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DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER EST. 1868

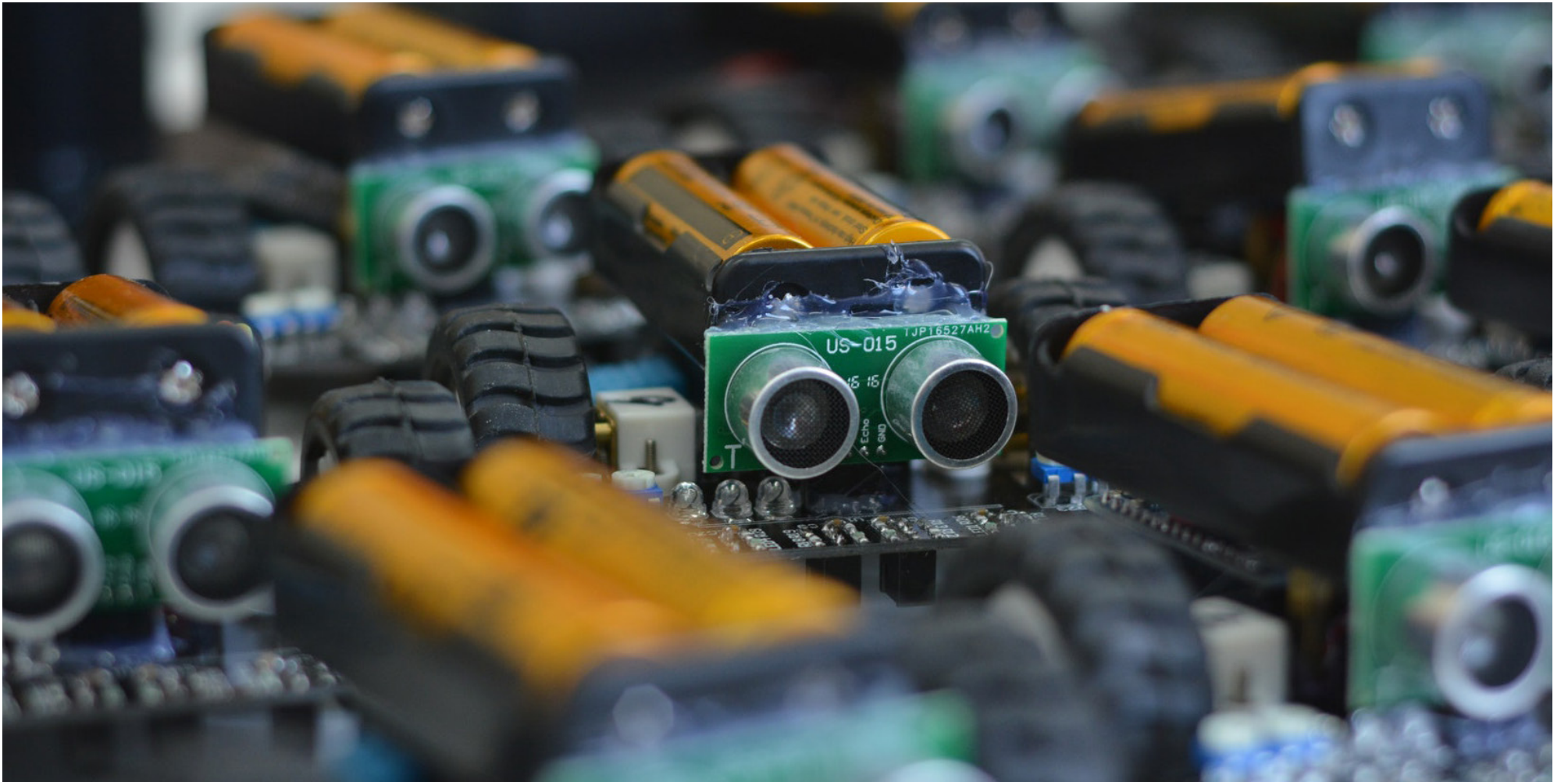


PHOTO BY FRANK WANG ON UNSPLASH

STEM vs Arts



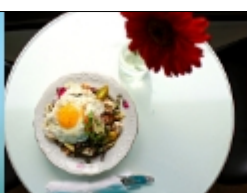
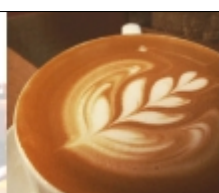
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NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER
EST. 1868

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Organic matter in the Arctic Ocean

Following a talk at Dal, researcher Heather Reader tells us what's going on at the North Pole

BY CHIARA FERRERO-WONG



PHOTO PROVIDED BY DAVID BARCLAY

In the late 19th century, Norwegian explorers learned about the transpolar drift in the Arctic Ocean during an attempt to cross the northernmost point on earth.

Today, scientists are still venturing to the top of the world, but each with different goals in mind.

"The transpolar drift moves water from the Siberian shelf out through the Fram Strait and out through the east side of Greenland," said marine chemist Heather Reader.

Reader, an assistant professor in the depart-

ment of chemistry at Memorial University of Newfoundland, visited Dalhousie University on Nov. 2 as part of Science Atlantic's Women in Science speaker tour. Reader's interest lies in the dissolved organic matter (DOM) in the Arctic Ocean, and she worked with many other scientists on board the Polarstern as part of the 2015 TRANSARC II expedition exploring the subject.

"I'm interested in understanding what kind of carbon [there] is and how it's participating in the

marine carbon cycle," continued Reader.

She explained the ocean's important role in the carbon cycle: it's a major carbon source and sink, meaning it both produces and stores large amounts of carbon.

Understanding the ocean's role in the carbon cycle is becoming more important as the Arctic Ocean undergoes extreme change as the climate crisis intensifies, she said.

The DOM in the Arctic Ocean is a particularly large pool of carbon, amassing to almost as much

carbon as there is in CO₂ in the atmosphere.

The way this carbon ends up in the Arctic Ocean is a result of six large watersheds flowing into the arctic ocean, carrying large amounts of organic matter. Reader made the comparison between the ocean picking up organic matter, and steeping a cup of tea.

The organic matter in this case is similar to the tea bag. The leaves, soil and other organic matter in the water eventually leech organic compounds into the water, which changes the colour of the water, said Reader.

Because of this change in colour, Reader looked into whether the carbon could be characterized using the absorbance of light and the fluorescence of the DOM across the UV invisible spectrum. Using these optic techniques in tandem with the chemical characterization, Reader hoped to create a better understanding of the chemistry that's happening in the oceans.

By figuring out the characteristics of this carbon, they will hopefully be able to determine how the river water moves via the transpolar drift.

Iron was another focus of the research done on-board the Polarstern. Like carbon, iron is an extremely important component of the ocean. Iron is a micronutrient that phytoplankton rely on to fix nitrogen and photosynthesize. Because iron precipitates into its mineral form in regular ocean conditions, phytoplankton have different strategies to access the iron they need. One of these strategies, Reader explained, is to "put organic molecules out into the water that will capture the iron and keep it in solution."

There's evidence that organic terrestrial materials have some capability of doing this as well, "so it's coming from an outside source rather than phytoplankton in the system," said Reader.

Working alongside scientists from the Netherlands, Reader characterized the carbon using optics alongside their chemical characterization methods. In this way, they were able to figure out how much of the terrestrial materials were capturing the iron.

The environment is changing. This much has become clear in the last few years.

"The Arctic Ocean in general is experiencing a lot of change," said Reader. "The increases in carbon are projected to be quite great over the next century, so there will be more terrestrial matter in the arctic ocean. [This] has the potential to change how the carbon cycle is balanced."

Getting to the route of the problem

MSVU students speak out against services changes to Halifax Transit, organize petition

BY ISABEL BUCKMASTER



PHOTO BY CHRIS STOODLEY

Mount Saint Vincent University students are calling for the return of Halifax Transit's Route 18.

Students such as Kenya Thompson are complaining that the loss of the university-bound route has affected them "in a huge way."

"I used to live off-campus in Clayton Park and I ended up moving onto campus largely because of the changes, the loss of 18 in particular," said Thompson. "Last year when the 18 was in place, it only took me 15 minutes on the bus ride down to campus, but now it takes two buses and over 45 minutes to get to my old place."

On Aug. 20, Halifax Transit enacted changes from The Moving Forward Together Plan, getting rid of a variety of routes including 23, 2, 34 and – perhaps most controversially – 18.

According to the plan, the changes were meant to increase the proportion of resources allocated towards high ridership routes, build a simplified transfer-based system, invest in service quality and reliability and give transit increased priority in the transportation network.

For many MSVU students, however, the plan has not stood by its promises.

"These changes have not made things easier," said

Thompson. "Even to get to the Mount from Clayton Park, or to the mall or even just to get groceries it is now a huge ordeal, it is actually quicker to walk up the hill than it is to take the bus and transfer onto two buses."

Mike Mason, another MSVU student, has also been feeling the brunt of the changes. "I used to be able to get all the way downtown on one single bus, now I have to take two or three buses to get anywhere I'm trying to get to," said Mason. "The less consistent schedule makes it harder for me to get home at night and unless I want to walk 3km uphill, I need to take the bus."

In an email statement, Halifax Regional Municipality spokesperson Erin DiCarlo said that "during this consultation [of the changes], feedback indicated that demand for ridership between MSVU and SMU was lower than other connections on the peninsula, therefore we placed emphasis on connections between MSVU and Robie St."

The new Route 39, said DiCarlo, has replaced ele-

ments of both Route 16 and Route 18. Meanwhile, "other trips can be accommodated with a single transfer."

"We expect these changes will take time to settle as new students make different accommodation choices."

"It is actually quicker to walk up the hill than it is to take the bus and transfer onto two buses."

Despite these claims, students aren't feeling the intended positive effects of these changes.

"Public transportation is meant for low-income folks, it is meant for folks that aren't able to afford a car and a lot of people who need to access Halifax. It's very basic," said Thompson. "The fact that

MSVU students were clearly not included in that, I think that's really problematic."

