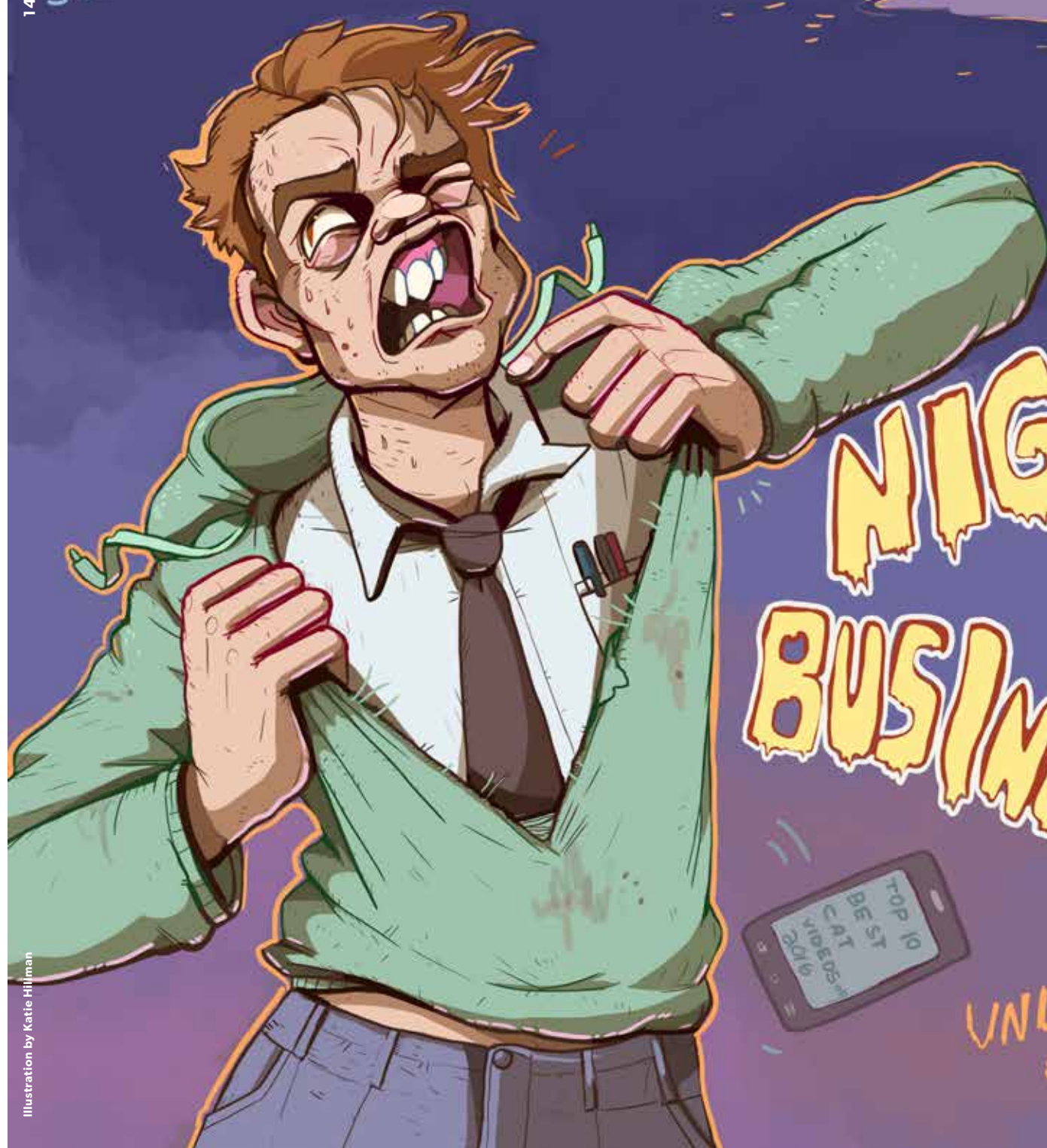


The Dalhousie Gazette

STUDENT BY DAY...
SUIT BY NIGHT!



NIGHT OF
THE
BUSINESSMAN



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PRODUCTIVITY!!

RACISM IS A STUDENT ISSUE

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The Dalhousie Gazette

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER, EST. 1868

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THE FINE PRINT

The Gazette is the official written record of Dalhousie University since 1868. It is published bi-weekly during the academic year by the Dalhousie Gazette Publishing Society. The Gazette is a student-run publication. Its primary purpose is to report fairly and objectively on issues of importance and interest to the students of Dalhousie University, to provide an open forum for the free expression and exchange of ideas, and to stimulate meaningful debate on issues that affect or would otherwise be of interest to the student body and/or society in general. Views expressed in the letters to the editor, the Streeter, and opinions section are solely those of the contributing writers, and do not necessarily represent the views of The Gazette or its staff. Views expressed in the Streeter feature are solely those of the person being quoted, and not the Gazette's writers or staff.

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Weird Harbour: entrepreneurs and espresso

PG. 6

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Racial ambiguity: the pros and cons

PG. 9

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Gazette's art director marches in Washington D.C. THROUGHOUT



Medicine marks a milestone

Dalhousie alum marks 40 years since becoming Nova Scotia’s first black pharmacist

ROSS ANDERSEN

Bruce Johnson’s interest in medicine began as a child, when he was given a chemistry set for Christmas. The rest is history.

That chemistry set led Johnson to become Nova Scotia’s first black pharmacist.

The lifelong Yarmouth resident made his claim to fame upon graduating from Dalhousie’s School of Pharmacy in ’74, at the age of 22 years old.

“Medicine has always been a passion of mine for my entire life and to this day it fascinates me,” said Johnson.

It was a turning point in Johnson’s life — although at the time, he was not quite aware of

the significance of his accomplishment.

“Whether it was being a part of different committees such as the curling club, or the YMCA, I was often the only person of colour — especially being raised in a small community,” said Johnson.

“When I was initially told I was the first black pharmacist in Nova Scotia, it had never before crossed my mind.”

Johnson says Dalhousie was a key part in his success.

