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DALHOUSIE GAZETTE

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



PHOTO BY CHRIS STOODLEY

Impossible to ignore

The climate crisis demands our attention

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DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER
EST. 1868

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THE FINE PRINT

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LETTER FROM THE EDITOR

Racism: a Canadian horror story

Dear Reader,

I don't want to talk about Justin Trudeau.

As a white woman, I don't think my opinion on Trudeau matters much. Plenty of journalists of colour — El Jones, Vicky Mochama and Elamin Abdelmahmoud, for example — have written on the subject, and their takes are far more important. That said, I want to take some space for the underlying issue: racism. It exists in Canada and white Canadians can't avert their eyes from it any longer. Saying "Well, we're better than the United States" just doesn't cut it. If we don't realize that now, when will we? Back in 2016, after a group of Syrian refugees were assaulted with pepper spray in Vancouver, Manisha Krishnan wrote for *Vice*: "A false narrative about how Canadians are just so darn nice [...] serves no one." She's right.

More recently: As of Sept. 18, five campaign signs across the country have been vandalized with swastikas. (I don't have the space to go

into detail but check out *Gazette* alum Alex Rose's story in *Canadian Jewish News*.) While not all the candidates in question are (visibly) racialized, we all know what a swastika represents. Then, in Calgary on Sept. 24, NDP candidate Gurinder Singh Gill's campaign signs were defaced with the words "Go back MF."

Racism, hatred, xenophobia...it's all real and it's pervasive in our home country. This goes beyond one person's racist costume. It's ingrained in Canada's (stolen) soil and it is time we did something about it. I just wish I knew what.



Rebecca Dingwell, Editor-in-Chief

WRITE FOR THE

DALHOUSIE GAZETTE

PITCH YOUR STORY IDEAS TO editor@dalgazette.com

No increased cap on tuition hikes

New government deal promises more funding to student services, but costs remain the same

BY LANE HARRISON

The Nova Scotia Government and the Council of Nova Scotia University Presidents have unveiled a new five-year deal on university funding in the province.

While public funding to the universities received a bump, the Canadian Federation of Students (CFS) and the NDP have criticized the government for offering no changes to tuition caps, in the province with the highest tuition in Canada.

The new memorandum of understanding (MOU) was released on Sept. 13. Within it, the province has outlined a one per cent funding increase to universities, which is a \$3.6 million bump from 2018-19, to \$365 million annually.

It also included a three per cent tuition cap for undergraduate students from Nova Scotia, along with increased annual funding to e-mental health (mental health services via the internet or apps), innovation and sexual violence prevention. The universities have also committed to reviewing their sexual violence policies every three years.

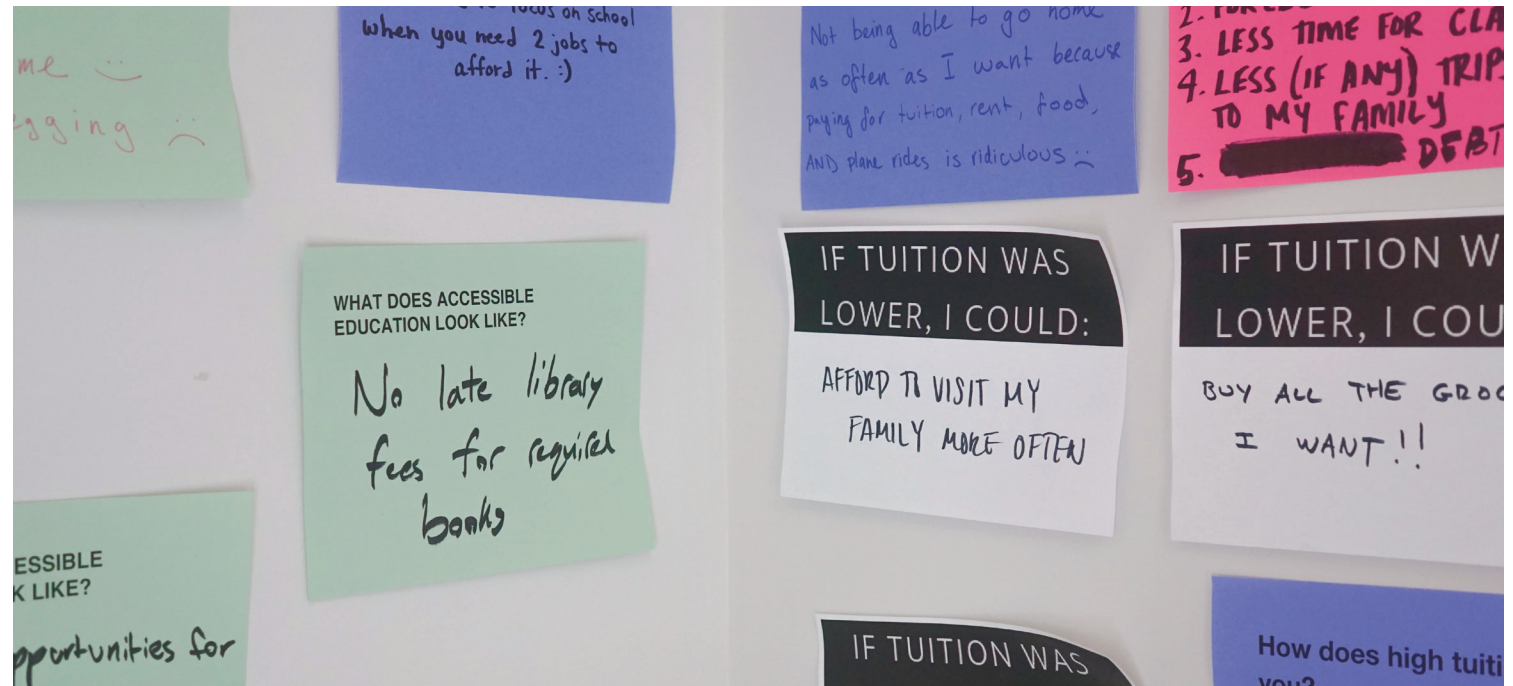
Tuition is the real problem

While the MOU provides funding for multiple student services, student advocate Lianne Xiao, chairperson of the Nova Scotia branch of the Canadian Federation of Students (CFS-NS), said the MOU provides no help for students in terms of the costs of going to school.

“Tuition fees remain unregulated for the majority of students. That includes: out of province, international, graduate and those in the professional studies, which includes medicine, law and dentistry,” said Xiao. Their greatest concern with the MOU is that the three per cent tuition cap only applies to undergraduate Nova Scotians.

These concerns are echoed by the NDP, who immediately after the MOU was announced, issued a press release entitled: “New MOU with universities will see tuition fees rise even further.”

NDP MLA for Cape Breton Centre, Tam-



NOVA SCOTIA CURRENTLY HAS THE HIGHEST TUITION IN CANADA. PHOTO BY LANE HARRISON

my Martin, said the party would work to make tuition free at the Nova Scotia Community College and work with individual universities to lower their tuition.

However, according to Labi Kousoulis, Minister of Labour and Advanced Education for the province, the promise of free tuition is a “cop out.”

“The hardest thing you can ask government to do, is what we’re trying to do, which is get you a good paying job when you’re done,” said Kousoulis. “If you look at our graduates’ opportunities, graduates innovation programs, we’re actually subsidizing employers 40 per cent of a new graduate salary. So, they recoup their training costs. It has resulted in employers using that program and giving students the one or two years of experience they need — to now be marketable.”

According to 2018 CFS polling data, one in three Nova Scotians said that in the past year, they or a family member did not attend university because it would mean taking on too much debt.

The deal

As Xiao puts it: “The MOU is an agreement signed between the province and CONSUP (Council of Nova Scotia University Presidents) and between those two, students don’t have a seat at the table. “We’re looking for greater transparency and accountability from the government with this publication process,” they said.

An MOU fact sheet released by the government lists the 11 priorities of the new agreement. The second item down reads: “transparency and accountability.” Greg Ells, the senior executive director of Higher Education with the province, who was at the table with CONSUP when the MOU was drafted, believes they came through on those goals when creating this iteration.

“We met with students, at least two or three times as we were actually drafting the MOU to update them on our progress and on the content,” said Ells, “and they can request individual meetings with senior staff and/or the minister. So we feel that we’re very open to receiving student input and that student input was a significant part of the document that we’ve ended up with.”

Programs benefit

Through the previous MOU, every university was required, for the first time, to create a sexual violence policy. Under the new deal, those policies will have their effectiveness monitored as the new MOU subjects them to tri-yearly review.

Xiao said they’re pleased that the government has taken an interest in prevention and awareness, but they would like to see “every school have the same robust principles, those principles would be trauma-informed and survivor centric.”

All told, the new MOU provides \$1.685 million each year, over the next five years for the Post-Secondary Innovation Team, \$600,000 for e-mental health and \$470,000 to sexual violence prevention.

However, Xiao said, “the MOU is not really up to the standard of how students and youth can keep our governments accountable to our education.”

Inaccess-A-Bus

It could be 10 years until Halifax is made completely accessible and public transit is part of the problem

BY STEPHEN WENTZELL

Jason Everett, President of Sail Able Nova Scotia, had a frightening experience on a Halifax Transit bus in July 2015. The bus driver made a turn so quickly, it knocked Everett's powerchair over — with him in it. As a quadriplegic, Everett regularly uses conventional public transit so he doesn't have to schedule service in advance and wait for a certain window for pickup.

On that summer day, Everett had to wait for paramedics and a transit supervisor to arrive before he was helped up. When he was finally brought home after cancelling his appointment, he says the bus driver said, "I hope you have a better day."

