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# DALHOUSIE GAZETTE

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



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ONCE A HUSKY, NOW A TIGER

18

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DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER

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# LETTER FROM THE EDITOR

## OK, boomer journalists

Dear Reader,

I'll level with you. I tried to write a eulogy for *StarMetro*. I wanted to write something inspirational about how, even though the *Gazette's* printer is saying bye-bye to the newspaper biz, we will find a way to carry on, #printforever etc. As much as I hate to be a Grinch, I just don't have it in me to be hyper-positive. So, I'm going to talk about student press.

"Student press matters." It's a popular refrain, particularly when a student newspaper breaks a big story. Take, for instance, when Arizona University's *State Press* broke the news of Kurt Volker resigning. But student press matters all the time, not just when so-called veteran journalists decide to validate it. This is why I was annoyed when journalists were so eager to bad-mouth editors of *Daily Northwestern* — Northwestern University's student publication — earlier this month.

On Nov. 10, the *Daily Northwestern* issued an apology for the way its reporters covered protests sparked by former U.S. Attorney General Jeff Sessions speaking on NU's Evanston campus. The lengthy editorial included apologies for using "Northwestern's directory to obtain phone numbers for students beforehand" and texting them for interviews, as well as the paper's photo coverage of the event, which some students apparently found "retraumatizing and invasive." Other journalists responded to this apology in a swift and harsh way. "This is the best satire of an obscenely woke college newspaper I've ever seen," tweeted Katie Herzog of *The Stranger*, for example. There was little helpful feedback in the mix. Most of it came down to shitting on editors who, at the end of the day, were trying to do the right thing.

On Nov. 12, Northwestern student Jake Liker also took to Twitter to offer some perspective: "That editorial was an attempt to better serve and empathize with marginalized communities voicing their displeasure," Liker wrote. "You may take issue with that attempt. I take issue with some of it! But that's not the point."

Too many experienced journalists are married to a single "right way" to report, to the detriment of many journalism school programs (King's, I'm also lookin' at you, too). They also too easily buy into the idea that journalism is being doomed by stupid young people. Not fake news, not libel chill, not reliance on advertisers for money — but young people. Because God forbid we don't all come out of the womb understanding everything about reporting. Of course, student journalists will sometimes miss the mark. But we're also trying to fix the many systemic issues in media. And those issues? Many were created and upheld by veteran journalists. Let's commit to do better together.

...Oh, er, happy holidays. See y'all in January.



- Rebecca Dingwell, Editor-in-Chief



Thanks for reading!  
*See you in 2020!*

 DALHOUSIE GAZETTE

# Dal evacuates building due to chemicals in water

What went down at the McCain during the five-day closure

BY LANE HARRISON



ON OCT. 31, CHEMICALS LEAKED INTO THE WATER SUPPLY OF THE MARION MCCAIN ARTS & SOCIAL SCIENCES BUILDING. DALHOUSIE IS STILL UNSURE OF THE CAUSE. PHOTO BY LANE HARRISON

Dalhousie University administration is still unsure of what exactly caused chemicals to leak into the water supply of the Marion McCain Arts and Social Sciences Building on Oct. 31. The leak prompted a complete evacuation and closure of the building for five days.

“We are still investigating what happened and when that determination is made, we’ll take the appropriate steps to prevent reoccurrence,” said Brian Leadbetter, Dal’s director of communications and public relations, in a Nov. 14 email statement.

On Thursday morning, Oct. 31, the university received reports of discoloured water. Posted at 9:24 a.m., the first alert reads, “Marion McCain Building has closed immediately. All staff are to evacuate and all entry is prohibited until further notice. Update by noon. Security and Facilities Management is currently investigating the issue.”

The alert was met with criticism on Twitter. Pro-

fessor of information management at Dalhousie, Micheal Smit replied to Dal Security saying “a ‘severe’ ‘security alert’ that has been ‘observed’ and requires ‘immediate evacuation’, with no other information, in 2019, is going to suggest ‘bomb’ to many and cause some degree of anxiety.”

Dal Security later released an alert saying it was due to a “water issue.” The second alert prompted anyone who “may have consumed drinking water in the building during that time frame (8-9:30 a.m. Thursday, Oct. 31) to contact the Health Services clinic.”

An explanation followed at 1:24 p.m., stating that “an issue with the building’s heating system occurred shortly after 8 a.m.”

The final update came on Nov. 4, as an announcement of the plan to reopen the building the next day.

In an email to the *Dalhousie Gazette* on Nov. 14,

Leadbetter said “during routine heating system/pipe cleaning maintenance, an issue occurred.”

All classes in the McCain building were rescheduled and as a precaution, the university has installed new filters on all the building’s water fountains.

By Nov. 5, the water was flushed and drained to ensure the chemicals were removed.

## The chemicals

The two chemicals that entered the drinking water were citric acid and propylene glycol.

The building is equipped with a back-flow preventer, meaning the tainted water was contained to the McCain and would not join the city grid.

According to Leadbetter, citric acid is used as a pipe cleaning agent, while the propylene glycol is used in a solution to prevent pipes from freezing.

Laurie Mosher, clinical lead of the IWK Regional Poison Centre says that Dalhousie’s

characterization of the two chemicals as “very low risk” is accurate. “It depends on, you know, did you accidentally drink it straight from the bottle? Or was it diluted? And in a diluted form like [in water] it would be very minimal risk,” she said.

She also says she agrees with their suggestion for students who may have consumed the water to reach out to the Health Services clinic. Ingesting propylene glycol does sometimes result in slight stomach or skin irritation. “Sometimes people are more sensitive than others and people react differently. So it’s good to be informed that there was an exposure,” she said, “whether it’s toxic or not toxic.”

In response to Dalhousie’s recommendation, “a small number of people contacted Student Health and Wellness,” said Leadbetter.

He declined to provide any information whether the students reported symptoms to the clinic.



# Q&A: Jo-Ann Roberts

## Elizabeth May steps down, Halifax Green Party candidate steps in

BY KAIJA JUSSINOJA



JO-ANN ROBERTS - WHO RAN AS THE GREEN PARTY CANDIDATE FOR HALIFAX IN THE FEDERAL ELECTION - BECAME THE GREEN PARTY INTERIM LEADER ON NOV. 4. PHOTO BY ELLERY PLATTS

Jo-Ann Roberts, Green Party candidate for Halifax in the federal election, became the Green Party interim leader on Nov. 4. Elizabeth May, her predecessor, had held the position since 2006. *Dalhousie Gazette* contributor Kaija Jussinoja met with Roberts to talk about her new position. This interview has been edited for length and style.

**The *Dalhousie Gazette*:** How do you feel about being the new interim leader of the Green Party?

**Jo-Ann Roberts:** It's exciting. It's also a little overwhelming because taking it on for

11 months I realized that my scope is limited, and I don't want to disrupt the amazing things that have been done. However, you can't stay static. I see it as kind of a guidance role as we move towards having the party ready for a new leader in October.

**DG:** Why were you chosen?

**JR:** I think I was chosen for two reasons. First of all, I had been deputy leader for the last two years, so I had some experience both working with the party and with Elizabeth [May]. I also have experience on both coasts. Before moving back home to Halifax, I had

lived in Victoria for fourteen years, so I think they wanted someone who had connections in both parts of the country. But there's real growth in Atlantic Canada so I think it's a nod to the Maritimes to have the interim leader here.

**DG:** What do you hope to achieve during your time as the Green Party leader?

**JR:** I really do want to build on this foundation that Elizabeth has laid, especially while we have her expertise with us. We have more MPs [Members of Parliament] in the house, and we received over 1 million votes. We're on a roll in my opinion, so I want to build on that initiative and I want the party to feel invigorated as it goes forward. It's always hard to change leaders, but the exciting part of it is that new perspectives and fresh voices can come into the party because they see that there's some room. I want to encourage people to take advantage of that.

**DG:** How would you describe the current political climate in Canada?

**JR:** I think the current political climate is a bit uncertain. I think people are a bit discouraged that their voice has not been heard politically. Some of that is because with first past the post, a million people can vote Green and get three MPs and 1.2 million people can vote for the Bloc and they get 32 MPs. That's frustrating to Canadians.

I think this election has shown us again that there are voices who want to be heard in this country and they're frustrated, so we're seeing more and more protests, we're seeing more and more people feeling that they have to join movements. But if that doesn't translate to actual political action it's very difficult for people to feel that they have any voice.

**DG:** What advice would you give to young people

*filled with impending doom about climate change?*

**JR:** Sometimes I'm filled with that same feeling of impending doom, plus guilt because my generation didn't do anything to fix it and we owe something to your generation. My advice would be don't let up, keep the pressure on and realize that you can have a voice politically. You need to stay involved in the political process, you need to push your politicians and you need to tell them that you're going to vote and these are the issues you're going to vote on. If you don't, politicians will ignore those voices.