“It is a difficult time for black youth in the education system, but if you stay in school, your quality of life will better,” said Johnson.

The pharmacist’s success wasn’t only in labs, but also on the basketball court. He played for the Dalhousie Tigers, and continues to coach basketball.

“Bruce’s kind, gentle manner, and his ease of conversation and sense of humor always allowed him to connect with people in a positive way,” said Lorne Richardson, a fellow Dalhousie alumni.

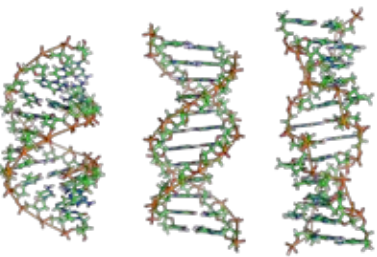
Richardson graduated one year behind Johnson in ’75 from Dalhousie’s School of Pharmacy. He describes Johnson as a modest man of character and compassion.

“I am pleased for having the opportunity

to have met him,” Richardson added. “I would trust what Bruce tells me and I know that I could always get a straight answer from him whenever I need assistance.”

Johnson explains that he was taught the trait of responsibility, which allowed him to raise a family, and is carried with him to this day.

Johnson’s eldest daughter, Vanessa, has followed in her father’s footsteps: she is a pharmacist in Moncton, NB. The father-daughter duo may practice medicine separately, but together they continue the family legacy.



The future of medicine is in your genes

Panel discuss future of curing diseases

ERIN BROWN, NEWS EDITOR

Dalhousie professors from the school of medicine are looking to genetics as a way to find new treatments for disease.

On Jan. 17, several professors participated in a panel discussion at the Halifax Central Library. They were joined by Andrew Burke, a lawyer at Stewart McKelvey law firm and chair of the Foundation for Fighting Blindness, as well as Senator James Cowan of Halifax.

The event was a keynote speech from Dr. Steven J. M. Jones, co-director and head of Bioinformatics, Canada’s Michael Smith Genome Sciences Centre and the British Columbia Cancer Agency.

Following the speech was a panel consisting of Dalhousie professors (Dr. Langille, Dr. Fernandez, Dr. Van Limbergen, Dr. MacMaster), Dr. Jones, Burke and Senator Cowan.

Dr. Christopher McMaster, head of pharmacology at Dalhousie, said “the capacity to look at the genes that make you who you are, has gotten to the point where it’s incredibly affordable... For some diseases, I can already predict what you’re going to get in the future.”

The event also highlighted Dr. Jonah Van Limbergen’s work on inflammatory bowel disease (IBD), and how he has used intestinal stem cell structures to better understand the role that these micro products play in human intestinal biology.

Senator Cowan supported a bill in the Senate that directly related to the panel’s topic: the bill would protect Canadians from genetic discrimination.

This protection would mean that when a Canadian applies

for health insurance or a job and is asked to do a genetic test, they could not be denied that job or insurance if their DNA said that they are at a higher risk of acquiring a disease, such as heart disease.

If passed, this bill would prohibit all companies — be them employers or insurers — from carrying out any form of genetic discrimination.

MacMaster says doctors can now perform this gene-based “precision medicine” much more “reasonably, affordably, much more quickly, and more accurately.”

“We’re still at the research meets the clinic stage, but give it a decade or two decades, and it will be much more of a normal process you see in hospitals.”



“It’s a lot of fun, starting your own business, but it’s also terrifying”

World of Dreams

How Dan Weir achieved entrepreneurial success

JOSEFA CAMERON

Dan Weir is living a barista’s dream.

Blasting a self-curated playlist on a tape player in a crisp white space and pulling delicious espresso all day, he is living his definition of success. Sporting a bearded smile and simple grey sweater, he said “there is nothing else I would want to do.”

Weir opened Weird Harbour Espresso Bar in October 2016, between Ideal Bikes and Urban Outfitters on Barrington Street. The interior space, planned out entirely by Weir and his partner, Danica, is worthy of a design magazine. The shop is small, clean and filled with the intense aroma of quality coffee.

“I had some concept ideas for the space, I designed the operational side of things,” he said “but Danica was definitely the aesthetic eye.”

The process of purchasing the location, planning out the design, renovating and opening the espresso bar only took two months.

Without any background in business, Weir felt he was delving into something larger than himself. The Centre for Entrepreneurship Education and Development (CEED) is a Nova Scotian organization that helps young entrepreneurs start their own businesses, and they gave Weir an introduction.

“It’s a lot of fun, starting your own business, but it’s also terrifying,” said Weir. “You take care of things that you’ve never had to before, like I never had to hire a contractor before in my life and all of a sudden I have to hire five or six contractors.”

In between steaming milk and designing a beautiful rosetta in a cappuccino, Weir expresses his gratitude for the help along the way, “I’m really lucky because the folks that helped with the place were amazing

and none of them were condescending, they knew that I was new to it. Halifax has been very welcoming.” Weir said Halifax is a great community for small businesses because people are supportive. “You need a lot of helping hands even for a small space.”

Between CEED, support from others and a slew of library books, Weir has pulled off being a young entrepreneur. To others who aspire to start their own businesses, he advises, “research your industry, learn as much about yourself and your style of operating a business as you can, read books, talk to people, because



once you get going, you don’t have time for those things.”

Weir likens starting your own business to having a baby. It requires constant care and love. You must always nurture it and put its needs before your own.

As we spoke, waves of friendly customers filled the shop. Each was treated to a personal conversation. In the moments the shop is quiet, Weir weighs the espresso in his tamper, dialing it in to ensure things are “up to snuff.”

He puts his heart into every drink he crafts.

“In regards to making drinks, I am a perfectionist. If I make a bad drink that I feel isn’t up to my standard, and I serve it for some reason, it will haunt me for the rest of the day. I want every

single drink to have my undivided attention.”

Weir has worked as a barista since 2003, and specialized in espresso since 2007. His attention to quality stems from those many years of coffee experience.

