

# DALHOUSIE GAZETTE

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



HALIFAX HIP HOP ARTIST LANCE SAMPSON CAME ONTO THE CITY'S MUSIC SCENE IN 2015. THE FOLLOWING YEAR HE ADOPTED THE MONIKER AQUAKULTRE. PHOTO BY NATHANIEL COLE (STUDIO 204)

## Aquakultre pays it forward

Lance Sampson's music thrives, but he's not quitting his day job

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### ALSO IN THIS ISSUE

---

NOVA SCOTIA'S TICK PROBLEM

7

FIN FRIDAYS AT THE ART GALLERY

13

HIT ME WITH YOUR BEST SHOT PUT

17





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# LETTER FROM THE EDITOR

## The collapse of the RSU is a cautionary tale for student unions everywhere

Dear Reader,

Ryerson University is without a student government. On Jan. 24, the Ontario-based university officially severed ties with the Ryerson Students' Union (RSU). According to Ryerson campus paper *The Eyeopener*, "missed deadlines, withheld fees and communication troubles" were among the factors that lead to the university's decision. The RSU has since filed a legal claim against Ryerson with the Ontario Superior Court of Justice. As I write this, the RSU continues to plan its Feb. 12-14 elections while the university makes plans to select an entirely new student government. To put it mildly, the whole thing is one big mess.

It would be unfair for me to say the RSU made its bed and has to lay in it. I'm not at Ryerson. I don't have a firsthand account of everything that brought the university and the RSU to this point. However, I'm sure of one thing: students' unions everywhere, including the Dalhousie Student Union, ought to be paying attention to what's happening here. There are consequences when a student union neglects its responsibilities, when councillors forget they are beholden to their fellow students. The DSU, sadly, has done both of those things.

When I was the *Dalhousie Gazette's* News editor, the DSU consistently dodged media requests, so I was excited when the election for the 2019/2020 DSU took place. Maybe, I thought, we'd get a more transparent student government. If you're reading this, you probably already know that didn't happen. Since barring the Gazette (or anyone) from livestreaming the DSU Council meetings in November, the DSU has yet to offer a straightforward explanation for this decision. They've also failed to make meeting information accessible to those who can't physically attend — as of Feb. 10, minutes for the Dec. 4, 2019 meeting are not on the DSU website.

Witnessing all this ridiculousness helps me understand why a university might want to distance itself from its student union.



- Rebecca Dingwell, Editor-in-Chief

### NEWS

## A new deal for Dal

## Student caucus says university has been slow on following up with the Lord Dalhousie report

BY MORGANE EVANS



THE DALHOUSIE SENATE AND STUDENT CAUCUS UNVEILED THE DALHOUSIE NEW DEAL ON JAN. 13 WHICH FOCUSES ON INCLUSIVITY. PHOTO BY MORGANE EVANS

On Jan. 13, the Dalhousie Senate and the Student Caucus unveiled the Dalhousie New Deal. This document aims to uphold the promises made in the Lord Dalhousie Report on Slavery and Race released last year.

The new document focuses on inclusivity, something that Lord Dalhousie envisioned, though "his documented views on race are of great concern," according to the panel that analyzed Lord Dalhousie's ties to slavery.

The panel suggested that to be inclusive, the university has to acknowledge its history surrounding race and slavery. It also gave recommendations for the university to acknowledge Dalhousie's history, and to move forward as a community.

The Student Caucus, however, said the university has done little to implement them.

Ameir Yahia, Dalhousie Student Union's Chair of the Senate Student Caucus, said the panel spent years doing research for the Lord Dalhousie report. To Yahia, it seems like the university is only taking on symbolic things.

"There are systemic issues and there's discrimination that occurs on campus every single day,

and that should be a priority over [issues like] renaming a street."

Dalhousie's New Deal stands out from legislation enacted by other institutions, such as McGill University's project to bring awareness to racial discrimination on campus. The Dal New Deal focuses on student and faculty success, while acknowledging the university's history surrounding racial discrimination.

Yahia acknowledged that most university policies are symbolic or quick fixes. He hopes the New

Deal can motivate other universities to create similar legislation based on their own university reports on injustice.

Despite the university "being slow" with implementing the recommendations made by the panel, Yahia said the Deal should enable the university to do more in recognizing the inequality that happens on campus and in the province.

One promising recommendation, he said, is to

create an annual day of remembrance for the anti-Black racism that occurs in Dalhousie and Nova Scotia.

In an interview, DSU President Aisha Abawajy said: "I hope students will see students getting in-

involved and actively changing the realm of their academic experience around campus and work towards changing the institution for the better."

Even though the New Deal might take years to fully implement, she believes the creation of

the legislation is the first step to making sure that students and faculty at Dalhousie can be successful with the right guidance.

Abawajy said the New Deal ensures that the next generation of students don't have to deal with the institutional discrimination that we have to today.

"I think it's our duty to do the best that we can for future generations," she said.

**"There's discrimination that occurs on campus every single day, and that should be a priority over [issues like] renaming a street."**



# Tapped out

## Grawood manager quits, employees seek mental health support

BY LANE HARRISON



JENNIFER NOWOSELSKI'S LAST DAY OF HER POSITION AS THE DALHOUSIE STUDENT UNION'S DIRECTOR OF OPERATIONS WAS ON JAN. 17. NOW, GRAWOOD EMPLOYEES SEEK MENTAL HEALTH SUPPORT. PHOTO BY CHRIS STOODLEY

Jennifer Nowoselski's last day on the job was Jan. 17. She resigned from her position as the Dalhousie Student Union's director of operations, which was announced at the Jan. 15 DSU council meeting.

Nowoselski's sudden departure leaves the Grawood campus bar facing issues, should a member of Nova Scotia Alcohol and Gaming stop by, and potential financial troubles come tax season. For its employees, this means stress.

"The fact that's scary to me is that, we had a group of people who, generally, beforehand were doing OK with their mental health," Grawood employee Maddie Stinson said. "Now [they] very much so are not, and there's no common denominator between all of us, other than the fact that we work for the DSU."

Stinson says Grawood employees were notified of Nowoselski's resignation a few days

after she had given her two-week's notice, in an email from DSU President Aisha Abawajy. Yet, at the Jan. 15 council meeting, multiple DSU council members said they weren't aware of it until Stinson brought it up.

### Implications with Nova Scotia Alcohol and Gaming

At the meeting, Stinson raised concerns about the Grawood's standing with Nova Scotia Alcohol and Gaming. She said the Grawood could face consequences for continuing to serve alcohol without a manager in place.

"If they were to find out that we didn't have oversight, so a senior manager who was responsible for controlling the consumption of alcohol, they would not be happy. They would not be happy at all," she said in an interview.

According to the Nova Scotia Liquor Control Act, a change in manager must be approved, and the licensee may appoint an acting manager for their licensed premises, for no longer than 30 days without the approval of the executive director of Nova Scotia Alcohol and Gaming.

