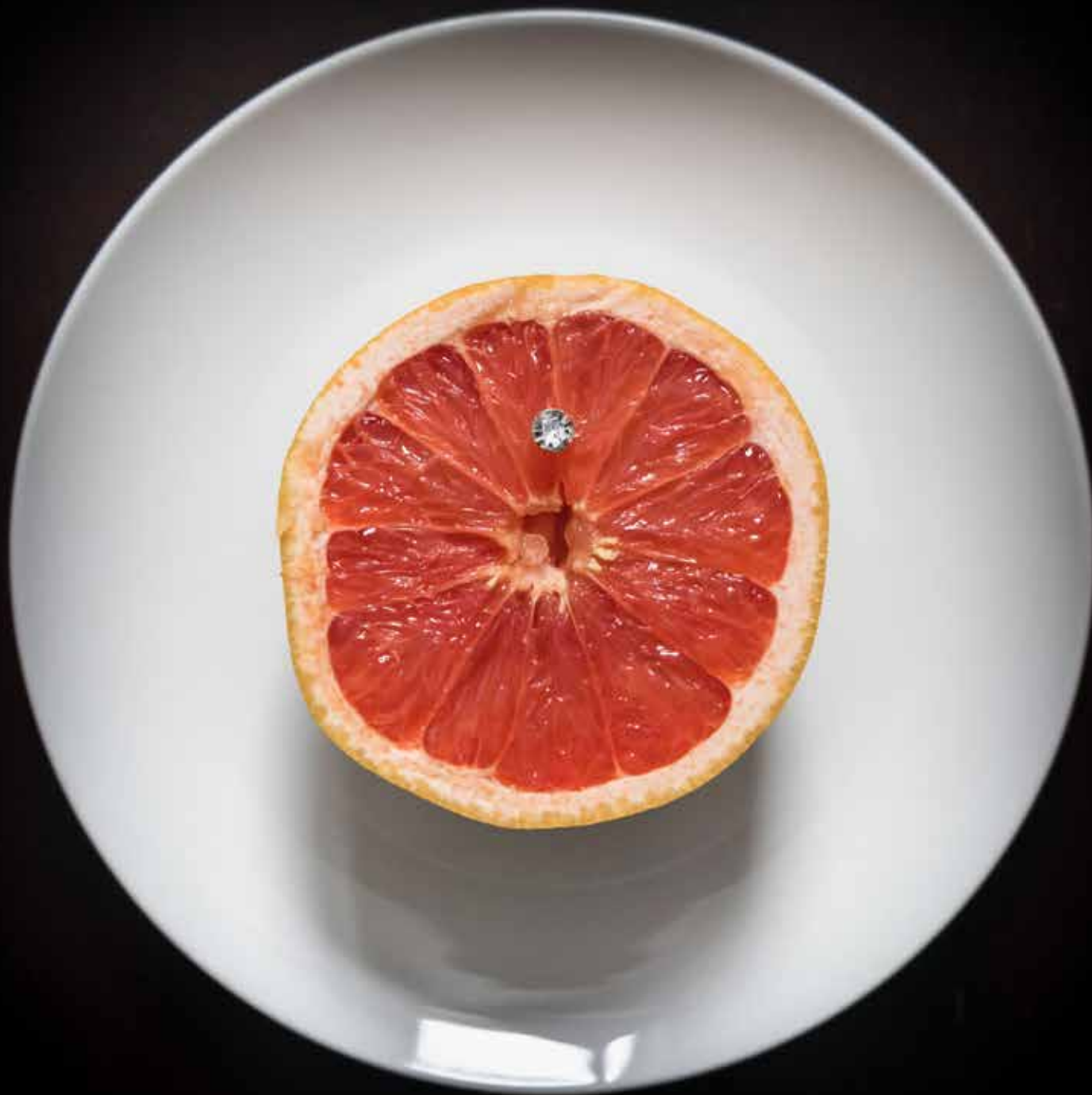


The Balhousie Gazette



The Sex & Love Issue

RACISM IS A STUDENT ISSUE

BLACK PERSPECTIVES ON CAMPUS

3 PART SPEAKER SERIES

Join us for the final installment of our three part series. This speaker series examines the current realities for Black people on campus, looks back at how we got here and moves forward to build a more just future for all of us. Conversations will be led by brilliant Black faculty, community members and students.

FEBRUARY 15, 5-7PM

Council Chambers, SUB

Panelists: Barbara Hamilton-Hinch, LaMeia Reddick, Lindel Smith and Sonnobia Williams.

The Dalhousie Gazette

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER, EST. 1868

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Looking for love in all the right places