Everett also says, on another occasion, he has been forced to power home in his chair after being released from Emergency in the middle of the night when buses were out of service. It was a 45-minute ride for Everett. He wonders what would happen if his chair's battery died before he made it home. And he's not alone in his transit troubles.

Access-A-Bus service

At age 47, Melanie Gaunt has lived in long-term care since 2010. Because of her multiple sclerosis (MS), Gaunt relies on the Access-A-Bus service, which Halifax Regional Municipality (HRM) describes as a "shared ride, door-to-door, transit service for persons who are unable to use the conventional transit system." Gaunt has been a frequent user since her transition into long-term care.

Gaunt praises the drivers as always wonderful, spot-on and says "they rock." The dispatchers, on the other hand, she feels have only improved over the last year or so.

"Sometimes I feel like Access-A-Bus is a token," Gaunt says, noting the cost of the service is more than a senior's fee on conventional transit. While Gaunt calls the conventional bus a last resort, she also says the Access-A-Bus service can cause "a lot of distress in an already stressful time."

Brian George, an accessibility advocate, began the Halifax Odyssey Tour in 2017: a series of hills he was determined to climb by wheelchair. Despite the developing shoulder pain, George plans

to do a final tour this Halloween from the Armadale Rotary to the Oval on the Halifax Common.

"Someone who's able-bodied doesn't necessarily know what we need," says George, "so they need to ask us more of what needs to change to make Halifax more accessible. I know they say they want Halifax fully accessible by 2030. At the rate they're going, yeah, it's going to take that long."

"Someone who's able-bodied doesn't necessarily know what we need."

George has run into some issues with Access-A-Bus, including when he found out Halifax Transit no longer serviced the route he took to visit his family in Eastern Passage on weekends. Despite the service cancellation, he says, the driver al-

ways drops him off.

Since the school year began, George is finding it harder to get to work on time for 8 a.m. While George recognizes the help Access-A-Bus provides to those with other disabilities, he believes the service should be exclusively for users with mobility issues. Before same-day service began, Access-A-Bus users would have to phone in a request for service in advance — at least seven days. This policy didn't figure in last-minute appointments, emergencies, or even social affairs.

Gaunt doesn't understand why she is required to renew her application for service, which includes a doctor's signature, every five years to retain access. Having lost the ability to write, Melanie needs someone else to fill out her application for renewal.

"There's no cure for MS," she says, "so why does it expire?"

Paul Vienneau, after clearing snow banks from his chair during a brutal winter a few years ago, was jokingly nicknamed "The Asshole With A Shovel."

A professional musician and hobbyist photographer, Vienneau became a freelance advisor to HRM last year and is now a disability consultant for the chief administrative officer's office.

"When I know people are being helped, I work harder," says Vienneau.

He notes that before the city can have 100 per cent accessible buses, it must ensure it has 100 per cent accessible bus stops.



HALIFAX TRANSIT USED THE Q'POD SYSTEM, A THREE-POINT TECHNOLOGY WHEELCHAIR SECUREMENT SYSTEM, TO REPLACE THE STABILIZER IN THEIR BUSES. PHOTO BY STEPHEN WENTZELL

"You're not flipping burgers here, you're enabling people to live," says Vienneau, who believes most of the issues with Access-A-Bus are values-based. "They owe us a certain amount of quality and service." He says he should already be able to take the transit service in Halifax for granted.

HRM Response

Erin DiCarlo, Senior Communications Advisor for HRM, explained it was through "careful consideration" that the Q'POD system, a three-point technology wheelchair securement station, replaced the stabilizer in Halifax Transit buses.

The first Q'POD was installed on bus 1253 in June 2018, and Halifax Transit now has 23 buses with dual Q'POD systems and one bus with a single system.

"Access-A-Bus, which is a shared ride, door-to-door, transit service for persons who are unable to use the conventional transit system due to physical or cognitive disabilities, is also available. This service is available to provide transportation to social, personal, and recreational activities," said DiCarlo.

The city's Access-A-Bus Continuous Improve-

ment Plan, brought forward in January by council staff, features four areas of focus to enhance user experience: continuous improvement, new technology, adaptable service, and integrated trips.

Accessible taxis

Vienneau says one solution to transit issues would be to revitalize the accessible taxi industry.

With Halifax Transit over 70 per cent subsidized, the \$48 subsidy per ride on Access-A-Bus could be slashed by 75 per cent if the subsidies moved to accessible taxis, Vienneau says.

According to DiCarlo, Halifax currently has 17 licensed accessible taxis, an insufficient ratio to conventional taxis, which just saw an addition of 600 regular owner licenses.

Vienneau raises concerns about limited availability with Halifax's current fleet of accessible taxis, over two times smaller than its peak of accessible cabs in the past 10 years.

The limited amount of accessible taxis makes the alternative to Halifax Transit that much less accessible. Because taxi drivers make their own hours, there's no guarantee any of the 17 accessible taxi drivers are on the road if a last minute date plan or doctor's appointment comes up.

The kids are all right

And they're demanding climate action

BY MADELINE TANG WITH FILES FROM CHRIS STOODLEY, VISUALS EDITOR

Disclosure: Madeline Tang is roommates with Naomi Bird. To avoid conflict of interest, Chris Stoodley conducted the interview with Bird.

“What kind of a species are we, that it ends up being children who are asking us to do the right thing?” asked David Suzuki. The *Gazette* caught up with the environmental activist and scientist while he was in Halifax, preparing for his Climate First Tour event with fellow environmentalist Stephen Lewis on Sept. 24.

“Children should be getting an education and making new social networks and friends — that’s children’s job. Not doing what Greta is doing. But thank god they’re doing it.”

On Sept. 20, 2019, over 4 million people in 185 countries took to the streets to demand strong climate action from their governments, according to *The Guardian*, making this the largest-scale climate protest in history. These demonstrations also marked the beginning of Climate Week, during which events were held around the world in support of climate action.

The Friday strikes are a part of the Fridays For Future movement, which started in August 2018 with Swedish high school student Greta Thunberg. To protest the government’s lack of climate action, Thunberg sat outside of the Swedish parliament every weekday for three weeks.

In September of 2018, Thunberg vowed to continue to strike every Friday until policies were implemented to respond to the climate crisis. Students in other countries, including Canada, soon began striking in solidarity, according to a Fridays for Future report.

The first Fridays for Future student strike here in Halifax took place in February of this year, according to *The Coast*. As a result of the organizational efforts of Citadel High School students Willa Fisher and Julia Sampson, the youth turnout to the first strike was over 300. In collaboration with local and global partners, Fisher and Sampson then took on organizing a number of the main K’jipuktuk-Halifax Week of Climate Action events.

Week of Action

The schedule for the K’jipuktuk-Halifax Week of Climate Action included events such as public talks, poster making, community gardening and

film screenings. The week of action wrapped up on Friday, Sept. 27 with another global climate strike, which included a die-in at the Nova Scotia Power building and a number of speeches and presentations from community members outside the Halifax City Hall.

While the recent climate strike movement has been spearheaded by students, non-students and people of all ages are being called on to join in the action. In an interview with *The Coast*, Fisher said: “we want to send a message to everyone who can vote to vote for climate.”

The Week of Action helps to reach out to the rest of the community. It goes from a bunch of students walking out of school to building community with the rest of the population who want climate justice.”

Climate Week organizers in Halifax — and around the world — are also focused on keeping respect for Indigenous rights and sovereignty central to climate action. A report from the IPCC released earlier this year stated that recognizing the rights of the world’s Indigenous peoples, local communities and women within those groups is an essential and scalable part of climate solutions.

A number of the Climate Week events in and around Halifax reflect this commitment, including a bake sale in support of the Alton Gas Resistance (a group of Mi’kmaq water protectors and allies who oppose Alton Gas’ plan to dump brine into the Shubenacadie River), a community water walk in Tatamagouche and a screening and discussion of *Standing Rock* parts one and two (*Sacred Water* and *Red Power*).

Indigenous sovereignty

Naomi Bird, a Two-Spirit Cree student at Dalhousie and one of the speakers at the Sept. 27 protest, spoke to the *Gazette* about the importance of Indigenous sovereignty within climate action: “This is the kind of work that has been done over the years by Indigenous folks; they’ve been doing this work for a very long time, and that kind of goes unnoticed.”

The Week of Climate Action coincided with the 2019 United Nations Climate Action Summit, which took place in New York City on Sept. 23. The summit brought together representatives

from all over the world and opened with a powerful speech from Greta Thunberg condemning the failure of world leaders to take strong actions to combat the climate crisis.

At the summit, Thunberg and 15 other children also filed a human rights complaint against five countries with the United Nations. They claimed that the countries have failed to fulfill their responsibilities under the Convention on the Rights of the Child. The group explained in a press conference that the countries in question have not done enough to mitigate or address climate change and are, therefore, endangering the lives and future livelihoods of children.

While climate week has come to an end, climate action will continue. Bird spoke to the importance of the October federal election as a form of harm reduction and as an important way to continue this work. They also emphasized, both in their speech at the protest and in their interview with the *Gazette*, the importance of staying active and informed.

“Learn one new thing that you can about resistance, either within Mi’kma’ki or across the nation,” said Bird. “See those frontline people that are helping keep this earth and celebrate them, along with the heavy gruelling work of climate organizing.”



