

FEB 1 - FEB 14, 2019 | ISSUE 151 - 09

DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER EST. 1868



PHOTO BY ELLERY PLATTS

What a waste

Dal organizes to cut back on waste

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QUORUM 6

MENTAL SKILLS HELPS A
TEAM TO SUCCESS 21

Dalhousie Student Union

ELECTIONS

2019

Learn more at dsu.ca/elections

The 2019 Elections are happening soon!

Each year, the DSU holds a general election to elect our executive team and several Council representatives. In addition, you'll get to deliberate on referendum questions brought forward by societies.

IMPORTANT DATES

Nomination Period **FEB 10-16**

Referenda Petitions Due **FEB 10**

Campaigning & Debates **FEB 28-MAR 10**

Voting **MAR 10-13**

Full elections timeline
at dsu.ca/elections

Why run in the election?

Holding elected office is a rewarding experience—you'll get to positively impact our community and build amazing career experience.

How does the election work?

The election has several phases, including: nomination, registration, campaigning, and voting; a mandatory Information Session; and debates.

How do I run in the election?

To run in the election, you can simply fill out the Election Forms on our site and submit them to the Chief Returning Officer (dsucro@dal.ca).

DSU

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DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER
EST. 1868

Kaila Jefferd-Moore

Editor-in-Chief
editor@dalgazette.com

Rebecca Dingwell

News Editor
news@dalgazette.com

Jessica Briand

Arts & Lifestyle Editor
arts@dalgazette.com

Lexi Kuo

Opinions Editor
opinions@dalgazette.com

Josh Young

Sports Editor
sports@dalgazette.com

Sarah Moore

Assistant Sports Editor

Matt Stickland

Copy Editor
matt.stickland@dalgazette.com

Chris Stoodley

Visuals Editor
visuals@dalgaette.com

Alexandra Fox

Page Designer
alexandra.fox@dalgazette.com

Contributing to this issue:

Lane Harrison, Chiara Ferrero-Wong, Isabel Buckmaster, Luke Churchill, Hannah Bing, Tarini Fernando, Gabbie Douglas, Ellery Platts, Dylan Coutts, Piper MacDougall, Ilyas Kurbanov, James Innes

ADVERTISING

Alexandra Sweny

Administration and Business Assistant
(289) 879-1557
business@dalgazette.com

CONTACT US

dalgazette.com

The SUB, Room 345
6136 University Avenue
Halifax NS, B3H 4J2

THE FINE PRINT

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LETTER FROM THE EDITOR

This is our real world, student or not

There's a lot happening for students across the country right now.

I was at a conference for university papers at the beginning of January, and there someone said to something like, *'Nobody gives a shit about what happens on university campuses and neither will you when you're gone.'*

I don't know about that. Sure, maybe a university campus is a hyper-bubble of ideas coming from a bunch of kids running around the playground fuelled by youthful passions. But maybe that's the issue. Maybe give university students credit.

A lot of public and private dollars go into post-secondary institutions every year. (Universities in Nova Scotia receive an annual grant from the provincial government; in 2018-2019 it gave \$341 million in "university operating grants." At Cape Breton University, there are 1,923 International students (almost double from 2017) that pay twice as much as domestic students.)

Doug Ford's provincial conservative party has slashed tuition fees, opt-outs of "non-essential services" – which could include student newspapers, student societies and unions – a six-month grace period on loans is gone and provincial student grant program reduced. From province-to-province students are standing in solidarity to protest the changes.

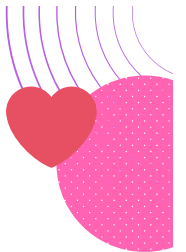
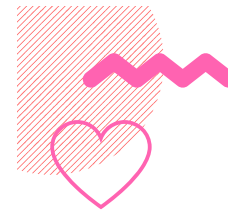
Students here in Halifax are protesting the hiring of Dalhousie University's Interim President, Peter MacKinnon. We're all dead in 23 years if we don't save the planet.

These are all things that affect students. Who are real-live people; who spend money, pay taxes, work jobs and try to get an education. And they have rippling affects unto the so-called "real-world." The people participating in student-activism are the "real-world" folks taking on leadership, political and work or participate in activism post-graduation.

Without students being able to organize based on community interests, what kind of unorganized adults are expected to churn out of institutions trying to snuff out any opportunity for students to think outside of the walls of academic rigour?

Maybe university campus is the students' playground, but the playground is where kids learn the rules. Maybe pay attention to what the kids are up to.

Karla Jefford-Moore



Sarah & Tom

6448 Quinpool Road, Halifax

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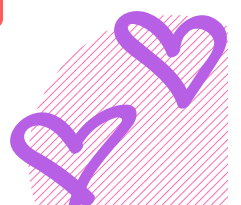
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Students protest Peter MacKinnon

Dal's interim president is called out for the content of his latest book

BY REBECCA DINGWELL, NEWS EDITOR WITH FILES FROM MATT STICKLAND

Peter MacKinnon hasn't been on Dalhousie University campus for long, but controversy is already stirring.

MacKinnon is Dal's new interim president – formerly of Athabasca University, and University of Saskatchewan before that.

His latest book, *University Commons Divided: Exploring Debate and Dissent on Campus*, bemoans political correctness and references what MacKinnon sees as high-profile examples of “battles over freedom of expression.”

Students are taking issue with this, especially when it comes to MacKinnon's defence of Jordan Peterson as well as MacKinnon's implication that blackface on Halloween is an issue of freedom of expression. He's also critiqued Dalhousie's handling of the 2015 Dentistry scandal.

On Jan. 21, MacKinnon was greeted by quiet protesters during his Studley campus welcome event. MacKinnon got there early and spoke to some of the protesters before things began, saying, “I understand you're here to demonstrate.”

The protesters waited until the smudge, prayer and event introduction was over before setting up their silent protest. The protest consisted of them holding up bristol-board signs with their demands and general protest signs about MacKinnon's problematic views and how he was hired without transparency.

Once MacKinnon finished speaking, the protestors milled about, and student Kati George-Jim read their demands aloud.

Protesters are calling for MacKinnon's removal as well as a public apology from the university and the Dalhousie Student Union, among other reparations.

“Peter MacKinnon, as Interim President, is a concern of safety for Black, Indigenous, and students of colour across our campuses,” reads a press release from the student protesters.

An excerpt from *University Commons* is available on the University of Saskatchewan's website.



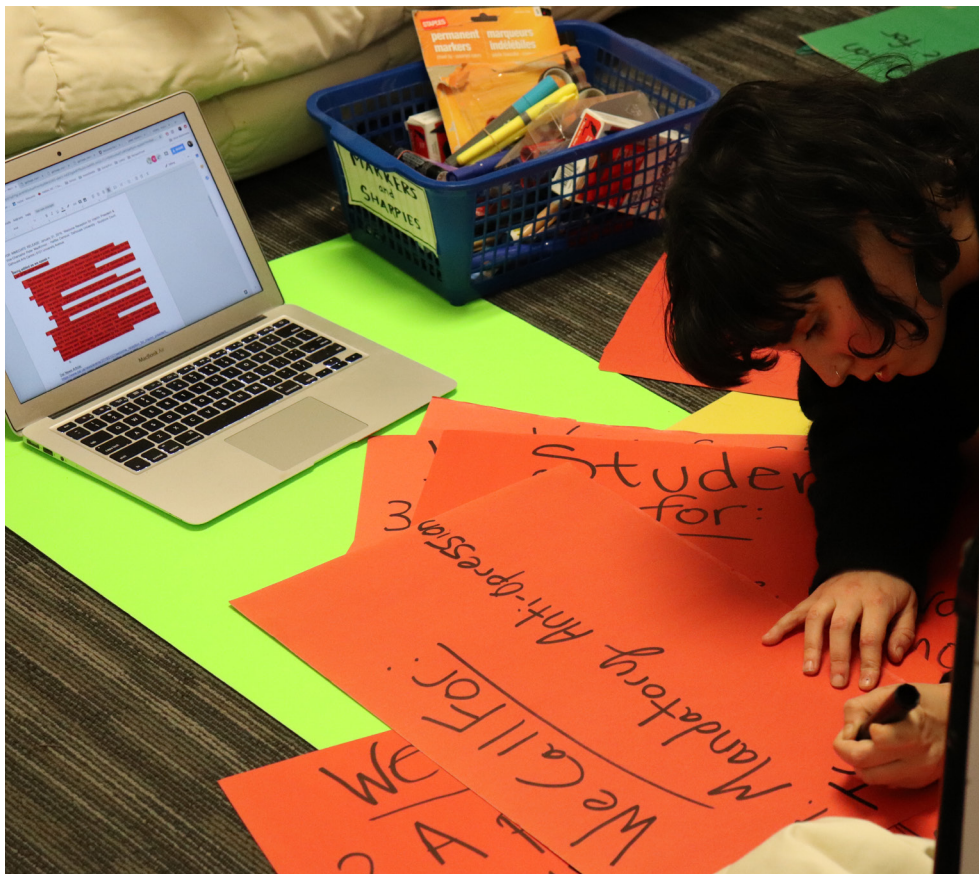
To view the full story, including the press release with student-protesters' full list of demands and the excerpt of MacKinnon's book, scan this code.



MACKINNON SPEAKS WHILE THE STUDENT PROTESTERS SILENTLY HOLD THEIR SIGNS. “STUDENTS CALL FOR THE IMMEDIATE REMOVAL OF PETER MACKINNON,” READS ONE.