PG. 13



Sharing is caring

PG. 15



Blood is thicker than water

PG. 20



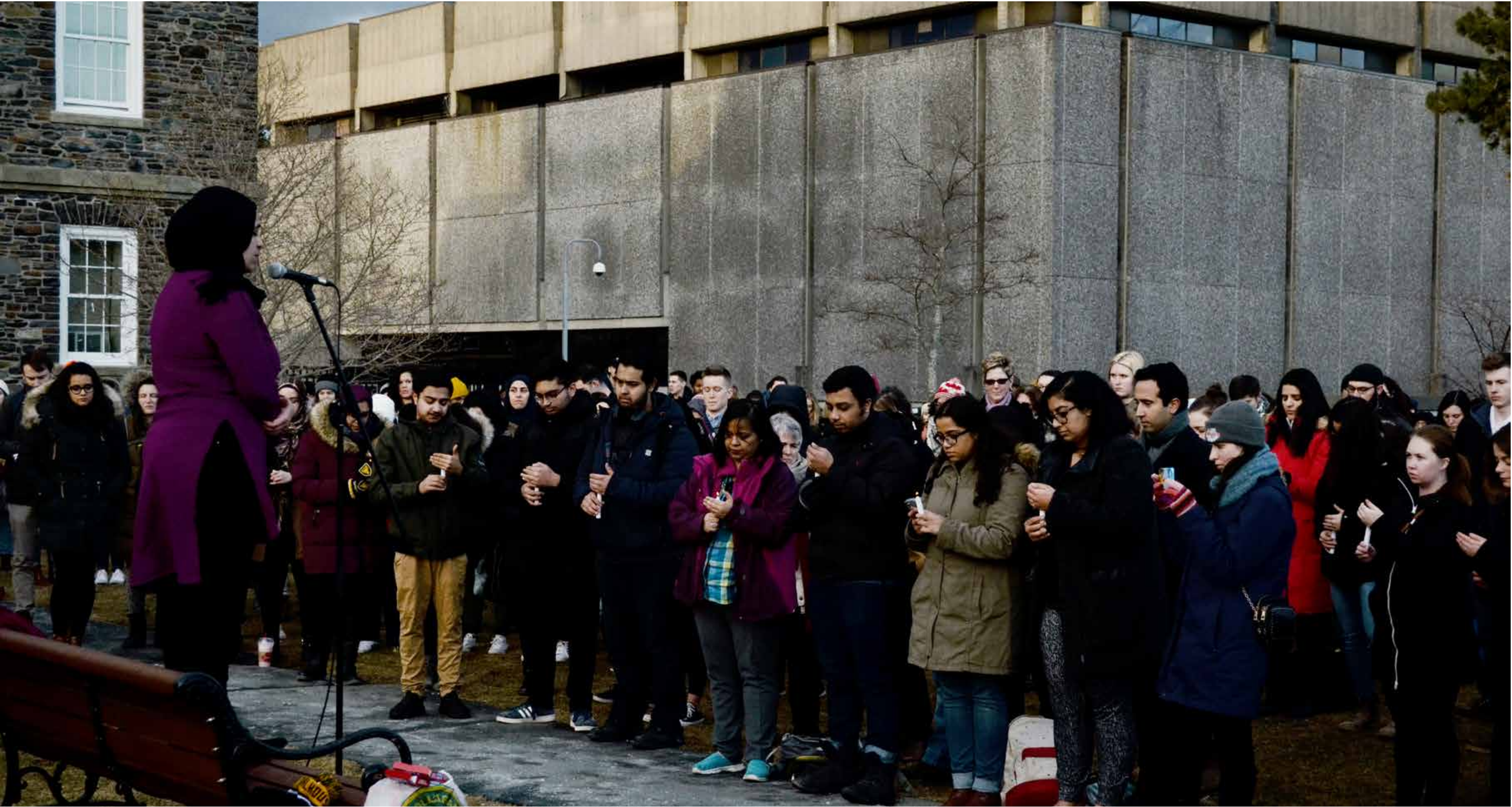


Photo by Katherine Lin

Vigil commemorates six victims of Quebec mosque attack

Dalhousie students show solidarity with Muslim community

ERIN BROWN, NEWS EDITOR

On the evening of Jan. 29, six men were shot and killed while they prayed at a mosque in Sainte-Foy, Quebec.

The next day, over 200 Dalhousie students gathered in the Studley Quad to pay their respects.

Amina Abawajy, Vice President Academic and External of the Dalhousie Student Union, delivered a stirring poem to the crowd, that she wrote when a terrorist attack plot was uncovered in Halifax on Valentine’s Day, 2015.

When law enforcement arrested the individuals, then-Justice Minister Peter Mackay referred to them as “murderous misfits”, instead of as terrorists — a term often used to characterize crimes by minorities.

“It was heartbreaking to hear. With all the stuff going on in the States right now, it tore me just hearing about how Islam-phobia is present here,” said Maryam Saqib, who came to the vigil with her friend Jasveen Brar.

“Particularly in the last week or so, it’s just been one thing after the other,” said Brar. “This is my home. That others feel like they’re not accepted, or that they’re being targeted for their beliefs, that is not Canada. It’s not my Canada.”

Student reactions to the event ranged from shock that the shooting happened at home, to believing it was only a matter time.

“I’m just trying to connect the dots,” said Nnamdi Umahi, a Dalhousie student. “The Muslim ban by Trump, Canada welcoming Muslims who are stuck in the US, and then somebody shoots Muslims? What is the intent? The world is messed up.”

Sana Rehan, another Dalhousie student, said she felt a “horrificed shock” but thought an attack was “bound to happen.” “When you fuel such rhetoric, there is obviously going to be repercussions whether it’s in America or Canada,” said Rehan. “This also shows us that Canada is not the utopia that we always think it is.”

Many students said they felt happy over the weekend to be in Canada rather than the United States because of the divisive politics of President Trump, but then struggled to come to terms with the tragedy of the shooting in Sainte-Foy.

“It’s important to be here to show solidarity. If something were to happen to people in my community, I would like people to be there,” said Payton Chaply. “We’re all Canadian, we’re showing that we’re accepting, and that we love each other.”



Fighting sexual violence on Campus

Dalhousie Student Advocacy Service expands mandate

MITCHELL BROUGHTON

It has been two years since the Dentistry Scandal, and the struggle against gender-based violence continues to affect our students.

Under new leadership, the Dalhousie Student Advocacy Service (DSAS) has expanded its mandate to address this need. The service now offers support and advocacy for all students seeking to navigate University policies, including those experiencing sexual harassment, discrimination or assault.

“The Backhouse Report told us that we have some of the best policies for dealing with sexual harassment in Canada. The problem is that they are inaccessible to students trying to make complaints,” said Executive Director Kym Sweeny.

“We exist to bridge that gap and aid students through a

convoluted process, while also advocating for the University to acknowledge and address systemic issues on campus.”

DSAS understands that if they want social justice on campus then they have to be more than reactive. The group has to build trust with Dalhousie’s marginalized communities and center those voices in their work.

In an effort to provide the best service, advocates are trained in anti-oppression, active listening, and confidentiality.

The expansion includes conducting education and outreach initiatives where volunteers design and conduct workshops on university policies for students and faculty. DSAS is also working with various groups on campus and the University administration to create a comprehensive Sexual Assault Policy.

Volunteer advocate Lisandra Naranjo-Hernandez, who works on the project explained, “An advisory group led by the Vice-Provost of Student Affairs, and composed of faculty, staff and students, of Dalhousie University, is working to ensure that the university has a thorough, comprehensive and user-friendly Sexual Violence Policy.”

“Any member of the Dalhousie community can find the support and resources they need when faced with sexual violence. Experiencing sexual violence is traumatic enough. We want to ensure that finding the help and resources you need is as easy as possible.”

Mitch Broughton is the Education and Outreach Coordinator for the Dalhousie Student Advocacy Service.



Dalhousie student takes her seat in House of Commons

“Daughter of the Vote” delegate will represent Halifax-West

ERIN BROWN, NEWS EDITOR

Sarah Dobson is a fourth-year political science student at Dalhousie, and is thinking of one day putting her name forward in a real election, but before that she’ll take her seat as the delegate for Halifax-West in Equal Voice’s “Daughters of the Vote”.

“Daughters of the Vote” is a non-partisan event that will bring 338 young women from across Canada together to take their seats in Parliament. One delegate has been chosen from each federal riding.

Dobson will take her seat for Halifax-West, which is currently held by Speaker of the House Geoff Regan. When asked if that automatically makes her Speaker for a day, she said she wasn’t “100% sure, but we’ve been joking about that.”

Dobson was initially inspired to apply when she saw Nova Scotian MLA Karla MacFarlane post the opportunity on her Twitter.

“As soon as I read what it was, and that it would be a delegation of all women going to Ottawa, I really wanted to go and meet

other women who are in the same place as me, wanting to move forward in politics.”

While Dobson hasn’t decided on running for office just yet, her Political Science degree focuses on international relations, and she sees working for NATO or the United Nations in her future.

After her time in Ottawa Dobson plans to bring back with her “a renewed sense of hope.”

“What I think I can bring back to the community is a sense of empowerment, and I can tell other people who are pursuing my degree, especially younger students, that politics is something worth studying. It’s something worth pursuing.”

Dobson feels this sense of empowerment is something she has learned from watching women in politics in Nova Scotia.

The program will run from March 7–10, and will feature group discussions, roundtables, and delegates taking their seat with Members of Parliament watching them from the galleries.

“Eating disorder awareness week gives a voice to people who are so often ignored.”

Awareness week runs February 1-7 in Canada

ERIN BROWN, NEWS EDITOR

Eating Disorder Awareness week is recognized in Canada this year from Feb. 1–7, and is focusing on changing the misconceptions surrounding eating disorders, while also encouraging those with a disorder to seek help.

Ally Geist is a Dalhousie student who is an ardent advocate for mental health. She believes Eating Disorder Week is important for many reasons, and said the week “gives a voice to people who are so often ignored.”

Giest said it also focuses on rejecting diet culture, which is important to her.

In 2006, Health Canada did a study on boys who were enrolled in grades nine to ten in Ontario. They found four per cent of those

boys had tried body-altering drugs, such as steroid products, to change their bodies.