ON SEPT. 27, THE WEEK OF CLIMATE ACTION EVENTS IN K’JIPUKTUK-HALIFAX ENDED WITH A GLOBAL CLIMATE STRIKE. PHOTO BY CHRIS STOODLEY



SEVERAL CLIMATE WEEK EVENTS IN AND AROUND HALIFAX FOCUSED ON KEEPING RESPECT FOR INDIGENOUS RIGHTS AND SOVEREIGNTY CENTRAL TO CLIMATE ACTION. PHOTO BY CHRIS STOODLEY

New street signs at Sexton

Campus street names honour two Black Nova Scotians

BY KAIJA JUSSINOJA

One week after the release of the Report on Lord Dalhousie's History on Slavery and Race, Dalhousie announced new campus street names that honour two Black Nova Scotians — Da Costa Row and Norma Eddy Lane.

With the construction of the new Emera IDEA Building and Richard Murray Design Buildings, the Sexton Campus' single civic address was no longer cutting it. At the street sign unveiling on Sept. 10, Dalhousie's interim president Teri Balser said it was becoming increasingly difficult for emergency services to find where they needed to go on campus.

"The requirement for new street names originated out of operational need, but it has provided us with an opportunity to do something historic," said Balser, "to show Dalhousie's commitment to equity and inclusion going forward."

The first of the two streets is named after Mathieu Da Costa, who is considered to be the first recorded person of African descent to enter Canada and the beginner of the African-Canadian experience.

This name was submitted by members of the

committee for Dalhousie's African Nova Scotian Strategy, which is an initiative dedicated to improving the university's environment for African Nova Scotian students.

The second street is named after the late Norma Eddy, who became the first woman to graduate with an engineering degree when she graduated from Dalhousie in 1956. Her husband, Bill Fluhmann, was at the unveiling event, where he talked about how the two had met when they were assigned to be lab partners.

"We are so pleased to be able to honour their legacies in this way," said Balser.

The Lord Dalhousie report included 13 recommendations for Dalhousie's future efforts. One of them was to "encourage Dalhousie, the city and the province to name and rename rooms, edifices, streets, pathways, lanes, and parks and gardens in honour of African Canadians, African Nova Scotians and people of African descent."

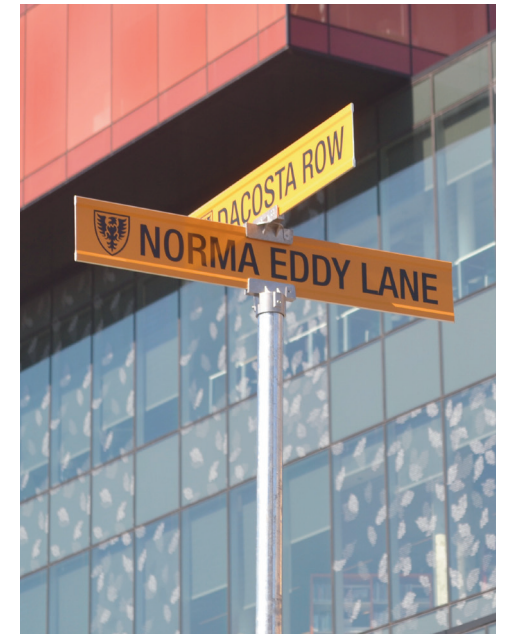
While the new streets are not a direct response to the Lord Dalhousie report, their arrival is very timely.

More work to do

Dr. Barbara Hamilton-Hinch, a Health and Human Performance faculty member and representative for the African Nova Scotian Strategy, said "this is the culmination of a number of reports and Dalhousie recognizing their commitment to the community of people of African descent and saying we need to do more and we need to do better."

While these initiatives are important, there's still work to do, Hamilton-Hinch said. Students, faculty and staff of African descent still experience levels of institutional discrimination. Also, the school still has low numbers of both faculty and students of African descent. However, she said, there are a number of programs in place that show the institution is committed to people of African descent, and that these programs continue to grow and develop.

"We recognize that we still have a long way to go as an institution," Hamilton-Hinch said, "but we also recognize that we're trying more to make all populations belong and I think we're heading in the right direction."



ON DALHOUSIE'S SEXTON CAMPUS, NEW STREET SIGNS HONOUR TWO BLACK NOVA SCOTIANS: MATHIEU DA COSTA AND NORMA EDDY. PHOTO BY KAIJA JUSSINOJA

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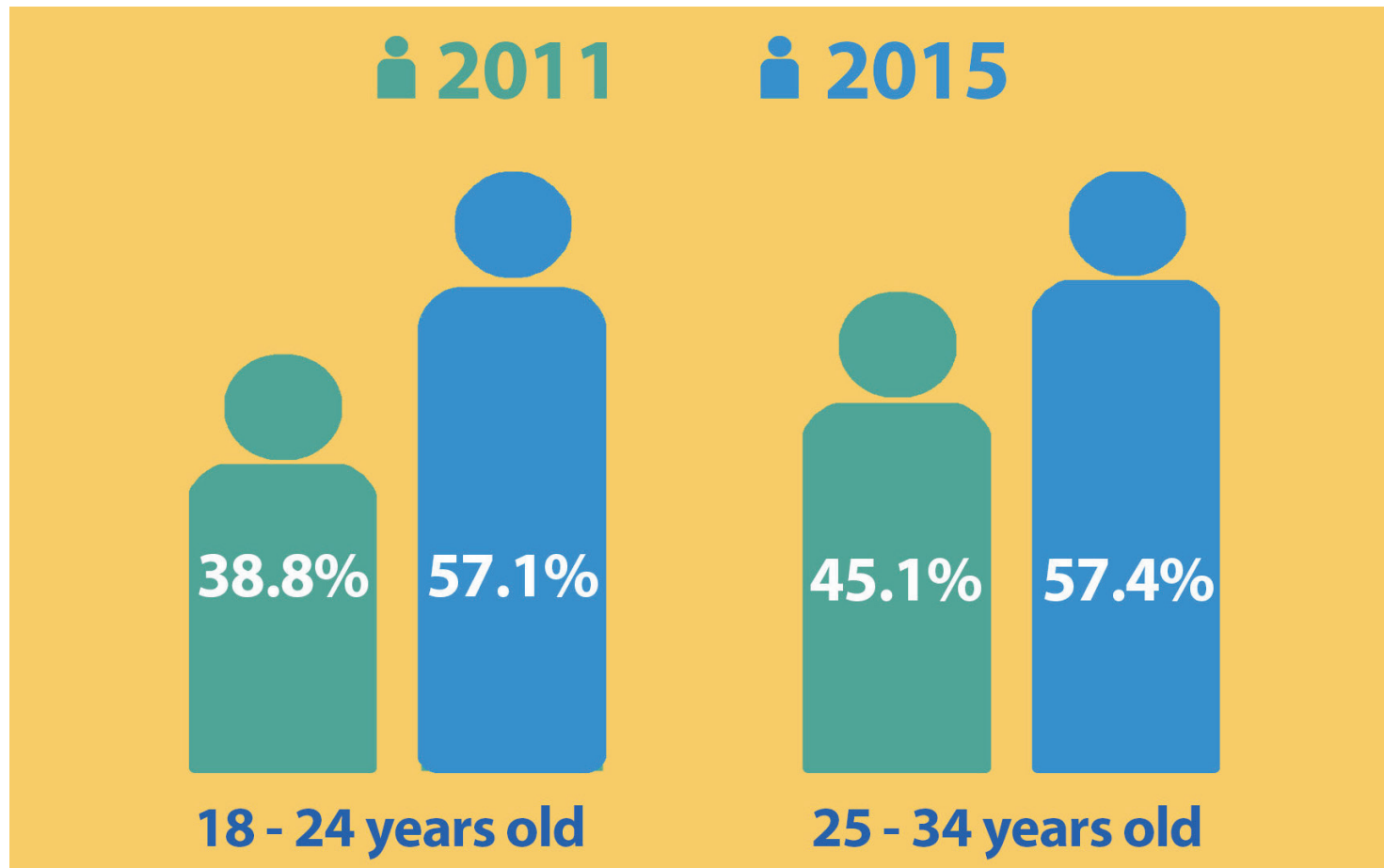
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Take it from an American — vote

It's important to consider all the ways Canadian youth are and aren't making their voices heard

BY ELIZABETH FOSTER



THE NUMBER OF VOTERS AGED 18-24 YEARS OLD ROSE TO 57.1M PER CENT IN 2015, AS COMPARED TO 38.8 PER CENT IN THE 2011 ELECTION. SOURCE: ELECTIONS CANADA

The first time I watched the news in Canada was on a ski mountain in Quebec, back in 2016. It's a weird moment to remember, but from my home in Maine, we didn't get much CBC at all. I was surprised, if not a little disappointed at seeing the same old faces and names I'd seen back home, as opposed to a fresh cast of characters. Remember, this was 2016. A lot was going on back in 2016.

The one-way mirror

In my experience as an American living in Canada, the relationship between the two countries is that of a one-way mirror. Canadians know a lot about American politics, but few Americans could tell you what's going on in Canada at the provincial or even federal levels. It's hard not to be surrounded by American politics in Canada.

When the country next door is ~290 million more bodies strong and a literal global superpower, you can't help but hear about what goes on down there. The U.S. is louder, older, and more influential on a worldwide scale. What happens in the U.S. is covered by Americans and Canadians, whereas what happens in Canada is typically only reported upon by Canadians.

As a result, Canadian politics sometimes end up being overshadowed by events that don't even happen in Canada. The upcoming 2019 federal election in October is no exception

to this. Despite being less than a month away, coverage has been noticeably light, which is raising questions about the role of Canadian media

in everyday lives, and how invested young Canadians are in politics.

What happens in the US is covered by Americans and Canadians, whereas what happens in Canada is typically only reported upon by Canadians.

