

JAN. 31 – FEB. 13, 2020 | ISSUE 152 - 9

# DALHOUSIE GAZETTE

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



PHOTO BY CHRIS STOODLEY

## From Dalhousie, with love

Cuddle up with the Love & Sex issue

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# THE DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER  
EST. 1868

Rebecca Dingwell

Editor-in-Chief  
editor@dalgazette.com

**Sarah Moore**

Sports Editor  
sports@dalgazette.com

Karla Renic

News Editor  
news@dalgazette.com

**Lucia Helder**

Copy Editor  
lucia.helder@dalgazette.com

## Tarini Fernando

Arts & Lifestyle Editor  
arts@dalgazette.com

Chris Stoodley

Visuals Editor  
visuals@dalgaette.com

**Isabel Buckmaster**

Opinions Editor  
 opinions@dalgazette.com

Alexandra Fox

Page Designer  
alexandra.fox@dalgazette.com

### Contributing to this issue:

Madeline Biso, Shanay Comeau, Gabbie Douglas, Luke Dymont, Megan Farley,  
Elizabeth Foster, Sam Gillett, Shawna Guenther, Lane Harrison, Ilyas Kurbanov &  
Natalia Tola

## ADVERTISING

Alexandra Swenv

Administration and Business Assistant  
(289) 879-1557  
business@dalgazette.com

## CONTACT US

dalqazette.com

The SUB, Room 345  
6136 University Avenue  
Halifax NS, B3H 4J2

## THE FINE PRINT

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# LETTER FROM THE EDITOR

## Omar Khadr deserves a chance to speak

Dear Reader,

Last week, Dalhousie University quietly posted about an event taking place Feb. 10. The talk is titled Children's Rights Upfront: Preventing the Recruitment and Use of Children in Violence. Speakers include Roméo Dallaire, Ishmael Beah and Omar Khadr.

*Toronto Star* reporter Michelle Shephard covered Omar Khadr's case for many years and I'd recommend reading up on her work and watching the documentary *Omar Khadr: Out of the Shadows* for a full understanding. However, here's the condensed version. Omar Khadr was born in Toronto and later taken to Afghanistan by his extremist father. When Khadr was a teenager, he was sent to Guantanamo Bay for the death of U.S. soldier Christopher Speer. Speer was the picture of the universal soldier: a young, white American, married father of two. A hero who died in battle, fatally wounded by a hand grenade. Khadr, then just 15, was charged with "murder in violation of the laws of war." Even though no one claims to have witnessed him throw the grenade that killed Speer, Khadr remained in Guantanamo for 10 years and imprisoned for a total of 13 years. The Canadian government's subsequent apology and monetary settlement for Khadr were controversial. Many

people could not (or would not) see him as anything other than a killer. That's still the case.

There's been a strong online backlash from right-wing media outlets and those who view Khadr as a terrorist. Even the *Gazette's* Twitter account has been descended upon by an angry troll, although we have nothing to do with the event. I figure if we're getting trolled anyway, I might as well say something about it.

The people who want to silence Khadr are the same kind of people who raged about rainbow poppies, who insist on honouring those who participate in war. Unfortunately for Omar Khadr, he was on the wrong side. And as far as these people are concerned, he's the wrong colour. The western idea of evil is too narrow. How can we see Khadr as evil for throwing a grenade in a firefight, while at the same time claiming he deserved the torture he endured in Guantanamo?

Khadr deserves time and space to speak. We have the choice to listen or to cover our ears.



- Rebecca Dingwell, Editor-in-Chief

### NEWS

# New year, new WHIG

## Grad students aim to promote healthcare research done by women

BY KARLA RENIC, NEWS EDITOR



KATHRYN STONE (LEFT) AND EMMA CAMERON FOUNDED WHIG (WOMEN'S HEALTH INTEREST GROUP) -- A DALHOUSIE UNIVERSITY SOCIETY THAT SHARES AND PROMOTES HEALTHCARE RESEARCH DONE BY WOMEN AND NON-BINARY FOLK. PHOTO BY KARLA RENIC

Two Dalhousie University grad students felt there was no space for women's health researchers to network and share knowledge — so they created one.

Emma Cameron, 23, and Kathryn Stone, 22, founded WHIG (Women's Health Interest Group), a Dal society aimed at sharing and promoting healthcare research done by women and non-binary folks.

Cameron is in her second year of Dal's master's in health promotion program. Her thesis, and passion project, focuses on access to postnatal healthcare for Syrian refugee moms in Halifax.

She was so involved with her topic, Cameron wanted to find other women doing similar research and anything relating to women's health. But she couldn't.

"There's groups in nursing and other health areas, but I wasn't finding anything designated for the health of women." She says the research easily available is primarily male-dominated, while there are many brilliant women in the field.

"I wanted to do something that would highlight all of the amazing talented women doing this research," said Cameron, "but it's also about sharing all the research that is going on, and ultimately improving the lives of women."

Stone is in her first year of the health promotion master's program, and is researching the gendered impacts of climate change. She and Cameron started thinking about this project last year, and pulled things together this fall.

In the beginning of January 2020, they had finally released their website and promotional material.

WHIG has several components: a networking website, a blog series, bi-monthly seminars and advocacy initiatives.

In the blog series, folks will be writing stories about either their own research, or other people's research, on women's health around the world. The purpose, Cameron said, is to translate academic research in a way that is easily understandable and accessible to everyone.

Stone is particularly excited about their first advocacy initiative — supporting Avalon Sexual Assault Centre. The sexual health centre is severely underfunded, Stone said, and WHIG is planning a fundraiser to help out. "Having this platform to actually do things we care about is powerful."

The group's first meeting was on Monday, Jan. 27, during which Cameron and Stone introduced WHIG and began to fill its available positions.

Cameron said everyone is welcome to participate in the meetings, not just health promotion students. "Research on women's health comes out of everywhere."

"We want to find ways to amplify the voices of the people doing research on women's health," said Cameron. WHIG will offer an opportunity to support women and others doing this research, building CVs by participating in seminars and designating a space for networking.

The pair hopes for WHIG, and the research involved, to be intersectional and interdisciplinary.



# Heartbreak at the Grawood, again

## Campus bar left without a manager, while Aramark takes over liquor licence

BY LANE HARRISON



THE DALHOUSIE STUDENT UNION WILL NO LONGER BE IN CHARGE OF ALCOHOLIC SERVICES ON CAMPUS. INSTEAD, ARAMARK CORPORATION WILL TAKE OVER RESPONSIBILITY. PHOTO BY LANE HARRISON

Aramark Corporation will now be providing alcoholic services to student societies, faculty and other groups who host events on campus.

This means shifting the responsibility away from the Dalhousie Student Union, according to Ivan Joseph, who is both the vice-provost of Student Affairs and the chair of the Dalhousie Alcohol Advisory Committee.

During the transition of these operations, Joseph said it is the university's intention to "hire all the students that were in those positions before, or as many as we can." The DSU will also continue to manage the campus bars.

Aramark is an international corporation that offers food services, facilities and uniform services to the fields of education, healthcare, business and corrections. Ara-

mark provided Dalhousie's food services before the new changes.

The decision came after a disagreement between the DSU and the Alcohol Advisory Committee in October. Joseph sent a memo to students that read, "the DSU issued a letter to the Board of Governors this week that it will no longer follow the University Alcohol Policy."

The letter referenced is one the DSU sent to the Dalhousie Board of Governors on Oct. 15, in which they notified the university that they would no longer be involved in the "approval process for licensed events," meaning licensing the service of alcohol during society events at the Grawood and T-Room.

This was becoming a large source of confusion between the DSU and those applying.

"I thought getting our event approved would not be an issue. However, it required copious amounts of cooperation between myself, the Grawood, and the DSU," said an email from Meagan Kettley, Vice-President (Internal) of the Dalhousie English Society.

"It took over a month to get the event approved, even though I was told in the past that because it was through the Grawood, that it shouldn't be an issue."