The culture of harmful body-changing supplements was also brought to Canadian attention in the media recently, when the number of liver failures recorded due to ingesting green tea extract were shown to be abnormally high.

Giest said that with eating disorders, “People tend to, as I once did, see eating disorders as the extremely thin white teenager who just wants to be ‘beautiful’. In reality, eating disorders can affect anyone, and are so much more than wanting to be beautiful.”

She added “Eating disorders are about

wanting a sense of control, and I just hope that the conversations that happen this week will help validate for someone that if they don’t fit into the media’s box of what an ED looks like, they are still sick and they still deserve help.”

Some of the ways to recognize an eating disorder in yourself or in others, Geist said, “are not feeding your body when it’s hungry, getting anxious around meal times, or days when you skip the gym, and of course if you make yourself sick or abuse laxatives.

“If you find yourself thinking that you can ‘stop any time you want to,’ that you’re ‘not sick enough,’ or that your habits have changed recently, it might be worth talking

If the possibility of a House debate occurs, Dobson hopes she will have the opportunity to discuss refugees issues and Aboriginal inclusion in Canadian politics. 20 per cent of delegates will be Aboriginal, and Dobson wants to discuss how Canada can do a better job of including indigenous women in politics.

For Dobson, a love for politics was “just always there,” She had never taken a political science course before choosing to study it for her undergrad degree.

Dobson was a Page in the Nova Scotia Legislative Assembly, and said she looks up to “all the female MLAs in Nova Scotia, and Karla MacFarlane in particular. I just think she handles herself so well. I’ve seen such great things from her and she’s a really lovely person.”

The experience to witness the House of Commons seats filled with 338 young women will be a unique one, and Dobson hopes to take “that spirit that I know is going to be in Ottawa, and bring that back to Halifax.”

to a doctor.”

One of the ways to face challenges to your mental health is practicing self-care, which can be done in a variety of ways.

When it comes to self-care for those with an eating disorder, Geist said practices can be anything from “taking a long bath, finishing those dishes that have been piled up for weeks, or snuggling with your dog. In terms of those struggling with eating disorders, caring for your body can be really powerful.”

If you or a loved one are struggling with an eating disorder, please call the National Eating Disorder Hotline at 1-866-633-4220 toll free.

How Dalhousie students celebrate Valentine’s Day

Valentine’s Day is a hallmark holiday that is often recognized with chocolate, flowers, and spilling gushy feelings to that special someone. But, that’s certainly not how the holiday must be celebrated. Here’s how some Dalhousie students will be marking the occasion.

“I’m assuming going out for supper, and that’s probably about it.”
Kirstin Poole

“I’m going to take her where we had our first date, A mano, in downtown Halifax.”
Kaitlyne Zerr and Massimo Caracristi

“I’m not going to do anything. I have a partner but we’re not kind of not into Valentine’s Day.”
Justin Ryan

“Fingers crossed, I would be on a date. But that’s kind of unlikely so I’ll probably just third-wheel with my best friend and his girlfriend, as-per-usual.”
Blake Lehodey

“For Valentine’s Day we’re doing a lunch date with one of my friends, and then probably going to go see a cheap movie.”
Jamille Taylo



Ah — the married life

The *Gazette’s* resident adult talks about adult stuff

MATT STICKLAND

Marriage is a high stakes game and it’s played for keeps. The scope of its permanence is terrifying. The vulnerability required, the trust. Marriage often results in caring for a little human. That little human is required for the survival of the species. Ugh, and the potential for dependence.

It’s the greatest thing I’ve ever done.

The impetus for getting married was pretty simple. She’s the best.

Our trajectory was pretty common. We met on the internet and went on some dates. The clincher was when she had me over for dinner and I cooked. I made her Mexican food with mole sauce made from scratch. She took a bite and sighed into her plate. “I’m way more impressed than I thought I’d be.” We had all of those stupid, disgustingly cute couple inside jokes.

The ones that make your friends make puke faces as you patiently explain to them why it’s the funniest and/or cutest thing in the world.

The kicker for me was the communication. There is no confusion about where we stand with each other. If there are issues, we talk. If there aren’t issues, we talk. If there’s tension, we take some space, figure out why we are upset, then talk. Talk until it’s through, resolved.

It’s a lot of talking.

We spend time doing things that aren’t hanging out with each other. She has her hobbies and friends, I have my hobbies and friends. This ensures we have things to talk about.

All of those terrifying things at the top are the foundation for a successful matrimony. Some people will say marriage is

old fashioned, or not necessary. The thing is those people aren’t wrong. We (probably) would have been happy without being married. But we’re now officially, legally and symbolically invested in each other. It’s a little difference but it’s also a huge difference. The relationship is better now than it was before we were married, even though it’s almost exactly the same.

My editor asked me to interview my wife. I didn’t actually need to but I did for fun though:

Q: “Why is marriage awesome?”

A: “Because you cook for me and give me back rubs.”

Q: “No, not to me, just marriage.”

A: “Oh, it’s nice knowing that you have my back no matter what. To belong. Everyone’s got to have a tribe.”

Tribe Stickland.



“Far too many people
are looking for the
right person, instead
of trying to be the
right person”

The Perks of Being Single

Time for you to love you

BY JOSEFA CAMERON

As I write, my sister is starting a wood fire in our get-away-home in Cape Breton. Tonight, we plan on cozying up with a warm meal, dark chocolate and a movie... something with Dennis Hopper.

I am 24 years old -- an age with ambiguous expectations. By Canadian standards, I am not expected to be married, nor am I considered too young for it. I can choose what I do and where I go. Taking ahold of this freedom, I am choosing to be single at the moment.

Many of my acquaintances do not understand this notion, writing off my choice as if I simply can't find someone to date. They appear back into my life only when I have a boyfriend, inquiring about him and gushing over the first date details. In these situations, I feel they like my boyfriend more than I do. There is more to your twenties than finding a partner. As my dear mother always tells me, “Strive to

be the best version of yourself”. Through this lens, I understand Gloria Steinem when she says, “Far too many people are looking for the right person, instead of trying to be the right person”.

My acquaintances suggest that my career as a writer and my ample travel experiences are merely a way to bide my time, like a stepping-stone, or distraction from meeting my “other half”. In a stark contrast, I believe because I have been single for most of my adult life I have been able to accomplish all I have. Not only that, but I have been able to allow these experiences to positively enrich and shape me while building memories.

On the other hand, another chunk of my acquaintances share my mindset. My friend Bernadette put into words one thing we can all agree on: “I think one of the perks of being single is that you can develop and grow without the pressure of someone influencing that”.

As for my sister, Paulette, with pencil in hand and architectural sketches in front of her, she says, “The time I spent single in my

adult life, I developed my priorities, defined who I am and pursued my interests. I can't imagine dating without having that time to myself,” she said. “I think it's important to prioritize and fully experience each phase of your life, so you draw it to completion without wanting to go back and live something that was lost”.

In my journal the other night, I wrote, “I am basking in life's treats right now, not wanting the sweetness to fade. I anticipate two parts of my life - my near future and my old age - times when I can sip tea with friends and talk about all the memories we are making”. While writing this, it dawned on me that these two stages in my life do not necessarily encompass someone by my side. I'm complete and full of vitality. Like Tolstoy's unabridged version of *War & Peace*, with all of the struggle, the love and the growth. It doesn't need a sequel, because it is good enough on its own.