At the time of writing this article, it has been 17 days since the resignation. It is unclear whether the DSU have filled the position, as they did not respond to a request for comment.

Currently, the acting managers are DSU President Aisha Abawajy and the director of research and outreach, Tanisi Pooran.

### Financial implications

The Grawood had been experiencing financial issues prior to Nowoselski's resignation, which Stinson said had a negative influence on many of the employee's mental health.

"Tips hadn't been done for the entire period from June to October. When I had to go upstairs to see Jen and say: I know you're busy, I know this sucks to add something to your plate, but we have staff members who are worried that they can't pay their rent because you owe them hundreds and hundreds of dollars," said Stinson.

After October, tips were being distributed more regularly, but not consistently, according to Stinson.

As for the current financial situation, at the Jan. 15 DSU council meeting, Stinson said that regular procedures, ensuring that money at the Grawood was being accounted for, have not been done for the past seven months. In response, Abawajy said the DSU's accounting team would be able to sort that out before tax season begins.

When asked about specifics of the current financial issues in an interview, Stinson said she could not speak on confidential financial information, but said, "as a business management student, audit season is not going to be easy for the DSU."

### The state of Grawood employees

"Everything we thought could never happen has already happened. So if someone came down next week, and was like, 'hey guys pack it up, go home, you're now all unemployed.' We'd be like, 'you know what, all right,'" said Stinson.

The staff are currently working with Dalhousie administration to have someone come and do a mental health workshop with employees, which the DSU executive has offered to help with, according to Stinson. She said she invited them to provide any help they could, but not to be intimately involved with the workshop.

"It wouldn't be productive to have the executive there because for a lot of our staff, their actions are the root of some of their stress," says Stinson.

"We're very close knit. So we're working through it," said Stinson, "but we were kind of just hoping for a smooth ride out until May."



# New kid on the blog

*Late Bloomer* is a new self-care blog for students

BY CARLEIGH MACKENZIE



STUDENT AND SELF-CARE BLOGGER FLORENCE WALLACE TAKING A MOMENT TO BREATHE WITH A CALMING CUP OF TEA. PHOTO BY CARLEIGH MACKENZIE

Florence Wallace, a sustainability student, is using her own struggles to help others become better at practicing self-care — via blog.

She wants to remind people to put themselves first.

“I wanted the blog to serve as a reminder

of the ways I can grow over the years, but also because I see my generation struggling with some unique challenges,” said Wallace. “For now, I want my blog to serve as a sort of self-care checklist for both myself and others.”

The blog, *Late Bloomer*, started posting in

January.

Wallace writes about her own health experiences, to clear her thoughts and show others they are not alone. “A lot of students forget to take care of themselves when school gets busy. I’m guilty of that too,” she said.

Wallace says that her blog isn’t only for students. Anyone can relate to and learn from her posts. “I determine what I write based on a mix of personal and shared experiences. My most recent post was about working out because I realized some people in my life are scared to step into a gym setting. I’d experienced that too, so I wanted to write about it.”

**“I write for people like me. Someone who feels like they are a little too fragile for the world sometimes.”**

## Self-care is for everyone

Dalhousie student Niamh Willis is one of the blog’s readers. Wallace’s notes on exercising, said Willis, helped her the most.

“It’s really helpful for me to hear from someone who has also been uncomfortable with exercising and being at the gym,” said Willis. “It makes me feel like I can overcome my anxieties and work toward having a healthy relationship with working out.”

Wallace said this time of year is the easiest time to forget yourself — for anyone. “I write for people like me. Someone who feels like they are a little too fragile for the world sometimes.”

“My main message to send my readers is that it’s totally okay to struggle with what may seem like basic things. I want to encourage people to find tools to make those tasks more manageable. I’d love to send a message of self-compassion to those who read the blog.”

Wallace said she hopes her blog builds a community of healing, and healthy people that build from each other’s experiences and ideas. “I’d really like, in the future, to feature someone else’s writing. I think sharing stories of resilience is so important.”

“In short, the blog is for people who listened to ‘Liability’ by Lorde on repeat in 2017.”



# The clock is ticking

## Climate crisis means tick population is on the rise

BY MADELINE BISO



AFTER FEELING THE FLU-LIKE SYMPTOMS OF LYME DISEASE FOR MORE THAN A DECADE, DONNA LUGAR WAS CLINICALLY DIAGNOSED WITH THE DISEASE IN 2011. PHOTO BY MADELINE BISO

Climate change will lead to an increase of ticks and the diseases they carry, like Lyme disease, if temperatures keep rising.

Canada has seen an annual temperature rise of 1.7 degrees Celsius from 1948 to 2016, according to the Government of Canada. That's about double the global rate.

Donna Lugar has felt the flu-like symptoms of Lyme disease for more than a decade. After years of having her symptoms dismissed by doctors as a sign of getting older, Lugar was clinically diagnosed with Lyme disease in 2011.

"I live in an endemic community," Lugar said. "My cottage is in an endemic community, actually all of Nova Scotia now is considered at risk."

Now, the Bedford woman is the Nova Scotia representative for The Canadian Lyme Disease Foundation. She's also the founder of the Nova Scotia Lyme support group and advises the Lunenburg Lyme Association.

Lugar said the province needs to improve testing. The results often come out falsely negative because it's too early in the disease, or due to certain antibiotics. There needs to be more tick signage in public places, she said, and discussion about Lyme disease.

"The majority of people I speak to, hundreds, never saw the tick, never saw the bite," she said. "They can't get a diagnosis. Doctors are telling them it's all in their head."

Another problem? Thinking ticks are gone in the winter.

### A year-round issue?

Milder winters could become common due to climate change. According to the 2019

Global Climate report, which has a 140-year record, the ten warmest Januaries have all occurred after 2002.

Ticks have "been in the province for a long time. But climate change certainly helps to spread them and make them stay alive," Lugar said.

Research differs on how warm it needs to be for active ticks, but the general rule is above 4 degrees Celsius, Lugar said. However, she also said people have reached out to her after finding ticks on their dogs in January.

Colleen Ryan is a communicable disease prevention and control consultant at the Department of Health and Wellness. She said case numbers, for tick population,

vary from year to year. "In general, the number of reported cases has been on the rise."

Because of environmental changes, said Ryan, there's been an expansion of ticks on the Northeastern coast of Canada.

Ryan said Nova Scotia is preparing for the effects of climate change.

The department is part of the Climate Change Adaptation Leadership program, a federally funded program looking into the future impacts of climate change. With the possibility of warmer weather causing ticks to spread over a larger geographic area, the department expects an increase in tick-borne diseases.

Ryan said protection is key against fighting Lyme disease. Check for ticks after being in wooded areas and wear bug spray with DEET.

