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DALHOUSIE GAZETTE

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



THE MOMENT THIRD-YEAR STUDENT ISABEL SARTY FOUND OUT SHE BROKE THE AUS 100M FREESTYLE RECORD. PHOTO BY ELLERY PLATTS

Sink or swim

Isabel Sarty's record year

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LETTER FROM THE EDITOR

Thoughts on International Women's Day

Dear Reader,

As I write this, International Women's Day (IWD) was yesterday. I haven't made a big deal about IWD in recent years, because it often feels like organizations use it to pay lip service to feminism without committing to any real change. Universities are no exception. The Dalhousie University Twitter account called International Women's Day "a day to raise awareness against bias, take action for equality and celebrate women's achievement." But does Dalhousie actually do that? I was in my undergrad when the Dalhousie Dentistry scandal happened, and I won't soon forget it. I can't help but wonder how many male students, in how many different faculties, speak about their female classmates that way and never get caught. Then, I think about those who turn their words into actions without consequence, and I feel sick.

It should go without saying that this isn't a Dal-specific problem. How many professors have gotten away with inappropriate comments towards their female students, simply because they have tenure? How many guest speakers, who have a known history of predatory behaviour, have been allowed through classroom doors? Any answer above "zero" is too many. And we've all heard stories.

The *Gazette* isn't perfect, but I feel so lucky to work with a team of employees who are mostly

women as well as an all-female Publishing Board. This isn't the norm for many newspapers around the country, but it is increasingly common among student papers. That, at least, makes me feel better about the future.

- Rebecca Dingwell, Editor-in-Chief

Correction

In issue 152-10, an Opinion piece about the Doomsday Clock ("100 Seconds to Doomsday") erroneously implied that, up to this point, the Doomsday Clock had not been set at seven minutes. It has actually changed to various points since its inception, both closer to and further from midnight. The *Dalhousie Gazette* has amended the article online and apologizes for the error.

NEWS

Five days outside

Dal commerce students sleep outside to fundraise for homelessness

BY MORGANE EVANS



DALHOUSIE COMMERCE SOCIETY MEMBERS SLEEP ON THE STREETS FOR FIVE DAYS IN MARCH TO FUNDRAISE FOR LOCAL SHELTERS AND RAISE AWARENESS FOR YOUTH AT RISK OF HOMELESSNESS. PHOTO BY MORGANE EVANS

For the last seven years, Dalhousie Commerce Society members have been sleeping on the streets for five days every March to fundraise for local shelters and raise awareness for youth at risk of homelessness.

The 5 Days campaign is a national initiative. It "strives to raise funds and awareness for people experiencing homelessness and people at-risk of

experiencing homelessness in Canada," according to Jenn Dubois, a participant in the campaign.

It was founded in 2005 by a group of students from the University of Alberta, with a goal to support local homeless shelters and raise awareness of an increase in housing insecurity.

Dubois is also a staff member at Phoenix Youth, a nonprofit organization that aims to support Hali-

fax's youth with securing adequate housing, alongside other types of support. Phoenix Youth partnered with the Dal Commerce Society in 2014, in support of the 5 Days campaign.

Sabina Pollayparambil, a staff member at Phoenix Youth, said: "Phoenix strives to help youth build their skills for independence and helps youth and their families overcome challenges ... people are the leaders in their own lives, Phoenix is a leader in supporting them."

Halifax homelessness

In 2018, the Canadian Observatory on Homelessness reported 220 Haligonians experiencing homelessness.

Significantly, the Housing and Homelessness Partnership reported over 19,500 households in HRM are living in extreme housing poverty and are at risk of experiencing homelessness.

To raise awareness, this year Dalhousie's 5 Days campaign participants are camping out March 22-27.

Dubois became involved with the campaign, and Phoenix Youth, last year when she heard about the opportunity to become a "guest sleeper," a term used by the campaign to describe the participants.

Dubois said Dal's Commerce Society reached out to Phoenix Youth after being inspired by what the program does for the Halifax community. "With all the amazing work that Phoenix does, the DCS felt this was a great organization to partner with and has continued to work with the team

since," she said.

An important thing to note, Dubois said, is students who partake in the campaign have to remember to not exploit homelessness.

"Students and participants need to bear in mind that 5 Days is not meant to replicate the experience of homelessness or diminish it in any sort of way," she said. "The purpose of the campaign is to draw attention to the issue of youth homelessness and raise funds that will help youth to be supported in their journey, gain skills and independent housing."

It's been a success

Since 2014, the society has raised \$67,000 for the campaign, working with Phoenix Youth. Dubois says she hopes the society will raise another \$15,000 this year.

Other than sleeping outside, a big part of the campaign is community outreach.

"This year we are really trying to push the campaign out into the community. We want to bring awareness to students and those within the HRM about how far their donations can go and why it's so important to get involved within the community," says Dubois.

For Phoenix Youth, 5 Days gives them an outlet to raise funds for their organization, according to member Pollayparambil.

"The efforts put forth by students participating and supporting the 5 Days campaign goes a long way in ensuring that youth who are experiencing homelessness will have a safe place to call home."

Making history available

N.S. Archives creates resource for African Nova Scotian historical documents

BY FELESHIA CHANDLER

Nova Scotia Archives wants to help people find out more about the legacy of African Nova Scotians, with the launch of a new online resource.

The resource, *Looking Back, Moving Forward: Documenting the Heritage of African Nova Scotians*, went live Tuesday, Feb. 25, on the Nova Scotia Archives website.

This resource features never before published court records, maps and photographs, some dating as far back as 1760.

“We have been kept abreast of what the archives have been working on for this project for a number of months. So, it was not so much a surprise when they made the announcement, but what was surprising was the depth of what they were able to accomplish,” said Wayn Hamilton, Executive Director of African Nova Scotian Affairs (ANSA).

A step forward

People of African descent have made their home in Nova Scotia for four centuries and have a deep, rich history that for many years has been inaccessible to the public.

Now, anyone who is curious can have access to detailed historical documents, giving them a glimpse into the past lives of African Nova Scotians — some slaves, some free and some labourers or tradespeople.

“This will make it a lot easier for people wanting to learn about African Canadian history,” said local African heritage historian David States. “This will be an excellent tool, not only for the public, but amateur historians, genealogists and students at all levels of education to learn more about African Nova Scotian history.”

African Nova Scotians who have always wondered about their origins may be able to get some answers as well.

“For example, there’s a lot of the folks that are settled out in Beechville, also Hammonds Plains, that records indicate that they came from Chesapeake Bay (Maryland, Virginia) during the war of 1812,” said Wayn Hamilton.

He also says ANSA plans to partner with the Nova Scotia Archives to encourage locals to submit old relics they have to expand the archives.

“The archives have the machinery that can do the scanning and laminating of official original documents where they would give back the original document to the community organization or person and it would then be protected and have a much longer shelf life,” said Hamilton.

Both Hamilton and States agree that the release of this information will help change the storyline surrounding African Nova Scotians.

“It pulls back on the narrative that we don’t have a history,” said Hamilton.

“We’ve got to broaden that narrative of who we are as African Nova Scotians to be much more inclusive of what’s there now. To me, this is just one of those next steps, making sure that the history, the heritage and all that makes up who we are and our past is reflected and is visible.”



THE NOVA SCOTIA ARCHIVES - LOCATED AT 6016 UNIVERSITY AVENUE - IS LAUNCHING A NEW ONLINE RESOURCE TO HELP PEOPLE LEARN MORE ABOUT THE LEGACY OF AFRICAN NOVA SCOTIANS. PHOTO BY CHRIS STOODLEY

Only the young can run

Halifax councillor says the key to fighting climate crisis is more youth in politics

BY LANE HARRISON



HALIFAX REGIONAL COUNCILLOR, RICHARD ZURAWSKI, HAS BEEN ADVOCATING FOR MORE YOUTH INVOLVEMENT IN MUNICIPAL POLITICS. PHOTO BY LANE HARRISON

Halifax decision makers need an infusion of youth, according to Halifax regional councillor Richard Zurawski. He has been advocating for higher youth involvement in municipal politics.