There is nothing wrong with relationships, unless you are stuck in an unhealthy one. It comes down to living your life thoroughly, in a way that makes you peaceful while striving

to be a good person. Being in a relationship shouldn't threaten this existence, but instead be a continuation of it.

I can never relate to those who fear being alone. Maybe it's because I am a reclusive writer, or come from a big family or relish my alone time. I utilize swaths of solitude to relax, read, learn and write. I believe by being single, you learn to become your own source of validation. You have time to do what you love and strengthen your tolerances, your voice and confidence. Time alone helps you cultivate yourself and not to mention, it is a lot of fun.

I do not want to demean relationships, because relationships can be a beautiful experience. I do, however, question people who spend their entire single life looking for a relationship. Enjoy your single life thoroughly, live it tirelessly and unapologetically. Making memories with someone else is lovely, but making memories on your own will be what makes your 80-year-old self look back and proudly smirk with a twinkle in your eye.

Let's talk about . . .



Asexuality

“Love is beautiful. Love doesn't have to be hot.”

ADRIENNE COLBORNE

The problem with being asexual is that it can take a long time to actually figure it out.

Not that interested in guys? Maybe you're gay.

Not that interested in girls? Maybe you just haven't met the right one. You'll find the right gal, guy or someone in between eventually, and let me tell you, they're going to be HOT.

Wait, what does hot mean again?

Aesthetically pleasing? That's really more for statues (although that guy you passed the other day had perfectly symmetrical features, *damn*.)

Beautiful? Nah, that's what you call your female relatives. Or Lin Manuel Miranda's existence.

Is it what you feel when you have a crush on someone? Well...no, not really, because as much as you want to just listen to them talk forever you don't necessarily want to... kiss them. Or anything else.

Maybe really not anything else.

At this point in your self-evaluation, one of two things happens. One, you decide you're broken, and no one will ever love you (which is COMPLETELY WRONG AND GARBAGE AND DON'T EVER THINK THAT) or you stumble on the word 'asexual.' I found it in a fanfiction, some people find it in novels, and some people know someone else like them. And once you get going...there's a whole world of us out here, and so many new words. Like demisexual, where you

find out what hot means when you have an emotional connection with someone, or graysexual, where you sometimes know what hot means and sometimes don't. Just like any other sexuality, asexuality has a wide range of experiences, and hey, if the word works for you, go ahead and use it!

(Not like there's an ace surplus).

Asexuality's a relatively new word in terms of using it to describe human behaviour, but guess what? Aces aren't new. We've been around

just as long as any other sexuality, and in my opinion it's time for people to start talking about it.

Let's talk about having deeply fulfilling platonic relationships because *that's what you want*, and finding out that your desires change over time but that doesn't mean you were living a lie, because *that's what you want now*. Let's talk about loves that have compromises and struggles and laughter and fear, just like any other love, with maybe less sex or a different kind of sex or sex without attraction because *that's what they want*. Love is beautiful. Love doesn't have to be hot.

Let's bring the Ace of Hearts into the conversation. Let's have a Valentine's Day where we talk about the whole deck of cards, where we celebrate the love we give each other and the love that we deserve. Because everyone deserves to be loved the way they need and want.

Even if they make terrible card puns.

Sex and disability

“People without disabilities often infantilize those who have them.”

VICKY LEVACK

When I was asked to write a piece for this issue I was thrilled, but also a little daunted. The topic of sexuality is so broad even if you “narrow it down” to sex and disability. Where the hell do I start? Then it hit me: it's better to assume you don't know anything. So here are some basics (in no particular order):

Yes, people with disabilities want sex!

Let's start with the assumption I seem to encounter most often. People without disabilities often infantilize those who have them. I believe this happens because people with disabilities often require care usually reserved for infants/toddlers. In my case, I need help dressing, showering, going to the bathroom and a million other little things. However, even though some of us require the same care, we are not infants! In fact, by denying our sexuality those shocked individuals not only deny our adulthood, but our humanity. The vast majority of humans are sexual beings. This fact doesn't change because some bodies and brains work differently. Some disabled folks may be asexual, but that's because some people are. The fact they're disabled is irrelevant.

Can we do it? Yes we can!

Another question I get is some variation of, “But... how?” My answer to this rather personal question depends on whether I've had my morning coffee. Yes, on one occasion this was a conversation over breakfast. Let me give some advice, never ask someone for a play-by-play of their sexy time. It's weird and puts people in an awkward position. In my case, I feel pressure to answer because I consider it a duty to educate and if I don't they'll just ask some other poor soul. But if you expected me to get graphic, sorry to disappoint. What I will say is this: It is true that some disabled individuals can't have “normal” penetrative sex due to their body's limitations. This is why I believe our view of what sex is must expand. So what if missionary isn't possible? Sex is like a buffet, not everything will be good or agree with you. So go up and try something else. That's my advice for anyone, disabled or not.

I acknowledge I've just chipped away the very tip of this iceberg of an issue so if you have questions feel free to send them and perhaps I can answer them in another issue. TTFN.



Living with bae

A survival guide so you won't kill each other

JENNIFER LEE, OPINION EDITOR

“Kill your ego.” Patrick Fulgencio answers quickly when asked for advice on living with a significant other.

By this he means in order to live with your romantic partner you must fully accept that you are no longer the only one who matters. Take your partner into full consideration *every day* you live together. This is the first step and most crucial in successfully living with bae. I've lived with my partner for two years now and during that time I've cultivated enough experience to understand what it takes to not rip each others heads off.

First step, exclusively refer to them as your roommate and casual lover, doing this in front of them and peers will keep everyone on their toes.

The second thing you'll notice when you and your boo shack up is the total and complete lack of privacy in your life.

Be prepared for someone else to see you poop. Be prepared to see them poop. It will happen. Especially if you only have one bathroom which of course you do.

“Truly come to terms with that (lack of privacy) before you do it,” says Luke, my roommate and casual lover. 70 per cent of romantic tension will be poop related once you make the big move.

Of course, there are other non-poop related issues you must consider. Living with a partner puts all the drama under a microscope. Even though it's an overused cliché, communication is the most important part of a relationship.

Are they not pulling their weight with chores? Talk about it. Do they kick and snore while they sleep? Bring that up. Need them to make dinner tonight? Ask them. Just because you're

dating and live together does not mean they can read your mind.

Pooping and talking about your feelings are the only sound pieces of advice I am qualified to give. I can, however, offer you the endless perks that also come when you and your partner shack up.

First, there is the material every day things like someone who will cook for you, hug you when you cry, and do the dishes. Those perks are emblematic of the best part of all.

Having someone on your side no matter what is why sharing a living space with your partner is worth it. The same benefit of being in a long-term relationship is even more applicable when you live with them. In the end of the day, you get to come one to someone who will support and love you. Also someone to cook for you, hug you when you cry and even do your dishes.



Looking for love in all the right places

The best date spots in the HRM

MADDIE JOHNSON

Ah, young love.

Dating is college is like—who am I kidding; I'm not going to tell you what college dating is like. Dating in college has its own set of rules—ones that no one ever seems to be able to keep up with—and its own set of perks and pitfalls.

Excuse me while I re-download Tinder. And then delete it again, because I remember how much it sucks.

Dating is hard. It doesn't matter if you're in high school, college, a “young professional” (ugh, I hate that term), or even 60. There's no winning.