**"All of Nova Scotia now is considered at risk."**



# To the men who glare

## My style is not your concern

BY SHANAY COMEAU

When I was in third grade, I told my mom that I wanted to cut my hair. I remember going to the hairdresser, getting my hair chopped to a chin-length bob, and how it felt so liberating to choose my own hair style. This was my first instance of self-expression. Soon after, my sharp bob transformed into a pixie cut (which my mom would spike up with Dippity-Do, my old hair gel of choice). During this time, I resembled a scrawny hedgehog, almost like Ciri's dad in *The Witcher*. In case you haven't caught on, I was a unique kid.

I distinctly remember a day in Grade 5, walking into the gym of my elementary school, when my style became a target. I was outfitted in a pair of my brother's jeans, a sparkly pink belt and a navy blue shirt with a green alien on it. One kid quipped: "The only thing that looks like you're a girl is your belt." This wasn't new.

### Clothing has no gender

Growing up, I was always annoyed when I was repeatedly mistaken for a boy just because I didn't fit into a traditional female stereotype. Although I wasn't wearing pink and pigtails like many of the other girls my age, it did not mean that I wanted to be called a boy. I was a girl.

Clothing should not be gendered. The only reason that my peers and adult strangers assumed that I was a boy, or were confused by my style choices, is because we are taught in our society to think that certain clothing is made for "little girls" or "little boys" and that we need to adhere to those specific ideals. In reality, clothing is just clothing, and it is all about how you personally want to express yourself.

At the time though, I did succumb to the pressures of society. In order to try and mold myself into something more socially acceptable, I started wearing more skirts and big dangly earrings. This didn't really help. While other girls around me were fashioning themselves to look like Selena Gomez and Miley Cyrus, I was aspiring to look like Elton John performing Crocodile Rock. So despite my attempts to tame aspects of my style in order to fit in, I was made fun of by the other girls for not matching my clothes.

### My style journey

This journey of trying to express my own



PHOTO BY SARAH ROSE

style continued as I grew. I dyed my hair pink and shaved the side of my head in my first year of university but when it got too expensive to dye again, I let the pink fade and the bleach come in. During this time, I got a job that preferred natural hair. I dressed in business casual, lost almost 40 pounds and — for the first and only time in my life — I was a thin, traditionally-feminine blonde. During the year that I looked like this, I felt less safe walking alone when it got dark. More guys hit on me in bars and middle aged men often treated me in a way that was either patronizing or sweet. This didn't feel right.

My traditional style has always led to a lot of staring, borderline glaring (usually from older men) but I don't mind. I'm happy be-

ing myself, I like myself and I don't care if people think I'm less "pretty" or "acceptable." However, it can be frustrating that I am treated differently on the days that I choose to dress more "masculine" and less "pretty." Of course, it was not better when I was more aesthetically pleasing to a lot of men, because I felt patronized and vulnerable. It's as if, when men don't find me sexy, I have nothing to offer them because of course a woman is just her body, right? Fuck that.

### Fuck your ideals

Since then, I've gained back the weight, my hair is cut shorter, dyed pink and blue and the side is shaved again. I've gotten more large tattoos, a septum piercing, and am

back to expressing myself accurately through my style. I'm happy.

Women are not just a body to behold or a pretty face to mansplain to in order to make yourself feel big. Women are who they are to themselves; a being that holds infinite power, way beyond sexual magnetism. I am not my body, I am me. My place in this world isn't to please and to make the public feel comfortable with my aesthetic presence, it never has been. Not when you were confused about whether I was a little boy or a little girl, and it definitely isn't now that I'm an adult woman. It does not matter how I dress, clothing does not define my gender because clothing has no gender; it doesn't have to match, and it's no one's business how I want to look but my own.



# 100 seconds to Doomsday

## What the countdown says about our future

BY SHAWNA GUENTHER



PHOTO BY CHRIS STOODLEY

On Jan. 23, 2020, the Bulletin of the Atomic Sciences announced that they were setting their Doomsday Clock to 100 seconds to midnight due to increasing nuclear and environmental threats to the planet and its inhabitants. Originally established in 1947, the clock was set to seven minutes before midnight up until this point. Now we have 100 seconds. That's it.

While some see the metaphorical clock as a scare tactic with a political agenda, the Doomsday Clock reminds us not only of our responsibility to safeguard our planet and our civilizations, but also the relative space of time occupied by homo sapiens on Earth. The clock also reminds us that humans will not and cannot survive indefinitely. These facts

are not new. Scientists, theologians, and many others have been finding signs of apocalypse, the destruction of the world, and the extinction of humans throughout documented history. The difference now is that these things are no longer in the distance and we are, in all probability, past the point of no return. Millions of child activists can't stop the inevitable.

### The ecological perspective

From the environmental crisis perspective, we have already ravaged Earth beyond repair. Humans, in their relatively short existence, have decimated stores of resources that took eons to create. In doing so, we have broken the infrastructure of the earth's crust and

withered the protective ozone layer. Further, deforestation has not only made uncertain future levels of breathable oxygen and rearranged landscapes, but has extinguished every level of animal and plant life — the biodiversity of life that balances the well-being of the planet and us. Pollution accelerates this destruction exponentially.

### Corporate reluctance

Then let us consider plastics. If we were to stop manufacturing all plastic products right now, we would still have enough plastic to choke the planet. When we create products that cannot be broken down and restructured into other necessary molecules, we prevent

the repeated creation of Earth's renewable resources. Further, the existence of plastics poses physical dangers to plants and animals exemplified by such horrific instances as animals being choked by plastic rings around their necks. But we can't stop making plastics this minute. Sobeys might stop using plastic bags in their stores and British Columbia might ban plastic straws but these efforts, along with numerous other small-scale changes, are close to useless. They are merely mollifying. The people who are in power and who have capability of making globally impactful decisions are not interested in halting the production of plastics, not while they can continue to profit from it.

This is the same problem with the dwindling drinkable water supply. Canada has some of the most drinkable water of any country in the world. And what do we do with it? We practically give it away to be bottled in plastic and commodified. Water should not be a commodity; clean water is necessary for life and all humans have the right to it but that does not make good economic sense. As we continue to pollute waterways and disrupt the water cycle, less drinkable water is available despite efforts to cleanse water. The pollution of water and the changes in ice and sea levels is not going to result in anything good for humans. Although some of these changes are normal in the life of Earth, the rate of change is going to cause catastrophe.

### The threat of war

Then we have nuclear proliferation. Since the beginning of the atomic age, humans, being human, have threatened each other with weapons of mass destruction that will not only kill people, but will result in catastrophic obliteration of large areas of life and long-lasting lethal radiation. The particulate forced into the atmosphere, blocking the sun and resulting in that life-disabling period referred to as nuclear winter.

I realize I sound like a preacher of doom. I realize that I sound like we might as well let the planet go to hell in a handbasket. What I am saying is that humans are merely a blip on the evolutionary timeline. As animals, we are less significant than the dinosaurs, the planets, the solar system, the universe. Our extinction is inevitable, and we are nearing our end. As the allegedly most-advanced animals to have existed on this planet we have been the most irresponsible and destructive. But while we are still here, we need to be better to the planet and each other.