“Right now we have a bunch of old people who, pardon me, fucked up everything,” said Zurawski.

In the 2019 federal election, Zurawski ran as the Halifax-West Green Party candidate. He said he thinks an influx of youth would be the best way for the city to combat the climate crisis.

“Back in the ‘60s when I was your age, the ‘70s when I went to university, protest was a great way of doing things. We affected a lot of change,” said Zurawski.

“The idea that, that will continue to work in

today's fragmented society, you know, we had 10,000 people turn out for the climate protest. That was a year ago. Nothing has really changed except our CO2 emissions went up.”

Zurawski wants to see an increase in younger candidates in the upcoming municipal election, on Oct. 17, 2020. For the next few months, he is planning on campaigning province-wide to get younger people to nominate themselves.

He was invited to the Extinction Rebellion Nova Scotia Annual General Meeting on March 7, where he'd planned to make the argument for protesters to become politicians.

“It's great to protest, it's great to get out there, all of that stuff. But you really want to

make a change? Get your ass elected.”

Running in the elections

Running in the upcoming elections only requires a few steps. To become a candidate, one has to put forward a \$200 filing fee and a nomination paper signed by five qualified electors.

While Zurawski has been vocal about influencing the shift in candidates, Zurawski said the city won't be doing anything to encourage young people to run in the fall. Instead, they'll focus on the usual mandate of increasing voter turnout.

“You talk to politicians, they will give you a blanket statement saying ‘Oh, yes, it's a good idea that we have young people involved. We have women involved. We have visible minorities involved.’ But who's gonna give up their seat for it?” he said.

Zurawski said he will run again in the elections. “I'm pretty sure this is my last term. This will be my second term, if I get elected. After that, I'd like to see someone else take it.”

An insider's perspective

Matt Whynott, a former MLA for the Nova Scotia NDP, was sworn into office on June 19, 2009. It was the day before he turned 24 — making him the youngest elected politician in the province's history.

“Depending on who you talk to, they would say, ‘oh my goodness, it's so great to see young people involved, and running and you know, those types of things. But then, of course, whether or not you were taken seriously was a completely different question,” he said.

According to Whynott, being a young person in the political space means working harder than everyone else. “You always had to kind of go over and above to prove that you were eligible for this job.

You had to prove to people that you were legitimate,” said Whynott.

While challenges existed, Whynott was a part of significant environmental decision making during his time in office. As the ministerial assistant for energy, he was involved in the creation of goals for Nova Scotia's path to using more renewable energy. According to Nova Scotia Power, from 2007 to 2018, their use of coal decreased from 76 per cent to 52 per cent.

Though Whynott was able to aid the fight against the climate crisis while in office, he is hesitant about Zurawski equating young candidates with the progressive movement.

“Let's not forget that. A lot of young conservatives also exist,” Whynott said.

Sam Oosterhoff is an example. The then-19-year-old became the youngest ever elected member of the Ontario legislature in 2016. An MPP for the Progressive Conservatives, who posed issues for the party right after he was elected.

During his time in office, Oosterhoff was “100 per cent pro-life” and described himself as “absolutely not” a homophobe. His first motion as an elected official was to put forward a legislature allowing communities to reject wind turbine projects in their area.

Still, Zurawski believes the key to fighting the climate crisis is young people in office. “I don't know anybody with half a cerebral cortex who doesn't realize science is telling us that we need to do something yesterday.”

DSU Presidential candidates

Editor's note: By the time you're holding this paper, the DSU election winners have likely been announced. Sometimes the timeline doesn't line up with our production schedule and that's the way the cookie crumbles. We hope you find these informative anyhow! The interviews have been edited for length and style.

Colin Cooper

BY KARLA RENIC, NEWS EDITOR
WITH FILES FROM LANE HARRISON



COLIN COOPER. PHOTO BY LANE HARRISON

The Dalhousie Gazette: Why are you running for this position?

Colin Cooper: I'm running for this position because I've been at Dal for four years now and I've noticed some things still haven't been fixed since I've been a first year. I'm speaking specifically as a physically disabled student. I feel that I need to like, be in charge, run for position that's as high profile as president and like, have the power associated with that in order to make the changes for accessibility specifically, that I feel like I need.

Other than that, I feel like I have some good ideas as how to take the student union moving forward. My main idea is I want to lobby the Provincial government for a tuition freeze with other presidents of the student societies if I am elected, and essentially I just figure that I have the best vision to lead the union and the school forward for the next year or so before I graduate.

What do you admire about the current DSU executive?

That's a good question. I'd have to think about that for a second. I can't really say what they're doing right because like, honestly, I don't

know much of what they've been doing for the average student on campus, which I think is a problem they've continuously had ... being in touch with the students. And, like, just caring about the everyday concerns of Dalhousie students. Yes, I'm sure they do great activist work, and I applaud them for that, and I will continue that under my presidency, but also I would refocus the student union to really addressing the concerns of the students we represent.

What would you like to see the DSU do differently?

Like I said, being in touch with the student body representatives is the first thing so I would make myself, as president, more accessible to the students. I'd make sure that they know that there's avenues where they have concerns on campus, they can be addressed. And then I'll be working towards, like, fixing these problems with campus, as I see them come up, beginning with accessibility. Then also working on the financial burden of school and any other flaws in the running of campus that I see as president. I'm going to bring it back to the basics of meeting the needs of the students we represent.

In your opinion, what is the biggest issue on the campus right now?

There's too many to choose from ... my biggest issue is accessibility, but I know that that's not an issue that resonates to all able-bodied students, for example. We have broader issues to be concerned about, such as rising tuition. We as Nova Scotians still pay some of the highest tuition in the country and there's no reason we should be doing that. Especially, when we consider that Newfoundland gives all their students that go to Memorial grants for their tuition. They don't have loans and if Newfoundland is doing that, why can't Nova Scotia?

That's a big push for me to start to push towards universal education. I can work with the other presidents of the student societies to start lobbying them on one specific issue, which is a tuition freeze for as long as we can make it. So that in the meantime, tuition doesn't get even more unaffordable for our students.

What is the main focus of your platform?

The main focus of my platform is, it's really like all behind my slogan of "Yes we can." It's the idea that we're going to fight for the issues that are currently ignored on campus and we're going to do so with a positive constructive attitude.

Students shouldn't be able to think that things will just simply never get better. I'm going to address some concerns that I've identified so far and I'm going to like, aggressively attack those concerns. But also, I want the students to know that if there's any other issues that they feel need addressed on campus, that me as president will be a very activist president in the sense that I'm not afraid to go bump heads with the administration if I have to, and work on the issues that have currently been stagnated over the last few years.

What have you been watching on Netflix lately?

I've been showing my girlfriend *Peaky Blinders* for the first time. That's fun. Yeah, um, other than that I'm a huge *Star Trek* nerd. So I've been loving the new *Star Trek Picard* series. I've been watching that as every episode comes out. It's great. It's like reliving my childhood.

Munavvar "Moonie" Shakhzodova

BY KARLA RENIC, NEWS EDITOR



MUNAVVAR "MOONIE" SHAKHZODOVA. PHOTO BY KARLA RENIC

The Dalhousie Gazette: Why are you running for this position?

Munavvar Shakhzodova: I'm running because I saw a lot of change happen in the DSU this year, and I feel like enough is enough. Students' voices need to be heard and they need to be aware of what's going on. The student union is here for the students and I feel there's a huge disconnect between the DSU and the students. I think most students don't even know what the DSU is, honestly. I'm here to change that. I'm here to make sure students are aware of what DSU is doing, that students can go to the meetings, can watch the meetings online and have livestreams, and make sure DSU is present not only on this campus but Sexton, Carleton and the Agricultural campus.

Maddie Stinson

BY KARLA RENIC, NEWS EDITOR
WITH FILES FROM LANE HARRISON



MADDIE STINSON. PHOTO BY LANE HARRISON

The Dalhousie Gazette: Why are you running for this position?