PROTESTERS STOOD WITH THEIR SIGNS INSIDE AND OUTSIDE THE BUILDING DURING MACKINNON'S SPEECH.



PHEOBE LAMB MAKES SIGNS AT THE NSPPRG OFFICE BEFORE THE PROTEST.



MACKINNON GIVES HIS SPEECH AT THE JAN. 21 STUDLEY CAMPUS WELCOME RECEPTION WHILE STUDENTS STAND ALONGSIDE HIM, PROTESTING HIS INTERIM PRESIDENCY AT DALHOUSIE UNIVERSITY.



ON THE SIGNS READ THEIR PROTESTS OF THE INTERIM PRESIDENT, THEIR PROBLEMS WITH HIM AND DEMANDS FOR THE UNIVERSITY. "MACKINNON STEP DOWN," DALHOUSIE DISCLOSE YOUR HIRING PRACTICES" AND "MACKINNON THREATENS STUDENTS SAFETY!!!" READ SOME OF THE SIGNS.



PICTURED ABOVE, MACKINNON SITS DOWN AFTER HIS SPEECH.

On Jan. 28, MacKinnon gave a statement to the Dal Senate (which he later emailed out to the student body) about "concerns" with his book *University Commons Divided: Exploring Debate and Dissent on Campus*.

"Many of the issues I wrote about are contemporary and contentious. Some are discussed in depth; others are mentioned for limited illustrative purposes. I wrote about them for purposes of discussion. I welcome that discussion," reads the email.

"While I stand by my discussion on these topics," reads his emailed statement, "I have been interpreted by some as condoning blackface. I do not condone blackface; and I did not condone blackface in the book. I regret any interpretation to the contrary, and the distress it has caused."

The Dalhousie Student Union's attendance problem

The DSU annual general meeting hasn't met quorum since 2016

BY LANE HARRISON WITH FILES FROM REBECCA DINGWELL, NEWS EDITOR



PHOTO BY MELANIE KENNY

If free pizza isn't enough to lure students, then what is?

Near the end of last semester, on Nov. 7, the Dalhousie Student Union held its annual general meeting. The meeting failed to meet quorum – the minimum number of people required to pass new business.

At the meeting, executives discussed their plans for the year and vice-president (Finance and Operations) Chantal Khoury presented the DSU's audited financial statements. There was a discussion of proposed bylaw amendments and the DSU conducted straw polls, but nothing could actually be passed.

The quorum requirement was changed during the DSU AGM in 2016, from the previous requirement of 75 members to

one per cent of the student population. That roughly equates to 185 people.

A DSU AGM has not met quorum since.

In November, an estimated 150-160 students showed up. During a routine DSU council meeting on Nov. 21, DSU president Aaron Prosper asked councillors to send him suggestions for AGM times and possible incentives.

"I believe this is the third time in a row our quorum has failed," he said.

Prior to the rule change, quorum was met somewhat consistently. Between the years 2000 and 2016 it was only missed twice: in 2003 and 2010, according to the DSU's Policy & Governance coordinator, Meghan McDonald. However, this is without taking the year's 2011 and 2012

into account, as the minutes from all past AGMs are not publicly accessible and their quorum numbers could not be confirmed.

"Before the change in quorum, when it used to be 75 [members], we used to reach quorum all the time," said Prosper. "Mind, it was a lower threshold, but I don't disagree with the higher threshold. It just makes us more cautious in how we're engaging students and finding ways to build that foundation."

Prosper explained that the DSU has begun experimenting with new tools in hopes of increasing student engagement with the DSU. For example, they're focusing on using as a communication method. This past year, for the first time ever, they advertised their AGM through mass email and text campaigns.

"We've done a lot of work on where students are going to or how they're hearing about our services, and so that's something, when we present to council, our communications team will be using to target certain media outlets or forms of communication."

For Prosper, the goal is to use "really significant broad student consultation" as a means to achieve greater engagement and meet quorum at future AGMs.

"I think moving forward, it's what worked," he said. "For the students that came, how did they come out, how did they hear about it, and how do we engage students and make our AGM as accessible as possible."

Last fall, as a step towards greater student consultation, Prosper's office organized what he hopes to be the first iteration of an annual survey conducted by the DSU. The was incentivized by entering students who completed it in a draw to win a flight anywhere in Canada, valued at up to \$1,500. That survey was filled

out by 25 per cent of students, according to Prosper.

Former DSU councillor and presidential candidate Kati George-Jim, however, believes the DSU's student engagement issue can be credited to multiple problems.

"Why don't people want to participate in the DSU? So many reasons," she said.

She suggested that student turnout is increased based on what is or is not being discussed in an individual AGM, as students from certain faculties will be more likely to participate if a bylaw being voted on affects them directly.

Another issue may be that students are not seeing the change in the DSU they hoped after voting new members to council. Therefore, they do not feel inclined to be engaged in AGMs.

Prosper said that although it has been a struggle to meet the newly set quorum requirements so far, Dalhousie's current level of attendance is still encouraging.

"If you look at [current attendance] comparatively with, nationally with other student unions, they're actually on the decline. Some of them lucky to get 50, some big schools comparatively like The University of Victoria, they were lucky to get 100, and even bigger schools are lucky to make the number we make."

The Dalhousie Gazette reached out to the respective student unions of The University of Victoria, St. Francis Xavier University, Carleton University, Western University, McMaster University, Wilfrid Laurier University and the University of Toronto to ask for the numbers for their annual general meetings.

Tyler Biswurm, of the University of Toronto Students' Union said, "the UTSU does not record statistics pertaining to attendance at its annual general meeting."

None of the other institutions responded before print deadline.

Science project SURGEs into Dal

Science Unleashed: Research Growing the Economy aims to change the conversation

BY CHIARA FERRERO-WONG



AN EXAMPLE OF SOMEONE USING A VIRTUAL REALITY HEADSET. SURGE IS HOLDING AN EVENT CALLED "DEEP DIVE" FROM FEB. 1-3. IT WILL EXPLORE VIRTUAL REALITY AND AUGMENTED REALITY.

Tuesday, Jan. 8 saw the launch of Nova Scotia's newest "innovation sandbox." Science Unleashed: Research Growing the Economy, better known by its acronym SURGE, aims to be a centre for science for Dalhousie University students.

Aaron Newman is a member of the department of neuroscience and psychology at Dal as well as the director of SURGE. They were able to renovate their space thanks to funding from the province.

"The funding we received helped to renovate space in the department of oceanography at Dalhousie," said Newman, referring to the 5,000 square feet now dedicated to SURGE. "One of

the programs we're doing is an incubator program. Students who are looking to build a start-up but are in the early stages ... We'll be able to provide them with space to work, and access to mentorship."

The concept of the sandbox is essentially a space intended to foster innovation and collaboration through specific programming and access to resources and technology. These resources include tables, workbenches, and storage space for stu-

dents, as well as guidance from faculty members and local professionals.

SURGE has big plans for their future programming. The first big event they have planned,

called Deep Dive, is exploring virtual reality (VR) and augmented reality (AR). SURGE is calling on members of the local developer community who work in and develop applications dealing with VR and AR. This event will be taking place from Feb. 1 to Feb. 3.

"It's about exposing people to the technology and the opportunities," said Newman. "To actually experience VR if you've never done that before, think about the possibilities, and ideas and solutions that can possibly be brought forward."

Access to technology is one of the mandates of SURGE: to ensure that students who harbour an interest in these emerging technologies have the opportunity to play with them and learn about them. In this way, these students will be able to think about their many potential applications.

SURGE also aims to change the way students look at science, and how they relate them to the

world. The first step in the sandbox is to identify problems and identify the groups of people who are affected.

"How do they see the problem? What do they see as the most valuable thing you can do for them? And then how do you design a solution around that?" Said Newman.

"The other piece is how do you design a business model out of that. Anything you want to develop that's new, that's innovative," he continued. "It's going to take time, and it's going to take money to develop that and get it into the hands of people that need it."

Newman emphasized how important it is to talk about the economic side of science research. Since students are traditionally surrounded by faculty members, they are often not exposed to science outside of academia. For this reason, it's not so much about "how much money you can make, but in understanding the process of research and development and getting something to market."

According to Newman, this perspective is a unique opportunity for students to gain insight into scientific fields that differ from what they're normally exposed to. He discussed how the industries in Nova Scotia are currently changing as they face huge challenges with the changing climate and a changing economy: "We need a more diversified economy," he said. "The goal is to foster this novel economic growth."

Newman believes students and faculty alike will think differently about the opportunities in science outside the traditional jobs in academia as a result of SURGE.

These initiatives, he said, broaden students' perspectives are so they feel more prepared should they decide to pursue their careers outside of academia. Unlike other accelerator programs that expect rapid results to result after only a few days, SURGE wants to allow students to explore, experiment, and gain skills they can take forward with them.

