lack of advertising for cannabis products is not only detrimental to the business but also dangerous to society. With cannabis readily available, legalization is meant to make monitoring consumption easier, in hopes of ensuring public safety. Instead, the Nova Scotia government appears to be set on hiding this secret in shame, despite Canada very publicly announcing legalization and causing waves globally as other countries watch to see how legalization plays out.

This only encourages the misinformation surrounding the drug.

Statistics Canada conducted the National Cannabis Survey Quarterly during 2018 to gauge cannabis attitudes leading up to legalization. The survey reports that 82 per cent of non-cannabis users said they would be unlikely to try cannabis or to increase their consumption with legalization, relatively unchanged from the first quarter result of 79 per cent.

Intention to smoke cannabis largely depends on whether the person is already a cannabis smoker. These stats emphasize that the level of caution involved in the advertisement of cannabis is ridiculous.

Given the lack of restriction involved in the ad-

vertisement of alcohol, it's shocking to see the government's strict hold over a drug that is arguably safer. Despite its newly legalized status, cannabis is still being treated as an illegal substance and it appears that the government's blind fear of the drug won't be going away any time soon.

Why is there such a fear surrounding the casual use of cannabis?

Factors such as racism and misinformation could be affecting these feelings. But legalization is here and happening now. There needs to be a focus on ending the stigma.

Cannabis is the new normal and it's here to stay; it's about time our advertisements reflected that.

Cramming isn't that bad

Last-minute studiers may have some method to their madness

BY 王羿杰 (YIJIE WANG)



PHOTO BY CHRIS STOODLEY

Cramming. I'm doing it right now. I was supposed to submit this article yesterday. But I stood no chance against my inner procrastinator.

Whenever exam dates are approaching, the Killam becomes packed with masses of hard-workers. The library seems to come to life like a buzzing beehive. The academic spirit seems over the top. No one can explain the fascinating phenomenon behind this.

Cramming is the practice of studying intensively to absorb tons of information in short amounts of time, normally right before exams or assignments. This technique has been practiced by many students throughout history.

At least one survey found that 99 per cent of students admit to cramming. This number is shocking and disappointing for most educators who believe cramming is fundamentally problematic.

Cramming is often linked with low grades and course withdrawals. Most academic experts don't recommend it. But surprisingly,

some studies show that cramming is an effective study strategy. Another study examined the weekly study diaries of 166 undergraduates. These students were also asked to complete an end-of-semester questionnaire measuring study habits.

The results show that crammers' grades were as good as, or better than, non-crammers. Many other researchers also found that there's no significant correlation between procrastination and academic achievement. It might be good news for some procrastinators as their behaviours are finally justified.

How might cramming have a positive impact on academic success?

A psychological phenomenon called the recency effect might play a role.

The recency effect is the tendency for things most recently learned to be easily recalled.

During the cramming process, information is stored more easily as working memories than long-term memories. Working memories are those which you are consciously holding on to. They are "executable."

Imagine your brain as a workbench. Doing tests involves retrieving or activating memories from your tool bag – your memory storage – for active use on the workbench. If things are freshly learned, the brain is quicker to retrieve the memories. It takes less time to execute if the information is already on the bench.

The recency effect explains why crammers can sometimes rock exams. The memories from pulling all-nighters are still fresh.

Does it mean that cramming is a superior study strategy over studying consistently? Can students just simply not study until the last night, pinning their hopes on the night-before binge?

Cramming can only help so far, but not all the way. It might be reasonable for merely getting through exams or assignments. But the information you cram into your head doesn't stay long. Even crammers would agree that cramming isn't a strategy to really learn the material. It all comes down to the concept of deep and shallow processing of information.

When you cram, information is processed at

a shallow level and encoded by the brain based on the characteristics of the words, rather than the meaning. The knowledge you try to absorb is stored at a superficial level, which will be forgotten as soon as you finish your tests.

Long lasting memories can only be formed by deep and meaningful analysis of the material.

When students really dive deep in the knowledge, especially when they create connections among different concepts, the meaning and significance of information is encoded and stored on a much deeper level. Whenever students need to handle their assessments, they simply retrieve or activate their long-term memories into "executable" working memories. Most importantly, the long-term memories don't easily fade away.

Cramming could be great if university merely meant passing exams. But if going to a university means getting educated and informed, you can't expect too much from solely relying on cramming.

The science says this is not an opinion, but a fact.

Think the flu shot ain't shit?

Dal students choose making babies and elderly sick over needle poke

BY LEXI KUO, OPINIONS EDITOR

Herd immunity is a biological concept where a majority vaccinated population inhibits the spread of disease to members of the 'herd' who have weakened or no immunity.

This could include young children, the elderly, pregnant women and those who can't be vaccinated due to other health issues. : Health Canada states that our flu vaccination rate should be at about 80 per cent to reap these benefits.

Yet it's stagnated at a measly 30-40 per cent throughout the last decade.

The flu vaccine changes every year to keep up with the ever-mutating flu virus. This year's vaccine guards against Influenza A, strains H1N1 and H2N3, and Influenza B. Many students believe that they're healthy and don't need to get it or it's unlikely they'll get the flu within the next 12 months.

But students ought to be more concerned.

Factors that weaken the immune system include stress, lack of exercise and sleep and an unbalanced diet – especially intake of sugar and carbs. Sounds just like the average student.

Speaking of stress, deadlines seem never-ending. Keeping up with classes is hard enough. For many students, staying home and patiently nursing the flu is a long shot. Opting to push through and at least to try to keep up with classes while sick may be the reasonable decision.

The flu is infectious through fluid from coughing and sneezing. Try to cover your mouth as much as possible when sick, with a tissue or a scarf. Even with the student grind in mind, it's best that those with the flu stay home as much as they can, especially when they have a fever.

If not for yourself, stay home for those



PHOTO BY KARLA RENIC.

around you.

The university environment brings increased risks of infection: shared living and eating space, shared bathrooms, constant social activity. Students rotate through classrooms all day. You never know when the person before you might have sneezed in their hand and wiped it on the desk. An innocent napkin leftover in the SUB. Sharing drinks or food with roomies. All the of those doorknobs.

