

SEPTEMBER 6 - 19, 2019 | ISSUE 152 - 1

THE DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER *EST. 1868*



PHOTO BY CHRIS STOODLEY

Back to (stu)dying

Have no fear, your campus paper is here to guide you

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DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER
EST. 1868

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THE FINE PRINT

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Meet Your DSU Executive!

Calista, VP Internal
Calista (she/her) is headed into her 4th year of a BA in IDS and SOSA and she is excited to enhance the DSU's comms, society processes, and student supports!

Aisha, President
Aisha (she/her) is a Computer Science and Political Science student. She is going to revitalize how the DSU does outreach, create better ways for you to get involved, and ensure you're informed about all things DSU.

Hasan, interim VP Academic and External
Hasan (he/him) is a student in Psychology and Spanish. He is excited to continue the work towards truly accessible education and a campus that is safe and inclusive to all.

Ruby, VP Student Life
Ruby (she/her) is in charge of planning all your favourite events and programming. She is a Taurus and just finished her undergrad in SOSA with a Certificate in Disabilities Management.

Isa, VP Finance
Isa (she/they) is a social work student pursuing their BSW and is excited to implement more sustainable programs, work with societies to fund student-run programming, and mobilize students to fight tuition fees this year!

LETTER FROM THE EDITOR

Keep shining bright, don't burn out

Dear Reader,

Welcome to Dalhousie University, whether you're a new or returning student.


First off, thank you for picking up the *Dalhousie Gazette*. The paper has a (mostly) new set of staff members this year. For me, this is my first time being editor-in-chief of anything. Reader, I hope you can take comfort in the fact that we're both diving into something new and scary this school year. I'm freaking out just as much – and probably more – than you are.




As students, we often talk and joke in light-hearted ways about the stress of school. Heck, it's the punchline on this issue's cover. But here's the thing: burnout is real. I'm a writer and a grad student, so I know it well. It's tough to attend classes, do assignments and readings while still having time for something resembling a social life, let alone a good night's sleep. You may even have a job on top of all this. So, how do we keep our heads on straight? I wish I had a simple answer for you. It's something I still have to work on. That said, I can tell you about something that helps me and hope it helps you, too.


Get a hobby. My former colleague at *The Coast* (and, full disclosure, dear friend) Morgan Mullin wrote about this very thing in May and I recommend giving it a read. Your hobby doesn't necessarily have to be anything big; it just has to be something you like doing for the sake of doing it. It's not work-related or monetized in any way, so you don't have to worry about being "good" at it. Set aside a little time for it every week and don't compromise on that time, even if you can only afford 20 minutes. Put aside your homework, put your phone on silent and do your thing. We don't all have the luxury of doing what we love 40 hours a week, but maybe we can all do something we love at least once a week.




—Rebecca Dingwell, Editor-in-chief











CATCH SOME TIGERS SOCCER ACTION!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 vs. ACA 8	9	10	11	12	13	 vs. CBU 14
 vs. StFX 15	16	17	18	19	20	21

The 2019-20 Tigers varsity season gets underway as the soccer teams host their home openers at Wickwire Field on September 8. All games are at 1pm and 3:15pm.



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Summery summary

ICYMI, here's a rundown of recent news

BY MADELINE TANG



HALIFAX'S NEW 30 KILOMETRE NETWORK OF BIKE LANES IS STARTING TO BE IMPLEMENTED INTO THE CITY'S ROADS. PHOTO BY CHRIS STOODLEY

Whether arriving in Halifax for the first time returning after a summer away, or simply preparing to head into the new semester, here is a brief summary of what's been happening on campus and in the city these last few months.

Dalhousie University's new interim president

On July 1, 2019, the Dalhousie Board of Governors appointed Dr. Teri Balser to the position of interim president and vice-chancellor of Dalhousie University. Balser has been at Dalhousie since November 2018, during which time she has served as provost and vice-president academic. She has a PhD in Soil Microbiology and she is cross-appointed to Dalhousie's College of Sustainability and

the Department of Plant, Food, and Environmental Sciences.

Balser took over the position following Peter Mackinnon's six-month term; she will hold it until the arrival of president-elect Deep Saini in January 2020. During an interview for Dal News, Balser said she is proud that she is the first woman and the first LGBTQ2S+ person to serve in this role at Dalhousie.

Bus Stop Theatre Coop receives funding

In March, Halifax Regional Council rejected a funding request to put \$500,000 towards saving the Bus Stop Theatre Co-op from losing their space. What followed was an outpour of support from Halifax's arts community through phone calls and emails to

councillors. This led to a new funding request that, as reported by *The Coast*, will give \$250,000 to the theatre over the next two years.

The Bus Stop, open since 2003, acts as a multi-use performance space for theatre, music and cinema events, as well as providing space for galleries, workshops and meetings. The new funding agreement has allowed the theatre to keep operating for the time being, as they explore and revisit options for securing funding in the long term.

New chief of police appointed

Halifax's Board of Police Commissioners appointed a new chief of police. Chief Dan Kinsella stepped into the new position on July 2, after over 30 years as a member of the Ham-

ilton Police Service. He took over from Jean-Michel Blais, following his retirement in April.

Kinsella's appointment comes during a rough patch in Halifax Regional Police's relationship with the public, as they face criticism over their controversial street check practices. An independent human rights report released earlier this year found that Black men were nine times more likely to be stopped during street checks. The report resulted in a suspension of the practice, but a full ban has yet to be implemented.

After being officially sworn in at the beginning of July, Kinsella voiced his intentions to work with the community on building trust and improving relationships, but is holding off on issuing a public apology or pursuing the ban.

Mi'kmaw Friendship Centre pilot project

The Mi'kmaw Friendship Centre and Mount Saint Vincent University have partnered up to create a classroom space at the Friendship Centre. They will also launch the Aboriginal Academic Access Post-Secondary (AAAPS) pilot program this fall.

The program will use funding from the province to offer participants six university half-credits, free of charge, along with access to the Friendship Centre's other services. These services include child care, an elder on staff, medicines, smudging, employment and housing opportunities. According to program coordinator Brittany Whynot in *Star Halifax*, AAAPS was developed with the goal of breaking down barriers to accessing post-secondary education for Indigenous students. Their aim, she said, is building confidence and navigating the tokenization and racial discrimination that can occur on university and college campuses.

NS Government Loan Forgiveness program

Beginning Aug. 1 of this year, the Nova Scotia government has announced a loan forgiveness program that will allow Nova Scotian students graduating from Nova Scotian

schools to have 100 per cent of their provincial loans forgiven.

Nova Scotia has some of the highest tuition fees in the country, with many schools planning to continue increasing fees in the coming years. While the program will help certain graduates, Mount Saint Vincent University Students' Union President Aaron Shema and incoming Canadian Federation of Students-Nova Scotia Chairperson Lianne Xiao raised concerns in interviews with *The Coast*. For example, the program does not help students who do not complete their degree, or students from other provinces or countries, which make up about 40 per cent of the student population studying in the province.

Smith's Bakery closes

A media release issued in July made the official announcement that Smith's Bakery, an institution in Halifax's north end, would be closing after 87 years of business. The bakery opened in 1932 and provided its customers with fresh breads, cakes, squares and a variety of other goods until its final day of business on August 10, 2019.

According to bakery owners Dennis Evans and Tara Fleming, the difficult decision was a result of leasing issues, as the building had been sold and the couple did not have the money to relocate. That being said, they are still holding out hope that the bakery may have a chance at revival and are dedicated to keeping its legacy alive.

Funding for new bike lanes

A new project was announced in July to create a 30 kilometre network of bike lanes in Halifax and Dartmouth. The \$25 million project is being funded by a combination of municipal, provincial and federal governments and will take roughly three years to complete.

The project was announced following a number of collisions between cyclists and vehicles earlier in the summer. According to Kelsey Lane (Sustainable Transportation Coordinator at the Ecology Action Centre) in the *Chronicle Herald*, adding these lanes will make cycling in the city safer for existing cyclists, but it will also encourage more people to cycle and feel comfortable doing so.

Dogs banned from brewery and beer garden

Two popular Halifax bars are in trouble with the Department of Environment following complaints made about dogs being present on the premises. Brightwood Brewery in Dartmouth and the Stubborn Goat Beer Garden on the Halifax waterfront both received warnings



THE BUS STOP THEATRE CO-OP, LOCATED ON GOTTINGEN STREET, IS A MULTI-USE PERFORMANCE SPACE FOR THEATRE, MUSIC AND CINEMA EVENTS, ART, WORKSHOPS AND MEETINGS. PHOTO BY CHRIS STOODLEY

that, unless they ban dogs from entering the establishments, they could face fines or have their food establishment permits revoked.

According to CBC interviews with the owners of both Brightwood and the Beer Garden, many of their customers feel that further exceptions should be made to allow people to enjoy their food and drinks without having to leave their dogs at home. The businesses have since launched a petition in an attempt to have the regulations changed.

Georges Island opening to the public

With the help of funding from the federal and provincial governments, infrastructure is being added to Georges Island to allow visitors to explore the island as early as June 15, 2020.

The funding will go towards the addition of docks, washrooms and interpretive signage outlining Mi'kmaq and Acadian history related to the island, as well as its role in Halifax's history up until the Second World War.

As reported by the *Chronicle Herald*, MP Andy Fillmore says he is excited about it becoming a cultural heritage destination. An environmental assessment is currently underway to determine safe and sustainable visita-

tion numbers as well as how to manage protecting the island's unique population of black garter snakes.