Maddie Stinson: I decided to run because this year was a real eye opener for me on how much the DSU really impacts the student experience. I want to make sure that every student who interacts with the DSU get something positive out of that, and that we are doing our most as a union, to make students feel supported and celebrated and create spaces to connect ... because there's just so much going on in the world and our lives. Even going to school is so hard that I think students deserve a place to come together and embrace one another.

I want to see that happen, because I don't think that people feel the DSU can be a part of that community. I think the DSU is seen as like, this thing that we have, it's an *other*, it's not an *us*. And I want to make sure it can be part of the student experience in a good way.

What do you admire about the current DSU executive?

I read through the old interviews, so I knew this was going to be a question ... I've been very vocal about disagreements I have with the current executive, but at the same time, this year's executive has shown that, whether I like it or not, they stick to their guns and they are zealous advocates for their campaigns and their causes. And, I

also really appreciate the social justice angle they've taken with this year. They've done some really, really good work in terms of, you know, making the DSU a bit more inclusive, because traditionally it hasn't been.

But it's a hard job. And I think there are student organizations on campus where the presidents don't make it through the full year and you know, you're running a union for 20,000 students and even if it didn't go as planned, you still did it.

What would you like to see the DSU do differently?

I would like to see the DSU be reminded that it is supposed to be a service for students. And that, I think we lose sight of some of those logistical and operational necessities and things are, are falling through the seams, and they don't need to be if we took a little bit of an analytical approach with some things. I think we could really, you know, optimize our resources to better help students. So I'd like to see us just remember that in essence it is it is some sort of a business as well, a not for profit. And I mean I'm biased, because I'm a business student and I see everything as business, I think.

You've had a front row seat to some of the main issues that the DSU have had to deal with this year. How would you approach some of those issues?

That is interesting, to like, think about what I would do if I had to deal with me. It wouldn't be easy, 'cause I've been pretty consistently annoying. But I think the biggest thing in situations where, you know, your constituents are upset. When they don't agree with your choices or your decisions you have to, one: be willing to listen to them and validate their concerns because I didn't feel that this year, two: be accountable for your decisions, and willing to take responsibility when you mess up.

Should I win? I'm not gonna promise anyone a perfect term. There's no way, I'm 20 years old. It's not gonna be perfect. But if I mess up, you know, students are going to know. And I'm going to accept that and apologize and move on. Because I think we need to move forward and not be stuck in everything that's happened this year. I think if we were just a little more willing as executives to accept the vulnerability in that position, students wouldn't feel so isolated from the union, and the executives aren't students, or peers, or friends ... because I think we should be.

What do you think is the biggest issue on the campus right now?

On campus? So many. But I think first and foremost is everyone on campus' willingness to — this is gonna sound really weird — but a willingness to admit that we're vulnerable as people because I think, you know, obviously everyone has a reputation to uphold the DSU, Dalhousie, you know, all of our students who are here trying to make a name for themselves, but I think if we're all a little bit more comfortable in the awkwardness of our lives, we'd all be able to connect a lot more. And that would create a much more inclusive space.

If we were all just a little bit more open with one another, like I think we would find that we're so unique, but we're also all so similar. And that, the things that we see that divide us and divide society and like, they're there. But we can work together on these things.

What are you watching on Netflix right now?

I just watched *The Dawn Wall*, with my roommates. It's about a guy who climbs El Capitan in Yosemite, and he is a crazy athlete, super inspirational. It makes you just want to, like, move to a national park and live there forever. But I don't have a lot of time for Netflix right now. I wish I did.

What do you admire about the current DSU executive?

I admire Aisha [Abawajy]. I admire that she uses her social media platforms, especially Twitter, to advocate for a lot of marginalized groups. She makes sure to post up-to-date news about events going on so that people go out and support them. But, not a lot of students use Twitter right now. Our generation is more on Instagram and Facebook I think.

What would you like to see DSU do differently?

Like I said, make sure livestreaming is up again, of the meeting. Another thing is to make sure Sexton office hours are actually there. Right now, they are by appointment only. I know there's a Sexton campus rep, but the thing is most students are saying it's always empty. I would make sure we have office space available where we can go and talk to students ... it's very important. Making sure the office hours are there and students can come, and execs are actually there when the office hours are supposed to happen — that would be great.

What is the main focus of your campaign?

The focus of my campaign is to increase the trust and restore the faith of students in the DSU. I've read a lot of social media comments and talked to people and ... they're like, 'oh the DSU sucks' but I'm like, 'no, we can improve it, I just need suggestions. I want you guys to tell me what you would like to see happen.' I think it's very important to change the opinion of students, that DSU is not something that's against them, but for them.

My other platform point is increasing resources to all campuses. And, increasing mental health resources for all students. Having puppies show up once or twice a week is temporary relief. Just making sure there's more communicating with the university, so we can have more therapists come in so we can offer more same-day counseling for students is very important. Also increase awareness of peer support groups. Most students aren't aware of them.

What do you think is the biggest issue on campus?

It's that students' trust in the DSU is lost. The societies don't feel communicated. I've talked to several societies and they're saying 'oh we've emailed people but they never get back to us', or 'we aren't promoted enough'. I think those things are important to change, and to increase the trust. To make sure societies are communicated with, and that there are strict deadlines for societies to follow and information available.

Societies don't know when they have to do what and changing that is important. Like, they're not receiving funding because they were not told when to submit plans for the years. This issue with communication needs to be changed. I don't know if it'll look like creating a brand new email for societies and the DSU executives to communicate more efficiently, or hiring social media person that will manage those and promote societies equally.

What are you watching on Netflix?

Right now, it's been a stressful few weeks, so I'm just re-watching *Friends* again. But, I started watching *The Handmaid's Tale*. And the new season of *Outlander* is out, so I've been watching that.

The problem with poverty porn

How exploitation of the poor has evolved to infiltrate new media

BY MADELINE BISO



PHOTO BY CHRIS STOODLEY

A malnourished child with begging eyes. A dirt-covered face with palms outstretched. Perhaps a celebrity comes onscreen and says, “for just five dollars, you can save this hungry child.” Feeling guilty, you donate and afterwards, you feel good. You are a good person who did a good thing. You don’t think about that child again, never wondering about their story, the circumstances that lead to such poverty or whether they consented to have a camera show their fragile, naked body. Life goes on, that is, until the next commercial, poster or ad.

The stereotypes

This is an example of poverty porn. Poverty porn (or development/famine/stereotype porn)

is any media which exploits poor conditions. It works because we love to pat ourselves on the back. Poverty porn empowers the wrong person. It empowers “the saviour” and not those receiving the donations (or the “victims,” as we see them). It also promotes an “us vs. them” mentality that leads to stereotyping. For instance, since non-governmental organizations (NGOs) often portray malnourished children in Africa, it misrepresents this entire continent as a barren and miserable wasteland, even though African countries have many prosperous cities. People see these ads of suffering children in and accept the stereotypes. “There are kids starving in Africa” is a classic line parents say to their children when they don’t finish their meals.

Poverty porn also promotes the idea of the

“white saviour” and oversimplifies the reasons for poverty in a country or region. Consumers almost never investigate the individual and systemic reasons, such as a poor healthcare system, social inequality or a corrupt government behind the problem. We think that, for the same price as a cup of coffee, life could be fixed.

Acquiring donations and fraud

NGOs, like UNICEF and Oxfam, use poverty porn to get donations. Through media they show people at their most vulnerable, and it works. People donate, but does that mean it’s right? Often these exploitative portrayals take away the dignity of the people in them. We wouldn’t show a Canadian child in that state of suffering, but it’s OK to do it with foreign

children if it gets people to donate a few bucks.

Sometimes, organizations even use poverty porn to commit fraud. Since May 2019, Aid for Starving Children is under investigation by The California Attorney General’s Office after allegations that \$97.4 million of the \$105 million the company said it raised was in the form of drugs donated by pharmaceutical companies. Many of these medications were for conditions not associated for starving children, like menopause pills.

But it’s not just charities anymore. Social media has seen the new form of poverty porn. With the rise of social media, we see individuals and companies creating poverty porn. There was briefly a video trend where YouTubers would try living off one dollar a day like Aldi’s “Poorest Day of The Year” challenge. This was when the popular supermarket challenged YouTuber Natalie Lee and her family of four to feed themselves with a budget of £25. The company even created the hashtag #AldiPoorestDayChallenge for it.