With the transition to Aramark, Kettley hopes for change. In an email, she said: "Hopefully, with a professionally maintained organization like Aramark, who has regulations and procedures to follow, like the DSU did but ignored, this will be different."

Prior to the fall term, the licensing and ap-

provals was the responsibility of the liquor licence designate, traditionally the DSU's general manager.

Over the summer, the DSU executive restructured their staff, firing the general manager and director of licensed operations. The DSU recommended that the licence designate be their director of operations, one of the positions created through restructuring.

The university appointed Janice Tate, general manager of the University Club, for the position. According to an October interview with DSU President Aisha Abawajy, Tate began asking DSU employees to work on approvals, causing the confusion between DSU staff and societies applying.

"That led us to this state where we suspended alcohol, and then we looked to reinstate it with them managing just the bar, and us managing other things," said Joseph. "This is a result of, 'how can we move forward in a productive way?' So we don't find ourselves in that situation again."

More issues may be on the horizon for the DSU when it comes to alcohol licensing. The director of operations has resigned from their position, Grawood employee Maddie Stinson announced at the DSU council meeting on Wednesday Jan. 15.

According to Stinson, this left the Grawood without a manager, and vulnerable to closure by the Nova Scotia Alcohol and Gaming Commission.

A job posting has been sent out and they are looking to fill the position as soon as possible, said Abawajy at the meeting.

Several council members said this was the first they had heard of the resignation, while Abawajy said she had been given a two-week notice.

According to Meagan Kettley, communication and transparency from the DSU executive has been a concern on the society's side as well. "There are never answers or explanations for why they do the things they do, and I hope that this does not build a pattern for future executive members."

A DSU spokesperson told the *Dalhousie Gazette* no executive would be available for interview in time for deadline.



# Twenty years of LOVE

## Leave Out Violence Everywhere strives to end violence in youth

BY ELIZABETH FOSTER



A SIGN IN LOVE'S OFFICE ON GOTTINGEN STREET IN HALIFAX. AS OF JAN. 18, LOVE HAS HELPED DISADVANTAGED YOUTH IN THE CITY FOR 20 YEARS. PHOTO BY ELIZABETH FOSTER

On Jan. 18, Leave Out Violence Everywhere (LOVE), celebrated its 20 years in Nova Scotia.

LOVE, a Halifax-based nonprofit organization, aims to provide support for disadvantaged youth, aged 12 to 18, who are at risk of becoming victims of or participating in violence. The group also provides arts and leadership programs, after school programs, summer camps, 24-hour crisis support and a social worker on site.

Sarah MacLaren, the executive director of LOVE Nova Scotia, says that the organization prioritizes one-on-one work with their youth.

"A lot of what we do is framed around health," she says. "Mental health, physical health, social indicators of health. A lot of those have to do with having supportive humans, and a positive support network."

MacLaren says people don't do well in isolation; when someone is struggling, it is easy to

become isolated. "What we've built is this space where a kid can walk in, be 100 per cent themselves, and not be judged by their peers or the staff."

The Nova Scotia chapter has come a long way since it opened 20 years ago.

"When we first opened, we had no office. We were a phone-check and car that my parents gave me," MacLaren says.

After operating out of various downtown offices — always serving the north end — LOVE moved into their current home on Gottingen Street four years ago. They have three main locations in Nova Scotia: Halifax, Sipekne'katik First Nation and Membertou First Nation.

LOVE was founded in Montreal, in 1993,

by Sheila "Twinkle" Rudberg. Rudberg aspired to end the cycle of violence in youth after her husband was murdered by a 14-year-old boy. Since then, LOVE has extended to Nova Scotia, Ontario and British Columbia.

Many people stay involved with the program past age 18. Parker Jackson became involved with LOVE 12 years ago, when he was 16.

"It was just a really good, nonjudgmental place for me to learn how to properly express my emotions," he says. "I always tell people that LOVE is one of those places that helps figure out what your specific needs are, and they help you overcome any challenges, but they give you the strategies and abilities to help yourself as well."

For Jackson, the people at LOVE continue to help him navigate Nova Scotia's health-care system.

"They really did change my life for the better and I know they've changed hundreds and hundreds of youths lives for the better," he says.

When LOVE started in Halifax, they had 15 youths in their care. This past year, MacLaren estimates that number has grown to 300. Despite this increase, the kind of help LOVE provides remained the same.

"This work is hard, but it is not complex," MacLaren says. "People need love, people need support, and people need you to be accountable to them. If you do those things over and over again, and don't withdraw from the relationship, beautiful things happen."

Some days it's really hard, because the barriers layered on top of our kids are a lot, so rising to that challenge over and over again can be hard. But the formula is human."

**"What we've built is this space where a kid can walk in, be 100 per cent themselves, and not be judged by their peers or the staff."**



# Happy, healthy and queer

## Queer people exist in society, so why not on screens?

BY MADELINE BISO

Have you ever seen yourself on TV? No, not actually *you*, but someone *like* you. Someone who is around your age that has similar features, a similar background, similar interests or is in a relationship like yours. For queer people, this is a rare occurrence or when it does happen, the relationship portrayed is usually not long term, happy or healthy.

Media has begun to introduce more queer people to our screens, but healthy queer relationships are still far and few between. TV and movies are known for using a method called “queerbaiting” in hopes of getting more viewership. Queerbaiting is when filmmakers or actors hint at a queer relationship but don’t follow through. Directors argue that *of course* this “will they, won’t they” is a true queer relationship. It’s all between the lines, just squint a little harder. But why should we have to squint?

### Lack of representation

GLAAD is an American media monitoring organization, founded by LGBTQ2S+ people, that examines the representation of queer characters in media. According to GLAAD of the 109 films released by major studios in 2017, only 14 had queer characters. Of those, half had these characters for less than five minutes of screen time. This is the lowest number since GLAAD began its annual reports in 2012.

We have lots of stories like *Love, Simon*, where a gay (usually white) teenager struggles with their sexuality and eventually comes out. The end. But what happens after coming out? What about more than just a cheeky kiss as the credits roll? What about relationships?

We deserve diverse stories. More than just coming-out tales, we should see healthy queer relationships.

We should see queer characters who are more than just tropes and side characters (a.k.a: “the gay best friend”). Media should have complex characters that are more than their queerness; who have a personality besides who they like. These should be present in all types of media: films and TV shows, indie and blockbusters,



MEDIA HAS STARTED INTRODUCING MORE QUEER PEOPLE TO TV SHOWS AND MOVIES, BUT HEALTHY QUEER RELATIONSHIPS STILL NEED TO BE PORTRAYED MORE. PHOTO BY MADELINE BISO

shows for all ages.

We’re beginning to see more representation in kids and family television. According to GLAAD, *Steven Universe* held the first same-gender wedding on children’s television when Ruby and Sapphire married. Another example would be *Adventure Time* confirming the relationship between Princess Bubblegum and Marceline the Vampire Queen, or Mr. Ratburn’s wedding on the children’s TV show, *Arthur*.

However, we should see queer people of colour, of different ages, genders and sexualities.

### “Bury your gays”

Asexuality is one aspect of sexuality that is heavily neglected.

GLAAD’s last TV analysis was for 2018-19, which found only two asexual characters: Todd Chavez from *BoJack Horseman* and Raphael Santiago from *Shadowhunters*. *BoJack Horseman* showed Todd having romantic relationships, including with another asexual person, which is something we aren’t seeing in other media. As of 2020, both shows have been cancelled.

Even if a character is originally ace or otherwise queer, when a story is converted to televi-

sion or film, these characters tend to suddenly become involved in heterosexual relationships. In 2016, comic book writer Chip Zdarsky confirmed that *Archie* character Jughead Jones is asexual, yet in the show *Riverdale*, he is not.

But let’s say a show or movie includes a queer relationship. What are the odds the relationship will end happily?

Well, according to the “bury your gays” trope, very unlikely. This trope is when a queer character is killed off, which is so common that it’s become a stereotype.