Shifting ideals

Our generation is being defined by an interest in political involvement, the propensity to demonstrate our dissatisfaction, and a shift in what is considered politically correct. But this interest is not translating into youth

voter turnout, resulting in the belief held by some that Canadian youth are simply not inter-

ested in politics. An infographic from Elections Canada shows that youth aged 18-24 has the lowest turnout for all age groups, despite increasing 18.3 per cent between the 2011 and 2015 elections.

On paper, this doesn't look good. However, the reality of the situation is that there is evidence to prove that Canadian youth are more interested than ever in what is happening to their country. A policy brief put out by the Institute of Fiscal Studies and Democracy offers the explanation that generational values are changing, and that young people prefer to demonstrate their beliefs rather than cast a ballot. Young activists like Greta Thunberg and Emma Gonzalez are stepping into the limelight to demonstrate what they believe in, and young people are following them. In the U.S., and in my hometown, we held marches and rallies protesting Trump's inauguration, the National Rifle Association and the abortion bans implemented by some states. This is even happening in Halifax, where earlier this summer, rallies in solidarity for Hong Kong protesters took place down at the Halifax waterfront. The world is changing, and statistics detailing voter turnout numbers are no longer a feasible sign of the times.

What can be done

My advice to Canadians? Continue to make your voices heard online and in the streets, but don't forget to vote. In fact, do more than vote. Get involved in local politics. Run for Member of Parliament. The best way to change institutions is from the inside out, and when it has become clear that the older generations do not have our best interests at heart, that is all that's left to be done.

Robin Williams once said of Canada, "You are the kindest country in the world. You are like a really nice apartment over a meth lab." It's a flattering comparison. But just because your apartment isn't a meth lab doesn't mean it doesn't have problems of its own. Canada stands before a historic election, and the only way to achieve the outcome you want is to go out and not only demonstrate your beliefs but put them into practice and vote. You have a say in whether your apartment becomes a meth lab. So, take it from an American — vote!

Eco-anxiety on campus

It's not just Greta Thunberg who feels climate change's emotional burden

BY NELLY BATEMAN

Over the past two years, some students in Dalhousie's sustainability department have reported feeling uneasy and anxious over the environment's dire straits, a feeling which has recently been coined as "eco-anxiety."

Georgia Klein, a professor in the College of Sustainability (SUST) says that her research has found that there are "lots and lots [of effects on] just mental health" and that climate change's effects can also impact community health, as well as our homes and physical health.

Eco-anxiety kept third-year student Jordan Ruest up at night. She says that her brain "was constantly working" to find solutions to the terrifying realities she was learning about in the SUST program. Her

"When you look at what's going on politically all over the world," she said, "it can really get you down."

knowledge brought to light the knowledge gap between SUST students and other majors, and between this generation and the ones preceding it. Growing up in a small town in Ontario, Ruest felt sheltered from the realities of climate change and talking to her parents about the source of her anxiety proved difficult.

Even those not in the SUST department report feeling similarly — *I* certainly have. But Taylor Warren, a graduate from the SUST program and former teaching assistant in the same department, says she still feels burnt out due to stress over climate change (despite currently pursuing a masters in the philosophy department this year). "When you look at what's going on politically all over the world," she said, "it can really get you down." Warren thinks this problem is especially compounded by social media bombarding us with news of every global disaster, all-day-every-day, on multiple different platforms.

Massive burden

Klein agrees, saying that our generation suf-

fers from being unprecedentedly exposed to these issues. She says we also must bear the "massive burden" of untangling the impossibly entangled web of problems that have led to global disaster. When faced with *yet another* report on the fires in the Amazon or even the aftermath of Hurricane Dorian, I have often felt the cool despondency of eco-anxiety creeping in. At such times, the abyss between those who seem to care about the future of our planet and those who have the

power to take the necessary action to change it feels unbridgeable.

However, neither Klein, Ruest, nor Warren are pessimistic. In fact, the resounding tone I got from these three very different women was optimism. When I asked Klein what she did to re-

main hopeful against what seems to be insurmountable odds, she told me she "make[s] [her]self feel as though [she has] agency," by breaking down the mountain of anxiety into "smaller pebbles." We can't stop the Trans-Mountain Pipeline, but we *can* help in smaller ways, such as spreading awareness, attending protests, and volunteering. We need not live in anxiety and fear over them, because that only leads to large-scale complacency.

Warren agrees, and she has found that supporting students while working as a TA in the SUST program has helped her with her eco-anxiety. She said that being a global citizen is about "holding yourself accountable to fighting for your values and for our climate while also taking care of yourself." One of the ways she hopes to help students take care of themselves is by facilitating the "Eco-grief Meet," a support group designed to help students cope with climate change.

Not alone

Most importantly, Eco-grief Meet gives a name to a previously anonymous issue. Ru-



THOUSANDS OF STUDENTS ACROSS HALIFAX TOOK PART IN THE GLOBAL CLIMATE STRIKE ON SEPT. 27. PHOTO BY CHRIS STOODLEY

est didn't know what eco-grief was until she finally went to Klein for help last March. Before then, she suffered in silence because she felt as though she was "just talking about [her] feelings." The support group Warren has founded will give voice to and thus legitimize what we're all feeling: that our planet is burning all around us, but everyone with the power to put the flames out seems intent on watching us burn.

Spaces where we can share in our distress over ecological disaster might not stop corruption from engulfing our only home in flames but turning to others who share our grief might help us find the courage to continue to fight the fire.

The Eco-grief Meet will convene every Tuesday from 4-6 p.m. in room 2023 of the Mona Campbell Building. Please remember that you are not alone in this burning house.

Confidence is the self-fuelling emotion

Believing in yourself can do more than just inflate your ego

BY VEER GANDHI

Growing up, many of the lessons we absorb through our childhoods, whether fiction or reality, can be applied to various instances of our lives.

I learned one such lesson, when I watched *Kung Fu Panda* as a child. The story goes with Po, a panda who serves noodles and dreams of becoming a kung fu master. He has no prior experience with kung fu and his dream just seems like a distant reality. Until one day, news emerges that Tai Lung, a dangerous and evil snow leopard is about to escape prison and Po must rise up to become the Dragon Warrior, receive the Dragon Scroll and save his city.

After some intense training and preparation for a battle with Tai Lung, Po gets the scroll and opens it, expecting to see the key to all power. Instead, he sees a reflection of himself in the scroll, nothing else. Po's realization that the scroll reflected his own picture because the boundless power promised by the Dragon Scroll lies inside himself and not the scroll is a revelation that always stuck with me. That knowledge was all it took to provide Po with the confidence and energy to make a heroic return to saving his coach and conquering the tyrant Tai Lung.

The moral of the story was that, to make something special, you need to believe that it was special. In Po's case, Po had to believe that he was special, and that boundless power and strength were inside of him all along. It's a beautiful story that depicts the importance and the power of believing in yourself. This was a vital lesson that I now know from the movie but ultimately, as a kid, I treated it as merely a fictional story, not realizing how important the lesson really was.

On Nov. 8, 2016, that lesson became a reality.

To the surprise and astonishment of millions of people across the globe and within the United States, including myself, Donald Trump won the election for presidency of the United States. A historic moment was created from what appeared to be a joke campaign at the very beginning.



AFTER WATCHING *KUNG FU PANDA*, VEER GANDHI LEARNED A VITAL LESSON: THE POWER OF BELIEVING IN YOURSELF IS IMPORTANT. PHOTO BY CHRIS STOODLEY

Donald Trump had his own Dragon Scroll

Trump may have had many factors working against him right from the beginning of his campaign. He was, for instance, inexperienced in politics, let alone for a position as prestigious as the presidents' office. He was also dubbed as a clown and his ideas and plans were often disparaged and mocked. Furthermore, he was treated as a joke and his own past actions didn't exactly favor him for a presidential run. The one thing Donald Trump did not lack, though, was confidence. Confidence in his ability to win the elections and winning America's trust to run the country despite the tremendous odds stacked

against him.

His Dragon Scroll was his unrelenting self-belief and confidence, and it is reflected through the time he put into campaigning across the country. During the overall campaign period, which lasts about 17 months, he hosted 323 rallies across America. This amounts to about 19 rallies every month and doesn't even account for holidays, rest days, debate days, travel time, extra interviews etc. The amount of physical and mental energy required to do this is incredible.

Now just imagine for one second, if Trump had believed that the odds he faced could not be defeated. Would he then have invested the same amounts of energy throughout the campaign? I don't think so. In my opinion, his confidence in

his ability to win the elections fueled him and became a testament to the time he put into a campaign where most believed that he would lose.

Although two completely different characters, the force in which they pursued their dreams worked the same. These two stories taught me the importance of believing in yourself, especially in the real world. It can prove to be your greatest asset against the most insurmountable challenges and is often the only thing that separates you from achieving your greatest dreams. If you ever doubt yourself, just remember that if Trump could become president, then nothing is impossible. Believing in yourself may not protect you from impeachment, however.

Ocean conservation can't just be a fanta-sea

Dal can and should be doing more to protect our oceans

BY KRISTEN TYMOSHUK



SINCE DALHOUSIE IS LOCATED NEAR THE ATLANTIC OCEAN, IT IS A LARGE CENTRE FOR OCEAN RESEARCH AND INNOVATION. PHOTO BY KRISTEN TYMOSHUK

Every year billions of tonnes of carbon dioxide are pumped into the atmosphere. Absorbed by the ocean, it increases ocean acidification and warming. Critical marine habitat for endangered species is destroyed in the name of development. Toxic contaminants are dumped into the ocean, killing coastal marine plants and shellfish.

As a species, we're doing a terrible job taking care of one of our main life support systems. Addressing these problems will require massive international co-operation. So, what can we, as a university, do to protect our oceans?