Social media

Fraudulent Instagram accounts also use crisis in other parts of the world to gather likes and followers. During the wildfires in Australia, many spam accounts popped up and pretended to accept donations, posing as charities through “one dollar for every like” posts and successfully growing as people piled their guilt into a single like and post to their story.

Social media has made poverty porn more accessible. It’s somehow even more desensitized behind Snapchat filters and insensitive challenges. It makes a show out of poverty, making food insecurity entertainment. It’s wealthy YouTubers exploiting homeless people, shoving cameras in their faces as they cry when given gifts. It’s knowing you’ll get a lot of views and profit from making a spectacle out of poverty.

The NGOs’ solution could be holding them accountable to make sure the money is going where they promised. It’s tackling the problems of poverty head on, not just donating a few cheques and hoping everything works out. It’s sharing people’s stories without exploiting them or disrespecting their dignity.

There needs to be a cultural shift. Most social media content makers and companies will apologize when people hold them accountable for their portrayal of poverty porn. Hopefully, one day, the apologies will turn into actions.

Stand with Wet'suwet'en

The Coastal Gas Link Pipeline's role in the MMIWG2 crisis

BY JESSICA NELSON



PHOTO BY JESSICA NELSON

A group of Wet'suwet'en land protectors and their allies are currently fighting to protect their land from the Coastal Gas Link (CGL) pipeline and its long-lasting devastating effects. The CGL pipeline purposes violence upon Indigenous land and within the community, as well as negatively impacts the environment of the Wet'suwet'en people.

As a Sylix person from the unceded Okanagan territory of British Columbia, my home community neighbours the Wet'suwet'en nation. The Coastal Gas Link pipeline is affecting the Wet'suwet'en traditional lands whereas the Trans Mountain pipeline expansion is what will be running through my community, along with many others. The pipeline expansion instills significant fear for my community and our traditional land. As the Wet'suwet'en land protection protests continue to grow, I want to focus a gaze upon the protection of the Wet'suwet'en people, specifically Indigenous women, two-spirit people, and children, from the effects of the CGL pipeline.

Coercive pipeline agreements

Some Indigenous communities have shown support for the negotiated agreements, that plan for a 640-kilometre liquefied natural gas (LNG) pipeline from the northeast of British Columbia to the coast. These arguments are being displayed and used against Indigenous people opposed to the production of the pipeline. However, it is important to note that reserves and Indigenous communities, specifically smaller communities, are underfunded by the Canadian government. Therefore, additional funding or resources are used to persuade communities to sign documents in favor of the pipeline.

They promise the proposition of jobs to community members. However, when agreements have been made, it isn't often that these job opportunities benefit our community directly. This then means that these new pipeline jobs will bring in non-Indigenous or outside mem-

bers into our Indigenous communities. The large numbers of workers coming into the community will not only perpetuate the narrative of lacking resources on Indigenous communities, but it will mean that strangers will be occupying space on Indigenous land.

The imposition of pipeline workers within Indigenous communities

It is important to recognise that along with the work that will be done on the pipelines, workers will be entering the Wet'suwet'en territory. There is significant history and evidence regarding these work environments and the danger they propose within Indigenous communities. The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls includes information about the specific violence that women, girls, and two-spirit folk experience when

cases of resource extractions occur in Indigenous communities. It is outlined in this report that "the influx of people as a result of 'man camps' near or within Indigenous, remote, and rural communities creates stress on an already limited social infrastructure, such as policing, health, and mental health services." The workers will place an additional reliance on the communities' resources while their presence alone will already strain these supplies. Even with additional resources, the government doesn't apply funding for protection of people on Indigenous communities.

Communities are preparing for the invasion of pipeline workers

The Final Report also states that "the kinds of violence cited by witnesses indicate the extent to which addressing the crisis of missing and murdered Indigenous women, girls, and 2SLGBTQQIA people requires the involvement of all Canadians." In addition to overrunning the already underfunded resources on reserve, work camps place violence within communities which contributes to the crisis of missing and murdered Indigenous women, girls, and two-spirit people (MMIWG2). The MMIWG2 crisis is already overlooked and underfunded by the Canadian government, yet they continue to buy into resource extraction projects that are a site for brutality. By allowing the CGL pipeline, the government is placing Indigenous people in a state of violence within their own communities.

I have already seen preparation for the invasion of workers within my own home community. It often proposes the question of how the government does not see that by building the CGL pipeline, they further push violence into communities. The National Inquiry places importance on the consideration of Indigenous women by putting their protection at the forefront of these workplace projects and is a significant piece of evidence when looking at the CGL pipeline in relation to the Wet'suwet'en nation. The protectors of Wet'suwet'en are simply trying to protect their land and their women, children, and two-spirit people from the violence that comes from worker camps and the destruction that will follow the pipeline.

Sustainable fashion is failing plus-sized people

Conscious shopping cannot exist without inclusivity

BY MAYOWA OLUWASANMI



PHOTO BY CHRIS STOODLEY

From production to Instagram promotion, the fashion industry is a trillion-dollar industry. But, the rise of fast fashion has considerable drawbacks. Rapid production has made the current fashion landscape one of the top contributors to global environmental pollution. The industry produces 10 per cent of global carbon emissions and ranks second for largest water consumer. Experts have warned that microplastics, the small particles of plastic that make up cheap fabric, are clogging up the oceans. This mass, cheap production accumulates harmful waste and is often paired with inhumane working conditions and sweatshops.

The rise of sustainability

A growing, influential and more conscious consumer base has increased the demands

for more sustainable, ethical fashion. Gone are the days of old where thrifted items would be met with disdain and hidden in shame. In the past few years, there has been a significant rise in brands pledging to become sustainable, while moving towards more ethical production practices. In addition, more consumers are being exposed to information surrounding thrifting, sustainable textiles and upcycling. On paper, this is a picture-perfect industry shift.

However, not everyone is included. One major issue surrounding ethical fashion is access to all sizes. The sustainable fashion

economy is ignoring a wide demographic by isolating plus size consumers from the movement. The plus size dollar is powerful, with an annual growth rate twice the size of the total clothing market. According to a report by Forbes, plus-sized consumers

spend more when shopping for clothing. While an estimated \$250 billion is spent on clothes each year in the U.S., \$21 billion is spent by plus-sized customers. Considering that the average woman in the U.S. and Canada wears a plus size, re-

tailors have done little to reflect the realities of the customers around them. The rise

“I want to be conscious of not contributing to fast fashion because of how wasteful it is, but it's either that or I run around naked.”

of mass-produced online brands like Fashion Nova and Pretty Little Thing have slightly conquered this gap by providing a variety of sizes not found in brick and mortar stores. Despite that, these Instagram brands tend to cater to a very specific body shape, rather than take into account everybody's differences. This limited diversity also comes with a price tag, taking a heavy toll on both workers and the environment.

Include every body

Moreover, vintage shops are facing a massive gap when it comes to plus size options. Blogger Stephanie Yeboah, in an article about ethical fashion, contended that many second-hand shops did not carry a “huge amount of options when it came to purchasing vintage or second-hand items.” Supermodel Tess Holiday is one of several plus size public figures who have spoken up about this issue. In an interview with BBC, she said, “I want to be conscious of not contributing to fast fashion because of how wasteful it is, but it's either that or I run around naked.” Many well-known ethical brands do not carry above the industry standard (size 12 and under) which effectively barricades thousands of women from making a conscious choice.

Despite this, there has recently been progress in the right direction when it comes to plus-sized sustainable options. Ethical brands like Global Citizen Designs and Reformation have begun to craft their own lane in terms of size inclusivity, while vintage shops specializing in plus-sized clothing are popping up online and in-store. Inclusivity should not be an afterthought. If the plus size market is the highest spending one, why are plus-sized people treated as an afterthought and relegated to poor quality, fast fashion boutiques? Ethical brands must ensure that, in the wave of conscious demand, size inclusivity is a priority and not a burden. Every person deserves the ability to make informed choices and when it comes to climate change, no progress can be made if a significant portion of the global population is not given an equal footing ground to change.