Through efforts from the MSVU students' union, changes could be on the horizon: "We received a report and petition from the Mount Saint Vincent University student union with suggestions for change," said DiCarlo. "We are working with the student union on plans for future service changes on

the Bedford Highway. We value and welcome feedback from all Transit users – we're always looking at ways to improve service."

That said, it appears that route adjustments – if any – won't be happening in the immediate future. In the statement, DiCarlo noted "the current plan is not to reinstate Route 18. All significant changes made by Halifax Transit are approved and/or directed by Regional Council. It is therefore not impossible but it is more likely that alterations will be considered to the new routes or routes planned for the future. Halifax Transit will also be monitoring ridership on the new routes to consider adjustments where required."

This means students such as Thompson and Mason will be out of luck for now.

"Bring the 18 back as it was or amend the 4 route schedule so that it services the Mount," said Mason, speaking the mindset of many MSVU students.

As for Thompson, she's more focused on the overall landscape of Halifax Transit: "They need to listen to the folks that they serve and ensure that the bus is a service that folks can depend on."

Are you a Dal student who is struggling to commute since the elimination of Route 18 or other routes? Email news@dalgazette.com.

Making student healthcare more accessible

The DSU Health and Dental Plan Office increase their ability to store medication

BY LANE HARRISON

The Dalhousie Student Union (DSU) Health and Dental Plan Office recently took steps to improve accessibility at Dalhousie University.

The office installed a mini fridge: a measure taken to better accommodate students whose prescription medications, like insulin, require refrigeration.

Until this change, those who require refrigerated medication had it delivered in a styrofoam cold pack, which is designed to keep the medication cold for up to five days – depending on the drug. This was the office's only method of making sure the students who required refrigerated medication received it chilled.

The decision to install a fridge came after a false alarm. Dalhousie University student (and page designer for *the Dalhousie Gazette*) Alexandra Fox was called and told she had to come pick up her medication from the office immediately, as they did not have a fridge to store it properly.

According to Student VIP International's President, Samantha Morneau, the call was made by a new staff member of the office who was not aware that the medication was already stored in a cold pack and could be left that way.

"I got two phone calls saying: 'Your prescriptions are here, you have to come pick them up right away, they need to be refrigerated and we don't have a fridge,'" said Fox, who was in class. And as a day stu-

dent, also didn't have a fridge to store her medication.

Fox, just like every full-time Dalhousie student who starts in September, is automatically covered under the DSU's Health and Dental plan. The plan, Entitled Student VIP, is operated by a company under the same name and features a prescription medication delivery service called Direct2U run through a partnership with Alliance Pharmacy.

This is the service Fox chose to use to have her medication delivered. Direct2U offers students who use it a 100 per cent discount on generic drugs and an 80 per cent discount on brand name medication, per Student VIP.

According to Student VIP, students who choose to use a pharmacy other than Alliance for their medication will be granted an 80 per cent reimbursement on generic drugs and a 50 per cent reimbursement on brand name drugs.

Direct2U's main feature is home delivery. The student, or another adult who lives in the residence, must be present to sign for medication to receive it at their doorstep. This is an issue for students like Fox who live alone.

"You have to be at your door, they can't leave it at your door, which makes sense if it's medication. But also, if you're a full-time student what're you gonna do?" said Fox.

If students and their roommates have full class

schedules, or they live alone and have a full class schedule, according to Student VIP, the package will then be either returned to the post office where the student must pick it up or students can have their packages delivered to the DSU Health and Dental Plan Office, located on the third floor of the Student Union Building.

The office is open Monday to Friday at 9:30 a.m. and offers extended office hours three days a week until 7:30 p.m. Additionally, there's an onsite Halifax coordinator who's available for out of office hours to arrange for emergency pickups.

This leaves students with ample chances to re-

trieve their medication. If a situation were to arise where a student couldn't pick up their refrigerated medication in the five-day window of the cold pack, the newly-installed fridge prevents that from being an issue.

"After consideration we determined that although it has not happened yet, that there could be situations where a student may not be able to get into the office within the five-day period that a medication can remain cold in the packaging," Morneau said in an email. "As such we purchased and installed the mini fridge as an added layer of protection should this situation arise."



PHOTO BY QENDRESA SAHITI



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Who was Rita Joe?

Halifax pays tribute to Mi'kmaw poet through naming of transit vessel

BY REBECCA DINGWELL, NEWS EDITOR WITH FILES FROM SHAYLA SMITH

I Lost My Talk

by Rita Joe

I lost my talk

The talk you took away.

When I was a little girl

At Shubenacadie school.

You snatched it away:

I speak like you

I think like you

I create like you

**The scrambled ballad, about
my word.**

Two ways I talk

Both ways I say,

Your way is more powerful.

**So gently I offer my hand and
ask,**

Let me find my talk

So I can teach you about me.

Editor's note: "I Lost My Talk" was printed in the Dalhousie Gazette with permission from Rita Joe's publisher, Breton Books.

There are four of Joe's books currently in print: We Are the Dreamers, For the Children (with woodcuts by Burland Murphy), The Blind Man's Eyes and Joe's autobiography Song of Rita Joe.



PHOTO BY CHRIS STOODLEY

More than a decade after her death, Rita Joe is still making waves.

On Oct. 26, Halifax Regional Municipality memorialized Joe by naming the newest public transit ferry after her. The Rita Joe joined a fleet including vessels named for Halifax explosion hero Vincent Coleman and civil rights activist Viola Desmond. Two other ferries were named for Canadian soldiers killed in Afghanistan: Craig Blake and Christopher Stannix.

Joe – sometimes referred to as the “gentle warrior” or the “warrior poet” – was born in Whycocomagh, Cape Breton and was orphaned by the time she was 10. Joe moved from foster home to foster home before being sent to the Shubenacadie Indian Residential School – now known for its abusive history – when she was 12 years old.

Joe returned to Cape Breton in adulthood after meeting her husband, Frank. The couple lived in Eskasoni and would eventually have 10 children together, including two adopted boys.

Joe became a prolific writer, penning both poetry and a memoir. One of her most well-known pieces, “I Lost My Talk,” reflects on the residential school experience and the loss of the Mi'kmaq language.

“She always gave her time to come to classrooms and talk about her poetry and talk about her life, and talk about the Mi'kmaq culture, history, and things like that,” recalled Jaime Battiste, who grew up “about a half kilometre” from Joe in Eskasoni. “I do remember a lot of times just sitting in her class, you know, I knew there was something special about this woman.”

But Battiste, now a writer and a researcher in Mi'kmaq law, didn't know exactly how influential Joe was.

“In our community, we did not realize how special she was until many years later,” he said.

“Many of her poems inspired me as a songwriter now.”

Throughout her life, Joe published seven books and received multiple awards, including the Order of Canada and an honorary Doctorate of Law from Dalhousie University. Joe died in 2007, having lived with Parkinson's disease for many years. She was 75.

“She was just a gentle, kind soul,” said Battiste.

“The title that they gave her as a ‘gentle warrior’ is just so appropriate.

Daniel Paul – Mi'kmaq Elder, local author and friend of Joe – said Joe was a “good representative” of the Mi'kmaq. On his website, Paul wrote about the natural and human-made fixtures “named to honour the memories of colonial Caucasian men” who “committed horrific crimes against humanity” in the process of the colonization of the Americas.

Paul hopes Halifax's naming of the ferry marks a move to honour “real heroes.”

“I think we have plenty of real heroes to recognize and put on a pedestal. I think Rita Joe is among them,” he said. “There are other people who have also made a big difference in Nova Scotia. People that are great role models and

deserve to be honoured for their positive contributions to society.”

Battiste agrees. “I'd like to see more recognition of Mi'kmaq all across Nova Scotia,” he said. “It is a step in the right direction of reconciliation in this country.”

**“We did not realize
how special she was
until many years
later.”**

Open cuffing season

Social media is distorting our social nature

BY HANNAH BING



PHOTO BY KARLA RENIC

Winter months bring the holidays. The air gets colder and the snow in Halifax will start to fall. It's also cuffing season.

Cuffing season is a time of year where people often find themselves wishing to be in a committed relationship. But *why*?

A study done by the dating app Hinge found that men are 15 per cent more likely to look for a relationship in winter months compared to the annual average, and 11 per cent less likely to look for one in the spring and summer months. Women are five per cent more likely to look for a relationship during the winter months and five percent less likely in spring and summer.

Do we seek comfort in the cold winter months?

It becomes dark at 5 p.m. The light of day is shorter than the rest of the year. The increased darkness causes our brain to produce more melatonin and less serotonin. Melatonin makes your body feel sleepy, while serotonin is respon-

sible for mood regulation. The imbalance of these bodily chemicals may cause sadness, sleepiness and irritability. Perhaps we need a safety blanket in times where the darkness makes days harder than usual.

We seek attention from a significant other and not from our friends.

Friends do indeed provide companionship and can often accompany us just like a significant other can. Friendships can be longer lasting than romantic relationships. Why do we crave a relationship more in the Winter than in any other season?

Perhaps it may be a different comfort, one less for ourselves and more for others. Scrolling through Instagram may feel a little lonely when you double tap pictures of the couples Halloween costumes, kissing under the mistletoe, cuddled up to the backdrop of snowy weather, their coveted New Years' Eve kiss as the clock strikes midnight, and finally Valentine's Day dinners.

It's no wonder so many crave the intimate, inseparable "cuffed" relationship that thrives during this time of year.

So much of our lives revolve heavily around social media. This is how many see the world. We know what people are doing on their Instagram or Facebook. Relationship gossip has always existed but it didn't include scrolling through picture upon picture of couples. Our obsession with couples' activities reflects that we don't know how alone we feel until we see others and realize we also want that.

Maybe we want to participate in a couple's costume to post on Instagram or Facebook, to show the world 'Look at me, I'm happy,' and I'm happy because I have a person, someone who I have made a part of myself and vice versa.

It's human nature to need someone, we thrive off each other.