We need a bit of a revolution, but I think the revolution has to be political. I'd like to see it be one that follows our political system. I think our system will respond to the pressure, but you've got to keep it up, so keep up the pressure. Stay politically active!

**DG:** What changes do you hope to see in the city of Halifax?

**JR:** I think the city of Halifax is a city that has great opportunity, we are about to see the results of the environmental plan for the city and let's all pay attention to it. We've seen our province say that that they're going to raise their targets and make them more significant. We have to keep looking at the details. Saying you're going to do things is one thing, but we need to start saying "okay, but what actually is happening?"

I think we need to be a city that people want to come to. We should be a city that's leading the way.

I'm very impressed that

Halifax is moving in that direction. They declared a climate emergency. Maybe that means instead of buying new diesel busses we should buy electric busses. Maybe we should be putting pressure on getting more trains coming in and out of the city. I think you have to start saying "what would it look like if our city was leading the way?" And we can. It's a great city.

**“It's always hard to change leaders, but the exciting part of it is that new perspectives and fresh voices can come into the party.”**



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# Washroom woes on Sexton campus

## “Women are half of humanity and I can’t even find a place to go pee”

BY KAIJA JUSSINOJA

A new researcher at Dalhousie University’s Groundwater Lab at the school’s Sexton campus didn’t expect it to be hard to find a women’s washroom on her first day. It took her 15 minutes.

Sofija Stanić spent her first day scouring the B-building’s maze-like halls, searching for a washroom she could use. In the end, she had to use an elevator to find one; it was a few floors up from her office. “I wasn’t sure if it was because I’m not familiar with the building or if it’s just very inaccessible,” she said. “It’s bizarre that it took me that long.”

Stanić is not the first one who has noticed the lack of women’s washrooms in the older buildings of Sexton campus.

Engineering student Alexandra Whidden said she has to “walk through the whole building” any time she needs to use a washroom. Compared to her male counterparts, she said it makes her miss more of her classes. “It’s annoying.”

### Old buildings, old problems

In the newer buildings on the campus, such as the Emera IDEA building, the men’s and women’s washrooms are of equal size and placed next to each other. In the older buildings, this is not the case.

According to Sara Evely, the president of the Women in Engineering Society, women make up 26 per cent of the current engineering students. Yet, the facilities have not caught up.

Evely said Sexton’s A, B, C and D buildings, where the bulk of engineering classes take place, haven’t been updated since the ’70s when the engineering programs were still almost completely male-dominated. The women’s washrooms that do exist in these buildings are few and far-between.

Sarah Dawson, Dalhousie’s Senior Communications advisor said in an email statement: “We recently undertook a university-wide washroom count as part of the initiative to provide menstua-

tion products in our campus washroom facilities.”

On Sexton, Dawson’s numbers show 27 male washrooms, 22 female washrooms and 44 gender-neutral ones.

Evely said the women’s washrooms have only been added recently — in converted rooms, in inconvenient locations. Before the Emera IDEA building was built, Evely said, if she was in the B-building, it would be a six-minute walk each way to find a women’s washroom.

“Women are half of humanity and I can’t even find a place to go pee,” said Evely. “That’s a basic human need.”

On the entire shared second floor of all four buildings, there is one two-stall women’s washroom.

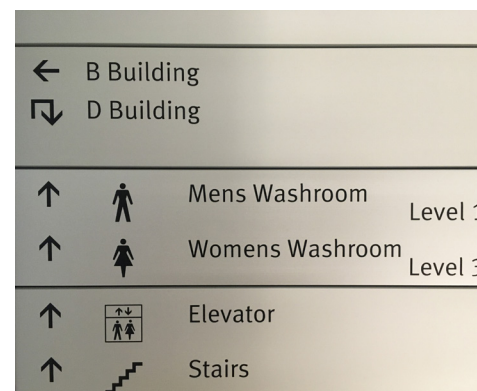
On the third floor, there is another two-stall washroom with one sink. In the place of a second sink remain only exposed pipes with duct tape on them. In the corner sits a group of lockers used by various campus societies.

A bathroom door, beside staff offices on the third floor has a sign reading “Women’s” taped to it. “This was not here last week,” Evely said. She believed that an accreditation board was visiting, and that is why the label was there.

Sarah Dawson confirmed the Canadian Engineering Accreditation Board was assessing Dalhousie’s campus between Nov. 1-5. It happens at least once every six years.

Evely said she gets messages from female engineering students, at least bi-weekly, asking where the women’s washrooms are. In many areas of the campus, there are no signs pointing to where they are.

Sarah Dawson said: “On Sexton Campus, we have heard from students that there aren’t enough female washrooms centrally located in main areas and so there are a number of washrooms currently being changed to reflect enrollment trends in our STEM programs.”



WHILE THE NEWER BUILDINGS ON CAMPUS - LIKE THE EMERA IDEA BUILDING - HAVE EQUAL MEN'S AND WOMEN'S WASHROOMS, THE OLDER BUILDINGS DO NOT. PHOTO BY KAIJA JUSSINOJA

Dawson said Dal has an ongoing project to “improve way-finding on Sexton campus which will help people find the existing washrooms. Any of the newly-constructed buildings are 50/50 washroom designations or gender-neutral single use washrooms.”

### Overdue change

The reality for female engineering students is they must walk down several hallways away from their classrooms to find a washroom, past endless frames filled with black-and-white photographs of men who graduated from Dal’s engineering programs decades ago.

“There’s nothing on this campus that says that women go here and that women have a space here,” Evely said. “If they want women to come to this school, they really need to pick up the ball and update the infrastructure to reflect that they respect women and there’s a space for women on this campus.”

While women make up 26 per cent of engineering students at Dal, only 16 per cent of professional engineers in Nova Scotia are women. Evely says this



ON THE THIRD FLOOR OF THE B-BUILDING, THERE IS ONLY ONE SINK THE WOMEN'S WASHROOM. PHOTO BY KAIJA JUSSINOJA

could change if women see themselves in the industry while they’re at school.

“If they want to show that the industry is changing, they need to start here,” she said. “At some point somebody has to say this is a priority. How much do signs cost?” she said. “We just want to know where the bathrooms are.”

Kate Macdonald, an education coordinator at South House Sexual and Gender Resource Centre said that despite the Sexton campus’ location, we need to remember that its students are still Dal’s students, and their needs need to be met.

Evely believes the new dean of engineering, John Newhook, is passionate about drawing more female students to engineering. Evely said there has been talk about a map locating the women’s washrooms on campus and a possible women’s space on the bottom floor of the old President’s House building. So far, no changes have been made.

“When you don’t see yourself reflected in a space you wonder who the space was designed for and who we continue to prioritize in the space,” Kate Macdonald said. “When the building is not updated you show who you prioritize.”

# The issue with empathy

## How to understand what you haven't experienced

BY GABBIE DOUGLAS



PHOTO BY ROMAN KRAFT ON UNSPLASH

To empathize is to imagine yourself within another's experience.

Today we use empathy to navigate each other and the world. Empathy demands we enter another's headspace. But how can you step inside without prior experience?

Elaine Scarry, an academic and literature professor argues it's difficult. "The way we act toward 'others' is shaped by the way we imagine them," says Scarry. Imagining someone's inner feelings is like a puzzle for the brain. You cannot envision the picture on the box, only the individual pieces and mash together ones that don't fit — creating judgment. Creating false definitions. This inability is magnified when the person is a "stranger or foreigner," says Scarry. The more

detached we are, the harder it is to pull people together.

### Shared similarities

Husserl's theory of empathy — a scholarly claim for empathy in practice — says there must be a sort of bodily similarity between oneself and the 'other' to enable one to empathize with the other in the first place. Shared similarities are a uniting factor. For example, Jewish and African people can unite from and empathize with each other from the experience of persecution.

As Claudia Rankine, Jamaican poet, writer and author said in the *New York Times*, "Though the white liberal imagination likes to feel temporarily bad about Black suffer-

ing, there really is no mode of empathy that can replicate the daily strain of knowing that as a Black person you can be killed for simply being Black."

That's because to empathize is to feel someone's emotion from a shared or similar experience. You cannot have empathy unless you have seen the thing that is causing the person to feel. For example, I cannot understand the life of a refugee.

Refugees migrate to countries bringing what they can carry upon their backs with them.

They tread along waterways and roads without direction, only the hope of a safer beginning. I have never had this experience. The home I grew up in still exists. My child-

hood memories bring me happy glimpses of a past I'm fortunate to have been given.

Therefore my ability to empathize with an immigrant is compromised. I never will undergo displacement in the way an immigrant may have in their life, creating a challenge for my imagination.

### Choose reflection

When we cannot conceptualize the experience of others, we're faced with a choice. We can choose reflection and say, "I can't even understand the way you feel, that must be hard" and use misunderstanding to bridge the gap of understanding. Instead, when an individual feels this way, they retreat. When something gets hard we give up.