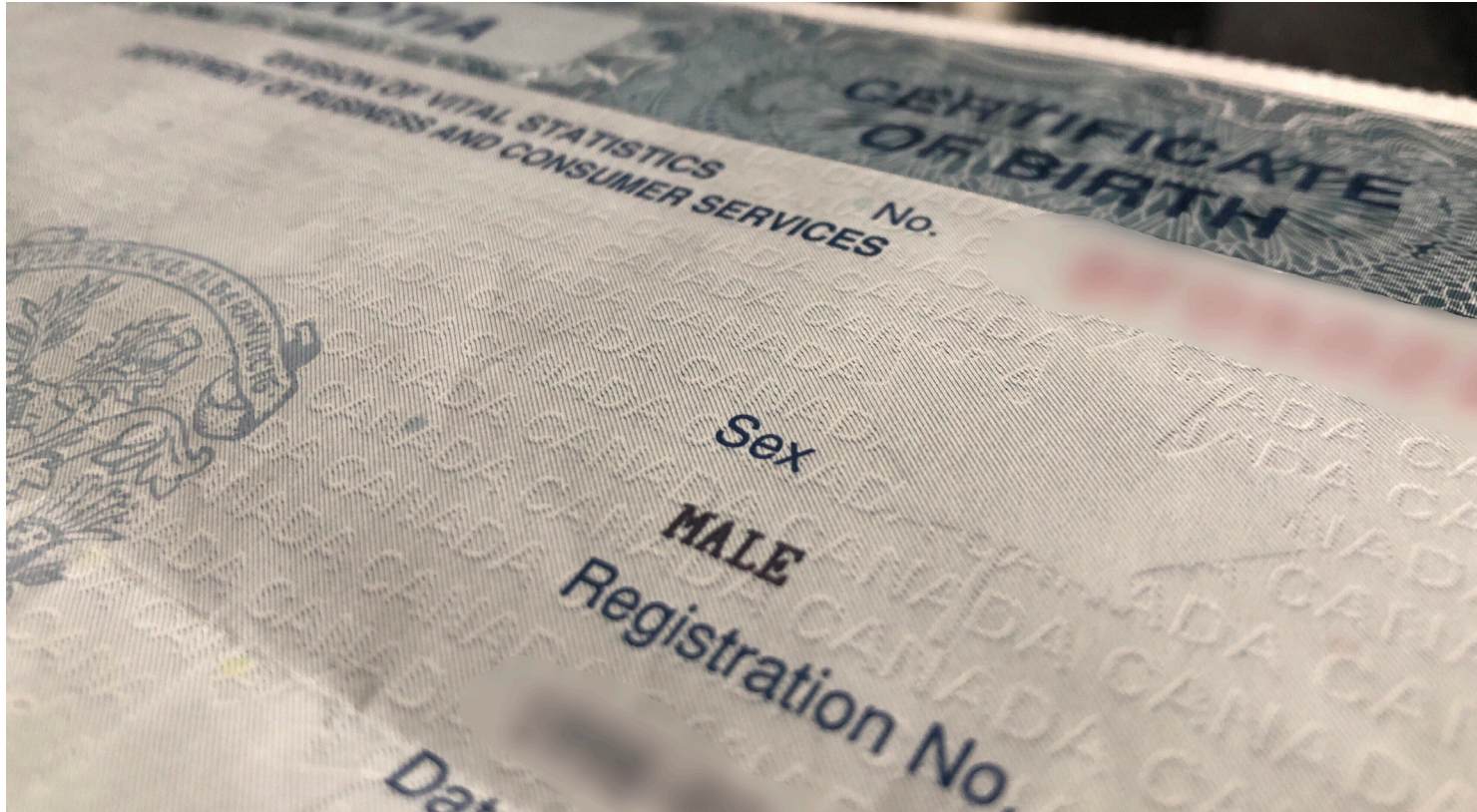
"The sandbox here is about is changing the conversation and culture about what science is in university."

"The sandbox here is about is changing the conversation and culture about what science is in university."

Nova Scotia's new gender option for birth certificates

Is X the answer?

BY ISABEL BUCKMASTER



A NOVA SCOTIA BIRTH CERTIFICATE. PHOTO BY KARLA RENIC

Nova Scotians now have a new gender marker option for birth certificates.

As part of changes to the Vital Statistics Act, the provincial government is introducing the letter “X” as a gender option for all birth certificates in Nova Scotia. This change is in addition to the previous choice of “F” or “M.”

On top of this, the fee that was previously required to change the sex indicator will be waived at the time of gender changes. However, children’s genders will still be recorded as “M” or “F” at birth.

Although views surrounding these changes have been generally positive, some have voiced concerns surrounding the general safety and purpose of the update.

“If we talk about the broad scale of what the addition means, I think it’s a really great addition in validating non-binary identities through legislation,” said Frank Heimpel, a non-binary Haligonian. “However, while this is a really good first step,

we need to be moving towards not unnecessarily gendering things. For example, questioning why do we have these things? Why do we have gender markers on our birth certificates or our passports or licenses? And is it necessary? And if so, why is it necessary?”

Heimpel continued, bringing up their fears concerning safety and discrimination once the changes have been made.

“As a non-binary person, I could put an ‘X’ on my birth certificate and feel more validated but then I could also feel like it opens up this opportunity for people who are looking at your documents to be like, ‘Oh, a reason to discriminate against this person even more than usual.’”

Although these changes were introduced to provide an option for non-binary and transgender people who would rather not identify themselves as one of two options, the “X” may be used by any person.

The “X” is an opportunity for any Nova Scotians

who would rather opt out of including their gender on their birth certificate.

In fact, in Ontario and Saskatchewan, there is an option to completely remove gender markers from certificates at the moment of birth. Newfoundland and Labrador, Alberta, Yukon and the Northwest Territories also offer the use of “X” on birth certificates while the federal government includes the choice to use an “X” on all passports.

“The proposed changes take many important steps toward meeting the needs of Nova Scotians who do not wish to be identified by sex,” Shae Morse, a non-binary teacher and community advocate, said in a government news release. “Providing Nova Scotians with additional options to identify themselves or their children removes a significant barrier facing the LGBTQ community. While there is work left to do to remove barriers for our community, the passage of this legislation will truly be worth celebrating.”

Change the Name Act

Amendments to the Change of Name Act have also been made. These changes would aim to shorten the amount of time a person born outside of Nova Scotia would have to live in the province before legally changing their name, from three months from one year. Altogether, these changes set a strong tone as the province heads into 2019.

“Introducing these changes to the birth certificate is another example of how Nova Scotia is recognizing and supporting all persons in their right to have their gender and identity recognized and respected,” said Service Nova Scotia Minister Geoff MacLellan in the press release. “Adding ‘X’ to the birth certificate will allow people who don’t identify exclusively as male or female to more accurately reflect their gender identity.”

Even though they are one of the people who are skeptical about changes, Heimpel is hopeful for the future of relations between the Nova Scotian Government and non-binary citizens like them.

“I think Nova Scotia can be a little slow to catch up. We’re living like five to 10 years behind everyone else, but I think I think it is a good step in the right direction,” said Heimpel.

“Non-binary people will have different reactions. Some might think ‘wow, this feels so good and will finally validate who I am. This is all I’ve been waiting for my entire life, it’s not just an ‘X’ on my birth certificate.’ However, there will be other people who are like, ‘I don’t want that. I wouldn’t change it, even though I strongly and ultimately identify as non-binary because of safety and because I have already been forced to fight for this before.’”

As of Feb. 11, Nova Scotians will have the option to remove the gender marker from the front of their MSI (health) cards. According to the provincial government website, there is no fee to have the marker removed.

Easier Days for Gym Staff as People Give up on New Year's Resolutions

Is self-improvement dead?

BY LUKE CHURCHILL



PHOTO BY GRACE MASON-PARKINSON

Staff members at gyms across Canada are breathing a sigh of relief as more and more people give up their resolutions to become better people and improve their lives.

"It's finally that time of year when the daily stresses of life prevent people from fulfilling their exercise goals" says GoodLife staff member Daniel Bateman. "We aren't used to the crowds. It's hard to keep up with cleaning and maintenance. I couldn't sweep all day with a squat

rack line to the door."

Another gym staff member added that "by March, I can get away with watching Netflix on my phone."

"I thought about going to the gym yesterday," says one Dal student from Toronto. "But on my way there, one of my AirPods fell out and landed in a puddle. I didn't really see the point in going after that."

On average, gyms see a 20-30 per cent drop in attendance in February, as people return to

Gyms see a 20-30 per cent drop in attendance in February, as people return to their old habits like sitting on the couch doing absolutely nothing

their old habits like sitting on the couch doing absolutely nothing.

Sarah Burke, explains that even she, a hardworking professional in Halifax, decided to give up her resolution of daily exercise to improve her physique. "I just said screw it!" explains Burke. "After a month of daily workouts to get a better Tinder pic, I finally realized that true love is a capitalist scam and I should accept my existential loneliness. No one can have it all."

However, not every establishment is reeling in excitement as the public fails to commit to their goals. Private therapists often see a decline of demand of their services, hurting their bottom line.

"Every new year, lots of people with long-

standing issues, regarding family, work, and life in general make it their goal to talk about and hopefully find solutions to their problems," says relationship therapist Janine Schrodinger.

"But as January turns into February, people start to realize that not even a therapist who charges \$250 per hour is not the one-stop solution to solve your longstanding childhood trauma, get rid of your fuck-boy torment, or prevent your nephew from becoming a furry."

Aside from physical and mental health, many students have tried to kick bad habits. Third year student Derek Sumter explains how he tried to cut alcohol, tobacco and Sailor Moon cosplay out of his daily routine. "I tried to cut back, really did," says Sumter. "But when I took a look at that bottle of Jack Daniel's, the pack of Marlboro's, and those red thigh-highs, I just couldn't help myself."