When the season comes, flu prevention messages seem to be everywhere. 'Get the shot, not the flu,' is plastered on every

campus building. Vaccination clinics run on a rotating basis across campus. There's a good chance you'll run into a clinic at some point. The process takes maybe 15

minutes. That's a quarter of the time we spend scrolling Instagram every day. A few minutes to save yourself the two weeks toil that could result from the flu. And the spread to those with even weaker system than your own.

Getting the flu shot is important, but there are also many small steps you can take to reduce the spread of illness. Many of these take little time, headspace and effort to implement.

Wash your hands whenever you can, or keep hand sanitizer in your bag. Most drugstores sell travel size hand sanitizer for one or two dollars, some even have a convenient buckle to attach to your bag. Try not to touch your face, as germs can spread through your eyes, nose and mouth.

The fact is, we are coming into contact with peers in many ways, every day, whether we like it or not.

The National Foundation of Infectious Diseases reported U.S. college vaccina-

tion rates ranging between eight to 39 per cent. This isn't without consequence. Last winter, a New York state college was overrun by a flu breakout. What started with 10 students reporting symptoms, ended with 375 reports of influenza.

Is Dal at risk of becoming the next flu central? Find out what your fellow students think about vaccination.



The university environment brings increased risks for infection: shared living and eating space, shared bathrooms, constant social activity.

Women grow pubic hair...DUH!

Men's vag hair preferences are misogyny

BY LEXI KUO, OPINIONS EDITOR



PHOTO BY CHRIS STOODLEY

Pubic hair. It spouts out your butt crack. It pokes through your underwear. It sprinkles down your thighs. Maybe it does all of these things, maybe it does none.

Pubic hair doesn't care; it grows wild and untamed.

This is the truth and there is nothing wrong with it. Pubic hair is a natural part of human genitalia.

Why don't we accept this truth when it comes to women?

We've all heard the standard hairy pussy hate: "Maybe she hasn't showered in a

while, or she's just lazy," "Her vagina probably smells, stay away," "Maybe she's a hippie or a virgin or just an all-around weirdo."

How about, she's just an average human. Humans grow hair, as all mammals do.

The glorious locks that decorate those delicate folds are not unclean or useless. The utility of pubic hair has kept them around through eons of evolution. The hairs protect and keep warm. They are vagina lashes. No false stick-ons needed.

A hairy vagina is almost never seen in porn, and when it is, the title of the video

probably includes "massive bush." Having pubic hair is somehow a fetish – outside of the norm. A google image search of "vagina" brings up mostly medical diagrams, all of which are either completely hairless, or feature a thin, neatly trimmed strip forming a perfect border.

Why is a smooth vag seen as the typical and ideal, when we all know this isn't what vaginas naturally look like?

And yes, specifically female pubic hair.

No one is praising male pubic hair for being the epitome of silky-smooth locks. Pubic hair is, well, pubic. It isn't exactly the most camera-ready of regions. But when it comes to men, there seems to be an acceptance that pubic hair is what it is. It may not always be pretty, but it's here to stay. Men are not ridiculed or judged for having hairy genitalia.

Refusing to go down on a woman because she's unshaved is a commonly heard excuse, yet we don't often find women rejecting men's hairy junk.

Maybe you're tempted to bring up 'practical considerations.'

"It's hard to see all the parts," or "Hair gets in my mouth," they say.

When it comes to women, their anatomy is the problem. Going down on women is "too difficult" or "tiring." Their physical bodies too complicated to take the time to figure out. Women are expected to make things as "easy" for men as possible. Often that means removing pubic hair. No matter how much time, effort and pain may be involved.

Eating hairy pussy is like making out with a bearded man. Yet, people seem a lot less bothered by the latter.

When it comes to men, their anatomy is accepted fact, and women are expected to adjust. Consider this: a blowjob is considered a hookup. A man sitting motionless while a woman sheds sweat, tears and spit only to be rewarded with some salty gunk in the mouth and a meek "thanks babe."

Any man who claims going down on a hairy woman is "too much work" ought to reflect on the times a woman has taken a dick down her airway for little or no reciprocation.

Of course, real life doesn't play out in these blunt terms. Most women aren't sitting in the tub, razor and shaving cream in hand, thinking "Gosh darn the patriarchy forcing me to conform to men's unrealistic expectations of women's bodies."

Maybe it's a weekly routine, or a pampering ritual. Maybe you don't like the feel of hair, or it's something special for date night. All valid.

Blowjobs aren't all bad either. Maybe it's a form of attention and care for your partner. Maybe it makes you feel sexy and

dominant. Maybe you are really into this guy, and frick, this hookup is hot as hell.

The point is, women should not feel less sexy because of their hair. Women should not feel as though they are subjecting men to labour when asking for head.

Yet this is the consequence of men's attitudes.

It's not unreasonable for women to expect a fair share of oral regardless of the hairy situation. Men who avoid hairy vag ought to reflect on their flimsy excuses. Some hair in your mouth won't kill you. A dick down your throat might.

Eating hairy pussy is like making out with a bearded man. Yet, people seem a lot less bothered by the latter.

Pussy hair self-care

Coconut oil is great for softening your sweet locks. They are also great for preventing ingrown hairs and post-shave itchiness. And check out men's shaving or beard care products that do the same thing for women's body hair at a cheaper price.

Dalhousie student goes from opera singer to DJ

Patrick McIntosh, uses classical music as DJing influence

BY ALEX WOOD

Dalhousie University student, Patrick McIntosh can be seen or heard DJing at a variety of events both on and off campus. If you haven't had the chance to see him at his soundboard, you're missing out.

Originally from Corner Brook, Newfoundland, he and his family first moved to Nova Scotia thirteen years ago. McIntosh played clarinet and piano as a child; he's since learned to play the guitar and keyboard. He's currently at Dal for a Bachelor of Music studying voice, and he sings opera.

All this comes together to make his DJ work unique.

Dal Gazette: *How did you get started with DJing?*

Patrick McIntosh: It all started with a talent show thing in grade nine. My buddy and I put together a mix of music just for a dance-battle type thing, and I thought, 'I kinda want to get more into this.'