Fired Acadia professor loses settlement over tweets

Former Acadia University professor Rick Mehta was fired in August 2018 after allegations of harassment and intimidation towards his colleagues and students, breaches of privacy and failure to teach course material. Back in September 2018, CBC reported that Mehta, a self-proclaimed advocate for "academic free speech," claimed that he was actually fired for speaking out against the university's mission of commitment to social justice and says he has no regrets.

In a recent series of tweets, Mehta made a number of claims about his departure from Acadia, including that he was dismissed without cause, that he was dismissed for exercising free speech and that he left on his own terms.

Mehta refused to delete the tweets in question when an arbitrator ruled that they violated their agreement. As reported by CBC in May, he subsequently lost the previously agreed-upon \$50,000 settlement.

Halifax gets its first overdose prevention site

In July, Health Canada granted an exemption to the Controlled Drugs and Substances Act to the HaliFIX Overdose Prevention Society. The exemption allows the group to continue developing the overdose prevention site that they've been working to open on Gottingen Street.

The site will allow users a safe space to consume drugs, where they will also have access to peer support, healthcare professionals and life-saving medications.

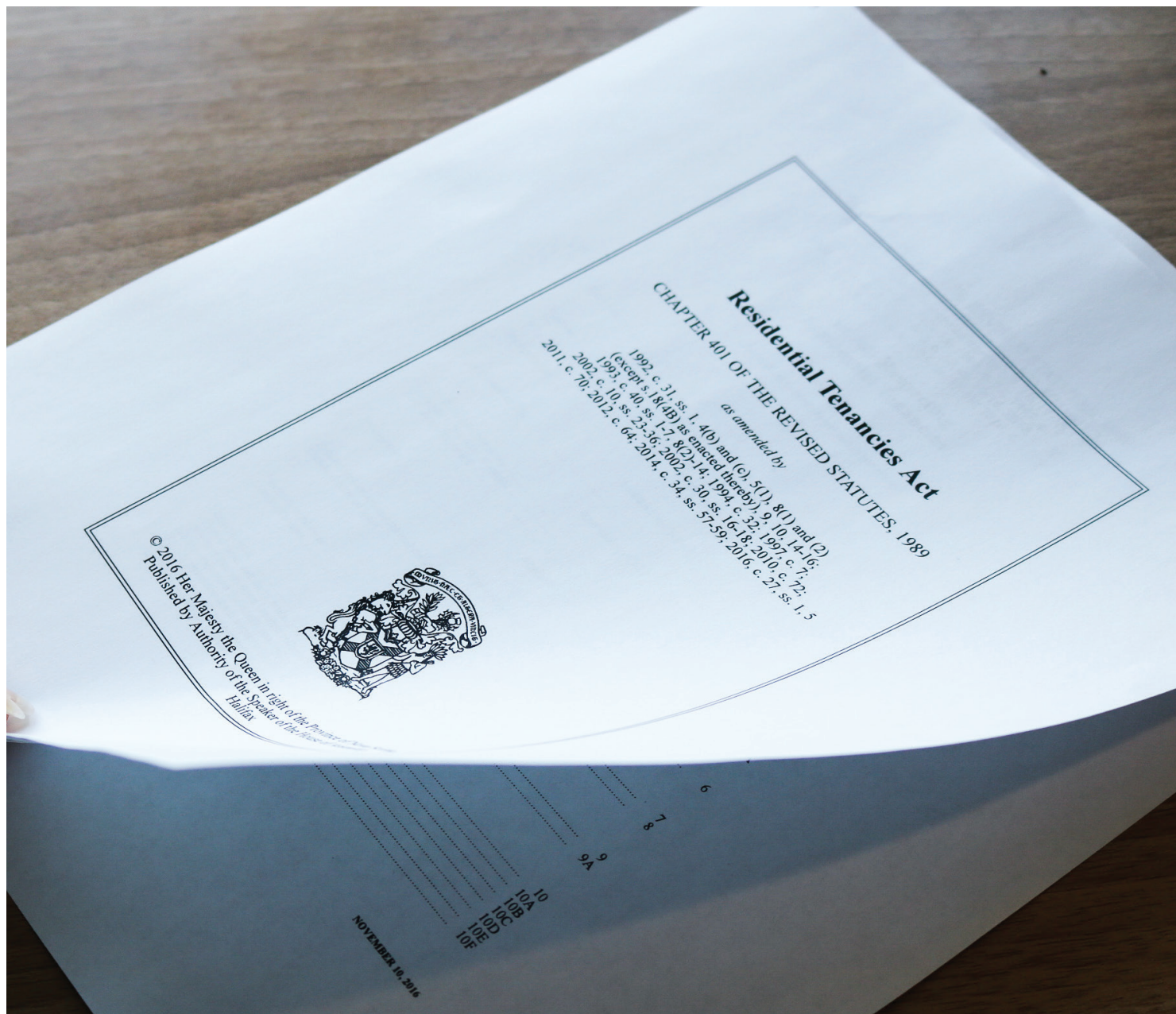
Some community members have expressed concerns about the location of the site for reasons including its proximity to daycares, businesses, and residences. In an interview with CBC, lifelong Halifax north end resident Irvine Carvery added that the placement is disrespectful given the long history of African-Nova Scotians and their institutions in the area.

According to the *Herald*, Micheal Bonn, one of the founders of HaliFIX, said he is aware of the concerns but people are already using drugs in the area. He says has no doubt that the addition of an overdose prevention site will save lives.

Halifax's unprecedented rental crisis

HRM spokesperson says council recognizes the need for more affordable housing

BY STEPHEN WENTZELL



CHANGES TO THE NOVA SCOTIA RESIDENTIAL TENANCIES ACT CAME INTO EFFECT ON JUNE 26, 2019. PHOTO BY CHRIS STOODLEY

A rental crisis has led to the lowest vacancy rate Halifax has experienced in decades. The issue has resulted in increased rent prices, precarious living and an absence of affordable housing in the city.

After three years of record-breaking population growth in the city, Halifax's vacancy rate for apartment rentals hit an all-time low this year at 1.6 per cent, raising the average cost of rent in the HRM from \$1,027 to \$1,066 per month (compared to 2018), according to a report from the Canadian Mortgage and Housing Corporation (CMHC).

The provincial government amended the Nova Scotia Residential Tenancies Act earlier this year in hopes of "making the Act fairer and more balanced for both tenants and landlords," according to Sharon Ishimwe of Communications Nova Scotia.

Amendments to the Act focused on tenants' abandoned personal property, agreements between landlords and co-signers and ending a lease when a tenant passes away. It also introduced rules, rights and responsibilities related to subletting and assigning leases.

"Some of the changes had been requested by tenant groups while others had been requested by landlord groups," said Ishimwe.

Changes took effect in early June.

Crisis will take several years to resolve

Halifax South Downtown Councillor Wayne Mason said he recognizes the gravity of the situation, noting the city likely hasn't seen a rental crisis as "unprecedented [...] since World War II."

Mason said improvements to Halifax Transit over recent years have given students more access to housing across the municipality. However, renovations, new

condos and AirBnB rentals have caused increased rent and a demographic change away from students towards new professionals.

Mason noted that council can provide density bonusing for affordable housing and could fund more affordable housing initiatives. This means there could be more benefits in terms of neighbourhood amenities if the density of the population increases.

Brendan Elliott, Senior Communications Advisor for HRM, said in a statement:

“While the municipality has no direct involvement in the creation of, or maintenance of, affordable housing, the mayor and council recognize the need for more affordable housing options. As such, council and staff are exploring ways to perhaps provide incentives to developers to include affordable housing options when designing and building new inventory in the municipality.”

Mason predicted the crisis will take time to sort out, as “we don’t have the supply to keep up with the demands.” He said the building process can take several years.

Rent control should be a priority

While municipalities in Ontario and Quebec are responsible for delivering housing to constituents, the provincial government in Nova Scotia controls that responsibility.

Premier Stephen McNeil wrote in a statement, “I’ve always believed housing is one of the single biggest issues facing people on low incomes.

“We have seen a reduction in the public housing waitlist and will continue working to improve access to safe and accessible housing across our province.”

On the other hand, Michael Noonan, Communications Director of the Department of Service Nova Scotia and Internal Services, wrote in a brief email “in Nova Scotia, rental rates are set by market conditions and government has no plans to change that at this time.”

Krista Higdon, Media Relations Advisor for the Department of Municipal Affairs and Housing, noted the Liberal government provides rent supplements to 2,300 low-income individuals and families in an effort to reduce the public housing waitlist and increase the number of affordable housing units in the province.

“In 2018-19 [in HRM], housing support workers served 1,168 households,” wrote Higdon, “providing support to transition from homelessness to housing to 338 house-

holds and providing eviction prevention services such as landlord mediation and connection to community supports for 307 households.”

Provincial Conservative Leader MLA Tim Houston said in a statement, “a person’s home is their sanctuary and everyone has the right to expect to be able to find housing that provides safety and security. We all want that.”

Houston noted he is happy with the current Liberal government’s acknowledgement of the issue and efforts to provide affordable housing, while adding “the government can’t lose track of the larger issues,” focused on the economy and Nova Scotians being unable to make ends meet.

Gary Burrill, Leader of the Nova Scotia NDP, said the two core issues surrounding the crisis revolve around the lack of rent control legislation and regulation regarding short-term rentals like AirBnB.