Perched on one of the shelves Weir made himself are brown bags of beans for sale. Unlike most Halifax coffee shops, that serve locally roasted beans, Weir serves the Ontario-based Detour Coffee.

“I really enjoy (Detour’s) coffee and no one else in the Maritimes uses them,” said Weir. “It’s good for people that want really high quality stuff and also for people that just want a cup of coffee”.

The customers that open the glass door, with their rosy cheeks and laptops, order a variety of drinks, from mocha lattes to pour-overs. Detour is served to all.

Benjamin Hannah, a student from Montreal, sits on one of the four stools. “I came here because I saw it on Instagram and I was like, yes, finally someone is offering good coffee and good service.”

Ultimately, Weir takes pride in being able to offer his customers something he himself is passionate about. He feels drinking coffee is a way of being part of a global community.

“My favorite thing about coffee is that it could be considered the great equalizer. It’s a universal luxury for everybody,” said Weir. “No matter where you are in the world, someone is drinking some form of coffee and it brings people together.”

Weird Harbour is the product of an experienced barista turned dedicated entrepreneur. “It is very daunting to start your own business but over all, it is incredibly rewarding,” he said. “I love it, it’s pretty much the best work in the world.”

Don't fear, even if graduation is near

Five reasons why you shouldn't fear that big day

MADDIE JOHNSON

I remember the day I left for university. My bags were half packed, my room a mess and I was caught in this whirlwind emotional mix of anxiety and excitement. People gave me unsolicited advice all summer about life at university: what to expect, what to do, what not to do. The list goes on. But I think the line I heard most was something like, “You’re about to begin the best four years of your life.”

I’m sure I’m not alone in this. It’s not uncommon to hear that university is supposed to hold some of the best and most important years of our lives. Seemingly endless days of living with your friends, down the street from more friends, wasting away late nights at the Killam or burying yourselves in Netflix and Needs Convenience. The years pass by in an ignorant bliss, creating lasting bonds and “you had to be there” moments you didn’t even know were happening.

And then, fourth (or fifth, maybe even sixth) year rolls around and you realize these days are limited. Post-grad thoughts take over your mind and probably your life: money, jobs, relationships and, worst of all, student loans. Forget about finishing your thesis on time, the rest of your life is near — and it’s terrifying. But it doesn’t have to be.

It's not the end of your life

Even though it might not feel like it now, graduation is not the end of the world. It’s actually the beginning. You’ve spent four or so years working towards a single goal, and it’s finally within reach. The rest of your life is ahead and it’s exciting. You can go anywhere, do anything, be anyone. I know that sounds corny, but I’m going to repeat it: you can officially do whatever you want. Move to a new city, start a new job, or even go home and relish in your parents’ cooking and free laundry. Whatever. You. Want. Now is the time to do it.

Appreciate the process

Take a step back and think about your first day of university. A long time ago, eh? Remember how cool you thought you were? Ha. Silly 18-year-old. Now look at where you are, look at everything you’ve accomplished. It won’t be long before you can officially say you’re a college graduate, and that’s pretty neat. Don’t rush towards graduation, but don’t hide from it either. Instead, just appreciate the process.

Your last Loaded Ladle lunch, your last 8:30 a.m. class, your last time submitting an assignment five minutes before it’s due, these are simply rites of passage. It might be cliché, but it also might be the only time you get to do it. So be that typical grad, and revel in it. Throw your hat in the air and cry your eyes out. I won’t judge.

No more homework

I think this one speaks for itself.

Discover what you love

How many times in the past four years have you doubted your degree, or maybe even your entire existence? I sometimes think it’s impossible to ever really know if you’re doing the right thing, or are on the right track. Maybe I’m wrong. But either way now is the time to find out. There is nothing wrong with having a set plan after graduation, but there is also nothing wrong with not having one. The unknown is exciting.

And finally, just remember that life gets better (if you want it to)

Yes, gone are the days of eating Mac n’ Cheese for every meal and casually drinking on a Tuesday night. Trust me, I’m going to miss guilt-free bingeing *Suits* until 3 a.m., and I’ll probably cry the day I have to start paying back my student loans. Being a student definitely has its perks, but I refuse to believe that life doesn’t just get better from here. First of all, being a real-life adult has even less rules. Who says you can’t keep eating that cheesy KD goodness every day? And let’s be honest, we’re still going to make many, many mistakes. Life may never be the same as it is in this moment, but why would you want it to be? It’s time to design your own disaster.

Conversations about my racial ambiguity started to bleed into borderline or completely inappropriate interactions in the workplace



Race relations

Advantages and disadvantages of being racially ambiguous

JENNIFER LEE, OPINIONS EDITOR

At some point, in every relationship I’ve fostered — whether platonic or romantic — I’ve had to have “the talk.”

No silly, not that talk. This one usually begins with a quizzical look, a slight tilt of the head and a question I’ve grown to hate.

“So, what are you?”

No, no I know you’re Canadian but where are you from? No. Where were you born? Okay no, what is your heritage? I’ll translate what these questions mean: why are you brown?

For the record, because I know you’re wondering at this point, I am half Chinese from my father and a delicate blend of English and German from my mother. This glorious mixture created a dark-haired, round-faced Chinese lady who is actually pretty tall and lacks a monolid.

And boy oh boy, this confuses people.

Being a visible minority does hold its little perks. The first and most advantageous being the insatiable need for workplace diversity.

Checking the little “East Asian” box on scholarship or job forms was an extra boost of confidence when applying to notoriously white institutions. Even as a kid it was fun to be one of the few special ones who could add diversity to the classroom. It gave me my edge.

Unfortunately, once I reached an appropriate age to fulfill my civil duty by entering the workforce, this edge began to dull. Slowly, conversations about my racial ambiguity started to bleed into borderline or completely inappropriate interactions in the workplace.

Racism, even if it is not always overt, is very much alive in this province. It can manifest itself in many forms. From micro-aggressions to blatant discrimination, Nova Scotia isn’t always as progressive as some sub-cultures of Halifax may suggest.