In 2016, *The 100* went under fire for doing just this. Two female characters, which had hinted at a possible relationship, finally got together. You think this would be a celebration for fans of the show, and the many people who had been rooting for them. However, in the same episode, one of them dies.

Multiple TV shows have seen this trope: *Buffy the Vampire Slayer*, *The Walking Dead*, *Boardwalk Empire*, *Pretty Little Liars*, *House of Cards* and more.

In fact, there’s a long list of this trope on Autostraddle.com, an online magazine for queer women and non-binary people. As of

March 2016, and dating back to 1976, there has been 210 lesbian and bisexual female characters on TV that have died.

Queer relationships deserve happy endings too. Sure, not every relationship ends up working out, but how about we see some breakups and not constant death?

### Finally, some progress

However, there’s been some progress.

According to GLAAD’s 2018-19 analysis, for the first time, LGBTQ2S+ people of colour outnumbered white LGBTQ2S+ people on broadcast TV, at 50 per cent to 49 per cent. Also, of the 857 regular characters on TV, 75 identified as LGBTQ2S+, which is the highest percentage GLAAD has found.

It’s beneficial for people to see themselves in something, but also for non-queer people to see diverse characters and relationships. After all, how will queer people and relationships be accepted and normalized in a society if TV and films — media which represents society and is *for* society — act like they don’t exist?



# Long distance love

## Sometimes the wait is worth it

BY ISABEL BUCKMASTER, OPINIONS EDITOR

Long distance romance sucks. It could be compared to being trapped in limbo; counting down the days until you see them again, falling asleep clinging to that picture of their face you keep as your lock screen. You hug yourself tightly under a weighted blanket in the desperate hope that it might replace the missing presence of your long lost love. However, despite the obvious lack of a physical connection, long distance doesn't have to be as hopeless as many people make it out to be.

### Communication

Long distance can create communication in any relationship where it was previously lacking, it is the backbone to keeping a long distance relationship alive. Without the actual presence of your lover, phone calls, snapchat, texts, video calls and even handwritten love notes (if you're feeling extra romantic) are vital to keeping the spark alive. It makes sense that couples struggle when they're apart; without previous experience in this situation or a good foundation of communication, there is barely a relationship.

But the distance can also develop conversation where there wasn't any. Long distance forces you to rely on communication to keep the spark alive, forcing individuals to have an open dialogue with their partner. Perhaps this is why long distance doesn't work for so many people but for me, it opened my eyes. Making an active effort to communicate your feelings can even enhance a relationship once you are back together again. You can't rely on hand squeezes, long hugs and spontaneous steamy nights when you're thousands of miles away. Words have to suffice.

### Stupid fights

Pointless bickering is completely normal. Long distance can make conflict resolution that much harder, especially when the typical solution isn't tangible. Miscommunication can also be a common issue. When an individual is forced to rely on emotional cues over text, things often don't make sense. This doesn't mean the relationship is doomed or that your partner has suddenly become evil, it just means that there needs to be a new method of dealing with a fight. You need to be able to the difference be-



PHOTO BY CHRIS STOODLEY

tween frustrated nitpicking and a deal breaking problem. Not to discount real reasons to break up; it's important to understand if what is actually being fought about is a real conflict before making a concrete decision.

### Newfound independence

Long distance also gives you time to form your own relationships and hobbies. Many people who have been in a relationship for a long time fall into ruts. You hang out with the same people, you do the same things, you eat the same things. When you're forced out into the world all alone, you have to fend for yourself. Long distance can often recreate the same self-healing process that many people attempt

to complete when single.

For the person moving away, start a new hobby, find a new friend group and explore a new place. This decision was important to you so make the most of it. For the person being left behind, the experience can often be more difficult but it doesn't have to be. Find new in the old and take part in some self-care. There is nothing wrong with being independent.

### Love is a choice

To be in love and in a relationship is a choice. People fall in love with people every day. Sometimes people realize they have feelings and choose to act on it. This is how a relationship works. But that decision to be in a relationship is an active choice. That de-

cision to love someone back is a choice. With long distance, it is so easy to just break up, deal with heartbreak and move on. However, long distance is also the best for making it clear who is worth waiting and working for. Sometimes leaving is all that is needed to fully wrap your head around how you feel about someone. Unfortunately, that also means that those feelings will be excruciating until you're back in each other's arms.

Long distance is a big and often painful decision. Any sane person wouldn't choose it over the experience of getting to love someone, in person, any time they want. But long distance can still serve as an important step to realizing something isn't right or even taking things to the next level. Sometimes love is worth waiting for.



# Being self-partnered

## There's nothing wrong with being sexy for yourself

BY SHANAY COMEAU



PHOTO BY LESLY JUAREZ

In November last year, Emma Watson made the declaration that she is “self-partnered”, not single. Being self-partnered is when an individual can feel empowered and in a good place all on their own, without being in a relationship. This statement brought up an important point; many people rely largely on their partner for self-confidence and self-love. This shouldn't have to be the case.

There is a lot of discussion in person and on the internet these days about self-love and how it is not only “OK” but sometimes wonderful to be single. And although I wholeheartedly agree and think that this is incredi-

bly true, I often find myself questioning what self-love means to me and how I can prioritize feeling and being sexy for myself.

### Balance independence and romance

For context: I just recently turned 21 and I'm in a monogamous relationship with my boyfriend, who I have been living with for over a year. When hanging out with friends, he and I often discuss feeling “older” or like “an old couple” because of our lifestyle and our relationship in comparison with many of those we know who are enjoying being single.

our relationship and for ourselves may change and mold with time and we continue to have various separate goals. It is important to be able to exist independently. We live our own lives and I believe this is perhaps the most important thing to remember when in a relationship.

### Be sexy for you

Although I am in a relationship, I still make sure that I feel sexy for *me*. For instance, I don't care about my leg hair and often feel more comfortable not shaving, so I don't. If I want to, I do, but it is not because I worry that my boyfriend will think that I am “gross” and I never want him to worry about stuff like that either. I also love to dye my hair, get tattoos and piercings, wear unisex or male-coded clothing, and I almost always dress sort of flashy and unique in some way. I do all of this for me. If I wear something more traditionally girly, it's also still for me. Because at the end of the day, if he loves me, he'll love all that shit too.

### Your relationship doesn't define you

A large part of being self-partnered in my relationship is being comfortable and happy with my sexual preferences. I am bisexual, and this does not change because my boyfriend happens to be a cisgender straight man. (No matter his gender, I would love him just the same, and find him just as sexy.) My experiences, feelings, and attraction, as a bisexual woman are part of me, part of who I am, and this does not change because of my relationship.

Being in a partnership should never change your love for you. Your life should never, ever, just become the life of a person who lives for their partner. While a partnership is surely about compromise, sharing, and connectedness, these are all things you must also do with yourself. If a relationship makes you forget yourself, you should take a step back and ask why this is and begin to search for healthier ways to engage with your self-partnership.

Always remember that you should be self-partnered and partnered within a relationship. Love isn't about shackling yourselves to each other, love is about the two of you flying as high as you can and shooting for every star, all by yourself. You should have the ability to be self-reliant, self-loving and independent as hell with your partner by your side, cheering you on the whole way. Love is amazing, but self-love can be just as powerful.

I think that a lot of people have the preconceived notion that it is unhealthy to “settle down” the way that we have, especially because we are so young. We have plans to move to the Yukon together next year, and even now share our responsibilities and life together. For us, this works.

However, I cannot stress how important it is to remain self-partnered while in a relationship. Just because my boyfriend and I are very happy together and are trying to plan a future, does not mean we have become codependent and have lost sight of ourselves. We understand that that things we want within



# Female sexuality isn't a fairy tale

Casual sex can sound just as good as a wedding

BY SHAWNA GUENTHER



PHOTO BY ALONSO MORENO ON UNSPLASH

Once upon a time, people told young women that if they were good girls, they would get to grow up and find the One, get married, have babies, and live happily ever after. During that time, there was not much better advice for girls. Eventually, society started to evolve, women could vote, get higher educations and careers and yet this motto didn't change; women continued to be bombarded with "be good," "get married," and "have babies." It seems that despite each wave of new feminism in the 20th century and even as women's rights continue to progress, the message remains the same.