Stitching together a community

CNIB Halifax creates knitting club for the blind and partially-sighted

BY ELIZABETH FOSTER AND HANNAH BING

PHOTOS BY ELIZABETH FOSTER AND HANNAH BING

It's 7:30 p.m. on a Tuesday night. A group of knitters gather around a large white table, working on various projects as they chat happily amidst colourful balls of yarn and half-finished cups of tea and coffee. The group members come from different parts of the city, and they all have different stories to share. But there's one thing everybody in the group has in common: they all experienced vision loss.

Making crafts and connections

June Feswick is a staff member at the Halifax chapter of the Canadian National Institute for the Blind (CNIB) Foundation on Almon Street. She co-founded the knitting group with fellow staff member Shelley Adams five years ago. During their bi-monthly meetings, group participants gather to knit, crochet, weave and socialize. Most of the knitting materials they use are donated by members of the community.

Feswick became involved with CNIB in 2006 after her late husband had a stroke and lost his vision.

"I'm very passionate about what I do here," Feswick says.

Participant Guylaine Savard first learned to knit at a school for the blind in Montreal, but she says she learned most of her skills at the CNIB knitting club.

"At the school for the blind in Montreal, they would cast on and cast off [for us]," Savard says. "But when I started at the knitting group in June 2015, I learned how to cast on with the needle."

There are several different techniques of casting on and off in knitting. Essentially, they're all ways to start and end a knitting project or row of stitches. Some techniques are more difficult than others.

As Savard speaks, she holds her latest project: a half-finished green dress. The dress is her second project, which she started after finishing a sweater for herself. The sweater took nearly two years to complete.

"The night she cast off [the last stitch], everybody cheered," says Feswick.

New life

Irene Swain has been coming to the knitting club since September 2019. For her, attending the club is a way of getting active again after losing her vision in 2018.

"For me, I was always an active person doing things. All of a sudden you lose your vision. There's nothing you really can do. I used to knit



IRENE SWAIN HOLDS UP A PAIR OF SOCKS SHE BROUGHT TO THE KNITTING CLUB MEETING TO SHOW OTHER PARTICIPANTS. SWAIN HAS BEEN A MEMBER OF THE CLUB SINCE SEPTEMBER 2019.

though, and knowing I can come here and get help when my stitches fall down...it's giving me life again," says Swain.

Julia Mackenzie is a CNIB volunteer who helps the knitters with dropped stitches, casting off and finishing projects. She found out about the club after reading an article about Feswick.

"I thought, if I could help a blind person knit,

I will," Mackenzie says. Once she signed up to volunteer, her training included a police check, learning how to navigate different situations blindfolded, working with service dogs and learning how to properly accompany a blind or partially-sighted person.

Many of the knitters will tell you this: you don't need sight to knit.

"I never realized while doing it that I didn't need the sight to knit. I can sit in the dark and not be bothered by it," says John denHollander, who has been coming to the group for two years.

"I find there's not too much that someone who's visually impaired can't do. Basically, we're trying to enjoy ourselves and trying to do something that everybody else takes for granted."



JUNE FESWICK HOLDS UP A HAND-WOVEN SCARF MADE BY HELENE COMSTOCK, A PARTICIPANT OF THE KNITTING CLUB AT THE CANADIAN NATIONAL INSTITUTE FOR THE BLIND (CNIB). COMSTOCK WORKED ON THIS SCARF DURING THE CLUB'S BI-MONTHLY MEETINGS.



CNIB HALIFAX MEMBERS AND VOLUNTEERS GATHER FOR ONE OF THEIR BI-MONTHLY KNITTING CLUB MEETINGS. PARTICIPANTS WORK ON THEIR PROJECTS AND SOCIALIZE.



ONE OF THE KNITTING CLUB'S PARTICIPANTS WORKS ON HER LATEST PROJECT.



JUNE FESWICK ATTENDS THE KNITTING CLUB AT THE HALIFAX CHAPTER OF THE CANADIAN NATIONAL INSTITUTE FOR THE BLIND ON ALMON STREET. FESWICK CO-FOUNDED THE KNITTING CLUB FIVE YEARS AGO.

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Donating your time

Why Dal and King's students volunteer

BY MICHÈLE KOHLER



KATHLEEN MCVITTIE, 19, VOLUNTEERS AT THE DSU FOOD BANK. SHE LOVES RESTOCKING AND WORKING WITH HER WONDERFUL COLLEAGUES. PHOTO BY MICHELE KOHLER



JOANNA DALEY, 19, VOLUNTEERS AT THE LOADED LADLE, AN ORGANIZATION THAT SERVES FREE MEALS TO STUDENTS FROM TUESDAY TO FRIDAY. PHOTO BY MICHELE KOHLER



ERIC REICH, 27, VOLUNTEERS AT DALHOUSIE'S AQUATRON. HE SAYS THE EXPERIENCE LOOKS GREAT ON A RESUME. PHOTO BY MICHELE KOHLER



JESSICA NELSON, 22, VOLUNTEERS AT SOUTH HOUSE SEXUAL AND GENDER RESOURCE CENTRE. SHE HELPS ORGANIZE THE RAD BOOK CLUB. PHOTO BY MICHELE KOHLER

Balancing classes with work and social life can take up so much time. But there are some students at Dalhousie University and the University of King's College who also make time for volunteering. Here are their reasons as to why and how they fit volunteer work into their busy schedules.

Raising awareness about food insecurity

"My studies can get pretty intense sometimes, but personally for me, I am fortunate enough to never have to face any food insecurities or to worry about where my next meal will come from," says second-year marine biology student Kathleen McVittie. She has volunteered at the Dalhousie Student Union Food Bank since January.

The Food Bank, located in the Student Union Building (SUB), offers free basic foods and supplies for students and staff in need. McVittie learned about the Food Bank when she saw their booth at the Society & Volunteer Expo in her first year.

"I wanted to volunteer here to be another person who can help out and can take over

hours and keep the food bank open and accessible for more students."

McVittie says she has wonderful colleges, and she truly enjoys the volunteer work.

"I really like the restocking, once we get the delivery, and just unpack and organize everything and putting it out!"

Hot meals for students

King's student Joanna Daley also volunteers to provide students with free food on campus. Since September 2019, she has volunteered at the Loaded Ladle.

From Tuesday to Friday, the Loaded Ladle serves free, locally sourced meals on Dal campus. It is located in the SUB, and considering the long lines formed around the Loaded Ladle every week, their meals seem quite popular among students.

Integrating volunteer work into an already busy schedule didn't hold Daley back from supporting a good cause.

"It is only about an hour and a half a week and I only have one class on Friday," she explains. "I really like the people I'm volunteering with. They are really nice and

aware of social issues. I think it is very important that people have free access to something they need to survive."

Boosting job prospects

Volunteering is often thought of as a way to give back to the community, but it's also a way to gain valuable job skills while being in school. Third-year biology student Eric Reich is aware that for future employment, volunteering can be essential.

"I volunteer because I need to stand out amongst really high competition. So, in order to be able to get a job after finishing my degree, professional experiences are extremely helpful," Reich says.

No matter what industry, employers always seem to like volunteer work on a resume.

So, Reich's volunteer work at Dal's Aquatron Laboratory serves two purposes: "I'm counting cute fishes and helping the research, but I also make sure to be a competitive applicant."

Meeting like-minded people

But that's not all. Volunteering isn't just

about fundraising, career opportunities or giving back. Volunteering also means getting to meet people with similar passions as you. It can be a chance to learn from the diversity of people you work with — all bringing different perspectives, experiences and skills.

Fourth year English student Jessica Nelson volunteers for South House, a gender resource centre on Seymour Street.

"Volunteering is very useful for applications and it is a big thing for bursaries and scholarships too, but also a very good way to meet people with similar interests when you come to a new place to study."

Nelson helps organize the Rad Book Club, which meets every Sunday at Glitter Bean Café. This season, they're reading *Love Beyond Body, Space, and Time: An Indigenous LGBT Sci-fi Anthology*.