Personally, racism would manifest itself though micro-aggressions and strikingly ignorant comments about my skin tone. Here are some (personal) favourites collected over the years:

“You are brown...why?”

“You Phillipino?” It should be noted this man (a stranger) walked right up to me and asked me this in an almost accusatory tone without even a “hello”.

“You’re Chinese? You guys make great cars.”

Also there was the time someone screamed, “chink” at me.

All of these comments happened to occur while I was working, each one from a different summer job.

Working while brown puts you at an immediate disadvantage when working with the public. People become more entitled to say what they want when they want to you about your race.

University was a vacation from these attitudes especially since enrolling at the liberal-est of the most liberally liberal arts schools. With graduation creeping up, it’s time to face that ignorance once again. And try to get a job with it, too.



“I’m ‘bout to be professional. Homie, I’m professional” — Lil Dicky
Words of wisdom from the *Gazette’s* resident adult
MATT STICKLAND

Being professional is more than just wearing a tie and pretending you have your shit together. It has nothing to do with what you are wearing. Mike Rowe is highly professional and I’ve never seen him in a tie. Donald Trump wears nothing but ties.

What does being a professional even entail? The dictionary says that if you get paid for something then you’re a professional. Well, I have a YouTube channel about goaltending. A small company sponsored me and gave me a set of gloves (shout out to Freccia Sport) and I’ve made 32 cents in ad revenue. Technically that makes me a professional goalkeeper, but Joe Hart I am not. So that’s a pretty useless definition, even if I do say I’m a professional goalkeeper at parties.

It’s hard to tell in print, but this article has been a struggle to write. I’ve deleted a lot of the paragraphs I tried to shoehorn into this piece. Being professional is not the most tangible skill to describe. If you plug ‘how to be professional’ into Google you’ll get a lot of practical tips from grooming to competence. They’re all good tips to mimic the outward signs of professionalism, but not the best to tell you how to be professional, day in, day out.

It comes down to how you treat other people and their time. Do you come to people with problems expecting them to walk you through a solution or do you come to someone with a problem and your solution to it? Do you give credit to other people when their ideas and work make you better or do you take the glory? Do you demean people who aren’t as good or help them get to your level? Do you bitch about your co-workers, with other co-workers while at work?

Don’t do that. Any of it. It’s the worst.

Actually being professional is not something you can follow 10 easy steps and master. Are you a good friend? A good sport? A good partner? The same communication and interpersonal skills that make you a good person to be around will also make you professional. It requires brutal honesty with yourself and awareness of what you are doing and how you come across to others.

It’s really hard to constantly be professional, so while you’re working on that every day, maybe just don’t show up to work drunk. That’s a much easier starting place.

Procrastinate procrastinating²³
The story behind your favourite sin
KIHA KIM

Bing. A new notification pops up on your phone as you write an essay that’s due tomorrow. You decide to use this opportunity to take a quick break. Next thing you know, this “quick break” has lasted the whole night.

Does this scene sound familiar?

But what is procrastination anyway? Why do we, as students, procrastinate all the time, and why is it so hard to quit? It’s no secret that procrastination reduces productivity and distracts us from personal success. So why do we always procrastinate?

The short answer lies beneath our conscious behaviour. Sustained attention is a form of thought the brain uses to perform tasks that require our undivided attention such as studying, writing an essay, or driving. This type of thinking requires a lot of energy from the brain. It undergoes stress and pressure as it focuses on a specific task for a prolonged amount of time.

Distractions like looking through your phone, texting or

For example, a student, who is studying for exams, decides to take a break and go on Facebook. This activity — using social media — is much more pleasurable than studying. Although the student may not love Facebook to start off with, this tendency to sway away from unwanted work can be the first step into developing an addiction to social media.

Luckily, there is a way to stop procrastination. As the Nike slogan goes, the trick is to “Just Do It.” The longer you leave your unwanted work, the more you will procrastinate. In order to reduce procrastination, you should focus your work in a place with few distractions. This may sound intuitive, yet most people still refuse to do it. Once you get your work done quickly, the reward center in the brain is stimulated and further promotes this beneficial behavior. Consciously avoiding procrastination for a month can shape your brain to become a person who is less prone to distractions.

scrolling through Facebook do not require as much sustained attention, but rather use divided attention. This is a competing way of thought where more than one task can be completed at once. This type of processing uses relatively low levels of attention and is often used to perform more enjoyable tasks.

We have a natural tendency to maximize pleasure and minimize pain. The underlying reason for our procrastination is due to our subconscious attempt to refuse unwanted mundane work, and revert back to more comfortable and enjoyable activities.

Surprisingly, some distractions may not even be something you even enjoy doing. During exam time, just cleaning your dorm room or counting the dots on your wall can feel more exciting than studying. Your brain goes to these activities because they are less thought consuming.