In Western society, this mantra has prevailed. Being "good" has certainly taken on new meanings in myriad ways: social interaction, sexual mores, gender presentations and so on. We tell our daughters and sisters they can do and be whatever they want regarding their educations, careers, and pastimes but the expectation that a woman needs to find the right man and marry in her twenties remains a prevalent message.

## Mainstream media

Consider all of Disney's princesses and the

wedding-themed TV shows such as *Say Yes to the Dress*. We still hold on to the outdated fairy tales of love and marriage, the existence of the One, and the expectation of motherhood, particularly through mainstream media — magazines, movies, books, music — that continue to preach this outdated, and frankly unrealistic, version of what a woman and her life should be. And what of the "happily ever after" of that narrative — the birthing and raising of babies and the transition to soccer mom? Women who do not have children, by choice or circumstance, are still being told they are incomplete, not real women, or that they have not fulfilled their duties or the expectations of society. The fairy tale narrative pervasively remains intact.

We also see this in the patriarchal confusion attached to the idea of women having casual sex. The contrasting message of if a woman sleeps around, she is a slut but if she doesn't put out, she's a terrible person, is a message that continues to be reinforced, despite the

countless dating apps begging for the opposite. Women continue to be treated as these objects of desire when instead we are people and deserve to make our own choices. Waiting for marriage is on par with casual sex; both are equal options if it's your choice.

## We all have a choice

I'm not suggesting that marriage and motherhood are inherently bad for women. I am not suggesting the abolishing of marriage or family or motherhood. They are legitimate choices. However, by reinforcing the fairy tale romance plot, we are setting our women up for negative adulthoods riddled with feelings of disappointment, disillusionment, loneliness, shame, embarrassment, and social anxiety. Even if a woman does get married and have children, chances are she will end up as a single mother at some point, which can lead to feelings of having failed to maintain the brief, despite her situation being perfectly acceptable. And what about women who, for whatever reason, give a child up for adoption,

or choose to adopt as single people? And what about women who refuse to be limited by sex and gender categorization and patronizing patriarchal modes of being? Why can't women — and men, for that matter — just be humans living their lives?

## An outdated mantra

British poet Wilfred Owen, having experienced the trenches of the First World War, demanded the cessation of recruiting young men through the glorification of war, arguing in his posthumously published poem, *Dulce et Decorum Est*, that if one knew the horrors of war, one would not tell boys and young men "The old Lie" that it is noble to die for one's country. More than one hundred years later, we need to stop telling girls and young women the old (women's) lie: they need to be good and grow up to find the One, get married and have babies, and live happily ever after.

It's time we start telling the truth to our girls that the only narrative that women need



# Playing the online dating game

Dal and King's students share their dating app experiences

BY MEGAN FARLEY

ALL PHOTOS BY MEGAN FARLEY



"I went on a few dates, but I realized that I much prefer meeting people in person. There were a lot of times where there just wasn't chemistry. It's tough to meet people and try to figure out that vibe online rather than just in person."

**Cat Evans**  
*Oceanography Student,  
Tinder and Bumble*



"I don't know why but I would find it really awkward. Sometimes people would message me, but they often wouldn't have a picture and I never wanted to write back to a stranger with who I had no trust. It could be an 80-year-old man for all I know!"

**Julianne Fost**  
*Speech-language Pathology Student,  
Plenty of Fish*



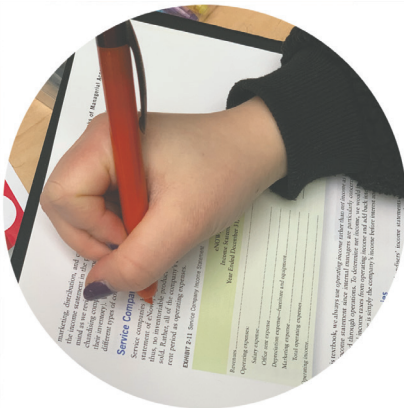
"I once went on a date with a guy my friend had had a long discussion with on my account. He asked for my number and I initially gave him my friend's number just to be safe, but then I decided I actually wanted to go out with him, so we played it off like my number had changed. Turns out he was pretty normal, but people do some shady stuff online."

**Sofia Nicolls**  
*Medical Sciences student,  
Tinder*



"I matched with this girl and we started chatting and eventually, she asked me to come over to her place to chill, watch a movie and to bring ice cream. When I got there her basement was full of girls sitting around the room and one of them was bawling her eyes out. I guess she had just gone through a breakup. The Tinder girl took the ice cream and started passing it around to her friend and basically told me to leave right after. I fully just got used as an ice cream delivery service, but I couldn't even be mad because it was so clever."

**Jack Sunnan**  
*Biology student,  
Tinder*



"I finally gave in to peer pressure and got Tinder one day. I used it for less than two days, hated it and haven't used it since. I think the whole idea is kind of stupid. I don't really see anything ever coming from it. It's just another phone distraction."

**Olivia Kerr**  
*Biochemistry and Neuroscience student,  
Tinder*



"I matched with this girl on Tinder and about a day after we started talking, she posted an entire comic strip she had made about me onto her Snapchat with my name on it. I was very confused and didn't engage with her after that."

**Jonathan Davis**  
*Engineering student,  
Tinder*



"[My girlfriend and I] met in person, not online. I was going to delete it once we became official, but I've kept it as a joke ... I message people the corniest pickup lines ever and see if they are into it or even respond. We have a good laugh about it."

**Andrew Donaldson**  
*Management student,  
Tinder*

"The thing that I find the weirdest is all of the people that I know who I end up seeing on Tinder. You can never look at them the same afterwards. It's like you know their secret."

**Lizzie Jackson**  
*Psychology student,  
Tinder*

"Things never seemed to go anywhere serious and it seems everyone I matched with only engaged in really stale conversation. It is nice to chat with other people and I would love to be able to use it as a tool to just meet other people in general regardless of the romantic relationship."

**Daniel Belliveau**  
*Computer Science student,  
Tinder*



# A student's road to ADHD diagnosis

## Dal student describes three-year struggle to get treatment

BY GABBIE DOUGLAS



FOR THREE YEARS OF UNIVERSITY, HALLE DENARDIS STRUGGLED TO STAY FOCUSED. AFTER GETTING DIAGNOSED AND TREATED FOR ADHD, SHE LEARNED TECHNIQUES THAT HELP HER FEEL MORE IN CONTROL OF HER THOUGHTS. PHOTO BY AURORA BROWN

For three years, she was fidgeting and shaking in class. Unable to keep her body at rest.

Halle Denardis is 21 and from Muskoka, Ont. She's in her fourth year of health promotion at Dalhousie University.

When she started university, she had trouble staying focused.

"I'm sitting in class thinking about what happened in the class I had an hour before that," says Denardis. "When the next class comes, I have no idea what we talked about in either class because I was zoned out."

If she lost focus during lectures, Denardis would step outside of the classroom and walk around whatever building she was in.

"I was literally doing laps of the McCain," she says.

For Denardis, it all felt like internal chaos.

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**"Nobody is talking about this and people are suffering in silence."**

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### Adult ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that is characterized by hyperactivity, impulsivity and/or inattention. According to the Centre for ADHD Awareness Canada, ADHD occurs in at least four per cent of adults and five per cent of children worldwide.

Dr. Penny Corkum, a psychology professor at Dal and ADHD psychiatrist, says hyperactivity in adult ADHD is "not obvious."

"If someone is looking at an adult,

you might not see they're hyperactive," says Corkum, "but there's still internal restlessness."

At the end of her first year, Denardis went to her family doctor and explained her situation. He told her she was probably just adjusting to university.