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# The rise of Aquakultre

## The Halifax hip hop artist is breaking into the national music scene

BY SAM GILLETT



HALIFAX-BASED HIP HOP ARTIST AQUAKULTRE RECENTLY RELEASED HIS LATEST SINGLE, "PAY IT FORWARD," FROM HIS UPCOMING ALBUM, *Legacy*. PHOTO BY NATHANIEL COLE (STUDIO 204)

If you phone Lance Sampson, a.k.a. Aquakultre, his daughter might chime in.

"She loves the phone," Sampson says with a warm laugh after the squeak of a cheerful toddler cuts him off mid-sentence.

Sampson is a Halifax-based hip hop artist who's making a steady rise in the local and national music scenes. But firstly, he's a father.

"Family is number one. That's kind of what I've always preached getting into this music thing," says Sampson.

**"Family is number one. That's kind of what I've always preached getting into this music thing."**

### Recognition and collaboration

Sampson recently released "Pay it Forward,"

the second single off his upcoming record — *Legacy*. It's a project about just that: Sampson's past, his future, and the family he and his partner have built together. If "Pay it Forward" is anything to go by, the rest of the album promises silky smooth beats layered with Sampson's narrative songwriting and refined rhythm and soul.

As a hip hop and soul singer, Sampson has his music right where he wants it.

In 2018, he won CBC Searchlight — a competition that finds the best unsigned Canadian musician of the year. As part of the prize for winning Searchlight, Sampson was selected to be in the 2019 Allan Slaight JUNO

Master Class. (The annual program mentors up-and-coming Canadian musicians.) Most recently, Sampson spent a week in Calgary's National Music Centre recording *Legacy*, taking his family along for the trip.

Sampson came onto Halifax's hip hop scene in 2015, taking on the moniker Aquakultre in 2016. After one night playing at the north end's Seahorse Tavern, he teamed up with three Halifax music scene regulars: Nick Dourado, Jeremy Costello and Nathan Doucet.

As a group, they played Sackville, N.B.'s SappyFest and eventually decided to become the band Aquakultre, diverse musical styles playing into one project.

It's since been a collaboration which Sampson says has changed the trajectory of his music.

"It's brought my awareness for how good being different is," said Sampson.

### Stories behind the music

The diversity of musical background of the band is clear in "Pay it Forward" with the song's reverberating vocal track, reminiscent of The Weeknd or Twin Shadow's music.

"I'm recalling the days I made a promise to myself I would change," sings Sampson midway through this track that talks about community change and making a difference in the next generation.

Last fall, Aquakultre released "I Doubt It," the first single from *Legacy*. The song was written not long after Lido Pimienta's performance at Halifax Pop Explosion in 2017. During her set, a white photographer refused to move when Pimienta requested white women move to the back of the room to create space for women of colour in front of the stage. Sampson's song is about community, about strength in the face of opposition.

But the song also serves as a love letter to Sampson's original neighbourhood: Halifax's north end. In the music video for the track, he's shown living out a day in the community, talking to people on their front steps, visiting coffee shops and ending with the electricity of a live performance at the Seahorse.

Sampson says *Legacy* marks a culmination of sorts.

"That retrospection of me finding out who I am," Sampson says.

So, who is he? He's a devoted father who says he puts his family first. That means music takes a back seat when considering his future, which now includes a career in plumbing.

Would he quit his day job to give Aquakultre full-time attention?

"Are you crazy? No!" he says with a laugh.

### Hope and inspiration

Sampson hopes *Legacy* will inspire others who learn from his story: his stint in prison, his decision to change his priorities and his celebration of where life's at now.

"When they know my background, they know my story," says Sampson. "They can look at me, and if they ever have any doubts about things they can be like, 'Hey, this guy has been through it, and he's changed his life. Then I can too.'"

*Legacy* is produced partnership with Black Buffalo Records and will be released this spring. Album release parties are planned for Halifax and Toronto.



# What's with all the Stephen King movies?

## Why the popular author's stories are so adaptable for the screen

BY GOKCE ON

*It*, *Carrie*, *Castle Rock*, *Gerald's Game*, *1922*, *Doctor Sleep* — these are just a few of the dozens of films and TV shows made in the 2010s based on the stories of Stephen King.

The 2020s will likely be no exception to the popularity of horror films based on King's work. There are already several films and TV adaptations of King's stories that are in the making. What is it about King's body of work that the film and TV industries love? Why do audiences flock to see his stories on the big screen?

### King's adaptability

Adapting King's stories to the screen is by no means a new fad. The first film adaptation of his work was *Carrie* (1976). His popularity grew with the incredibly successful and now iconic adaptation of *The Shining* (1980), directed by Stanley Kubrick.

According to Dalhousie University film professor Shannon Brownlee, one of King's talents as a writer is his ability to create "very vivid" characters, which become "great pieces for actors to put their stamp upon and work through."

King "has got that real richness," says Brownlee, "a real tapestry and that gives him a real perspective that a lot of people can relate to, and aspects of which have been translated well to the screen."

Brownlee adds that King has "very strong social commentary, social investigation — an examination of what we call civilized behaviour today."

Alara Tüfekçioğlu, a student at Parsons School of Design in New York, says she does not enjoy King's books. However, she does think his stories work well on screen.

"Even though King's stories aren't necessarily realistic and can come across absurd while reading, the elements of action and suspense are emphasized on-screen," says Tüfekçioğlu.

### Immense popularity

Zeynep Öncü, a student at Dalhousie University, brings up a good point as to why



THE SHINING (1980), WITH ITS CRITICAL ACCLAIM AND BOX OFFICE SUCCESS, ARGUABLY SPARKED THE MASSIVE TREND OF FILMMAKERS ADAPTING STEPHEN KING NOVELS. PHOTO BY HAMZA MAJEED KHAN



STEPHEN KING HAS SOLD HUNDREDS OF MILLIONS OF COPIES OF HIS BOOKS WORLDWIDE. PHOTO BY PINGUINO KOLB

people love reading King's novels.

"People like being exposed to fear without actually being in danger," says Öncü.

Brownlee credits King's writing style as a reason for his popularity amongst many different demographics. King has sold hundreds of millions of copies of his books worldwide.

"He's a populous writer. He is accessible; he is super entertaining; he's a page-turner, but he is also not going to insult your intelligence," says Brownlee.

As for the success of his stories on the screen, Tüfekçioğlu says, "On screen, his stories don't come off as just horror, but rather as mysteries with a hint of action. Therefore, people can watch them without being petrified."

### Remakes and timeless characters

Given that some of King's books have been adapted more than once for the screen, perhaps there is something timeless about his stories.

Brownlee says King "does speak to his time." She illustrates her point by describing the differences in theme between King's novels *Carrie* (1974) and *Under the Dome* (2009).

Brownlee says the novel *Carrie* is "related to the '70s and '80s slasher films." King's more recent novel *Under the Dome* is "about pollution and environmental impact of our ordinary life" — a theme that's quite relevant today with the climate crisis.

