

DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER EST. 1868



SHAUN MACNEIL

Dal’s \$55,000 price tag on access to employment information “absolute lie”

While CUPE is appealing the bill, a Dal insider shares information

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DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER
EST. 1868

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LETTER FROM THE EDITOR

The Grinch Who Stole My Heart: And other things about the end of the semester that has me feeling

I love the smell of fall. I remember the day I walked outside and could smell the season had changed.

It was my signal to pull out my wool sweaters and to keep the kettle hot. My body began waking earlier; soaking up the stillness of the dark and dusky maritime mornings.

These are the mornings I scroll through the thoughts in my brain, process my dreams if I remember them and look at what's happening on the social media.

Last week, it was a meme about 'the Canada Post that Stole Christmas.'

I can't get over it.

I won't get over it.

Saying Canada Post (or *worse*, striking Canada Post workers) is ruining Christmas because gifts might not get in on time is the antithesis of the moral of *The Grinch Who Stole Christmas*.

He taught the Whos of Whoville, that maybe, there was more to Christmas after all.

The Grinch is a HERO.

And the Who's even got their presents in the end! Just like everyone would if they ordered or sent gifts cross-country.

Union workers have been negotiating with Canada Post for about a year. They're asking for job security, rules for workplace injuries – to pay their carriers for every overtime hour they work.

But because consumerism stole Christmas (read all about that in the opinions section of this issue) and we're scared of some vague, unproven backlog, the federal government is enforcing back-to-work legislation.

If your mail deserves care, your postal carriers deserve more.

Karla Jefferd-Moore
Kaila Jefferd-Moore

Dishonourable degrees

An honorary degree recipient is in jail on charges of sexually abusing children, Dal refuses to comment

BY KARLA RENIC, WITH FILES MATT STICKLAND, COPY EDITOR

Editor's note: This article discusses sexual assault, including the sexual abuse of children. Gazette contributor Karla Renic is a student of Robert Huish. To avoid a conflict of interest, Matt Stickland conducted the interview with Huish.

Dalhousie University has no policy on rescinding honorary degrees – even when the recipient is on trial for sexually abusing children.

For more than 25 years, Peter Dalglish was a Canadian humanitarian. He graduated from Stanford University and then Dalhousie Law School in 1983. Dalglish worked in India, Afghanistan and Nepal (among others) where he founded charities, educated and sponsored children. He was a recipient of the Order of Canada in 2016 for devoting his life to “helping children escape poverty.” In an article from September, *The Globe and Mail* said he “often paid school fees for poor children, took them on international trips and invited them to his home.”

In April 2018, Dalglish was charged with sexually abusing two boys in Nepal. The boys, ages 12 and 14, were found in his villa at the time of the arrest. The father of one of the boys had described the sexual contact to the Nepalese police. According to *The Globe and Mail*, allegations included bathing, undressing, “playing with genitals” and coerced oral sex. Dalglish is currently being held at a Nepalese prison in Kathmandu.

Old honour, fresh complaint

Back in 2008, Dalglish received an honorary degree from Dalhousie University for his work helping children. Since the allegations were reported, the university has not yet addressed the future of Dal-

lish's award.

Robert Huish, associate professor of International Development Studies at Dalhousie, brought up this issue with his colleagues at the university after reading about the allegations.

“I've raised it with colleagues whether or not the university should continue to honour someone who's facing such charges,” he said, “especially when the work that he was being honoured for was involving the benefit and welfare of children.”

Huish sent an email to the Senate Honorary Degrees Committee in April, asking to open a discussion on rescinding Dalglish's degree. The Senate responded saying there is no mechanism in place to rescind honorary degrees and no action has been taken.

Richard Florizone, the President of Dalhousie University and Chair of the Senate, has declined to comment through the Senior Communications Manager at Dalhousie, Janet Bryson. Bryson was contacted twice for a chance to comment on Dalglish's award.

In an email statement, Bryson said “Senate has the power to bestow an honorary degree on an individual and therefore, they also have the power to revoke it.”

She continued: “The Senate at Dalhousie is currently considering the incorporation of formal processes into the relevant policies. It is highly unusual that an honorary degree would be revoked. It would be a decision that would not be taken lightly and would depend on the details of the situation.”

Not the norm

William Sweet, Chair of the Honorary Degrees

Committee at St. Francis Xavier University, said they also do not have a mechanism in place to rescind honorary degrees and have never rescinded one. University of King's College has said the same.

Huish said his main concern is that there are other mechanisms in place to rescind almost any other degree at Dalhousie; on the basis of academic integrity, the university can rescind a Bachelor's degree or a PhD.

“We're very thorough in ensuring accountability in almost every other aspect of university affairs. And I find it – that in this case – there's no mechanism in place to ensure accountability and diligence,” said Huish.

Academic institutions across the United States had similar discourse over Bill Cosby in 2015, as he faced charges for drugging and sexually assaulting of several women. Cosby lost honorary degrees from over 30 universities and colleges in the last three years. For many, this was the first case of rescinding an honorary degree.

Other universities where Cosby holds the award, such as Virginia Commonwealth University, said “because VCU honorary degrees carry no special rights or privileges there is no precedent or policy for revoking them,” according to *Vulture* magazine. Several universities have also said they will not rescind the award because he was honored for his work and accomplishments at the time.

In April, Cosby was found guilty on three counts of aggravated indecent assault against Andrea Constand.

Dalhousie University's criteria for honorary degrees says that the award seeks to “honour indi-



PETER DALGLISH. CREATIVE COMMONS

viduals whose accomplishments and achievements demonstrate a standard of excellence (...) and will reflect favourably on the public reputation of the University.”

Huish said Peter Dalglish's crimes are too closely related to the work he was honoured for, especially because it involved children.

“This would be a pretty important moment to say ‘yeah, we would happily disassociate ourselves from the likes of people who do crimes like this.’”

A new way to get help?

Nova Scotia welcomes a new form of mental health treatment

BY ISABEL BUCKMASTER



EMENTALHEALTH.CA IS A DATABASE FOR MENTAL HEALTH RESOURCES ACROSS CANADA. YOU CAN SEARCH FOR RESOURCES ON THERAPY, HEALTH CONDITIONS, FACILITIES AND PROFESSIONALS IN YOUR CITY. PHOTO BY EVAN DE SILVA

A variety of e-mental health tools are currently being piloted across Nova Scotia's post-secondary campuses. The hope is that these tools will help alleviate appointment wait-times and provide counselling alternatives to students in need. "As someone who had seen and used on-campus counselling, I saw the pros and cons to what on-campus counselling was like and understood the need for something more," said Clancy McDaniel, a fourth-year student at St. Francis Xavier University. "Being able to talk online about your classes or a program, by having other peer listeners who come from the same place as you, it makes it a lot easier to talk and for the other person on the line to understand."

E-Mental health is the idea that different kinds of mental health services can be provided using an online or digital platform.

It's everything from online self-help to psycho-education to online peer support and it is meant to expand to include the entirety of the mental health spectrum.

Nova Scotia launch

The e-mental health tools that have just launched at every campus across Nova Scotia are focused on both student and faculty training and treatment and were designed to be implemented into existing counselling services on post-secondary campuses.

"Our hope was to open up accessibility to give students more opportunities to enter the system," said Dr. Elizabeth Cawley, coordinator for the Association of Atlantic Universities and one of the main forces behind the project. "It was really supposed to expand the service offerings, increase accessibility and increase the service capacity of counselling centres."

There are four main tools being introduced. All are part of an NGO called Healthy Minds Cooperation NS. Each program is available online, 24/7, and branch into either online peer support, online mental health literacy training and self-directed cognitive behavioural therapy.

There is a 24/7, 365-day telephone crisis number for severe situations. Each tool can be adapted to accommodate most individual student's needs to fully encompass the care they desire.

According to Cawley, the Stepped Care model is a model of psychological service delivery that states that not everybody needs a 50-minute counselling session. Cawley explained that these tools explore alternate forms of care.

"We were trying to provide some of the lower steps of the Stepped Care model to take some of the pressure off of the counsellors in the counselling centres so that they could dedicate more time to students in significant distress."

"For me, as someone who does regularly go to counselling, I like the program because as a stu-

dent who is very busy ... I know when it comes to my mental health, I have to be proactive," said McDaniel, "Being able to talk, for me in my experience, helps a lot. It has more quality, being able to actually speak to people. And so being able to speak to someone over the phone was wonderful and very accessible."

According to a press release, the e-mental health programs now available in Nova Scotia are Therapy Assistance Online, 7 cups, Kognito, and Good 2 Talk. Many of these programs were funded and launched in a different province (mainly Ontario), and after receiving positive results, they are now being tested out in Nova Scotia across campuses. At Memorial University and across Ontario, many of these tools have already been implemented and are being used by thousands of students. After its launch in Ontario, Good 2 Talk received more than 50,000 calls from post-secondary students in its first year alone.

Proven-based results

"One of the great things about this strategy is that we are collecting data and making sure that these tools are working on our campuses," said Tristan Bray, Executive Director of StudentsNS. "Part of the whole implementation of this strategy is collecting data and making sure that they're working and increasing the efficiency of our counselling services."

Healthy Minds Cooperation Nova Scotia is currently lobbying to have this one-year pilot project be extended with additional funding to three years so that they can collect additional data and continue to prove that what they are doing is worthwhile and beneficial to students.