Dating, especially in college, comes with its fair share of horror stories. The one-night-stand you keep running into at Pete's, or the weird coffee date who ended up being your TA. All those awkward moments eventually turn into great stories and maybe you will meet someone who makes it all worth it. This person gives you a reason to not wear sweat-pants all winter long. They make late nights at the Killam bearable, walking to class a walk in the park, and all the other corny shit that comes along with dating in this student world we live in.

So, if you're lucky enough to have found this person, take advantage of it. Halifax truly is an amazing city, with an endless amount of things to do and places to explore. Don't be

lazy. I know it's tempting to curl up with your SO and binge Netflix all day. We've all done it. And I know first dates are awkward. But Valentine's Day is right around the corner, so grab that cutie from class, or even grab your best friend and try out one of the many cool things Halifax has to offer.

FOR THE FIRST DATE...

There's nothing worse than small talk and get-to-know-ya questions, but there are ways you can make it less awkward:

Grab a beer at Tom's Little Havana: There's nothing like a little alcohol to calm the jitters of a first date, and Tom's has a great selection. Nestled off the beaten track, Tom's offers a cozy little atmosphere you'll instantly adore. There are board games and cards to give you something to do. You never know, one beer could turn into two.

See a show at Yuk Yuks: I have no scientific proof, but laughing is probably one of the best aphrodisiacs. Did you know that on Thursday nights, students can enjoy world-class comedy for only \$5? They also serve food and drinks, so why not make a whole night out of it.

FOR THE ADVENTUROUS TYPE...

Have a bonfire at Long Lake Provincial Park:

In the winter, the lake is relatively quiet. Jump on the bus at sunset, bring some blankets and hot chocolate and snuggle up on one of the small beaches. Just make sure you don't miss the last bus home.

Go skating! Or snowshoeing! Skates are free at the Emera Oval. Bundle up, and who cares if you embarrass yourself. First person to fall buys the BeaverTails.

Take a trip out to Sugar Moon Farm: If you have access to a car, this is a trip you have to make. Experience a classic Canadian sugar shack, take a hike around the farm before grabbing lunch in the restaurant, and then finish off the day by pouring maple syrup over snow and eating it. Can't get more Canadian than that.

FOR THE FOODIES...

Go out for an amazing meal: Halifax has a stupid amount of cool restaurants, funky hidden bars and tons of great food. If you're on a budget, try having dinner at Baba Ghanouj on Barrington, the food is excellent and you'll be surprised at the amount you get. Or, if you're feeling fancy, try the Bicycle Thief then take a stroll on the boardwalk.

Learn to make delicious chocolate: Change up your Valentine's Day and learn how to

make real raw chocolate. The Grainery Food Cooperative is hosting a workshop on February 11 and 14. You even get samples.

FOR THE ARTSY ONES...

Try Paint Nite: Dirty Nelly's and Rock Bottom Brew Pub both host Paint Nites a few times a month. Grab some food and drinks and learn how to paint a masterpiece. It's easier than you think.

See some live music: Halifax is notorious for its diverse music scene. See some blues at Bearly's or catch an old school rock show at The Carleton.

FOR SOMETHING DIFFERENT...

Throw it back, who says we're too old for the classics. Go bowling, try cosmic bingo, or glow in the dark mini putt. Shake the typical bar scene and be a little silly for a night. You might find a hidden talent.

Take a twist on your average movie night. The Oxford Theatre is an old fashioned cinema that usually shows local or independent films. It's a cool experience, and then grab some happy hour sushi at Wasabi House after.

Honestly, the list goes on and on. Not matter what the kind of person you are, or the kind of relationship you're in, there's something you should try. So take advantage of dating in this beautiful city. You'll be happy you did.



This is a Private Service Announcement

Clearing up the dirty on discharge

KAILA JEFFERD-MOORE, ARTS & LIFESTYLE EDITOR

Discharge and ‘cum’ are NOT the same thing.

If you weren’t paying attention to anything other than that weird, bull-skull shaped pink thing inside a woman’s body in health class like I did, you may have missed that sweet little blurb on every woman’s underwear frenemy — discharge.

Discharge is the natural cleansing process of the vagina that helps keep it clean and prevents infections. It is always happening, and is always there.

In her role as Donna Stern in her 2014 movie, *Obvious Child*, Jenny Slate delivers this line:

“There is no woman who ends her day, with like a clean pair of underpants that look like they’ve ever even come from the store.”

Vaginal lubrication, or what most people would call the female equivalent of ‘cum’ is when a woman is hot n’ ready.

For all the non-female readers out there—have you ever slipped your excited fingers past your partner’s waist band and found yourself uttering those darling, three little words,

‘You’re so wet.’

Grant Ruffinengo, 3rd year Dalhousie student says, “Yeah, I’ve definitely said that.”

Ladies, has your internal dialogue after that ever been along the lines of, ‘Um, I’m not even horny yet? This is the life of my underwear!’?

Ruffinengo said he didn’t know that discharge was a thing, he just assumed that girls were just wet when horny and not when they weren’t.

The inner workings of the vagina aren’t just a mystery to men though, even women are sometimes a little mystified.

The Dalhousie Gazette’s Engagement Manager, Sabina Wex, said “For 10 years I thought I was horny all the time because every

day my underwear was filled with discharge.”

Her doctor, Wex says, almost peed laughing when she finally had the courage to tell her.

Knowing the difference between what’s discharge and what’s vaginal lube in the grand scheme doesn’t matter.

Making sure each partner is aware of their own bodies is always important during sexual intimacy and making sure that each other is actually horny—not just her vagina going on about its natural business.

Part of being aware, for Ruffinengo and his friend, Jacob*, is bringing lube into the conversation.

“It can always be used as a go to,” Ruffinengo says, but that it also makes a fun addition even when it’s not necessary. “It makes it slobbery as fuck it’s pretty sweet. It’s like going on a Slip & Slide.”

Jacob learned his lesson in being aware of a woman’s ability to naturally lubricate and the differences each sexual encounter and partner when he was having sex with his girlfriend and he tore his penis frenulum because they were having sex when she wasn’t lubricated enough.

After he went through a two-week recovery period, (where he wasn’t “allowed to” have a boner) he now uses lube on the regular.

What Makes a Vaginal Discharge Abnormal?
Heavier than usual.
Thicker than usual.

Pus-like.
Frothy.
White and clumpy (like cottage cheese)
Grayish, greenish, yellowish, or blood-tinged.
Foul- or fishy-smelling.
Accompanied by itching, burning, a rash, or soreness.

*Name has been changed for privacy



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Sharing is caring

Exploring relationships out of the monoamorous ‘norm’

BY KAILA JEFFERD-MOORE

Valentine’s Day is to relationships like relationships are to couples. Not related.

People both in and out of relationships participate in Valentine’s Day shenanigans; and people both participate in relationships that are exclusive to two partners and relationships that aren’t.

Most polyamorous people say when they express their relationship to those unfamiliar with the dynamic, it’s usually answered with thoughts like threesomes, commitment issues, and unhappiness. Then followed up with questioning which partner is following the will of the other or questioning the happiness and integrity of the relationship.

“Just because you’re poly doesn’t mean you have this constant revolving door of group sex with whoever,” said second-year King’s student Rebecca*, who is in a polyamorous relationship.

Her partner Andrew*, also a second-year King’s student, agrees. They aren’t interested in hooking up with anyone and everyone—they are still committed to each other and want a serious relationship.