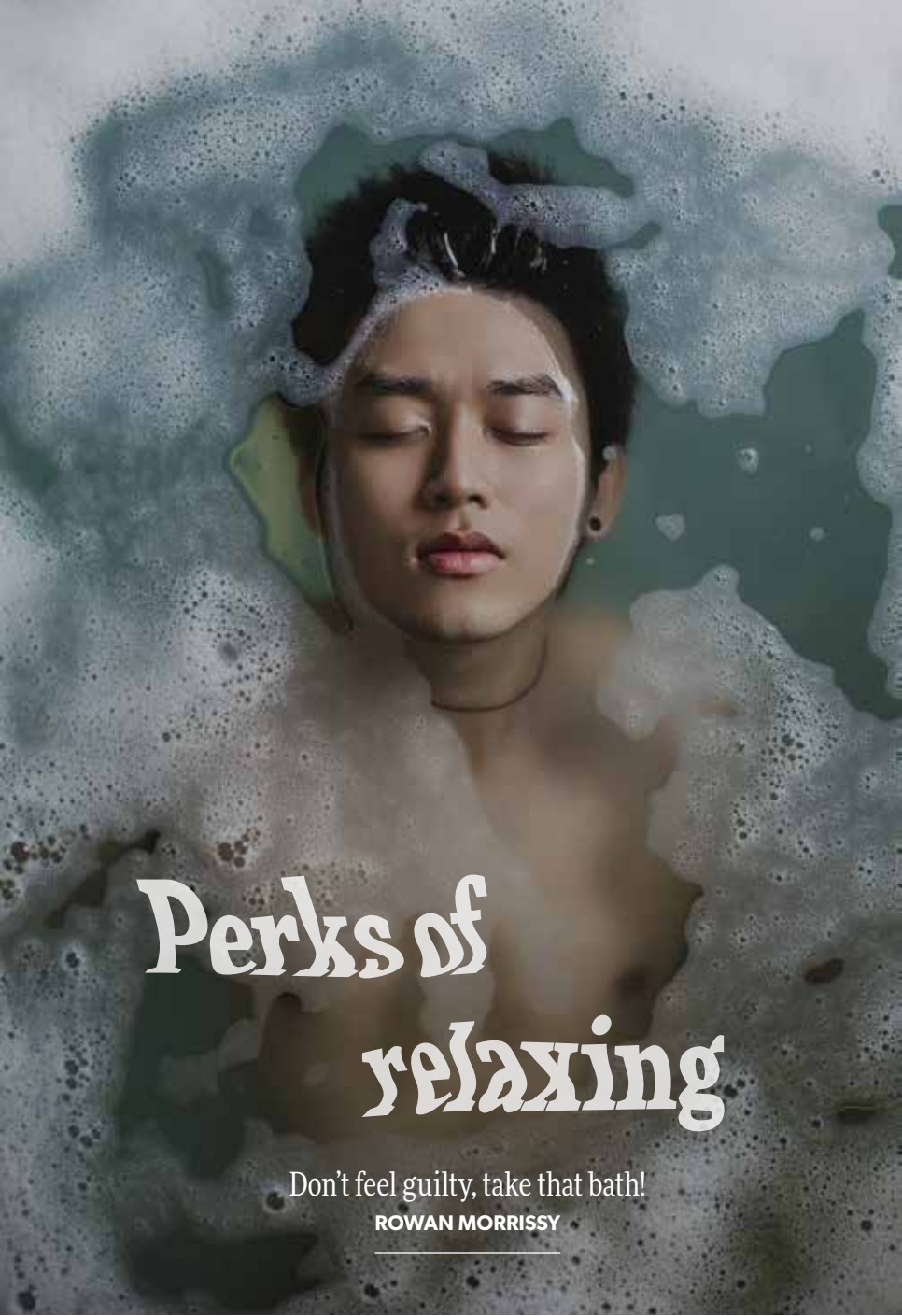
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You’ve had a long day. Your muscles are tired from sitting hunched over a laptop and you can feel the tension creeping up into your temples causing a slow, dull ache.

Shutting your laptop with a snap, you walk into the bathroom, light a couple candles and turn the hot water on.

With the tub filled to the brim you slowly dip your feet into the warm water, lowering your whole body until you’re fully submerged. *Ahhhhh...*

Close your eyes. Breathe deeply. In.. then out... In then... Suddenly your eyes open.

You look around at the candles and the bath and remember the paper you have to finish and the readings you haven’t done. You try to tell yourself that it’s okay to relax once in a while, but

with family and friends.

The guilt we feel about taking time off to relax has been forced in our heads by a society that cares more about what’s on our resumes than what’s in our hearts. We simply can’t turn it all off— there is always something we are supposed to be doing. Which is why we all need to learn how to relax.

It’s took me four years of university to finally learn how to unplug. And when I mean unplug, I don’t just mean put my books away and stop working on my schoolwork and emails. I mean airplane-mode kind of turning off.

Whenever I feel like I need a break, I try to step away from everything I’m doing and be mindful of how I’m feeling so I can choose the right way to relax. Do I feel stressed out? Maybe

This idea of productive relaxation means listening *to your body*

your thoughts keep swirling back to your thesis statement and how you feel like it’s starting to fall apart in the third paragraph of that essay you’re supposed to write.

Sound familiar?

We live in a world that tells us that taking time for ourselves is selfish and lazy. Where having a 4.0 GPA is more important than mental health and landing a high-paying career takes priority over spending time

it’s time to bring out the watercolours and calm my brain with a quiet hour of art journaling. Do I have a headache? A hot bath with Epsom salts and a cup of peppermint tea will do the trick.

I like to think of these moments as productive relaxing. This might sound a little crazy because we’re all under the impression that relaxing is supposed to be unproductive, but stay with me...

This idea of productive relaxation means listening to your body. Take note of the reasons *why* you need a break, and use the time to do things that will make you feel recharged and refreshed. This could mean going for a walk or to the gym. Indulge by taking a bath and listening to your favourite podcast, playing an instrument or taking a nap. Whatever works for **you**.

It’s about taking the time to let your brain focus on something that makes you happy. Not only will you feel recharged and ready to tackle your to-do list, but you’ll also have the satisfaction of saying that you finished a book or got in a great workout.

We know that taking time to relax increases our productivity levels and sex drive, helps maintain a healthy weight and your overall mental health. If you think of it that way, relaxing is actually necessary to being a functional and happy human. So let’s unplug, get rid of the guilt we feel over taking a moment for ourselves, and relish in the thought of doing absolutely nothing.

On that note, I’m going to run a bath with my favourite LUSH bath bomb, and you should too.



Tutoring company ascending heights
Student-owned *Ascension Academics* plans to grow
NOAH KAPSALES

Lia Reed noticed a gap in the Halifax tutoring service market: so started her own company. Ascension Academics has grown to match Reed’s aim for the company—delivering the best tutoring possible to anyone who needs it. “Things have certainly changed,” Reed says. “Just like any company, some people have left and some people have joined up. However, the core goal I had in mind is still the same.” Beginning with Reed’s personal tutoring in first year chemistry, Ascension has now expanded: they tutor a range from five-year-olds to those taking second and third-year university courses. Six other tutors work for Ascension, covering a broad spectrum of topics. “I definitely have my fair share of students who are struggling with their grades, but you’d be surprised by how many students I have who ask for help with classes they’re already getting solid A’s in. Tutoring is for everyone and I sincerely believe that you have nothing to lose in trying it out.” As sole manager, Reed relies heavily on finely-honed organizational skills and technology to manage the staff and bookings herself. She keeps the number of moving parts to a minimum to ensure a smooth process for both students and tutors. The human element of the tutoring experience is the most important to Reed. “I have a lot of clients to help, and I want all of them to feel like they are my only client and are getting all my attention and resources. However, although I do want clients to rate our customer service beyond exemplary, the quality of the tutoring is what’s most important to me,” she says.