Maybe friendships aren't enough? We want more. We want the commitment, the domestica-

tion, the intimacy. Romantic relationships are set apart from friendships because we don't generally have only one friend. Our friends have other friends, but our significant other is ours, they are our person. Our person we can count on to be the second half of our costume, to be under the mistletoe, our New Years' Eve kiss, our valentine.

We are only human. Of course it's nice to have a person who's committed to you, and to feel no lonely fear when looking at your phone and seeing "couples" things. We want people to see us happy, excited, engaged. People do we tend to find happiness in others. Whether

this is healthy or not, it's in our nature. We are dependent creatures. We should find happiness in ourselves, but it's okay to find some in others too.

Maybe cuffing season ain't so bad.

Perhaps we need a safety blanket in times where the darkness makes days harder than usual.

Are STEM degrees more valuable than Arts?

AI might turn the tables

BY VEER GANDHI

After spending tens (and in the case of international students, hundreds of thousands) of dollars along with a staggering 35 thousand hours of their life, students are awarded a nice little piece of paper with their program and — it has their name on it.

After the sacrifices and investments, students expect to be successfully venturing off into promising opportunities and careers. Some people are lucky and get the opportunities they hope for but this is not the case for everyone.

The advancement of Artificial Intelligence (AI) may significantly affect the value of your degree in coming years.

Two broad categories of degree programs are STEM and Arts. STEM stands for Science, Technology, Engineering and Math; in such programs, there's usually a right or wrong with some emphasis on logic and process. At the end of it, most students tend to have very similar abilities. For example, Computer Science students will mostly have taken the same courses and so the coding skill level amongst most grads will be roughly the same.

As opposed to STEM programs, Arts programs include sociology, history, literature, performing arts and more; they tend to be more subjective. They encourage developing your own ideas from the material learned in class. Material is subject to interpretation, discussion and development. At the end of an Arts program, students have developed their unique ability to think, understand and reason.

The value of a degree considers the demands of the job market and growth prospects. There's generally a high demand for STEM students and they tend to be higher paying jobs. The entry-level salary for graphic designers is about \$27,000, whereas entry-level web developers can expect a salary of about \$50,000. This difference is mostly driven by the high demands for students from STEM programs. STEM programs are in high demand because they are at the forefront of

innovation, meaning they have a huge impact on the progress and technologies of the future.

Does this mean that STEM programs are more valuable than arts?

Not necessarily.

The development of AI will have a huge impact on many industries across the economy and while it will create many jobs, it's expected to cut a significant number of jobs as well, possibly more jobs than it creates.

Self-driving cars can potentially affect 1.6 million jobs in the U.S. alone. AI can heavily affect jobs that have repetitive tasks or high consistency. AI can be made to write some code and it's

estimated that by 2040 human coders will be completely replaced by AI coders.

This is spectacularly bad news for people who are currently pursuing Computer Science degrees because in about 20 years, we can expect that the value of this degree would completely change.

On the other hand, programs that are more subjective in nature can't be easily replaced. AI can only replace processes that are repetitive.

Although there may be some patterns and thinking processes, thinking is very subjective to one's experience rather than a fixed methodology. This makes it hard for AI to replicate the creative or unique thinking process.

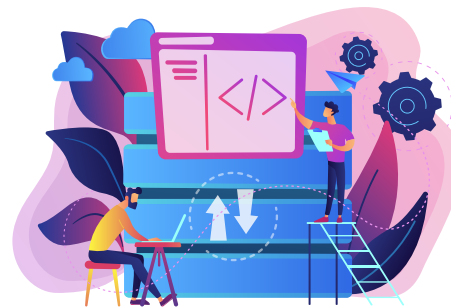
While Arts programs tend to have lower entry-level wages, veterans in the subject see a significant increase in salary over time and there is the obvious benefit of AI not being able to duplicate your thoughts — at least for now.

Whether you study Arts or STEM it's clear that there are differences between how your program is viewed and valued in the world.

There are relatively short-term financial benefits to pursuing a STEM program, although the demand for such programs is likely to decrease with the advancement of AI. Arts students might see relative short-term financial disadvantages, but with hard-work, growth and time we can expect this to change and turn into more stability.

"It's estimated that by 2040, human coders will be completely replaced by AI coders."

**\$50,000/
year**
Web developer



**\$27,000/
year**
Graphic designer



Web developers design, code and modify all visual elements seen by users on a website, from simple menu bars, to entire layouts of websites.

I.e. online shopping sites involve designing the product browsing page, the cart and checkout mechanism, and payment interface, which all need to be separately designed and incorporated into the site as a whole.

Beyond the visual elements, their considerations also include cyber security, ease of navigation, and user friendliness.

Graphic designers create visual concepts. They work on visual appeal, inspirational or informative design meant to portray a message such as logos, brochures, illustrations or infographics.

Graphic designers need an eye for branding and marketing.

Their role in a website might involve color and font choices or graphic placement and design, while web developers make sure that these elements are implemented and run smoothly.

Pointless patter on plastic poppies

Poppy debates distract from actual Remembrance

BY LUKE CHURCHILL



PHOTO BY EVAN DE SILVA

The poppy tradition has endured decades.

More than a century since the First World War, millions of Canadians wear the poppy in November as a symbol of thanks and Remembrance to Canada's fallen veterans.

The tradition began when a French woman decided to make and sell poppies to raise money for children in war-torn France. It was her who brought the idea to the Great War Veterans' Association of Canada in 1921. And when the Royal Canadian Legion formed in 1925, they carried on the tradition.

But the custom hasn't endured without a degree of controversy.

There are those who see problems with the tradition: suggesting that it's merely a means of virtue signalling one's patriotism without having to learn a single thing about issues concerning Canada's veterans. A free token to keep up appearances.

On the contrary, others say that the visual nature of the symbol is enough. That the symbolic gesture is one that unifies Canadians, and that the

small flower does enough to preserve the memory of those who died in battle.

But some have taken a more direct stance against the poppy. Some politicians have refused to wear the poppy, on the grounds that it shows support for Canada's participation in conflicts around the world that they deem unjustifiable.

Mississauga Centre MPP candidate Laura Kaminker wrote in a 2014 blog post, "I just wear my peace button and wait for the collective brainwashing to blow over."

Others, particularly in the United Kingdom, have opted to wear a white poppy as a way to simultaneously show respect to veterans and to demonstrate a pacifist stance. In 2016, there were about 1200 white poppies distributed in Canada.

Even the white poppy has its detractors. British MP and former army officer Johnny Mercer de-

scribed the white poppy trend as "attention seeking rubbish."

In the grander scheme, many of the debates surrounding poppies are silly.

If someone doesn't want to wear a poppy so be it. You have the right to dissent and make your criticisms heard.

If you think that the poppy is inadequate at demonstrating your appreciation for veterans, that's fine. Whether you're a veteran yourself, have a personal connection to the armed forces, or just wish to express your appreciation, you shouldn't be discouraged from demonstrating

your patriotism. Patriotism is a personal thing, and many people have different levels of comfort with regards to expressing it.

In fact, what would be more productive than engaging in this debate at all would be to inform yourself of the history of Remembrance Day, or

even to learn about ways in which you could remember, honour or help veterans in your day to day life.

For example, Canada has over 6,000 veterans' memorials. Make yourself aware of them, you likely pass one on a regular basis.

If you have the opportunity, go to the Canadian National Vimy Memorial in France, an astounding monument etched with the names of 11,285 fallen Canadian soldiers.

If you're so inclined, take time to learn about Canadian foreign policy. Learn about the conflicts that Canada has participated in.

Develop a nuanced opinion.

Take time to know about the plurality of issues of facing veterans. Many veterans have lingering issues from their service like having a hard time adjusting to civilian life, homelessness, and PTSD.

No matter what your beliefs are surrounding Remembrance Day or war, certainly all of these things are more productive than debating the legitimacy of a plastic poppy.

Patriotism is a personal thing, and many people have different levels of comfort with regards to expressing it

Hefty prices hinder textbook access

If students can't afford assigned books, what's the point?

BY 王羿杰 (YIJIE WANG)

Where is the knowledge goldmine of Dalhousie University? The Henry Hicks? Maybe the Killam library?

Sadly, it's the campus bookstore. Textbooks have all the knowledge covered in lectures, bundled in an extravagant price tag.

Textbooks are useful and powerful. They're fantastic for students who miss their lectures, but they are also ridiculously unaffordable.

Many students have been prepared to purchase textbooks required by their professors, but cringed at the steep price tags. The price of textbooks has risen 812 per cent since 1978. Students are paying tons of money for their post-secondary education while working hard to pay back student loans. On top of that, textbooks are costing students an arm and a leg.

Have you ever wondered why those beautiful hardcover textbooks with a couple hundred pages cost \$180 while books of similar size cost less than \$50 at your local bookstore?

There are many reasons, but none justify the textbook scam.

Textbooks are subjected to an intense reviewing process. Textbooks are considered one of the most authoritative sources of knowledge because students and instructors all heavily rely on them.

Unlike normal books, one textbook gets reviewed by many professors and examinations at various points of the process. Prices are driven up by the costly review process. The quality of today's textbooks is intricate, which drives up the price. There are many complex photographs, colours and sophisticated designs. It involves tons of editorial work. Many textbooks include detailed illustrations and diagrams edited by scientific experts and artists. All this work costs lots of money.

Publishers raise the price to make all these fancy features seemingly free.

On average, it costs \$750,000 to create a textbook.

The price of textbooks stems from the lack of textbook competition: there are only five major publishers for textbooks controlling 80 per cent of the market. Each publisher wants to attract professors and students by increasing textbooks' appeals, trying to distinguish their books to others. Many textbooks offer instructor's manuals for professors as well as complementary lecture slides. Sometimes publishers even provide thousands of multiple-choice questions for quizzes and exams.

All of these extra features for professors' convenience are costly.

As school work is increasingly tech-based, publishers distinguish their products by creating an expensive platform with corresponding online quizzes. Designing and programming are very expensive. Because online materials are included in textbook prices, the cost of the online platform falls on the consumer. Publishers raise the price to make all these fancy features seemingly free.

Imagine this: textbooks are like prescription drugs, professors are like doctors and students are like patients.