"A lot of students face stress and anxiety and struggle to deal with their feelings on the lower end of the mental health spectrum," said McDaniel "To have a toll-free, 24/7 line where within 10 minutes you're going to be matched with someone who is knowledgeable in the topics that you're bringing forward, I think this is a really great way to tackle the stigma and the shortage and is such a phenomenal option for students."

One of the great things about this strategy is that we are collecting data and making sure that these tools are working on our campuses.

ward, I think this is a really great way to tackle the stigma and the shortage and is such a phenomenal option for students."

Dal's \$55,000 price tag on access to employment information “absolute lie”

Dalhousie insider reveals

BY MATT STICKLAND, COPY EDITOR WITH FILES FROM LANE HARRISON

Remember that \$55,000 price tag Dalhousie University gave the Canadian Union of Public Employees (CUPE) for a Freedom of Information and Protection of Privacy (FOIPOP) request about employment at the university?

A Dal whistleblower says that the school exaggerated the cost.

In the summer of 2017, CUPE submitted a request for information about how many full and part-time professors were employed at Dalhousie over the past 10 years. In response to their request Dalhousie said it would cost \$55,000 to gather the requested information.

The Dalhousie Gazette submitted a FOIPOP request to Dalhousie asking for the justification for the \$55,000 bill given to CUPE this summer. In the information the *Gazette* received from the request, it says the files pre-2012 weren't accessible electronically.

CUPE's request

CUPE originally requested the number of full and part-time professors at Dalhousie from 2006-2007 to 2016-2017 academic years.

Dalhousie had until June 1, 2017 to give CUPE the information but requested an extension. In an email from June 5, 2017 the *Gazette* received as part of its information request explains that no information is available prior to the 2012 academic year.

The email, sent from a senior workforce analyst with Dal's Human Resources department, requesting the extension reads in part: “Due to the academic revitalization project that occurred in 2012 to address issues of data integrity with our faculty data, this data is only available from 2012 onwards. Data prior to this is no longer stored in Banner, and therefore we no longer have access to this data.”

Dalhousie's claim is that in order to get this data they would need to either “locate and retrieve the source document in each HR file that would confirm faculty status for the years in question. These documents would then be provided to [the Privacy Officer] for redaction and the applicant would generate their own statistics from the source docu-

Effective Date:	01-AUG-2003		Pay Plan	
Personnel Date:	01-AUG-2003		Group:	2002
Status:	Active		Grade:	LECT
Title:				
Job FTE:	0.800		Table:	AC
Appointment Percent:	100.00		Step:	0
Encumbrance Hours:			Compensation	
Encumbrance Indicator:	Value Input		Rate:	31.134503
Hours per Day:	7.00		Hours per Pay:	151.67
Employee Class:	DM	DFA	Assign Salary:	4,722.17
Leave Category:			Factor:	12.0
Change Reason:	JHIRE	New University Hire	Pays:	12.0
Employer Code:	DAL3	Dalhousie University-Red Rat	Annual Salary:	56,666.00

ments.” Or “locate and retrieve the HR files and produce the statistics manually themselves after reviewing the files for the years requested.”

What happened?

CUPE got the information they requested from the CUPE local 3912 and the Dalhousie Faculty Association – not the school. But the appeal is still being investigated. CUPE researcher Chandra Pasma appealed the \$55,000 cost estimate from Dal.

“I haven't abandoned my appeal,” says Pasma. “The appeal is proceeding on principle, that this information should be publicly disclosed and should not cost \$55,000 to do it.”

Senior communications manager for Dal, Janet Bryson wrote in an email to the *Gazette*, “the university has electronic records for faculty appointments from 2012 to the present.” And “the university was asked to provide numbers for specific faculty categories. (i.e. full-time, limited term, adjunct, part-time, etc.). It's this level of detail that would not be available in Banner payroll information and would be labour intensive to provide prior to 2012.”

But a source with Dalhousie who's familiar with the Banner payroll system says that the information CUPE requested is all available electronically and could be easily put together in a comprehensive report. The source has requested anonymity because they fear speaking up would jeopardize their job with the institution. The source says that all payroll information – full-time, part-time and even professors who get grants straight from the government – can be accessed on the Banner payroll system as far back as 2003.

This screenshot is from the Banner payroll system. It shows a part-time faculty salary record from 2003.

The “effective” date is when the person was entered in the system and started being an employee at Dalhousie. The “personnel” date is when the employee started the job with which they're currently employed; if an employee changes jobs this category, this is where that information is tracked.

The “Job FTE” (Full time equivalency) is 0.8 or 80 per cent, which means the faculty member this record is based on were part-time, 4 days per week. And “Employee Class: DFA” means they're a faculty member of the Dalhousie Faculty Association.

Two to three days' work

The Gazette's source says that all a Dalhousie employee would need to have done to get the information CUPE requested was go into the Banner payroll software, identify all the information to be included and then generate a report. The source says that doing this work would be like doing any data entry work. They estimate that it would take one employee two to three days to compile the information in the program, and then minutes for the built-in reporting software to generate a report.

The same email from Bryson continues: “if the university had a faculty member who became Dean and then, later, returns to their faculty position; our electronic payroll records would show that this person was fully employed the entire time but it wouldn't capture when they were Dean and when they were a faculty member.”

But *the Gazette's* source says that when a person switches roles, the Banner system creates a record and is added – and it's all easily accessed on Banner. *The Gazette's* source says that “the idea that it would take a full-time employee one year to comb through all of these records is an absolute lie.”

Dalhousie University declined multiple requests from *The Dalhousie Gazette* for an interview to explain the discrepancies between Dal and the source.

How Consumerism Stole Christmas

The annual contest for who can spend the most money

BY KRISTEN TYMOSHUK

As a kid, I loved everything about Christmas: annual traditions like baking cookies with my mom, listening to Michael Bublé's Christmas album and letter writing.

Every year without fail, I would write a letter to Santa and tell him exactly what I wanted. I don't think he came through even once. But that's probably because I asked for a kitten 5 years in a row — my sister is allergic to cats.

Instead, "Santa" gave me things I needed, like socks. Along with a boatload of things I didn't need. Toys, games, books, chocolate; all given out of love but ultimately

without a lasting impact on my life.

The only gift I remember from my childhood was my first pet: Fluffy the hamster.

Is it worth it? To spend all that money on gifts that bring brief satisfaction and then fade into obscurity? Because there are billions of people that do just that.

There's a huge Christmas economy that feeds on this desire to

buy buy buy and show our vast financial generosity. We buy gifts for two reasons: to show how much we love someone or to show how much we spent on someone.

There's a price on Christmas now and it's \$100 plus HST.

'Here, I got you this pearl-encrusted-hair-tie-holder you'll never use because I bought it on my vacation to Fiji and I just want-

"You go to the grocery store to pick up eggs and you come back with ten Terry's Chocolate Oranges for your distant relatives"

ed to remind you that I thought of you while I was lying in the sand drinking a piña colada.'

If you can't afford a pearl-encrusted-hair-tie-holder or you didn't go to Fiji, there's still a plethora of cheap Christmas-themed novelties that are shoved in your face everywhere you go.

It's so easy to be hooked in; you go to the grocery store to pick up eggs and you come back with ten Terry's Chocolate Oranges for your distant relatives because you must get them something.

There's a materialistic obsession gripping our society and it's spawning from our privilege to buy whatever we please, whenever we please.

How do we break the cycle? How do we show our endless love for the people we care about, without falling victim to the pattern of buy, collect dust and eventually discard?

Gifts don't have to be material

This year, I'm making some donations to charities on behalf of my extended family. It's also not a crime to just write someone a letter letting them know you love them.

If you've ever seen *How the Grinch Stole Christmas!* (NOT the Jim Carrey live action remake) then you know that despite taking the trees, the presents, and the last can of Who-hash, the Grinch didn't stop Christmas from coming.

It came, just the same, because the foundations of Christmas are built on much more than presents and decorations.

Maybe reconsider the next time you feel the urge to buy a prepackaged spa basket for your Mom on Christmas Eve because you couldn't think of anything else to get her. Don't buy simply for the sake of buying. Chances are the three hours you spent choosing it could have been spent with your Mom, singing Michael Bublé in the kitchen with flour on your pants decorating gingerbread men.



PHOTO BY KARLA RENIC

Exams aren't everything!

Peer Support workers give words of encouragement and self-care tips

BY TANAKA SUMBA AND MEGHAN CHISHOLM



THE DALHOUSIE STUDENT UNION WELLNESS ROOM IS LOCATED ON THE LOWER LEVEL OF THE STUDENT UNION BUILDING. PHOTO BY CHRIS STOODLEY

Exam Encouragement

Exam season is finally upon us. In a few weeks we'll all be writing our final exams before heading home for the holidays. Before you take your exams, there are a few things you need to know.

Yes, exams are important – but remember that they don't assess what makes each of us exceptional and unique.

The results from the exams you're about to take will measure a lot of things coursework-related, but your performance on the exam may also depend on how you're feeling on the day you write each exam.

Unfortunately, these exams don't show your personal and interpersonal improvement.

An exam can't tell you how you brighten up the days of all those people you deeply care about. Most people marking exams don't know that you love to sing, you're good at drawing, you're a remarkable athlete or a wonderful tutor for others. They haven't seen the way that some of you can dance gracefully or speak confidently in front of large crowds. They don't know that you're al-

ways there for your friends and family. They don't know that you're caring, thoughtful, give your all and do your best every single day.