The mixing music part was really interesting to me, so I started trying to produce my own music, and then in grade 10, I started with actually trying to mix more. I got a demo version of a DJ software and just started playing with that, and from there my passion just took off.

DG: *Was it hard to learn?*

PM: Coming from a musical background, it was a little easier to learn, but it definitely has tricks to it. You have to learn all the stuff with the hardware and the software; the technology with it and how to incorporate different styles into mixing. You also have to find different keys to play with, tempo, as well as how to work with the general transitions and buildup. It's hard going from, say, a hardcore rap song to a more easygoing house track, just finding that transition point.

DG: *Do you find your experience with opera and classical music influences your DJ work?*

PM: It definitely has its influences. Where I come from the opera background, it's more melodic and structured, so for me, I find much more joy in using melodic tunes instead of harsher tracks. However, I did get into electronic music through dubstep and that kind of genre.

DG: *Your stage name is Paradox. How did you come up with that?*

PM: It was before grade 12 – my second year DJing – I was in Quebec for the Explore [French-language] program. My friends and I were trying to figure out a good DJ name, and we came up with Paradox because it looked similar to my name when I wrote a signature, and it had a nice ring to it.

DG: *What kind of demographics do you usually play for? Do you find it's more of a university student thing?*

PM: I've done events for university students; I've done gigs at the bars downtown. I had a gig at Pacifico three or four weeks ago, and I DJ'd at the Argyle three or four times. I DJ'd at Fall Ball the past two weeks, as well as at events for Greek Life organizations around campus. I also DJ'd for Orientation Week the past two years. This Friday I'm actually going to be DJing at the Grawood's Halloween event.

DG: *Is it hard to get gigs in Halifax?*

PM: Yeah. It's pretty saturated with DJs already, so you have to know who's already working there. That's how I got my gigs ... if somebody couldn't do it, they contacted me to fill in.

DG: *If you hadn't gotten into DJing, what do you think you would be doing now?*

PM: My whole life has been kind of directed towards music anyways, so record-



PHOTO BY KARLA RENIC

ing, producing, that kind of area. I think that, had I not gotten into it, I would've been a lot more into theatre and classical music – just because growing up I was always around music and around classical music as well.

Growing up, I kind of wanted to be an actor or performer, but as the years went by I got into classical music; but at the same time into electronic music and

DJing. I find both of them have similar complexities. There are a lot of intricacies in creating electronic music and DJing, just as there are a lot of complexities in singing opera and performing.

If you're interested in seeing some of McIntosh's work, you can find him on Facebook under the name Paradox or 'P4R4D0X.'

From prose to pop songs

How a novel writing contest inspires artists of different types

BY TARINI FERNANDO

Every November, Mark Pineo sits down at his computer and starts making an album of music. By the end of the month, it's finished.

In his own way, Pineo, an audio instructor in the University of King's College's journalism program, participates in a contest called National Novel Writing Month (otherwise known as NaNoWriMo).

Regularly, participants of the contest try to write a 50,000-word novel in 30 days. Four years ago, inspired by this competition, Pineo challenged himself to make an entire album of music in a month.

He's done it every year since.

He starts his process in late September to early October, playing out ideas on his guitar and saving the audio files to a folder on his computer. On Nov. 1, he opens the folder and listens to these "seeds" of ideas, picking ones that he wants to flesh out into full-length songs.

In the weeks to follow he undergoes a process of quickly composing instrumentals, and then sending them off to his collaborators to make lyrics. His genres vary, but overall he classifies the songs as pop.

Pineo isn't the only one on campus engaging in this challenge. A group taking the more traditional route in their participation of NaNoWriMo is Dal Writes.

Building worlds with words

The new Dalhousie University society, created this year by computer science student Alex Sproul, is a creative writing group that focuses on worldbuilding for science fiction and fantasy writers. Sproul created the society because he was surprised that nothing like it existed already.

This November, members of Dal Writes are planning to participate in the month-long novel-writing contest together.

"I don't actually expect everybody in Dal Writes to finish NaNoWriMo," says Sproul.

He realizes that as students, finishing a 50,000-word manuscript in one month is



PHOTO BY CHRIS STOODLEY

a big task. He simply wants writers to feel at the end of the month that they have the capabilities to write an entire novel.

Sproul also wants the process to be enjoyable. He plans for the society to have write-a-thons and mini-contests throughout the month to make the process "collaborative" and "full of fun and communication."

The process

In a Facebook message, Lamia MacKiewicz, a NaNoWriMo Municipal Liaison for Nova Scotia, told *The Dalhousie Gazette* that having this kind of community is helpful to her when she participates in the contest.

"[The sense of community] does add pressure, but in a way that I find really

motivating," she says.

Whenever MacKiewicz gets distracted or isn't happy with the direction her novel is taking, she turns to the online NaNoWriMo community for encouragement.

For Pineo, connecting with other participants for support isn't exactly a part of his process. Although he collaborates with many artists for his songs, most of his time is spent alone in his room when he's creating music.

At the end of the month, Pineo always uploads his completed album online. It's not the final product that matters to him, but the time spent making music that's im-

portant, and the personal enjoyment that comes from it. This positive experience is why Pineo recommends the month-long challenge to artists of any style or background.

"Any artist can do it, but they need to pick what gets them excited."

Pineo's advice to other artists is to pursue that passion that excites them. He doesn't think artists should get hung up on the process of making art, for the method is

different for every person. It's just a matter of sitting down and creating, and NaNoWriMo is a reason to do just that.

"Find what lights you on fire," he says, "and just chase it down."

He simply wants writers to feel at the end of the month that they have the capabilities to write an entire novel.