Just like doctors, professors only choose the best textbooks, not the best prices. Because professors are never the people who do the paying. Students, like patients who worry about their health, have to pick up these best textbooks to avoid risking their grades and futures.

Money, Money, Money

The money that students spend on textbooks is higher than ever. Students start seeking out ways to avoid high textbook prices by renting books, buying used ones and buying cheaper digital copies.



PHOTO BY CHRIS STOODLEY

Meanwhile textbooks publishers counteract students' efforts by creating the latest editions, sending sales representatives to urge professors to check out the new versions. Some textbooks are bundled with an access code, which gives students access to the online platforms. These access codes make it harder for students to resell their textbooks because access codes normally expire at the end of semesters.

The lofty prices of textbooks can never be justified. Because at the end of the day, students are the ones who pay the price. The high cost of textbooks has caused 65

per cent of students to skip buying required material because they're unaffordable.

The role of textbooks has always been a learning tool to accompany lectures.

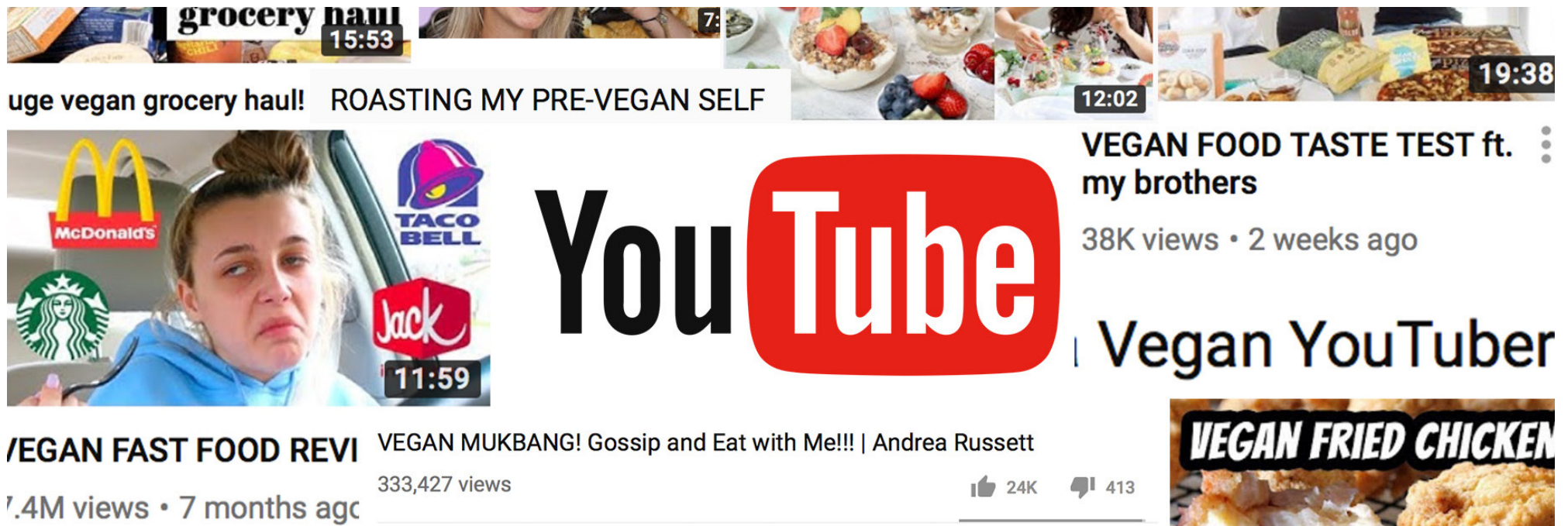
All the "efforts" textbook publishers have been making hinder students from accessing this tool.

Do those flashy features, beautiful designs, intricate diagrams and pictures really benefit students if they make textbooks unaffordable? If students can't afford textbooks, there's no point in assigning them.

YouTube Vegan Cults

Vegan Vloggers probably not the best source of information

BY AURCHI TASNUVA



Veganism seems to have turned into a dogmatic stance as much as a dietary one.

Anyone idly browsing YouTube will come across at least one zealous champion of veganism. Each with their very own brand of 'how to live.'

There are all sorts of reasons to be vegan — ethical concerns, wanting to be healthy, to achieve weight loss, environmental concerns. Each of these causes has its own set of promoters. Virtual followers raise these vegan royalties to the throne of an oracle.

Documenting your daily life as a vegan is nothing short of a career. Judging by the lifestyles they vlog about, it's a career that apparently makes them quite a bit of money.

Raw? High carb? No end of options down the vegan pipe.

Some even call themselves fruitarians as they bask under the (preferably tropical) sun with palm fronds waving in the background, while they sip on coconut water and swoon over the virtues of a good mango. Too much like Hollywood paradise to not evoke skepticism.

These social media personalities wield a strong influence on their audience. Most of them start out making "what I eat in a day" videos that break down what is apparently the vegan's ideal diet. Then they extend into every nitty gritty detail imaginable: vegan makeup routines, exercise regimes, clothing hauls and even vegan relationship advice.

From the looks of it, simply by going vegan they have discovered some fountain of wisdom and they spout on the fountain's behalf.

Any one of them would be happy to explain they do these videos because they are requested to. Requested by whom? Their fans.

If their meetups are any clue to go by, some of the followers are simply kids. Go through enough comment sections and videos you'll even find some as young as 11 gushing about how much they've learned from their vegan idols.

Maybe YouTubers do convert as many people to veganism as they publicly take pride in. Plainly put, veganism entails giving up all products derived from animals.

Avoiding animal products is a diet, not a dogma. Some YouTubers claim that this is how humans are biologically programmed to eat. Meanwhile

proponents of eating meat dish out that exact same argument. At the end of the day, both are spreading misinformation targeted at a very gullible audience. Fans who happily swallow anything they have to say and then repeat it too, and with a confidence that merits something etched in stone.

The issue is not with veganism per se. Many of the health claims may be accurate, but veganism is far simpler than most YouTubers make it look like. Why complicate something if you want it to catch on?

It seems contrary to the alleged intentions of such channels — to spread veganism. Wannabe vegans should pay less attention to random people on YouTube and more on books, journals, articles and other verifiable sources of knowledge. It's absurd to let unqualified people pose as the leaders of new communities, which is often what these vegan vloggers choose to call their following. Their very own vegan community.

Veganism is worth a go, but best step into it with your eyes wide open. It's far too easy to get sucked down a rabbit-hole of extremes. Vegan vloggers can be undeniably fun to watch when your brain hurts at the thought of midterms, homework or finals. But the 21st century is not the time for blind devotion.

Social media is open to anyone and if history is any lesson, people are ready to pounce on anything that promises both cash and recognition. Every vegan activist might not be a money-grubbing sweet-talker, but don't forget why every video ends with a reminder to "like, share and subscribe!"

Africville: the untold story through a poet's eyes

A new children's book reveals a side of history that's rarely been seen

BY TARINI FERNANDO

Shauntay Grant has kept busy over the years publishing and writing numerous books, poems, spoken word and plays.

Children's Books

- Up Home* (2008)
- The City Speaks in Drums* (2010)
- Apples and Butterflies* (2012)
- The Walking Bathroom* (2017)
- Africville* (2018)

Journals her poems have been published in

- Contemporary Verse 2: The Canadian Journal of Poetry and Critical Writing
- The Fieldstone Review
- The Great Black North: Contemporary African Canadian Poetry

Spoken Word

- Say Sumthin* (2014) - spoken word album

Plays

- Steal Away Home* (2011)
- The Bridge* (coming out in 2019)



PHOTO PROVIDED BY SHAUNTAY GRANT

Dalhousie University professor Shauntay Grant wrote her latest book on the history of Africville, but there's a twist. This isn't your typical research book; it's a book targeted at teaching children about the community of Africville.

Grant, a Nova Scotian writer and assistant professor in the Dal English department wrote her new book about a young girl who goes to visit the historic town of Africville. As the girl walks through the site, she recalls the stories that her family has told her about their happy memories living in Africville.

Entering a world of writing

Grant got into children's writing somewhat by accident. Years ago, she was invited to read a poem at an event held by the Writers Federation of Nova Scotia. By chance, the senior editor of Nimbus Publishing was in the crowd; after hearing Grant's poem, the editor told her that it should be made into a children's book.

"A few years after that, my first picture book – a poem – was published," Grant says. "It was based on the text of that poem that I had written when I was 18."

Poetry and children's writing aren't the only forms Grant writes in. She makes music, performs spoken word and even has a play about two brothers living in a rural Black community in Nova Scotia. The play is with 2b theatre company and debuts in 2019.

Although Grant writes in many forms, she says there is a common thread that ties her work together.

"No matter what genre I'm writing in, I'm a poet," she says.

Most of Grant's children's books are based on

poems that she wrote. *Africville* is based on a poem that she penned at the Africville site when she visited the museum one summer. But this poem did go through some changes before being published as text in the book.

Getting it right

Before finalizing the text and pictures, Grant asked her publisher if she could show the draft of the book to former Africville residents.

“That process was just amazing,” says Grant. “Here I have people who actually lived there in this place with eyes on this work, and I’m asking them, ‘Did we get it right? Is this Africville as you remember it? Does this text represent the community?’ That was a really important piece for me, and it was really affirming hearing their response.”

After this process, Grant and her illustrator, Eva Campbell, had to tweak some details to accurately represent the town as it was remembered by its residents. But that did not bother Grant.

“It was a great experience, and ultimately made a better book.”

Grant hopes that her book will be used as an education tool for a child audience.

“Teachers tell me all the time how their kids are studying Africville,” she says. “And the resources they’re using are for adults.”

Grant hopes her book can change that. She’s glad to contribute something to the literature on Africville. Only a handful of books on the topic have been written for children. Grant also wants her readers to know the side of the story that’s never really been told.