Tutoring
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everyone and
I sincerely
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nothing to
lose in trying
it out

“I’m constantly asking my students during sessions if they feel like what we’re doing is helping them. If they don’t feel significantly more confident in their academics, I won’t take any money. I ask the other tutors to do the same, and judging from the feedback I’ve received from clients, that’s certainly happening.” To accommodate unique needs for all students, Reed has a number of future goals for the company. “What I’d really love is to find a tutor who has training that allows them to work with students with learning disabilities,” says Reed, who is enrolled in a child psychopathology class that had a mother tell the class about her life with her two children and made Reed think. “It really opened my eyes and made me realize that there was a whole group of students that I have not found a tutor for. Inclusivity is phenomenally important to me, and I want to feel like absolutely any student can get help at Ascension,” she said. Reed hopes to make the message clear that tutoring isn’t a crutch or something to be ashamed of. “I’m very impressed with every person who reaches out for tutoring. I think they are the smart ones and the ones who should be proud. Making the decision to improve and admitting that you don’t know everything is not something that is necessarily all that easy, so anyone who is capable of that, I think, can really do anything,” says Reed.

Ascension Academics can be found online at <http://ascensiontutoring.com/>



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Black Lives Matter panel debates movement’s role in Canada
Discussion ranged from inclusivity to gendered violence

LAURA HARDY

The struggles of minorities within a minority were a common theme among speakers during the Black Lives Matter panel Monday night at Dalhousie. “How can we strengthen the movement by being more inclusive?” asked Amina Abawajy, Dalhousie Student Union vice-president (academic and external) . “As a black Muslim I have experienced anti-blackness in the Muslim communities and Islamophobia in the black community.” Abawajy spoke about tragedies such as the Trayvon Martin shooting and how that ignited an uproar in the black community. She then told the audience about how three young black Muslim men were killed. They were “each shot multiple times and there was silence. Silence from the Muslim community and silence from the black community,” she said. People with overlapping minority identities were not the only ones being discussed as unheard voices in the Black Lives Matter movement. El Jones, a spoken word activist, discussed the role of women in the movement.

“We don’t talk about gendered violence and how serious that is in our communities,” Jones said. “And the reason why we don’t talk about it is because the threat of racist violence outside of the community means that we as black women, in particular, have been burdened with the job of protecting black men.” But, last night’s audience got the chance to listen to a diverse group. In addition to Abawajy and Jones the panel included Kareem Wallace, a Dal student from the Bahamas. Wallace discussed his perspective on the movement from his Bahamian background. Nzingha Millar, an African-Nova Scotian student at the University of King’s College, rounded out the group. Her main point was the lack of momentum the movement has in Nova Scotia. The walls and hallway were lined with people trying to hear what was being said. “This turn out shows that black lives matter,” said Dal professor Isaac Saney, the panel moderator. “A struggle for social justice, a struggle for a better world matters.”

Photo by Laura Hardy

**Decolonizing
the media**

Joseph Howe Symposium discusses journalism’s
role in reconciliation

KAILA JEFFERD-MOORE, ARTS AND LIFESTYLE EDITOR

As journalists, we hold a responsibility to change the way we approach and report on Indigenous affairs. We hold a responsibility to reconcile with Canadian Aboriginals, to encourage Aboriginal reporters to report on Indigenous affairs, to properly report on Aboriginal peoples and culture without stereotyping. “True reconciliation doesn’t consist of just forgetting the past and moving on,” said keynote speaker Duncan McCue. “True reconciliation means to remember, and change.” McCue is a King’s graduate and current University of British Columbia Journalism Professor and CBC reporter. Each speaker touched on education’s key role in decolonizing the newsroom and in reconciliation; that in order for either to happen, we need more Indigenous journalists and more Indigenous stories to be told. McCue said he “realized the power that could come along with expressing words in print” when he wrote his first article for King’s publication *The Watch*. “Some cages needed to be rattled,” said McCue, reminiscing on his time at *The Watch*, “We were doing it to share stories on campus that needed to be told.” McCue spent the summer of 1990 in the throes of the Oka crisis and asks, “What’s changed?” posing the question to the symposium’s audience, “You could say nothing.” After the Truth and Reconciliation Commission of Canada’s official report was published, the TRC created 94 calls to action in 2015, acknowledging the media’s responsibility to encourage more Aboriginal reporters and equip journalists with the necessary knowledge of Indigenous rights and affairs to properly report on them. “It’s not seeing it as about these rights that Indians have because they’re Indians,” said guest speaker Naiomi Metallic, an assistant professor at Dalhousie’s Schulich School of Law from Listuguj Mi’kmaq First Nation “It’s about a relationship and renegotiating and renewing treaties that were done in ways that were very unfair to the indigenous parties; talking about equitable resources of shared land and recognizing self-government,” she said. The media have a longstanding reputation as being story-takers rather than story-tellers and McCue points out that taking responsibility to personally reconcile with Aboriginals and practicing reciprocity when reporting can be beneficial to journalists. “Over and over the media is the part of the problem,” said McCue, “It’s time for us to change.”

McCue has created an online reference guide for journalists called *Reporting in Indigenous Communities*. Find it online at <http://riic.ca>.



Fresh Rolls

Two students share easy-to-make veggie rice wraps

CHARLOTTE COWAN AND CLARA LOWNIE

Not sure about you folks, but we like to keep things fresh. The best way to do this in the winter is to get together with some friends and some of your favourite veggies (we pick up all of ours at the DSU market!) and make some fresh rolls. Everything here is vegan and gluten-free, so everyone can rock and roll!