Giving up the attempt, to understand differences, has become a source for political conflict, racism, misogyny, sexism, homophobia and everywhere in between.

Maxime Bernier, political leader of the People's Party of Canada, known for his anti-immigration policies, cannot empathize with immigrants. He's never experienced their journey. He never felt their struggles. He's never felt their pain. Of course he can't empathize with that person. Of course he can't understand everything they've been through. He could attempt to understand, but Bernier hasn't even tried. We let the fact of inability to understand stop us, instead of letting it propel us somewhere forward.

### Set aside judgements

To empathize is to set aside judgments and consider how I could put on someone else's shoes. We need to detach from ourselves to understand each other. The things that make us unique are culture. The lack of will to try and understand these differences disrupts the beauty of civilization. It's what's started wars, what's split populations in half, and prevented us from seeing the bigger picture.

We are all humans born from the same place: earth. We share more in common than what separates us. Why do we let separations define perception? What connects us despite decades of difference? Empathy. Empathy is a search for connection and a pathway to understanding.



# Should women participate in Movember?

## Alleviating the stigma of women's body hair

BY MAYOWA OLUWASANMI

The secret's out: women have body hair. In recent years, beauty trends have become more inclusive when it comes to personal grooming, with more women opening up on why they don't shave and embracing their naturally hairy selves. This Movember, Billie, a razor brand, has taken the movement even further and are challenging women to grow their moustaches too.

Movember is an annual event that focuses on raising awareness for prostate and testicular cancer, mental health and issues pertinent to men. Founded in 2003, the Movember foundation has funded programs globally concerning mental health awareness, education surrounding prostate cancer and other health research. According to its website, four million moustaches have been grown worldwide to honour Movember and raised \$574 million CAD since its creation. The company's motto is simple: during the thirty days of November, moustaches and beards will be grown globally in solidarity.

### Embracing women

Despite being traditionally male-centred, Movember has begun to embrace women. The foundation preaches that anyone, not just men, are affected by the realities of mental illness and prostate cancer. From mothers to friends to relationships, women play a significant role in male health. The reality of mental illnesses and prostate cancer affect not only the males in our lives, but everyone. It is similar to how the Pink Ribbon, a breast cancer charity organization, is centred around female health but welcomes everyone to stand with them in their goals to create awareness. Movember is striving to do the same. By participating in Movember, women can play an essential role in breaking down the stigmas surrounding male health and can inspire the men around them to get help if needed.

In addition, the official foundation recognises and stresses the importance of

female-identifying participants. Coined "Mo Sista's," the organisation encourages women to partake in promoting, advocating and increasing awareness regarding male health. The website outlines practical steps "Mo Sista's" can take: signing up to the initiative, fundraising, advocacy. There is no gender barrier to joining the movement, staying active during the month and having necessary conversations in the community.

### Mo Sista's hypocrisy

However, despite its appearances, Movember does not support the growth of women's body hair. While it encourages participation, Movember has not explicitly encouraged women to grow out their own hair. In fact, on their website, the organization openly states that women can "do everything Mo Bro's do, they just don't grow a Mo!"

Startup shaving company Billie is looking to change this.

They are raising the stakes and encouraging women to grow out their moustaches for this Movember. Leading with the catchphrase "A 'stache is a 'stache, and we shouldn't let our perfectly good ones go to waste." The advertisement aims to normalize the appearance of female body hair in the media. In the ad, a number of models with visible moustaches are featured flaunting their hair with pride. The ad later shows familiar methods applied by women to remove hair but ends with those same women being instructed to embrace their hair instead.

Is this campaign a good way to alleviate body hair stigma?

### A body hair revolution

"Women are just opting to keep their hair, similar to how a man might like to shave his beard or not," said Billie co-founder Georgina Gooley to *Refinery29*. She believes that the more we show female body hair in the



PHOTO BY CHRIS STOODLEY

media, the more that "society becomes more accepting that the choice shouldn't be imposed on women."

"Hopefully we'll see all types of body hair and it'll get to a point where, whether you see it or not, you won't be raising your eyebrows," she said. Aside from the ad, the company will also be matching any donation of up to \$50,000 to Movember, according to *Fast Company*.

Outside of this movement, women across the world are flooding the media with images of them embracing their body hair and changing the standard of beauty, one hairy armpit at a time. Celebrities like Emily Ratajkowski and Amandla Stenberg are using their platforms to spread the message and they're not alone. According to market

research company NPD Group, the beauty industry category "shave body" has dropped five per cent in just one year. Meanwhile, the category "skincare" is up eight per cent for the same time period. Procter & Gamble's grooming category, which includes Gillette, has had a sales decrease of 5 per cent in 2019.

There is an intense amount of pressure on women to be hairless; leading women to undergo great lengths (even surgery) to adhere to this standard. This movement has put a positive spin on the simple fact that anyone can grow body hair and is helping alleviate entrenched stigma surrounding women's body hair. At the very least, the extra hair will help keep us warm just in time for winter.

# The university structure is flawed

## But that doesn't mean it can't be changed

BY VEER GANDHI



PHOTO BY CHRIS STOODLEY

Structure is often considered a good thing because of the certainty that it can provide in our lives. However, the current education system, despite its importance, is made up of a structure that has a largely negative impact.

My first criticism is mandatory textbooks. Students pay between \$100 to \$200 a textbook per course in university. While some courses only recommend textbooks as an additional learning resource, many classes actually state them as mandatory, forcing students to fork over a significant amount of money. These books are also often dedicated to a single term and cannot be reused for another year.

This is an issue that many students deal with at Dalhousie University.

“One area I think the university can improve on is by providing more ways for students to get access to resources like textbooks, for instance being able to borrow ebooks,” said Gabriel Orellana, who is getting a masters in computer science. “Overall, I feel like [the university structure] prepares students for life after university because they put you in challenging situations much like life will.”

### Undermining value

Five courses in the fall term can cost upwards of \$1,000 in books for just four months of class. This is not including the differences in currencies, depending on a student's nationality. Either way, for both local and international stu-

dents this sum is a significant amount of money, on top of tuition. The key issue I find with this is that it undermines the value of taking the course itself.

These textbooks may include assignments, homework readings, lecture slides and exam review material. If a student chooses not to buy the book or can't afford it, they face a significant risk of not performing well or failing. This raises a key question, if a course cannot be taught without a mandatory textbook, then what is the value of paying to go to such a class?

### A joke at our expense

The idea of paying huge sums of money for a textbook that is the course is utterly ridiculous. There is no clear benefit to paying large sums of money to attend classes if there isn't any clear, unique value. This turns the hard-earned money students' struggle to pay into a joke at our expense.

Another flaw in the university structure is its reliance on exams as an effective tool for measuring success in a course.

From personal experience, I have written exams worth from about 10 per cent to 70 per cent of my course grade. The more an exam is worth, the more stress that it brings to students' lives.

### Accommodations

These exams don't accommodate for various external factors that could be impacting a student's life. From financial issues to mental health to physical problems like sports injuries, students are people who face a variety of issues daily. These issues are real and may significantly hinder a student's ability to write an exam reflective of their knowledge and abilities.

“I don't like courses where there are small chances for error,” Yanqing Wang, a third-

year computer science student at Dal. “For example, continuous assignments that depend on one another or heavy exams cause a lot of stress and I think it's bad for the overall learning purpose.”

Mental illness is one of the most common external factors that can affect a student's ability to function during an exam. Although many universities now offer accommodations to many of these issues, they're often difficult to come by or discounted immediately. On the Dalhousie exam accommodations page, it says that “exam anxiety may interfere with your ability to demonstrate your knowledge, but it's not by itself a condition that would lead to accommodation.” If a student does have a legitimate mental health issue, but is unaware or lacks the paperwork needed, they're out of luck.

### One bad day

All it takes is one bad day, or a few bad hours of an exam for students to risk losing a significant portion of their grade. The low grades that can occur from exam struggles have the

potential to impact student loans, bursaries, and other financial implications.

The issue isn't with exams themselves, but rather with the idea that the performance on a single day being evaluated is a true reflection of a student's abilities.

There are many solutions to these issues. Courses need to be structured by professors in a way that all the important material can be covered appropriately. This would restore the value for courses at university and would also save students significant money. For exams, it may be worth taking a deeper look at the purpose and what an exam truly measures.

Our university structure is deeply flawed, but that doesn't mean it can't be changed for the better.

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**“I don't like courses where there are small chances for error.”**

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# Broaden the mind by going abroad

## Busting the misconceptions

BY OLIVIA WARD



OLIVIA WARD IN FRONT OF THE COLOSSEUM IN ROME. PHOTO PROVIDED BY OLIVIA WARD

Going abroad is an experience that many believe is expensive, inaccessible and at times difficult. However, this is simply not true.