By second year, the internal restlessness amplified. During winter break, Denardis went back to her family doctor. This time he referred her to a doctor at the Centre for Addiction and Mental Health (CAMH) in Halifax.

During a two-hour teleconference appointment, Denardis and a doctor at CAMH Halifax talked about her depression, anxiety and school.

"Finally, we get on to the ADHD and by the end he tells me, 'You definitely have anxiety, you definitely have depression, but I don't believe in adult ADHD,'" says Denardis.

Denardis heard this and worried she was overreacting.

"It felt like it was never going to get solved," she says.

CAMH Halifax did not respond to the *Dalhousie Gazette's* request for comment.

According to Corkum, just 30 years ago, health professionals thought children grew out of their ADHD.

"I think this is changing, but historically a lot of people that are trained in adult mental health didn't learn much about ADHD because it's considered a child problem," Corkum says.

There are limited resources and treatments within the public system for adult ADHD. There's no association for adults with ADHD and no publicly funded adult ADHD clinic in Halifax.

"It's like a silent epidemic," Denardis says. "Nobody is talking about this and people are suffering in silence."



## High price for diagnosis

In Muskoka, Denardis decided to go to a private clinic to receive an ADHD assessment. According to Dr. Heather Patterson, a psychiatrist at the Dal's Student Health and Wellness Centre, assessments can generally range from \$950 for just an ADHD assessment to \$2,800 for a full psycho-educational assessment that examines learning disabilities as well as ADHD.

Denardis's test cost \$2,500.

"The question isn't, 'why is it so expensive?' The question is, 'why doesn't this get done in the public system?'" says Corkum.

When Denardis finally received her diagnosis, she discovered that she was in the 95th percentile for ADHD.

Her 40-page detailed analysis explained how the sports she played in high school served as an outlet for her distracted brain. Denardis says the doctor who diagnosed her was surprised she managed her ADHD as long as she did without medication and therapy.

## School accommodations

Denardis says because of her short attention span, her ADHD has affected her memory. If she's not paying attention in the moment, the chances decrease that the memory will solidify.

"My recall is also really bad. So not only is me making a memory bad, but me being able to regurgitate that memory is bad too," Denardis says.

This may explain how for much of her life, Denardis has struggled with standardized testing.

After receiving her diagnosis, Denardis inquired about accommodations from Dal's Student Accessibility Centre. Accommodations can include extra time on exams and assignments, separate rooms for exams, noise-cancelling headphones for exams and note takers, says Patterson.

According to Denardis, the Accessibility Centre had limited resources at the time because a number of students were already using them. The only accommodation they could immediately provide her with was writing examinations in a room with fewer people. Denardis didn't try and ask for further accommodations.

"If that's all they were going to do, it didn't feel worth it," says Denardis.

In an email to the *Dalhousie Gazette*, Quenta Adams, the director of the Accessibility Centre, said she could not comment on Denardis' specific case, but encouraged Denardis to come back to the Centre. She also wrote that the Centre is committed to "helping students address barriers they experience in the classroom, testing situations and co-op/internships."

Denardis brought her diagnosis to the Health and Wellness Centre. Finally, by the last month of her third year, she was prescribed medication for her ADHD and began therapy.

One of the first coping techniques she began was active listening — learning how to quiet restlessness in the mind. Denardis finds she must keep her body moving. Sometimes she'll stand in the back of class and sway to ease her breathing. She'll purposely park as far away as she can from class, as that exertion of energy gets her through an extra 20 minutes of being still.

These techniques help with the frustration of feeling like she can't control her focus.

"Just because you can't do it right now doesn't mean you're not going to be able to do it," says Denardis.

## More resources, greater awareness

Mental health resources are slowly becoming more accessible. The Health and Wellness Centre offers free counselling services to all Dal and University of King's College students.

"Counsellors triage all students through a same-day counselling appointment first as an initial point of contact, and then places the client on a waitlist for a follow-up psychological service as needed," Patterson says.

Care may range from least intensive such as workshops, peer support and guided online services, to most intensive such as appointments with a psychologist or psychiatrist and case management.

Discourse certainly seems to be growing around mental health, but stigma still exists around ADHD and other disorders.

"I think until everybody has a discussion about ADHD, like people are having discussions about mental health, then it's not going to change the way people look at it," Denardis says, "and it's not going to change the way people accommodate it."



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# The power of clothing swaps

## The best sustainable shopping alternative

BY NATALIA TOLA



CLOTHING SWAPS ARE BECOMING MORE POPULAR AS A CHEAP AND SUSTAINABLE ALTERNATIVE TO SHOPPING. PHOTO BY SARAH BROWN ON UNSPLASH

In 2020, it's more evident than ever that the time to act is now if we want to stop climate change. One common waste-reducing tactic people have adopted to combat the environmental crisis is opting for thrift shopping over fast fashion. However, clothing swaps are really the most sustainable shopping alternative given their cost and environmental impact.

### What is a clothing swap?

"A clothing swap is basically a place to get rid of your old clothes and to get new clothes" says Samantha Chu, president of Your Environment Sustainability Society (YESS) at Dalhousie University. YESS has organized clothing swaps for more than five years in partnerships with the Environmental Programs Student Society (EPSS) and the Dalhousie Student Union Sustainability Office (DSUSO).

"We always get plenty of people, especially in the winter season," says Chu.

Organizing the event is straightforward. The society collects people's donations and sorts

them into categories: shirts, shoes, underwear and jackets. The clothes are then displayed in tables for people to come and take according to their needs. The remaining clothes from the swap are donated to different charities.

"Like thrift shopping, clothing swaps aim to discourage people from buying new," says Chu.

Using second-hand clothes can have a tremendously positive impact in battling climate change. By keeping clothes an extra nine months than usual, carbon, waste and water footprints are reduced by 20 to 30 per cent.

### Unsustainable fashion

The fast fashion industry must be held accountable for their role in affecting climate change. The textiles industry annually generates about 1.2 billion tonnes of greenhouse gas emissions. As Chu mentions, however, climate

change is only a few of the negative consequences of fast fashion.

"This is a human rights issue, too" says Chu. She talks about how women and children are exploited by large fashion chains in countries such as Bangladesh.

All this comes to justify the importance of consciously shopping when it comes to fashion. Although it may seem like clothing swaps and thrifting are equally beneficial, the former proves to be the slightly better option.

Firstly, clothing swaps allow people to see exactly where their clothes are going.

"Thousands and thousands of clothes are donated every year, but they don't all get bought," says Chu.

Donating dozens of clothes to thrift stores does not promote sustainability if they are never bought but only accumulated and stored away or shipped off.

Additionally, many thrift shops use terms such as "curated" or "vintage" to describe their collections. This implies that through their selection process, storeowners cannot give all the clothes they come by extended lives.

Some stores and online thrifting websites like Thredup may reject clothes because of minimal flaws that could arguably be ignored. Such specifications and regulations destroy the sustainability of thrift shopping. Clothing swaps, on the other hand, reduce waste by allowing people to take exactly what they need.

Although thrift stores are known for being significantly cheaper than regular stores, clothing swaps are usually free.

Another pro of clothing swaps is that it's simply a fun experience.

"People always come in a group of friends and have fun picking unique stuff out," Chu says.

Clothing swaps are undoubtedly a community-based event. All it takes to organize one is a group of friends, a pile of clothes and the willingness to invest time and space for a different type of shopping.

**Clothing swaps allow people to see exactly where their clothes are going.**



# It's a small world, after all

## Dalhousie and King's students share small town dating woes

BY ELIZABETH FOSTER



WOODSTOCK, N.B. IS ONE OF MANY SMALL TOWNS IN ATLANTIC CANADA. DALHOUSIE AND KING'S STUDENTS DESCRIBE DATING AS DIFFICULT IN SMALL TOWNS LIKE THIS ONE, OFTEN DUE TO A LACK OF PEOPLE AND RURAL LOCATION. PHOTO BY ELIZABETH FOSTER

For some Dalhousie University and University of King's College students, moving to Halifax from their hometowns was a big change in more ways than one — especially when it came to dating.