“We just want to include more people in that relationship,” said Andrew. “It’s generally thought that people in poly relationships are not serious about their relationships, but we’re quite serious about our relationship.”

In the paper, *Polyamorous Women, Sexual Subjectivity and Power*, published by Georgia State University, sociologist Elisabeth Sheff wrote, “It differs from swinging with its emphasis on long-term, emotionally intimate relationships, and from adultery with its focus on honesty and (ideally) full disclosure of the network of sexual relationships to all who participate in or are affected by them.”

A relationship where one or more partners are pursuing another person outside of the relationship to gratify sexual desires is what is called an open-relationship and is commonly misused interchangeably with a polyamorous relationship.

Mark*, a former Dal student is new to the concept of exploring non-monogamous relationships and said he struggled with it in the beginning.

“This was like a whole new thing for me, where two best friends are ok with sleeping with the same girl,” he said.

Usually, Mark will only be having sex with one person at a time, but a few months ago his best friend and roommate was sleeping with their mutual friend, Jenna*, when he suggested Mark “go

for it” after Jenna and him realized they clicked well together.

“The big thing that helped make this thing work was the honesty between everybody. Just knowing what everybody was thinking head on,” Mark said of his dynamic, which at one point, grew to him and his roommate sleeping with Jenna as well as Mark sleeping with Jenna’s roommate.

Many people in polyamorous relationships pride themselves on having stronger bonds with their partners because they have frank discussions with each other about their feelings, their personal ground rules to the relationship, and other dynamics that play into their relationship in order to make it work.

Google ‘how to make a polyamorous relationship work’ and I’ll bet every link that you click on will mention communication.



“Part of being poly is you have to make sure that everybody really understands the explicit arrangements” said Rebecca. “If you don’t have good communication it’s gonna fail.”

Mark also stressed the importance of good communication. He said that after opening up the conversation and understanding what Jenna wanted, he could understand how his own emotions affect the situation, and figure out how an open arrangement could best work for them.

Polyamory isn’t correlated to sexuality. Polamory is a conscious choice you make with your partner(s), you aren’t born polyamorous like you’re born with your sexuality.

“There’s the thought that our sex lives are more deviant,” said Andrew.

Rebecca followed up, “Yeah, people think it’s easy to date

when you’re in a polyamorous relationship.”

To which they shouted “NO!” simultaneously.

“I think polyamory is better for me because if we were in a monoamorous relationship and Andrew was dicking me—” Rebecca starts, “we wouldn’t be happy,” said Andrew, finishing her sentence.

This isn’t because Andrew would only be having sex with Rebecca, but because Rebecca doesn’t enjoy sex and “no one wants to have miserable sex,” she said.

“The part of the big reason why I’m poly is because I want my partners to be able to be sexually satisfied, without me having to do that for them,” said Rebecca, who is asexual.

Andrew isn’t coercing Rebecca into anything, like they say people assume. They both exercise their polyamory within the partnership. It’s fun to flirt, to have that thrill of knowing someone is interested, and that human companionship; things that don’t require sexual desires to enjoy.

But despite not being sexually intimate, and sex normally being a fairly big factor in romantic relationships—in some it’s what defines the line in their relationship between very good friends and romantic partners—Jenna and Andrew know they “...aren’t just best friends but partners...”

Rebecca gave a laugh and said, “I do a lot more naked sleeping over with Andrew than I would ever do with any of my best friends.”

Take a single person. They’re happy, they’re single, maybe they’re looking for someone maybe not, and they would be just as happy to share their life with another person as they are

not sharing it. But, when they do share it, they’re choosing to commit and build a life with them.

“I would really only be married to [her],” said Andrew considering the idea of how their dynamic would work if they were to ever get married, but says it would probably play out to be a marriage plus long-term mistress joining them.

“Even when I get insecure I’ll just be like, ‘listen, it doesn’t matter who he sees’ because he always comes back to me in the end. Which I think is a way that polyamory actually reassures your stability as a couple,” she said. If you know that somebody you love could be having sex with anybody in the world and they choose you. Obviously it’s something more intrinsic and fundamental.”

“Man you really have high expectations of my ability to find a mate—anyone in the world eh?” jokes Andrew.



Photo by Kaila Jefferd-Moore

Re-Defining the Valentine

What kinds of ways can we show we care?

KAILA JEFFERD-MOORE, ARTS & LIFESTYLE EDITOR

Valentine’s Day seems to be fast losing its traditional essence of splurging on your significant other.

“It’s more about spending time with each other,” she says, “I don’t care about a gift. I’d rather get a cute note and a kiss.”

This is a common theme among my peers, as I ask each of my friends both in and out of relationships and/or romantically involved, and majority ruled that V-day isn’t as important as it used to be.

Shayna Vollans, an NSCC student, says that while it’s nice to treat your partner to a special night once in a while, it’s not about giving gifts or treating your significant other to a lavish outing — it’s about the attention you give.

She says that for Valentine’s Day this year, she and her boyfriend Josh Feltmate, aren’t “technically” doing anything for the holiday.

A month ago, Josh bought them tickets to the Stefan Struve vs. Junior Dos Santos UFC fight on Feb. 19, the weekend after Valentine’s Day. He said he didn’t really think of it that way, it was just the earliest available fight that was available for both of them.

Vollans did say that she will be giving him a gift though.

“It’s more of a belated Christmas gift turned into a Valentine’s gift,” she says.

She has wanted to do an all-film boudoir shoot for him for months and has never found the time, but has committed to a V-day deadline inspired by his surprise tickets to the fight.

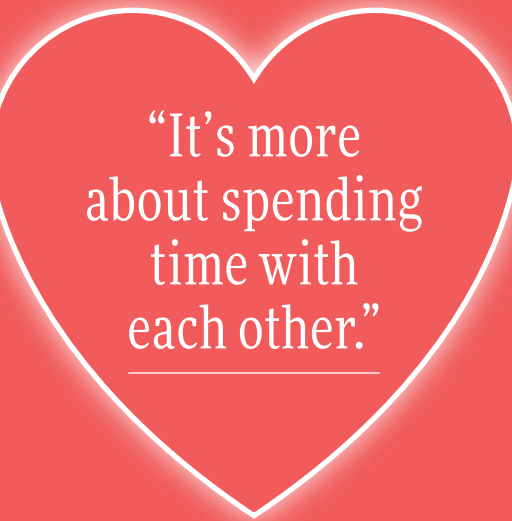
Both Bate and Vollans admit they don’t give too much thought to the holiday, but they still do enjoy using it as an excuse to express some affection when sometimes in a long-term relationship you can start to slack off on the courting side of the relationship.

So, what other kind of Valentines can you give?

In 2016, Vollans chose her family to be her Valentine despite having a partner at the time.

“I see him all the time, we spend time together all the time, but I don’t have a weekend off to surprise my family for Valentine’s Day,” she says. “I think it’s really just about finding ways to spread love, regardless of what kind of love.”

So, what are some other Valentine’s you can give this year?



Charity Valentine

Choose a charity of you or your partner’s choice and donate in their name rather than spending that money on another night out or cheesy card. (Check out our actionables page at dalgazette.com to donate towards supporting our Muslim community or find out how to support in other ways.)

Practical Valentine

Is there something they could actually use? A transit pass? Or maybe a new pair of mitts after they left theirs in the Killam one night.

To-do list Valentine

Check off an item on your own or your Valentine’s to-do list. A small gesture you can give to yourself and/or to a significant other, putting in real effort to doing their laundry properly or finally fixing your dresser drawer can go a long way.