“At the moment, people who convert properties for rental into AirBnBs don’t have to pay any property tax on that,” Burrill said, “they don’t have to pay any fees, it’s entirely unregulated and this is plainly not what we want.”

A private bill drafted by the NDP Caucus last September aimed to implement rent control, restricting rent increases to 0.8 per cent in the first year. However, it has not been brought forward to the Legislature by the McNeil Government.

Hugh Fraser, Director of Communications at the Nova Scotia Department of Business, wrote in an email statement that the legislation regarding short-term rentals (the Tourist Accommodations Registration Act) was unanimously passed in the provincial legislature in March of 2019. According to Fraser, the government will be consulting with the public and “changes are expected to take effect in time for the 2020 tourism season.”

The subjectivity of “affordable housing”

While the Canadian Government recognizes housing affordable at rental or housing costs under 30 per cent of an individual’s income, Michelle Goats, a housing support worker and anti-poverty activist, emphasized that this depends on being above low-income. “What affordable housing means to me might be different from what it means to you,” said Goats.

As an organizer for emergency winter shelter Out of the Cold Halifax, Goats is concerned about the loss of affordable housing in HRM.

“When I’m talking about affordable hous-

ing,” Goats said, “I’m talking about housing that is affordable for low-income people, so people that live on low-income wages, [...] people that live on income assistance. Income assistance has really inadequate rates of shelter so it’s pretty hard to find adequate housing.”

Goats believes “invisible” homelessness is a byproduct of the rental crisis. Invisible homelessness refers to people who are essentially homeless but do not realize it. She said some may be couch-surfing or staying at an apartment where they have no key, lease, or tenant rights.

Those in precarious living situations, Goats said, are more vulnerable to living in unsafe or unhealthy rentals. They may be unable to advocate for their tenant rights. She points to some apartments in Dartmouth North, available for as low as \$595, that are unsuitable for living.

Goats said she has even seen bedroom doors being used as front doors – endangering the safety and security of tenants.

While the rental crisis has generally been framed as a housing crisis, Goats believes it’s really a tenancy rights crisis.

Legal literacy essential to tenant tights

Lisa Cameron, a labour activist in Halifax, recently moved from Toronto and said she immediately realized the distinction between Ontario and Nova Scotia tenants’ rights. Having taken over a fixed-term lease, Cameron was ineligible for rights and protections that would normally have been provided under a year-to-year lease. When she reached out to Dal Legal Aid for assistance, she said the service was unfamiliar with fixed-term leases.

Cameron believes landlords are taking advantage of fixed-term leases and that legal literacy is essential to combating this crisis and giving more rights back to tenants.

The Dalhousie Legal Aid Tenant Guide offers a template laying out people’s rights as a tenant in Nova Scotia in an effort to make the Residential Tenancies Act more comprehensible. The legal clinic provides students and low-income community members with assistance and resources for knowing their rights.



DSU mum on details of staff restructuring

Focus on prospective membership with the CFS

BY LANE HARRISON



AFTER THE DSU FIRED TWO FULL-TIME EMPLOYEES, THE GRAWOOD AND THE T-ROOM BOTH IMMEDIATELY CLOSED. PHOTO BY REBECCA DINGWELL

This summer, the Dalhousie Student Union (DSU) received backlash after its “employment restructuring” led to firings of full-time staff. The executive are now preparing to deliver on campaign promises for their one year term.

On May 28, the DSU announced a prospective membership with the Canadian Federation of Students (CFS). A few weeks later, they fired two full-time employees of 15 and 20 years respectively, resulting in an immediate closure of Studley Campus bar The Grawood, and Sexton Campus bar the T-Room (without a notice to their employees, according to the Grawood’s Facebook page). They also created two new full-time positions through the firings, a director of Operations and director of Research and Outreach.

In June, the *Chronicle Herald* reported that the DSU full-time staff were aware that sudden terminations could take place and were seeking the security of the United Food and Commercial Workers, a labour union.

The firings

According to a DSU FAQ sheet released on Aug. 8, the decisions to fire Greg Wright, the director of Licensed Operations since December of 2003 and Craig Kennedy, the executive director since February of 1999, were made at a council meeting on June 19.

DSU president Aisha Abawajy declined to comment on the matter. “I cannot speak on any HR matters, as the privacy of our employees and their confidentiality is very important to us,” she said.

On June 20, the Facebook accounts for both the Grawood and the T-Room uploaded identical posts announcing that due to unforeseen circumstances they would be closing indefinitely and directed all questions to the president of the DSU.

According to an anonymous DSU source quoted in Global News, the closures were a direct result of the firing of Greg Wright. The

employees were unaware the closures would take place.

“I called to make a reservation for 15 people on the 19th for the June 21st. They should have told me no, instead of taking the reservation,” said one commenter on Facebook. The Grawood’s account replied: “We are so sorry! We did not know this would happen and had no heads up.”

The Grawood resumed regular summer hours on Aug. 19 and no announcement has been made about the T-Room’s reopening so far.

According to the DSU’s FAQ sheet, the closure did not affect the employees of the Grawood or the T-Room. The document also said that all staff were paid for shifts they would have had during the closure and were consulted on their tip earnings and subsequently reimbursed.

New positions

Aisha Abawajy said the new positions created after the firings, director of Operations and director of Research and Outreach, will benefit students.

The director of Research and Outreach will be “working on research to be able to bring data together in terms of what policies can look like that the DSU develops [...] how do we take information from students on the ground and filter it up into campaigns that are actually talking on issues students wants to be the focus.”

The director of Operations will focus on “overhead management, doing all the logistical things that need to be done in order to run an organization such as ours,” said Abawajy.

Craig Kennedy, who did not respond to an interview request from the *Dalhousie Gazette*, described his former position with the DSU on his LinkedIn profile as being “responsible for the overall management of services, programs and facilities. Responsible for 13 full-time and 125 part-time staff and a +\$7 million budget.”

Concerns about job security

Wally Cuvelier, a member of the Eastern Province's Council of the United Commercial Food and Workers, said he was approached by 12 members of the DSU staff, prior to the firings of Greg Wright and Craig Kennedy. He would not reveal which staff members approached him, nor confirm if Wright or Kennedy were among them.

"A group of employees approached me and after I filed for an application, that's when those two individuals were terminated," he said.

The employees, Cuvelier said, approached him with simple concerns. "As you know, the [executive] changes every year. So you've got a new direction almost every year. And, you know, I guess it comes to a point where they're like: 'hold it now we need a voice here, we need some protection.'"

Abawajy said the DSU supports the prospect of employees unionizing.

"We, as the DSU, do support the decision of our employers to seek representation as they choose to. The power in numbers can achieve rights for all. And we are very excited to work with all of our staff members to create an inclusive social jus-

tice centric workspace."

However, as of current state (Aug. 20), the unionizing process has been delayed by the DSU.

"We're still in the throes of the application," said Cuvelier. He added that there is debate over the matter of "who's in the bargaining unit" and "who's not."

According to Cuvelier, the DSU is attempting to keep four of the 12 staff members out of the bargaining unit, claiming they hold managerial positions and therefore should not be included.

"Most employers want less people in the bargaining unit," said Cuvelier. "In this case, they're saying that those four had true managerial duties. And I don't believe the four of them do. You know, there may be an individual – not really sure. But it certainly can't be four."

In response, Abawajy said that in accordance with the Trade Union Act, employees who hold managerial roles or know confidential information regarding labour relations should be excluded.

"The DSU does not object to the formation of the union but to ensure that our union is able to operate to the best of its abilities we have to put forward the exclusions."

In an attempt to reach a decision on who

should be included in the agreement, the Nova Scotia Labour Board has conducted interviews with the employees to determine the true position of each. If each side, the UFCW and the DSU, approve the Labour Board's designations, they will count a vote. If an agreement cannot be reached then both parties will proceed to a hearing, in which they will argue who they believe should be included in the bargaining agreement.

Prospective CFS membership

Former DSU communications and outreach coordinator Paul Whyte, who did not respond to an interview request from the *Dalhousie Gazette*, was quoted in Global News saying "when a new union enters into the Canadian Federation of Students, there's almost this cleaning of house that happens where the old staff who have been there 20-plus years, they're rather swiftly terminated."

Whyte also said that through entering a prospective membership with the CFS, the DSU is violating their own by-laws. The by-law in question (12.1) is one "that governs membership in external student organizations specifies cases where fees are attached to the membership," reads the DSU's Aug. 8 FAQ sheet.

The CFS has waived any prospective membership fees for the DSU. Lianne Xiao, the chairperson of Nova Scotia's branch of CFS, said this is a common practice. "There is a 5 per cent fee that has been historically waived by the National Executive."

According to its website, the CFS is a non-partisan organization that advocates for over 500,000 domestic and international, college, undergraduate and graduate students across Canada. They run a number of campaigns to fight for student issues, such as Fight the Fees and Fairness for International Students campaigns.

Xiao said a prospective membership will benefit the DSU and its members, especially during an election year. "The campaign that we've launched this year, the Time to Be Bold campaign, is surrounding the federal election and I'm actually really excited to see what Dalhousie students want to make a student issue and an election issue this year."

While Xiao is excited for the work the DSU and CFS will do together, they emphasized that the CFS does not interfere with governing decisions of the DSU.

"The DSU is an independent student organization. We are not responsible for the internal events that happened."