This past summer I had the opportunity to spend three months in Italy as an English tutor. I lived in with a local family and essentially became the “big sister,” teaching English through conversation and play. Being an English tutor in a different country is truly an enriching experience and I believe that everyone should do it.

Through Dalhousie’s myCareer I found an agency called Scotia Personnel, based here in Halifax and I applied to be an international au-pair/tutor despite being skep-

tical of my likelihood of getting to go. After getting the call back and educating myself on the trip, it became clear to me that I had fallen prey to a lot of the misconceptions that surround going abroad.

### It’s inexpensive

It was surprisingly cheap to go abroad. In the end, I only had to pay for my airfare; everything was taken care of for me while I was there. Leading up to the trip, I worked for a month, saving my money up so I could go, until finally, the time came to leave. I was excited and scared to take on a new country and culture, but I knew that whatever hap-

pened I would learn and grow from it.

The main hardship when you go abroad is the initial adjustment period. Often the destination is brand new, with cultural and language barriers to adapt to. When I finally touched down in Milan I was overwhelmed by the bustling city and surrounded by a new language I had only a basic understanding of through taking a few courses.

### The initial adjustment

Navigating through such a city with many trains, subways and buses was something I was not used to as I was raised in a small town in rural Nova Scotia. I was able to spend a week with my own family in a small city near Milan called Vercelli. Despite what I thought before coming, it was difficult to communicate with them as they spoke no English. However,

in that short week with them, my passion for learning Italian truly took off and as I ventured on to my final destination in central Italy my mind became a sponge to the language. That immersive experience that I had was truly exhilarating.

Going abroad is the perfect opportunity to learn as well as explore. It pushes you out of your comfort zone and introduces you to so many new people. When I found myself in a small town called Sarnano, sitting at the bottom of the beautiful Sibillini Mountains, I was blown away by the beauty and ancient history of it. At first, it was strange staying with a family I had never met before in a culture I had only experienced second hand. However, before long I was settled in and teaching kids English and helping around the house.

### Teach yourself

Though teaching English was my main duty as a tutor I took the opportunity to do just the opposite for myself: learning Italian! When you’re immersed in a different culture you have the opportunity to fully delve into it and expand your perceptions and experiences. Using a different language while there gives this expansion a whole new meaning. When abroad take every chance that you get to explore the culture and what it has to offer. I bought comic books to read, discovering just how abundant and exciting Italian comics are. I watched movies with the kids, listened to music and tried my best to speak with the locals.

At the end of my trip, not only was I was able to reconnect with my own familial roots, I was able to converse and understand life advice that my family gave to me on my last day there. Experiences like these, where you can consciously experience your own development not only in language but as a person are truly those to be cherished. To venture beyond what you know and expand and develop who you are is important for everyone, but especially students who still might not know where their life will take them yet!



# Printing a new legacy

## Art Gallery of Nova Scotia opens new lithography exhibition

BY SAM GILLETT



PRINTS FROM THE NSCAD LITHOGRAPHY WORKSHOP: CONTEMPORARY EDITIONS ON DISPLAY AT THE ART GALLERY OF NOVA SCOTIA. PHOTOS BY SAM GILLETT

In 1970, Joyce Wieland kissed a stone in Halifax. Well, not a kiss, exactly. The artist mouthed the words to “O, Canada,” imprinting bright red lipstick onto stone.

Wieland was creating a lithographic print, a style of printmaking where artists use grease and water to repel ink into designs and textures which are rolled onto paper.

She, along with many other Canadian artists, produced lithography prints during NSCAD’s Lithography Workshop which ran from 1969 to 1970.

Now, 50 years later, the Art Gallery of Nova Scotia (AGNS) is unveiling the results of a new workshop in a show called NSCAD Lithography Workshop: Contemporary Editions, which opened Nov. 9 in downtown Halifax.

### “A diversity of voices”

While the contemporary artists used the same techniques as the original workshop did 50 years ago, the show not only honours the legacy of the influential workshop but crafts a new one as well.

“Each of these works feel heavy, but fulfilling to have this work at the gallery,” says AGNS Chief Curator Sarah Fillmore. “Especially a diversity of voices and a diversity of backgrounds added to that primarily male, white canon of artists who were cemented 50 years ago.”

The AGNS was awarded a New Chapter initiative grant from the Canada Council for the Arts in 2017. With those funds, they brought in Master Printer Jill Graham from the Nova Scotia College of Arts and Design (NSCAD) to help each artist craft their own print. Eight artists were invited to participate: Ed Pien, Amy Malbeuf, Derek Sulli-

van, Shary Boyle, Brendan Fernandes, Shuvinai Ashoona, Jordan Bennett and Ericka Walker.

“Only one of these artists is a print-maker and everyone else has a very different approach to art-making,” says Melanie Colosimo, curator of the exhibition. “To see that reflected in this work can be very engaging to the public.”

### *In Pose*

As multi-disciplinary artist Brenden Fernandes speaks about his print, *In Pose*, his eyes scan the bodies in his piece, each in ballet pose, rotating upon the white background in circles. He speaks while standing in pose himself — fourth position.

“The body is a space of question, a space of agency,” Fernandes says, “a space where we’re still seeking our freedoms and finding our agency. This print embodies that for me.”

Fernandes’ work explores theme of cultural displacement, migration, labour and queer identity, often taking cues from his extensive experience in dance. *In Pose* takes all those themes into account through the lens of tragedy.

To Fernandes, the kaleidoscopic view of dancers in his piece speaks to the Orlando Pulse nightclub shooting in 2016.

“49 people — queers, people of colour — died. They fell to the ground. I started thinking about that metaphor, of falling and standing up, of being empowered.”

The homage to the victims takes shape through Fernandes’ work, which also honours the work of seminal American filmmaker Busby Berkeley. His films often had similar kaleidoscopic patterns.

Fernandes says the act of lithography has been a way for him and his colleagues to consider the issues at the heart of their solidarity.

“We’re living in precarious times but we’re thinking we need to find social solidarity. We need to find our freedoms, and this show brings eight artists together who are thinking through these questions.”

### Expanding the legacy

This show doesn’t just seek to bring in a variety of viewpoints. It also encourages cultural exchange between communities within Canada, such as between Cape Dorset and Nova Scotia.

Shuvinai Ashoona, an Inuit artist from Cape Dorset, Nunavut who specializes in drawing, was drawn to the landscape of Peggy’s Cove as she was searching for inspiration for her print. The artist’s ensuing creation transports viewers there as she imagines herself as part of the rock and sea, as one with nature.

The AGNS is also selling limited edition prints in hopes of revitalising the workshop for the long-term.

“The sales of the work will help continue the project beyond 2019,” says Colosimo, “so we can continue to invite artists to collaborate at NSCAD on prints or books or develop the work beyond lithography.”

All eight prints are on display at the AGNS until April 2020, and the artists will be the subjects of a CBC docu-series called *Print’s Not Dead*, which will be available on CBC Gem.



# 10 underrated holiday movies

## The best festive films you've been missing

BY KATIE KEIZER



KLAUS IS A NEW, FEEL-GOOD NETFLIX FILM THAT TELLS A UNIQUE ORIGIN STORY OF SANTA CLAUS. PHOTO BY KATIE KEIZER

The holidays are fast approaching, and it's time to get festive.

If you're looking for something to add to your holiday movie rotation (or maybe you just can't stand the idea of watching *Elf* again), these underrated holiday movies are sure to amp up your festive vibe.

### ***Arthur Christmas* (2011)**

Santa's youngest son, Arthur, sets out on a mission to deliver a forgotten gift to a young girl before she wakes up on Christmas morning. He is aided by his elderly grandfather—a wartime Santa — and a reindeer wearing a dog cone. Arthur and his grandfather are like a buddy cop team of a boomer and a millennial, if they were both Santa. Available on Netflix and Amazon Prime Video.

### ***Unaccompanied Minors* (2006)**

In this Paul Feig (*Bridesmaids*, *The Office*) directed comedy, a group of snowed-in, underage travelers make their own holiday traditions when left alone in the Hoover International Airport in Washington, D.C. Who knew kids being left alone was such a common occurrence during the holidays? Available on Amazon Prime Video.

### ***This Christmas* (2007)**

A family reunites for the first time in years, and of course, madness ensues. It really isn't the holidays without a little family dysfunction. Regina King, Idris Elba and Chris Brown are part of an all-star cast in this a 2000s-era holiday classic. Available on Netflix.

### ***An American Tail* (1986)**

*An American Tail* is not really a holiday film — apart from a very sweet Hanukkah scene. However, Fievel Mousekewitz' relentless optimism in this animated immigrant tale is contagious enough to carry you through even the most soul crushing of exam seasons. Available for purchase or rental on Amazon Prime Video.