"I love books and like to talk about it," says Nelson. "Having good conversations with people who also love the same thing is my favourite thing about the work!"

There's more to sex-ed than condoms and tampons

Dal and King's students share their school sex-ed experiences

BY MARYANNE MCLARTY



SOME DAL AND KING'S STUDENTS WERE LEFT WITH MORE QUESTIONS THAN ANSWERS AFTER THE SEX ED THEY RECEIVED IN PUBLIC SCHOOL. PHOTO BY MARYANNE MCLARTY

Hannah Pletz grew up on Vancouver Island. Her first sexual health lesson was in fourth grade. She learned the basics: periods, pimples and pit-stains.

But when high school sex education started, Pletz wasn't satisfied with what was being taught.

Lack of inclusion

Natalie Rosen is a sex therapist and associate professor at the department of obstetrics and gynaecology at Dalhousie University. She says it's important for schools to have some level of standardization in how sex education curriculums are being delivered to students. It's also essential that those curriculums be inclusive.

Sex-ed "needs to be much more inclusive in terms of the language that is being used and in terms of not making assumptions," says Rosen, "like being heteronormative for example."

Pletz, who currently attends Dal, says inclusiveness is exactly what her sex-ed was missing.

"Sex education is very complicated," says Pletz. "There are the basics, like how sex works ... then

there are all different types of contraception, everything about consent, and then all the different types of people who can have sex."

Pletz says her teachers did a good job with explaining consent and all the different types of birth control. By the end of the unit, she and her classmates were well-versed in STI knowledge. But Pletz wishes her teachers at least "acknowledged that gay people actually existed."

"We learned absolutely nothing about anything other than heterosexual coupling," Pletz says. "I didn't know that dental dams existed until I went to a pride parade a few years ago, and I'm a lesbian ... that's really the only form of protection we have."

Rosen says in sex-ed, it's important that all students "feel like their experiences are reflected in the

curriculum."

Pletz never felt uncomfortable during sex-ed classes. Her school would pay older students called "sexual support peers" to talk to Grade 9 and 10 students about things like condoms and lube. But the classes only covered what most straight and cisgender people needed to know.

"The class that I took was a weird, remedial online course...The textbook was literally some 1950s, American, conservative nonsense."

Ineffective education

Gideon Morton didn't feel satisfied with his high school's sex-ed curriculum

either. Morton is a student at the University of King's College. He went to high school in Vermont.

"The class that I took was a weird, remedial online course," he says. "The textbook was literally some 1950s, American, conservative nonsense."

Morton ended up ditching the textbook that focused on abstinence to figure things out by himself.

"By grade 12, I had experience," he says. "I knew how to use a condom and understood all the different types of birth control ... so I wasn't really lacking anything, but the course definitely was."

Neil Kahn, a Dal student, says it wasn't what was being taught that was the issue with his sex-ed. It was the fact that lessons weren't "being heard."

"Most of the kids weren't even paying attention," says Kahn about his high school class in Ottawa. "I know personally I was playing cards at the back of the classroom while a video was playing in the background."

A "fairly OK" experience

Annie McCarthy, a King's student, says her high school teacher in Truro was the reason her sex-ed was "actually fairly OK."

"I was in French immersion and [our teacher] taught us in English because she knew how important it was," says McCarthy.

McCarthy's class made PowerPoints about the different types of birth control and discussed the consequences of unprotected sex in a non-judgmental environment, which according to McCarthy, kept her and her classmates engaged in the material.

Riley Arseneau, a Dal student, also feels she received decent sex-ed at her Ottawa high school. Her Grade 9 health curriculum was focused on a two-day presentation that looked at different sexual identities, how to use pronouns and where to find LGBTQ2S+ support groups.

Arseneau appreciated her school's efforts of making their sex-ed inclusive but still felt like she missed out on learning basic information.

"I wish we learned a little more about sex itself," she says. "We talked about the types of birth control but didn't go into much detail about how they worked. We also didn't talk about consent as much as we should have."

Ultimately, Dr. Rosen says sex-ed is a personal experience, and the way it's delivered differs depending on who is learning it and where it's being taught. Rosen thinks that in order to make sure everyone gets the sex education they need, schools need to provide safe, inclusive spaces outside of health classes where students feel comfortable asking questions.

Tigers repeat as AUS champions

Dal defeats StFX to take home the gold

BY OLIVIA MALLEY



ON MARCH 1, THE DALHOUSIE UNIVERSITY TIGERS MEN'S BASKETBALL TEAM WON THEIR FIFTH AUS CHAMPIONSHIP. PHOTO BY ELLERY PLATTS

The Dalhousie University Tigers men's basketball team continues to dominate. Their near-perfect season continued as they won their fifth Atlantic University Sport (AUS) Championship in six years on March 1.

Dal took a 76-64 win over the St. Francis Xavier University X-Men at the Scotiabank Centre. Over 4,000 fans came to watch.

"We worked hard starting in September all the way to now and showing that, it all came together today," said Dal fourth-year Alex Carson. A second-team AUS all-star, he was named the tournament MVP after a dominant performance in the final. He finished the game with a team high of 22 points, four steals and five rebounds.

In the regular season, Dalhousie's record was 19 wins and one loss. That loss was to the X-Men, a 78-77 game in January. The Tigers' defence stood out this year as they led the conference with the least amount of points scored against, 65.8. This put them in second in the country in the same category.

Against the X-Men in the AUS final, the Tigers were first on the scoreboard with two free throws made by fifth-year Sascha Kappos, who would go on to score 12 more points by the game's end. The first quarter ended 24-16 for Dalhousie.

The X-Men didn't let them run up the score,

however. In the second quarter, the Tigers' were outscored 16-9. StFX took the lead with 43 seconds to go in the half as Azaro Roker made two free throws, but a jump shot from Dalhousie's Kevan Veinot put the Tigers back in the lead to end the half 33-32.

The third quarter was a physical one as both teams went into bonus shooting. StFX had eight fouls, sending Dalhousie to the line to make 10 out of 11 (10-11) free throws. The Tigers had five, and the X-Men went 4-6 at the line. Carson was the top scorer of the third with nine points, helping Dalhousie keep the lead going into the fourth.

"Second half we came out and just attacked," said Veinot. "We just kept pushing it and wore them down." Veinot, named the AUS MVP and the player of the game, finished the final with 18 points, eight assists and nine rebounds.

Going into the fourth quarter, the score was 58-52. It stayed that way until over a minute into play as Carson hit a three, assisted by Shamar Burrows. After that, the Tigers offence was clicking. Though StFX starter Justin Andrew put up

"I have told a lot of people I think this is the best team I have ever coached."



IN THE FOURTH QUARTER, FORWARD PLAYER JORDAN WILSON SCORED TWO POINTS. PHOTO BY ELLERY PLATTS

seven points in the last quarter, trying to keep his team in contention, it wasn't enough. Eight points from Carson, six from Veinot and two apiece from Jordan Wilson and Jordan Brathwaite in the last quarter helped give the Tigers the win.

The AUS defensive player of the year, Dal's Xavier Ochu, also had a strong game. He went three for three from the free throw line, and had six rebounds and two steals.

Onward to nationals

With the championship win, the Tigers are headed to the U Sports men's Final 8 tournament in Ottawa, taking place between March 6-8.

Last year the Tigers hosted the U Sports championships. They finished fourth, losing to the Ryerson University Rams 84-66 in the bronze medal game. In 2016-2017 Dal beat McGill University 69-63 in Halifax to come third. It was the first national medal in program history.

Carson was a member of the bronze medal win-

ning team, and with another opportunity this year, he wants to really show what they can do.

"We want to go there and show the country that the AUS is a strong conference," he said, noting that the AUS is often underestimated in national rankings.

The last time a team from Atlantic Canada (StFX) won the Final 8 was in 2001.

This year Dalhousie is ranked second in the country going into the tournament. Last year they were ranked seventh, and in 2017, when they took home the bronze, they were ranked 10th.

The Carleton University Ravens are favoured to win this year's tournament. They're ranked first in the country and have won eight of the last nine national championships.