A Star is Born, for the fourth time

The history of one of the most remade films in Hollywood

BY TARINI FERNANDO



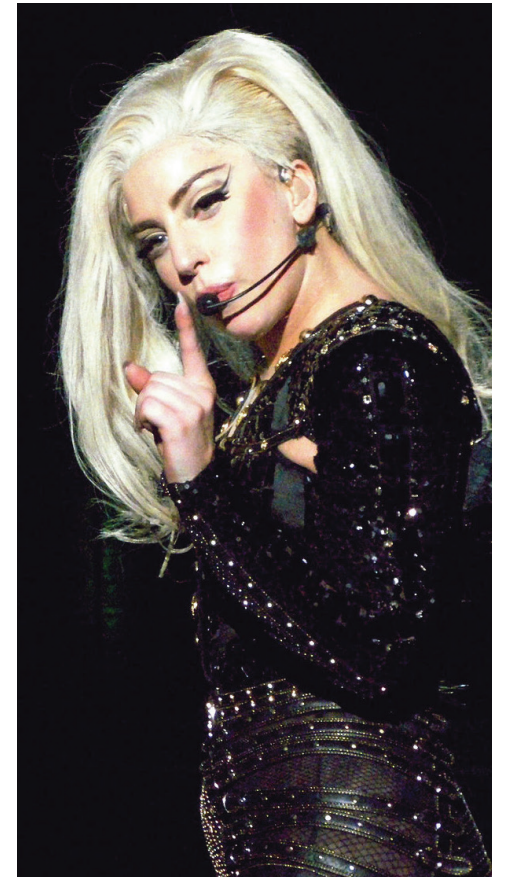
JANET GAYNOR STARRED IN THE LEAD ROLE OF THE 1937 ORIGINAL FILM.



JUDY GARLAND MADE A COMEBACK AS THE LEAD IN THE 1954 REMAKE.



BARBRA STREISAND TOOK ON THE LEAD ROLE IN THE THIRD REMAKE IN 1976.



LADY GAGA STARS AS ALLY IN THE 2018 REMAKE.

A Star is Born is the latest hit film to reach theatres this fall. But this isn't its first time on the big screen – this film is the third remake since the original. There have been some changes.

The movie, starring Bradley Cooper and Lady Gaga, is about a young, amateur singer named Ally (Gaga) who falls in love with country music celebrity Jackson Maine (Cooper). After touring with Maine, Ally rises to stardom while the old country star fades into obscurity.

This plot may seem generic to some viewers – old stars fading away, and new stars taking their place – and that's because it's the same essential plot reused.

In 1932, director George Cukor made *What Price Hollywood?*, a film about a young wannabe actress, Mary, who makes it in the industry after falling in love with a famous film director. This movie inspired the first *A Star is Born* in 1937 starring Janet Gaynor, and the 1954 remake with Judy Garland. These films are all centred on the film industry and Hollywood's

star system.

A change occurred in the 1976 version starring Barbra Streisand – for the first time, the movie was set in the music industry. This one clearly inspired the 2018 writers and producers.

Why does this story keep getting remade?

The most recent version has been receiving immense commercial and critical success. In fact, each previous version was popular in their time. What is it about this story that's so enthralling? Why have audiences continued to go see the same film for the past several decades?

According to Dalhousie University film and

theatre professor David Nicol, a remake is ideally made when the original film is based “on a fundamentally good idea” – and *A Star is Born* is a good example of that.

“There's a fading star and there's a growing star, and they meet in the middle,” he says.

Nicol adds that a good remake is about “solving problems” that the original film had, whether they be social issues or problems with

the story itself. The leading men in the older versions of *A Star is Born* were incredibly jealous of their successful wives. Her stardom overshadowing his was seen as a tragedy and emasculation of the husband. The burden of guilt was placed on the wife for apparently causing this misfortune.

The new film recognizes the sexism in this.

“*A Star is Born* is a great example of a movie that kind of needs to be remade every 20 years or so.”

Maine does have a few moments of drunken jealousy toward his wife, but he apologizes for them. And Ally is not depicted as the reason for his demise. These transformations in the remake reflect society's changing values.

In addition to solving problems, Nicol thinks that remakes are made when the original film simply goes out of date.

“*A Star is Born* is a great example of a movie that kind of needs to be remade every 20 years or so.”

Regardless of whether you care for the older versions of this film or not, the 2018 remake was certainly made for this generation.

There will probably be another in 20 to 40 years from now – maybe sooner, and that version will likely see even more change to the story.

In the meantime, you can enjoy Lady Gaga singing her heart out and pretending to be a rising star. One day, her fame will fade too, and a new star will be born to replace her.

Cannabis content

October 17 was weed legalization day PHOTOS AND STORY BY ISABEL BUCKMASTER



The lineup for the newly opened NSCL Cannabis on Clyde street stretched down the sidewalks, noticeable from quite a distance away. Seemingly neverending, the number of people remained consistent throughout the day, never stopping but never quite reaching the volume of people that the government had alluded to in their PSA's previously. Many people appeared giddy, standing in line in groups of friends or peers.



Legalization has the opportunity to change societies perspectives on cannabis and the people who smoke or consume it. This day and this choice are about the people, whether that means making it easier to monitor cannabis use to keep the public safe or eradicating the stigma for the population that use cannabis for pain relief or mental illness, and this was obvious in the tentative excitement surrounding this day.



A massage parlour across the street embraced the legalization and new position of the NSCL Cannabis across the road, welcoming users. It was one of the few businesses in the area that acknowledged the new positioning of the store. Up the block, a sign proclaiming a 'smoke free Lover Level Spring Garden Place' appeared to counteract the parlour's friendly welcome.



The foot traffic in the area was not made up of strictly cannabis customers. Many people stopped by the store on their way to an alternate destination or even made a point to stop by just to take in the occasion of legalization and witness the line-ups. Traffic was held up by people stopping to take pictures, passerbys wanting to broadcast the situation while many customers wanted to commemorate the occasion. The latter were often identifiable by a brown paper bag that contained the cannabis they had just purchased.



Once purchased, the cannabis was placed in a brown bag that made the recent customers easily identifiable. The bag was printed with warnings of the effects of smoking cannabis and other facts. It also provided a website and references to resources that will provide more information to the users or any readers. The bags were almost reminiscent of cigarette cartons, with their style of information and seemingly ulterior motives to provide an ominous feel to the product.