That being said, Brownlee suggests there is something timeless to how King's characters live within his plots.

"His characters go into exciting directions, but it always makes sense and doesn't feel forced by some kind of external structure," Brownlee explains. "The characters are not necessarily people you'd like to meet or people that you feel like you've met but they are still very believable."

One simple reason King's work keeps being adapted and remade is that these films have almost always done incredible in the box office. But Brownlee suggests that recent remakes aren't just made "for the commercial reasons." She says these filmmakers often have a "passion for the material that is no different from that of the rest of us."

"There's always an impulse to revisit older materials that you love," says Brownlee. "I think that one way of paying tribute to and working with materials that you really love is to remake them [...] For fans, I think it's exciting to see materials you already love with that new spin, and to be able to look at them in a new light."



# A celebration of local cinema

## AGNS and FIN launch monthly Atlantic Canadian film program

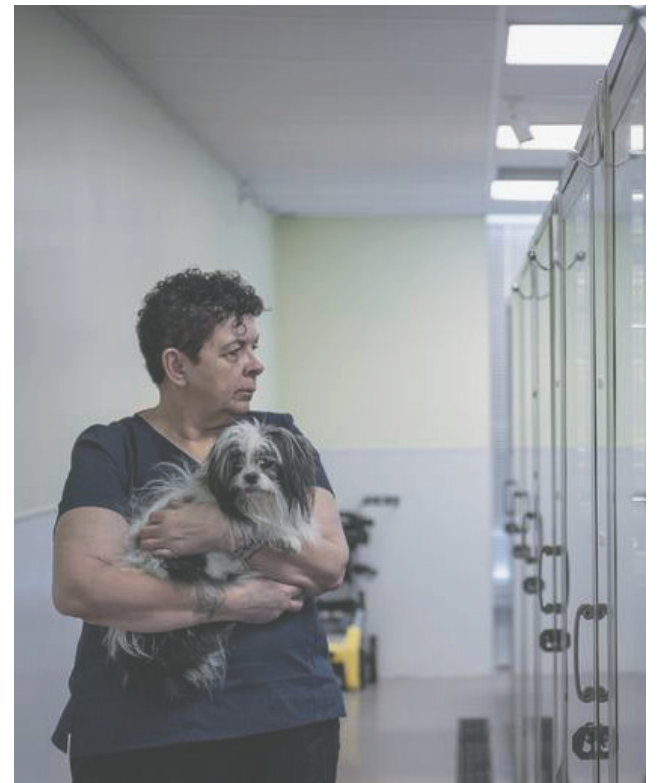
BY MICHÈLE KOEHLER



ALL FILMS WILL SCREEN IN THE ART GALLERY OF NOVA SCOTIA'S WINDSOR FOUNDATION THEATRE ON THE LAST FRIDAY OF EVERY MONTH AT 7 P.M. PHOTO BY FIN AIFF



WAYNE CARTER, EXECUTIVE DIRECTOR OF FIN ATLANTIC INTERNATIONAL FILM FESTIVAL, SAYS ONE MAIN PURPOSE OF FIN FRIDAYS IS TO PRESERVE AND ARCHIVE ATLANTIC CANADIAN FILMS. PHOTO BY FIN AIFF



A STILL FROM *MURMUR*, A FILM DIRECTED BY NOVA SCOTIAN HEATHER YOUNG. PHOTO BY FIN AIFF

On every last Friday of the month, visitors to the Art Gallery of Nova Scotia (AGNS) can now experience two different art forms with only one ticket.

AGNS and FIN Atlantic International Film Festival (FIN) have partnered to present local films on a monthly basis for a program they call FIN Fridays.

### Years of collaboration

According to Wayne Carter, executive director of FIN, the first time AGNS partnered with FIN was back in 2016. That year, the opening night movie for FIN's annual film festival was *Maudie*, a biographical film about beloved Nova Scotian folk artist Maud Lewis. AGNS has a permanent exhibition of Lewis's work. So, FIN invited AGNS to the festival.

"It was only logic to make [AGNS] one of the presenters of the opening night and party," says Carter.

The collaborations between AGNS and FIN didn't stop there.

"In 2019 we co-presented a collection of art-related short films by artist Althea Thauberger, including *Mad Mad Mad Mad Filmy World*," says

Carter. Thauberger's work is currently on display at AGNS.

The idea for FIN Fridays, which Carter calls "an Atlantic Cinematheque," didn't come overnight. He discussed it for several years with his colleague and FIN Program Director Jason Beaudry. But since the beginning, Carter knew AGNS would be perfect for the collaboration.

FIN and AGNS "are both curators of art. Ours is the moving image, and theirs is a much more traditional approach, but we share a lot of the same mandates," says Carter.

### A packed program

Every selected movie for FIN Fridays has a local connection, whether it was made by Atlantic Canadian filmmakers or is about the Atlantic Canadian experience.

In January, they showed their first film: *Perfume War*, which Carter describes as "an incredible story about two friends fighting for better conditions in contemporary Afghanistan."

On the last Friday of February, they will screen several short films that have won the Best Atlantic Short Film prize at FIN over the past seven years.

"There is an enormous wealth of short film

content in the world, but usually it is very difficult to find," explains Carter.

Carter and his team want to give people the opportunity to see short films while raising awareness about this art form.

At the end of March, they will screen the documentary *Conviction*, a film about incarcerated women that was shot in Dartmouth. According to Carter, although this film is specific to Nova Scotia, it has a nation-wide or even worldwide message.

In April, they will present the film *Murmur*, which is currently doing rounds in the festival circuit. Directed by Nova Scotian Heather Young, the film has won numerous prizes at such festivals as the Toronto International Film Festival.

### Archiving Atlantic Canadian films

Carter sees FIN and AGNS as cultural organizations that celebrate local content. Therefore, the main idea behind FIN Fridays is to create a repository and archive for Atlantic Canadian screen content, as nothing similar currently exists.

"We are in an era where content is disappear-

ing if it is not properly preserved and maintained. A lot of these films, especially short films and documentaries, are potentially being lost," explains Carter.

To further enhance the experience of FIN Fridays, either the filmmakers or actors will be present in person or via Skype to conduct a Q&A with the audience after each film screening.

For Carter, it is the diversity of the films that makes the whole event so fascinating.

"I'm very excited about the program as an opportunity to raise the awareness about these incredible stories no matter which genre — dramas, comedies and maybe even musicals!"

### Attracting students

Carter says FIN Fridays was made specifically to attract a student audience. The cost to attend any screening is included in admission to AGNS, which for students is \$7.

Carter's final advice for audiences to get the best overall experience from FIN Fridays is this: "Come at four o'clock for exploring the gallery to then join us in the screening room at seven for a great local film."

All films will screen at AGNS's Windsor Foundation Theatre.