Life coach Erik Henderson provides tips to help people accept the realities of human behaviour. "Maybe New Years resolutions aren't so motivating. Most people use it as a scapegoat to avoid making goals in their day-to-day life."

"Failure to commit to our goals is a part of the universal human experience," says Henderson, "our failures teach us more than our successes."

Henderson suggests that his clients procrastinate making resolutions. Lie in bed until motivation subsides. "As the clock strikes 12, you remember that you are still very much the same person, no half-hearted, scrawled-five-minutes-before-dinner list is going to change that."

On an encouraging note, Henderson added that sometimes people should forego creating resolutions and should instead focus more time on their passions, even if it is Sailor Moon Cosplay.

Swept up with summer employment?

Tips, free resources and workshops to get you on your feet

BY HANNAH BING

Sifting through job post listings and internship applications are a burden that students face every year, especially during the early winter months when they are on the search for a summer position.

It can be stressful to read a job description and not know if you're qualified. The intimate stares at your resumé, wondering you've got what employers want to see. Whether you're on the hunt for a summer internship or a long-term job, it can be difficult.

The Bisset Student Success Centre is home to Dalhousie University's academic advising and career services. The centre is packed full of resources to help students find jobs and update their resumé. Students can check out books explaining different fields of work depending on your major, whether that's nursing, engineering or social sciences. Their resources wall has info on updating resumé and preparing for interviews.

The centre also provides the free service of professional LinkedIn photos.

Amy McEvoy is a coordinator and career programming advisor at the Bisset Student Success Centre. "It is the perfect time to start looking, I would say start early and figure out where you want to be this summer. On mycareer.com [Dal's job database] we post jobs from across the country."

This should be one of the first things you think about, whether you want to go home for the summer or stay in Halifax, or even if you want to work in a different province for the experience. Once you know where you want to be geographically you can start the search.

McEvoy suggests keeping in mind what skills you have, and what do you want to learn or acquire from this job – evaluate each opportunity carefully by always thinking how this job can ben-

efit you, what skills you can develop from it and what opportunities it could lead to in the future.

She says ask yourself: "What job do you want two years from now? And what would serve as a good stepping stone to that?"

McEvoy adds that the work available out there for students in the summer is really diverse, "there isn't just retail, there are office and research opportunities. For example, camp counsellors, seasonal tourism jobs, outdoorsy jobs and industries. Look for summer jobs in your field, if there is a research job in a lab with one of your professors. Government jobs are always looking for summer positions to be filled."

She also includes that students should take advantage of all the resources offered at the student success centre. To get started McEvoy tells students to book an appointment with an advisor. Bring their resumé and cover letters for a second look, set up a LinkedIn profile.

LinkedIn is a tool used by employers as well people looking for jobs, it can act as a professional profile to aid in networking and serves as a place to post cover letters and resumé when job searching.

McEvoy observes that students are worried about not having paid experience or too little experience.

"Employers value unpaid experience, including volunteer experience, what you have learned in class. It all helps in the workplace," she says.

Employers don't only look at paid experience, they're often looking at what skills and qualities you already possess and how that would serve you in the workplace. She urges the importance of developing and adapting your professional documents, her advice is to always update your resumé based on what job you are applying for and what skills you feel should be highlighted.

They offer resumé reviews by appointment and



PHOTO BY JOY LOYDALE

mock interviews. There are also workshops on campus that students can take advantage of.

Dalhousie is hosting a career fair in the McInnes room in the Student Union Building on Feb. 7 from 11 a.m. to 3 p.m. Students can bring their resumé, there will be job recruiters and employers, they will be looking for summer job positions, co-op positions, as well as jobs for graduate students.

It's recommended that you apply for four or five

jobs that way you have a better chance of securing a job than you would if you only applied for one. McEvoy includes her biggest piece of advice which is to "let students know they can do it, that they have amazing potential and we are here to support it. Think outside the box- cast a broad net, apply to a lot of jobs be proactive."

The Bisset Student Success Centre is located on the fourth floor of the Student Union Building. These resources exist for you!

Upcoming Workshops

Resumes That Get Noticed

Jan. 31, 12-1 p.m. The location is to be announced.

Prepare for the Career Fair: Update Your Resume

Jan. 29, 12-1 p.m. in the Student Union Building, Room 302 and; Jan. 30, 4-5 p.m. in the Student Union Building, Room 224

Huawei CFO is arrested, so are its expansion plans

The U.S. and China are equally guilty of shady tactics

BY LEXI KUO, OPINIONS EDITOR

The United States is accusing technology company, Huawei, of posing a security threat. Canada arrested Huawei Chief Financial Officer, Meng Wanzhou, on U.S. authority Dec. 1, following accusations that a Huawei subsidiary violated a sanction against Iran.

Wanzhou was released on bail of \$7 million and has been under surveillance in Vancouver, B.C. as her extradition case continues.

Following her arrest, Canadian citizen Robert Schellenberg now sits on death row for his previous drug trafficking charge in China. His case was reopened, and the death sentence laid, soon after Wanzhou's arrest.

Calls to restrict, or even ban Huawei are cropping up around Europe and in Canada. But the U.S. hasn't offered any proof of its security claims. These instances of state power run amok may be unsurprising given the current political climate.

And the pressure is building.

Schellenberg's death sentence follows the custody of two Canadians for "activities endangering national security," also around the time of Wanzhou's arrest.

The deadline for the U.S. to submit a formal extradition request was Jan. 31. The U.S. filed charges against Wanzhou on Jan. 28. Prime Minister Trudeau has emphasized that the independent court system will "ensure the extradition process is properly followed," and that "there is no political involvement."

Motivating interests

China disputes Wanzhou's "wrongful arrest," while the U.S. continues accusations of "hackable equipment" and security concerns.

With every government pumping out its own propaganda, what's real and what's not?

China's threats toward Canadian citizens might

automatically condemn China's side of the story. However, U.S. motivations are not so clear.

Last summer, Huawei overtook Apple as the world's second-largest smartphones sales, behind only Samsung. Huawei has substantially increased its user base in the last decade.

Huawei recently launched the world's first 5G chipsets for telecom tech, which might replace the 4G we all know. It's smaller, lighter and less power consuming. The company claims the chips will "meet the higher demand of internet in the future."

Now Huawei has the jump on rolling out 5G globally by infrastructure contracts that encompass initial installation, and further software,

maintenance and upgrades.

This lucrative opportunity was well in Huawei's grasp. Until U.S. security accusations have forced many countries to take a side. Canada, Poland, Germany, Taiwan and other states or organizations have been pulled into the fray of a possible Huawei ban. Canada awarded a 5G contract to Nokia.

How might the outcome of these ban debates affect U.S. interests? What about China?

The U.S. hasn't presented actual proof of this security threat. It claims that "their views on Huawei are informed by definitive examples of malfeasance," although none of these have been provided. A 2012 report named Huawei a general risk due to "lack of trust lawmakers placed in China."

Huawei has repeatedly stated that it is "a private company not under Chinese government control and not subject to Chinese security laws overseas."

Canada admits that it's been conducting tests on Huawei products since 2013. The Canadian Communications Security Establishment (CSE) overlooks the verification processes for all equip-

Huawei has the jump on rolling out 5G globally by infrastructure contracts that encompass initial installation, and further software, maintenance and upgrades.



A HUAWEI SMARTPHONE. PHOTO BY KARLA RENIC

ment and services for use on all telecommunications networks in Canada, Huawei included. This process, the Security Review Program, requires smartphone providers to pay in with operators for periodic review by the CSE. Nothing has come up thus far.

If this security threat exists, it's time for the U.S. to walk the talk. Meanwhile, Huawei's claims that it's being "unfairly targeted without any proof" by the U.S.

The U.S. strategy appears to be initiate a high-stakes extradition request without offering concrete proof. Villainize a key smartphone competitor and get your buddies in on it. Prevent global expansion of the competitor as it crucially unveils new tech. Protect the position of your own industry in the market.

Seems like a solid, though shady strategy on the part of the U.S.

China may be an obvious villain, given its recent

actions and general lack of democracy. While this may be true, the U.S. takes advantage of this narrative for its trade interests, and is willing to put Canada in the crossfire.

Canada's role as the middleman may be preferable to both sides, as China and the U.S. direct collective pressures at the relatively measly state wedged between them. A direct confrontation may raise tensions beyond what either country is prepared to commit. We can imagine how things might be different if China had detained U.S. citizens.

The rhetoric of democracy versus non-democracy is no longer enough to uphold the China-is-the-villain narrative. The undisclosed motives of the U.S. are equally suspicious.

As the U.S. government continues spouting the benefits of free trade, though it is making sure that these "benefits" remain in its pockets through the shoddy backdoor.

When's the last time you actually finished a book?

Tips to revive the reading spirit

BY TARINI FERNANDO



PHOTO BY GRACE MASON-PARKINSON

Picking up a book is a hard thing to do during the semester. With all your labs, essays, and tests, where's the time to simply read for fun?

The thing is, there is always time to read. It's worth it to try and find it. Here are some tips to get you flipping through some pages this year.

Tip 1: Getting back in the game

If it's been a while since you've read for fun, it might be helpful to actually spend some time at a library.

Being in a relaxed and comfortable space allows you to be attentive as you flip through the first few pages of some books and take the time to find something you like. And do

take your time. Sit back on one of those colourful, comfy lounge chairs and enjoy.