Cannabis users are allowed to carry up to 30grams in public but there is no limit to what they can have at home. In Nova Scotia, cannabis is available legally from \$6.33-10.99 for value cannabis to 10.99 and above for premium cannabis.



There were very few people out of the streets openly smoking, most likely due to these signs. With the new smoking ban in effect as of Oct. 15, meant to counteract some of the potential effects of the legalization, it will be interesting to see how this will impact the legalization of cannabis and the use of it in the public. Is the smoking ban the solution the government has been looking for all along? Only time will tell.

The Tare Shop: saving the environment one cup and bag at a time

Newly opened shop offering easier access to living an eco-friendly lifestyle

BY GABBIE DOUGLAS



PHOTOS BY JULIA MOUNTENAY

As of closing time on Oct. 24, The Tare Shop claims to have saved over 1368 disposable cups/bottles and 1409 plastic bags since its opening on Oct. 3.

The Tare Shop is a package free café, a store and a community hub. The shop is the first of its kind in Halifax; the owner is hoping to make zero-waste living more accessible.

"It's been amazing and it definitely feels like business has been growing," says Kate Pepler, founder of The Tare Shop.

The idea of zero-waste is gaining popularity in a time of environmental crisis. A new report by the Intergovernmental Panel on Climate Change (IPCC) states it's urgent to act on climate change within the next 12 years. Global warming must not increase more than 1.5 C or we run the risk of catastrophic irreversible damage, according to the report.

Plastics are created from fossil fuels such as oil and natural gas, which releases toxic emissions when extracted from the earth according to the plastic pollution coalition.

Only nine per cent of all plastic ever made has been recycled. In addition, 8.3 billion tonnes of plastic has been produced since 1950 according to an audit by Greenpeace Canada.

Majority of the plastic waste in our landfills comes from consumers and corporations meeting a rising demand for single-use convenient packaging.

The top 5-polluting corporations in Canada in order of greatest significance are: Nestle, Tim Hortons, Pepsico, The Coco Cola Company and McDonalds according to the Greenpeace report.

How it works

The shop works through a process called tare – hence the name. Tare is defined as "a deduction from the gross weight of a substance and its container made in allowance for the weight of the container."

When customers come into the shop, they weigh their containers, fill them with the products they want, and then pay. The Tare Shop's daily waste tracker measures the cups, bottles and bags saved from people using the shop over other options.

In the café, you can buy a coffee or tea and a rotation of local baked goods. When you purchase a beverage, it will be served in a reusable mug, or in a travel container if you can't stay to drink.

There's a mug and container library (the majority of which has come from donations to grow the collection) if you've forgotten your travel mug or you impulsively decide you need all the chocolate covered coffee beans.

Access to Tare

The Tare Shop is hosting a series of events such as a How to: Zero-Waste workshop, Clothing and Halloween Costume swaps, and a speaker series. The first in the series is: The Forgotten Harmony, led by international bestseller Philip Sheppard. It will focus on how disconnected we've become with ourselves and its ripple effect on the environment.

Students receive 10 per cent off on bulk and lifestyle products on Tuesdays, (easy to remember when student days at the Superstore also fall on a Tuesday). On Wednesdays, The Tare Shop offers 10 per cent off for seniors on bulk and lifestyle products.

For those that may not have the time to fill their containers, there's a 'busy day' drop-off option.

"People can drop their containers off in the morning, before 11 a.m. with what they want in each container, and then pick it up after 3 p.m. and it will all be ready for them to go," says Pepler.

The bulk section has a range of products from oils, shampoos and conditioners, to nutritional yeast, tea, pasta and everywhere in-between (for a full list check thetareshop.com).

It sells Cove Kombucha on tap available to drink at the shop and sold by weight.

Frequent customer, Ashlyn Hughes, has learnt a lot about zero-waste living and how to eliminate packaging from her daily life since its opening.

"It's made me realize how things I use every day create waste and how easy it is to eliminate these kinds of waste," she says. "It's close to where I go to school and it makes it very easy and affordable to get package-free and sustainable foods and products."

Pepler has been amazed by the support of the community and the growth from just three weeks of being opened.

"Everything has been really positive," she says. "It definitely seems like Halifax was ready for this and I can't wait to continue to grow and meet more people from the community."

Thunder and Lightning

Dal's running back duo is frightening

BY JOSH YOUNG, SPORTS EDITOR AND ELLERY PLATTS



ZACCHARY KUHN (LEFT) AND JASON WATTS. PHOTOS PROVIDED BY DALHOUSIE TIGERS FOOTBALL.

The Dalhousie University men's football team is undefeated in the regular season for the second time in three years.

This season Dal scored 195 points, 21 points ahead of the second closest team. A lot of that has to do with the success of Dalhousie's two running backs: Zacchary Kuhn and Jason Watts.

"Both of these guys are workhorses, they are team players," says the team's Head Coach, Mark Haggett. "Kuhn specifically I think is one of the best players in the league," he adds. "They grind it out, they never miss, they are great leaders in the locker room, and when the game is on the line, these are two guys who want the ball."

Both of them play different roles on the team. Kuhn is a fast player who is used when Dal needs a lot of yardage. He runs about 7.33 yards per carry and has five rushing touchdowns. Haggett calls him the lightning.

The thunder is Jason Watts. He has a solid build of 5'9 and 205 pounds. He is used when Dal needs a runner to smash through the defensive line and get some hard yardage. He has 5.7 yards per carry with two touchdowns.

"A big part of their success has been our fifth-year offensive coordinator Evan Brown," says Haggett. "Evan has done a fantastic job to put them both in a position to succeed. In a position where their skills are best utilized."

The two of them create a dynamic duo and benefitting the Tigers offence. The strong run game keeps opposing defence guessing if Dal is going to run or throw the ball.

Having two great running backs means one is always fresh. If either of them is exhausted from a big play the other one can easily take over.

They're great friends both on and off the field.

"We hang out Fridays and Saturdays like we will

both play some Madden [NFL video game] or go to the club together," says Kuhn. "He's in my phone as RB1 and I am RB2. He's my homie."