### Small town Nova Scotia

Addie Burkam, a second-year King's student, is from Mahone Bay. Located on Nova Scotia's south shore, the town has a population of just over a thousand people. Burkam attended high school in Bridgewater, just a 20-minute drive from Mahone Bay. Even though an estimated 2,000 students from surrounding towns attend the school, Burkam says pursuing relationships and meeting people was still a struggle.

"There's not a lot of options because everybody knows everybody," Burkam says.

Margaret McLennon, also a second-year King's student, describes a similar experience of living in rural Nova Scotia. McLennon grew up in Sydney, a town of about 29,900 in Cape Breton. She graduated high school with a class of nine people.

"I went to the French school there, which is a very small community in Sydney, because we don't have a very large French-dominant speak-

ing population," McLennon says. "In my class specifically, there was a total of two guys, one of which was gay. So yeah, not much choice. I did have a boyfriend in Grade 11 and 12, but he was from Eskasoni ... so, if we wanted to see each other, it was a 40-minute drive, and it was so hard to coordinate all the time. So annoying, and not convenient at all."

Burkam and McLennon both agree that despite the relatively small student population at King's, moving to Halifax was a bit of a culture shock.

"I'm so used to knowing all the people my age," Burkam says. "It's kind of shocking to me. I'll go somewhere and expect to know all the people, you know? I'll be surprised if I don't recognize them because I'm so used to just recognizing every young person I know."

Nova Scotia is among the more rural provinces in Canada, with 43 per cent of its population living in towns with less than 1,000 inhabitants. However, it is not the most rural province in the

Atlantic region. Newfoundland and Labrador has an estimated 60 per cent of its population living in rural areas.

### Growing up in Gander

Reaghan MacLean is a third-year Dal student from Gander, N.L. Gander is among the more populous towns in the region, despite only having a population of roughly 11,700. MacLean describes how she felt stuck in a relationship she had back home with someone who cheated on her twice.

"I feel like this is a universal high school thing, but everything feels like the end of the world," MacLean says. "If you don't date someone in high school, you will never find anyone. So, I really felt like the people in my town were the only options. Like, no one else exists in

the world."

Living in a small town also made MacLean feel like she couldn't be open about her bisexuality.

"I never pursued any girls until I got to univer-

sity because I knew people in my grade didn't like that," says MacLean. "People would tear pride flags that teachers put on their doors."

MacLean says she's still nervous to talk about her sexuality openly on social media due to people from her hometown following her.

"I'm sure, and I hope, there are other people in other small towns who have had different experiences," MacLean says. "I don't really think about it anymore because I'm here, but yeah, it prevented me from doing something that I wanted to do."

MacLean, Burkam and McLennon all mention one key aspect of small town dating: people in school — and in town — are bound to talk.

"One of my friends who went to one of the other high schools, she had a messy breakup," McLennon says. "It kind of made her reputation bad because everybody knew what happened. I guess rumors go around quicker."

"I feel like dating in a small town is becoming comfortable with the uncomfortable," Burkam says. "You have to be civil about it. Because you're going to run into your ex, and you're going to run into that random guy you hooked up with."

"And you're gonna see their parents everywhere you go," adds McLennon.

**"In my class specifically, there was a total of two guys, one of which was gay. So yeah, not much choice."**



# Pitch-side legacy

## Pat Nearing is stepping back as men's soccer team head coach

BY SAM GILLETT

Pat Nearing's last game in charge of the Dalhousie University Tigers men's soccer team was on Oct. 31, 2019. It was a quarter-final game, a big one, and they lost 2-1. It was a rainy scramble; the Saint Mary's University Huskies doubled Dalhousie's shots on net. The dramatic game-winning goal sent Dal home from the Atlantic University Sport (AUS) championships in Sydney, Cape Breton.

The loss isn't likely to tarnish the legacy Nearing leaves behind. In 21 years, he's led the Tigers to two AUS championships, won AUS coach of the year twice and coached a host of players who won MVP and All-star accolades.

Nearing announced his retirement from coaching (he'll remain Dalhousie's assistant director of Athletics) in late November.

The *Gazette* interviewed Nearing in his office, tucked away in the old part of the Dalplex. Around his L-shaped desk are photos of many Dalhousie varsity sports teams; hanging on a lamp is a cluster of lanyards marking past championships where his men have played.

Nearing's passion for soccer developed long before coaching at Dalhousie.

### Nova Scotia soccer roots

"I've always been a soccer guy," says Nearing.

In the 1970s, he played soccer in junior high in Nova Scotia, in a time when hockey ruled the amateur sports scene.

He studied at Dalhousie and developed his game as a striker — though he says he played "anywhere" on the pitch — before going on exchange to the University of Leeds in England.

There, Nearing became a Leeds United fan, and gained friends who encouraged his passion for the game. In the early 1980s, Nearing tore a ligament—an injury he says made it difficult to play — and decided to try coaching.

First he coached Dartmouth United Moosehead's second team, where he had played in the past. He led them for over 10 seasons.

Nearing came to Dalhousie in 1999. He was an assistant coach for just a week: the head coach resigned and suddenly Nearing was thrust into the world of university sports.

"At university, players are 'in.' Everyone wants to be there; everyone's fighting for a spot," says Nearing. He's enjoyed the intensity and passion from players who must earn their roster spot.

When Nearing started at Dalhousie, he says there were no athletic scholarships available. Now, many varsity athletes are awarded scholarships, even full academic rides from the over

\$24 million Dal has for incoming students.

The league has become more serious. Schools like Cape Breton University have brought in international players, like Peter Schaale and Cory Bent. Both were drafted to Canadian Premier League teams in the new U Sports draft system.

That's changed the way Nearing and his assistants prepare the team. "You get into a much more business type relationship in your recruiting," he says.

Players say Nearing's coaching style reflects the pressures of the game.

**"He had a huge impact, on the field, but also just in my life."**

### Playing for Nearing

"He can tell every single player on the field exactly what it is they can expect to do," says Jeff Arkin. "He's very serious when it comes to soccer, and very relaxed off the field."

Arkin played defence during his undergraduate degree, as well as this past season while pursuing a master's degree. Playing for Nearing again is a large part of why he returned to Dal.

Both Arkin and Jason Ross, who graduated from Dalhousie in 2016, were coached by Nearing before their Tiger days, during minor soccer in Bedford.

"He had a huge impact, on the field, but also just in my life," says Ross. "He was always on your side."

Coaching players like Arkin and Ross was one of Nearing's favourite parts of the job, even after they left the team.

"One of the most gratifying parts of university coaching," says Nearing, "is you get to follow these players on past the time when they can play for you."

He's seen players become doctors and community leaders. He's kept in touch with many.

"You get to have an opportunity to impact young people striving for excellence academically and professionally," says Tim Maloney, Dalhousie's director of athletics. He's worked with Nearing for the last five years.

"As someone who's done so much for our program it's sad to see him retire," Maloney says. "But I'm really happy for him that he went out on his terms: he can now enjoy a little bit more time to himself and his family."



A GAME BETWEEN DALHOUSIE UNIVERSITY'S MEN'S SOCCER TEAM AND THE CAPE BRETON CAPERS DURING THE 2019-2020 SEASON. PHOTO BY SAM GILLETT

While Nearing may not be pitch-side as often, his full-time job of assistant athletic director of the Tigers will keep him close to Wickwire Field.

### Parting philosophy

In Nearing's first year coaching, the Tigers played a game against Saint Mary's University, their cross-town rivals. One of Dal's top players transferred to the Huskies the year before. The AUS title and a trip to the national championship were on the line.

Dalhousie won 2-1. Nearing — and the team — was shocked.

"I turned to my assistant coach and I said 'where are the nationals?'" Nearing says with a laugh. "We really had not expected it."

The rivalry between Dal and SMU continued throughout Nearing's coaching career. It even extended to summer leagues; Dal players tended to join one team, SMU players another.