Dalhousie University is a massive centre for ocean research and innovation. There are dozens of educated scientists with articles published in renowned scientific journals and laboratories hidden away in the Ocean Sciences Building. Sadly, their knowledge rarely leaves the consecrated walls of the school to reach the public

in ways they can understand. Which is a shame, as many people in the world have no idea that our survival depends on the ocean and making informed decisions to protect it.

Dr. Anna Metaxas, a professor in the department of oceanography at Dalhousie, said: "At the end of the day, the public makes the decisions. And an uneducated public is not going to support the oceans."

"At the end of the day, the public makes the decisions. And an uneducated public is not going to support the oceans."

As an institution, Dalhousie can do a better job of supporting ocean education initiatives. Take Ocean School, for instance. Ocean School is an ocean literacy program led by Dalhousie scientist Boris Worm to create educational resources focused on the ocean. As Metaxas said, "getting into the schools is probably the most effective

way to [achieve] change".

To do that, we must move beyond publishing articles that sound like gibberish to people who don't read scientific literature every day. We need

to allocate more money and support for programs like Ocean School, that take complicated information and make it exciting and engaging for everyone. Teachers will have an easier time instilling a passion for the ocean in students, which is crucial in a generation of leaders emerging into the climate crisis in full swing. Until they feel passionate about it, they won't protect it. After all, and according to Metaxas, children's education is "where the future lies."

Step up, students

Dalhousie students can also step up the action in their own way. For instance, activism and advocacy are valuable ways of educating the public and are easy for students to become involved in. One issue students like to advocate for is ocean plastics. Everywhere you look on the internet there's a video of a turtle with a straw up its nose, or a bird stuffing itself on a tasty plastic dinner.

While their hearts are in the right place, a lot of the attention drawn to ocean plastics is a convenient distraction from more critical environmental problems. As noted by Metaxas, plastics are a big problem — one that's rooted in consumerism

and materialism, which is an entirely different ballpark. But at the end of the day, reducing the amount of plastic in the ocean is not going to limit global warming to 1.5 degrees Celsius. Metaxas said "the overarching problem is biodiversity loss" which, paired with climate change, will have a much larger effect on the ocean in the coming years.

The government also seems to be focused on addressing ocean plastics, because action on their part is attractive, low effort, and looks good to voters. Take Justin Trudeau's single-use plastics ban. It addresses ocean conservation in the shallowest sense: trying to prevent more single-use plastics from ending up in the ocean. However, a study from Nature has shown only about 6.5 per cent of macroplastics in the ocean (by weight) is made up of bottles, bags and other single-use plastics. Compared to the 70 per cent that originates from discarded fishing gear, this isn't much. In other words, the ban will have an infinitesimally small impact on preventing more plastic from entering the ocean. On the other hand, direct action like imposing a heavier carbon tax to cut emissions could cause a riot among voters. And nobody wants that.

We are on the brink of a climate disaster. We have no idea what the next 10 years will look like. So how can Dalhousie do more? How can students of Dalhousie do more for our oceans?

We can start with education. Dalhousie can inspire a love for the ocean in current and future generations of Canadians. We can show people that the critical issues, like climate change and biodiversity loss, can't be solved by plastic bans, metal straws and tote bags. Only when people love something enough are they willing to make the life changing sacrifices necessary to save it.

If we as individuals fail to recognize this, and if institutions like Dal sit back and watch from the sidelines, there will be no change. And if we fail to massively reform the way we live, the oceans will lose their capacity to support life; including ours.

Get vaccinated

Misinformation is as infectious as disease

BY MAYOWA OLUWASANMI



BRITISH COLUMBIA AND ONTARIO CURRENTLY HOLD THE STRONGEST VACCINATION LAWS. NEW BRUNSWICK IS PROPOSING A BILL THAT WOULD MAKE CHILD VACCINATION MANDATORY.

Following a measles outbreak earlier this year, the government of New Brunswick is proposing a bill to make child vaccination mandatory. Specifically, the bill would not allow exemptions based on religious or personal beliefs. If successful, it will be the most finite vaccination bill codified at both the provincial and federal level. It begs the question of whether Nova Scotia should follow suit.

Currently, British Columbia and Ontario hold the strongest vaccination laws, with B.C. introducing required vaccinations in schools. Ontario, while exemptions are allowed, requires specific vaccinations for students to attend its schools. As quoted by CBC, Nova Scotia's Education Minister

Zach Churchill has already stated that vaccinations will not be made mandatory, although the government will be encouraging parents to vaccinate their children. But why not?

The New Brunswick outbreak is not an isolated event: there has been a rise in measles outbreaks worldwide, causing disease professionals to lobby for more finite vaccination laws. Canada alone has incurred 111 cases of measles. According to a report by the World Health Organization, countries such as Greece and Albania are no longer considered "measles free." Problems of the forgotten past are becoming issues of our modern world.

The cause

The drop in vaccination levels can be explicitly linked to a growing anti-vaccination movement, largely present on social media with various groups spreading their ethos on the internet. To gauge where this sentiment began, we must look at a lone source.

In 1998, a now contested article was published in the *Lancet Medical Journal*. Since then, it has become the manifesto of all anti-vaccination dogma. Dr. Andrew

Wakefield and 12 other professionals held that vaccines led to a host of behavioral issues and diseases, most notably autism. The article was entirely unethical. Wakefield picked out the subjects instead of a random sample; subjects who showed signs of autism before the study. In addition, it was found that the parents were in the process of a lawsuit against MMR vaccine manufacturers. At best, it was a manifestation of public fear and medical ignorance about autism. At worst, it played an inarguable role in further marginalization of people with autism. The article is open for access today, its fraudulent pages stained in bright red caps: "REDACTED."

While several provinces have announced they have no plans to reexamine its vaccination law, many health experts assert that there is both a federal and provincial obligation to public health — which is under threat by these preventable diseases. If the federal government were to make vaccinations mandatory, they would be playing an essential role in the future safety of its populace.

Fear and scapegoating

The internet is a cesspit of easily accessible information. This has significantly altered how we process and critique information. The internet allows us to feel both closer

and further away from issues. Anti-vaxx memes are a perfect example of how detached we can get from real issues. Measles and polio are not a joke. Autism stigma and dead children are not a joke. It is too easy for us to read anti-vaxx posts, laugh, argue for a bit then move on.

Misinformation is as infectious as disease.

It is too easy for us to read anti-vaxx posts, laugh, argue for a bit then move on.

Concerning the Wakefield article, it was reported that the rate of vaccines dropped significantly after its publication. An intense, unshakeable mistrust was developed against health-

care professionals and vaccines. Necessary funding for autism research was allocated to test Wakefield's assertion. Misinformation feeds off fear and scapegoating in which autism bore the brunt. Numerous families across America wanted a scapegoat — and Wakefield's fraudulent paper exploited this. Public and medical understanding of autism is nearly nonexistent. This lack of awareness has allowed us to paint folks with autism as walking symptoms and not people.

A long-running debate

Anti-vaccination vs. pro-vaccination has been a long-running debate. Debating and political fighting detaches us from the real issue that unvaccinated children and those with autism cannot detach themselves from. They are the victims; those who exist burdened by stigma and misinformation. When we allow public health to become a political battle, we distance ourselves from the real issue. Both the government and its citizens should strive to be informed — not just to be right. The health of a province cannot be swayed by beliefs, stigma and misinformation. Rather than being a subversion of rights, constituents should see the bill for what it can be: comprehensive policy that places the health of its populace first.

Real talk on drug use

A non-profit organization fights against drug use stigma and criminalization

BY KIERAN MCCAFFREY



ON OCT. 5, THE CANADIAN STUDENTS FOR SENSIBLE DRUG POLICY WILL HOLD A SYMPOSIUM ABOUT DRUG USE AT DALHOUSIE. PHOTO BY KIERAN MCCAFFREY

A national non-profit organization called Canadian Students for Sensible Drug Policy (CSSDP) is looking to confront drug policies that reinforce the stigma around drug use, criminalization and restrictions of medical and psycho-therapeutic drug usage.

In order to address these concerns, the Halifax chapter of CSSDP is holding a symposium about drug use on Oct. 5 at Dalhousie University.

The symposium is aimed at discussing ways in which organizations can implement harm reduction for drug users, as well as how drug policy changes can help those in need to avoid unnecessary criminalization.

Dal students and local representatives of CSSDP, Agi Cabel and Justin Andrews, say they're using their sense of "radical compas-

sion" to engage with local communities and change the stigma that revolves around drug use.

Cabel says the symposium is designed to ignite a spark for social justice "through engaging communities in regards to changing oppressive drug policies."

A new chapter

The CSSDP chapter in Halifax began in 2018.

The organization has a presence in many university campuses across Canada.

"Although we haven't actualized any aims for when these [drug policy] changes will take

place, the symposium on Oct. 5 and the amount of conversations that we've had with people who are engaged and ready for this and are actively participating, to me, is a huge

win in regards to social justice," Cabel says.

For Andrews, one of the main goals of CSSDP — specifically in regards to students — is creating a community that provides "an authentic, real form of drug education."

"Drug use will happen," says Andrews, "so, it's important to look at how to maximize safety."

Another main focus of CSSDP is "to change

drug use from a matter of criminalization to a matter public health and safety," says Cabel.

"There are many people who face unnecessary criminal charges for drug use who are also generally marginalized populations because of it, such as disabled, queer and racialized people who need support."

Local issues

Although the Halifax chapter of CSSDP is set on changing Canadian drug use legislation as a whole, there are also local matters they are looking to confront, specifically harm reduction.