"That's my guy, we know when it is more important for him to be in and when it is more important for me to be in. I trust him more than I trust myself honestly," says Watts. "He's a baller."

Running backs can't be successful without the offensive line creating openings for them. Kuhn says Dal's offensive line is "the best O-line I have ever worked with."

"Three quarters of the success of our run game is thanks to them for sure," says Watts.

Haggett said that for two players that have a lot of success, they are remarkably humble. When asked about their success this season, Kuhn and Watts gave their teammates, coaches and each other all of the credit instead of themselves.

Kuhn is looking to joining a U Sports team after

this season. Dalhousie's program is a club team and not a top varsity team, therefore they don't play in the highest division and can't offer scholarships.

"I would love to stay here if they have a [U Sports] program here, but I got to go as far as I can," says Kuhn.

"I want to go as high as I can for my parents that support me. I want to use the talent God has given me and I want to go as far as I can in football that's for sure."

Haggett doesn't have a problem with players seeing Dalhousie as a developmental opportunity for playing a higher level of university football. He said when they recruited Kuhn, they had the understanding he would want to branch out to a higher level. Scholarships are a big part in a player's decision to uproot from Dal and play somewhere else.

At the time of writing, the Tigers are starting their playoffs. If they're going to have success, Kuhn and Watts will be a big part of it.

Basketball nationals return to Dal

Dalhousie is guaranteed a spot, but the Tigers want to earn it

BY SARAH MOORE, ASSISTANT SPORTS EDITOR



THE DALHOUSIE MEN'S BASKETBALL TEAM TOOK ON THE UNIVERSITY OF PRINCE EDWARD ISLAND ON JAN. 19. THE TIGERS WON 94-55. PHOTO BY ELLERY PLATTS.

Dalhousie University will host the U Sports men's basketball national championships for the second time in three years this March.

They won a bronze medal as the host two years ago. They want to do better this time.

"We're not playing for second, that's for sure," says Head Coach Rick Plato.

In 2016-17, Dal won the AUS championships for the third year in a row, and then nearly made it to the gold medal game at nationals, losing to Ryerson University in the semifinals by one point. Playing McGill University for bronze, Dal won the first national medal for men's basketball in the school's history.

As the host team this year, Dal is guaranteed a

spot in the tournament, but that doesn't mean they're going to be complacent. They want to earn their place. They want to go into the tournament as AUS champions.

"We can't just settle for getting into the national tournament," says fourth-year forward and co-captain Sascha Kappos. "Our goal has always been to try and win."

Their performance during the regular season and AUS playoffs will determine Dal's position in the tournament, which is important to avoid playing a top team at the start like Carleton University. They have won

13 national championships in the past 16 years.

"There are no weak teams there," says Plato, "but if we're going to have to play Carleton, I'd like it to be in the final."

The Tigers have a lot of work to do to make it to that point. Last season, they didn't qualify for nationals because they lost to St. Francis Xavier University in the semifinals of the AUS playoffs. Dal stayed even with the X-Men in the first quarter and outscored them in the second and fourth quarters, but was beat 32-15 in the third, which would decide the game.

"We can't just settle for getting into the national tournament"

That loss should motivate the team for this year. "Before you can win, you've gotta learn how to lose and taste what it feels like," Plato says. "A lot of the guys felt it last year and I don't think any of them really liked it."

This year's team lost seven players from last year, but has "a good core," says Plato, and is "much more athletic."

That includes four players from the team two years ago: Sascha Kappos, Kevin Duong, Cedric Sanogo and Alex Carson.

In 2017, both Sanogo and Carson missed nationals because of injuries, so playing in the tournament will be a new experience for almost everybody on the current team.

The tournament is held at the Scotiabank Centre and brings a different environment than regular season games. The stadium and crowd are larger, the music is louder and there is a lot more energy in the crowd. Two years ago, Saint Mary's lead the league with 1,228 fans per game. In Dal's first game at nationals there were 5,210 fans. Dal will have a regular season game against Saint Mary's and AUS playoff games at the Scotiabank Centre to try to be familiar with the setting.

"You don't realize until you first start playing in the game," says Kappos. "Taking a second and looking around and just seeing all the eyes are on you - it's an incredible feeling."

But that's nearly six months away. Right now, the Tigers are finishing their preseason, where they've gone 8-1 in games against teams in Ontario and Nova Scotia at the time of writing.

"If the preseason's any indication, this team's very hard working. Tremendous grit," says Plato.

There's lots of potential in the team, more than half of which is made up of first and second years. Right now, they lack some of the experience and leadership of the bronze-medal-winning team two years ago.

Plato is optimistic that by the time for nationals, the team will be in a good position to succeed.

"We've got the ingredients - it's like baking a cake or making fine wine," he says. "It looks pretty messy early on but ... over the course of six months we've got some time to put it together and the finished product come March is going to look pretty good."

Trying to make the show

Dal lacrosse player Sawyer Howell was drafted into the NLL

BY JOSH YOUNG, SPORTS EDITOR



PHOTO BY GEOFF RICHARDS PHOTOGRAPHY.

The day didn't start that remarkable.

Dalhousie University lacrosse player, Sawyer Howell, was at home with his roommates watching Planet Earth season two on Netflix on Sept. 26. The National Lacrosse League draft was taking place and Howell was following it on his phone because he had a few friends that were drafted in the first round.

As the draft moved on, Howell stopped tracking it and turned his attention to the show. Twenty minutes later he checked his phone again and saw many congratulations messages.

He turned to his roommates and said: "Holy shit, I just got drafted."

The Georgia Swarm drafted Howell in the last round of the draft; seventy-first overall.

Howell wasn't expecting this. He didn't go to any of the draft combines this year because he was in Halifax and the closest combine was in Toronto. His plan was to re-declare for the

draft next year, train all summer and go to the combine while he'd be back in his hometown, Toronto.

But Georgia went to watch Howell play last summer for the Mimico Mountaineers in Junior A lacrosse. They liked what they saw and drafted him.

"It is crazy that it happened this year," says Howell. "I was pumped."