"Everton and Liverpool, Saint Mary's and Dalhousie," Nearing explains, comparing it to



PAT NEARING — WHO WAS DALHOUSIE'S MEN'S SOCCER TEAM HEAD COACH — SITS IN HIS OFFICE INSIDE THE DALPLEX. PHOTO BY SAM GILLETT

historic battles between the two English clubs. "It's something that's always been and always will be."

The rivalry will be passed to a new coach, someone who will have to learn about university recruiting and player development.

"That's a big challenge," says Nearing. "The second biggest challenge is creating a philosophy within the team, of how you want the team to operate."

With his success bringing Dalhousie's program into the era of athletic scholarships and international student transfers, Nearing's legacy might be just that: his philosophy.

Arkin says Nearing is "a 'player's coach,'" someone whose razor-sharp knowledge of the game and high expectations of athletes never impacted the relationships he cultivated. Arkin remembers a coach whose congenial persona narrowed into a serious focus that spurred his players on from the sidelines.

"I think I value my time at Dalhousie a lot more," says Arkin, "because of the experiences I've had with him."



# The heart of the community

Tyne Valley living proof that the smallest towns are the strongest in times of tragedy

BY LUKE DYMENT

Halifax rinks, especially the Scotiabank Arena, have seen tons of goals that are Canada Post stamp-worthy. Who could forget Jonathan Drouin's "the Shift" in 2013? And Nathan MacKinnon liked to put on a show when he played for the Halifax Mooseheads.

Memorable goals aren't much different in a place like the Community Sports Centre in Tyne Valley, P.E.I. Crowning moments there never appeared on SportsCentre the following day, but ask anyone in the small village and they will be able to recall them.

Instead of the Memorial Cup or U Sports tournaments, the largest games at the Tyne Valley Rink were the atom triple-A provincial championships.

The Valley hosted the 2012 edition of the atom provincials. The final game ended 1-0 for the host team, the Western Warriors, over the powerhouse Summerside Capitals. And they did it in front of the largest crowd, it seemed, there will ever be for an atom game.

The Warriors' Tyler Smith broke the tie with about eight minutes left in the third period. Smith miraculously picked up an errant pass and, while being held by now-Saint John Sea Dogs defenseman Charlie Desroches, shoveled the puck into the back of the net to the tune of the crowd's roar. Boy, was 10-year-old me glad to find a spot to watch that game by the glass.

Smith played most of his remaining minor hockey in Tyne Valley after that. Most recently, he starred in Tyne Valley's rec hockey league.

That is, until the rink burned down on Dec. 29, 2019.

## Creating a community

"The Valley Rink" never received style points. Neighbours in nearby towns O'Leary and Tignish called out the mediocre-at-best ice, dressing rooms and structure — all surpassed by their newer rinks.

They weren't wrong. The arena was built in 1964 by players who were sick of playing outside in snowstorms. But who cared? It



LUKE DYMENT PICTURED PLAYING HOCKEY. PHOTO BY JASON RAYNER

was a roof over their heads. Players young and old found a love for both hockey and their community there. That stands both the test of time and a devastating fire.

It amazes me what hockey in Tyne Valley does for the village. Participation, whether as a player, coach, parent or referee, expanded the love of the community for decades. Even the Oyster Festival was held at the rink annually; all could celebrate their love of the Valley at the place where they first truly discovered it.

And that love didn't disappear in the fire. As rink manager and my good friend

Adam MacLennan says about Tyne Valley's people, "they are driven, motivated go-getters." Tyne Valley began their Kraft Hockeyville campaign essentially as soon as the fire department put out the last hot spot on that Sunday morning.

## Rally for the Valley

Kraft Hockeyville is an annual competition in which communities compete to demonstrate their commitment to ice hockey. Winners receive money for arena

upgrades.

About three weeks later, Tyne Valley has among the highest number of nominations

received across Canada, thanks to exhaustive planning and campaigning from volunteers on short notice.

Other communities have rallied around the Valley. Sackville, N.S. was also in the running for Hockeyville until Sackville hockey parent Jamie Munroe heard of the blaze. Within a week, Munroe created a town-wide (now province-wide) campaign for Tyne Valley, and hosted a rally on Jan. 18 in Sackville.

The Valley certainly didn't expect support at this level, it means the world to everyone there. For many, especially the younger crowd, the Community Sports Centre is their world. Maybe it will be years before we see another golden goal scored there, but the creation of a community hub, like the one before, is the greatest victory anyone in the Valley, my hometown, wishes for.

**Players young and old found a love for both hockey and their community there. That stands both the test of time and a devastating fire.**



# 142 threes and counting

## Alex Carson breaks Dalhousie record

BY ILYAS KURBANOV



ALEX CARSON PREPARES TO SHOOT DURING A GAME AGAINST THE ACADIA UNIVERSITY AXEMEN ON JAN. 15. THE TIGERS WON 85-67; CARSON HAD A TEAM HIGH 22 POINTS. PHOTO BY ELLERY PLATTS

Alex Carson set a new all-time record in total three pointers made for the Dalhousie University Tigers men's basketball team.

The record, previously held by former Tigers' guard Jarred Reid, was beat by Carson in a game against the Memorial University Sea-Hawks on Jan. 4, 2020.

Perhaps not surprisingly, Carson is a shooting specialist for the Tigers. Heading into that game, he was tied with Reid at 126 threes made. Carson hit three shots from beyond the arc and took the lead on the Tigers all-time list. In the five games he's played since then, he's added 13 more threes for a total of 142.

"It definitely feels good," said Carson. "It just kind of makes me feel good that all the hard work I've done is kind of paying off a little bit."

The Tigers are currently seated at the top of the Atlantic University Sport (AUS) standings, while also sitting at third in the U Sports na-

tional rankings. Carson, a fourth-year, is a huge part of that success.

While the shooting record can speak of Carson's skill level, he gave a lot of praise to his teammates and coaches to put him in the position where he is most successful.

"It's something that I would never be able to do without the teammates I have," said Carson. "They are able to find me and put me in a good position, so it's definitely not an individual award and I would like to think of it as a team thing because it takes a lot of them to get the open shots."

Besides being number one in the Tigers all-time three point history, Carson also holds the number two spot for the most three pointers

made in a single season in the AUS. He made 67 shots in the 2017-2018 season.

Humble about the record, Carson says his number one priority is to help his team win games. Because basketball is a game of runs and momentum changes, Carson's shooting skills can help create a spark on the offensive end. He's helped a lot by his teammates.

### Breaking the record

"When he is hot, we make a play for him," said Sascha Kappos, fifth-year forward for the Tigers. "When we know that he is hot, we do anything for him to find the ball and he does an amazing job to find the right spot and if

that means to set six screens for him, we do all the best for him to find the best shot."

During the game against Memorial, Carson had no idea that he had a chance to set a new record. His teammates, on the other hand, knew what was happening.

"We kept it quietly because obviously we didn't want to put anything in his head," said Kappos. "I can tell you, watching it, no one realized he broke it, we more worried about the game, but at the end, we all realized, he just broke the record."

With one more year of eligibility in hand, it's possible that Carson could break the all-time AUS record (most three pointers made throughout an individual's career) of 220. That was set by Scott Morrison in 2000.

For now, though, Carson's main focus is to win another AUS championship and a national medal.

**"It's something that I would never be able to do without the teammates I have."**



# Midseason recap

## Checking in with the Dalhousie Tigers teams

BY SARAH MOORE, SPORTS EDITOR

Winter semester is underway, which means varsity teams at Dalhousie University are into the second half of their seasons. Here's where your men's and women's volleyball, basketball, hockey and swimming teams are standing.

### Men's basketball

With about a month until the Atlantic University Sport (AUS) championship, the Tigers are in comfortably first in the AUS and ranked third nationally. A record of 11 wins and one loss (11-1) at the time of writing has them with a sizeable 14 point lead over the second place team in the conference. In all but one of their wins, they've outscored their opponent by 18 or more points. Combining their scoring prowess with a roster that has considerable playoff and Final 8 national tournament experience, the Tigers have a good chance of repeating last year's AUS victory.