### ***Joyeux Noel* (2005)**

It's hard to find a war movie that is both heartwarming and festive. This French-German-English-Belgian production knocks it out of the park in a stunning depiction of the 1914 unofficial Christmas truce of the First World War. Available for purchase or rental on Amazon Prime Video.

### ***Dreaming of a Jewish Christmas* (2017)**

This Canadian documentary is set inside a Chinese restaurant on Christmas Eve and tells the stories of the Jewish songwriters who were the talent behind many of the holiday songs of the 20th century. Available for free on CBC Gem.

### ***The Bishop's Wife* (1947)**

*The Bishop's Wife* tells the story of a bishop who is visited by Cary Grant as an angel sent to help him transform his perspective on life. It's got a festive vibe to rival *It's A Wonderful Life*, but without all the suicide attempts. Available for purchase or rent on Apple TV.

### ***Jack Frost* (1997)**

This *Jack Frost* is not the 1998 Michael Keaton comedy of your childhood. Rather, it's a holiday horror movie that is so bad it can't help but be enjoyable. When an arrested serial killer crashes into a truck carrying mutant DNA, he turns into a killer snowman. While this movie is not scary per se, it does depict violence and sexual assault at the hands of an evil snowman, and if that's not the holiday vibe you're going for, then maybe give this one a pass. Available on Amazon Prime Video.

### ***Mary Poppins* (1964)**

It might not be an obvious choice for a holiday movie — what with it having nothing to do with the holidays — but like *Mary Poppins* herself, the movie has a magic that seems to brighten the mood of those watching. It can act as a great tension breaker; your relatives might not agree on much, but everyone can find common ground on how bad Dick Van Dyke's British accent is. Available on Disney+.

### ***Klaus* (2019)**

This Netflix original holiday movie is not so much underrated as not-yet-rated as it was only released this year on Nov. 15. It is a cleverly written and beautifully animated film that crafts an ingenious origin story for the myth of Santa Claus. Available on Netflix.



# No strings attached

## The wondrous possibilities of the menstrual cup

BY ELIZABETH FOSTER



DIVACUP IS ONE OF DOZENS OF COMPANIES THAT CURRENTLY MAKE MENSTRUAL CUPS. PHOTO BY ELIZABETH FOSTER

The packaging is plastic, the applicators are often plastic, and they can produce up to 136 kilograms of waste in a person's lifetime.

Despite this, pads and tampons are still the most widely-used period products on the market. The menstrual cup is another option for periods that is not nearly as widely used but can have positive implications for reducing waste, cutting costs and, in some cases, preventing period poverty.

### What is a menstrual cup?

The modern menstrual cup has been around since 1937. Today, there are dozens of different menstrual cup brands, each offering different shapes and sizes of cups. Worn internally, the menstrual cup is designed to collect blood rather than absorb it. It can be worn for up to 12 hours at a time and is even safe to wear while sleeping. There is a risk of toxic shock syndrome, though

it's very rare.

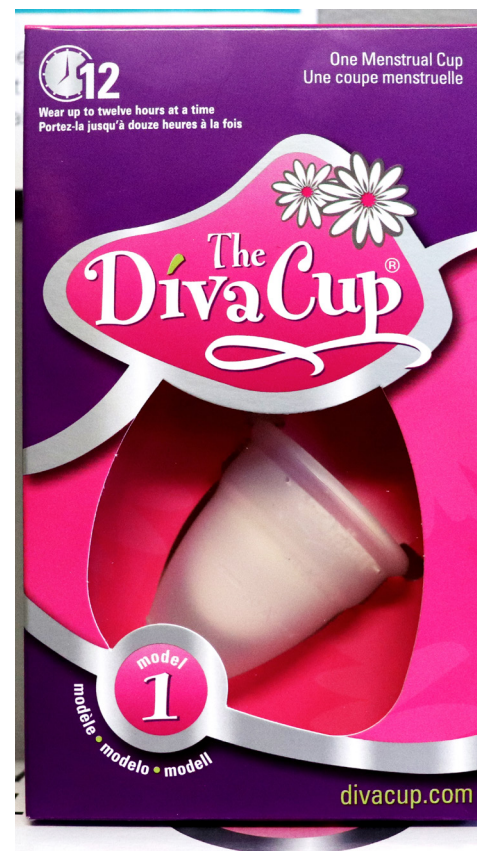
Depending on their shape, some menstrual cups are okay to leave in during sex.

The menstrual cup is made of silicone, so when it's time to change, the user simply empties its contents and washes it with soap and water. Most companies that make them recommend boiling menstrual cups in water after every cycle.

### Switching it up

"I expected it to be a little uncomfortable," says Samara Belhomme, a second-year applied computer science student at Dalhousie University who started using a menstrual cup a year ago. "But once it's in there I can't feel it at all, which I was really surprised about. I just completely forgot about it until it's full."

Sydney Patterson, a sociology student in their second year at the University of King's College,



### Cutting the cost

According to a report from the Canadian Public Health Association, people with periods will spend an estimated \$6,000 on menstrual products over the course of their lifetime. Depending on the brand, the price of a menstrual cup can range from \$15 to \$75. South House Sexual and Gender Resource Centre on Seymour Street sells menstrual cups for only \$20.

Brooklyn Connolly, a third-year journalism student at King's, considered cost when she chose to use menstrual cups.

"I don't have to go out and buy pads and tampons as often," Connolly says. "So, it's a big spend at first, but it really does work itself out in the financial department."

### Period poverty

Leigh Heide is the provincial coordinator for Sexual Health Nova Scotia, an organization that represents sexual health centres all over the province, including the Halifax Sexual Health Centre. Last October, Hyde attended the Period Poverty Summit co-hosted by two provincial organizations, Friendly Divas and Dignity. Period. The goal of the summit was to raise awareness about period poverty.

"People living in poverty struggle to get the things they need, which also affects them in terms of supplies that they need for periods and all their menstrual needs," Heide says.

They explain that period poverty is a widespread issue in Nova Scotia, especially in rural areas. For people living in those areas, the menstrual cup can eliminate the monthly expense of period products.

"The caveat is that menstrual cups don't fit everybody's needs...being able to empty and clean them if you don't have clean water, for instance," Heide says. "So, they're not a solution for every single person but they are a great solution for a lot of folks who need something that they don't have to pay for every month."

Despite the challenges presented by period poverty, Heide remains optimistic.

"Period poverty is getting a lot more conversation. I wasn't aware of the term until about a year ago myself, and now I feel like I'm hearing it a lot," they say. "That conversation also really needs to include our Department of Health and our schools, larger systems that can make a difference."



# What to do in Halifax this winter break

## Have fun without breaking the bank

FELESHIA CHANDLER

With exams coming up and temperatures dipping low, some students are counting down the days until they can head home for the holidays. But for those staying in Halifax over the winter break: never fear.

Here are six things to do in Halifax that can transform a boring winter break into an exciting staycation.

### Drinking for a good cause

Does the idea of drinking beer with a parrot intrigue you?

If the answer is yes, check out the Propeller Brewery goes WILD for Giving event on Dec. 3. For this event, Propeller is partnering with Cobequid Wildlife Rehabilitation Centre (CWRC). According to their Facebook page, the organization provides “veterinary care and rehabilitation to injured, orphaned, and sick wildlife.”

CWRC is bringing a special guest to the event: Alfie the African Grey Parrot. For every beer purchased from 4 p.m. until closing time, Propeller will donate \$2 to CWRC.

Helping animals and drinking a beer — what better way to kick off December?