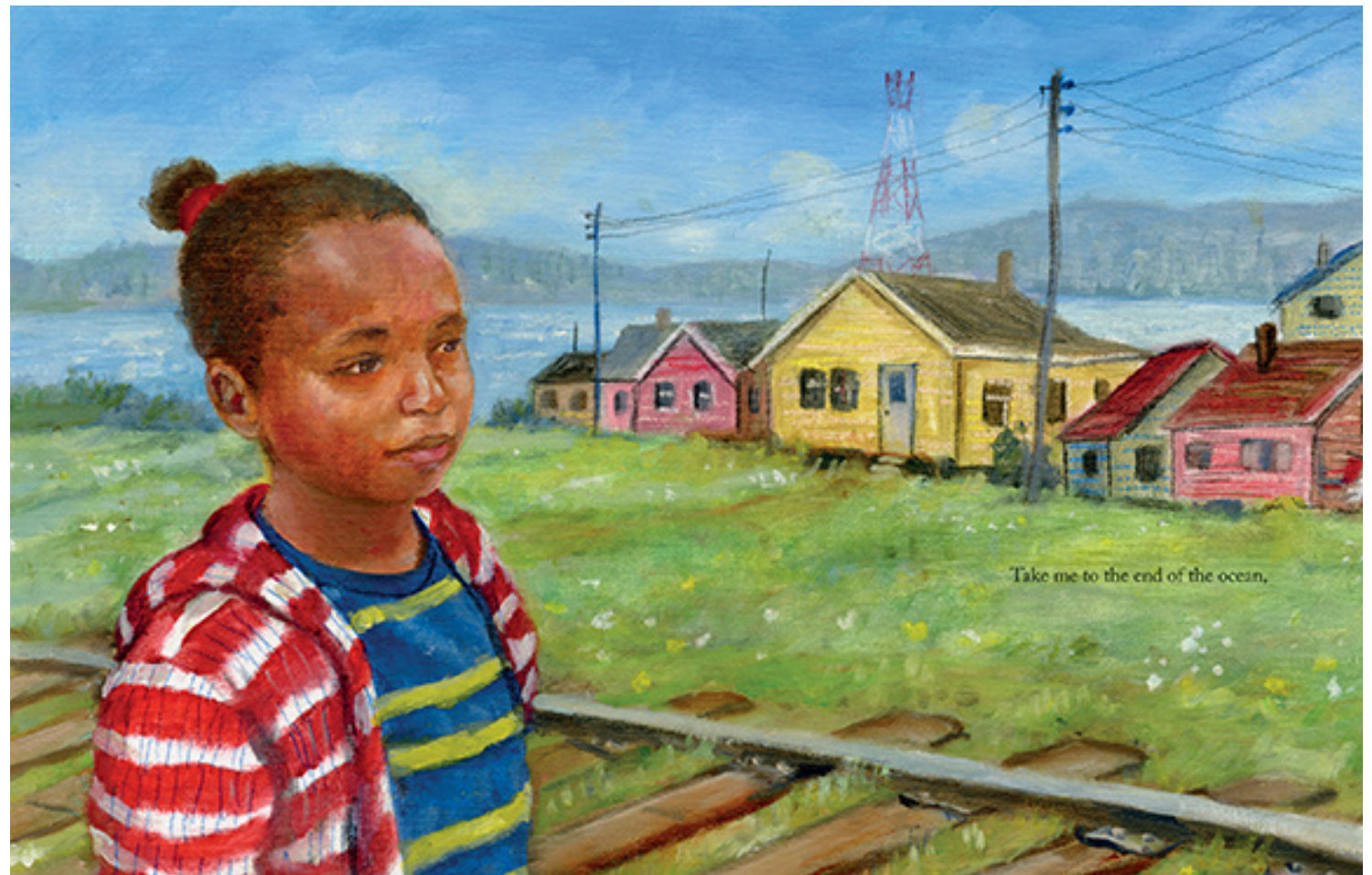
“Truth has multiple sides,” she said, “and unfortunately with Africville, oftentimes we just hear one side of that history. There’s a real strong focus on the razing of the community and the relocation of residents and all of these unwanted services, which is part of it for sure. I’m certainly not suggesting that shouldn’t be mentioned, but it’s not the whole story.”

The history of Africville is often seen as a dark and shameful part of Nova Scotia’s history. The terrible treatment of the town’s residents is a point of guilt and shame for the Halifax government and people. Grant didn’t want children to see Africville in only a negative context.

“I really wanted them to get that feeling of Africville as a home, as a site of happy memories.”

Grant’s book celebrates Africville in a way it has rarely been seen before: a place of happiness.

“We’re talking about a community that was in existence on that site for over 150 years. And in those 150 years, so many things were cultivated – family, food, love. There’s just so much to celebrate.”



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A brief history of Africville

Children’s book highlights positive community instead of negative events

BY ALEX WOOD

Shauntay Grant recently published a children’s book about Africville. She chose to depict the positive side of the community rather than the history most Nova Scotians are ashamed of.

Although some positive things occurred in Africville, like the creation of a predominantly Black community, there are still negatives that can’t be forgotten.

Africville started as a vibrant community in the northern outskirts of Halifax. It’s possible that the town was established as early as 1749 (when Halifax was founded), but the first evidence of Black settlers buying land in the area wasn’t until 1848.

The residents of Africville came from

different backgrounds – some were freed slaves, others Jamaican Maroons, or refugees from the War of 1812.

The residents lived there for over 150 years, paying taxes to the city of Halifax despite the government not providing them with basic services, like clean drinking water and paved roads. The government did, however, place many unwanted services in Africville, including slaughterhouses, a prison and an infectious diseases hospital.

In the 1960s, the city government decided that the area of Africville should be destroyed to make space for industrial expansion. The Africville residents spoke strongly against this idea. They

preferred for improvements to be made to the town rather than its destruction.

Despite their pleas, the entire town was razed over a period of five years from 1964 to 1969.

When all the residents were forced out of their homes, the city used dump trucks to transport the people and their possessions to their new homes in Halifax.

Today, the area of Africville is recognized as a National Historic Site. In 2010, the Halifax mayor at the time, Peter Kelly, formally apologized for the razing of Africville. Many considered this as just a start to the reconciliation process for the people of Africville.

Do you know what's available to help your mental health?

BY JESSICA BRIAND,
ARTS & LIFESTYLE EDITOR

Dealing with short and long-term mental illness through therapy

With exams approaching and the dark days of winter just around the corner, more people can begin to feel the effects of episodic mental health troubles such as anxiety and depression.

An episodic mental illness is when a person experiences high stress, extreme sadness or another form of mental illness for a shorter period of time than that of a clinical diagnosis of a mental illness or disorder.

Practicing psychologist and Dalhousie University professor, Dr. Alissa Pencer, says she sees a lot of students face episodic mental illness during stressful periods of the school year, and there are a wide range of ways to ease the effects of mental illness – whether short or long-term.

Traditional Psychotherapy

One of the most common treatments for clinical diagnoses of mental illness is psychotherapy. Psychotherapy involves a trained professional – like psychologists or psychiatrists – in a face-to-face therapy setting.

“Not every traditional psychotherapy is created equal as well. There’s many different approaches to psychotherapy,” says Pencer. “I think the effectiveness and importance of those different therapies depends on the presenting problem.”

Traditional psychotherapies, like cognitive behavioural therapy, according to Pencer are about “empowering the person to have their own coping strategies” and educating them enough that eventually they won’t need a therapist.

There are some barriers to receiving traditional psychotherapy in the province of Nova Scotia as the average waitlist time to see a psychiatrist across the province is 112 days, and the shortage of family doctors can be a problem with triaging people with more serious mental illness to the right support.

“Not all mental health issues are the same, so not everything is going to work the same,” she says.

What are traditional psychotherapies?

BY JESSICA BRIAND

Traditional psychotherapies are used to help individuals find solutions to social, developmental, behavioural and emotional difficulties, or any other problem that may arise related to mental illness and disorders, or the mind. There are multiple types but the majority of the time they involve conversation between two people – a patient and therapist.

Cognitive Behavioural Therapy

This is one of the most common forms of psychotherapy and the one most people are aware of or familiar with. Cognitive behavioural therapy (CBT) focuses the thoughts and behaviours of an individual and learning about why those thoughts/behaviours are happening and developing solutions to change them.

Exposure (desensitizing) Therapy

Commonly used in treating phobias or obsessive-compulsive disorder, exposure therapy involves conditioning the brain to not be afraid or anxious about certain things by consistently exposing an individual to them.

Interpersonal Therapy

Interpersonal therapy is used mostly in adolescents with social anxiety or depression, as well as in family or marriage counselling. It focuses on relationships between individuals and those around them and works to improve social/interpersonal skills.

Dialectical Behaviour Therapy

An adaption of CBT, dialectical behaviour therapy (DBT) teaches behavioural skills to cope with stress and manage emotions. It has been shown to reduce suicidal thoughts.



PHOTO BY JESSICA BRIAND, ARTS & LIFESTYLE EDITOR

Online Mental Health Services

Recently, numerous online mental health services have been popping up in mainstream media. Everything from apps, to websites, and even texting programs are now available. But how do these services compare to the more traditional route?

“I think it’s a great alternative, particularly for sort of milder issues,” says Pencer. “There’s certainly a lot of research that supports that for that milder range and particularly for anxiety and depression that it can be just as effective as face-to-face. So, I definitely think there’s a place for it.”

Youth Mental Health Canada executive director, Sheryl Boswell says that online services could be beneficial to the young male population as they have higher rates in suicide attempts and are prone to face large amounts of stigma.

“If it’s online and they can do it in a way that meets their needs and is safe for them then fantastic,” says Boswell.

Pencer mentions that there is one problem that could make online services less effective. She says that research shows that people are less likely to complete online programs because they don’t have someone like a therapist keeping them on track, but that the people who do complete the online programs have great results.

Hypnotherapy

Hypnotherapy is considered a complementary therapy to traditional psychotherapy. Indirect

hypnotherapy – the type Verity Vale, a local hypnotherapist uses at her office – is used to calm the conscious mind and allow the subconscious to hear a positive message an individual should focus on.