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Black Student Orientation program launches at Dal

Black Student Advising Centre helps students transition into their undergrad

BY CHRIS STOODLEY, VISUALS EDITOR

Dalhousie University's Black Student Advising Centre (BSAC) is launching an orientation program this year to help first-year students transition into university.

The Black Student Orientation program is ongoing, so students will attend three different sessions throughout the academic year. The first one took place on Aug. 29.

Monique Thomas is BSAC's Community Outreach and Transition to University coordinator.

"I think it's necessary for Black students coming into Dal because a lot of times, students have expressed that, they come to the campus and they don't know what to expect," she says. "It's a shock when they walk into a classroom and they're the only Black student in their class of 200 people."

In general, the program is meant to support incoming students and provide them with the tools and resources to help them succeed. The program is open to students who identify as Black or of African descent and are entering an undergraduate degree at Dalhousie or the University of King's College directly from high school.

The impact

One thing many undergraduate students are afraid of is coming to a new city where they don't know anyone. For Sarah Hughes, a Jamaican student enrolled in the orientation program, coming to Dalhousie – and Canada in general – is a new experience.

"I know it's going to be a complete culture shock from Jamaica," she says. "So, I'm a bit worried about how people will see me even if I think that what I'm doing is normal."

Despite this change in her life, Hughes thinks the orientation program is a good opportunity for her to join a community and meet people who share similar experiences.

"It's a shock when they walk into a classroom and they're the only Black student."



THE BLACK STUDENT ADVISING CENTRE, LOCATED AT 1321 EDWARD STREET, OFFERS SUPPORT TO ANY STUDENT OF AFRICAN DESCENT. PHOTO BY CHRIS STOODLEY

Dalhousie student Kyla Simmons says she wishes she'd had this opportunity when she was an undergraduate student at Dal. Simmons just

graduated from Dalhousie with a Bachelor of Science with a major in biology and a minor in French. For the longest time, she believed she wanted to be a doctor.

However, it wasn't until towards the end of her undergraduate degree when realized she was more interested in nursing. Now, Simmons is taking a few courses required for the accelerated nursing program. She hopes to enter the program next September.

Simmons feels that if she had an orientation

program like this when she was entering university, or if she used more of the BSAC's connections and resources, she could have put herself on the track to becoming a nurse much sooner.

"For a long time, I think maybe my first two years, I didn't even know that BSAC existed and I didn't know all the resources that it provided and all the help that you can get from them," she says. "They really are there to help you and I was completely unaware of that."

Never alone

As a current student, Simmons is going to speak with the incoming students at the first orientation session.

"My biggest thing is to let them know that

there's help," she says, "because I know a lot of students – even first coming into university – don't want to ask for help."

"There's faculty, staff and other students who want to see everybody succeed and to just reach out," says Michelle Patrick, Dal's associate director of Recruitment (acting). "You're never alone, I think is the key message, because sometimes you just feel so isolated but you're really not."

Patrick says BSAC celebrates all cultures within the Black community at Dal. "We share these commonalities but this how we're all so different and let's celebrate those differences and celebrate our commonalities."

For more information about the BSAC, search Black Student Advising Centre on Dalhousie's website or follow @DalBSAC on social media.

Your bill, sir

A student's perspective on the recent tuition hike

BY MITADRU MITRA



FOR THE SEVENTH YEAR IN A ROW, DAL RAISED ITS TUITION BY THREE PER CENT. PHOTO BY EVAN DE SILVA

This spring, Dalhousie University raised its tuition by three per cent for the seventh year in a row. On top of this, there were further hikes to international student fees, adding to an already steep differential fee.

The ones who are being hit the hardest by these changes are new students, particularly incoming international students, who are paying 8.1 per cent more than if they applied last year. This increase will be applied every year for the next four years for these students. To put things into perspective, Dal's own tuition calculator for a prospective international student starting at a bachelor's degree in commerce finds the student liable to pay over \$21,000 in annual tuition alone this year. The student also ends up paying for books, mandatory overseas health insurance, housing fees, and other "hidden" fees.

Tertiary education was never inexpensive to begin with, but making a college degree even more inaccessible to students definitely alienates high school graduates. As reported by Global News last September, more than 20 per cent of bachelor's degree holders graduate with over \$25,000 in debt.

I'm reminded of a joke I read on social media recently: A person called in to report a robbery. He said he had been robbed of \$30,000 annually for four years with the false premise of higher earnings in the future and a supposedly prestigious roll of paper. The "suspect" was reported to have said, "Your payment has been processed by the bursar," before exiting the scene. Sound familiar?

Here's the coup de grace for any pro price-hike arguments: in a 2017 article for the *Hechinger Report*, Jon Marcus reported that there were 2.4 million fewer college students in the United States that year than there were in 2011. This should

raise a few red flags. How long before we see the same volume of dwindling numbers localized in Atlantic Canada? Granted, Dalhousie might be a few cents shy of creeping up on Ivy League levels of eye-watering tuition receipts that make loan agencies giggle. At the same time, Canada also has a lot less in population to spare.

"Universities should dispel the idea that higher price tags come with some perception of higher prestige."

Without a stop to tuition hikes in sight, a vicious cycle is approaching. Universities raise prices to pay for better facilities, fewer students enroll, leaving even less money for universities, forcing them to raise costs even higher. The international students, unsurprisingly, face the shortest end of the stick: while government regulates no more than three per cent in annual tuition increases,

no such cap exists for international students, making ludicrous eight per cent annual increases seem acceptable to the administration.

A rise in education costs is unlikely to have positive effects for the students or the university. The year-on-year price hikes appear to be a

short-term solution to the long-term problem of securing more funding for faculties. Dalhousie is already considered very expensive by Canadian standards. According to *Maclean's* 2018 university rankings, Dal sits at number seven on a list of the 18 most expensive Canadian universities for students moving away from home. It is high time

the authorities shift their agnostic stance on the correlation between spiraling costs and declining student numbers.

Scholarships and grants are most often severely limited in funds and quite restrictive. For most people, they barely scratch the surface of the debt they accrue over four years. The ones who qualify for higher value scholarships at Dal are few in number and their situations do not paint an accurate picture of the struggling majority. As for financial aid, in many cases people fall under a tricky classification: well off enough to not be considered for aid yet struggling to fully fund a four-year degree.

I believe universities should dispel the idea that higher price tags come with some perception of higher prestige. Dalhousie might lose out on a lot of brilliant minds and young scholars who may not fall under the correct tax bracket. Closing the gates to more and more students every year will only strengthen the student bodies of competing universities. It's difficult enough to transition into a different city or country at university without the spectre of poverty haunting you.

Debating a “dry” orientation week

University drinking culture has ramifications, but there’s reason to question a ban

BY MAYOWA OLUWASANMI



NOVA SCOTIA'S LEGAL DRINKING AGE IS 19. PHOTO BY CHRIS STOODLEY

As the season shifts from summer to autumn, hordes of freshmen arrive at Dalhousie to begin their undergraduate career. They will be greeted by infectious smiles, boisterous student leaders and a strict rule: no alcohol during orientation week. Higher education institutions like Dalhousie University face numerous challenges during O-week, often fueled by alcohol.

University drinking culture is an issue with widespread ramifications. Promoting a “dry O-week” is a preventative measure taken to avoid alcohol-related incidents. In Nova Scotia, a significant portion of incoming freshmen have not reached the legal drinking age of 19. University,

for many, is an entirely new environment and there can be a very vulnerable transition from home life to university life. This vulnerability is often made worse — and in some cases, fatal — with alcohol abuse. Dalhousie also wishes to respect the peace of non-students in Halifax. Regardless, there is reason to question the ban.

Prohibiting booze in residence is a fantasy. Whether you look at the failures of alcohol reform in 1920s America or real student experiences as a freshman, it is an undeniable fact that students will drink regardless of policy. A school that takes up such paternalistic regulation does not respect their students as adults who can make their own

decisions. Furthermore, this ban can encourage the mystification and allure of university drinking. Having an open stance on alcohol consumption will encourage reduced drinking.

There are good intentions behind the drinking ban, especially considering the alcohol-induced death of a first-year international student in 2015. Despite the ban, though, Dalhousie’s drinking culture has hardly subsided.

Reactive, not proactive

It is an unfortunate trait common in higher ed institutions to be more reactive than proactive.

Universities must not mistake discretion for eradication. The consumption of alcohol and other substances will happen in O-week and beyond. Instead of stopping excessive drinking in residence, this measure will only encourage students to be more secretive with their drink-

"A school that takes up such paternalistic regulation does not respect their students as adults who can make their own decisions."









































ing. This means that students will engage with drink outside the school’s sphere of influence. By making drinking more open during orientation, the university ensures students are around to access helpful resources on campus like Tiger Patrol, residence staff and medical services.

More effective measures exist to promote a healthier drinking culture. Strictly dry events are great for students who cannot legally drink and those looking to avoid alcohol consumption. Educational information about healthy drinking habits is necessary for students who do drink. Proactive outreach is simple and effective. I believe the posters highlighting the risks and regulations surrounding alcohol have more of an impact on the overall alcohol culture in Dalhousie than the ban. Additionally, university is not the sole space for alcohol related issues. Incoming students will have been exposed to drinking, whether they partake or not.

It is not Dal’s place to criminalize alcohol but to enforce an environment that promotes safe consumption. Until Dal focuses on more proactive measures to establish healthier consumption, first years will simply find ways to hide the booze.