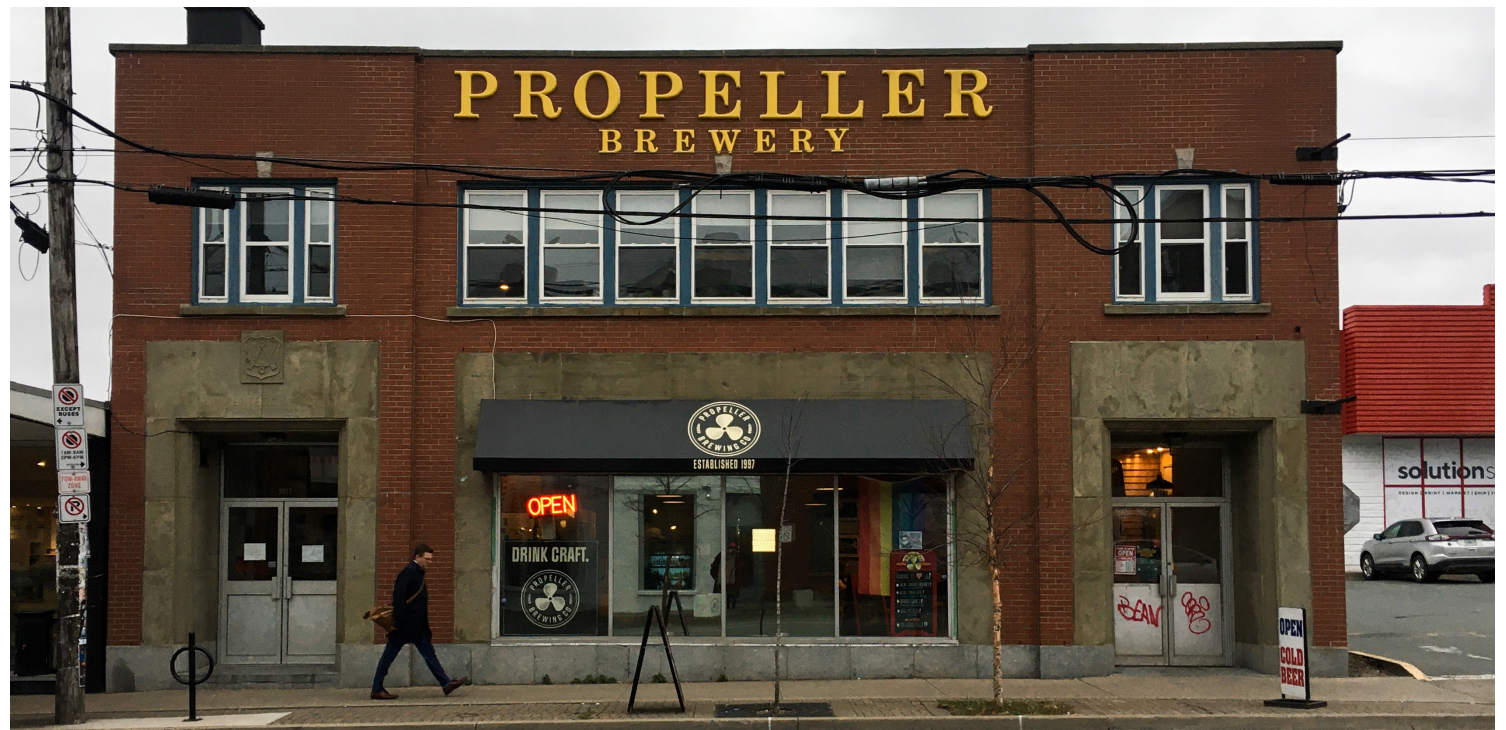
### Make some art and music

Radstorm, located on Gottingen Street, describes itself as “a collectively-run not-for-profit events and art space.”

The building is a dry, all ages, pay-what-you-can venue that offers access to resources and space for creative endeavours. They have a jamming space (a soundproof room where people can practice music). A jam session in the room costs \$15 for two hours.

Radstorm also has a screen printing studio that anyone can check out during open hours (Sundays from 2-6 p.m.) to print designs on t-shirts, tote bags, jackets, signs and more. Finally, they offer a kiln and clay space where you can work with a pottery wheel and high-grade kiln.

For people planning to regularly use their resources, Radstorm also offers a monthly membership.



ON DEC. 3, PROPELLER BREWERY IS HOLDING A FUNDRAISING EVENT FOR COBEQUID WILDLIFE REHABILITATION CENTRE WITH SPECIAL GUEST ALFIE THE AFRICAN GREY PARROT. PHOTO BY FELESHIA CHANDLER

### Board games

For only five bucks cover per person, you can choose from over 500 board games to play at The Board Room Game Cafe. Their menu offers more than a dozen alcoholic beverages as well as several options for food ranging from soft pretzels to pulled pork wraps.

The café offers “Free Play Mondays” where patrons get free admission with any menu purchase.

If a game of Risk or Dungeons & Dragons paired with a fancy beer sounds like your kind of night, this is the place for you. The Board Room is open late seven days a week right up until Dec. 24.

### Experience zero-waste shopping

If you're looking for an interesting and environmentally-friendly way to shop, check out The Tare Shop on Cornwallis Street.

At the Tare Shop, customers bring their own

containers and reusable bags. Food is weighed out in the home-brought containers as opposed to being sold in individual packaging.

The Tare Shop is the first zero-waste shop in Halifax, and they regularly host workshops and events that deal with environmental issues and health.

If you need a break from all that heavy bulk food lifting, you can sit down and take a break in the café section of the shop.

### Go out for breakfast

If you're a student who's trying not to break the bank for a hot meal, there are a few places you can get breakfast for cheap in Halifax.

There's Ardmore Tea Room where two eggs, toast and a choice of meat or falafel only comes to \$6.08 with tax. Heads up: they're cash only.

Another option is Elle's Bistro. The restaurant serves breakfast all day, and their breakfast spe-

cial is only \$8.00 after tax. They also offer some wicked options for french toast.

Finally, there's Athens Restaurant, which serves breakfast from 7 a.m. to 3 p.m. Their breakfast special comes to \$9.76 with tax, and their options for omelettes are quite impressive.

### Skate at the Oval

Last but not least, burn off some of those snack calories by skating at the Emera Oval. The Oval is a large outdoor skating rink on Halifax Common. It's opening for the winter at 10 a.m. on Dec. 16. Oh, and don't worry if you're not a skating extraordinaire with your own custom skates. You can borrow helmets and skates for free at the Oval with a valid government-issued photo ID.

Halifax has more to offer than one might think at first glance. So, what are you waiting for? Get on your coat and scarf and get out there!



# Ringette on the rise

## Dalhousie club part of growth across Canada

BY SARAH MOORE, SPORTS EDITOR



THE DALHOUSIE RINGETTE TEAM PLAYED AGAINST ACADIA UNIVERSITY ON NOV. 22 AT THE HALIFAX FORUM. PHOTO BY SARAH MOORE

It's still dark outside when the Dalhousie University Tigers ringette team hits the ice on Friday at 6:30 a.m. At the end of another long school week, players are still excited to be at the rink.

"I love that time. Any other time during the day would probably not work for me," says Maia Kvas, a fourth-year defender and president of the club executive.

Ringette is a sport played on ice with straight sticks and a large rubber ring. Like hockey, there are five players and a goalie per side, but the games have very different rules. For example, in ringette, the ring must be passed over every blue line, and a team has 30 seconds to take a shot on net after they gain possession.

Dalhousie's competitive ringette team is training for the University Challenge Cup (UCC) in December, hosted by Wilfred Laurier University. The Tigers made their roster in October, giving them two and a half months to prepare. This

is shorter than most ringette seasons, where teams usually have eight months before playoffs in the spring. The Tigers have a Nova Scotia University Challenge Cup in second semester, but their main focus is on the UCC in December.

Time commitment is different, too. In addition to Friday morning practices, the 15-person team has two off-ice dry land sessions every week, as well as an ice time on Sunday evenings that is open to anyone who signed up for the ringette club, usually around 25 players.

"It's kind of a weird dynamic because we're a competitive team with a lot of girls who have played elite level ringette for a long time, but the commitment is a lot different than when we were [younger]," says Shane Galley, a second-year centre and vice president of the club executive. "You don't practice as much, but [the UCC] is a way harder tournament."

At the UCC, teams from across Canada com-

pete over an intense four days between Christmas and New Year's.

"You give up a lot of your holiday break, but it's totally worth it," says Galley, as she's made great memories with her teammates there.

"Friendships with girls you play a sport with are so different than [other] friendships because when you get that win or even when you experience those losses, it's such a different kind of bonding."

### Different experiences

To prepare for UCCs, the Tigers have games organized by Ringette Nova Scotia. There aren't enough Maritime university teams to make an actual league, so the Tigers play stand-alone games against Acadia University and Saint Mary's University, as well as U19 AA teams and Nova Scotia's 18+ team.

Although not playing against more university teams is a disadvantage, Kvas says it's interesting to play different styles of ringette and face new challenges. The 18+ team has a lot of experience and plays a very smart game, whereas the

U19 AA teams, being younger, have a lot of energy.

Within Dalhousie's team, there are many styles of play because players of different ages come from Alberta, Ontario, Quebec, Nova Scotia and New Brunswick. Each province has different strengths; some are more aggressive, while others focus a lot on passing. Kvas says that Alberta, for example, produces really good skaters.

"It's nice to have a diverse background of girls on the team because they can bring in new drills and new plays, so we're learning — I know I'm learning a lot," she says.

In Kvas' first year at Dalhousie, all 10 or so players who tried out made the team. At the UCCs, they had two-thirds the bench of other teams and were exhausted every game.

The program has since grown, and more people trying out has made the team more competitive. Last year, they lost some close games and then won the tier 2 final at the UCC, coming seventh out of 14 teams. With a lot of returning players this year, they are improving quickly, says Galley.

### Ringette rising across the country

Before coming to Dal, Kvas played Timmins A in Ontario, while Galley played for Lac St Louis AA in Quebec. They both say university ringette wasn't a well-known option when they were growing up.