Pay It Forward Valentine

Do something kind for your neighbour, friend, sibling or stranger without expecting anything in return. Make the world your Valentine.

Be your own Valentine

Venus Envy Education Coordinator Christine Ollier advocates for making masturbation less about “the end goal of getting off,” and says exploring what makes you feel good and enjoying yourself is the key to masturbation. An orgasm is the added benefit.

Valentine Volunteer

Find a local organization in the HRM or a society on campus that you feel strongly about and donate some of your time towards something productive.

Quality Valentine

Get outdoors and go for a walk around the city or to Point Pleasant Park for some quality time with your Valentine, some possible dog sightings, and a healthy cardio pump.

Tech talk: Porn

Halifax VR industry not interested in expanding to porn

SABINA WEX, ENGAGEMENT MANAGER

Bored of internet porn? Too bad. You either need to get laid or tough it out because virtual reality porn isn't coming to Halifax any time soon.

Oh, sorry, did you not know that VR porn was a thing? It's like watching internet porn, but through a headset which allows you to have the experience surround you. With certain add-ons, you can feel and smell what's happening in the porno.

The technology for VR porn primarily exists from Naughty America, a porn producer who has ventured into the VR realm. Porn has always been one to push technology to its limits because it's hard not to resist the urge to get sexual satisfaction at the click of the button. Plus, it can make a whole lot of money.

But VR organizers in Halifax don't care about the money. They aren't interested in bringing VR porn to the city. Danny Baldwin, co-owner of Halifax's VR Room, is particularly adamant about the regulation of VR porn.

"You can simulate anything you want...what's right or wrong in there?" he said. "Is someone going to use it to curb their cravings? I'm not cool with that."

Baldwin argued that VR can simulate anything and anyone can make anything simulated.

Child porn, bestiality porn, and simulating real people to use in the VR porno without their permission are all simple to do, and will likely be done because one can easily abuse the technology.

Francis added that porn will continue to push boundaries in the tech world

Baldwin first wants to see regulation for VR porn from the government, similar to regulation relating to internet porn. Baldwin wants to see sex laws, like consent and age appropriateness, insisted upon for VR porn.

Baldwin is also concerned about VR porn because VR is so convincing that it makes one feel like they have done something in real life. Baldwin said that he has flown in outer space through VR and often feels like he flew around the real outer space. So why couldn't someone be convinced that what

they do in a VR porn be possible in the real world?

"What I'm comfortable with is having a family-friendly VR place where people can experience amazing things," he said.

But Keegan Francis also sees the benefits of VR porn. Francis, who runs a VR experience business in Halifax, sees how long-distance couples can use VR to achieve intimacy when not in the same place. If someone wants to explore another gender, VR can help them experience that in a more physical way. Someone might want to privately see if they are sexually attracted to another gender and can explore that through VR porn.

Francis agrees with Baldwin that there can be many drawbacks to VR porn. Despite having requests for VR porn experiences, Francis wants to continue to have a business which will cater to all ages and backgrounds. He won't be the one to bring porn to Halifax's VR community.

Francis added that porn will continue to push boundaries in the tech world. He said we haven't even seen what it will do to VR yet because it isn't mainstream.

"Whatever you hear about VR or read about it," he said, "you're really just scratching the surface."



The sensation of sexting

Different perspectives on digital dirty talk

ROSS ANDERSEN AND KAILA JEFFERD-MOORE

People are linking their sexuality to their phones. That's the future. We're becoming more and more involved in technology in ways we couldn't have imagined.

Digital dirty talk is so accessible and instant that getting turned on via instant messages can be part of everyday sexual prowess.

"Sexting is typically defined as the transmission of sexually explicit messages, images, or photos via cell phone, the Internet, and other electronic media," said Natalie Rosen, a Dalhousie professor of Human Sexuality.

"Many studies have found that those who reported previous sexting were significantly more likely to be sexually active and engage in higher-risk sexual behaviours, like unprotected sex, use of alcohol and other drugs

before sex," Rosen said.

A third-year Dal health promotion student, who has asked to remain anonymous, said he thinks sexting is just like sex and that as long as it's consensual then it's perfectly okay.

"I think it's kind of a fun way to use technology, to interact with people. How can you say there's something bad about sexting?" he said.

Sexting can be used to replace sex, as foreplay to sex, to masturbate, and even as a less-awkward way to communicate what you want and like in bed without giving directions.

"It can be kind of fun and hot if you're sitting around kinda horny," said the health promotion student, who uses the app Grindr which he said is a "whole other thing" because "sex is always in the background."

The culture around Grindr is heavily revolved around sex he said, and the app doesn't give an accurate representation of the real-life gay community. It's more anonymous than Tinder so people are more prone to be more aggressive off the bat because of it's all-about-sex dynamic where he said Tinder is super-tame.

In 2015, the Australian government released the results of two years of research exploring the differences in sexting behaviour in the country among teenagers and adults.

The study was conducted through the University of Sydney Law School.

Although the survey was aimed at youth aged 13 to 18, adult participants were included in the study to provide comparative data.

The study found that "adult females were

significantly less likely than other groups to have sent images to more than five people."

A common misperception was acknowledged in the study: that women send nudes more often than men. The results proved differently, showing that men are more likely to send nudes in all cases, and also that 59 per cent of those over 19 have sent a nudie pic.

"People are linking their sexuality to their phones. That's the future," explained the health promotion student.

"We're becoming more and more involved in technology in ways we couldn't have imagined. Like on Grindr, you're literally touching your phone, like you're connecting your body to your phone and connecting with people."

Composed with files from Sabina Wex.



By: L. A. Bonté



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Blood is thicker than water, but stem cells thicker than both

Dalhousie hosts successful blood and stem cell drive

ALEX ROSE

Ken Bowes is a registered nurse and the clinic supervisor for the mobile blood donation units that travel around the province. “I just make sure everything is going smoothly,” he said.

Bowes was running the blood drive at Dalhousie on Jan. 30 and 31.

“Great turnout today, a lot of first-time donors which is really fantastic because it grows the base, and no glitches. So I’m really happy.”

Alicia Brine was one of those first time donors. “I’m an organ donor and I’ve never given blood before, so it seems like the good thing to do,” she said. The only aspect of the donation that surprised Brine was how relaxed she felt.

“I was expecting just a little chair that you sit in. They give you a big chair, you lay back,

it’s really comfortable.”

Bowes said the Canadian Blood Services are targeting the younger population, which is why they go to Dal and other universities. He has only been on the job for three months, after working for 30 years in forensic psychiatry, but even so he’s aware of the big trends.

For example, Blood Services is also promoting other product collection areas, like platelets and plasma. “We’re trying to make people realize there’s more than just donating whole blood,” he said.

Dianne Shaw-MacAdam is the Atlantic Territory Manager for the OneMatch stem cell and marrow registry. Stem cells represent the new frontier of product collection.

“A stem cell is just an immature cell that

turns into whatever your body needs it to turn into,” said Shaw-MacAdam.

But if someone has a blood disease and the regular treatments aren’t working, “the doctor will put them on the worldwide registry to try to find the match... to then transfuse the good stem cells.”

OneMatch was collecting cheek swabs from people during the blood drive to add them to the stem cell registry. To collect the samples, you rub a long-handled cotton swab for 30 seconds in each of the four corners of your mouth, between the inside of the cheek and the gum.