### Women's basketball

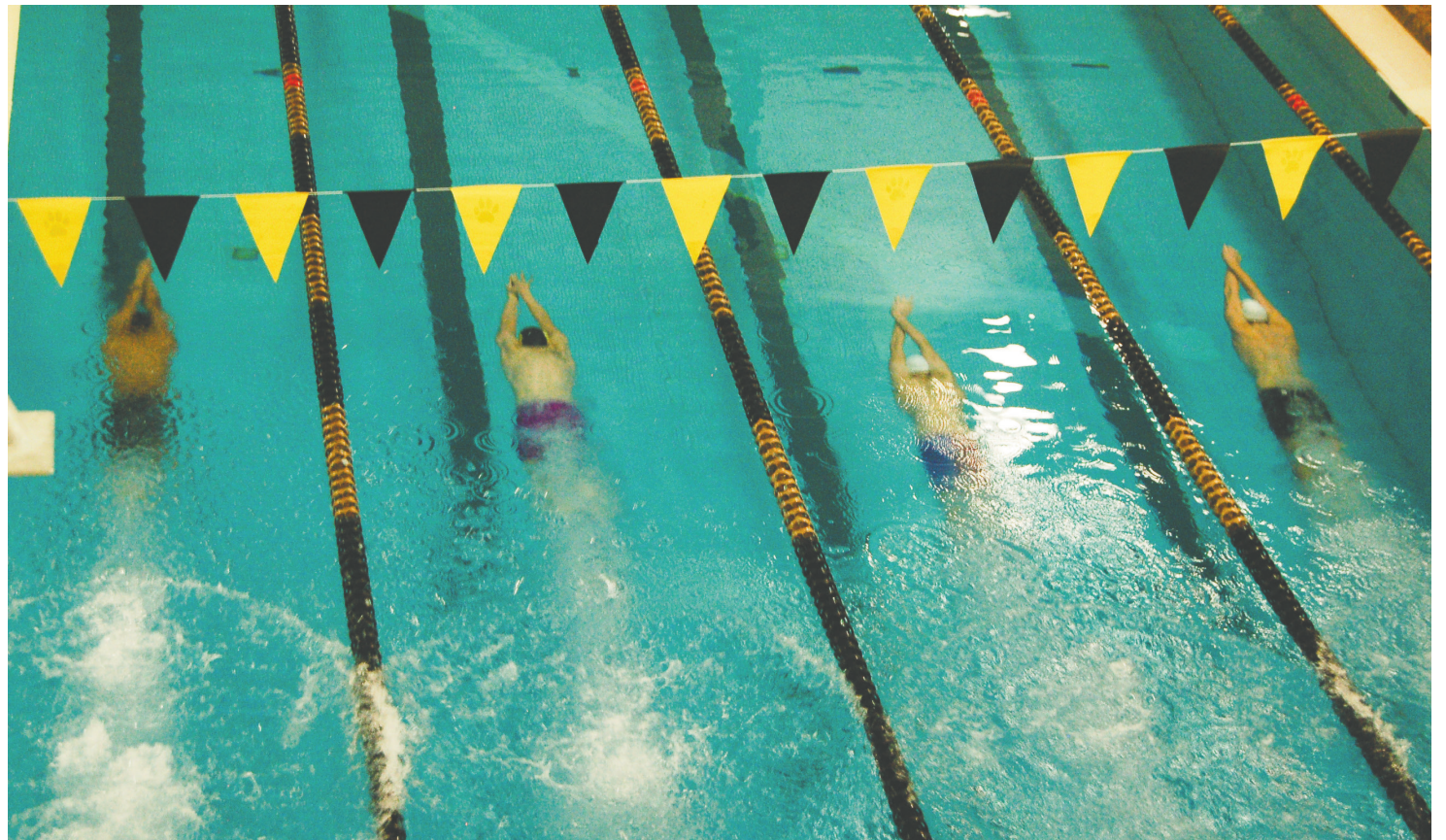
It's been a tough season so far for the women's basketball team. With a record of 2-10, they're in the basement of the AUS standings. A championship isn't in the cards for this season, but it's important to remember that the Tigers are young: nearly three-quarters of their roster is in second year or younger. The team should grow into a challenging opponent in the next few seasons. Players like forward Chloe Wilson, currently leading the team with 13.5 points per game, should provide a scoring threat as the team matures.

### Men's volleyball

Likewise, the men's volleyball team is going through a transition year as injuries have plagued their roster. Highly touted rookie Michael Donovan has been out all season with a torn hamstring; fourth-year outside hitter Jeffrey Walton has also not played a game. But the Tigers haven't been a pushover. Against the Université de Sherbrooke Vert et Or and the Université Laval Rouge et Or, they forced both teams to five sets. Once they have a healthy roster, it shouldn't be long until the Tigers are seeing success on the scoreboard.

### Women's volleyball

Currently ranked first nationally, the



DALHOUSIE UNIVERSITY'S MEN'S AND WOMEN'S SWIMMING TEAMS BOTH COMPETED IN THE KEMP-FRY INVITATIONAL MEET ON NOV. 17. PHOTO BY SARAH MOORE

women's volleyball Tigers are undefeated in the 2019-2020 season. They've lost only four sets all year. Their closest game was against the University of Acadia Axewomen, who are tied with the Saint Mary's University Huskies for second place in the AUS. Heading into playoffs at the end of February, Acadia and Saint Mary's are the Tigers' closest competition. However, with a season as dominant as this, the Tigers are well on track to win the AUS for an eighth year in a row and contend for a national medal.

### Men's hockey

The Tigers have struggled to find consistent play this year. In November, they won 3-2 against Acadia, currently in second place in the AUS, and then the following game lost 10-0 against the first ranked University of New Brunswick Reds. One bright spot? The Tigers' scoring strength isn't reliant on a single line. Their top seven scoring leaders are all within a five-point range of each other. Currently in last

place right now with a record of 5-18, playoffs are a stretch for the Tigers if they don't show up for every game.

### Women's hockey

After a rough seven game losing streak in November, the women's hockey Tigers are fighting for a playoff spot in the middle of the pack in the AUS. With six regular season games left at the time of writing, the Tigers' schedule will make things interesting: in the remaining games, they'll face every team in their conference except second place UPEI and the last place Mount Allison University Mounties.

Also notable: head coach Sean Fraser resigned in mid-December after nine seasons of leading the team; taking his place as interim head coach is Joe Johnston.

### Men's swimming

With each meet, it seems more likely that the Acadia Axemen will be taking home the AUS championship banner this year, breaking Dal's 21 year winning streak. At

the first invitational meet of the new year on January 18-19, the Tigers were outscored 851 to 491 by the Axemen. Top performers for the Tigers have been second-year Christian Payne and fourth-year Alec Karlsen, who have both posted U Sports qualifying times for their events.

### Women's swimming

The women's team is having a strong season so far with at least seven U Sports qualifiers. Standing out has been third-year phenom Isabel Sarty, who at the Kemp-Fry invitational meet in November broke two AUS records: her time of 22.51 seconds in the 50 metre freestyle race beat her own record she set at last year's AUS championships, and she swam the 100 metre freestyle in a time of 55.26 seconds, breaking the conference record she set last year at the Kemp-Fry meet.

Last season, the women's team came 12th at U Sports nationals; this year we'll see if they can improve that. First, though, are the AUS championships, taking place February 7-9 at the Dalplex.



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26	27	28	29	30	MHOC 7PM 🐾 31	1
2	3	4	BBALL 6/8PM WHOC 7PM 🐾 5	6	WVB 7PM AUS SWIM CHAMPS 🐾 7	MHOC 7PM AUS SWIM CHAMPS 🐾 8
BBALL 1/3PM AUS SWIM CHAMPS 🐾 9	10	11	12	13	MVB 7PM 🐾 14	VB 1/2:30PM BB 6/8PM 🐾 15



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