The Swarm's training camp starts on Nov. 2 in Toronto and takes place over the next three weekends. Howell had just over a month to prepare. He goes to the gym twice a day, including days he has practice with Dalhousie. At home, he studies Georgia's strategy. Howell's biggest fear is to go into training camp and realize he should have done more preparation.

In his last season with Mimico, he had one goal: three assists for four points. He's a defender and defenders rarely score, so his stats aren't a good indication of how good he is.

According to the Dal Tigers Head Coach, Connor Dubreuil, what makes Howell a great player is his work ethic, preparation and intelligence. Dubreuil says when the coaching staff draws up plays, Howell can grasp it quickly and leads the team in implementing them on the field.

"He becomes another coach on the field," says Dubreuil. "Most guys understand their job. Sawyer — especially on the defensive end of the field — is some-

body who understands everybody's role."

Howell is feeling excited and nervous heading into training camp. As a defender, he may have to play against Lyle Thompson in drills. Thompson led the NLL with 116 points in 2017.

"My team has so many guys I have looked up to my whole life, Lyle Thompson is like the best player in the league right now," says Howell.

As the last player drafted by the Swarm, Howell doesn't know his chances of making Swarm's team.

But he's not letting that discourage him.

"The big thing I am going to take away from this training camp is to see where I am at and see where the best pros are and see what I need to do to get there," says Howell. "I think I'm ready right now — maybe I'm not — but I am going in with the confidence that I am and hopefully that is right."

Jeremie Baumeister is the Dal lacrosse team co-president and defender.

"We were all stoked for him," says Baumeister of the team's reaction to Howell's drafting. "I mean you know you have someone you're playing with and he's going pro, it's awesome."

Howell started lacrosse late, at the age of 12. He says he has never been the most skilled but he is always willing to work hard and that is what has helped him.

Baumeister says Howell "lives for the sport." When someone brings lacrosse up Howell asks if anyone wants to go pass the ball around or practice shooting.

Having the Dal team to train and play with is helping Howell stay in game-shape.

Howell's first exhibition game will be in Toronto against the Toronto Rock. Many friends and family will be in attendance. He's excited to play against his hometown team and against a few friends who will be on Toronto's roster.

"It will be really nice to have that [family] support. I wouldn't have made it without their support, especially to give me that confidence in my first game and that extra drive."

With Halifax getting a lacrosse team in two years, Dubreuil is hopeful Howell will play for that team at some point.

"We're so proud he has put in all of the hard work and it's clearly paying off. Hopefully he ends up playing with the Halifax team when they get here."

"We were all stoked for him. I mean you know you have someone you're playing with and he's going pro, it's awesome."

Controlling midfield

Women's soccer midfielders Venkataraman and Lalande having another good season

BY JOSH YOUNG, SPORTS EDITOR



MAYA VENKATARAMAN (LEFT) AND RACHELLE LALANDE. PHOTO BY CHRIS STOODLEY.

Maya Venkataraman and Rachelle Lalande are leading the Tigers from midfield.

Both players are tied with strikers Sofia Nicolls and Jensen Hudder for the women's soccer team's lead in points with four.

"Both of them have great work ethic," says Cindy Tye, the team's head coach. "Maya is a catalyst for attack while Rachelle is more of a steady stay at home player."

Venkataraman is an offensive midfielder. It's her job to start the attack and pass the ball to an open striker. When there is a shortage of strikers on the field she will act as one and score goals. Her four goals are tied with Hudder for seventh in the league. Over her three seasons as a Tiger, she's consistently been one of the top scorers on the team.

An example of her offensive talent was on display with her goal against the University of New Brunswick in mid-September: Venkataraman found open space and received the ball in the attacking zone. She ran through the middle of two defenders and shot the ball into the back of the net.

Lalande is a defensive midfielder. Her role is to stop opposing attacking players before they reach deep into the Tigers' third of the field. Because she has a defensive role, she was surprised to find out she's tied for the team lead in points.

According to Tye, Lalande has a great shot, and can fire from both feet; she's used often in free kick situations.

In that same game, Venkataraman scored the

goal described above. Lalande fired a corner kick from the left corner, the ball sailed through the air, over the keeper and landed in the net.

Both players were recognized by the AUS last year and were both named second-team all stars.

Neither Lalande nor Venkataraman personally take credit for their success. They give the credit to their teammates and coaches.

"I honestly would have to give a large portion to the team because without the team you're just an individual player and that's not going to get you places," says Venkataraman.

Dalhousie has five coaches that help out their players. Along with Tye, they have two assistants, a goaltender coach and a video analysis coach. Lal-

ande credits them along with Tye for their success.

"I think she [Tye] really gets to know us each as an individual and figures out our strengths and weaknesses and really knows where to put them."

With the season nearing an end, both players will be important if the Tigers are to have playoff success. Venkataraman will need to start the offence, break through defensive lines and create scoring chances. Lalande will need to help shut down the midfield. As older players, they will be looked on for experience.

"What definitely got us here is a full team effort, that is no question," says Tye. "We're going to look for older players to step up and they are going to be a great engine for us."

Keeping clean sheets

Dal's keeper Ben Grondin started the season on a seven-game shutout streak

BY SARAH MOORE, ASSISTANT SPORTS EDITOR



PHOTO BY TREVOR MACMILLAN

Second-year goalkeeper Ben Grondin has eight shutouts in 10 regular season games.

The Dalhousie University Tigers men's soccer team has been scored on only six times in 11 games this regular season. One of the main reasons for their success has been the team's new starting goalkeeper, Grondin.

"He's really embraced the role, and he takes his craft very seriously," says Head Coach Pat Nearing.

Grondin's strong play, combined with a deep defensive line, has allowed the Tigers to go 7-2-2 in the regular season and clinch a playoff position after failing to qualify last year.

As a backup keeper to TJ Leopold in the 2017-2018 season, Grondin, played in four games as a rookie.

Taking over the starting position this year, expectations were high, says Nearing.

Grondin leads the league in save percentage at 0.905 and has made 13 more saves than any other keeper.

Grondin says that he's not doing anything different this year, he just continues to train consistently.

Nearing has noticed a difference in Grondin's confidence level.