Just this year, Halifax opened up the first overdose prevention site in Atlantic Canada. It is located inside the Direction 180 building on Gottingen Street. People can safely inject opioids in the space under supervision.

"It's a simple matter with these facilities. Less people will die," Andrews says. "They're also a place that provides solidarity and support for drug users, which can also help them get them off of the path they are on."

Through education and public awareness, Andrews says the CSSDP is trying to "make partnerships with other harm reduction groups throughout the province" and "bring tools to students and other communities" to learn about safe drug use.

"There are also now drug testing kits that you can buy," Andrews mentions, "such as ones that allow you to test for fentanyl in cocaine, so that you can be sure what you're consuming is safe."

What Andrews and Cabel hope to achieve with the symposium is not only to discuss decriminalization of drug use, education of safe use and harm reduction, but also to humanize drug users.

"I've seen the attitude that some people have toward drug users, and it's very stigmatized. It's degrading and humiliating," says Andrews. "So, we're hoping people can leave the symposium with the same sense of radical compassion."

"Drug use will happen [...] so, it's important to look at how to maximize safety."

Creating positive body images for LGBTQ2S+ men

A new comic book celebrates the queer male body and sexuality

BY STEPHEN WENTZELL WITH FILES FROM TARINI FERNANDO, ARTS & LIFESTYLE EDITOR

A new comic book exploring how queer men view their bodies and their place in the gay community is hitting shelves at bookstores and various health-care centres across Canada.

Rainbow Reflections: Body Image Comics for Queer Men is a comic book that focuses on its artists' personal experiences navigating body image and sexual health. The book was created and edited by three university students: Phillip Joy, Matthew Lee and Stephanie Gauvin.

At a health research conference in Vancouver in February 2018, each of the co-editors received a \$25,000 grant from the Canadian Institute of Health Research to develop innovative thinking to support LGBTQ2S+ health and wellness. The three were grouped together and they came up with the idea for *Rainbow Reflections*.

“What better way to tell stories than through pictures?”

Using research and experience to make art

Joy is a dietician in his third year of pursuing a PhD at Dalhousie University. He says he wanted *Rainbow Reflections* to take a look at the “culture” of gay men, from social media and dating apps, to ideas about fitness, to TV shows with gay characters.

After beginning his PhD, Joy says he wanted to create a project on how gay men view their bodies. Joy's PhD research, which focuses on how cultural narratives affect the nutritional choices and body images of queer men, helped inform the team's idea to create a comic book that tells stories about body image.

“What better way to tell stories than through pictures?” says Joy, who describes himself as an amateur photographer.

Gauvin is doing her PhD in clinical psychology at Queen's University and looking at sexual health, LGBTQ2S+ healthcare and sexual studies. She says she was interested in making a book that intersected the research of each editor.

Gauvin, whose research focuses on breastcancer in transgender people, as well as their sexual health, spent a lot of her time on the project researching and creating health inserts for the book. Joy also made inserts in the book that centre re-

search about queer men's health.

Joy says the comic strips in *Rainbow Reflections* are exclusively told through the voices and experiences of its queer-identifying artists. He even found an artist who jumped on board to help create a comic strip about Joy's PhD. Joy, who says he can't draw, was “totally stoked and excited” to see his ideas of an *Alice in Wonderland*-themed comic strip come to life.

“It was like Christmas Eve waiting for the comics to come in,” says Joy, adding he was on “cloud nine” when he first saw the comics.

The book was launched at the Halifax Central Library in September. The event featured three of the local artists who contributed to the book in a panel discussing their comics.

A “once in a lifetime” opportunity

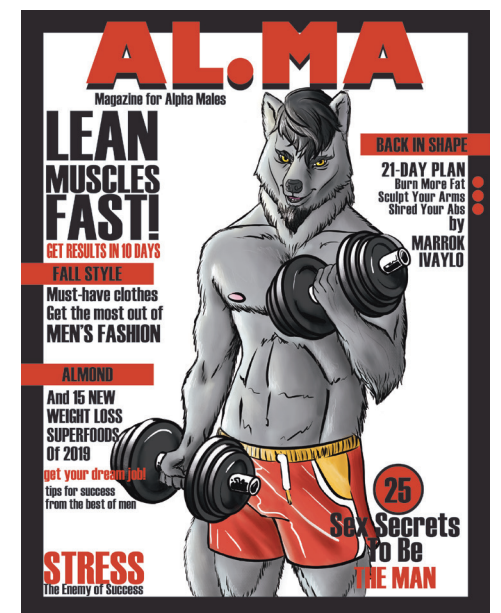
One of Joy's goals in *Rainbow Reflections* is to present the individual experiences of queer men while making health information and resources both accessible and comprehensive. Joy calls comic strips in the book “touching” and “emotionally-charged” while simultaneously featuring graphics of health literature and research findings generally restricted to academia.

Gauvin says the project was a “once in a lifetime” opportunity.

“To have the funding to hire community members directly and work with a social justice comic book company – [that's] something we usually don't have the funding for,” Gauvin says.

Fabien Barabé is one of the artists whose work is featured in the book. Barabé created his first cartoon in Montreal in 1994 before moving to Nova Scotia with his husband. When he heard about the call for artists for *Rainbow Reflections* from a friend, he says he knew immediately he would have something to contribute.

Barabé's comic strip in *Rainbow Reflections* is a spin-off of his cartoon *The Secret Life of a Naturalist*. He appeared on the panel at the Halifax book launch with fellow local contributors Max Janes and James Neish.



CARTOONISTS FROM HALIFAX TO AUSTRALIA CONTRIBUTED THEIR TALENT AND ARTWORK TO RAINBOW REFLECTIONS. ARTWORK FROM LEFT TO RIGHT: DANIEL MCLAREN, JALEX NOEL AND JAY PAHRE

Giving back

With plans for an upcoming launch in Toronto, and another at Queen's University around early November, Gauvin says she has 500 copies of the comic book to mail out and donate to healthcare providers and across Canada. Copies of the book are already available in 20 health centres across

Atlantic Canada, including The Youth Project and the Halifax Sexual Health Centre.

Gauvin notes that the comic book is for not-for-profit, explaining that royalties are going to be divided between the three co-editors, which they will donate to different queer-centred organizations of their choosing.

Using film for change with *There's Something in the Water*

A documentary co-directed by Ellen Page tackles environmental racism in Nova Scotia

BY TARINI FERNANDO, ARTS & LIFESTYLE EDITOR



BEFORE THEIR FILM *THERE'S SOMETHING IN THE WATER* PLAYED AT THE ATLANTIC INTERNATIONAL FILM FESTIVAL ON SEPT. 14, ELLEN PAGE, IAN DANIEL AND INGRID WALDRON SAID A FEW WORDS. PHOTO BY CHRIS STOODLEY

On Sept. 8, a harrowing new documentary about environmental racism premiered at the Toronto International Film Festival. Titled *There's Something in the Water*, the film follows activists in Nova Scotia fighting for the health of their communities.

The film is directed by Halifax born-and-raised actor Ellen Page and fellow filmmaker Ian Daniel. The film received its name and inspiration from a book by Dalhousie University professor Ingrid Waldron, who also served as a producer on the film.

In her book, Waldron defines environmental racism as “environmental policies, practices, or directives that disproportionately disadvantage individuals, groups, or communities (intentionally or unintentionally) based on race or colour.” The book describes cases of environmental racism in Black and Indigenous communities in Canada. Three of those communities are featured in the film.

“Renegade filmmaking”

Waldron says the whole process of making the film started with one tweet. Late last year, Page posted

a picture of Waldron's book on Twitter, and in the caption, encouraged her followers to read it. Waldron reached out to Page on Twitter to thank her for sharing the book. Page then told Waldron she was interested in helping her get the message out about environmental racism in Nova Scotia.

Only a few months later, in April of 2019, Page and Daniel came to Nova Scotia with two cameras for a six-day shoot. They interviewed Waldron and several community activists.

Waldron says during filming, neither she nor the directors were even thinking about making a feature-length film. Waldron says they were initially planning to make short videos to post on Twitter for Page to share to her millions of followers.

Shortly after the shoot, while Page and Daniel were still in Halifax, they showed Waldron the footage they got. Waldron says even this initial footage was “really powerful.”

“I said it would be a shame if we just put it out on Twitter,” Waldron says. “I think we need to do these women [in the film] justice ... I think something much more sophisticated needs to be done.”

Waldron says it was then that she, Page and Daniel decided to make the footage into a feature film and submit it to film festivals.

Waldron describes how Daniel was then “in a bit of a race” to get the film together for the June deadline to submit to TIFF. But Waldron says they were able to submit a rough version of the film and still get accepted to the festival.

“This was really renegade filmmaking,” says Waldron. “The film was only completed one week before we premiered it at TIFF.”

The film was also shown at the Atlantic International Film Festival on Sept. 14, with Page, Daniel, Waldron and many of the activists featured in the film appearing for the screening.

Connecting with communities

The film follows Page and Daniel as they visit different towns and speak with local activists. All the activists in the film are women. The first town featured is Shelburne, located in southern Nova Scotia, where the directors speak to resident and activist Louise Delisle.

In the film, Delisle describes how in 1949, a landfill was set up in the south end of Shelburne

where the predominately Black community lives. Although the landfill is now closed, Delisle recalls how many residents in the area have suffered from cancer in the past decades – allegedly because of the water pollution due to the landfill.

Page and Daniel also speak with Michelle Francis-Denny, an activist and resident of Pictou-Landing First Nation. In 1967, a pulp mill was constructed near Francis-Denny's community. The liquid waste from the factory has been pouring into A'se'K (Boat Harbour) ever since, killing the water's wildlife and

negatively affecting the health of the surrounding First Nation community.