Vale recently started a hypnotherapy practice on Spring Garden Road. She initially started practicing hypnotherapy in the United Kingdom as a side job. When her husband had to move to Halifax for his job, she was worried she wouldn’t be able to continue. Luckily, immigration approved her to work as a hypnotherapist in Nova Scotia.

She says the amount of people wanting hypnotherapy is increasing as more discussion on wellness occurs.

“My role is what you would call a clinical hypnotherapist. I’m not a hypnotist,” she says. “It’s not like what you would see on a stage, it’s not like I can make anybody do anything silly, or anything like that. We use it purely in a therapeutic way in order to help people.”

The hypnosis involves an altered state of consciousness achieved through conversation with Vale. During this process the conscious mind is occupied and the subconscious can then start working towards finding what you want to achieve.

Vale compares the experience to daydreaming, which she says is useful for relaxation and working toward “light bulb moments.”

Therapeutic Riding

Therapeutic riding, horse therapy, or equine therapy is commonly used for people with autism,

anxiety or physical disability.

According to an article on *Psychology Today*, horses are in-tune with people and other animals' emotions; they have a similar reaction or response to humans when faced with a problem such as shying away from an angry person.

Halifax Junior Bengals Lancers offer a therapeutic riding program for people with mental and physical disabilities twice a year – one in the fall, the other in the spring. According to certified riding instructor, Charlotte Grace, the program's existed since the 1960s and has grown in popularity ever since.

The program lasts eight weeks and riders do an hour-long session on horseback with up to three volunteers helping each pairing of horse and rider, depending on the rider's abilities. Some of the riders in the program have returned for multiple years.

Participants do multiple exercises on horseback to strengthen them physically and cognitively. For example, the riders do certain patterns and weaving during sessions.

Grace recommends the program for “anyone who thinks that they would benefit from therapeutic riding or equestrian assisted learning.”

“It's a pretty open demographic but we are working a bit more on a kind of criteria,” she says. “You have to have some goals you want to work on, you have to be able to see that we're improving and working towards those goals through the program and see the benefits.”

Mindfulness

Mindfulness, according to Pencer has become a sort of “buzzword” that people use for a lot of different wellness programs.

Traditionally a Buddhist principle, mindfulness has been integrated into a lot of other types of therapies including traditional psychotherapy.

“Lots of different therapies and non-therapies use mindfulness,” she says. “There can be mindful meditation, brief mindful exercises, and mindfulness has been integrated into some traditional [cognitive behavioural therapies] and integrated into the online stuff. It's something some people just do to manage their stress. It's used in a variety of ways.”

She says that it's useful as an add-on to other forms of mental health supports or for basic stress management – such as exam stress.

“In terms of stress management – coping with stress – you don't need to see a psychologist or need to do traditional therapy necessarily,” she says.

What's right for me?

There's no one size fits all solution to mental health whether it's episodic or clinical.

In terms of figuring out what will work for each individual, Pencer says the people seeking help should educate themselves on what's out there, and ask questions to find the right fit.

Preparation begins for Halifax winter at non-profits

Local organizations are gearing up for a long cold winter of helping out

BY KATHLEEN JONES



PHOTO PROVIDED BY GREATER LOVE

Halifax non-profits are feeling the sting of the upcoming winter as they make special preparations to serve the city's homeless population.

Greater Love, the non-profit, student society created by Mark Saldanha, offers food to the homeless on the streets of downtown Halifax. Their goal isn't to alleviate homelessness, but to offer friendship to those who are often ignored. The executive of the student club at Dalhousie University is currently in talks to figure out how they want to change things for the winter season.

“I think we just focus more on ‘How do their needs shift?’” said Saldanha.

They still try to have friendly conversations, but they also want to provide winter necessities like blankets and mittens alongside the usual food. Items like mittens are knitted by people in the community and then donated.

While Greater Love reaches people directly on the streets, Halifax's homeless population is larger than the people we see on the street. In 2015, over 1,508 people stayed in shelters, according to data from The Homeless Hub, an online library and information center that addresses the problem of homelessness in Canada. According to Linda Wilson, executive director at Shelter Nova Scotia, 652 people stayed at the Turning Point shelter last year; Barry

House, another shelter, saw 208.

Out of the Cold is a shelter that operates every winter and provides last-minute housing to those on the streets. They only have 15 beds, with people also being able to drop in throughout the night. Many of their guests are repeat visitors.

Out of the Cold relies on their volunteers and donations from the community. They're also busy setting up for the season right now, which starts on Dec. 1 and runs until the end of April. They're currently searching for volunteers for roles like coming and bringing in meals every night and gathering donations from the community.

The volunteers are necessary for a couple of reasons: first, it's how they run the place, and second, people are in even higher need right now than before.

“I've worked in shelters all year, and right now is for some reason way worse than last year,” said Rebecca Whitzman, the shelter coordinator and case manager for Out of the Cold.

Aside from providing emergency shelter, Out of the Cold also has a program where community members can drop off items like clothes and blankets, and those in need can take them home. Some of the most-needed items include men's underwear and bus tickets.

In 2013, a conference that focused on finding solutions to homelessness in Halifax came up with a group that would attempt to deal with homelessness in the city; their goal was to end homelessness by 2019.

It hasn't worked so far, but the premise may still have merit. The group was trying to end homelessness by using a housing-first approach, a strategy employed in Medicine Hat, Alta., which made the news in 2015 for being the first city in Canada to eliminate homelessness.

Whitzman said that at the core of the homelessness problem in Halifax isn't a lack of available shelters; it's an issue with affordable housing, and giving people more support when they do move into housing.

Shelters like Out of the Cold and outreach groups like Greater Love aren't meant to be permanent solutions, but last-ditch options, said Whitzman. And the problem of homelessness could potentially be dealt with (although not necessarily fixed entirely) by making housing in Halifax more affordable, or by potentially setting up a program like the one in Medicine Hat.

Out of the Cold will operate until the end of April, while Greater Love goes out every Saturday. More information about their services can be found on their websites and on Facebook.

Dal dentistry prof baked his way to finale night

Sachin Seth reflects on his time on the Great Canadian Baking Show

BY JESSICA BRIAND

Dalhousie University dentistry professor Sachin Seth made it to the season two finale night of the *Great Canadian Baking Show* on Nov. 7 where Andrei Godoroja of Vancouver, B.C. claimed the top spot of the season.

Although Seth didn't walk away with the championship title, he did walk away from the experience with a lot to say.

Dal Gazette: So you made it to finale night.

Sachin Seth: I made it to finale night. I guess I've got to be really happy about that. Obviously, I wish I'd won, and certainly I am biased, I think I should have won, but at the end of the day, it's the judges' opinion that matters. Just got to go with that.

DG: What was going through your mind when you heard you'd be in the final three?

SS: A couple different things: the first thing was 'Yes, I made it. This is what I wanted to – this was my goal, to get to the finale.' And not because it was about winning or the chance of winning, it was really about wanting to be given the opportunity to experience this whole process in its entirety.

It really would've bummed me out if I got into this show and didn't get to go through every technical bake, or every signature bake, or every showstopper. So win or lose, I got to experience every part of it.

DG: Was there ever a time where you thought you were going home?

SS: Yes, I certainly thought that at International Week. I think mentally, I had just sort of given up. I was tired and a lot of stuff at school was going on, just sort of the time of year.

It was May, I was really busy with my real job and I just thought 'I think I'm going to go home this one.' I sort of gave up and was like 'That's fine, I'm going to go home. It's fine. Don't worry, it was a good run, four episodes – great.' But by whatever means, I pulled it out.

DG: What was it like doing the final signature, technical and showstopper bake?

SS: Oh boy. It was hot. It was hot.

The final signature bake – up until the last show, my time management was always great and I've got to say it kind of hit a brick wall with that last show. It was a lot to do in a small period of time. Anyone who knows me and knows how I perform on the show, I'm really good with my time, I got it really down. So the signature was really just a time push; and the technical, having watching it last night and

being part of it, it was so tight.

They were really looking for things to single us out. They were really nitpicking on things, and that was a really fun process to go through that technical. It was a good one, there was very little direction given, so it was a good challenge.

When I reached the showstopper, the day started out really good [...] feeling like everything was going along, but before I knew it – I was over halfway done and I hadn't even started two-thirds of what I needed to do.

The stress level went through the roof at the half-way point, and the heat felt like it tripled. It was so hot. I've never been under such duress physically as I had during that. It was 40 degrees outside and then in an enclosed tent, with ovens going and you're running around – it was brutal.

After that was all said and done, it was like release; I didn't even know if I could stand up after it.

DG: Why did you choose to honour your wife with your last bake?

SS: I was just thinking of flavours that I was passionate about and that I thought would represent me and part of my life. When I put it all together I thought: 'Geez, this is sort of like our wedding; so let me just make this sort of homage in honour of our wedding.'

Obviously, I'm East Indian and I had an Indian wedding, so that was the kulfi flavour I pulled out there. Then I thought – strawberries and champagne – that's a nice toast thing and we had strawberries and champagne the night before our wedding as a little celebration.

Then of course, you need a strong cup of coffee the day after. It just sort of all came together like that and I thought what a nice little treat for her.

DG: What would you say was the hardest challenge?

SS: The finale.

That showstopper was the hardest physically challenging. The mental one for me was the International Week showstopper. I just reached sort of a creative roadblock there and I couldn't think outside of the box enough for that one. I'm thankful I made it passed but I keep coming back to that one as the low point for me.

DG: What was your favourite challenge?

SS: I loved every single technical. From the beginning to the end I enjoyed every single one of those technicals whether I placed first or fifth or whatever. They are so much fun for someone who likes to bake



COURTESY OF CBC

because it's a challenge.

I took great pleasure in those. Those aside the one piece I was most proud of was my Chocolate Week showstopper – my mirror-glazed entremets cake.

DG: Was there something that shocked you about this experience?

SS: Something that shocked me – a couple things that I learned about myself, one of them being that I'm more competitive than I thought and number two, I can do anything I want.