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The roommate diaries

Dalhousie and King's students share their best and worst roommate experiences

BY ELIZABETH FOSTER

Editor's note: the Dalhousie Gazette has honoured the request to withhold the last name of one source to protect her privacy and well-being.

For many students entering university this year, having a roommate will mean living with a complete stranger. The results can be great, or as some students have discovered the hard way, absolutely terrible.

Strange habits

Kiera, a student in her second year at the University of King's College, had a roommate with some strange habits that were difficult to get used to.

"Honestly, I tried my absolute hardest to spend the least amount of time possible in my room or near her," says Keira. "The weirdest thing was just waking up to her in the dark staring at me."

Keira describes how one day after class, she walked into her room hoping to take a nap.

"I see all these people in my room," says Keira. "Then I heard this screech. I look down, and there's this person with a bird. Like, a bird that they kept in residence somehow."

Olivia Malito, a Dalhousie University alumna, also had a difficult time with one of her former roommates in Halifax.

"[We] shared very different ideals about how a living space should be," says Malito in a Facebook message to the *Dalhousie Gazette*. "I'm very neat, whereas she was quite the opposite."

Malito says her roommate would leave toenail clippings all over her futon and "pyramids of used tissues everywhere."

"She didn't understand why dish soap was necessary [and] missed the toilet when she'd use it," Malito says. "She would never wash her hands or buy hand soap for the bathroom [and] left opened food everywhere despite us having mice issues."

"I look down, and there's this person with a bird. Like, a bird that they kept in residence somehow."



HOWE HALL IS ONE OF DALHOUSIE'S ON-CAMPUS RESIDENCES. PHOTO BY ASHAR AHMED

Roommates to best friends

Not all roommate experiences are terrible, of course. Sabina Wilmot, a second-year King's student, had a great time with her roommate in first year.

"When you have a roommate, sometimes you're living with someone and sometimes you're living around someone," says Wilmot. "I liked that I was living with her."

Wilmot says her roommate became one of her best friends. She even spent Thanksgiving that year with her roommate's family.

"She always asks me at parties or late at night, 'Do you think we'd still be friends if we weren't roommates?' and that [Thanksgiving] trip really solidified for me that we

would be."

James Ersil, another King's student, also had a great experience with their roommate in first year. Ersil says they and their roommate "acted as support systems for each other," as both moved to Halifax from faraway provinces.

Ersil says at one point in the year, when they and their roommate were both "at a low," the two decided to start watching the TV show *Avatar* together.

"It was really cool to experience something together for the first time. I have really fond memories of us bonding over it together," says Ersil. "As the characters became closer friends, we became closer friends, as cheesy as that sounds."

What's the secret?

As well as it worked for Ersil, watching TV together isn't always the key to a good room-

mate relationship. So, what is the secret to getting along with a new roommate?

Malito recommends roommates sit down together and ask "telling questions" to each other to get a better sense of who the other person is.

Kiera advises students to talk to someone if a roommate situation is not working out.

"You'd be surprised how much your living situation impacts your school, your social life, your general mood," says Kiera. "If it's a problem, talk to your [resident assistant]."

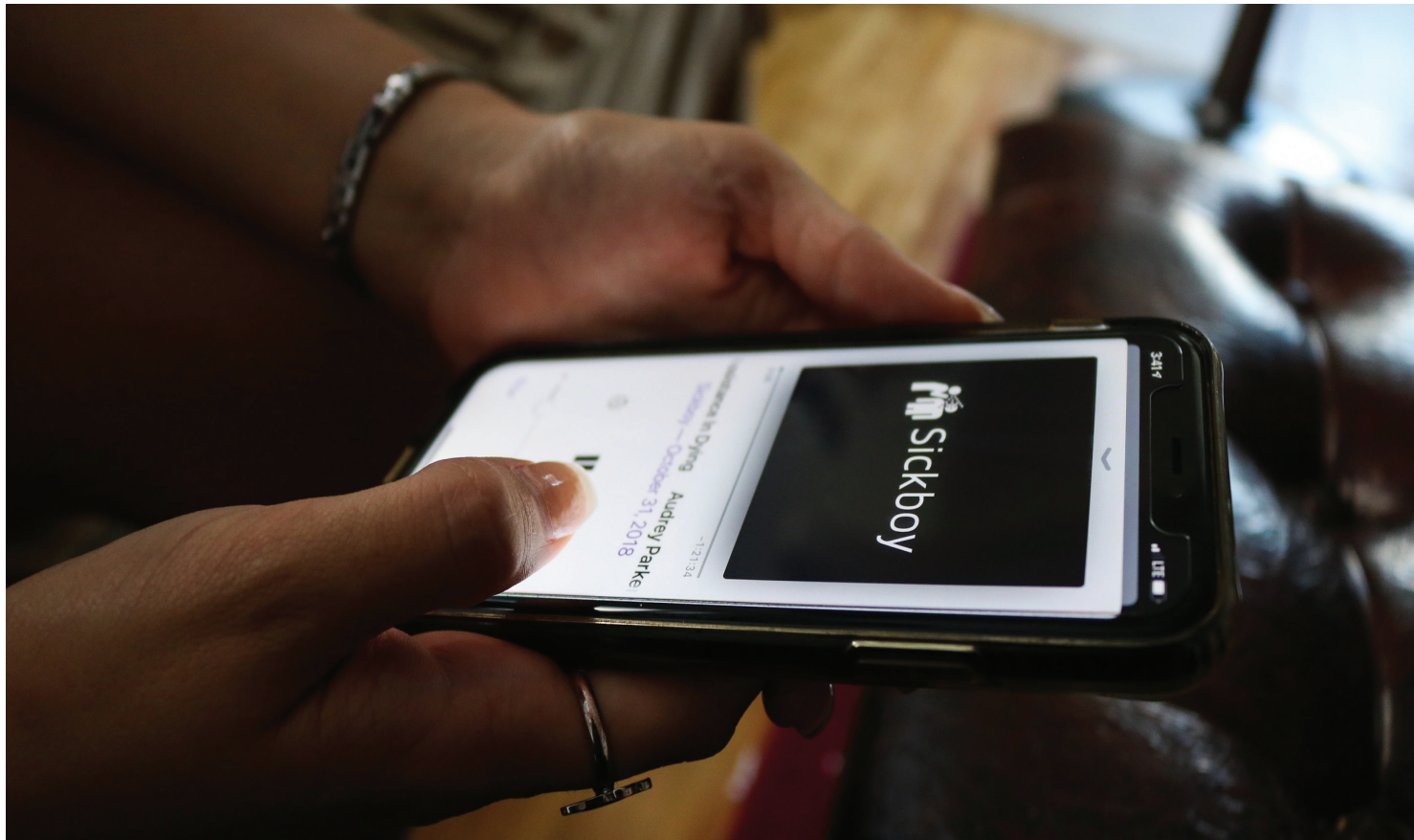
Wilmot says that living with another person simply requires some effort.

"When you move out of your family home and you're used to a certain way you go about things, it can feel weird to accommodate someone else's practices that feel just as normal to them," says Wilmot. "There are things that make someone feel at home [and] making sure it feels like a home for both of you is the most important thing."

Podcasts to keep in touch

Necessary listening to keep up with the hectic nature of today's world

BY DANIELLE BLAIS



SICKBOY IS A HALIFAX-BASED PODCAST HOSTED BY THREE FRIENDS. THEY DISCUSS TOPICS RELATING TO HEALTH. PHOTO BY CHRIS STOODLEY

Another school year has begun. Soon, students will be buried in papers, long hours of study and exams. With the business of university life, it can be hard to keep up with today's chaotic world.

But never fear! There's a podcast for that!

Podcasts are a great way to keep up with the news of today and explore new topics and ideas. Podcasts can also be great self-care tools, especially for busy university students. Although internet access is needed to listen to podcasts, episodes can be downloaded onto a phone or tablet and listened to offline.

There is a podcast for almost anything one can think of. Although most podcasts follow basically the same format – a digital recording of an interview or conversation, sometimes edited for clarity – you can find podcasts lasting several hours to less than a few minutes. They can

come in daily, weekly or monthly installments.

Local podcasts

CKDU-FM is Dalhousie University's own campus community radio station. Their podcasts keep listeners up to date on all things campus related.

Recommended listening is *Hali-facts* hosted by Josh Hoffman. The podcast takes an in-depth look into current Halifax issues. Episode two, for example, explores the legalization of marijuana and the legalities of dispensaries.

Another great CKDU-FM podcast is *My Blackness, My Truth* hosted by Jayde Symone. The podcast explores Black identity and history based around Symone's experience of being a Black Nova Scotian woman. Check out the first episode: "Who is Jayde Symone?"

Sickboy is another Halifax-based podcast and is hosted by three friends: Taylor MacGillivray, Brian Stever and Jeremie Saunders. Saunders lives with cystic fibrosis. The trio talk about health, past and present, and have regular guest speakers. This is a great podcast for listeners who live with a chronic illness or have friends or family who live with chronic illness. The trio talk very openly and honestly about illness and its reality. Check out episode 198, "My entire family is dead: Managing grief with David Garner," and episode 195, "Eye Cancer in Inuvik."

Keeping up with the news

For up to date Canadian news and politics, the folks from the news site *Canadaland* has you covered. *OPPO*, hosted by Jen Gerson and Jus-

tin Ling, goes into all things related to politics in Canada.