They don't know all these extraordinary attributes that make you who you are because these characteristics are not measured or assessed in your final exams.

They don't tell you how incredible you truly are. But that doesn't mean that you should forget it.

Having reminded you of this, be prepared to do your best on these exams and remember that there is no one way to 'examine' every important aspect that makes you, YOU.

If you feel stressed or overwhelmed as you dive into the end of the semester, remember Stay Connected Peer Support workers understand – we've been there.

Drop by to chat Monday through Thursday for free confidential Peer Support, 4-6pm in the Wellness Room of the SUB.

Tanaka Sumba
Peer Support Worker

Seven Tips for Self-Care During Exam Period

#1. Keep up with your normal self-care routine

When it comes to self-care, "know thyself" is key. Many of us have some kind of self-care routine that works, at least most of the time. But, it's easy to let self-care slide when exams are coming up and term papers are due.

You might think you're wasting valuable study time by doing something for yourself. But now you need self-care more than ever – and you'll feel better all-around for it.

Stay hydrated. It can be easy to forget to drink enough water throughout the day during exam period, especially if we're not so good at it in the first place. Try taking a reusable water bottle with you to campus every day and sip on it while you work. Your brain and body will thank you!

Nourish your body. Eating well nourishes your body and your mind! Getting proper nutrients will help your brain function effectively and will keep you fully satisfied so that you aren't distracted by a growling stomach while studying or aren't nursing a stomach ache from too many trips to the vending machine. Do your best to incorporate balanced meals and healthy snacks into your day.

Get enough sleep. It's that time of year again where it seems like your peers are competing on who can get by on the least amount of sleep for the final push of the year. But what your mind really needs for adequate functioning is rest, and all-nighters are one of the biggest mistakes you can make! Sleep is critical for memory consolidation. If you skip on sleep, you're also creating a barrier to your learning.

#2. Ask for help

With the due dates, exams, stress and homesickness that can come with this time of year, it's normal to feel overwhelmed. You are not alone in this. And supports are available to you.

Whether it be visiting a professor in office hours, getting writing tips from the Writing Centre or seeking peer support, there are people and services on campus that can give you the support you deserve.

#3. Take regular breaks that are meaningful and intentional

Breaks are good – quality breaks are best. Take the time you set aside between studying to focus on re-energizing. Get some fresh air, move your body, have a healthy snack, meditate, or get some much-needed human interaction, whether in person or over the phone.

#4. Be SMART with your goals

It's great to set goals for yourself, and the SMART method is the optimal way to do that. When setting a goal, ensure it meets these five criteria: Specific, Measurable, Attainable, Realistic and Time-bound.

#5. Take it one task at a time

Break down your goals into small, manageable chunks – and take them one at a time. We often think that by multitasking, we're better off, but this can't be further from the truth. To really be effective, take it one thing at a time, and remove distractions.

#6. Know the end is in sight

Exams may be looming over you, but they'll be out of the way before you know it. Practice visualization of you completing that last exam and walking out of the room happy that you're done. This can be motivating to get you through the last chunk of studying ahead of you.

#7. Be kind to yourself

At the end of the day, self-care is all about self-compassion. During stressful times, try to remember the bigger picture – grades aren't everything. Practice positive self-talk with affirmations: "I am strong" and "I am enough." Take time for yourself each day.

Meghan Chisholm
Peer Support Worker

So, you're going home for winter break...

BY TARINI FERNANDO

Five tips to make it through going home this winter



Heading back home for winter break can mean a lot of great things: relaxing nights watching cheesy Christmas movies, or fun days making gingerbread houses with your relatives. But that's not all.

Being back at home for three whole weeks also means getting some tough questions from your parents and relatives. Things can get awkward. You'll probably hear the regular barrage of questions: How are your grades? Are you sure about your major? Are you planning to do a masters? A PhD? And when you're an arts major like me, there will definitely be questions about what "real job" you can get with a Bachelor of Arts.

That's on top of all the questions you'll get about your love life. Any cute boys at school? Have you started dating yet? Who's that you were just texting?

There's never an easy answer to these questions. It can take years for students to decide what they want to major in, and what they

wish to do with their lives after graduating.

And how can you tell grandma that the boy you're texting is someone you met on Tinder?

Tip 1: Not so obvious avoidance

"You can't really avoid it," says Gabrielle Geneau a student from New Brunswick. "If somebody asks you [annoying questions] ... just say really short answers so they can stop pestering you about it."

Another student, Wesley Giffen, says he recommends spending time in places other than home to avoid those awkward school-related conversations. He does this by catching up with high school friends who are also in university.

"It's different when somebody who's in university now asks you that kind of stuff," Giffen says, "because then they can relate."

Tip 2: Show don't tell

Another concern many parents or guardians

have is about your work ethic. They might ask you if you're actually getting anything done at school. That's a real concern for Avery Cole, a student who is from Nova Scotia but whose family lives far away from Halifax.

"They don't think that I'm ever in class," says Cole.

So, whenever he is home, Cole uses this trick to let his parents know that he is actually getting work done: "I try to do my work in front of them. Instead of doing it in my room, I'll do it on the kitchen table, just so they won't bother me about it."

Tip 3: Obvious avoidance

When dealing with love life questions, there are a few tricks that may work under the right conditions. If you're getting questioned about dating during dinner, try constantly stuffing food into your mouth so you don't have time to speak.

For a more long-term solution, change the

topic of conversation to something stupid one of your siblings did (if you're feeling particularly evil).

In a worst-case scenario, just talk about politics.

Tip 4: Just be honest

As much as you can try to avoid your family's questions, at a certain point, you just have to face them. And I recommend just telling them the truth.

Tell them if your marks aren't the best. Tell them if you're thinking about switching majors. Tell them if you just started dating this guy you've only met twice in person.

Yes, it may cause a shitstorm of anger and more inquiry, especially if you're talking to the people paying for your education ("Do you know how much it costs for us to send you away? What happened to wanting a chemistry degree?").

But the people around you should want you to get the best out of your university experience. They should be there to support you and your decisions, and the only way they can do that is if you're honest with them.

Tip 5: Relax

However you decide to spend your break, know that the most important thing is that you relax.

Unless you're writing a thesis, winter break is the only time in a full school year where you don't have any work to do for classes. One semester has just finished, and another is on the way. If you want to get a head start on readings, go for it, but in my experience, that never works out.

I take winter break as a time to do all the things I never have time for during the semester. I read books that have been sitting on my desk for months, waiting to be read simply for pleasure. I watch everything that's been sitting on my watch list for weeks and I enjoy it. I pick up my pencil and paintbrush again and make art for hours.

Take this time to *not* think about school if you can, because another semester of stress will be here before you know it.

Christmas diet tip?

Eat what you want

BY MAYOWA OLUWASANMI



Holiday dinners vary across cultures and families. One commonality that links us together is the knowledge that delicious feasts aren't going to be kind to our waistlines.

But should we give a shit?

Every year, bad Lifetime movies and Christmas decorations accompany headlines across the world spreading “tips” for staying trim during the holiday season. Prepackaged snacks to avoid grandma’s baking. Drinking two liters of water so you don’t have any wine. No bread, lean protein and veggies only!

Every December, adults condescendingly remind other adults that roasted carrots have more nutritional value than chocolate cake. To many, it seems absurd. To those already swept up by diet culture, it’s familiar.

Diet culture is a benchmark of the modern world. From as early as the 19th century, there has been pressure on women to maintain or aspire to a specific body type. Weight loss is spearheaded by a billion-dollar diet industry – programs, pills, fitness

challenges, powders, meal replacements, low calorie, high intensity.

The Western diet consciousness is a whirlpool of change and modification. From the grapefruit diet to juicing, society has hopped from one diet trend to another in a search for our slimmer selves.

Aside from pushing this slim ideal, the diet industry exists by monopolising shame. Weight loss “before and after” photos flood most social media platforms.

‘Imagine what you could look like! Why can’t you do it? What’s stopping you? Why are you so lazy?’

Measure, control, deprive.

The writers and platforms may vary but the advice does not.

‘It takes three hours on the rowing machine to burn off a slice of cake. Pack a bag of almonds to snack on. Load up of veggies. Say no to mulled wine.’

Every dietary limit is another step towards the new, thinner you – the you that can live without shame.

So, to answer the question-at-large: should we give a shit? Absolutely not.

Navigating unhealthy eating habits hits home for many. “Tips and tricks” turn into disaster, leading to another holiday season spent anxious and unhappy. It’s pointless to pretend Christmas day is just another day to log into MyFitnessPal.

Food is an integral part of the festive celebration. To many, it’s a way of connecting with family by making specific dishes or passing down traditions. The family meal is immersive, the scent of certain dishes, the taste of cultural flavours – every bite has a memory, feeling, anecdote attached.

If we allow ourselves to be consumed by this toxic culture, we risk missing out on the meaningful nature of the food around us and the joy that comes with being with people we love. All in pursuit of a dangerous obsession with impossible perfection.

The diet industry wants us to fail, not win. Weight Watchers is a multinational organization based on the failure of their participants. Profit margins remain high due a constant cycle of deprivation and

failure – the weightwatcher eats low-point foods, loses weight.

Removed from an environment of weekly “accountability” meetings and food counting, the weightwatcher gains the weight back. The weightwatcher vows to lose the weight again – rinse and repeat.