"One of the biggest changes is his confidence has really shone a light onto the field," says Nearing. "He's very vocal, he controls the back line and he's a great leader from that goalkeeper position."

"I'm a lot more confident with my feet this year," says Grondin. "Maybe it's just having one year of experience under my belt, but I'm able to play a lot more out in the back and help our team keep the ball a lot better."

Having that reliability in the net has been huge for the Tigers, as they went the first eight games of the season without getting scored on.

"That was awesome," says Grondin. "Our team really bonded well over that and having a united front about not letting any goals in really built our confidence up and created a really great team bond in the back line."

In addition to Grondin, the rest of the back

line has been essential in Dal's defensive effort.

The back line includes the return of Isaiah McCullough at the centre back position, who last played for the Tigers two years ago. Now in his fourth year of eligibility, his strength, speed and great passing range make him valuable for the Tigers, says Nearing.

They're also helped by hard-working wingers Michael Trim and Quinn Park, first-year right back Alex Knesaurek, and left backs James Matthews and Emilio Roche.

It's a combination with a lot of depth, but, "it's certainly Isaiah and Ben [who] have been the anchors of that group," says Nearing.

Starting in net for seven of Dal's first eight shutouts, Grondin's confidence was

sky-high.

"You never think that you're never going to get scored on," says Grondin. "But you're just gelling a bit more with your teammates and it's always good to be confident."

After eight games without a goal against, the Tigers lost 2-0 to the first place, undefeated Cape Breton University and then lost 4-0 against Acadia University.

"It was a bit tough. When you go those eight games without [getting scored on] the downside is when you do get scored on sometimes when it rains it pours," Grondin says.

In a season of only 12 regular season games, it was important for the Tigers to stop the downpour quickly, so to speak.

Putting those losses behind him, Grondin and the team bounced back and got another shutout – Grondin's eighth of the year, the most of any keeper in the AUS – in a 2-0 win against the University of Prince Edward Island on Oct 21.




But the team isn't focusing on the shutout streak or past games anymore. At the time of writing they have one game left in the regular season. They're focused on the playoffs that start Nov. 1st in Sydney, N.S.


"We're anxious to get back into the playoffs," says Nearing. "We really hope that somewhere along the line we beat Cape Breton because we'd really like a rematch with them."

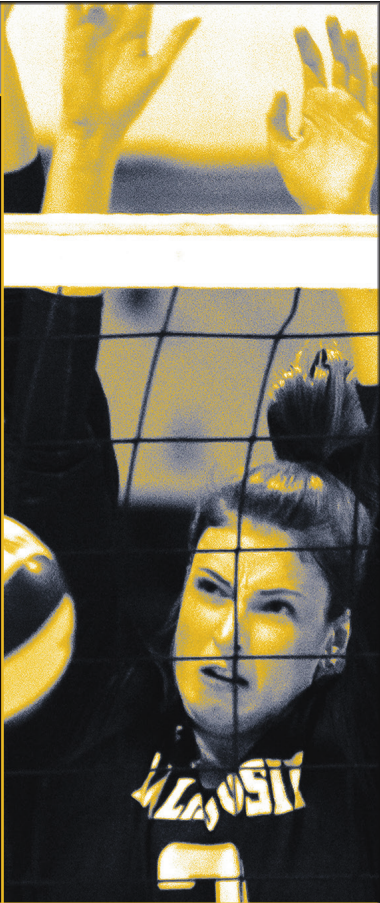
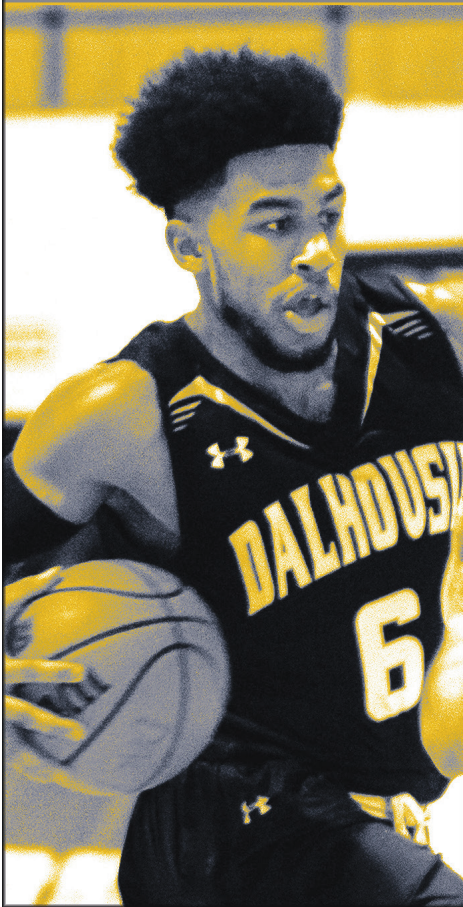
"You never think that you're never going to get scored on"



The Dalhousie Equestrian Society is a group for Dalhousie and King's students who share an interest in equestrian activities. The society aims to bring students and faculty together with a common interest of horses and offers opportunities for students to ride and compete during the school year. The society rides out of Owls Ridge Farm in Seaforth, Nova Scotia with coaches Chelsea McKendrick and Megan Atkinson. The Dalhousie Equestrian Team is part of the society and they compete in the Atlantic Intercollegiate Equestrian League throughout the school year. The current 2018-2019 president is Carrie Gilbert and show team captains are Robyn Melanson and Emma MacDonald. Photo by Brandon Martheleur.







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FRIDAY, NOVEMBER 2
HEY DAL STUDENTS...come out and play **BINGO** for your chance to win **\$500!**
Women's Volleyball vs. SMU @ Dalplex, 6pm
Men's Volleyball vs. Montreal @ Dalplex, 7:30pm

SATURDAY, NOVEMBER 3
Men's Volleyball vs. Montreal @ Dalplex, 2:30pm
Basketball **HOME OPENER** vs. CBU @ Dalplex, w 6pm, m 8pm

SUNDAY, NOVEMBER 4
Basketball vs. CBU @ Dalplex, w 1pm, m 3pm



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