Some of the site's other podcasts are a bit more focused in theme, like *Commons: Crude*, which delves into Canada's dependency on oil. *Thunder Bay* is a must listen and is hosted by Ryan McMahon. "Chapter 1: There Is A Town in North Ontario" introduces you to the murder capital of Canada, the racial tensions and the loss of nine young Indigenous men.

A Vox Media podcast, *Today Explained*, which is hosted by Sean Rameswaram, covers American news and politics of the day. Rameswaram and guests break down the news for listeners to really understand what is going on. For example, the Aug. 19 episode, "Do sanctions work?"

Music, food and stories

For music, *Song Exploder* is a podcast where each episode takes a song and has the musician who made it dissect it – the why and how of it. Recommended listening would be Björk on "Stonemilker."

Turned out a Punk with Damian Abraham is great for all things punk and music. Recommended listening is episode 206, "Johnny Marr (The Smiths, The Cribs, Modest Mouse)."

For the foodies out there, *Gravy* by Southern Foodways Alliance is a great show that ties in food and community. There's also Food52's podcast *Burnt Toast* with episodes that can be digested in thirty minutes.

A great listen is *The Moth Radio Hour*, a weekly storytelling series always told live and recorded. They have archives going back to 1997.

Can'tlit, hosted by Dina Del Bucchia and Jen Sookfong Lee, is about all things Canadian literature. The hosts regularly sit down with prominent Canadian writers like Eden Robinson and David Chariandy and talk about new projects and writing practices.

All the podcasts listed above can be found on their own websites, or on platforms like Spotify, Stitcher, Apple Music, Soundcloud, AudioBoom and Google Play Music. Happy listening!

Life and love under the sea

Dal alumna and her husband scuba dive across the country

BY TARINI FERNANDO, ARTS & LIFESTYLE EDITOR



JOEY AND ALISHA POSTMA HAVE BEEN SCUBA DIVING AROUND CANADA SINCE MAY. THIS PHOTO WAS TAKEN AFTER A DIVE IN NORTH BAY, ONTARIO. PHOTO BY BONNY PERRON

Alisha and Joey Postma are living their best life. The wife and husband have been scuba diving around Canada since May, documenting the underwater world for their new online project called Canadian Splash.

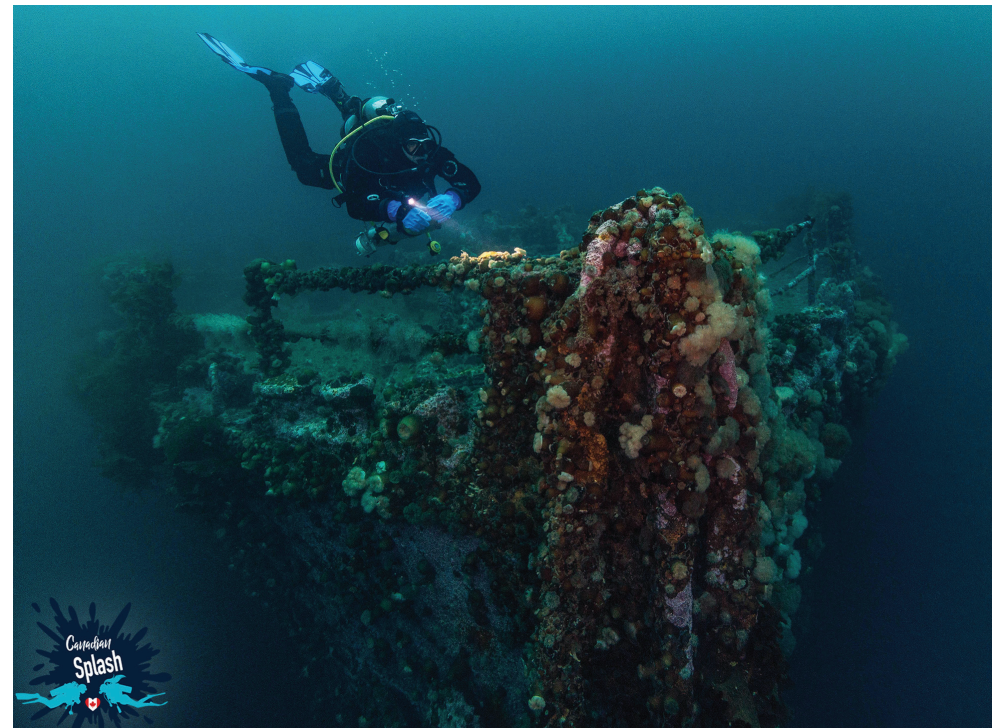
The goal of the 13-part project, which the couple launched on July 1, is to explore and photograph the waters of all provinces and territories in Canada. So far, they've dived in Ontario, Quebec, New Brunswick, Nova Scotia as well as Newfoundland and Labrador.

Canadian Splash is just the latest of a few projects on the couple's website, Dive Buddies 4 Life, which they started two years ago.

"It's basically an education platform," Alisha (AKA Ali) says of Dive Buddies. The website includes resources for scuba divers, scientific profiles on aquatic animals and original underwater photography and videos from the couple's dives around the world.

By teaching people about the world's bodies of water, Ali says she hopes people will be "inspired" to protect them.

A large part of Ali's desire to protect the water comes from her time spent at Dalhousie University, where she earned a bachelor's degree in marine biology and sustainability. It was also through the Dal water polo team that Ali and Joey met.



JOEY AT THE BOW OF A BELL ISLAND SHIPWRECK. PHOTO BY ALI POSTMA

The couple now spends their time moving from province to province, exploring various bodies of water as they go. But travelling around the country and scuba diving isn't cheap. The Postmas both work full 40-hour work weeks to support their lifestyle – Joey as a computer programmer, and Ali as a project manager, as well as doing some copywriting and underwater photography part-time.

For students, it would likely be impossible to live this nomadic lifestyle. But Ali says for any students who have their Open Water Diver certification, there are great diving sites right outside of Halifax. There is even an unofficial Dal SCUBA society for anyone

with an interest in scuba diving.

Ali acknowledges that for some people, however, the ability to scuba dive is "not really a question." But encouraging people to scuba dive isn't the main goal of the couple's website and projects. Their mission ranges from teaching people how to scuba dive to encouraging people to "look a little bit deeper into the tide pool," as Ali says.

In any way possible, Ali says she and her husband want to encourage others to "explore and experience the underwater world," because, as she puts simply, "it's a pretty cool place."



see more photos at dalgazette.com

Where's the space for Halifax's LGBTQ2S+ disabled community?

Halifax's popular queer-centred bar is not as inclusive as it may seem

BY STEPHEN WENTZELL

This past July, thousands of people descended upon Halifax's urban core to take part in the city's pride festival events, such as the pride parade, block parties and drag shows.

Several of these events took place at Menz & Mollyz Bar, Halifax's popular queer-centred drinking space. But, with a flight of stairs to greet entrants and no elevator service, people with mobility issues can't safely access the venue.

The message of the pride festival is one of acceptance, but inaccessible venue bookings have prevented the participation and performances of people with disabilities and mobility-related issues.

For Vicky Levack, a disability rights advocate, the message is loud and clear.

"They're saying 'OK, you can be queer, but we don't want you to be here if you're disabled,'" Levack says. "You can either be queer or disabled. You can't be both."

Finding accessible space

Some local drag troupes like the Queens of the Glamazon have been booking more events at the Bus Stop Theatre, a small arts venue that is wheelchair accessible.

Audrey Eastwood, the theatre's venue manager, describes the Bus Stop's mandate as "affordable and accessible" and hopes to provide a safe space for those with often nowhere else to go.

"There's been folks who are wheelchair users who have come [to the Bus Stop] who have never gotten to go out to drag shows before because the spaces the shows were previously held in were inaccessible to them," says Eastwood. "So, it's just been a huge amount of joy ... seeing all these people who haven't had the opportunity to see shows like this before and are having the best night."

Eastwood says since the Glamazon has begun booking at the Bus Stop, the venue has seen an increase in queer-specific bookings.

"There's people who didn't know about our venue or people who are looking to make

their shows more accessible," she says. "We are really one of the only accessible spaces left."

Fighting stairs

Years ago, Levack and a friend attempted to attend a drag show at Menz & Mollyz during Pride week but were faced with a flight of stairs upon entering the bar. Because Levack uses a wheelchair, she was forced to turn around and leave.

Levack says she was making an effort to support the queer community during the pride festival, but found that by booking events at Menz & Mollyz, the festival was not following through with its message of acceptance.

In an email to the *Dalhousie Gazette*, executive director of Halifax Pride Adam Reid said that none of the pride festival events held at Menz & Mollyz were organized by Halifax Pride itself. All events held at this venue were organized by various community groups. Reid said Halifax Pride is "committed to removing barriers that limit participation at events."

"We appreciate accessibility as an area that requires considerable care, and are committed to expanding and improving these efforts," said Reid in his email. "Through event planner meetings and ongoing communications, we share these lessons with other community organizations to encourage greater accessibility throughout the Halifax Pride Festival."

Halifax Pride, the non-profit organization that organizes the city's pride festival, has made efforts to address accessibility needs. The last pride parade featured a wheelchair accessible viewing platform, a low-sensory viewing area and even live audio description during the event.

At inaccessible venues and businesses, however, Levack believes people with disabilities are considered "second-class citizens." She believes neither performers nor attendees should book or attend events at inaccessible venues.