Mindful eating and moderation is only possible when we change how we look at food.

There is no prize for struggle. The diet industry profits from disguising shame and restriction under the guise of strength and determination.

The diet industry has morphed health into an elite club. To challenge this, we must first expose the harms of restrictive diets then seek alternative methods to feel secure in ourselves and in our health.

We’re a long way from a culture that doesn’t define us according to weight or appearance. By ditching the pre-packaged almonds and engaging in the festivities, we make a conscious choice to resist. No more feeling grinchy about weight gain. Let us eat cake!

Contradictory Carbon Tax Catastrophe

Average consumers will suffer, corporations have wiggle-room

BY VEER GANDHI

A new carbon tax will be implemented as part of the Pan American Framework on Clean Growth and Climate Change next January.

The purpose of this tax is to save our environment and act on climate change--to meet the carbon emission targets set by the Intergovernmental Panel on Climate Change (IPCC).

The logic behind the tax is simple economics: higher prices mean lower demand, lower demand for carbon means carbon emissions will reduce.

And that will save our environment, right?

Unfortunately, the answer is not that simple.

When we think of a carbon tax, the most natural thing that comes to mind is increased gas prices. But carbon tax will also increase the price of almost everything that uses carbon – like groceries that need to be transported by trucks. The price for almost everything will rise as many products require the use of carbon, whether indirectly for transportation or directly in production.

Inelasticity of demand means that a rise in price for a product will not significantly alter its consumption. Things that don't have substitutes, like home-heating and gas for example. If you raise the price of gas, families who drive to work, to school or to hockey practice will still have to do these things but will pay more.

The US pulled out from the IPCC agreement, to avoid the adverse impact it would have on jobs, fossil fuel industries and the overall GDP.

Economic concerns

New businesses mean new jobs, and when you increase the costs for investing in Cana-

da by imposing an additional carbon tax, companies are hesitant to invest. This means fewer jobs will be created and as productions costs rise, current jobs may be threatened as companies look to reduce costs.

There are serious economic concerns when it comes to investments, loss of jobs and more expenses for basic needs. While Canada may emit less greenhouse gases, companies can just move their money elsewhere and invest in countries where there are less regulations on pollution. Meaning that the overall greenhouse emissions from our planet – which is what truly matters – might just remain the same.

Consumer concerns

The government plan exempts large polluters from bearing the full cost of the carbon tax. Most firms that produce 50 megatons of carbon dioxide per year won't face any penalties until its emissions reach 80 per cent of its industry's average. Other industries faced with high competition like cement and oil might be exempt for up to 90 per cent.

If the heavy polluters aren't being taxed, what's the point?

Average consumers will bear the burden of the carbon tax, paying more for basic necessities like gas and home-heating.

Currently, there are significant exemptions for firms that heavily emit carbon dioxide, which might dampen harm to our economy, but the carbon tax is expected to keep rising over the next few years – which means that the economic threats are looming.

Different pollution solutions

There are other pathways to effectively

Meaning that the overall greenhouse emissions from our planet – which is what truly matters – might just remain the same.

If the heavy polluters aren't being taxed, what's the point?



tackle climate change.

The government can encourage investment in sustainable tech by reducing regulation.

The government can also invest in green technology as opposed to subsidizing fossil fuel industries.

Other methods include replacing fuel-consuming cars with electric cars, or switching to biodiesel (a vegetable-oil based diesel fuel) when possible.

But let's assume all these hurdles have been calculated for and the plan is flawless – it protects our economy, jobs and investments while reducing pollution. A recent IPCC report that shows even with carbon tax, Canada needs to do more to meet

its targets.

For the carbon tax to cut emissions enough for us to meet our climate targets, it needs to be significantly higher. The current tax is nowhere near what it should be, and with the exemptions for large corporations, one wonders whether this tax fulfills its intentions.

Protecting our environment and our economy at the same time is very important. A proper carbon tax cannot logically achieve both.

A high, environment-saving carbon tax would raise the costs of production, which leads to the adverse economic issues. A lower carbon tax, like the one being implemented, is just not enough to reach our climate targets.

Battle of the nogs

The *Gazette* staff sampled seven egg nogs so you don't have to

BY REBECCA DINGWELL, NEWS EDITOR

Editor's note: This piece was inspired by *The Coast's* nog taste test from 2017.

It's that time of year again – egg nog hit grocery store shelves around Thanksgiving and we must soak up all the noggy days we have left before the government takes it away again.

News editor Rebecca Dingwell, arts editor Jessica Briand, opinions editor Lexi Kuo, copy editor Matt Stickland, visuals editor Chris Stoodley and editor-in-chief Kaila Jefferd-Moore loaded up on locally-available nog to determine which is the best.

Stickland and Briand are both lactose intolerant, so Briand stuck with the dairy-free variety while Stickland decided to tempt fate and try them all.

"As someone who's never really had egg nog ever, here I am to be the impartial judge," said Kuo.

"It's literally like walking into Bath and Body Works with your mouth wide open."

Dairy-free nog

Kaila Jefferd-Moore: We're going to start with the lactose and dairy-free ones.

Matt Stickland: AKA the bad ones.

KJM: That's not true. That's rude.

Rebecca Dingwell: Hmm, it's kind of true.

1. So Delicious coconut nog

Jessica Briand: I hate coconut and people try to do coconut products in place of dairy products all the time. It's like, my biggest pet peeve.

RD: That's not bad, actually.

MS: That actually tastes pretty good.

Chris Stoodley: I'm surprised.

JB: Aruuugh.

RD: There's a bit of an aftertaste that I'm not crazy about.

JB: I liked it until I got the coconut aftertaste.

2. Califia Farms almond nog

KJM: It smells really bad.

CS: It smells like hair product.

RD: No, no. No thank you, Califia Farms.

JB: It's literally like walking into Bath and Body Works with your mouth wide open.

3. Earth's Own almond nog

JB: It smells better. It doesn't smell so artificial.

RD: It doesn't taste like egg nog, but it's not a bad almond beverage.

KJM: I really enjoy it.

LK: This just tastes like sweet almond milk.

Light nog

KJM: Should we do light first or regular first?

RD: Let's do light first, because I feel like that will leave less of a residue in your mouth.

4. Baxter light egg nog

MS: The Belgian lace is not so great.

LK: I'm not a fan.

KJM: It tastes like melted-down vanilla ice cream.

LK: I was gonna say that.

RD: But less good.

5. Farmers light egg nog

RD: It's like frothy, see, look at the bubbles.

KJM: The Farmers one is like, heavy to pick up.

LK: *disappointed sigh*

RD: I can taste some spice, but can't really taste the nog so much.

CS: This was the only spiced one.

KJM: That's what the Baxter's egg nog was missing – the spice.

Classic egg nog

KJM: Let's move on to the full-bodied egg nog.

MS: I will not need lunch.

6. Scotsburn holiday nog

KJM: I like this one.

RD: I think this is my favourite so far.

MS: It's all right.

RD: I wouldn't mind putting like, a pinch of nutmeg in it.

CS: I love that.

LK: I'm actually – this is not one of my favourites so far, no. I think I prefer more spiced.



PHOTO BY KAILA JEFFERD-MOORE

7. Farmers egg nog

RD: This is the nog that I grew up on and I have to say now that I've tasted all the other nogs...I get a little bit of nostalgia, but otherwise, this isn't it for me. I think going forward in my adult life, if I were to purchase a nog it would be the Scotsburn over the Farmers.

CS: I agree 100 per cent.

MS: *burps loudly*

LK: I like the Farmers better, actually.

KJM: Definitely Farmers.

Conclusion: The Farmers classic nog was most-loved, with Scotsburn a close second. Califia Farms almond nog was the most-hated (and most expensive).

Nog newbie Lexi Kuo said: "This whole thing is just – when you go and buy nog, you're getting a completely different drink. How are you supposed to know what is the ideal nog?"

What's your ideal nog? Let us know on Twitter @DalGazette.

Black Sheep of the Halifax music scene

Cyrus R.O. releases new single and new band

BY ALEX WOOD

Local musician Cyrus Robertson Orkish – known professionally as Cyrus R.O. – is a 21-year-old Dalhousie University student whose recently embarked on a solo musical venture.

Born and raised in Cape Breton, R.O. moved to Halifax in 2015 to study physics at Dalhousie. He grew up writing songs and playing music; he's made a name for himself in the local music scene.

R.O. joined local hard rock heavyweights Dali Van Gogh in the summer of 2016, his second year of university, after seeing an ad on Facebook a member of the band had put out in search of a bass player. He's been playing with the band ever since.

This summer Dali Van Gogh opened for Ontarian rock band The Glorious Sons at the Garrison Backlot Bash in Halifax. Every year the Garrison Brewery brings in a major touring act for the bash, and this year they held a contest to choose one of the supporting acts. Dali Van Gogh won.

"It was awesome. The actual show was definitely one of the most fun performing experiences I've ever had" said Cyrus. "Great crowd, great energy, and it's just cool to play on such a big stage with such a nice setup."

R.O. recently released his latest single, entitled Black Sheep, a pop-rock piece which is a stylistic jump from the soft rock sound he is known for with Dali Van Gogh. Recorded this summer with multi-award winning producer Jamie Foulds at Soundpark Studios, this is his second solo release of his musical career and his first release under the name Cyrus R.O. His first single, Pulp, can be found on Spotify under the name Cyrus Robertson Orkish.