Finally, the film looks at a group of Mi'kmaq women called the “grassroots grandmothers.” These women are trying to protect the Shubenacadie River from the Alton Gas project. The gas company is planning to store fossil fuels in salt caverns under the river. This process will result in the company releasing a large amount of brine (highly concentrated saltwater) into the Shubenacadie River. The increase in salinity levels in the river will negatively affect much of its wildlife. As of now, Alton Gas shows no signs of stopping their project.

Taking action

Waldron has a long list of what she hopes this film will accomplish.

“I want to use this film as a way to raise awareness and create the conditions for which people might want to act,” says Waldron. She adds that the best way to do this is through film rather than writing, as she feels many people will not want to read her almost 200-page book to learn about environmental racism.

Waldron says another goal of the film is to “amplify the voices” of the activists who are featured in it.

Most of all, Waldron says she hopes members of the federal and provincial governments see the film because “they are ones that are responsible for making legislation.”

She does add, however, that the public does not need to rely on government to make change. She mentions how so much change has happened in the communities featured in the film already because of the women in these towns who fight for the health of their community members.

Overall, Waldron says she is surprised and happy with the way audiences have been reacting to the film.

“This film made people feel. It made them feel angry. It made them feel sympathetic [...] it made them feel guilty,” says Waldron. “When you make people feel, then they're more likely to act.”

“I want to use this film as a way to raise awareness and create the conditions for which people might want to act.”

The hype about meatless burgers

Could the rising popularity of plant-based meat change the future of food consumption?

BY ELIZABETH FOSTER



IN JULY 2018, A&W BEGAN OFFERING A PLANT-BASED BURGER CALLED THE BEYOND MEAT BURGER. PHOTO BY ELIZABETH FOSTER

There's a new craze in the food industry: fake meat. More specifically, many companies and restaurants are now making plant-based burgers that are meant to taste just like beef.

Often containing processed pea or soy protein, these new meatless burgers can offer insight into the future of food sustainability.

Meat-free demand

Hannah Jozsa, a first-year science student at Dalhousie University, cut meat out of her diet when she was 16. She decided shortly after to become a vegan.

"I was raised in a family that really cared about animals and eating ethically," Jozsa says. "Even when I was eating meat, it was always locally-sourced."

Jozsa is not alone in her switch to a vegan diet.

Last year, Dal published a survey which found the number of adult Canadians who considered themselves vegetarian had increased from 900,000 in 2003 to 2.3 million in 2018. Another 850,000 people identified as vegan.

"It's really cool that there are fast food places with plant-based meat now," Jozsa says. "It makes it so easy to go out with friends because before I'd have to worry about not having any options."

Indeed, fast food restaurants seem to be making an effort to meet an increasing demand for meat-free options.

In July 2018, A&W began offering a plant-based burger made in partnership with Beyond Meat, a Los Angeles-based company that produces plant-based meat substitutes. Up until Sep. 2019, Tim Hortons was also serving burgers made with Beyond Meat, but discontinued the

burgers (supposedly due to low sales). Burger King now offers a meatless Whopper it made in collaboration with Impossible Foods, another company making plant-based "meat."

Interestingly, these new meatless options are not only targeted toward vegetarians and vegans. Data from the NPD group, a United States marketing company, shows that people who eat meat are enjoying plant-based burgers, too. Some reviewers say these plant-based burgers do almost taste the same as real beef, but opinions still vary at this point.

Plant-based meats are not necessarily a healthier option for the human body.

Environmental impact

As plant-based meat becomes more popular among consumers of all diets, the question arises of what impact these products could have on the environment.

Nicole Arsenault, a PhD student at Dal whose area of research is in food sustainability, says red meat and dairy are some of the least sustainable food resources, emitting the most greenhouse gasses and taking up the most space to produce.

"What an increasing amount of research is showing is that a plant-based diet has a lower environmental impact," says Arsenault.

According to Arsenault, the sustainable aspect of plant-based meat may be incredibly important in providing food for the future world population.

"We could have 10 billion humans on the planet by 2050, and they all deserve to eat," Arsenault says. "So, how will the human family feed ourselves and take care of each other?"

Making the switch

Though cutting out red meat and dairy is typi-

cally a healthier choice both for the individual and the environment, Arsenault acknowledges that it's unrealistic to expect everybody to switch to veganism. She says different groups of people, both inside and outside of Canada, have different abilities to switch to a plant-based diet.

It can be hard for university students in particular to commit to a vegan diet. Jozsa struggles with this while living in residence.

"The salad bar is great — my lunches are always so good. But for dinner there's not a lot of variety, which is

fine but it's not super exciting meals," Jozsa says.

For students living off-campus and on a tight budget, Arsenault recommends buying frozen and canned vegetables, which are usually inexpensive. When deciding on a source of protein, Arsenault recommends choosing foods that have a lower environmental impact during their production, such as seafood or plant-based burgers.

Health

While many meatless burgers may have a lesser negative impact on the environment than beef burgers, these plant-based meats are not necessarily a healthier option for the human body.

As reported by *Huffington Post*, the plant-based burger patties from Beyond Meat and Impossible Foods have about the same levels of saturated fat as beef patties. The patties from these companies do have high levels of protein, but they are highly processed. According to the latest version of Canada's Food Guide, people should try to limit their consumption of highly processed foods.

"We should see burgers as a treat food," Arsenault says. "Regardless of what they're made of."

Volleyball recruits set to impress

Four highly touted players join Tigers men's squad this season

BY SARAH MOORE, SPORTS EDITOR



CRAIG THERKILDSSEN IS A SETTER FROM AURORA, ONTARIO. HE'S ONE OF THE FOUR FRESHMEN JOINING THE MEN'S VOLLEYBALL TEAM. PHOTO PROVIDED BY THERKILDSSEN

Michael Donovan, Evan West, Callum Campbell and Craig Therkildsen are no strangers to success. As some of the country's best volleyball players coming out of high school this year, they have considerable experience winning at the provincial and national levels with their club teams.

Now joining the Dalhousie University Tigers men's team, they are anticipated to bring depth to last year's Réseau du sport étudiant du Québec (RSEQ) fourth place finishers.

"All four of those guys have come in and looked really at home on the court with us," says Tigers head coach Dan Ota, entering his 21st season running the team. "I certainly expect [them] to be challenging for playing real key positions well into their careers."

Player profiles

Therkildsen, a setter from Aurora, Ontario,

brings depth to an already strong position that second-year Quinton Dowling dominated last year. Therikildsen committed to playing for Dal in April of this year.

"For us to big up a player of his calibre that late in the recruiting period [...] we felt pretty good about that," says Ota.

Therkildsen's club team, the Storm Volleyball Club, are the reigning U17 provincial and national champions. He was also named a Volleyball Canada national All-Star in both the 2017 and 2018 championships.

Therkildsen thinks this class of recruits brings "a lot of winning experience [in club careers]" to the table this year — and along with that experience comes a mental attitude of being successful that will have a positive effect on the Tigers.

The Tigers also picked up Callum Campbell, a libero from Calgary. Coming from a province with historically talented volleyball programs, Ota says that Campbell "flew under the radar a little bit in Alberta."

With experience playing for Team Alberta and the U16 Team Canada Selects in 2017, Campbell is a strong receiver, a skill Ota says is a focus point for this year's team.

Two players from the London Volleyball Club also committed to the Tigers last fall. Teammates Michael Donovan, an outside, and Evan West, a middle, won U17 provincial and national bronze medals in 2018.

Donovan has connections to Dalhousie already. His older brother, Matthew, played for the Tigers volleyball program for five years and was named an Atlantic University Sport (AUS) MVP in his final season.

Knowing the Donovan family, Ota felt that Michael was a "real good fit [for the team] from a very early point on."

As arguably one of the top three graduating players in Canada, Donovan is projected to be one of the best players on the Tigers in the coming years. This season, however, he is out with a torn hamstring.

Strong recruiting presence

Three of this year's four recruits are from Ontario, which continues a trend from the past seven to eight years. About a third of Dal's roster is Ontario-born players, as opposed to in previous years when the team was made up of predominantly players from Atlantic Canada.

"Developing that real presence in Ontario from a recruiting standpoint is huge," says Ota, because the team can draw from a higher population of players.

What attracts recruits to play for Dalhousie? Ota mentions that the strong academic programs are a contributing factor. Another draw is the historical success of the men's volleyball program.

Before the league switched formats in the 2018-2019 season,

Dal was consistently the AUS representative at nationals.

That success, says Therikildsen, "definitely attracts people to come."

Walk ons

In addition to the four recruited players, Dal also has three new faces who came to tryouts and made the roster.

Coming out of high school, Alec Couttreau, an outside hitter from Yarmouth, "made the team

on merit," says Ota. Arcel Siosan, a libero from Whitehorse, "kinda knocked my socks off" at tryouts, says the coach.

Finally, Bruce Aku, an outside hitter, played two years at Brandon University in 2014-2015 and 2015-2016.

After taking some time off, "he reappeared on the radar real late in the summer," says Ota. He'll bring some experience to the young roster.

Room for growth

There are seven new players on the team and over half of the roster is in their second year of eligibility or below.

"With any young team, any young athlete [...] there's going to be probably more inconsistency with how the season goes," says Ota. "We're going to have ups and downs for sure. As good and as talented as I think these guys are, we're not always going to perform at our best."

Quinton Dowling, one of the captains on the team, says that part of the reason for that is adjusting to a higher training workload — going from practicing a few times a week with a club team to training six times a week. Dowling also says that the pace of play is a faster in the RSEQ, and players in their first year need to adjust to the harder hits.