Jess Smith, a board member of Halifax Pride and social media coordinator for the Queens of



MENZ & MOLLYZ BAR IS A POPULAR QUEER-CENTERED DRINKING SPACE AT 2182 GOTTINGEN STREET. PHOTO BY CHRIS STOODLEY

the Glamazon drag shows, recalls trying to help a friend with mobility issues up the stairs at Menz & Mollyz.

"[It's] the only way they can see the show," Smith says.

Smith, a drag performer herself, is glad to see the Glamazon booking events at more accessible venues like the Bus Stop, the Marquee and the Atlantica. Smith also says all ages venues like the Bus Stop help young people see drag shows when they are barred from that culture by 19-plus events.

According to Smith, there's no financial risk involved in booking space at Menz & Mollyz as there's no cost of venue for the Glamazon and the profits come from cover. But while more accessible venues like the Bus Stop come with additional costs, Smith believes producers need to keep in mind the risk of not being profitable versus excluding a community and losing that audience.

"In a community where being inclusive and accepting is so very important, we are actually shutting out a huge portion of people that

we need to be aware of," says Smith.

Menz & Mollyz did not respond to requests for comment.

Accessibility Act

The press secretary for Nova Scotia Premier Stephen McNeil, David Jackson, wrote in an email to the *Gazette* that "the Premier is committed to expanding accessibility for all Nova Scotians," noting the current Liberal government created the province's first Accessibility Act of 2017.

The Act aims to make Nova Scotia meet certain accessibility standards by 2030. These standards will be determined through collaboration between the provincial government, people with disabilities and public and private sector organizations.

"We have the legislation. These businesses have to get with the law," Levack says. "I think it's important for queer folks with disabilities to have the space other queer folks get. My money is just as good as anybody else's."

Fall varsity season

Four Tigers teams start their seasons this weekend

BY SARAH MOORE, SPORTS EDITOR

The Atlantic University Sport (AUS) league gets underway this fall with the soccer and cross-country seasons leading the way. The first cross-country competition of the year, the Dalhousie University/Saint Mary's University Invitational Meet, is on Sept. 7 at Point Pleasant Park, while the men's and women's soccer teams head to Moncton for their first game of the regular season against the Université de Moncton Aigles-Bleus on Sept. 6. Here's a look at these four Dalhousie Tigers teams as their seasons begin.

Men's soccer

The men's soccer team excelled on the defensive end last season. Keeper Ben Grondin started the year with eight shutouts in a row, eventually leading the Tigers to a 7-3-2 regular season record. The rest of the team provided considerable depth: Isaiah McCullough, returning for his fourth season with the Tigers, and rookie Alex Knesaurek anchored the back end, while Mike Trim and Quinn Park were strong on the wings. After winning a quarter final match against the Acadia Axemen, the Tigers made it to the semi-finals of the AUS playoffs but lost to the defending national champions, the Cape Breton University Capers. With almost their entire roster set to return this season, the Tigers are in a good position to contend for an AUS championship this year if they can figure out a way to strengthen their offensive game. Watch out for third-year Enrico Rodriguez, who was a points leader last year, to be a key part of that effort. The men's soccer team plays their home opener on Sept. 8 against the Acadia Axemen at 3:15 p.m. at Wickwire Field.

Women's soccer

The women's soccer season in 2018 told a similar story to the men's team: they had a strong defensive core, led by former AUS rookie of the year keeper Kate Fines, but struggled to find the back of the net on the other end of the pitch. Although the Tigers clinched a playoff spot with a regular sea-



FOR THE SIXTH YEAR IN A ROW, THE WOMEN'S CROSS COUNTRY TEAM WON THE AUS CHAMPIONSHIP. PHOTO BY SARAH MOORE

son record of 7-4-1, they lost to the Memorial University Sea-Hawks in the quarter finals of the AUS championship. Look to strikers Riley Donovan, Josie Oickle and Sofia Nicolls to lead the offensive game next season. The team is losing fifth-years Taylor Goodwin and Jensen Hudder, but the Tigers have added a handful of recruits — including three keepers. With new talent on the way, the team should be a threat this year as their young stars continue to develop. The women's team plays their first home game at 1 p.m. on Sept. 8 against the Acadia Axewomen at Wickwire Field.

Men's cross-country

Last season, the men's cross-country team finished second at the AUS championship

against a strong StFX team. With most of their top runners returning this year, the Tigers should be in a good position to improve on that result and reclaim the banner, which they won in 2017. Third-year James Cromack, who was Dal's top runner with a sixth place finish in the conference last season, should be a contender for a medal this year. Callum Drever, Hudson Grimshaw-Surette, Mike Rogers and Trent Lynds all finished in the top 20 and should provide a strong core for the team. It looks to be an improvement on last season's success if these runners continue to develop and score points for the Tigers.

Women's cross-country

The women's cross-country team won the

AUS championship for the sixth year in a row and ran to a ninth place finish at U Sports nationals last season. Key to that effort were fifth-year runners Michelle Reddy and Ellen Chappell, as well as Sophie Watts, a fifth-year transfer from Guelph. Losing that depth this season, the Tigers will need younger athletes to step up and contribute. Look to third-year Savannah Jordan, coming off of a second place AUS finish and a 20th place finish at nationals last season, to lead the group. Georgia Waller, who crossed the finish line at AUS championships in 13th place in her promising rookie campaign last season, should provide a key piece as well, but the Tigers will need four more runners to provide some depth in order to continue being successful in the conference.

Tigers take a trip to Naples

Four Dal athletes named to Team Canada

BY ILYAS KURBANOV



THIS JULY, FOUR DAL TIGERS ATHLETES REPRESENTED TEAM CANADA AT THE INTERNATIONAL UNIVERSITY SPORTS FEDERATION SUMMER UNIVERSIADE IN NAPLES, ITALY. PHOTO BY MATHIEU BELANGER

Representing your country is something most athletes dream of for their entire life. This July, that came true for four Dalhousie University Tigers athletes as they were selected to represent Team Canada at the International University Sports Federation (FISU) Summer Universiade 2019 in Naples, Italy. The Summer Universiade is an Olympics-like event for university athletes that is held every two years in a different city.

"It has always been a goal of mine, I mean to play for Canada and have that red and white jersey with Canada across your chest," says Alex Carson, who has played basketball for the Tigers for three years. "I'm really honoured to have had this opportunity this summer."

During the Atlantic University Sport season, Carson shares the floor with fifth-year forward Sascha Kappos and this summer, they played together for Canada.

"It was unbelievable. It was something that I'll never forget in my lifetime," says Kappos.

Kappos and Carson have known each other for a long time, and playing together on an international stage gave them an opportunity to experience the unforgettable as Team Canada earned a sixth

place finish in the tournament.

Rosters were made with top athletes representing different universities across Canada and they battled against teams from all over the world. More than 150 countries were represented at the tournament.

Gaining leadership experience

Experiencing that level of competition was valuable for the Tigers in learning leadership skills and understanding your role on the team, says Kappos.

In Naples, "everyone had a role to play," he says. "Don't play outside of the way that you can play and play to your strengths and the end result will speak for itself."

As a veteran on Dal's basketball team for this upcoming season, Kappos says that passing along the message of playing your own game with confidence is important for the younger stars on Dal's team like Keevan Veinot, Jordan Brathwaite, and Xavier Ochu.

"They are going to be all conference players one day there is no question; it's just having that mindset that if you play to your strengths and play with confidence, it will always be a win," says Kappos.

Unfortunate injury

Julie Moore and Courtney Baker from the Dalhousie Tigers women's volleyball team were also named to Team Canada.

Moore, a third-year outside, suffered a badly sprained ankle before the tournament and wasn't able to compete because of the injury. Despite not being able to play, she remained positive and supported the team from the sidelines as they faced tough competition and finished in eighth place.

"It was bittersweet for sure, but it was amazing to watch and see the level of play and even just training with the girls was awesome," says Moore.

Continuing success

For Baker, this was her second and final time playing at the Summer Universiade. She competed in 2017 in Taipei City, as well as at a Grand Prix international competition in 2017.

The fifth-year setter says that always pushing herself to be better has been crucial for her success so far.

"[Have] really high expectations, train really hard every day and [make] every rep you get count to get better every day so you can have an opportunity to play," she says.



SASCHA KAPPOS (LEFT) IS ONE OF THE ATHLETES WHO REPRESENTED TEAM CANADA. PHOTO BY MATHIEU BELANGER

Coaching on the international stage

Two Dal coaches travelled to Italy this summer

BY SARAH MOORE, SPORTS EDITOR



FROM LEFT TO RIGHT, COURTNEY BAKER, JULIE MOORE AND RICK SCOTT. PHOTO PROVIDED BY RICK SCOTT

The Dalhousie University athletics program was well-represented in Italy this summer. Not only were four Dal Tigers athletes selected to compete for Team Canada in the International University Sports Federation (FISU) Summer Universiade in Napoli, but two coaches from Dal went as well.

"It was a tremendous experience," says Rick Scott, head coach of the Dalhousie Tigers women's volleyball team. He's going into his 11th season in that role and coming off of his sixth consecutive Atlantic University Sport championship. "It was a real honour representing Canada at FISU and a real honour representing Dalhousie University there."