Although he has been writing his own songs for a long time, it was only recently that, after his plan of employment fell through, he saw an opportunity to forge a career out of his music. While he balances his musical ambitions with his studies, he



PHOTO BY KARLA RENIC

is making plans for future releases.

This past August was the Cyrus R.O. Group's first time performing as a unit since their formation this summer, and features bassist Carolyn Curry: a University of North Texas

graduate in the jazz performance program, Luke Knopp on drums: a graduate of St. FX's jazz performance program, and guitarist Stephen Fewer: a graduate-turned-instructor at Dalhousie University's guitar program.

"It's totally wonderful and very humbling to be supported by such a talented group of musicians" R.O. remarked. He and his new band celebrated the release of Black Sheep last month at Gus' Pub in Halifax.

Bluenose-Ability Film Festival continues to grow

Paving the way for disability arts in Nova Scotia

BY JESSICA BRIAND, ARTS AND LIFESTYLE EDITOR



THE BLUENOSE-ABILITY FILM FESTIVAL TAKES PLACE BETWEEN NOV. 29 TO DEC. 4 WITH WORKSHOPS AND SCREENINGS ACROSS THE CITY. PROVIDED BY REACHABILITY

reachAbility's fourth year of hosting the annual Bluenose-Ability Film Festival (BAFF) has more events to offer than ever, and plans to grow again next year.

BAFF features both professional and amateur films showcasing stories about or by people with disabilities. It's the only one of its kind in Canada.

It started as something to celebrate reachAbility's 15-year anniversary. reachAbility wanted to find a way to bring something unique to the community they serve, and the festival has been growing every year since.

Tova Sherman, CEO and co-founder of reachAbility said the event came about

when she saw there wasn't an avenue for people from the disability arts community to have their voice heard.

"I'm like a lava flow honestly," said Sherman. "If someone's doing it I'll float by, but if there's a gap and it's my community that deserves better, I'm going to do everything in my power to fill that gap and really disability arts is a starving area and we're going to make sure it's fed and fed well."

Funding for the event comes from a com-

bination of public-private partnerships and the support of the Nova Scotia Community, Culture and Heritage department.

Disability arts is a starving area and we're going to make sure it's fed and fed well.

Every event is accessible for whatever needs people may have, whether that be wheelchair accessibility or ASL interpreters. Sherman said that people shouldn't feel worried about their accessibility needs because all are welcome.

Events are also free of charge however, to make things even more accessible.

"When you talk about equalizing the

playing field," said Sherman. "You can't charge, not even a dollar."

Equalizing the playing field

The goal is to "equalize the playing field for the entire community of people with disabilities" by bringing disability arts to the forefront. Sherman said that four years ago disability arts didn't exist in Nova Scotia, but it does now that the festival is thriving.

BAFF isn't just for people with disabilities – it's for everyone. Sherman said they're setting out to get a wide range of people to come to the events to challenge people's perceived notions of what living with a disability is like.

"If the truth be told, every one of us will have had, has or will have a disability," she said. "The idea of stigmatizing it is kind of weird. So we're all about, 'it's nothing to stigmatize.' Let's get it out there and let's treat it with dignity; in other words, 'it' being us."

One of the main focuses of stigma reduction for Sherman is that of mental illness. She calls it "the last taboo" in discussions surrounding disability.

"This is another avenue of bringing this discussion into the mainstream and getting everybody out of the closet," she said. "We don't want anybody in any closets, if you know what I mean."

Plans for the future

As reachAbility nears their 20 years anniversary, Sherman said there are plans to take a new approach to the festival by "blowing it the hell up" and adding arts from across the field.

"We have the artists and frankly we have the people with disabilities," she said. "So let's do it man. What are we waiting for? I say let's be a leader in Nova Scotia."

reachAbility will be making an announcement to what the future of BAFF looks like at their Future of Disability in Arts and Film event on Dec. 3.

Food insecurity awareness brought to Dal

Society brings community together to reflect on privilege

BY CHRIS STOODLEY



THE DALHOUSIE AND KING'S OXFAM SOCIETY HELD A HUNGER BANQUET ON NOV. 22 IN THE STUDENT UNION BUILDING. THE SOCIETY WANTED TO REPRESENT ISSUES OF GLOBAL DISPARITY OF WEALTH AND FOOD INEQUALITY.

"WE REALLY HAD NO IDEA WHAT TO EXPECT," SAYS KATIE CLARKE, THE CO-PRESIDENT OF THE SOCIETY. "I THINK WE REALLY JUST WANTED TO GET THROUGH THE EVENT, WE JUST WANTED TO HAVE SOMETHING THAT MEANT SOMETHING TO SOMEONE."



THE HIGH-INCOME EARNERS SAT AT A ROUND TABLE WITH A CATERED MEAL, THE MIDDLE-INCOME EARNERS SAT IN CHAIRS WITH A BOWL OF RICE AND BEANS AND THE LOW-INCOME EARNERS SAT ON THE FLOOR WITH A BOWL OF RICE.



AS PEOPLE ENTERED THE EVENT, THEY DREW CHARACTER CARDS WHICH GAVE THEM A CHARACTER AND RANDOMLY PLACED THEM IN AN INCOME LEVEL. THESE STORIES WERE DESIGNED BY OXFAM CANADA AND WERE REAL STORIES ABOUT PEOPLE ACROSS THE WORLD.

THREE LEVELS OF INCOME WERE REPRESENTED: THE HIGH-INCOME BRACKET, WHO EARNED OVER \$8,500 A YEAR; THE MIDDLE-INCOME BRACKET, WHO EARNED BETWEEN \$2,200 AND \$8,500 A YEAR; AND THE LOW-INCOME BRACKET, WHO EARNED LESS THAN \$2,200 A YEAR.



THOSE IN THE HIGH-INCOME BRACKET FELT UNCOMFORTABLE IN THEIR POSITION BECAUSE THEY COULD SEE OTHERS SITTING ON THE FLOOR EATING PLAIN RICE WHILE THEY WERE EATING CATERED MEALS THAT WAS SERVED TO THEM.



ATTIYA HIRJI, A FUND DEVELOPMENT OFFICER FROM OXFAM CANADA, CAME FROM OTTAWA TO ATTEND THE EVENT.

"IF YOU ARE INTERESTED IN SUPPORTING WHAT'S GOING ON OVERSEAS, IF GLOBAL ISSUES RESONATE WITH YOU AND YOU WANT TO DO SOMETHING," SHE SAYS. "REMEMBER THAT YOU DON'T NECESSARILY NEED TO GO OVERSEAS TO MAKE A DIFFERENCE. THERE ARE SMALL THINGS THAT YOU COULD DO RIGHT AT HOME IN CANADA TO MAKE A DIFFERENCE ABROAD."



THE HIGH-INCOME MEALS WERE CATERED BY DALHOUSIE CATERING THROUGH A DALHOUSIE STUDENT UNION GRANT THAT THE SOCIETY APPLIED FOR OVER THE SUMMER. THE RICE AND BEANS WERE PROVIDED BY THE LOADED LADLE.



CHIEDZA SADOMBA FROM FEED NOVA SCOTIA HELD A PRESENTATION ON FOOD INSECURITY AT THE EVENT. ACCORDING TO THE PRESENTATION, NOVA SCOTIA HAS THE HIGHEST RATE OF FOOD INSECURITY IN CANADA.

ATTENDEES LEFT OVER THREE BOXES WORTH OF NON-PERISHABLE FOOD DONATIONS.



AT THE END OF THE EVENT, PEOPLE WERE GIVEN THE OPPORTUNITY TO JOIN THE SOCIETY AND SIGN AN OXFAM CANADA PETITION ABOUT EMPOWERING AND SUPPORTING WOMEN WHO ARE FLEEING CONFLICT.

TO GET INVOLVED WITH THE DALHOUSIE AND KING'S OXFAM SOCIETY, SEND THEM A MESSAGE ON THEIR FACEBOOK PAGE OR EMAIL THEM AT OXFAM@DAL.CA.

Halifax for the holidays

What Dalhousie's international students do when they can't go home

BY SHAYLA SMITH

A white Christmas isn't everyone's dream during the holidays. While many international students enjoy studying in Halifax, it can be challenging to cope without family and friends during the break.

"This time is difficult," said Oyshee Saha Roy, who is studying for a master's in computer science at Dalhousie University. "It has been a long year of not having seen my family and friends." She said it's "very expensive" to travel back home. Although she misses her family, she plans on making the most of her Christmas break by spending time with friends here.

Cynthia Murphy, Director of Dal's International Centre, seconds this notion that it's "really expensive to go home," especially during the holidays. She also pointed out that that for some students, there is "nowhere to go but here." Therefore, Murphy said, the International Centre wants to "create this welcoming community environment."

She advises students to "stay connected to people and not to let themselves be isolated." And the International Centre hosts multiple events over the break.

"Last year at the Christmas Eve event, everybody who attended joined a WhatsApp group, and then they were all making plans for other days during the holidays, which was great," said Murphy.

Take it from personal experience

These events are a good way for international students to meet new friends. Industrial engineering student Ashwin Girikumar said "it was a pleasure to meet new people" at the holiday events last year, he enjoyed meeting people who "also have the same experiences as me."