# Who the heck were the Almons?

## A medical dynasty tinged with corruption, Confederate support and aiding pirates

BY ELIZABETH FOSTER

Halifax is a city that wears the legacies of its inhabitants on its buildings, statues and street signs. Almon Street is no exception. Cutting across the city from the west end to north end, Almon Street serves as one of the last public reminders of a once prominent family.

### Early Haligonian doctor

Travel back to the late 1700s, to the days when Halifax was just a British settlement. Almon would have been a well-known name. This was thanks to the efforts of William James Almon, a physician originally from Rhode Island.

When the American Revolutionary War broke out, William James sided with the British and came to Halifax to serve as a military surgeon. He planted his roots in the city and established a private medical practice. He also worked as a physician at Halifax's poor house — essentially a government-funded housing shelter that also served as a public hospital.

Along with Duncan Clark and John Halliburton — two other prominent Haligonian doctors — William James served as a regular physician for Prince Edward Augustus. The British royal lived in Halifax for about five years.

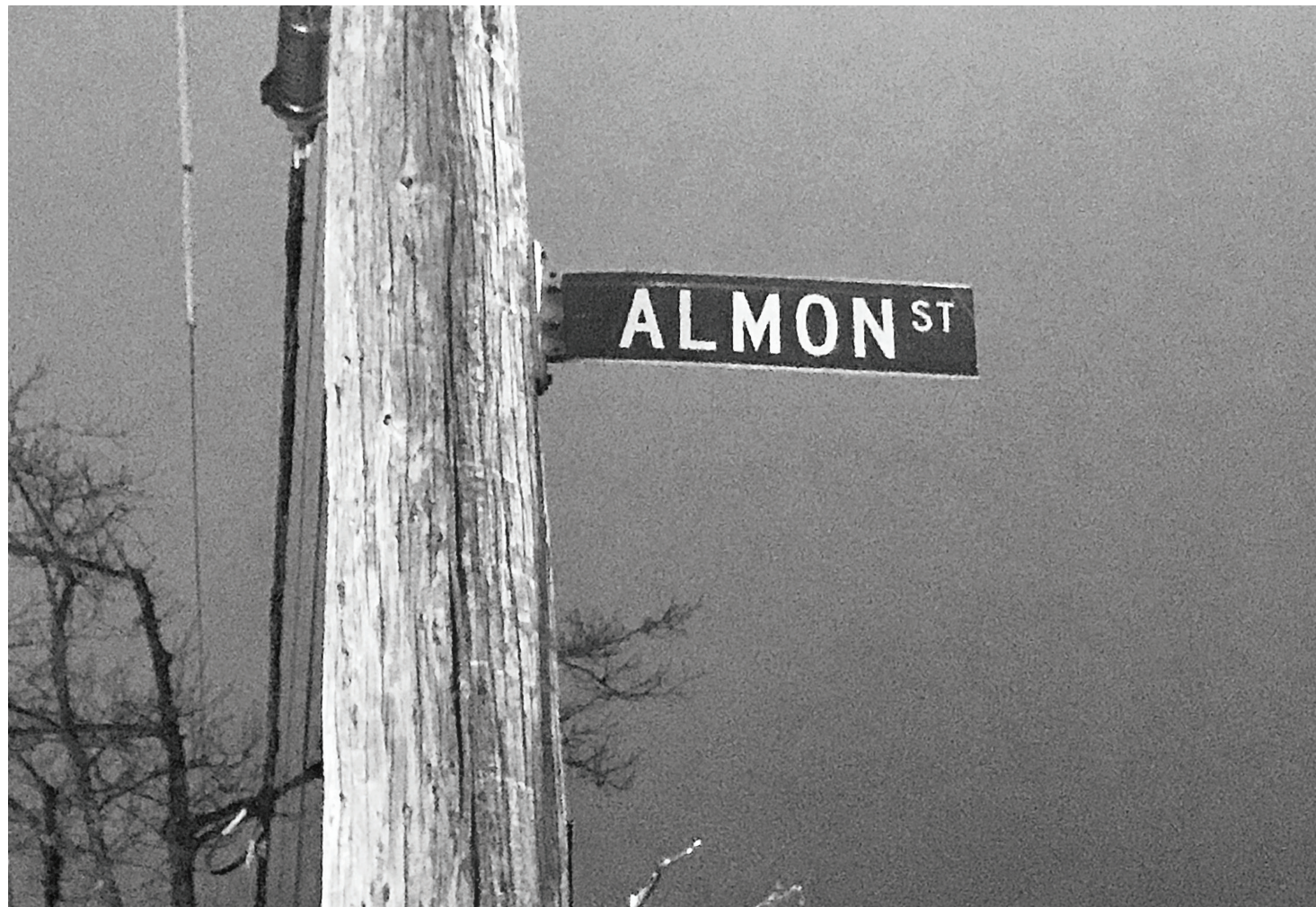
### A controversial history

Of William James's five children, two of his sons enjoyed very prosperous careers. Mather Byles Almon established the Bank of Nova Scotia in 1832 with a group of wealthy Haligonians.

William Bruce Almon followed in his father's footsteps and became a doctor, earning a degree from the University of Edinburgh. He ran a drug and medicine store and began practicing medicine with his father at the poor house. He assumed the position altogether when William James died in 1817. Like his father, William Bruce was heavily influential in Nova Scotia's medical scene.

The medical legacy trickled down another generation in the Almon family with William Bruce's son, William Johnston Almon. He succeeded his father as physician in the poor house and was well-known for being one of the first doctors in North America to use chloroform as an anaesthetic.

William Johnston had a list of accomplishments that stretched a mile long, which include fighting for the establishment of Hal-



ALMON STREET, FORMERLY PARIS STREET, IS LOCATED IN HALIFAX'S NORTH END. IT IS UNKNOWN WHICH ALMON THE STREET WAS NAMED AFTER. PHOTO BY ELIZABETH FOSTER

fax's first hospital, being one of the founders of Dalhousie University's faculty of medicine and getting elected as a member of parliament. But for all his extensive achievements, it is with William Johnston that the Almon family legacy becomes permanently and publicly entwined with controversy.

The Almons were staunchly conservative in politics, and like many other prominent Haligonians, they had ties to slavery. The family and their extended relatives owned slaves and were compensated in relinquishing ownership of them. Like the infamous Lord Dalhousie, they directly benefited from slave trade in the West Indies.

### The Chesapeake Affair

William Johnston was vocal about his support of the Confederacy during the American Civil War. He is known for his aiding in the escape of Confederate pirate and murderer George Wade in what is now referred to as the Chesapeake Affair.

In 1863, a band of Maritime Confederate sympathizers captured the American steamer *Chesapeake*. Among the sympathizers was Wade, a New Brunswick, who murdered one of *Chesapeake*'s American crewmembers. Wade was arrested by American forces when the *Chesapeake* stopped to load coal in Sambro, N.S. But then, William Johnston and other prominent Haligonians, including Alexander Keith

Jr., came to Wade's rescue.