Tip 2: Set aside reading time

There doesn't seem to be enough hours in the day to even finish required course readings, so why set aside time to read just for pleasure?

In a 2009 study from the University of Sussex, researchers found that reading can lower stress levels by 68 per cent. In the study, volunteers went through a variety of exercises and tests that raised their stress levels and heart rate. Afterward they tried a number of different relaxation methods (e.g. listening to music, taking a walk). Just six minutes of reading reduced the volunteers' heart rate and eased their muscle tension. If you

don't already have a de-stress activity, reading might just do the trick.

To set aside time, try reading just before bed, even if it's only for a few minutes. Not only might it help you go to sleep, but you'll feel so much more accomplished after reading a chapter of a novel than after watching an hour-long episode of *Call the Midwife*. To get into the habit of it, leave your book right beside your bed, so you don't have an excuse not to pick it up.

Tip 3: Two books at a time

After seeing the list of books you need to

buy at the beginning of each semester, you might find yourself starting to hate reading itself. To avoid this contempt of reading, try keeping one book by your side that's outside of your mandatory list, just so you feel like everything you're reading isn't solely for school. Try to find something outside of the genres you're reading for your classes.

While you're drudging through Plato's *The Republic* by day, having something like *The Da Vinci Code* to also read by night can be a nice reminder that you have a life and interests outside of school.

Tip 4: Read what you love

Some people see reading-for-pleasure as unimportant or unproductive. If I'm going to read a book outside of the syllabi of all my classes, I should at least read some kind of best-seller or major prize winner. There are so many books in the world and so little time to read. Why waste it reading a cheesy, romance paperback?

This way of thinking is counterproductive. If you're determined to read only canonical literature, you're bound to get stuck starting several classics that bore you in the first few chapters, and that you eventually put down halfway through. Also, you could be missing out on great work by authors who are under-recognized by Western critics.

At the end of the day, reading of any kind is better for your mind and health than binge-watch-

ing the last season of *Grey's Anatomy* (yes, that show's still on). Not only is reading a tool to de-stress, it also allows you to do something fulfilling and brain-stimulating outside of school.

So, go ahead and pull out that 400-page adventure novel that's been sitting on your desk for months. Crack it open every night.

Read a few pages at a time. Whether it takes you a month or a year to finish it, you won't regret a minute you spend.

There are so many books in the world and so little time to read. Why waste it reading a cheesy, romance paperback?

Dalhousie Cafeteria producing large amount of food waste

Initiative encourages students to reduce food waste for the good of the planet

BY GABBIE DOUGLAS

Dalhousie University Food Services began to track plate waste at Howe Hall in October 2018, as a part of Canada's Waste Reduction Week, an annual program that encourages people to lower consumption, change behaviour and learn about their impact on the planet.

On Friday of Waste Reduction Week, the focus was specifically on food waste and the issues with it.

According to a whiteboard next to the garbage disposal centre in Howe Dining Hall, on Jan. 24, 2019, they produced 110.8 kilograms of plate waste. That's enough to feed someone for 60 days. The sign reads, "let's reduce waste, eat what you take and take what you eat."

Howe Dining Hall serves the largest residence on Dalhousie campus, serving roughly 700 students. Its buffet-style dining allows students access to all food served.

Dalhousie University Food Services declined a request for an interview for this story.

The Problem

Each year Canada wastes \$31 billion in food waste — equivalent to 40 per cent of the food produced in Canada annually.

Canadians waste 183 kilograms of solid food per person, per year, equivalent to more than 6 million tonnes. This has the same environmental impact as having six million cars on the road.

Food that ends up in landfills produces methane — a powerful greenhouse gas, that greatly contrib-

utes to the problem of climate change.

Hannah Chadwick, first-year resident in Howe Hall, said the posters in the cafeteria raising awareness about food waste are effective, but she thinks most people don't acknowledge the impact of food waste during their meals.

"I don't think about wasted food when I am choosing what to eat but I think about it as I am throwing it out," said Chadwick.

Kaylee Fox, a first-year Howe Hall resident, said the initial sign they posted made her more conscientious. However, she said meal hall doesn't always update the sign daily or for every meal.

"There's no constant reminder for people to watch how much food they waste."

Bruce McAdams, food waste expert and assistant professor at Guelph University, identifies Howe Hall's initiative to track waste as a sort of intervention to show the world they're doing something and not nothing.

"It's good and it can work a little bit, but it doesn't solve the root causes of food waste," said McAdams.

Today, food is cheap and abundant, but it wasn't always that way, said McAdams. Over time our relationship with food, and the degree of our access has changed.

A study in retirement living communities by McAdams found they had upsetting and guilt-inducing feelings when witnessing food waste, as many grew up in a time of food insecurity.

Respondents recalled economic usage of food and



LEFTOVER FOOD ACROSS FROM MEZZA IN THE STUDENT UNION BUILDING. PHOTO BY MELANIE KENNY

minimizing waste a priority, portion sizes were different and meals were simpler. McAdams said, they also considered food waste sinful and criminal, that living through a time of food scarcity led to their appreciation of food.

"How our relationship with food, and how we've grown up in our society, of it being plentiful and it being cheap, really has an impact on us as consumers of food," McAdams said. "Waste is not something that resonates with us today."

Generators of food waste

McAdams said, about 30 years ago, North Americans started associating portion size with value.

"That's a big problem in our society for two reasons. We create more waste, but we also eat more," said McAdams.

He also said, the foodservice industry has commercialized endless options, contributing to indecisive tendencies and has catered to the consumer not wanting to eat leftovers.

"I don't think they should be serving leftovers,"

said Chadwick. "If people didn't eat the food the previous the day, they are not going to choose it the next day. If they serve bad food it will contribute to more food waste."

On Jan. 24, one Howe Hall student grabbed two garlic fingers, a scoop of mashed potatoes, steamed vegetables, one chicken burger, an egg and a side of salad. He also took one glass of chocolate milk, one mountain dew and a water.

By the end of the meal, less than half his plate has been consumed. After scraping half a chicken burger, a dollop of potatoes, the crusts of the garlic fingers and some salad that's absorbed the juices into the bin, they place their dishes in the labelled bins and exit the cafeteria.

However, there are other ways to address leftover food, said McAdams.

Students who are concerned about the amount of food waste they are producing should think about what they are putting on their plate and not be afraid to take small portions and go for seconds if needed.

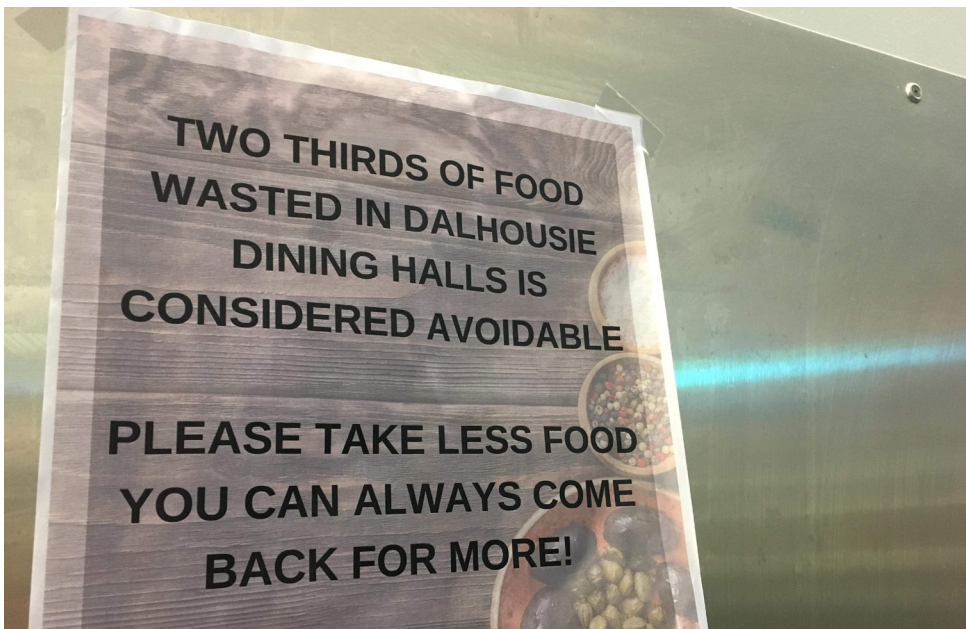


A SALAD OUTSIDE THE FRONT DOORS OF THE STUDENT UNION BUILDING. PHOTO BY MELANIE KENNY

Food waste served across campus

Meal halls and waste bins are filling up with wasted food

BY ELLERY PLATTS



DALHOUSIE UNIVERSITY FOOD SERVICES STARTED TRACKING THE AMOUNT OF FOOD WASTE CREATED IN MEAL HALL AS A PART OF CANADA'S WASTE REDUCTION WEEK.



RISLEY'S MEAL HALL REMINDS STUDENTS TO ONLY TAKE THE FOOD THEY NEED TO REDUCE FOOD WASTE. THESE WORDS ARE ABOVE THE ENTRANCE TO THE MEAL HALL.



A STUDENT IN RISLEY'S MEAL HALL LEFT LARGE AMOUNTS OF FOOD BEHIND ON THE TABLE.



HALF EATEN MEALS ARE A COMMON SIGHT. BITS OF SANDWICHES ARE OFTEN ADDED TO THE PILES OF WASTE.