"A lot of girls [...] thought that they had to switch to hockey because 'ringette never brings you anywhere,'" Kvas says, but her experience that shown that "there is still a lot of potential to play high quality ringette after high school."

In her second year, Kvas' old coach asked her to send a video saying that she plays for Dalhousie. He did the same with Timmins athletes who now play for Guelph University, Western University, Carleton University and University of Ottawa, so that they can inspire younger ringette players to stick with the game.

Scholarships for university ringette are starting to become a reality as well. The University of Alberta, for example, offers \$45,000 to its players each year.

"It feels awesome to be a part of" the growth of the sport, says Galley.

**"There is still a lot of potential to play high quality ringette after high school."**



# Undefeated Tigers aiming for championship

Women's volleyball program one of the strongest in the country

BY SARAH MOORE, SPORTS EDITOR



THE DALHOUSIE WOMEN'S VOLLEYBALL TEAM HAS WON THE AUS FOR THE PAST SEVEN YEARS. PHOTO BY NICK PEARCE

It's been almost 36 years since the Dalhousie University Tigers women's volleyball team won a national medal. It was 1982 when the Tigers claimed gold, and 1984 was the last time they won silver.

Ranked third in the country at the time of writing, and sitting atop the Atlantic University Sport (AUS) standings for the past seven years, this could be the season that the Tigers again see results at the national level.

"We know we've got a team that's got the potential to do that," says head coach Rick Scott.

Last year, the Tigers won the AUS and competed at the U Sports national championship in Edmonton, Alta. They won 3-0 against the Université de Montreal Carabins, lost 3-2 to eventual tournament winners the University of British Columbia Thunderbirds and in the bronze medal

game, lost to the University of Alberta Pandas in five sets.

Scott says the experience of playing some of the top teams in the country is invaluable.

"We know we can beat them and we know we can play with them, and now it's just taking that next step," he says. "We have the confidence [and] we're not intimidated by them at all."

But they aren't getting ahead of themselves. In order to qualify for nationals, the Tigers need to win the AUS this season. If they do, it'll be the eighth year in a row that they've earned the confer-

ence title.

Off to a start to the season of eight wins, no losses, it's very possible — as long as the team doesn't become complacent.

"We're not just going to be given the title. Everyone really wants to beat us, desperately," says Scott. "The teams are good in our conference and

we're good, but we gotta play well to win. We can't just show up."

## Keys to the game

Dal has an experienced roster; over half of their players are third-years or older and have multiple AUS championships and national tournaments under their belts. Standouts include last year's league MVP setter Courtney Baker and former AUS rookie of the year outside Julie Moore, both selected to play at the international level this summer.

Beyond that, the Tigers have depth at almost every position, especially with liberos and outside hitters. That helps to challenge each other in training, as well as providing some insurance in case of injuries — other players can step up and fill gaps.

Another key to the Tigers' success, says Scott, is complementing regular season games against AUS teams with out-of-province competition. In

October, the Tigers travelled to Ottawa for a tournament against teams from Ontario and Quebec. In December, they'll go to Winnipeg to play more teams outside of the Atlantic conference.

Above all, the team has to continue working hard if they want to be successful at the national level.

"We can't be satisfied that we've arrived, that we're good at any position," says Scott. "Every one of us needs to get better."

Maintaining that mindset of improvement throughout a long season means working towards a team goal ahead of individual goals.

"Being a close-knit team that's really supportive and really plays for one another is worth one or two points on the scoreboard, if not more," says Scott. "It's a fine line between winning and losing."

After that, they'll need a little bit of luck. Come March, the Tigers volleyball program could bring home an AUS banner and perhaps a national medal back to Halifax.

**"We can't be satisfied that we've arrived."**



# The other end of the court

## Former Husky joined Tigers basketball squad this year

BY ILYAS KURBANOV

Playing his first game at the Saint Mary's University Homburg Centre this season created a strange mix of emotions for Brent Martindale. He was back in his old home gym, but this time wearing a different uniform.

"It was really weird, I gotta be honest," said Martindale, a forward on the Dalhousie University Tigers men's basketball team. Although it's his first year donning a Tigers jersey, he's no stranger to the Atlantic University Sport (AUS) league; he played for the Saint Mary's Huskies program for four years before this.

Graduating with a bachelor's degree in criminology from SMU, Martindale then decided to come to Dal and study health promotion, one of the master's programs offered.

### Emotional return

In their third game of the regular season, the Tigers visited the Huskies at the Homburg Centre on Nov. 9. The teams had played each other on Dal's home court a few days before, but this was the first time Martindale had faced his former team in more familiar surroundings.

"I didn't really know how to prepare for it because it's the building that I know super well, the gym that I know super well, so it felt like a long-lost home," he said.

The AUS basketball season has a quick turnaround. In 2018-2019, the Huskies' season ended in mid-March with an appearance at the U Sports Final 8 national championship, making it seven months, almost to the day, since Martindale had played a game as a Husky. The absence felt longer than that, he said, making his return more charged with emotion.

"It was crazy. I choked up and it was a different feeling as simple of being on the other side — sitting on a different bench, warming up on a different hoop, having a

different locker room, wearing a different jersey," said Martindale. "It was something that I was consciously thinking about with everything leading up to it and when I went out there, it was a lot of emotion."

Although he is competitive and wants the Tigers to be successful, Martindale said there is still some loyalty he holds for his former team.

"I always wanted SMU to be the best, but now, I want them to be the best except when they face us," said Martindale.

### Different programs

Joining a new team meant Martindale had to adjust to a new coaching system.

At SMU, Jonah Taussig is in his seventh year as head coach. A former player, he won the AUS basketball rookie of the year in 1997 and helped lead the Huskies to a national title in 1999.

Tigers head coach Rick Plato is also a Saint Mary's alum; he played for their basketball team from 1976-1981. In his seventh year at Dal, he coached the Mount Saint University Mystics for over 20 years before that.

While both Taussig and Plato have had successful playing and coaching careers, they have different approaches to the game.

Plato is more tough, using a lot of emphasis in yelling from the sidelines, whereas Taussig, being younger, has more of a connection to his players, said Martindale.

As a fifth-year player, Martindale's role on the Tigers is bring leadership and experience to the roster. Especially effective as a physical presence in the low post, he provides depth to that position as second-year Sam Wade and first-years Kendall Saunders and Ben Shoveller continue to develop.

Last season, the Tigers were AUS champions and had a fourth place finish at the U Sports Final 8 tournament, with a loss in



BRENT MARTINDALE (LEFT) PLAYED IN A PRESEASON GAME AGAINST THE ACADIA AXEMEN ON OCT. 26. PHOTO BY ANTWON CHRISTIAN/@LIPHEFOTOS

the bronze medal game against the Ryerson University Rams. With most of the Tigers' roster returning this year, they're off to a strong start with five wins to start the regular season and a second place national ranking behind only the Carleton University Ravens.

### Cards aligned

Dal wasn't the only team in consideration when Martindale was looking at his options after graduation. He was interested in law school, and the University of New Bruns-

wick Reds asked him to play for their team as he studied.

He wasn't sure if he would continue to play basketball at the varsity level, but everything fell in place after talking with both UNB and Dal.

"I was just lucky enough to find someone at a school, at a program who was willing to take a chance on me in my last year and I'm grateful for that," said Martindale.