Girikumar thought it was a great opportunity to get involved with the International Centre. "I would advise the other students who are forced to stay in Halifax during the break ... to visit the International Student Centre and come to the events," he said. "They will really enjoy it. It is a great way of meeting people." He also suggested students "apply for their

driving license" and to do "any other official work" over the break.

Reetam Taj has the same idea in mind, as he intends to create a balance between doing research for school and visiting one of his friend's houses where they will "have fun and spend Christmas together."

Tanaka Shumba is also becoming accustomed to Canadian Christmases, as this will be her third. "Christmas for me doesn't mean white snow," she said. Rather, "it is something that, for the longest time, I would celebrate with my family."

"Christmas does not mean as much to me anymore," continued Shumba. She has attended a holiday dinner hosted by the International Centre, and while it made her feel better, it still doesn't compare to a traditional Christmas dinner back home in Zimbabwe.

One Dal student, who asked not to be identified, said that this will be her second Christmas in Halifax and that although her experiences have not been "terribly bad," they have not been "terribly good," either. She mentioned that some students have commented on the lack of food service in residence during the holidays and said that even a "continental breakfast" would be helpful, so that international students in residence are not having to buy so many groceries.

Brandon Randall, Projects and Program Coordinator at the International Centre, sympathises with this, and continued to promote the events that the International Centre hosts, where food is provided. He said students are "stuck ordering food in, most of the time," but sometimes they'll cook together. "They have kitchen kits in residence that they lend out, so they have pots and pans and plates."

Conversely, computer science student Masood Ali is excited to experience a traditional Canadian Christmas celebration, as he has been "invited to a friend's home to share their family's ham." He said Christmas is not as big in India, so he does not mind staying in Halifax.

"There are a lot of students that do not



THE STUDLEY CAMPUS DALHOUSIE INTERNATIONAL CENTRE IS LOCATED INSIDE LEMARCHANT PLACE ACROSS FROM RISLEY HALL. PHOTO BY CHRIS STOODLEY

celebrate Christmas or do not have a holiday around this time," said Randall. "If they go home, their families are still working and going through their day-to-day lives."

Randall also recognized that "although it is mostly international students ... there is a handful of Canadian students that choose to stay" in Halifax, which the centre also supports during the holidays.

The International Centre staff hopes to have even more events available to students

this year. Murphy expects that there will be "the same or more" students staying and has already been approached about the schedule of events for this year. She reflected on the comments of one student who said that they want an event "every day of the holidays."

More information about holiday events hosted by the International Centre this year can be found on its Facebook page, Dalhousie International Centre.



THE PRESIDENT OF THE DALHOUSIE CURLING CLUB IS NICK ZACHERNUK. THE SOCIETY CHOOSES THE WOMEN'S AND MEN'S TEAMS THAT REPRESENT DALHOUSIE AT THE ATLANTIC UNIVERSITY SPORT (AUS) CURLING CHAMPIONSHIPS. THEIR GOAL IS TO COMPETE AT THE U SPORTS CURLING CHAMPIONSHIPS. CURLING IS THE ONLY DALHOUSIE SPORT CLUB THAT COMPETES AT THE AUS AND U SPORTS LEVELS. THEY HAVE WON THREE AUS CHAMPIONSHIPS IN THE PAST THREE YEARS. THEY HOLD TRYOUTS EVERY YEAR IN OCTOBER AND ENJOY SEEING NEW FACES. IF YOU WOULD LIKE MORE INFORMATION, JOIN THEIR FACEBOOK GROUP, DALHOUSIE UNIVERSITY CURLING CLUB SOCIETY, OR EMAIL NICHOLAS.ZACHERNUK@DAL.CA.

Call for Nominations 2019 ROSEMARY GILL AWARD

In June of 1995 the President approved the establishment of the Rosemary Gill Award in memory of Dr. Rosemary Gill, Director of Student Health Services, who exemplified a high level of commitment of service to students, both in terms of her responsibilities as a physician on campus and as a member of the larger University community.

Awards are presented annually to a member or members of faculty or staff of the University who have provided outstanding service, other than teaching, to students. Up to four awards can be made each year. An individual may receive the Rosemary Gill Award one time. The selection of recipients is made by a committee consisting of the President; the Vice-Provost, Student Affairs; a member of the Academic and Student Affairs Committee of the Board of Governors; and a student appointed by the Dalhousie Student Union.

The first Rosemary Gill Awards were presented in February, 1996, and nominations are now being sought for awards to be presented in 2019. Nominations should be made in writing and include the rationale for the nomination. Nominations can include up to three letters of support, preferably including at least one from a student or students. To assist you in planning your submission, a nomination form can be found at: dal.ca/rosemarygillaward.

The Rosemary Gill Award is a plaque presented to the recipient(s) at a spring reception hosted by the President. In addition, a permanent plaque bearing the names of annual recipients is displayed in the Henry Hicks Academic Administration Building.

Please submit nominations to:

**The Office of the Vice-Provost
Student Affairs
Room 328
Henry Hicks Academic Administration Building
Dalhousie University
6299 South Street
P. O. Box 15000
Halifax, Nova Scotia B3H 4R2**

Nominations Close: Monday, January 7, 2019, 4 p.m.



2019 DALHOUSIE UNIVERSITY BOARD OF GOVERNORS' AWARDS

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

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

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

Nominations should include a written description of the student nominee's contribution to the University and up to three letters of support.

Nominations Open: Friday, November 30, 2018

Nominations Close: Friday, January 11, 2019, 4 p.m.

To assist you in planning your submission, a nomination form can be found at: dal.ca/governorsawards.

Please submit nominations to:

**The Office of the Vice-Provost
Student Affairs, Room 328
Henry Hicks Academic Administration Building
Dalhousie University
6299 South Street
P. O. Box 15000
Halifax, Nova Scotia B3H 4R2**



Dal athletes' superstitions

Athletes are notorious for being superstitious. That's no different for Dal athletes.

BY JOSH YOUNG, SPORTS EDITOR AND MEG MACKAY



STEPHANIE DENNIS' BROTHERS ON HER WEDDING DAY. HER YOUNGER BROTHER ALAN (LEFT) IS HOLDING HER DISQUALIFICATION GOOD LUCK FROG. PHOTO PROVIDED BY STEPHANIE DENNIS

Many athletes are superstitious.

Wayne Gretzky would put baby powder on his stick before games and Serena Williams wears the same pair of unwashed socks throughout a tournament.

Even university athletes have their own superstition. Here are a few examples.

Mieke DuMont Women's volleyball

DuMont is a fifth-year player on the women's volleyball team. She was tied for the AUS lead in points per set last season with 3.6.

She has a few superstitions during her pre-game preparation.

"It just gives me a routine, it's not a must that I can't function without it," says DuMont. "I think it gets me in the mindset keeping everything consistent from game to game."

Two and a half hours before game time, DuMont heads to the Dalplex to get dressed. Her first superstition is that she wears the same spandex, socks and sports-bra. Then she puts on and ties

her left shoe. Always her left shoe first.

During the game, DuMont always wears the same hair tie – until she plays poorly. Then she switches to a new hair elastic.

In between sets, she also eats one dried mango and one date.

DuMont isn't the only one on the team with superstitions.

"I would say probably half our team has a few," she says.

Mike Shoveller Men's basketball

Shoveller is a new addition to the men's basketball team. He played four previous seasons with Queen's University and transferred to Dal in his final year. At 6'11, he brings much needed size to Dalhousie's line-up as they chase a national title.

Two and a half hours before every game, Shoveller drinks coffee and takes Advil and Tylenol. He doesn't remember how it started but he says he's been doing it for most of his university career.

In an email to the *Dalhousie Gazette*, Shoveller

said, "I try to do it every game, some people think the coffee would make me jittery but it gives me a good amount of energy and the warm beverage is soothing in a way."

Shoveller says doing this routine helps him get focused.

"Drinking the warm coffee is a way for me to sort of relax and get my mind right for the game."

He's played without doing his superstition; he says he tries to not let it affect his performance too much.

Stephanie Dennis Women's swimming

Dennis is a third-year swimmer on the women's swim team.

Her superstition started when she was 13 years old. She was swimming at a meet in Victoria B.C. where her uncle was a volunteer official. Not realizing whom the swimmer was, Dennis's uncle disqualified her for a stroke infraction.

"I think when you're young and it's the first time you have ever been disqualified, the first reaction is just you cry," said Dennis.

Her uncle felt horrible and his wife made Dennis a small beanbag frog as a disqualification good luck frog. She even took it to her wedding day for good luck.

"It became very important to me and I would take this thing before every race with me and I never got disqualified again. But if I didn't have it I would completely panic and I would look everywhere for it until I found it."

When her brother passed away in 2014, they were allowed to put an object with him as a send off gift before he was cremated. She put her frog with him for good luck.

Without her frog, she says she's careful about not being disqualified. She's found a new good luck charm.

"Instead what I do is I lick my fingers for some reason and I kind of point them up before every race for my brother and that is hopefully to replace the good luck."

End of season analysis

The Dal cross country teams and soccer teams have ended for the season

BY JOSH YOUNG, SPORTS EDITOR



THE WOMEN'S CROSS-COUNTRY TEAM COMPETED AT THE AUS CHAMPIONSHIPS ON OCT. 27. PHOTO BY JOSH YOUNG

Wow, the first semester is nearly over. Four Dal Tiger varsity teams completed their seasons this semester, here is a recap of how they did.