DALHOUSIE UNIVERSITY HOSTED A DONUT BAR IN THEIR MEAL HALLS ON JAN. 24. SOME WERE LEFT BEHIND WITH ONLY A FEW BITES TAKEN OUT OF THEM.



FOOD WASTE BINS ARE OVERFLOWING WITH SHELLS, FOOD AND NAPKINS.



LOTS OF FOOD DOES NOT MAKE IT INTO THE BIN. MUCH OF IT IS LEFT ON THE COVER.



AWARENESS OF THE AMOUNT OF FOOD TAKEN VERSUS THE AMOUNT OF FOOD NEEDED IS IMPORTANT. CANADA WASTES \$31 BILLION IN FOOD WASTE ANNUALLY.



CANADA'S WASTE REDUCTION WEEK PROGRAM STANDS TO ENCOURAGE PEOPLE TO LOWER THEIR CONSUMPTION AND LEARN THE IMPACTS WASTE CAN HAVE.

Signs from the stars and planets

A new King's course teaches the history of astrology and divination

BY TARINI FERNANDO WITH FILES FROM DYLAN COUTTS



KYLE FRASER TEACHES ORACLES, OMENS AND ASTROLOGY IN THE ANCIENT WORLD. IT'S CROSS-LISTED AS A HISTORY OF SCIENCE AND TECHNOLOGY AND CLASSICS COURSE. PHOTO BY CHRIS STOODLEY

Astrology, its validity as a belief system and field of study has been debated for millennia. But despite modern science's rebuttal of it, astrology continues to fascinate, and many still turn toward it for guidance.

As Oxford dictionary defines it, astrology is the study "of the movements and relative positions of celestial bodies interpreted as having an influence on human affairs and the natural world." In today's society, this often comes in the form of horoscopes based on sun signs and moon signs. Some firmly believe in these predictions in determining their personality and social life.

For Cory Larsen, Dalhousie Student Union

vice-president (Student Life), astrology has been a tool to help him "get in touch with [himself]" and his personality traits. He also uses it to examine his relationship with others based on their signs.

"I definitely think there is a pattern to the type of people that I surround myself with and the kind of relationships that I have with them," says Larsen, "I just naturally seem to have a tendency to get along better with [Aquarians] and they end up being my closer friends."

For students like Larsen who are interested in astrology, a new course at the University of King's College has been offered this se-

mester that teaches the history of this field.

Oracles, Omens and Astrology examines the history of astrology and divination; it looks into their presence in ancient Mesopotamia, Egypt, Greece and Rome.

Kyle Fraser, the course professor, says he begins the class by trying to unpack students' "knee-jerk reactions" to the subject matter.

"Divination and astrology in our modern rationalistic culture tend to be regarded as pseudo-sciences or forms of outmoded superstition," he says. "They're not taken seriously."

Nora Adshade, a fifth-year Dalhousie University student taking the course, isn't exact-

ly one of those students who dismiss astrology as a belief system.

"I think everyone's beliefs are valid," she says. "Why can't we look up at the stars and find stories or [signs of] the future or the past?"

However, Adshade herself is not a believer in astrology. "I classify myself as an agnostic," she says, "so I think it's really neat that people have these views, but I don't think I'd believe in them myself."

But Fraser doesn't expect his students to come out of his class being firm believers in astrology as a form of divination. Rather, he hopes his students will develop a "deeper appreciation of the other forms of logic," and a "more critical appraisal of their own belief systems."

"One doesn't need to be a convinced believer in astrology and divination to benefit from a study such as this," he says. "By exploring alternative modes of rationality and other cultural paradigms of rationality, we shine a critical light on our own scientific belief systems."

It is, however, clearly difficult for people today to break out of this mode of modern scientific thinking. Even supporters of astrology are quick to acknowledge its lack of scientific evidence.

"There is no proof," as Larsen says. "But [astrology] is a really good way of seeing yourself in a different way, categorizing a lot of your traits, and being able to just know more about yourself."

Although some scientists have tried to prove astrology through research, they have never been very successful. But if it gives people the answers that they want, does the lack of science even matter? For the millions of people diligently reading their horoscopes today, it really doesn't.

Changing year, changing stars, changing you

What the Signs can expect for 2019

BY PIPER MACDOUGALL

Aquarius (January 20 – February 18)

Ah to be a blossoming flower. Don't worry; this isn't puberty round two. This year is for exploring and noticing flaws in your friendships, relationships and the pre-conceived ideas of what you thought you wanted. It may be a quiet year, but that doesn't mean you can't change where you want to plant your roots.

Pisces (February 19 – March 20)

Woah! Expect a big spiritual transformation to be coming your way early this year. Light unleashed from a new-found dream will diminish any suffering you have been feeling lately. It will feel right, let the wrong feelings go.

Aries (March 21 – April 19)

Heads up, some conflict might be coming your way. It may cause some dissatisfaction or pain. However, it will pass and in the fixing of it all, flip the situation around to be better than it was. This is the year for new work opportunities and advancements.

Taurus (April 20 – May 20)

You will have a great year of self-transformation and self-improvement. However, watch out when someone wrongs you and you are holding a grudge. Taking a step back you might see that the true person you're hurting is yourself.

Gemini (May 21 – July 22)

Gemini, I am rooting for you this year in all-things relationships. Expect new relationships – some that will stay for the long run and others that will diminish with the passing of the year. Remember, the ones that matter will stay, and the ones that leave were never meant to be there in the first place.

Cancer (June 22 – July 23)

You will sprout where you water, or you will grow where you give attention. You will see prosperity blooming into your life with a newfound resilience in the realms of ill health, negative thinking and Debbie-downers. You will improve your life by working blissful enjoyment into your day-to-day routines.

Leo (July 24 – August 23):

You're working hard and seeing your actions having a positive impact on your communities. Don't forget me-time when the stress sets in. Difficulties might be paying off, but is it worth it at the end of the day if you can't take the time to watch Netflix or open your favourite book?

Virgo (August 23 – September 22)

It might feel like your life is treating you like Halifax Transit. It's freezing and the bus doesn't seem to be showing up. Finally, a de-tour bus arrives. It might be a longer trip, but it will help you bypass what doesn't serve you. Trust the timing of your life this year.



AQUARIUS SEASON IS FROM JAN. 21 TO FEB. 20. PHOTO BY KARLA RENIC

Libra (September 23 – October 22)

A shift is going to happen this year in your home life. It may directly affect where you live, who you're living with or the contents of your home. It's a great time to get a new roommate or a loving pet. New opportunities will present themselves, so make sure you have room for change and aren't stuck in your ways.

Scorpio (October 23 – November 21)

Live by the Robert Frost quote you probably dissected in high school English about the diverged roads, "I took the one less travelled by, and that has made all the difference." Keep walking. While the year will come with its rough patches, it's all about what you see and learn on the way.

Sagittarius (November 22 – December 21)

Listen here Sagittarius, I am going to tell you straight up: you are going to fall in love. OK. That may have been what you wanted to hear, maybe not. Maybe you believe that you are already in love, and if that's the case, you can expect to see your romance take new heights.

Capricorn (December 22 – January 19)

This year you will have a strong focus on your reality. Your days of rocking the boat out on big waves are coming to an end and you're now liking the days where you're enjoying calm seas. You will be looking for stability in your interests and relationships.

2019: the year of movies

Exciting remakes and fandom favourites coming to theatres near you

BY JESSICA BRIAND, ARTS AND LIFESTYLE EDITOR



CINEPLEX HAS FOUR LOCATIONS IN HALIFAX: PARK LANE, BAYERS LAKE, DARTMOUTH CROSSING AND LOWER SACKVILLE. PHOTO BY GRACE MASON-PARKINSON



CAPTAIN MARVEL STARS BRIE LARSON. IT COMES TO THEATRES ON MARCH 7. PHOTO BY GRACE MASON-PARKINSON

Looking at the list of box office hits this year, it may be a little hard to tell what year it really is. Have we travelled back to our childhood or are cinemas across North America capitalizing on our need for nostalgia?

People in multiple fandoms are also on the edge of their seat this year as big conclusions and origin stories will be hitting theatres. They'll finally be satisfied from big cliffhanger endings in the Marvel Universe and Star Wars franchise — or will they?

Fandom Favourites

Marvel Comics Universe

Marvel has been steamrolling box office records for the past several years, churning out successful classics. The Marvel Universe keeps getting bigger as they continue adding to their sequential releases. If you've yet to see *Avengers: Infinity War*, there may be some spoilers.

Captain Marvel comes out this March starring Brie Larson. Although it doesn't fit in the timeline it is a flashback to the 1990s, and speculation says that it should reveal how the Avengers might survive Thanos' wrath.

Don't worry Marvel fans, *Avengers: Endgame* is coming out at the end of April. The second part of the

Infinity War should bring resolution to the problems Thanos created for the heroes of the Marvel Universe. Rumour has it though that we may have to say good-bye to a favourite character or two.

July sees the return of Spider-Man in *Spider-Man: Far From Home*. Tom Holland returns to the role after the Infinity War has ended, so spoiler I guess he won't be one of the characters we have to bid farewell. Jake Gyllenhaal will appear as the villain, Mysterio.