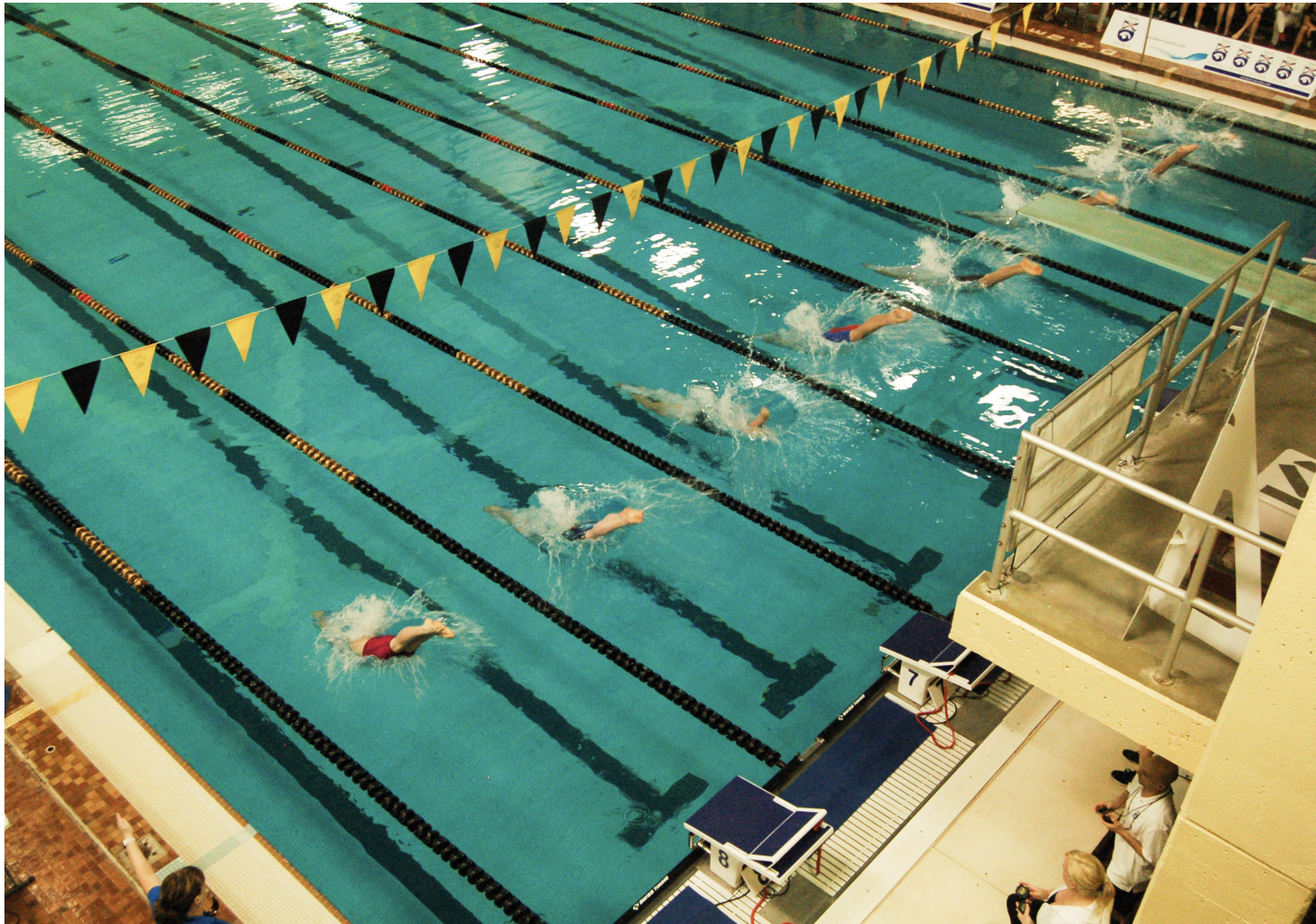
After his master's degree, he wants to pursue a career in law.



# Changing tides

## Acadia could usurp Dalhousie men's swimming dynasty

BY SARAH MOORE, SPORTS EDITOR



THE KEMP-FRY INVITATIONAL MEET TOOK PLACE AT THE DALPLEX ON NOV. 17. PHOTO BY SARAH MOORE

For 21 years, the Dalhousie University Tigers men's swimming team has handily won every AUS championship. But their time in the pool as an unchallenged rival is coming to an end. The Acadia University Axemen have beat them in several meets so far this season and if the trend continues, could win their first Atlantic University Sport (AUS) title since 1981.

"When I came here, I had a mindset tAxemen head coach Gary MacDonald, who is in his fifth season at Acadia. It was a slow start, with only eight athletes on the men's team when he took over in 2015. Eighteen is the maximum number that can compete.

They've come a long way since then. This year, they have a full roster, including two-time AUS swimmer of the year Brett Liem. Although consistently a second place team in the conference, the scoring gap between them and Dal used to be significant. This year, they've caught up.

At the Amby Legere Invitational meet at the University of New Brunswick in October, Acadia beat the Tigers 724.5 points to 441.5, and followed that up with a strong performance at the Kemp-Fry Invitational meet at Dal in mid-November. Coming second to McGill University, the Axemen still outpaced Dalhousie by a score of 735 to 612.5.

So what's changed at Acadia to give them a shot at an AUS title?

### Strong recruiting

MacDonald says that recruiting is one of the most important factors for team success in university swimming. In his second and third year at Acadia, he brought in some strong swimmers, and their success has attracted more and more swimmers as people took notice.

"The better you do, the more people take an interest in your program," he says.

In 2017-2018, the Axemen came close to an AUS title, losing to Dal by a narrow

margin of only 67 points.

"We worked really hard that year. I don't know if we had the better team that year, but we certainly entered the proper events to give us a chance to win," says MacDonald. "I think it got our team excited and we've sort of been pushing ever since."

He had another strong recruiting year this season, bringing in eight first-year swimmers who are contributing to the team's success.

"When you have a recruiting year like that it's a little bit easier to get some really good results, and now the results are showing."

As a coach, MacDonald tries to create a "culture of winning" that is based on hard work. He mentions stressing the importance of the little things, like waking up at 5:30 a.m. to train and coming to workouts with a smile.

"If we can work as hard as anybody else in the country, then we can be a championship team," he says, and he believes the team this year has that work ethic.

### Dal's decades of dominance

From 2004-2005, MacDonald was an assistant coach at Dalhousie, giving him familiarity with the Tigers program and offering learning opportunities. Before working with current head coach Lance Cansdale, MacDonald worked with former head coach and "visionary" David Fry. Fry coached the team for 16 years and built the Tigers program to be a national contender. This success that has continued since Cansdale took over at the helm.

At the U Sports championship in the past three seasons, Dalhousie's men's team came thirteenth in 2017, ninth in 2018 and twelfth in 2019.

After Acadia's success this fall, MacDonald thinks they have a chance at the AUS title, as long as they keep improving on on what they've already done.

"I know how tough Dal is, so I told my team 'we're only as good as our last competition,'" he says.

In the new year, the teams will compete at the AUS Invitational before the Subway AUS Championships Feb. 7-9. Both meets will be hosted by Dalhousie.



## Call for Nominations 2020 ROSEMARY GILL AWARD

*In June of 1995 the President approved the establishment of the Rosemary Gill Award in memory of Dr. Rosemary Gill, Director of Student Health Services, who exemplified a high level of commitment of service to students, both in terms of her responsibilities as a physician on campus and as a member of the larger University community.*

*Awards are presented annually to a member or members of faculty or staff of the University who have provided outstanding service, other than teaching, to students. Up to four awards can be made each year. An individual may receive the Rosemary Gill Award one time. The selection of recipients is made by a committee consisting of the President; the Vice-Provost, Student Affairs; a member of the Academic and Student Affairs Committee of the Board of Governors; and a student appointed by the Dalhousie Student Union.*

*The first Rosemary Gill Awards were presented in February, 1996, and nominations are now being sought for awards to be presented in 2019. Nominations should be made in writing and include the rationale for the nomination. Nominations can include up to three letters of support, preferably including at least one from a student or students. To assist you in planning your submission, a nomination form can be found at: [dal.ca/rosemarygillaward](http://dal.ca/rosemarygillaward).*

*The Rosemary Gill Award is a plaque presented to the recipient(s) at a spring reception hosted by the President. In addition, a permanent plaque bearing the names of annual recipients is displayed in the Henry Hicks Academic Administration Building.*

**Please submit nominations to:**

**The Office of the Vice-Provost  
Student Affairs  
Room 328  
Henry Hicks Academic Administration Building  
Dalhousie University  
6299 South Street  
P. O. Box 15000  
Halifax, Nova Scotia B3H 4R2**

**Nominations Close: Wednesday, January 29, 2020**



## 2020 DALHOUSIE UNIVERSITY BOARD OF GOVERNORS' AWARDS - CALL FOR NOMINATIONS

In 1992, to mark the 125th anniversary of the founding of the Dalhousie Student Union, and to recognize students' contribution to the quality and vitality of the University, the Board of Governors established a set of awards to be known as Governors' Awards.

Up to four awards can be made each year, for exceptional contributions or leadership in the extracurricular realm in such areas as university governance, development of a sense of community on campus, community service, internationalizing the campus, visual or performing arts, minority access or athletics. To be eligible, students must have a minimum cumulative GPA of 3.0 or equivalent. Otherwise, all students - undergraduate, graduate or professional faculty student, full or part-time, at any stage in their academic career - may be considered for an award.

Recipients are chosen by a committee consisting of the President, three members of the Board of Governors and the Vice-Provost, Student Affairs. Nominations are invited, but the committee may consider other persons as well. Awards, in the form of a plaque, are presented annually in the spring by the Chair of the Board or designate at the annual Impact Awards Gala Evening.

Nominations should include a written description of the student nominee's contribution to the University and up to three letters of support.

**Nominations Open: Monday, November 18, 2019**

**Nominations Close: Friday, January 10, 2020, 4 p.m.**

To assist you in planning your submission, a nomination form can be found at: [dal.ca/governorsawards](http://dal.ca/governorsawards).

**Please submit nominations to:**

**The Office of the Vice-Provost  
Student Affairs, Room 328  
Henry Hicks Academic Administration Building  
Dalhousie University  
6299 South Street  
P. O. Box 15000  
Halifax, Nova Scotia B3H 4R2**



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