As William Johnston and his fellow criminals distracted the police, Wade managed to escape onto a whaler waiting nearby. It is said that when a sergeant at the scene drew his gun, William Johnston and his crew wrestled the man to the ground. Everyone involved in Wade's escape got off scotch free, quite likely because of their wealth and upper-class status.

Almon Street was originally known as Paris Street and was part of a subdivision intended to have all its streets named after European cities. Having been renamed sometime before 1885, it is not clear whether the street is to commemorate one specific Almon or the family as a whole.

*"Who the heck?" is a rotating history column in the Gazette's Arts & Lifestyle section, reporting on the namesakes of buildings and institutions on campus and around the city. Have an idea on who we should feature next? Contact arts@dalgazette.com.*

**The family and their extended relatives owned slaves and were compensated in relinquishing ownership of them.**



# More than just a race

## How running helped me overcome emotional obstacles

BY SERGIO JAUME



WHEN SERGIO JAUME MOVED TO SPRINGHILL, N.S. FOR A FOUR-MONTH CO-OP TERM, HE PICKED UP RUNNING. PHOTO BY SARAH MOORE

Imagine yourself in a town of only a handful of people, 20 kilometres away from the next town and with only one Tim Hortons. This is the town of Springhill, N.S., and it was where I found myself for a four-month long co-op term. There is a stark difference between this middle-of-nowhere town and the bustling Toronto-style life our generation seems so often drawn to and so, upon, arrival, I had one thing on my mind: run.

But I didn't run out of town. I tried running for sport. Turns out, it's great. I thought that running would be a great way to keep myself busy and stay fit, so with the whole summer to train, I decided to sign up for my first half marathon on a whim. This was a frightening prospect — not only had I never run 21.1 kilometres in my life, but I set the ambitious goal of running it in under two hours.

With that, the training began, and it was a pain. There were early mornings runs, chilly

days in May and lots and lots of hills. My legs were constantly sore, I was easily out of breath and I was ready to give up. I wanted to stop running and just wing the half marathon in September.

Then one day, everything clicked. I realized I could run a kilometre in under five minutes and that I could reach distances that I never thought possible. I set a new personal record for my five kilometre runs, I had my first 15-kilometre-long run and almost had to outrun a bear. I was pushing my limits and developing the discipline to go farther every day. After a while, other people started to notice. The grandmas of the

town would offer to make me food for after my runs and in a way, I became their collective grandchild.

### The marathon

Finally, on a cool, clear morning in September, it was race day. I had prepared all summer so when the starting gun rang out, I just put on my headphones and enjoyed the run.

Then I got to the last five kilometres and my body shut down.

My palms were sweaty, knees weak, arms were heavy ... and I was sure I wasn't going to make it. In these five kilometres, I swear I saw my life flash before my eyes. I

saw my successes, my failures, my family, my time at Springhill and everything I wanted to achieve in my future. I realized that this was more than just an inconsequential race: it represented overcoming obstacles to achieve the goals I set for myself.

After what felt like eternity, I reached the finish line with my legs surprisingly intact and looked up at the race timer to see my time: One hour and 56 minutes. I had done it. I went from barely running two kilometres per day to 21.1 kilometres in less than two hours. And that feeling at the finish line made every painful mile I had run in training worth it.

At the end of the day, life is like a race. No doubt you will have difficult moments where the struggle seems insurmountable, but having the discipline to push through can allow you to achieve whatever you set your mind to.

**Then one day, everything clicked...I was pushing my limits and developing the discipline to go farther every day.**



# Trading skates for spikes

## Dal hockey alum makes national bobsleigh program

BY LUKE DYMENT

Mike Evelyn almost couldn't make it to a high-performance recruitment and testing event in March 2018. It's a good thing he did: his attendance resulted in a spot on the Canadian Men's National Bobsled Team.

"I had a hockey game that day," said Evelyn, who spoke to the *Gazette* by phone while gazing across the Whistler Sliding Centre's slopes in British Columbia. "But I was able to go to the testing."

Did Evelyn see himself becoming an elite-level bobsledder on the other side of the event?

"Nope. Not what I saw myself doing," he said with a laugh.

Evelyn was wrapping up his fourth year with the Dalhousie University Tigers men's hockey team when he attended RBC Training Ground. This event is held throughout Canada to expose the strengths and abilities of athletes, aged 15-24, to talent evaluators from several sports.

When Evelyn performed strongly at the Halifax event two years ago, he caught the eye of Esther Dalle, Bobsleigh Canada Skeleton's national recruitment coordinator. Evelyn credits Dalle with introducing him to bobsleigh, as Dalle later took him to slide in a bobsled for the first time.

Evelyn put bobsleigh aside for about a year to finish his degree at Dalhousie in mechanical engineering. Following graduation in May 2019, Evelyn was invited to national tryouts. He was chosen for the team last October.

"He was super interested," Dalle said via phone from Ottawa. "It was a longer process because bobsleigh runs through the school year, but he still came out when he could to get a feel for the sport."

Dalle says she's glad that Evelyn chose to pursue bobsleigh, especially while taking time off from his job at an Ottawa engineering firm to compete.

"Our target market tends to be athletes transitioning from another sport. Not all hockey players can run straight because they're used to pushing off sideways [as they skate], but Mike was able to transfer these skills well," Dalle said.



IN 2018, MIKE EVELYN WAS FINISHING UP HIS FOURTH YEAR AT DALHOUSIE UNIVERSITY PLAYING ON THE MEN'S HOCKEY TEAM. NOW, HE'S JOINING THE CANADIAN MEN'S NATIONAL BOBSLED TEAM. PHOTO BY JAMES 'AXEL' BROWN

### High performance specialization

Evelyn, from Ottawa, considered a second sport while at Dalhousie. He said he had an interest in joining track, but his hockey coach asked him not to join to decrease the risk of getting injured.

His activities extend beyond sports too. According to his online Bobsleigh Canada Skeleton profile, he enjoys hiking and travelling, owns over 100 board games and can solve a Rubik's cube in two minutes.

Jamie Ferguson, the CEO of Sport Nova Scotia, praised Evelyn's drive to try new things. He said that development in many sports is positive, especially for high-performance athletes.

"Skills gained from participation in different sports enhance skills in the particular sport an athlete is more interested in,"

Ferguson said. He gave the example of how footwork learned in soccer can be used in tennis. "Most high-performance athletes have multi-sport experience of some sort. It's the most beneficial way to experience sports."

**"Most high-performance athletes have multi-sport experience of some sort. It's the most beneficial way to experience sports."**

Now, bobsleigh is Evelyn's main focus. He described training as "more of a full-time job."

"You're grinding all day," said Evelyn, "but you're grinding away with your buddies. I worked a desk job after hockey finished

and it was hard not being on a team. There's nothing like being part of a team."