Although the X-Men are in the Marvel Comics Universe, they have been noticeably absent from the sequential releases of movies leading up to and following the Avengers. *Dark Phoenix*, however, will hopefully fix some X-Men fans disappointment with how the franchise has been handled up until now. The movie comes out early June and features Jennifer Lawrence and Sophie Turner. *Dark Phoenix* is supposed to highlight one of the X-Men's most loved characters Jean Gray (Turner) in hopes to rekindle some love from fans.

Star Wars

Star Wars fans rejoice as J.J. Abrams returns to the director's chair for *Star Wars: Episode IX*. The third part of the trio of sequels released over the last couple of years is set to hit theatres in late December.

Not much has been said about the film yet, but as always there are lots of rumours surfacing. One thing is for sure, it will feature the return of Adam Driver's, Kylo Ren, Daisy Ridley, and John Boyega. This is supposed to be the finale for the Star Wars series so fans should prepare themselves for the best and the worst.

DC Comics Universe

Shazam! Starring Zachary Levi will hit theatres in early April. An origin story from DC comics features a teenager who receives the power to turn into an adult superhero with the abilities of super strength and flight.

Fans are hoping that this film will break the DC darkness that has resulted in some disappointment for comic book fans in the DC Universe.

Nostalgia is real

The talented Tim Burton will take on a live-action remake of *Dumbo* in April. The original from 1941 tells the classic story of a circus elephant that had all of our millennial heartstrings being pulled in differ-

ent directions. Although Tim Burton seems like an odd pairing for such a heartwarming story, the trailer has people convinced it was a pretty good choice.

Aladdin is also getting the live-action remake treatment this May. First released in 1992, the animated classic featured the late Robin Williams as the genie, who will now be played by Will Smith, and some classic Disney movie magic to bring the rest of the tale to life. The movie has received some scrutiny for whitewashing the cast of one of the few Disney films about people of colour.

Step aside toddlers and children, us university students are ready for *Toy Story 4* which comes out in June. Since the first *Toy Story* was made in 1995 expect a bit of an older crowd in the theatre for this classic. We laughed and cried for *Toy Story 3*, but left many fans satisfied with what everyone thought was the finale.

So what are they going to do to us in this one? Guess we'll have to wait and see where Woody, Buzz and the gang end up this time.

The much anticipated *The Lion King* live-action remake will hit theatres in July. Director Jon Favreau returns to Disney remakes after great success with *The Jungle Book*, but this time he has an all-star cast with him. Some big names such as Beyoncé, Donald Glover and James Earl Jones will take on the classic rolls. If you're going to remake a beloved favourite, I guess there's no other way than go big or go home.

Disney is playing with fire, or well I guess ice, by introducing a sequel to their very successful *Frozen* in November with *Frozen 2*. Both original directors and the original cast return for the sequel that will have everyone singing along and wanting to build a snowman.

Student viewing

With so many great movies coming out it's going to be hard for students to find either the money or the time to get their butts to the theatres.

However, there are reduced pricing nights on Tuesdays. Scene members can also receive an even further 10 per cent discount, and with all these new movies it might be a good time to get one of those Scene cards people are always bugging you about at the theatre.

Adventure to Europe

Tigers spend winter break playing volleyball in Europe

BY JOSH YOUNG, SPORTS EDITOR



DALHOUSIE UNIVERSITY'S MEN'S VOLLEYBALL TEAM TRAINED AT A PROFESSIONAL FACILITY IN DUREN, GERMANY. SOME OF THE PLAYERS TRAINED WITH THE DIVISION 1 PROFESSIONAL TEAM. PHOTO BY DAN OTA, MEN'S VOLLEYBALL COACH

The men's volleyball team had a "once in a lifetime opportunity," over the winter break.

That's what the team's head coach, Dan Ota said after he took the team on a volleyball trip to Europe over the break.

"I think this is the kind of trip that [the players] are going to talk amongst themselves for 10 to 20 years at least," says Ota.

From Dec. 26 to Jan. 4, the team traveled to the Netherlands, Belgium, and Germany. Each country served a different purpose. The Tigers played in a tournament in Assen, Netherlands, did sightseeing in Bruges, Belgium, practiced in a professional facility in Duren, Germany and played against a tier two team in Bocholt, Germany.

"I think our team is going to benefit from this, being a little more game ready for our second half of the season," says Ota.

This is the first time in Ota's 20 years coaching the Tigers that he took the team to Europe. He got the idea four years ago when the team went

to Florida to play exhibition games. He thought it would be great to do that again but in Europe. He expressed the idea to the team last year, and they started to fundraise for the trip. They raised about half of their expenses and the members of the team paid for the rest themselves.

The first part of their trip was in Assen. Dal played against athletes Ota estimates to be between the ages of early twenties to early fifties. The first day was grueling as they played six two-set games in one day. The Tigers were at the gym from 10:00 a.m. to 7:00 p.m. They had three wins and three losses.

Fourth year, Matthew Woods said he hasn't played that many games in one day since high school.

"You definitely had to know how to take care of your body, you have to stretch and drink lots of water," said Woods who played in five out of the

six games. "Being able to play against guys our age and maybe little bit older challenged us to see where they're at in relationship to us as a team. It definitely pushed us, and we pushed them."

The next day, they played in the semi-finals against former pro players and lost. They ended up finishing fourth in the tournament.

Their next stop was in Belgium; this was more of a tourist experience then volleyball one.

"All I really knew growing up was Canada, so I didn't really know what else was out there," said Woods. "Being able to experience Europe, the rich culture and the

history around it was really eye-opening for me."

"Hopefully I can add a trip in the near future to go back and explore new countries," Woods adds.

"All I really knew growing up was Canada, so I didn't really know what else was out there."

On Jan. 2, they trained at the facility home to a German top professional team called SWD Powervolley Duren. After the Tigers' training session, the pro team was practicing, but they were short a few players. They asked Woods, Graham Schmuland and Malachy Shannon to practice with them.

"That was a really eye-opening experience for me," said Woods. "Being able to see that next level of competition, what it really takes to play at that level was a hugely beneficial experience for me and the other guys."

Finally, they went to Bocholt, Germany where they scrimmaged against a tier two team called TuB Bocholt.

Woods hopes that future teams can get a chance to do this trip.

"Hopefully this trip happens again in the near future for the guys because it was hugely beneficial to experience this kind of play and was great for our team. I think we really grew as a team."

Student first, then athlete

Sven Stammberger was named a Top 8 Academic All-Canadian

BY ILYAS KURBANOV



SVEN STAMMBERGER IS COMPLETING HIS MASTERS IN BUSINESS ADMINISTRATION IN CORPORATE RESIDENCY. PHOTO BY MELANIE KENNY



STAMMBERGER HOLDS HIS PAPER OF RECOGNITION FOR THE U SPORTS TOP 8 ACADEMIC ALL-CANADIAN AWARD FOR THE 2017-2018 SEASON. PHOTO BY MELANIE KENNY

Earlier this month, Sven Stammberger was selected as a U Sports Top 8 Academic All-Canadian for the 2017-2018 season.

The former captain of the Dalhousie Tigers men's basketball team, Stammberger is the 14th student-athlete from Dalhousie University to be honoured in this way since 1993. Only McGill University has generated more Top 8 Academic All-Canadians.

Stammberger believes Dal student-athletes have been this successful because the university is so accommodating.

"The support system that Dal offers has helped me and other student-athletes to stay on the right track," said Stammberger. "Dal has done a great job helping us with extra study room hours, academic trainers and extra help, which helped me become a better student."

U Sports student-athletes are recognized as Academic All-Canadians by maintaining an average of 80 per cent or higher while competing on a varsity team. 3600 student-athletes across the country, including 97 at Dal, achieved this during the 2017-18 season. Out of those recipients, one female and one male from each of the four U Sports conferences were selected for the Top 8. Those eight will be honoured on Jan. 29 at Rideau Hall in Ottawa.

"To be recognized as U Sports Top 8 Academic All-Canadian is an honour for me and it just shows the work I've done," said Stammberger.

In his first year at Dal, Stammberger practiced with the Tigers, but got no playing time. Once on the team, he played only 30 minutes in his first year of eligibility as his season was cut short by a broken wrist. He worked his way up from there to a dominant role. He was the leading scorer for Dal in 2017-2018, with 18.4 points per game, and led the team in rebounds, getting 8.2 per game. Last year, he was named an AUS First Team All-Star and a U Sports Second Team All-Canadian.

Not only a force on the court, Stamm-

berger was also named the 2018 U Sports Ken Shields Award winner for Men's Basketball Student-Athlete Community Service.

The women's basketball coach Anna Stammberger is also Sven's mom.

"What we always wanted and expected from our children is that they have integrity, that they work hard at whatever they do and that they help others," says Anna Stammberger.

She also gives credit to Sven's high school and university coaches, teammates, and Dal athletics to help Sven succeed.

After five years of playing varsity basketball, Stammberger is now completing his Masters in Business Administration in Corporate Residency. He says his education was always a priority, regardless of how well he performed on the court, because he knew his athletic career would eventually come to an end.

"Once we are done with school we have to look forward to do new things," said Stammberger.

He's taken the work ethic and dedication he put into basketball and applied it to other areas of his life. Last year, Stammberger earned a spot in an exchange program at the Copenhagen Business School in Denmark, which took the top four students out of the 45 in his class.

That competition, he says, "motivated me to work even harder."

After completing his MBA this year, Stammberger hopes to play basketball in Germany for a few years.

As a student-athlete, Stammberger was a student first and an athlete second, and he believes that is a key part of being successful.