I can do what I want to do if I just put my mind to it. This was just so much outside of my regular comfort zone. Being a dentist, being an educator, it's all a controlled environment for the most part, and this was just so out of my comfort zone.

DG: Is there anything you would change?

SS: No, no, you know there are things that I wish I did better on but I don't think that that's fair to say that I would've changed those. I think what I chose and how I represented myself, I am certainly very proud. I did not say anything that I regret and certainly everything I put out on a plate I was very proud to put my name on.

DG: Do you still keep in touch with the other contestants?

SS: Not with all, but I will say that Megan is one of my very good friends. That was one shocking thing about this journey; I didn't think that would ever happen. I went into this thinking this is not about making friendships.

Truthfully, it was not about the friendships, even though some people enter the competition going 'I want to meet people,' that's fine, that wasn't my thing. I wanted to experience the process; so making friends was the last thing on my list. But that corky girl, I was very happy to have become her friend.

DG: What's next?

SS: Well, it's back to life at the dental school, that's just where things are now.

What has changed for me on the baking front: I'm starting to get a lot more requests for people wanting cakes and cupcakes for their parties (most recently Dal Med's 150 celebration). I actually really enjoy that sort of thing, so I'm going to entertain that as a side thing to do, and I'm also getting requests for children's birthday parties to come in and do cooking demos and decorating cupcakes with little kids.

You can follow Sachin Seth on Instagram @sweettoothfx to check out his latest creations and cooking endeavours. And keep your eyes open on campus for some of his goodies as they were spotted at a fundraiser in the dentistry building.

Weed still prohibited for university athletes

Cannabis is legalized in Canada, doesn't mean U Sports athletes can use it

BY JOSH YOUNG, SPORTS EDITOR

Even though Cannabis is legalized in Canada it's still prohibited for U Sports athletes.

This isn't a U Sports policy, it's a World Anti-Doping Agency (WADA) policy that's been passed down: U Sports abides by the policies of the Canadian Centre for Ethics and Sport (CCES) anti-doping program, the CCES follows WADA's rules.

Many student-athletes move on from university athletics to play in international events where they are in WADA's jurisdiction, therefore it's important for them to get into the habit of not consuming cannabis. According to Paul Melia, CEO of the Canadian Centre for Ethics and Sports, it's not known how long it takes cannabis to leave a person's system.

A tiny amount of cannabis can be in an athlete's system. This is to prevent athletes from being punished for in taking cannabis second hand.

Cannabis is on the prohibited list by WADA if it can enhance performance, can harm the health of an athlete and if it violated the spirit of sport. Melia says cannabis can be seen as performance enhancing, because it can calm nerves and can also relieve pain.

The CCES doesn't see it that way and it's been pushing for cannabis to be taken off the prohibited list.

"The reason is: we don't believe that there is scientific evidence that demonstrates that marijuana is performance enhancing when used in competition," says Melia. "Secondary reason: because it is used recreationally even when it was illegal, it's not the intention of the anti-doping program to police a drug use, our main concern is if it is a performance enhancing drug."

Melia said the CCES and U Sports are in talks to create a policy where U



PHOTO BY EVAN DE SILVA

Sport athletes with a chance to compete internationally will abide by WADA's rules, and athletes that won't compete internationally can consume cannabis.

Due to timing issues, *the Dalhousie Gazette* was unable to organize an interview with a member of U Sports. David Goldstein, chief operating officer of U Sports said in an emailed statement that U Sports has an extraordinarily large drug testing pool because there are 15,000 athletes. Most of them

won't be national athletes and have no need to be screened for cannabis. Due to that and legalization, U Sports has had preliminary talks with CCES but nothing further than that.

Mieke DuMont is a captain on the women's volleyball team. She said that this rule could divide a team if they are following different rules.

If an athlete needs cannabis for a medical purpose, they can apply to get a medical exemption from the CCES. The athlete would need to show that

cannabis is the best course of treatment for them. To make it manageable they are able to grant the exemption after an athlete is tested.

Melia said U Sports athletes were found to have the most cannabis violations in Canada. Melia thinks that's because of second hand smoke. He said once the threshold went down so did the violations.

One day the cannabis rules for university athletes could be changed. For now, it is the same.

Studying and playing abroad

Lia Kentzler moved from Germany to study and play ball at Dal

BY MEG MACKAY



In September while students flocked back to Halifax, Lia Kentzler was still in her native country of Germany – waiting on study permits.

“It was tough because I didn’t really know how the system here is working,” says Kentzler.

Kentzler arrived at a new school, in a new city, and a new country – two weeks late. She didn’t know the campus or understand the Canadian university system yet.

Luckily she’s on the Dalhousie University women’s basketball team and many teammates are in her classes. She was able to

lean on them for support in the beginning, for things like figuring out where her classes are.

Kentzler, 19, is one of the tallest players on the team at 6’1. She first decided to come to Halifax after speaking to the team’s Head Coach, Anna Stammberger, in Hannover, Germany.

“One day in December she came to our practices and our game, and we had a chat. It was kind of spontaneous,” said Kentzler.

Kentzler was playing for TK Hannover, a first division pro team in Germany at the time.

Stammberger was visiting her daughter, Tessa, who is an alumna of the Dalhousie Tigers women’s basketball team and was playing on the team with Kentzler. Tessa is still playing pro in Germany.

Playing for the Dal Tigers was an opportunity for Kentzler to study abroad in North America, and she took it. Now she plays for coach Stammberger, who was a professional player in Germany for 18 years. Kentzler says it’s a pleasure to be on her team.

“We have a really good connection,” says Kentzler, “she can speak German too, so sometimes that’s nice.”

Kentzler’s teammates in Hannover were much older than her, with players in their late twenties; basketball was their career. Kentzler was the rookie of the team; she was the only one who wasn’t a professional basketball player.

“It was really rough to practice with them, but you’re getting used to it, because they have more experience, they’re stronger, faster – but it’s a good competition,” says Kentzler, “I got more skilled, and I learned to play more physical. I learned to play against grown women.”

The Dal Tigers are a younger team; they play basketball while balancing life as full-time students. The practice schedule is between the two teams is similar, but the extra school work is a big change.

“That’s different. We have a lot of schoolwork to do, but the mentality and intensity is the same.”

The team was an instant connection for Kentzler, who has no family here. For Thanksgiving, her teammate Riley Sood, invited her and some other teammates to a family dinner.

“It was my first Thanksgiving, it was so nice, I loved it.”

Kentzler is thankful for all the opportunities basketball has given her. Earlier in the season, she got to travel to Toronto for three exhibition games. It was the second place she has been in Canada.

“It was really nice because it showed me that basketball takes you to places.”

Kentzler hopes to continue her education at Dalhousie and to continue to play for the Dalhousie Tigers. She might even like to play professional basketball later in her career.

“I hope that I can participate as long as possible in high-level teams,” says Kentzler. “That would be really nice because it’s so much fun and it’s great to have competition, playing with and against great players.”



THE DALHOUSIE/KING'S COLLEGE ULTIMATE FRISBEE TEAM (DKUT) IS RUN BY SPENCER LESLIE, STEPHEN SNOW, LIZ OUTHIT AND MACKENZIE GOODWIN. THE CLUB IS CO-ED AND IS OPEN TO POST-SECONDARY STUDENTS IN HALIFAX OF ALL LEVELS. OVER THE PAST FEW YEARS, DKUT HAS BEEN RECRUITING NEW MEMBERS. NOW THAT THEY HAVE MORE CONSISTENT PLAYERS, THEY WANT TO IMPROVE THEIR SKILLS AND PLAY MORE COMPETITIVELY. THIS YEAR, THEY HAD AN OPEN TEAM THAT WENT TO NATIONALS IN BRAMPTON, ONTARIO IN OCTOBER AND CAME IN THE TOP EIGHT AGAINST SCHOOLS SUCH AS THE UNIVERSITY OF TORONTO, UNIVERSITÉ LAVAL AND QUEEN'S UNIVERSITY. TO GET INVOLVED, CONTACT DKUT08@GMAIL.COM.



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Dal Tigers inducted into Nova Scotia Sport Hall of Fame

Three former and current Tigers part of this year's induction class

BY SARAH MOORE, ASSISTANT SPORTS



PHOTO BY SARAH MOORE

Dalhousie University was well represented in this year's Nova Scotia Sport Hall of Fame induction class.

Held at the Halifax Convention Centre on Nov. 2, the ceremony started a few minutes late because of heavy rain outside, but that didn't deter the celebratory mood.

The event kicked off with video clips of all the inductees and a quote from Nova Scotia native Sidney Crosby: "Passion is the most important part. It's not skills or talent or any of that stuff."

The athletes connected to Dalhousie certainly exemplified passion.

The first Dal related inductee was Anna Stammberger. Stammberger is in her 10th year as the head coach of the Dal women's basketball team. From Kensington, P.E.I., Stammberger played five years of basketball at Dal starting in 1978. She was recognized as an AUS MVP and a U Sports all-Canadian twice during that time.

When Stammberger arrived at Dal, she didn't have a lot of natural skill on the court. Instead, she had a strong work ethic and a desire to improve.

"I knew how to work, and I knew how to compete," she said.

Former teammates at the ceremony described her as a "bowling ball" with her determination and physicality to get rebounds.

After her time at Dal, Stammberger was a member of the national women's basketball team for 12 years and competed in Germany's first division for 18 years. She was inducted into the PEI Sports Hall of Fame in 2003, but she said being a part of the Nova Scotia Sport Hall of Fame is an honour because this province is her "second home."

"It's in Nova Scotia and Halifax and Dalhousie that I made my really amazing leaps — which was a bit of a fairy tale, really — onto the national stage," Stammberger said. "It's kind of where I just blossomed and grew into one of the best players in

the country."

Also inducted was soccer player Mary Beth Bowie, who is from Dartmouth. She played for the Tigers for two years. During her time at Dal, she was named the CIAU (now called U Sports) Rookie of the Year in 1997 and she was named a CIAU All-Canadian twice.

After that, the midfielder played for the University of Connecticut Huskies, and had a four-season career with the women's national team, playing in 13 international-level games. She played in the 1999 FIFA World Cup.