Evelyn admitted that he was "pretty spoiled" in hockey in comparison to bobsleigh teams. Unlike hockey, which has equipment managers and a variety of coaches, now he only has a few advisors, at most, at any given time. The team's head coach, Todd Hays, can't always make it to

the team's training while attending other bobsleigh competitions around the world.

"You're your own pit crew, your own mechanics, your own advisors, it's very do-it-yourself," Evelyn said. Sled maintenance is an essential part of an athlete's job too, as they are responsible for its cleaning, adjustments and repairs.

### Olympic games

The next Winter Olympics will be held in Beijing in 2022. Evelyn certainly has a shot at competing, but in the meantime, his work both sliding and maintaining sleds will keep him extremely busy for the next two years.

The competition for spots on the Olympic team is intense. Evelyn said he has yet to watch many athletes who have raced in major events in the past, plus other recruits who could compete for spots.

"It's a situation where you don't really know your competition," Evelyn added about the path ahead for his Olympic goal. "You have to be prepared to try and beat everybody. There's a long way to go."



# Throwing team in training

## How athletes prepare for shot put and weight throw

BY DYLAN ALECK



ANDRE HENDRICKS, A FOURTH-YEAR STUDENT, FINISHED IN 11TH PLACE AT NATIONALS IN SHOT PUT. PHOTO BY DALHOUSIE ATHLETICS

On a late Tuesday night after classes, the five members of the Dalhousie University Tigers throws team assemble in the depths of the Dalplex in the appropriately named throws room. The dimly-lit room, despite high ceilings, feels small. Two circles on the floor are littered with heavy balls and throwing hammers that will get launched into a large net on the far side of the room.

It might not seem like much, but this room has been crucial for the throws team. Before the renovations to the Dalplex in 2018, they were left without a place to train for their field events, shot put and weight throw.

Now with a designated space to train, the team practices five times a week. The average practice is an hour and a half of throwing reps into the net and technical work in the throws room, followed by an hour in the weight room doing strength training.

"It's pretty intense. I didn't realize how competitive my training was until I started comparing it to other people I saw train and asking them about their training schedule,"

says third-year Temi Toba-Oluboka. Last season, she had a 10th place finish at the U Sports nationals in the weight throw. "It's a really good program and competitive, even though we are so far out east."

Most of their training is focused on technical work. That's a deliberate choice, says throws coach and former Dalhousie Tiger Kirk Jessome.

"Building a huge technical foundation, especially in the beginning [...] comes first,

and strength is secondary," he says. "If they [the athletes] are here for four or five years, we have lots of time to build strength, but the technique takes a long time to come."

**"Not being mentally prepared could be the difference between last place and doing my best in a competition."**

### Mental preparation

Not only do these athletes need to be in top physical form to launch heavy metal balls upwards of 10 metres into the air, they also need to be

prepared mentally. Success for fourth-year Andre Hendricks is based on focusing ahead of time on what he needs to do when he steps into the circle.

"It is crucial, because not being mentally prepared could be the difference between

last place and doing my best in a competition," he says.

It's seemed to work for him so far. Last season, Hendricks finished 11th at nationals in shot put.

Emphasizing mental training is a change that Jessome has tried to bring to the team since becoming the coach in 2018. That includes involving mental performance coaches when they need to, but a big part of it is recreating a meet-like atmosphere during practice.

"In our training [we] try and incorporate as many competition style environments as we can, just to prepare athletes as much as possible," says Jessome.

At the time of writing, the team is preparing for the Atlantic University Sport (AUS) track and field championships, set for Feb. 21-22 in Saint John, N.B.



# One last ride

## Volleyball seniors set for last home game at Dalplex

BY ILYAS KURBANOV



VICTORIA HAWORTH (LEFT) AND COURTNEY BAKER ON FEB. 7 WHEN THEY PLAYED AGAINST THE SAINT MARY'S HUSKIES. PHOTO BY ILYAS KURBANOV

Courtney Baker and Victoria Haworth stepped on the court for one last regular season home game on Feb. 15. The two fifth-years on the Dalhousie University Tigers women's volleyball team have been integral to the team's success.

"It's bittersweet," said Baker, a setter. "I'm really grateful for the last five years that I had here, but I'm also excited for the future with volleyball and everything else my life brings to me."

The seniors still have regular season games, the Atlantic University Sport (AUS) playoffs and possibly the U Sports national tournament left to play.

"It's a pretty good feeling that I've made through my five years here," said Haworth, a middle. "Obviously it's sad and I don't want to leave this place, but I guess I haven't thought about it that much in my mind."

### Career highlights

The Tigers women's volleyball team has won the last seven AUS championships, so the

groundwork for their success was laid before Baker and Haworth arrived. They both stressed that head coach Rick Scott had built a strong program that they joined in 2015. They've been carrying that legacy forward. Baker was named to the AUS all-rookie team in the 2015-2016 season and in the three following seasons was an AUS first team all-star. She's also played in international competitions throughout the years.

Haworth, likewise, has been a strong player in the conference, getting first team all-star recognition in the past two seasons.

The finals for the AUS championships in 2018 and 2019 were decided at the Tigers' home court at the Dalplex. Those victories were among the players' favourites.

"The last two were definitely a highlight," said Baker. "Being at home, in front of our

home crowd, family and friends made it a little bit more special," she said. "And [we] got to celebrate it with the basketball team."

In 2019, the Dalhousie University Tigers men's basketball team was also crowned the AUS champion.

### Secrets to success

The numerous conference championships and personal all-star accolades haven't happened

without hard work on and off the court, said the volleyball seniors.

"Every day, you get to be in the gym and put in a little extra work, if you can," said Baker. Her

extra efforts include making sure she's prepared for each workout or video review session with the team.

That hard work is in the hopes of winning a national medal this season. A team mindset is

also important, said Haworth.

"We are pretty lucky that we have a big team, a good team and a deep team," said Haworth. "Everyone wants the best for every single person on the team."

### Leaving the Tigers

Once they've finished their last year of university eligibility, there was one thing both players said they'll miss the most.

"I'll definitely miss the family experience you get with our team and other players that you get to meet," said Baker. "I think it's really special."

Haworth added that the team has been a support system during her years playing.

"I'll definitely miss the family and all the people you can kind of fall back to if things aren't going the right way, and having that special connection with everyone," continued Haworth.

Upon the conclusion of her career as a Tiger, Baker hopes to pursue a professional career in volleyball. Haworth plans to continue her studies of medical sciences and engineering.

**"I'll definitely miss the family experience you get with our team."**





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## TIGERS @ HOME!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	10	11	12	13	MVB 7PM 14	VB 1/2:30PM BBALL 6/8PM 15
BBALL 1/3PM 16	17	18	19	AUS WVB SEMIS AUS 20	AUS WVB SEMIS AUS 21	AUS WVB SEMIS AUS 22
23	24	25	26	AUS WVB CHAMPS AUS 27	AUS MBB CHAMPS AUS WVB CHAMPS AUS 28	AUS MBB CHAMPS AUS WVB CHAMPS AUS 29