While he expects periods of struggle this season, Ota says there is room for a lot of growth: there are no fifth-year players on the roster, which means the entire team could be retained for the 2020-2021 season — a rare opportunity in university sports.

Therkildsen, having competed against both Donovan and West in club volleyball for the past six years, is looking forward to the opportunity.

"I'm excited to grow with them too and have a nice young group to get better with throughout the years," he says.

Getting back to the top

Youthful Tigers field hockey team looks to reclaim championship

BY DYLAN ALECK



AFTER WINNING THE ATLANTIC UNIVERSITY WOMEN'S FIELD HOCKEY LEAGUE CHAMPIONSHIP FOR FOUR YEARS IN A ROW, THE WOMEN'S FIELD HOCKEY TEAM LOST TO THE UNIVERSITY OF PRINCE EDWARD ISLAND PANTHERS IN 2018. PHOTO BY ROSS MCKINNON

The Dalhousie University Tigers women's field hockey team has been a force in the Atlantic region in recent years. Winning the Atlantic University Women's Field Hockey League (AUWFHL) Championship for four years in a row, the team fell to the University of Prince Edward Island Panthers 2-0 in the final game of the 2018 season.

This year, the Tigers are "determined to get [the championship] back," says fourth-year Ellery Platts, one of the team's captains.

Offseason changes

Platts, named a league All-Star in the 2018 season, is one of only eight returning players. The remaining 10 spots on the roster are made up of rookies, making the team look very different than in previous years. Generally, four or five new recruits join the team each season.

While the group is young and most players

lack experience playing at the university level, the team culture remains strong.

"I think the returners have really done a good job of stepping up," says Platts. "One of the most important things is making sure that

the new people feel comfortable, because if they're uneasy, they don't sit well with the team and if you can't communicate well with the other players you're not going to play as well as you could."

An important part of that communication is remaining focused on winning the championship tournament, which takes place Oct. 26 and 27 at Saint Mary's University.

"We're all working together for one goal," says Platts. "As much as I think everyone wants to rebuild and develop, I think everyone is super hungry for the championship."

With such a different roster, this season will be one in which the team transitions to its new core of players. Maintaining a competitive attitude and the belief that they have a

real shot to win the championship will be key for the Tigers.

New look from the sidelines

The rookies on the field aren't the only different faces on the Tigers this year. Former head coach Linda Bonin stepped down after the 2018 season, her 15th year coaching the team.

Taking Bonin's place is former player Danielle Dempsey, who steps into her first head coaching position with the team. Dempsey spent a total of eight years playing for the Tigers field hockey team while pursuing undergraduate and graduate degrees at Dal. This was possible because the field hockey program is a Tier 1 club team, so players aren't restricted by the five-year eligibility rules that govern varsity athletes.

Dempsey sees similarities in this year's team from her own playing experience. Comparing the group to her first season with the Tigers in 2008, she says, "We had to really start from the basics and learn a lot throughout the season. This year our team is already

miles above where we would have been then."

She is confident that they will be able to put together a strong team on the field. Dempsey says of the first-years on the team that there is "good energy, and some good skill level already" to add to the talent of the returning players.

Dempsey does not mince words when reiterating her players' belief in their ability to win a 2019 championship: "I am confident we still have a shot."

Start of the season

The Tigers had their first tournament of the year on Sept. 21 and Sept. 22. They lost two tight games, tied two contests — including one against the defending league champions, UPEI — and recorded a convincing 4-1 win over the Mount Allison University Mounties. Platts led the team on offence, scoring five times, while the Dalhousie defence held their opposition to just seven goals throughout the weekend. It is a promising starting point for Dal to be successful in the championship tournament this year.

Incoming Tigers coaches expect a huge year

Former Tiger, Moosehead bring impressive resumes and abilities to men's hockey

BY LUKE DYMENT



ANDREW WIGGINTON AND RYAN FALKENHAM JOINED THE MEN'S HOCKEY TEAM THIS YEAR AS COACHES. PHOTO BY SARAH MOORE

After a spirited preseason hockey contest at Acadia University that saw the Dalhousie University Tigers men's hockey team fall short in overtime, first-year assistant coach Andrew Wigginton is thrilled to kick off a new season with the team he sees in front of him.

"What I noticed early on is that our skill level is much higher, execution is a lot better and our two preseason games were really good games," he says.

Fellow assistant coach Ryan Falkenham, who also just joined the coaching staff this year, agrees.

"Our skills are great and we have a great

group of guys that can bring it," says Falkenham.

Familiar faces

Wigginton and Falkenham are quite comfortable here. Both Halifax-born, they've played hockey for years in the city. Wigginton is a Tigers alumnus, having played for the men's team from 2012-2017 under current head coach Chris Donnelly. Donnelly is entering his ninth season at the helm. Wigginton, after his final year of eligibility at the university level, spent a year playing in the second tier of France's professional

circuit. At the end of the day, however, his heart is at home.

"I hated [having to leave Halifax] when I was done my fifth year," he says. "When I came back from France, Chris asked if I wanted to help out with the team, and now this year I'm on full-time. It was [an easy decision] for me to come back."

Falkenham is another familiar face in the Halifax hockey scene. He played for the Halifax Mooseheads of the Quebec Major Junior Hockey League from 2012-2015. During that time, he helped them win the Memorial Cup in 2013 and captained the team in the 2014-2015 season. After that,

he studied for two years at Dal and then coached for two seasons in Quebec. He knew he would do more of the same when he returned.

"It only made sense, to come here with Chris and to be at Dal," says Falkenham. "I wanted to continue coaching."

Rebuilding the team

He and Wigginton join the Tigers in a re-vamp period. Dalhousie last saw playoff action two seasons ago, their only berth in nine years and their second in 16. A last place finish in 2018-2019 wasn't an ideal follow-up to the post-season run the year before, but Falkenham assures that this is a team with youth and ability that will be competitive now and in the future.

"We added a lot of talent and offence that might have been lacking in the past," he says.

That comes in the form of a handful of rookies including Cameron Thompson from the British Columbia Hockey League, as well as Maritime Hockey League alumni Logan Johnston, Matt Green, Brett Crossley and Michael Dill.

As assistant coaches, Wigginton mainly oversees the penalty kill and manages the forwards behind the bench, while Falkenham handles the power play and individual player development.

Wigginton and Falkenham say Donnelly, as the head coach, has given them the freedom to make an impact at their respective positions and "make changes wherever we may see necessary," says Falkenham.

It'll be a tough start to the season for Dalhousie: three of their first four games come against teams who finished in the top four in regular season standings last year.

That doesn't bother Wigginton and Falkenham, who are ready for the challenge of getting the Tigers to the post-season in a competitive conference this year.

Cross-country runner's advocacy

Co-captain Jacob Halloran works with jack.org

BY ILYAS KURBANOV



JACOB AND MAGGIE HALLORAN AT THE JACK SUMMIT IN 2016. PHOTO PROVIDED BY JACK.ORG

Jacob Halloran is a busier university student than most. A co-captain on the Dalhousie University Tigers men's cross-country team, he is in his last year of studying medical sciences. He is also a part of jack.org, an organization that raises awareness about mental health.

Halloran's involvement with the charity started when he was in high school. In his Grade 10 year,

a group of students from St. Francis-Xavier University came to his school, Guysborough Academy, and did a presentation about jack.org. At the time, it was a new organization, having been founded in 2010.

"I was with a gender sexuality alliance club for my high school at the time and the idea was love is love and everybody should be able to express themselves," said Halloran. "The idea with jack.org was sort of the same. If you are struggling with mental health, you should be able to reach out and be able to get help."

Driven by that goal of open communication and acceptance, Halloran became involved with jack.org. Now studying at Dalhousie, he has continued with that involvement. He has started two new jack.org chapters on Dalhousie campuses — one chapter on Studley campus and another one on Sexton campus — that make resources more accessible for people struggling with mental health.

Halloran says that the chapters are always looking for students to help volunteer, if they are interested. The jack.org website provides resources for students to learn new skills that range from how to engage and motivate an audience, to how to respond to a suicide at your school and how to tell a story safely.

Halloran is also a part of the Jack Talks program, "mental health presentations delivered by young people to young people," according to their website. It trains university students to do an hour-long presentation to high school students explaining what mental health is about, says Halloran.

Last year, he did around 20 of these talks at schools across Nova Scotia.

Identifying the issues

One technique that he learned from jack.org to help identify mental health issues is considering

three things: "big impact, really intense and long lasting."

Halloran uses an example of anxiety. If it's lasting a long time, like throughout an entire undergraduate degree, and intense enough to have a big impact on your life — "[If] it's affecting your ability to go out and have social interactions with friends and [...] it's changing what you used to enjoy and changing your normal behaviours, those might be signs" of a mental health issue.

Halloran has not been diagnosed with a mental illness. His drive is to help others overcome the daily adversity and struggle of having mental health issues. He believes that the more people talk about mental health, the better it will be for the community. Programs like jack.org and initiatives like Bell Let's Talk promote the start of the conversation, but it's up to everyone to carry it forward.

"It is a conversation that everyone should be involved in," Halloran says.

TIGERS @ HOME!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	MHOC 7PM 4	5
6	7	8	SOC 5/7:15PM 9	10	MHOC 7PM 11	MHOC 7PM 12
MVB EXH 7PM 13	MVB EXH 3PM 14	15	WHOC 7PM 16	WVB EXH 7:30PM 17	WVB EXH 7:30PM 18	WVB EXH 7:30PM 19



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