Former teammates talked about her "unstoppable energy" and tenacity.

The last Dal connected inductee was Rick Plato, who is the head coach of the Tigers' men's basketball team.

He was inducted along with the other members of the Saint Mary's University men's basketball team of 1978, who won the CIAU men's champi-

onship. They went into the tournament not even ranked in the top 10 nationally and came out national champions. They defeated the Acadia Axemen in the final game in front of 11,000 fans at the newly built Halifax Metro Centre (now called the Scotiabank Centre).

The members of the team were easily recognizable at the induction ceremony. Half of them pulled on maroon long sleeved SMU shirts over their dress shirts and they seemed to pick up their friendships right where they left off 30 years ago.

Thirty years later, he's still proud of being a national champion.

"They can never take that away from you," he said.

Also inducted into the Hall of Fame this year was gymnast Kristan Burley, the harness-racing sensation Somebeachsomewhere — the Hall's first horse inductee — and coaches the late Thomas Doucette and Peggy Gallant.

Bringing Moore to the table

After a strong first season, volleyball player Julie Moore is still trying to grow

BY JOSH YOUNG, SPORTS EDITOR AND SARAH MOORE, ASSISTANT SPORTS EDITOR AND ELLERY PLATTS

Rick Scott, Dalhousie University's women's volleyball head coach knew he had a talented player when he recruited Julie Moore. He coached her in her senior year at Citadel High School in Halifax.

But he wasn't expecting the immediate success she had in her first season last year.

Moore led the AUS in kills with 228, which was 23 ahead of the next closest player, and she finished sixth nationally in kills-per-set, quickly establishing herself as one of the best offensive players in the country.

"I was pleasantly surprised but not shocked," said Scott. "I knew she had the potential to do it, just it's impressive to do that in your first year."

Moore fell into the right situation with the Tigers: being previously coached by Scott gave her some familiarity with changes in competition level, schoolwork and lifestyle that happens with the jump from high school to university. She knew Scott's coaching style and expectations.

The players on the team were also supportive. Mieke DuMont, a fifth-year who's been an Academic All-Canadian, helped Moore organize.

"I see Mieke as almost like a big sister," Moore says. Her teammates are her best friends. "I can talk to them about anything."

Another factor in her success is the level of the team she joined. Dal won five straight previous AUS titles before Moore joined the team; they only lost one game last year.

Talent all-around

There's talent everywhere on the team. The Tigers are able to maintain possession of the ball and move it around efficiently to put Moore in the right position to hit it. Setter Courtney Baker is one of the best in the country and is key in passing the ball to Moore.

"I felt so comfortable with all the girls on the court and Rick being our coach; it felt



PHOTO BY CHRIS STOODLEY

very right being on the court," says Moore.

Now a few weeks into her second season, Scott doesn't want Moore to just be satisfied, he wants her to continue to work hard and improve. He says she is an all-around good player but still wants her to work on all areas of her game.

Scott says the best athletes in the world are never satisfied. "They don't become great just because

they're talented, they work really hard to get there."

"They don't become great just because they're talented, they work really hard to get there."

Moore is a great athlete, beyond her volleyball skills she has also played hockey at the provincial level. Scott said Moore's athleticism combined with her strong work ethic is what makes her a great player. This year, Moore wants to grow her leadership

ability. As a second-year, she wants to help the first-years get adjusted to universi-

ty life, because an important part of being a leader is helping with little details, like letting them know when it's team laundry time.

"I hope to be what she [DuMont] was for me for the new players coming in." Now that Moore is established as a top player in the league, she won't be taking opponents by surprise – that'll be a new challenge moving into her second year.

"When people are keen on you aware of you that can be harder, so it'll be a big challenge for her," said Scott.

If her previous success is any indication, she can handle it just fine.

Dalhousie Dynasties

Dal swimming, track and field and volleyball all have long championship streaks

BY GABBIE DOUGLAS, ARIELLE SZPIRO AND JOSH YOUNG, SPORTS EDITOR



PHOTO BY KARLA RENIC

Dalhousie University's swimming, track and field and women's volleyball programs are all their starting their seasons within a month of each other. They're also Dal's most successful programs.

Last year, the men's swim team won their 20th consecutive AUS championship and the women's team won their 17th consecutive championship. The women's track and field team won their 29th straight AUS title and the men's team won their 37th title in their history. The women's volleyball team dominated this past season and won their sixth consecutive AUS title, which no

women's volleyball team has done since University of New Brunswick won the league's first 10 championships from 1960 to 1970.

Dal Swimming

Dal's success can be attributed to strong team spirit and excellent coaching. In the past 19 years, the men won 13 Swimmer of the Year awards and the women have won 14. The swim program owns the majority of AUS records; there are only five records between the two programs that Dal

doesn't hold.

Their dominance in the pool started when David Fry became the permanent head coach in 1998-1999. That year, the men won the first of their current 20 straight championships; the women's program has won every championship outside of 2001.

Fry passed away in 2015, and several of his former athletes describe him as a strong leader. Chris Stewart, Swimmer of the Year in 2000 and 2001 and inducted into the Dalhousie Sport Hall of Fame in May, mentioned that Fry was a great

coach. But Stewart believes that the relationship Fry had with the athletes he trained was special.

"I think where David was really successful was the way he supported his athletes as people and when you feel welcomed, respected, valued and special [...] people achieve better results because of that."

Dal's current Head Coach, Lance Cansdale, took over from Fry in 2012. It's been a smooth transition: both teams have won every AUS championship under Cansdale's leadership.

"He is not just a coach, he is somebody you can come to if you have problems with school, or if you're overwhelmed, and it's things like that, that make him so good as a coach," says Gavin Dyke, who recently graduated. "No one wants to let Lance down, everyone wants to swim fast for Lance and it's because he's just not an amazing coach but an amazing guy."

Halle Loyek also graduated last year; she said that during a recruiting trip to Dal, it was the team spirit that caught her attention.

"I was a bit nervous when first meeting everyone on the team but they were all so friendly and quick to include me in," says Loyek. "I could see from the interaction between teammates that this was a very positive training environment and I really wanted to be a part of that."

The assistant coach and strength and conditioning coach, Kris Andrews, is crucial to developing the swimmers. Andrews was a swimmer himself for UNB and started as the Tigers strength and conditioning coach 12 years ago.

The Tigers are known for their tenacity and flexibility. Despite dealing with adversity like moving to the Centennial Pool two years ago and swimmers overcoming several injuries last year, they still managed to win their championships.

Their will, close team culture, strong swimmer development and great coaches make this team them the dominant swim team in the AUS.

Dal track and field

The women own the longest championship streak in the AUS across all sports. The men are currently on a four-year win streak and have won 25 out of the past 28 championships. The women have won 16 out of 24 Athlete of the Year awards since 2002 and the men have won 18 in the same time period.

Dal's current Head Coach, Rich Lehman, says one of the reasons for the team's success is their mindset.

"I think it's a little more results-driven and sort of excellence-driven, let's go out and try to have a personal-best kind of thing," he says. "We are a team full of people who know how to win and at this point we expect to win. I think this year at the AUS championships that was a key component."

According to Will Russell, a mid-distance runner who graduated last season, the athletes try to focus more on winning in their own individual competition and that makes the team successful overall because the athletes are not worried about the big picture.

When Lehman was asked if he thinks the winning tradition puts pressure on his athletes, he laughs. "Yep, for sure."

But he thinks the pressure can be a good thing.

"I want them to feel it. For the girls it is now 29 years in a row, I want them to think of how many people invested in that streak, people who have been out of eligibility for a quarter of a century and they are still a part of it," says Lehman "you can think of getting a little more extra points here when it is more than just you."

One of the ways they deal with the pressure of the AUS championship is to treat every meet with the same level of seriousness, importance and routine.

Michelle Reddy, a senior runner, says even in the smaller meets she creates competition by trying to outrace her best time.

Dalhousie has an advantage with a good academic reputation in both undergraduate and post-graduate programs. This allows them to recruit and keep athletes from first to fifth year, giving them time to develop those athletes' skills.

Reddy gives Lehman credit.

"I think Rich has just helped me as a person," says Reddy, from Sarnia, Ont. "Being a friend and a coach he definitely taught me how to live. Coming to Dal and never having lived on my own, he just taught me how to really put my life together I would say. As a runner [...] he kind of had a three-year-plan for me. So third-year is when I definitely started

running well; but he definitely saw the long-term future, which is sometimes hard in this sport."

But Lehman doesn't want to take all the credit. The volunteer coaches come to practice 10 to 15 hours a week and use a portion of their work vacation in order to travel with the team.

"The effort level that those people put in: that's the driver for our program," says Lehman.

Volleyball

In addition to the current six consecutive AUS championships, the women's volleyball team holds 23 AUS championships.

"It's very hard to win one AUS championship," says Head Coach, Rick Scott. "There are a number of student athletes and even coaches that haven't been able to do that in their career because it's so difficult. To be part of something that's won six consecutive feels very special and it's something we're really proud of."

Some of the success behind this program starts before the players become university students. In 2010, the team launched the Tigers Volleyball Club. The club starts working with girls in grade seven and eight in the Halifax and the surrounding area to develop player's skills and teach them what it takes to be a university athlete.

"We've had a number of our athletes come through the club system and then join our Dal team and excel," says Scott. "That has been a really big thing for us to have that affiliation and development."

Current alumni of the program include last season's Rookie of the Year, Julie Moore, and Top 8 Academic All-Canadian Anna Dunn-Suen.

Courtney Baker says her experience being with Dal and the national team program will hopefully help her become a professional athlete.

Scott says a great deal of credit must be given to the athletes who haven't won but they helped set the tone for the championship streak.

"Although they didn't win a banner, they're a part of the success because they helped establish a culture, the work ethic, the commitment, the sacrifice, and they should feel part of it."

After going to the national championships for the past six years, the team has been unable to win a medal but that doesn't hold them back.

"The goal is to win an AUS championship and get back to nationals and win a national championship."

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