Ingredients

- One bunch of vermicelli noodles
- 8 rice paper discs
- Fresh ingredients of your choosing
- Use as little or much fresh veggies as you like

We used:

- Cucumber, sliced
- Handful of sprouts
- Mango, sliced
- Avocado, sliced
- Pepper, sliced
- Lettuce leaves

Optional Dip:

- Spoonful of Nut Butter
- Spoonful of Tahini or Miso Paste
- Splash of soy sauce or Tamari (GF)
- Apple Cider Vinegar or lemon juice until your preferred consistency
- Minced garlic and/or ginger

Directions

1. Soak the rice paper one at a time in warm water for about 20 seconds (this can be done on a plate.) Be careful not to rip the paper.
2. Flash cook the vermicelli noodles in boiling or very warm water for about 30 seconds
3. Place the soaked rice paper on a fresh plate and layer with veggies and noodles.
4. Roll up!
Tip: fold in both ends so it takes on a burrito formation.
Warning: do not overfill or it will be very difficult to wrap!
5. Enjoy!!!

If you try out our recipes share it with us and tag us in a #foodiepic on Instagram @dalhousiegazette



By: L. A. Bonté



For more comics visit FilbertCartoons.com

New year, same students

Dal students reveal their New Year's resolutions and advice on how to stick to them

ROSS ANDERSON

1. Taylor McMillen, Acting, 3rd year

What is your New Year's resolution and how will you stay committed?

"I want to start to exercise more; and it's been easier now that I'm committed to leaving the house for class everyday."

Do you have any advice for those who may be struggling with their resolutions?

"Take it a day at a time — it's not easy to jump right into, but if you work it into your routine, it becomes part of your everyday life."

2. Estelle Kaye Tan Cochingyan, Psychology, 2nd Year

What is your New Year resolution and how will you stay committed?

"My resolution is to see tutors more often, and attend classes to get a better grasp of the Spanish language."

Do you have any advice for those who may be struggling with their resolutions?

"Your resolution doesn't need to be complicated. [Like] being nicer to people such as holding doors or donating money to the homeless or even buying other coffee for others."

3. Hayam Mahmoud-Ahmed, Neuroscience, 2nd Year

What is your New Year resolution and how will you stay committed?

"My resolution is to read more literature which is not associated with school. I'm sticking to it by force-reading books I purchased over the break."

Do you have any advice for those who may be struggling with their resolutions?

"Find the time — even if you don't have time because of your workload, try to make some time for yourself."

4. Mehak Saini, Bachelor of Arts, 1st year

What is your New Year resolution and how will you stay committed?

"My resolution is to eat healthy, practice veganism, and not consume any gluten. I'm doing this by cooking at home — which is helping me think clearly, and allowing me to think actively."

Do you have any advice for those who may be struggling with their resolutions?

"My advice is to create small goals at first, and once you achieve them, reward yourself."







Photos by Josh Young



Ritchie Kanza Mata sets AUS record

Tigers point guard has most career assists

JOSH YOUNG

Dalhousie Tigers point guard Ritchie Kanza Mata is the best passer in Atlantic University Sport (AUS) history. On Sunday, January 15, Kanza Mata recorded his 536th career assist in a game against St. Mary’s, breaking Cape Breton University’s John Ryan for the AUS record for most career assists.

“I’m still a little shocked because I wasn’t expecting it at all,” said Kanza Mata. “I had no idea I was up there in the leaderboard.”

Kanza Mata did not realize he was to close to the record until the day before the game, when the Dal Tigers twitter account tweeted at him saying he was five assists away from breaking the record.

Kanza Mata now joins Dean Thibodeau as the only Tiger with AUS career records.

Thibodeau played from 1988 to 1993 and owns the record for most career rebounds with 923.

Second-year guard Jordan Aquino-Serjue is not surprised that Kanza Mata was able to achieve this record.

“He is an amazing floor general,” said Aquino-Serjue. “On the court he will find you wherever you are, if you’re open he’ll find you.”

Kanza Mata credits his team with helping him achieve the record. He said if his teammates didn’t hit their shots then he would not have many assists.

Kanza Mata also believes team chemistry and familiarity is a big reason why he has been able to get a lot of assists. Five players on the team have played with Kanza Mata for three or more years.

“That’s the biggest thing,” said Kanza Mata. “You build that chemistry, and Kashrell (Lawrence), Jarred (Reid), Sven (Stammberger) and I have been here since (Rick) Plato got here so we have that chemistry...it makes basketball that much easier. I’m not thinking, I’m just playing, reacting, and having fun.”

The record will be added to the list of individual achievements Kanza Mata has earned over his five year AUS career with the Tigers. He won the AUS defensive player of the year award in 2014–15, and last season he won the Climo Award as Dalhousie’s top athlete. He has also been named to the AUS all rookie team, and been named a first team all star.

Tigers coach Rick Plato has coached Kanza Mata for four seasons and credits Kanza

Mata’s elite passing ability to his strong understanding of the team’s offence.

“He’s a leader, he has developed his game and he is that much more aware offensively on where to find guys ... I think it was a natural evolution for him to mature, be more under control, and I think that has everything to do with it.”

Tigers Notes

Tigers rookie Alex Carson is injured with a groin injury. The team is waiting for one more diagnosis but it is believed he could be out for the rest of the season.

The team has recruited guards Jordan Brathwaite, Keevan Veinot, and forward Tyler Williams. All three players are expected to push for starting spots next year.



Sydney Smith stepped on the track and never looked back

Graduating Tiger almost didn't join the team

DIANA FOXALL

Sydney Smith used to be a soccer player. She considered playing for the Tigers when she applied to Dalhousie, but decided against it before starting her first year. Luckily for the track team, Smith's cleats were replaced with track spikes, and the rest is history.

"I made some decisions with my soccer career where I didn't really want to compete at the highest level, which I think could have ... but it just wasn't a passion for me like track is now."