Women's soccer

The previous season they finished third in the league and only gave up seven goals in 12 games. With many players returning, the expectation was that they were going to be a top team yet again.

The season went as expected. Dalhousie beat opposing teams by playing tight defensively and scoring by committee. Dal doesn't have a superstar offensive player so different players on the team pitched in with goals and points. They finished in third place yet again.

The Tigers suffered two losses. Two of them were against Cape Breton University and Acadia University who finished first and second in the league. The Tigers had a rough weekend during Sept. 22-23rd. They lost 3-1 to Université de Moncton, which was UdeM's only win of the season. They lost the next day

to Memorial University 1-0.

The Tigers were determined to make a good playoff run. They were knocked out of the first round in the past two years. Memorial proved to be their nemesis. Dal lost 4-0 and were eliminated in the first round, again.

Heading into next season, the Tigers' goal should be to find a way to win in the playoffs.

Men's soccer

The men's soccer team missed the playoffs last year and lost six players. It looked like this year was going to be a tough rebuilding year.

The Tigers started the season on an eight game shutout streak before the defending national champions, Cape Breton University, broke it. Dalhousie's solid defense combined with keeper Ben Grondin's fantastic play kept the streak alive.

Dal had a rough end to the season after the streak was broken. They dropped two of their last three games. They lost 4-0 to Acadia and 5-1 to UdeM. The Tigers were entering the playoffs at the low point of their season.

Dalhousie played the third place University of New Brunswick in the first round of the playoffs. UNB outshot Dal 16-11 but Grondin was fantastic and Dal edged out a 1-0 win. They moved on to play CBU in the second round but they were too strong for the Tigers. Cape Breton won 3-0 and outshot Dal 29-2.

Heading into next season, the Tigers need to prove they are for real. It would be hard for Grondin to repeat his fantastic season, so Dalhousie will need to prove they are a consistently good team without unbelievable goaltending.

Women's cross country

Expectations were high for the women's cross country team. They brought back the two best runners in the AUS in Savanna Jordan and Michelle Reddy and recruited talented senior runner Sophia Watts.

Dal had a strong season heading into the AUS championships. They finished second in the AUS/RSEQ interlock meet and placed first at the McMaster University Invitational.

By mid-October they were ranked fourth in the country. The McMaster Invitational was an important race because there were 116 runners. That is similar size to the 155 runners at nationals. Last year, Head Coach Rich Lehman wanted his team to get accustomed to running in larger races before they got to nationals.

They did win their sixth straight AUS championship. Reddy came first, Jordan second and Watts fourth.

During the U Sports national championships, Dalhousie finished 9th which is where they should be. Every athlete ran similar times as in the AUS championship, which is great considering there are about 100 more athletes at nationals. That means there is more traffic to navigate and strategy involved, it could slow runners down.

The Tigers are going to lose Reddy and Watts. They will need to find more great runners to keep up their winning tradition.

Men's cross country

The men's cross country team lost many of their top runners last year. They still had a solid team built around many good runners but not stars.

Lead by second year runner James Cromack, Dal finished third at the RSEQ/AUS interlock meet and fifth in the McMaster Invitational.

At the AUS championships, all of Dal's runners finished between sixth and 15th place. Cromack finished sixth, Bryn Smith finished eighth, Callum Drever ninth, Hudson Grimshaw-Surette 11th, Mike Rogers 12th, Angus MacIntosh 13th and Trent Lynds 15th. It was a good showing by the team and they finished second, eight points behind first place Saint Francis Xavier University.

Dalhousie had a disappointing result at nationals because they didn't finish in the top 19. Cromack finished 77th, Bryn Smith 99th and Callum Drever did not qualify.

Dal's team is young and good as currently constructed. They will need to recruit star runners if they want to get back into the championship hunt.

Injection of youth

Half of the women's hockey team are first year players

BY BEATA ELLIOTT



The Dalhousie University women's hockey team underwent an overhaul of their roster. Nine players left from last season's team. 11 first years replaced them.

It is a dramatic change, even for a university sports team whose roster naturally changes from year to year due to players graduating and transferring schools.

Just past the halfway mark of the season, the team isn't quite where they hoped they would be, but they're confident that the youth movement has been to their benefit.

"They bring another level of enthusiasm and eagerness to learn and to get better every day," says Head Coach Sean Fraser about the rookies. "They make it difficult on me to put the lineup in every week because they've all been contributing."

Sure enough, the younger players have been

instrumental in creating offence for Dal. Rookie Brooklyn Paisley is tied for the team lead in scoring with four goals and three assists in 12 games, and fellow first-years Kennedy Whelan and Amy Wilson join her among the biggest offensive threats on the team. Fifteen of Dal's 31 goals this season have come from first year players.

For the rookies, the youth movement has meant they've had chances to prove themselves without having to compete for ice time against more experienced players.

"They're all getting an opportunity," says Fraser. "They have to; they're half our team."

With so many first-years coming into the fold, it's been especially important that veteran players, such as fourth-years Bianca Canadé, Natalie Stanwood and Lauren Ellerton, to bring stability and leadership to a

young team. For all the changes they've made at forward, Dal has brought back six of their defenders as well as their starting goaltender.

Unfortunately, growing pains are inevitable when half your team has never played university hockey before, and Dal's record is not stellar. They currently sit second last in the Atlantic University Sport women's hockey standings, with a record of four wins, seven losses and two overtime losses at the time of writing.

Despite strong goaltending from Fabiana Petricca, who has posted a very respectable .932 save percentage, they also sit last in the league in goals against, having allowed 45 goals in 13 games.

Still, Fraser is hopeful that with more chances to practice together and to gel as a team, the Tigers will manage to bounce back

PROVIDED BY DALHOUSIE ATHLETICS AND RECREATION from those defensive woes in the second half of the season.

"Early on there was a lot of teaching and a lot of learning and people coming from all different places and playing different systems, so it's certainly been a challenge, but they've bought in and we're getting better every day," he says.

One of those systems is the power play. They are last in power play percentage but third in goals scored. There is enough offensive talent; the team just needs to learn how to work as a unit on the power play.

If the team can improve, they will jump up the standings fairly quickly. There are only 5 points separating Dal and third place Saint Mary's University. It will be interesting to see which direction the Tigers go in the winter semester.

Q/A with men's lacrosse coach Connor Dubreuil

The men's lacrosse program has not lost a game in six seasons.

BY ELLERY PLATTS



THE DALHOUSIE MEN'S LACROSSE COACHING GROUP AFTER LAST YEAR'S CHAMPIONSHIPS. FROM LEFT TO RIGHT: BRETT MCNIELL, MATTHEW DUNBAR, CONNOR DUBREUIL, JAMIE DUNBAR AND ROSS WILLS. ANDREW MACNIEL, WHO IS NOT PICTURED, JOINED THIS YEAR AS AN OFFENSIVE COORDINATOR. PHOTO PROVIDED BY THE DALHOUSIE MEN'S LACROSSE TEAM

Dalhousie's men's lacrosse program recently went undefeated to win their eighth straight championship. This program has not lost a game since 2012. The team's Head Coach, Connor Dubreuil discusses what makes the team successful.

*The answers have been edited for clarity.

Q: What makes your team successful?

A: We like to get feedback from the guys on the team and move forward with the things that they are comfortable with. We don't work with our plan or their plan, we do our best to find a middle ground that works for everybody. It usually leads to success for us.

Preparation is key, making sure everyone is on the same page, when you're organized everybody knows what they have to do. It's easy to achieve your goals.

Q: How is your team able to perform for every game?

A: We often have individuals perform in differ-

ent games that leads to our success. If everybody is on the same page and everybody puts in the work during practice, then your teammates can lift up somebody who is potentially having a bad game. It creates this balanced attack on offence and on defence as well, where we're not reliant on one or two players who carry us to victories.

Q: What does a winning culture mean to you?

A: You have 22 to 18 year old kids and everyone is looking to grow together. You have to create a positive culture where players are happy to come to practice, happy to learn what's happening on the field and implement it in the games. Then I think if you create a good culture of hard work and a positive environment, people are going to end up winning.

You can't just install a winning culture, you have to really build to it. We're on an eight-year championship streak at this point. That just doesn't happen by accident, it's something that started eight to ten years ago with guys coming

in and making it a welcoming environment for the new players and old players alike. Making sure that everybody wants to play lacrosse, and make it as much fun as possible. Then you build towards that winning culture and that's something we've had here at Dal for a number of years, but it's not something we take for granted at all.

Q: What was one key thing that led to your championship this year?

A: I would say growth. For the most part it was a very young group of first, second and third year students. At the start of the season we were kind of young, immature a little bit, we weren't as focused necessarily all the time and we needed to be. From September to November- in an eight-week span- the guys came together as a group. You could kind of see them grow up and grow into their roles. At the end of training camp, it didn't really look like the regular program we had been used to running. The strides that they made from September to November

were amazing, and to watch them peak in the championship game was phenomenal. We've had better teams win championships for us at Dalhousie, but I don't think we've ever had a team that grew as much in terms of where they started the season to where they ended it, it was really impressive.

Q: What habits from the team can the athletes carry over into everyday life?

A: The big one is carrying a positive attitude into everything that you do. We don't like to dwell on stuff in our program. We really like to just turn the page and move on. If something bad happens, just move on. If something good happens, you just have to move on from it. And I think it's one big thing that we try to preach to them. Try not to rest on your laurels. You're always going to have a next task to move on to. Whether it's school, sports, work, life, whatever you end up doing, there's never really time to just sit back and rest on your accomplishments at this point in their lives.