But Rick Plato, head coach of the Tigers, likes his team's odds.

"I have told a lot of people I think this is the best team I have ever coached," said Plato. As of the time of writing, they had a couple more days to practice before flying to Ottawa, but he said of his players, "they will be ready."

Plato was named the AUS coach of year for the third time in his career. He was also awarded the U Sports coach of the year, the first time a Dalhousie men's basketball coach has received that honour.

Fighting extremes

The ups and downs in a sprinting season

BY SARAH MOORE, SPORTS EDITOR



MAYA REYNOLDS (RIGHT) SPRINTED AT THE AUS CHAMPIONSHIPS FROM FEB. 21-22 IN SAINT JOHN, N.B. PHOTO BY KEVIN BARRETT

Last spring, sprinter Maya Reynolds took home a bronze medal in the 60 metre race at the U Sports Track and Field Championships.

"It was really surreal because you look forward to that moment for a while and then it just it kind of all comes together," says Reynolds about a year later.

Her time of 7.50 seconds shattered her previous personal best, after a season of running the same race without improvement.

"It was just kind of an average season leading up until that point," says sprints coach Mike Bawol, "but what I saw from her in training indicated that she was capable of much more, she just wasn't achieving it in competition."

"I think I had run the same time the entire year which was super frustrating and so then when I got to nationals it was like, 'well, it better happen here,'" Reynolds laughs.

She went into nationals having ran to a second place finish in the Atlantic Univer-

sity Sport (AUS) championships with a time of 7.64.

Then at nationals, she ran a personal best in the preliminary heats for the 60 metre.

"When that happened and I still felt I could go a tiny bit faster," she said, "I knew that I was ready for a breakthrough."

Coming off of that season, the fourth-year runner didn't get the start she wanted this year. She was running some of her slowest times in her university career in practices in November and December.

"That was very humbling to be running pretty slow, but it's all sorted out now," Reynolds says.

She's figured her way around those setbacks and is seeing the results, with first place Atlantic University Sport (AUS) finishes in the 60 metre and 300 metre races.

New challenges

"It's funny because you feel like you have it figured out," says Bawol. "You're like, 'OK, we've got the recipe' and then you find new challenges. It's another year."

Last season, when Reynolds almost slept through a meet in February, they figured out that although training was going well, something else was off.

"Sleep's really important," says Bawol. "You need to sleep. You need

to invest in this recovery."

That was about three weeks before the U Sports championships. As they put more of a focus on recovery, "you could see a big shift in training," he says.

"It translated at the perfect time for having a huge breakthrough performance at U Sports championships."

This season, something similar happened. Reynolds slipped on recovery because of schoolwork and part-time work, and training wasn't going as well. But they got on top of it much sooner and figured out the issue.

One change was that Bawol spaced out Reynolds' training to give her more recovery. For example, she would have really intense practices for two days, followed by five days of really light workouts.

Reynolds gives a lot of credit to Bawol and how he treats each of his athletes as individuals with different training needs.

"I think he's the best coach to allow you to perform at your peak," she says. "I'm so thankful for the time he puts in for our team. I honestly would not be where I was without him."

The change in training worked: "She started to run much faster times earlier in the season," says Bawol.

That included a 7.54 result in the 60 metre race at the NB Indoor University Invitational, a time that auto-qualified her for a spot at the U Sports championship.

At the AUS championships at the end of February, Reynolds broke the AUS record in the 60 metre race, with a time of 7.56 seconds. Not a personal best, it was nonetheless a strong race because of a more difficult set up: the day before, she raced the 300 metre and a leg of the 4x200 metre relay, and was fighting a cold.

"I think I was more fatigued than I thought I was, so I was just happy I did decently well and didn't fall apart in the race," she says.

It'll be a different story at the U Sports championships this year. Reynolds is competing in both the 60 metre and 300 metre races, but the 60 metre is first.

"She can run it 100 per cent fresh, so I'm really excited to see what she can do there," says Bawol.

Improving field

This year, the level of competition is much stronger in the 60 metre race, says Bawol. You can see this in Reynolds' national ranking. Last year, heading into U Sports, she was ranked ninth. This year, with a faster time, she's only up to eighth.

"You can have a super strong year but the competition gets that much stronger," says Bawol. "It just makes it still very competitive at the [nationals]."

"It depends so much on what other people are doing," says Reynolds. "I just try to focus on running my fastest in the year."

Dalhousie basketball alumni honoured nationally

Spurr and Stammberger recognized some of the best of the century

BY SAM GILLETT



DALHOUSIE UNIVERSITY TIGERS ALUMNI ANNA STAMMBERGER PLAYED FOR TEAM CANADA. STAMMBERGER COMPETED IN THE 1984 LOS ANGELES OLYMPICS, AMONG NUMEROUS CHAMPIONSHIPS AND TOURNAMENTS DURING HER TIME ON THE TEAM FROM 1980-1986. PHOTO PROVIDED BY ANNA STAMMBERGER

Out of all aspiring basketball players, few end up playing varsity ball for top Canadian schools. Fewer still become team captains or league all-stars. Even fewer go on to play professionally in Germany or win medals with the Canadian national team.

Dalhousie University Tigers alumni Kathy Spurr and Anna Stammberger did. Because of their accomplishments, they've been named to the U Sports top 100 women's basketball players of the last century.

The list was unveiled in February to mark the 100th anniversary of the first Canadian women's basketball contest between the McGill University Gaels and the McGill University Martlets on Feb. 6, 1920.

"I have to admit, it seems like a lifetime ago," Spurr said with a laugh of her time at Dal. She said being named to the list was an honour. "There were easily another 100 athletes they could have picked."

Stammberger agreed, mentioning how diffi-

cult it is to pick out players for the list out of so many successful athletes.

"I think it's very difficult to choose," she said, "I think it's a nice honour and I don't think too much meaning should be put on it."

Neither player joined the Tigers as an all-star: each built their skill set and fought for a place on the team, and went on to craft legacies on Canada's national team and abroad.

Joining the team

Stammberger came to Dalhousie in 1978. She says at that time Halifax was a "basketball hub."

"I sort of came into that, which is good timing," she said, joining the team of famed Dalhousie coach Carolyn Savoy, who led the Tigers to 858 wins over her coaching career.

Dalhousie hosted the U Sports national championships for women's basketball the next season, playing in the new Metro Centre (now the Scotiabank Centre); the basketball buzz was alive and well.

While she watched from the bench during her first year, Stammberger hit the gym every morning, levelling up her shooting average and technical skills.

And her hard work paid off.

By 1980 she was an Atlantic University Sport (AUS) first-team all-star, and after that AUS MVP, and then a U Sports first-team all Canadian.

Kathy Spurr also came to the Tigers basketball program as an unknown rookie, originally recruited to Dalhousie for swimming in 1985.

"It was a great fit for me," said Spurr. She eventually gave up varsity swimming in order to focus on the court.

Through daily gym sessions and relentless work on her technical skills, she developed as a forward who won a host of AUS and U Sports awards and was named Dalhousie's female Athlete of the Year in 1988.

National team call-ups

Anna Stammberger might not have played for Canada if not for her coach Carolyn Savoy.

Stammberger said she remembers Savoy pushing for more Atlantic representation on

the team, questioning why no Atlantic Canadian basketball players were invited to try-outs.

Savoy recommended Stammberger to the national coach, and for a week, Stammberger attended three practices a day before making the cut.

Stammberger went on to compete for Team Canada at the 1984 Olympics, as well as numerous world championships and other international tournaments during her time on the team from 1980-1986.

"Each time it was thrilling," Stammberger said.

The international play was an adjustment — it meant hard work on her technical game.

"You have to go up to that level if you want to survive," said Stammberger. "You learn to play quicker, and shoot better. You have to bring your game up to where they are."

Kathy Spurr came onto the national court on Stammberger's heels, playing as a forward from 1986-92 for Canada.

Both players not only played for Canada, but they also took their game abroad, battling against Germany's top basketball teams in the competitive Bundesliga Basketball league. Stammberger played in Germany between 1986 and 2003; Spurr played there in 1989.