"To any student-athlete the most important thing is to go to class, pay attention and listen to what the teacher has to say," said Stammberger. "Stay on top of things and don't fall behind."

The mental game

Mental skills coach helps with team success

BY SARAH MOORE, ASSISTANT SPORTS EDITOR WITH FILES FROM JAMES INNES

Being a successful athlete is more than just being physically talented. That's why the Dalhousie Tigers women's volleyball team has a mental skills coach to help give them an edge.

"There's lots of parts to being successful," says head coach Rick Scott. "But another side is the mental side, to give yourself the confidence and the mental toughness. When things don't go well, how do you address them?"

Recently, things have been going well for the team. They've won all of their games this season as of the time of writing and haven't lost a league game since Nov. 19, 2017. With six consecutive AUS championships, they're ranked third in the country and are the most successful team at Dal.

Even so, "volleyball has so many ups and downs," says Scott. Within games, points are traded regularly, sets are won and lost, and momentum shifts.

That's where Andrew Ling comes in. He's a mental performance consultant, meaning he helps athletes to be mentally focused and prepared to play at their best. Ling joined the women's volleyball program in 2013. He has also worked with the men's volleyball team at Dal since 2012. He runs Lingo Performance Consulting, founded in 2011, mainly focusing on athletes in volleyball, tennis, and hockey.

"The way that I really like to kind of analyze a sport or to decipher what things you can work on is usually the time that they're not playing," Ling says. "In volleyball when the point is happening everyone is kind of active, everyone is moving, everyone's potentially talking, but what happens when that play is done?"

In that time between points, the game is mental. How a team reacts to what happened can be the difference in an otherwise even matchup, says Ling.

He meets with the women's volleyball team two or three times a year, usually in

the last half of the season, to go over skills and strategies to deal with the mental side of the game. This can range from dealing with pressure, anxiety, and expectations, to coping with outside factors in competitions like bad calls or crowd atmospheres.

"All these things are no longer related to the physical part of the sport. It all has to do with the mental part," Ling says.

Mental toughness important as stakes get higher

"In the fifth set, in the playoffs—you start ramping up the level of importance—are you still performing at that level," adds Ling.

The Tigers dealt with that last year when they had to play the fifth set against Acadia University in the AUS championship game. The winner of the set would win the championship, and Dal beat Acadia by a score of 15-6.

Another important factor is maintaining a winning culture on the team.

"I am a part of a team," says Ling. "Rick does an amazing job on how clear the goals are and realize what it means to sustain that type of culture."

Scott agrees, saying that the coaching staff who are with the team every day need to bring a lot of mental training and "set the tone for being disciplined, being focused, handling adversity and staying positive."

Bringing in a supplementary voice a few times a year, however, "can be really refreshing" to bring in new ideas or reinforce things the coaching staff say.

Giving players a mental edge is one piece to the women's volleyball's winning puzzle. Scott says, working with Ling has "definitely made us better."

ANDREW LING IS A MENTAL PERFORMANCE CONSULTANT. HE HAS WORKED WITH THE MEN'S VOLLEYBALL TEAM SINCE 2012. PHOTO PROVIDED BY ANDREW LING



The team Mom

Andrea Plato is just as important to the men's basketball team as her husband, the team's coach.

BY JOSH YOUNG, SPORTS EDITOR



ANDREA PLATO IS THE TEAM MANAGER FOR THE DALHOUSIE MEN'S BASKETBALL TEAM. PHOTO PROVIDED BY DALHOUSIE ATHLETICS AND RECREATION



PLATO HAS MANAGED BASKETBALL TEAMS FOR 31 YEARS. PHOTO PROVIDED BY DALHOUSIE ATHLETICS AND RECREATION

Go to any Dalhousie Tigers men's basketball game and you'll see the team's Head Coach, Rick Plato, pacing near the bench, waving his arms and yelling at his players for turning the ball over.

Behind him is a person that is nearly the exact opposite. She's a blonde-haired woman, sitting calmly and keeping track of turnovers and timeouts by the Tigers.

Her name is Andrea Plato, she is Rick's wife, and the team manager. Hey, opposites attract.

"Rick is the enforcer, he's the coach and I am kind of the offset to that. Our personalities are quite different," says Andrea.

They manage the basketball team together. Rick coaches while Andrea is in charge of most of the responsibilities off the court.

Here are some of her tasks:

On road trips, she finds the best restaurant deals, organizes roommates, and makes snack bags for the players. During pre-season road trips, her duty list grows to include organizing flights, hotels and laundry. She also gets pictures framed for the graduating players and she gets nametags printed for Dal basketball camps.

"It makes my job as a coach that much easier so I can concentrate on just the coaching," said Rick Plato. "A lot of the other coaches wish they had a wife who was that understanding, or who is that involved and is interested."

Andrea started her basketball journey with Rick when they were dating in high school in Ridgeway, Ontario during the mid 1970s. A lot of their dates was at the gym where Andrea helped Rick practice basketball by timing his speed, or rebounding his shots.

In 1988, Rick became the head coach of the Mount Saint Vincent University men's basketball team. Andrea joined him to keep track of shots and stats. Her job wasn't as busy because the Mount plays in a lower level than Dal. For example, instead of planning meals at a restaurant, they just stopped at whatever fast food restaurant was on the way to the game.

The Platos stayed at the Mount for 25 years and won 13 Atlantic Collegiate Athletic Association championships.

Rick was hired as the coach of the Dalhousie Tigers during the 2013-2014 season. He retired as a teacher at Charles P. Allen High School in Bedford; Andrea retired from her job at Scotiabank. They took on the new challenge together, which meant more of a workload for both of them.

"I don't mind, whatever I can take off his plate so he can focus more on coaching," says Andrea. "It keeps me busy, which I don't mind that way, I just can't sit here."

But it hasn't always been easy. Rick spends most of his days at Dal. He usually stays late because practice is during the evening to accommodate the athletes' class schedules. During the season, they usually only eat dinner together two times a week. When it snows, she goes out with the snow blower to clear their long driveway before he gets home.

They also have two puppies, so Andrea takes care of them a lot.

"At least we're (running the team) together and

we enjoy it together, otherwise we would never see each other I don't think," she laughs.

Team nickname

Rick is ultimately in charge of the team as the coach, which means he is technically Andrea's boss. He sometimes gets on her for missing stats.

"She is a lot stronger than myself because she has to put up with me and I am not easy to deal with," said Rick. "I'm very fortunate to have her here and so are the guys," says Rick.

Her nickname is the team Mom because she does so much planning, provides snacks for the players and gives words of encouragement to them on the bench.

"They're all like my kids," said Andrea. "I think because we didn't have a family, we always treated the players like they're our own and we enjoy doing it obviously. We have always been lucky to have good kids."

Cedric Sanogo is a fourth

year guard on the team and moved from Montreal to Halifax to go to school.

"If you had to put a picture next to selflessness, caring and loving, Ms. Anne should be right there," said Sanogo. "When I first came to Dal, I wasn't really sure how I was going to fit in to the team, but she welcomed everyone with open arms and she makes us feel at home."

In Sanogo's second year, he separated his shoulder and he wasn't sure if he would be able to play again. Sanogo said Andrea would bring him food and both her and Rick would regularly check in on him. That was big for Sanogo because he doesn't have family in Halifax.

"Sometimes I think about it and I want to tear up," said Sanogo. "They care about the basketball side but they care about the people side too."

After 31 years of managing basketball teams, it is not certain how many more years are left to go, but Andrea loves the ride.

"I can't imagine my life without this."

If you had to put a picture next to selflessness, caring and loving, Ms. Anne should be right there.



THE DALHOUSIE SOCIETY OF AUTOMOTIVE ENGINEERS (DALFSAE) IS LED BY ERIN WETTER AND ALEX MOORE, BOTH FINAL YEAR ENGINEERING STUDENTS. THE SOCIETY CONSISTS OF 20 ENGINEERING AND BUSINESS STUDENTS. THEY DESIGN, MANUFACTURE AND MARKET AN OPEN COCKPIT STYLE RACE CAR FOR COMPETITION AT THE MICHIGAN SPEEDWAY EACH MAY. THE FINAL PRODUCT, PRESENTATION AND BUSINESS LOGIC IS EVALUATED BY AUTOMOTIVE EXPERTS WHO USE RACE RESULTS FOR AN OVERALL PLACEMENT. THE SOCIETY IS ALWAYS RECRUITING PASSIONATE STUDENTS WHO ARE INTERESTED IN GAINING REAL WORLD EXPERIENCE WITH ENGINEERING AND BUSINESS CHALLENGES. FOR MORE INFORMATION, OR TO GET INVOLVED, VISIT WWW.DALFSAE.CA OR EMAIL FSAE@DAL.CA.

CATCH SOME HOCKEY ACTION!

FRIDAY, JANUARY 25
Men's Hockey vs. UNB @ Halifax Forum, 7pm

SATURDAY, JANUARY 26
Men's Hockey vs. UPEI @ Halifax Forum, 7pm

SUNDAY, JANUARY 27
Women's Hockey vs. UdeM @ Halifax Forum, 12:30pm

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DALHOUSIE GAZETTE

2019 AGM

Feb. 27 @ 5:30 p.m.

Dal Student Union Building

Room to be announced.

Find us on social media to stay up to date

Breakfast for dinner will be served

& we will be electing new board members:

- Chair
- Secretary
- Treasurer



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