Women's swim team focused on nationals

They have a veteran team and want to improve on their ninth-place national

BY SARAH MOORE, ASSISTANT SPORTS EDITOR

Dalhousie University's women's swim team continues to dominate. Winning every meet they've been in this season by significant margins, they're poised to improve on last year's ninth-place finish at nationals.

"Looking at a much more motivated and stronger training team this year, we're going to be doing a lot better at U Sports," says fourth-year Lise Cinq-Mars.

Most recently, at the Kemp-Fry Invitational, the women out-swam the higher-ranked McGill University team. Several Dal swimmers qualified for nationals in a slew of events.

Cinq-Mars, Claire Yurkovich, Isabel Sarty and Reagan Crowell set a new AUS and Dalhousie record in the 400m freestyle relay with a time of 3:49:18, and Sarty also set a new AUS record in the 100m freestyle with a time of 55.66.

They're now ranked eighth in the country for the week of Nov.13-20.

Last year, the women's team won the AUS conference championship for the 17th year in a row. They also swam to a ninth place finish at nationals with five swimmers.

They're on pace to do better this season.

They have a good core group: four of the five U Sports qualifiers from last year returned this year. That includes AUS Swimmer of the Year Lise Cinq-Mars and second-year freestyle specialist Isabel Sarty, who was the top-scoring AUS swimmer at the U Sports championships last year.

With all their returning swimmers, half of the team is third year or older.

"We have some really good leadership," says Cinq-Mars.

That leadership is important, she says, to show younger swimmers what university competition is like. There are five rookies on the team.

"Having new energy on the team, it always

brings something new to the table," says co-captain Claire Yurkovich. "Within kind of any rookie group, they always bring a lot of energy."

That rookie group is already contributing to the team's success. First-year Reagan Crowell has qualified for U Sports as part of the 400m and 800m freestyle relays.

"She's brought a ton," says Yurkovich.

Also on the team this year is Olivia Feschuk, who is in her final year after competing with Mount Allison University for four years. She's qualified for nationals in the 50m butterfly and 200m IM.

"It's really important to just kind of remind everyone that this isn't the end goal," says Yurkovich. "We're trying to make it to the end of February [and] keep pushing forward."

They're hoping to have more people qualify for U Sports. Right now they have five—Cinq-Mars, Yurkovich, Sarty, Feschuk, and Crowell—which is a good point to be at for this point in the season.

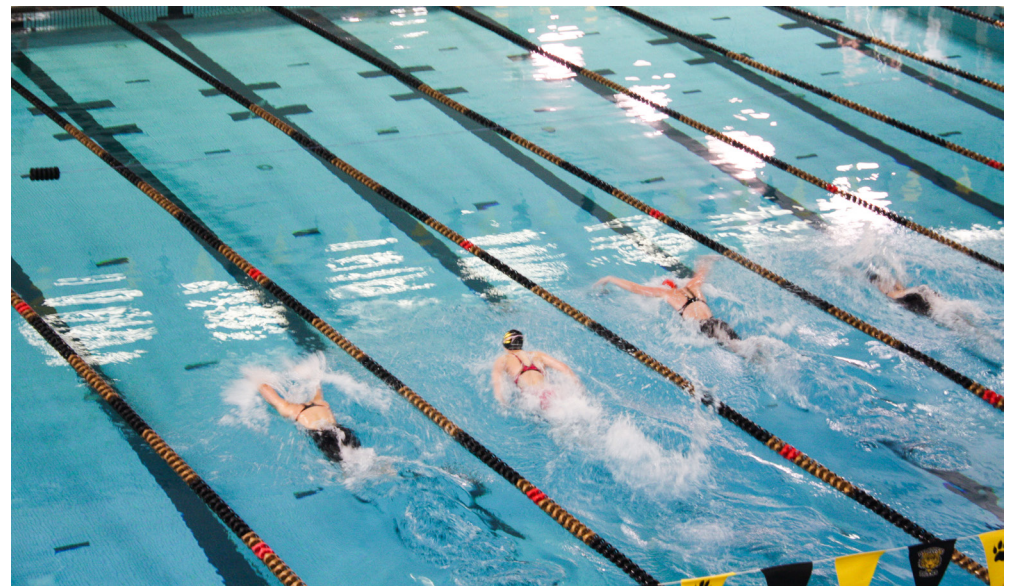
"We're on the right track," says Cinq-Mars.

They still have several opportunities to get more qualifiers. The team races again in January at the Dalhousie Invitational meet, and then at AUS Championships in February, hosted by Dal, before the swimmers who have qualified for nationals head off to the U Sports Championships at the University of British Columbia.

Before then, they'll head to Florida for training camp over the winter break.

"Training over Christmas, usually that's a really good push for us," says Yurkovich. "There's a couple girls especially in first and second year that could [qualify]. It'll be really good for them to have a bit more training."

If they keep up the momentum from their first half of the season, the Tigers women's swim team seems poised to improve from last year.



THE WOMEN'S SWIM PARTICIPATED IN THE KEMP-FRY INVITATIONAL DAY THREE FINALS ON NOV. 18 AT THE DALPLEX. PHOTOS BY JOSH YOUNG

Making a comeback

Tigers switch it up; brings new competition

BY ILYAS KURBANOV



PHOTO BY KARLA RENIC

Harrison Callaghan is back and clear to take off.

Callaghan, a third year veteran of the men's volleyball team for Dalhousie University is back in the line up after being forced to sit out 2017-2018 season due a back injury.

He missed the entire season after he hurt his lower back right before the 2017 Canada Summer Games. Callaghan had microtrauma in his back for years leading up to his injury and hurt it while getting dressed.

Despite the injury, Callaghan went to every practice, even though he wasn't able to participate.

"I started to dislike volleyball at one point because I had to watch the sport that I love playing," Callaghan said.

"As it didn't get any better, I stopped thinking that there would be an ending and maybe it'd be something more chronic. That's when it became a lot tougher because I knew that I will be out of sport for a very long time."

Mentally, Callaghan dealt with thoughts that

he'd maybe get reinjured, or if he would ever play again.

"As I continued to meditate my pains started to go away and my head became more and more clear from the negative."

The recovery

Often, athletes deal with injuries in two different ways: physically and psychologically.

During the beginning of the injury, Callaghan would go to practise but would have to lay down after because of the pain. Psycho-

logically, he was introduced to meditation.

"Meditation helped me clear my head from negative thoughts," Callaghan said.

"It helped me stop thinking about it for like ten minutes, but as I continued to meditate my pains started to go away and my head became more and more clear from the negative."

Callaghan wanted to be back on the court to help his team and be able to play again. Meditating helped him to feel better mentally and physically.

It's important to remain active with a back injury. That means it is important to start slow activities like walking and then progress to running, biking and then do weight training.

"I knew if I had any chance to come back and having my back in an athletic shape, I had to remain active," Callaghan said.

Regardless of the situation, Callaghan remained positive, focused and motivated about his come back to the sport.

Dal volleyball Tigers switch it up; brings new competition

Since his absence, Dal Tigers have switched conferences.

They moved with the University of New Brunswick from the AUS to Quebec's RSEQ university sport league. The travel isn't too different because AUS and RSEQ schools often played against each other during the season.

The difference is that Dal will have to go through the Quebec schools to get to the national championships. Université Laval is ranked third in the country while Université de Montréal is an honourable mention.

"Some people might look at it as you will lose more games, but we look at it as new challenge and to have our best match regardless of who we play and that is always fun," Callaghan said.

"To know that you are up against some of the top teams in the country is a fun thing to have to overcome."

In his first six games back this season, Callaghan who plays the libero position, leads the team in digs and is second in assists. The Tigers have three wins and three losses.

Being on the sideline for a whole year taught Callaghan to cherish every moment you spend doing something that you love.

Callaghan expects to be a leader and help his team become better as a whole and individually.

Happy Holidays from
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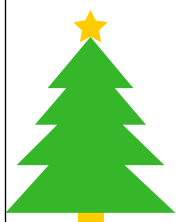
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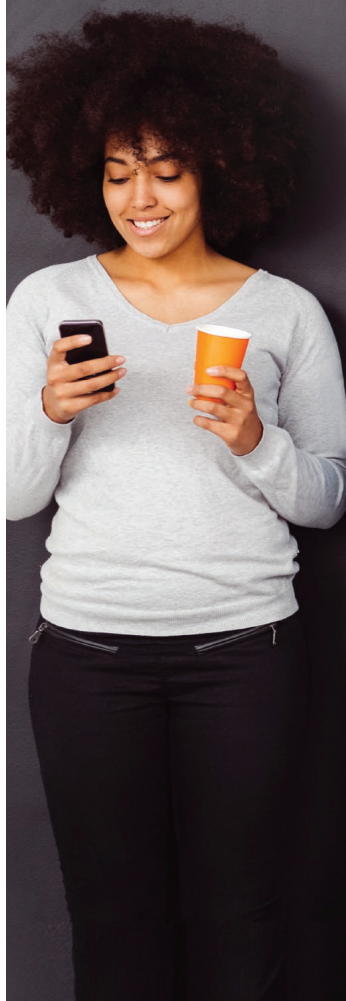


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