"It was challenging," said Spurr. "I had to manage being the only foreigner on the team."

It was also a pivotal moment in Germany's history: Spurr and Stammberger played as

the Berlin Wall was destroyed. Spurr even has a brick from the wall.

The next generation

Both players stayed connected to basketball long after they stopped playing.

Stammberger just ended her 11th season as Dalhousie's women's coach. She was named the AUS coach of the year in the 2014-2015 season.

"As a coach you continue to learn," said Stammberger. "You're just learning all the time. Things are always changing and it's always interesting."

After her time playing, Spurr coached the girls team at the Halifax Grammar High School for 14 years.

Reflecting on their time playing, they both say the game changed them.

"I was a very shy and awkward person," said Stammberger. "But if you're playing the game, investing years in it, you can't be shy. You have to be a leader."

University basketball also presented new problems to solve. "There's the challenge of balancing school and basketball," said Spurr. She managed to find time to fit a rigorous training routine around a challenging academic schedule.

It's a balance both Spurr and Stammberger struck well, as did the 98 other women who took university basketball to the next level.



THE DALHOUSIE UNIVERSITY TIGERS WOMEN'S BASKETBALL TEAM AFTER WINNING THE 1980 AUS CHAMPIONSHIPS. THAT YEAR, STAMMBERGER - WHO STANDS IN THE TOP ROW WEARING THE NUMBER 8 JERSEY - WAS AN AUS FIRST-TEAM ALL-STAR. PHOTO PROVIDED BY ANNA STAMMBERGER

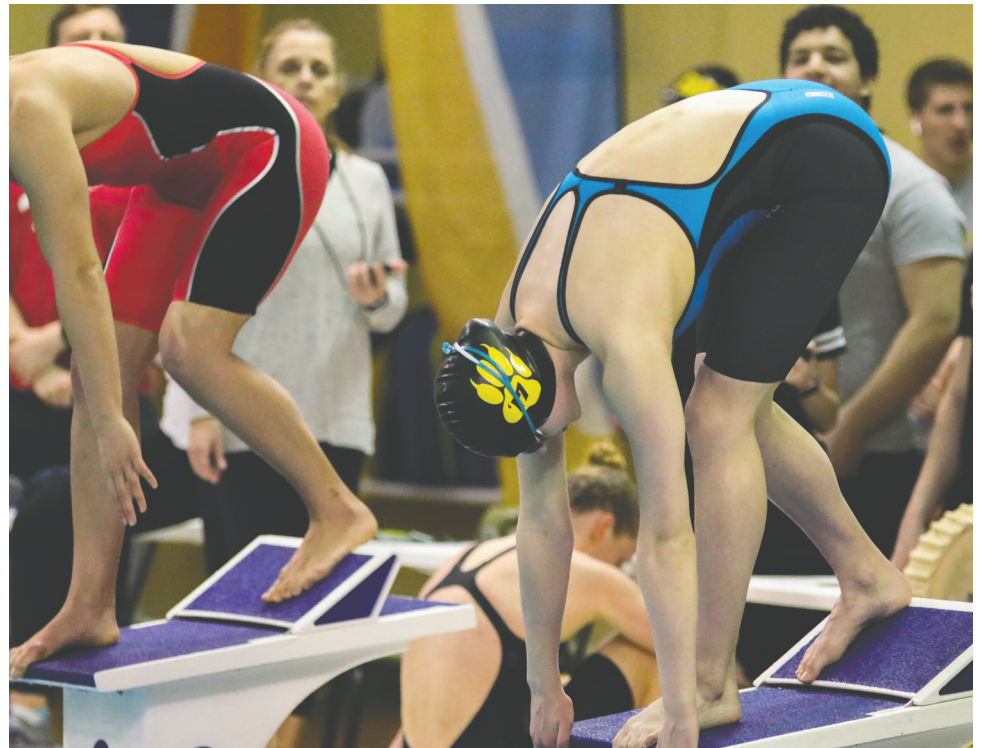
A record year

Isabel Sarty's swimming career keeps getting better

BY SARAH MOORE, SPORTS EDITOR



AT 55.19 SECONDS, ISABEL SARTY SET A RECORD FOR THE AUS 100 METRE FREESTYLE RACE. THIS BEAT HER RECORD TIME OF 55.26 SECONDS FROM THE NOVEMBER 2019 KEMP-FRY INVITATIONAL MEET. PHOTO BY ELLERY PLATTS



ON FEB. 21, SARTY WON A BRONZE MEDAL IN THE 50 METRE FREESTYLE RACE AT THE U SPORTS SWIMMING CHAMPIONSHIPS IN VICTORIA. PHOTO BY ELLERY PLATTS

The accomplishments are piling up for third-year swimmer Isabel Sarty.

Following the footsteps of her older sister, Sarty joined the Dalhousie University Tigers women's swimming team in 2017. Since then, she's twice been recognized as the Atlantic University Sport (AUS) swimmer of the year, set conference records, broken them again, and most recently, won a national medal.

It's a long list for the neuroscience student to keep track of.

"When I look back at every single really special standout moment, it turns out that there's a lot that are adding up," says Sarty. "They're not really blurring together, but it's kind of crazy when I go back and think about every single one and how it's all happened in a short period of time.

"Each experience is special and it definitely doesn't get any less exciting."

Among this year's standouts: an AUS record in the 100 metre freestyle race, with a time of 55.19 seconds. That beat her record time of 55.26 from November 2019 at the Kemp-Fry Invitational Meet.

In February, the women's Tigers swim team won the AUS championships for the 19th year in a row, helped by Sarty's four gold medals from individual

races and three relay wins.

Sarty then capped off the season with a bronze medal in the 50 metre freestyle race at the U Sports Swimming Championships in Victoria. It's the first national medal Dal's women's swimming program has seen since Phoebe Lenderyou won bronze in the 100 m backstroke in 2017.

Sarty's bronze medal took a while to sink in, she says.

"It was pretty unbelievable and I didn't really think that I was capable of doing that in the 50 free, so it was pretty nice."

What made it even more memorable was that the bronze medal was a three-way tie. Sarty swam a time of 26.47, an identical result as Rachel Rode of the University of Toronto Varsity Blues and Samiha Mohsen from the University of Calgary Dinos.

"It was a really weird feeling and I didn't believe it," says Sarty. "My friends have videos of me walking up the podium and still not really understanding if it's real or not because that doesn't hap-

pen." A three-way tie in a race that short is extremely rare in swimming.

Personal bests

Winning races and hitting specific times aren't the main goals for Sarty. Her focus, she says, is on her individual improvement and attempts to reach new personal bests. It's a strategy that's worked for her so far.

"As I keep getting personal bests, it happens to be that I get records," she says. "It's kind of nice to take the stress off and not think about any specific goals but just bettering myself."

Their training schedule, which includes being in the pool nine times a week, along with a couple of weight room sessions a week, becomes "tedious" at times, says Sarty. That can make it difficult to stay focused, but her teammates help to keep her on track.

"If you're having an off day, someone else is probably having an on day and they can motivate you and encourage you," she says.

The women's team will look different next year: Sarty's roommate, Lise Cinq-Mars, her sister, Julia Sarty and Claire Yurkovich have all used their five years of eligibility. The U Sports championships in Victoria, the last meet of the season, made their departure more real for Isabel Sarty.

"It was pretty emotional, realizing that they're leaving," she says. "But then, I mean, I'm leaving in 12 months and it's really sad to think that all these years are kind of coming to an end."

So far, among all her swimming accomplishments, Sarty is proudest of how she's managed her time. Balancing the demanding schedules of school and swimming without getting too overwhelmed, she's happy that she's made it to third year without "any big mess ups."

Looking toward next season, she's hoping to continue that.

"I think I'll stick to the same kind of strategy I've done the past couple years and keep it super open ended and just try to better myself and see where that ends up," she says.

More than that, the swimming phenom wants to be mindful of the time she has left as a Tiger, with whatever further accomplishments that will bring.

"I really want to soak up every single experience and make sure I remember everything."

"Each experience is special and it definitely doesn't get any less exciting."



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