The Kingston, Ont., native ran track in high school, but it played second fiddle to soccer. She spent her first year at Dalhousie in the microbiology program focusing on academics before deciding to jump back into the world of elite athletics. A friend on the track team encouraged her to give the sport another shot, and Smith found her niche.

"In my second year, I went to tryouts and I ended up being alright at it, so I continued and haven't really looked back since," she says. "I always liked [track] and I thought 'you may as well try,' then my first season actually ended up going super well and it was a huge surprise to me and all our coaches. I got that taste of it and wanted to continue."

The former star on the pitch has become a star on the track, picking up medals in the sprints at championship events. Smith has run everything from the 60m sprint for indoor season to the 400m event outdoors, but likes to focus on the longer distances.

"I do prefer indoors, because the 300m is a better distance for me than the 200m and the 400m — as long as I am properly trained and ready to go."

Her first year as a Tiger was impressive to say the least. She won three silver medals at the Atlantic University Sport (AUS) Championships, and placed in the top fifteen at the Canadian Interuniversity Sport (now U Sports) Championships in the 300m sprint.

That's a hard season to top, but she found success again the following year with three of her teammates.

"We broke the AUS meet record for the 4×200m so that was really exciting for us," Smith says. The relay team went on to race well at the CIS Championships, ending the year with a bang.

"Last year wasn't my best year," she continues. "so this year I'm taking it more as a building year and making sure I'm still having fun with it." She's recovering from the foot injury that ended her summer season early, and is making sure to balance sports and schoolwork during her final few months of her undergraduate.

The former team captain was a member of Varsity Council in previous years, but says school is keeping her busy these days — "I've kind of taken a step back this year."

Smith is now in her fifth year at Dalhousie, and is about to

wrap up her kinesiology degree. She changed programs after her second year, and says where she is now is a much better fit.

"As soon as I switched, my grades got so much better just because I was enjoying myself — I didn't mind studying that type of thing. I love kin now and I'm so happy I switched."

Her accomplishments in the classroom have found recognition in the realm of athletics — Smith was named an Academic All-Canadian for the past two years, and made the Dean's List last year. At the moment, she is working on her honours thesis, researching cardiovascular disease in athletes.

Following her graduation, she hopes to continue her academic career at the University of Western Ontario, focusing on exercise physiology and "the cardiovascular neural side of things". She may close out her varsity career as a Mustang, since she still has at least a year of eligibility — and the desire to compete.

"It's fun running as fast as you can, you know? It's such a good feeling for me; I love high speed."

The past five years have been quite the ride for Smith, but she has taken it all in stride.

"I think Dal has really done a lot for me. I was kind of skeptical in my first year — I felt out of place in my program, but as soon as I learned where I wanted to be, I loved it and I'm so happy all of this happened. It's been a good career."

How do student athletes with jobs balance their schedules?

Rachel Berman and Kashrell Lawrence offer some tips on productivity

RACHAEL BISHOP

Many students struggle just to balance the demands of school with their daily needs and social lives. Others, such as student athletes Rachel Berman and Kashrell Lawrence, work part-time jobs and multiple practices into their weekly schedules. And they excel not in spite of all their extra-curricular duties, but because of them.

"Playing sports has absolutely made me more productive," says Berman, a fourth-year student on the King's women's rugby team. She says having a structured schedule means she knows exactly when she has to get her schoolwork done.

Berman has kept up her strict schedule even after the two-month rugby season ended in October. "I just maintain my time management even after the season is over, so I keep filling up my time with things that would take the same amount of time as rugby. It helps me maintain my structure and focus."

Berman's typical week during the season was pretty busy, but she always left weekends free for social time, catching up on homework or commuting to rugby games. The rugby team practiced three times a week during the season, spent another

day on fitness training and played one game a week.

During the fall semester, Berman also worked at the King's campus bookstore for five hours a week and as a French Language Assistant for elementary school students for eight hours a week. This semester, Berman is working with the Dalhousie Faculty of Arts and Social Sciences instead of the King's bookstore, so she still has a hectic weekday schedule.

Lawrence is a fourth-year student on the Dalhousie Tigers men's basketball team. "Being an athlete has kept me structured 100 per cent," he says. "I don't know what I would do with my days. I would watch a lot of Netflix. Otherwise you're just kind of lazy. The season goes till mid-March, and by then it is exam time, so you are able to maintain that schedule."

Lawrence's athletic schedule is even busier than Berman's, with practice every weekday for two hours in the evening and games most Friday and Saturday nights, in addition to frequent two-hour team fitness training sessions in the North End.

Lawrence also works at the Dalplex customer service desk for six or seven hours a week. Lawrence explains that he is

able to get a lot of work done during this time, especially the days last semester when he opened the Dalplex at 5:30 in the morning. "Most people don't come in till 9 a.m. so I try to do three hours of schoolwork from 6 a.m. to 9 a.m. before people come in, and then it gets really busy. If I have work to do, and the gym is empty, then I will just do it."

As a varsity athlete, Lawrence spends a lot of time travelling. He completes much of his schoolwork, "on the bus to games, or waiting in the airport... Or after 8 pm on weekdays, on Sundays. I just find the time."

Berman and Lawrence both stressed they are not the only collegiate athletes with part time jobs. Berman offered advice for athletes who are having trouble finding the balance needed to be successful in all aspects of their university career.

"Time manage, and prioritize. When you are playing a sport you know when you are going to be busy, and you only have certain pockets of time when you are free, so you know when you are going to be working on school . If you want to expand your horizons, sports are great for that too."



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CATCH THE ACTION!

FRIDAY, JANUARY 27

Women's Hockey vs. STU @ Halifax Forum, 7pm

Volleyball vs. UNB @ Dalplex, 6/7:30pm

One lucky Dal student is going to win \$500 playing BINGO during the volleyball matches! And we're giving away lots of other prizes too!

SATURDAY, JANUARY 28

Women's Hockey vs. UPEI @ Civic Arena, 2:30pm

Volleyball vs. UNB @ Dalplex, 2/3:30pm