Both Scott and Cindy Tye, the head coach of the Dalhousie Tigers women's soccer team, were selected to be assistant coaches for their respective teams. They each have previous experience with international competitions: Scott was involved with the Canadian Junior National Team at the North, Central America and Caribbean Volleyball Confederation Championship in Mexico in 2010 and Tye was an assistant coach with the U20 women's national soccer team in 2015.

"This was a very different experience," says Tye.

Forging collaborative relationships

The Dalhousie coaches worked with other staff from the top schools across Canada. Women's volleyball was headed by Laurie Eisler from the University of Alberta Pandas, while Peyvand Mossavat from the Ontario Tech Ridgebacks was the head coach for women's soccer. Working closely with staff from other athletics programs in different conferences means they had the chance to exchange different ideas and coaching philosophies.

"Anytime you get to work with other

coaches, good coaches, there's definitely sharing and ideas that take place and that's awesome. That's what coaching's all about," says Scott.

"It creates those relationships [where] you share back and forth, which makes everybody's programs stronger," adds Tye. She says that the connections made this summer will last into the future with more opportunities for collaboration.

The Summer Universiade was an especially unique experience for Scott because he got to see two of his athletes, Julie Moore and Courtney Baker, named to Team Canada.

During the competition it was business as usual, he says.

"In the moment you just see them as one of [...] the rest of the team," but he says there's a lot of pride as well. "It was pretty special to see two of your own competing in the red and white for Canada."

The life of a coach

Although they were travelling in another country, neither Scott nor Tye had much time to sightsee, or to watch any part of the competition besides their own sports.

"It was very busy, but it was definitely a great experience [to] be on the field every day with the best players in the country," says Tye.

Training their teams every day, sometimes twice a day, and playing games every few days, it was a packed schedule. The coaches also had to stay up late reviewing video and get up early to prepare game plans.

"I don't think people realize the preparation that takes place," says Scott. "It was a very exhausting, intense two weeks. Very demanding, very tiring, but very rewarding."

Being part of an international competition like the Summer Universiade is all-consuming, but as Scott says, "That's kind of the life of a coach."

A Noble hero

Alberta man proves fitness is possible at any age

BY SARAH MOORE, SPORTS EDITOR



ART NOBLE WITH HIS GRANDDAUGHTER, KAYLAH PRAKASH RUNNING THE SIX KILOMETRE RACE IN RED DEER, ALBERTA ON AUG. 10. PHOTO PROVIDED BY ART NOBLE

Obstacle races, a sport that has gained considerable popularity in the past few years, are made for a special kind of person. Mud Hero is no different. Over either six or 10 kilometres, participants must overcome a variety of obstacles, including crossing lagoons, navigating slack lines suspended over a water pit and carrying heavy bags of sand up hills. The obstacles themselves have names that sound even more fun, like "Fenced In" and "Lobster Trap."

Although there are Mud Hero races in six cities across Canada, most people do only one, maybe two – an accomplishment in itself. But that's not enough for Art Noble.

This is Noble's second year travelling across the country and attempting to complete all of the Mud Hero events. And that's not all. He's 81 years old.

Getting his start

Noble began in 2017 when he joined a group

that his youngest daughter was part of.

"She'd done them for a few years and then I found out she was doing it again and I said, 'Hey, you guys can't have all the fun, I want to go,'" says Noble.

He found the one race so much fun that in 2018, he completed an event in every city: Red Deer, Toronto, Ottawa, Montreal, Halifax and Winnipeg.

This year, Noble is pushing himself even more. Not only is he doing a race at every stop across the country, but he's trying to do multiple races when they are offered — often twice in one day.

At the time of writing, Noble had completed the 10 kilometre race (called the "ultra"), followed immediately by the six kilometre race, at both the Halifax and Winnipeg events.

Each race presents a different challenge, however, and it doesn't always work out: he tried to do the same feat in Red Deer on Aug. 10, but

gravel in his shoe during the ultra led to a sore foot. Adding to that windy, rainy weather and a course that ended up being closer to 13 kilometres and the equivalent of 181 flights of stairs, according to a fellow participant's Fitbit, and it was the most difficult Mud Hero race Noble has done to date, he says.

"It was a cold, miserable day," he says. "The six kilometre [race] is tough enough but the 10 kilometre — that was really something."

Noble opted not to do the six kilometre race offered that same day, but he recovered by the next day, to run with his granddaughter, Kaylah Prakash, in the six kilometre race.

That's one of the great things about the Mud Hero races, says Noble: running with family, when possible, and having fun. Last year, he did an event with his son-in-law and grandson and this year, he plans to run with his grandson again in the Toronto events.

Fitness later in life

Noble, who lives in Onoway, Alberta, is proof that fitness and an active lifestyle can be picked up at any age, even as an octogenarian. Growing up, Noble was not into sports. Even when he ran the Mud Hero events in 2017 and 2018, he didn't really train — other than picking cucumbers from a friend's garden, he says.

"People want to run up and down the road and get in shape, well, that's fine. I'll just sit in my chair and watch a little bit of TV," says Noble.

That's changed a bit this year. He has started going to the gym, as he has a free membership with Goodlife Fitness, but otherwise spends his time working, where he drives a pilot truck, or playing cards with friends.

Noble encourages everyone and anyone to get into the sport of obstacle races, offering a discount code for \$10 off registration to anyone who wants to enter.

"They gave me my own promo code for my friends and I said, 'I got a lot of friends,'" he says.

Despite bloody knees at some races and getting a bad earache from falling in muddy water at another, Noble doesn't hesitate to come up with a reason why he keeps running.

"It's so much fun," he says immediately.

He doesn't limit himself to only the Mud Hero events, either. At the time of the interview, he was planning to run in the Down and Dirty 5KM Obstacle Course benefiting the Alberta Cancer Foundation in Edmonton. Despite warnings from the organizers to wear long pants to avoid scratches from thistles on the hill, Noble remained adamant that he will wear shorts in order to stay true to the event name.

"There's no way I'm going to be wearing long pants," he says. "They call it a 'down and dirty' run. There's no way if it's muddy I'm going to be wearing long pants."

Looking forward, Noble wants to continue running in these events, regardless of his age. He concedes that he probably won't do the 10 kilometre race in Red Deer again, after the challenge it presented this year, but otherwise, he's good to go.

"As long as I'm fit, I want to keep doing it," he says.

Introducing the Halifax Wanderers

All you need to know to catch a match

BY SAM GILLETT



OVER THE SUMMER, THE HALIFAX WANDERERS FOOTBALL CLUB KICKED OFF ITS FIRST SEASON IN THE NEW CANADIAN PREMIER LEAGUE. PHOTO FROM @HFXWANDERERSFC ON TWITTER

There's a new game in town. Once you're settled in that fresh apartment or residence building, it might be hard to miss the sea of blue shirts, coloured smoke and bagpipes marching over to the Wanderers Grounds, wedged between the Citadel and Public Gardens. What's the commotion? Pro soccer.

While students have been on summer break, the Halifax Wanderers Football Club kicked off its first season in the newly formed Canadian Premier League (CPL) which includes seven teams from across Canada.

If you've been away from Halifax for the summer and missed out on the Wanderers, don't worry. There are still games to catch, flags to wave, and chants to learn in the fall — the season keeps going until October. Here are some hot tips for catching Wanderers games and getting the full experience.

What's the deal with the CPL?

The Canadian Premier League is brand new — it's

still in its first year of play with all seven teams formed from the ground up with new players and coaches. It's the top league in the Canadian soccer system and not to be confused with Major League Soccer, which includes three Canadian teams who play against professional teams in the United States.

There are two seasons: a spring season and fall season with two separate winners. The winning team of each season play each other in the CPL championship. Whoever wins that match has a chance to play against the top teams in North and Central America, as well as the Caribbean.

Join the march

Across the globe, marching to the soccer stadium from nearby pubs or city squares is a mainstay for fans of each team. Halifax is no different. The Privateers 1882, Halifax Wanderers' unofficial supporters' group, marches from pub to pub in downtown Halifax before making their way to the pitch

before each home game. Bagpipes, face paint and blue attire are the norm, but feel free to tag along even if you can't make the game!

Pick your seat

The Halifax Wanderers FC play in the Wanderers Grounds, an open-air stadium of over 5,000 seats nestled right near the downtown. It's about a twenty-minute walk from Dalhousie University's student union building, and a quick bus ride down Spring Garden Road.

At the stadium, tickets range from \$18 in "The Kitchen," the rowdy supporters' section, to around \$46 in the pitch-side sections. You can buy tickets online on the Wanderers website or check out the Privateers Facebook page for people selling tickets they don't need.

Each area of the grounds has a different feel to it. While the Kitchen's chants, flags and cheering make the stadium's atmosphere unmissable, there are quieter sections too if crowds aren't your thing.

And full disclosure: seats in the Kitchen are rarely used — almost everyone stands the entire match.

Know the team

Like the rest of Canadian Premier League teams, half of the Wanderers' players must be Canadian. In the mix are a few hometown heroes like Christian Oxner and Scott Firth, both of whom grew up in the HRM.

The team's top goal scorer is Akeem Garcia, who's netted four goals in the fall season. He's a fast, dynamic forward who's extremely fun to watch.

Team captain Jan-Michael Williams is an experienced goalkeeper who's kept the team steady throughout both seasons. Rivalries between teams create a feisty atmosphere where strong leaders must keep their teams cool.

So far, Halifax has been a mid-table team, sitting in fourth position in the spring season and in fifth in the fall season (as of Aug. 20).

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