Shaw-MacAdam stressed it was important to collect from a diverse group of people, as the majority of people in the Canadian registry are Caucasian females.

On the first day of the Dalhousie drive, OneMatch collected 73 new samples, compared to 37 over their two-day drive in the fall.

“I think we just got the word out there,” said Shaw-MacAdam. “We just went more gung-ho with recruitment.”

She also explained why it was so important to recruit men.

“Males just, due to body mass, tend to be bigger than females most times. So they have more of an abundance of stem cells, and they also have more robust stem cells. So that makes them the better outcome for the patient.”

“There was close to a 50/50 split males to females,” Shaw-MacAdam said about their first day. “We did get the diversity of both males and females that we were looking for, so that’s huge.”



The Dalplex doesn’t have to be intimidating

Gym offers free orientation lessons

ALEX ROSE, SPORTS EDITOR

“I’ve met students who didn’t realize that we offer group fitness, or that it is included in their student membership,” said Anne Falconer, the group fitness coordinator at the Dalplex.

“And I have met students many times who thought the weight room was only for varsity athletes, or females who thought it was only for men.”

As part of her job, Falconer organizes the free weight room orientations for Dalplex members. The orientations are part of a broader strategy by the Dalplex to make its facilities more accessible, and by the university to encourage healthy and active lifestyles for all of its students.

Falconer is aware that some students find the gym intim-

idating, especially the field house weight room. To increase attendance for the field house orientations, last year Falconer changed the system to require signing up in advance, as opposed to having drop-in lessons.

“Prior to this we offered them twice a week for three semesters and we had very little uptake. We seem to have more notice now, and people seem to pay more attention to them,” she said.

About 10 people will sign up for the field house lessons, and usually around half will show up. Downstairs in the Atlantis weight room about 7-10 people will drop in at some point. “And they’re all mixed ages,” Falconer added. “Up here in the field house I do have to say it’s largely people of student age.”

Another change that Falconer constantly considers is whether to set aside time or space that is designated for women’s use. Given the current facilities, Falconer said there’s no opportunity for it, but there is an introduction to weight training program that is only for women.

“It’s an opportunity for women to learn basic exercise that can then transfer for any weight room. And learn how to spot, what is the right progression, talk about sets and reps. There’s an educational component to it.”

The Dalplex is also offering a personal training bursary for the first time ever. Eight students will get a consultation and three sessions for free.



Tigers split weekend series with rival UNB

Look poised for playoffs

JORDAN RYDER

The Dalhousie men’s volleyball team played against rival team UNB on Jan. 27 and 28 in the last meeting of the regular season. Team captain Kristen O’Brien says UNB is their biggest opponent. “That’s who we have to play in playoffs, and we play them 6–7 times a year. We get to know them pretty well.” They played two matches against UNB in November, with the Tigers winning both games 3–2.

The Tigers also won the first match of the January series 3–0. But after taking the first set on Saturday by an impressive margin of 25–13, they lost momentum in the second, losing 25–22. Dalhousie went on to lose the next two sets, falling 3–1 to UNB.

The Tigers finished their losing sets with strong play, but only after allowing UNB big leads. O’Brien criticized his team’s slow starts. “It’s definitely something we’ve identified and we’ve definitely talked about it a lot...but if we don’t come out and play how we’re supposed to right off the bat—it comes down to urgency again and coming into the game and not taking ten points to figure out what the other team’s doing.”

O’Brien said the Saturday loss was the hardest point of the

season for him so far. “But I think it gives us kinda the opportunity to learn a lot in that situation... As long as we learn from it, I think we can take a lot out of losing that match.”

Dalhousie coach Dan Ota noticed the team’s ability to stay in games they were losing. “[It’s] good that we have the confidence in ourselves and always think we can come back... [it] sends a message to the other team that we’re not just gonna back down.”

O’Brien felt the team was complacent on the court, and Ota noticed a few tough spots and unforced errors in both Friday’s win and Saturday’s loss. “Our wins and our losses need to be kept in perspective,” said Ota. If they hadn’t lost Saturday, “we wouldn’t have learned what we did.”

With the first round of playoffs still a few weeks off, there’s plenty of time to work those lessons into the coming games against Memorial and Laval. “We’ve matured quite a bit as a group. I think we’re more focused on what we need to get out of practice and what we kinda need to do in games... Still a lot of time between then and now for [UNB] and us to improve.”

Even after splitting the weekend series, the Tigers are in good shape at 9–3—despite going 1–3 in the preseason. “We’re

a very different team from October,” said Ota. He’s impressed with how hard his team has worked to improve.

For O’Brien, his proudest moment as captain was beating Laval after losing to them in the preseason. “That was a big team win,” said O’Brien. “I think everyone kind of stepped up that game.”

He credits the team’s depth for their success. “It’s great to know that if I’m not having a great game there’s other guys that can step up, that can carry teams to wins. It’s not always gonna be the same guy getting us wins.”

At the end of January, the Tigers led the league in a number of stats. O’Brien is first in the league for hitting percentage with an impressive .311. Adam Spragg, who plays setter, leads in both assists, with 388, and assists per set, at 8.82. Donovan, a starting outside player, is tied with O’Brien in the top 5 for both kills, 143, and kills per set, 3.25.

The Tigers are set to play against UNB in the first round of Championships the last weekend in February. It will be the first round of three. If they beat UNB in this best 2-of-3 series, they will advance to the Canadian Interuniversity Sport Finals.



Las Tigres taking names, numbers, and hopefully some titles

Men’s team one of Dal’s best ever

DIANA FOXALL

It’s looking like another banner year for the Dalhousie Tigers track and field team.

The men’s team was ranked eighth in the country at the end of January, and the women are expected to secure their 28th consecutive Atlantic University Sport title as their final meets for the indoor season loom on the horizon.

Head coach Rich Lehman is confident, saying his men’s squad is one of the best in Dalhousie history. He will lose a large number of graduating athletes following this season, and hopes many of his men go out with a bang.

Prior to more recent U Sports rankings, the men had been listed as high as sixth nationally—and that was without factoring in any relay event results.

“We’re not going to be ranked first in all three relays—but it’s as much as thirty points that we’re not actually competing in right now. I’m fairly confident we’re the only team in the top 10

right now that hasn’t run at least one relay,” Lehman said prior to the team’s most recent competition in Montreal, where both men and women did participate in relays.

For the men, Dalhousie is looking golden in everything from the throwing events to the sprints. Lehman says the high standard required to make the varsity group, combined with a strong club program that shuttles younger athletes to Dalhousie, has worked wonders for producing strong athletes.

“The men would be an AUS All-Star team. If the other teams could combine their points, I’m quite confident that our men would still win.”

On the women’s side, he is a bit more cautious, but still expects excellent performances.

“We’re very good at sort of a few events kind of thing—where we’re good, we’re very good—but it’s a small team,” he said. “It’s going to be very hard to win our conference championship this

year, but if we do, it’ll be by far the smallest team to have ever done it.”

The varsity squad is capped at 30 members for each team, but Lehman predicts the women’s team will have no more than 18 athletes. The men’s team is larger, at 20 to 25, but the low number of athletes on the women’s team could be problematic.

“The messaging to the girls is going to be ‘If we’re going to win, we basically have to sweep the medals from the 300m to the 3000m.’”

That’s no easy task, but the medals that need to be swept are those in which Dalhousie’s women are the team’s standout athletes.

“We’ve got Heather Beaton there in the 300m and 600m, Sarah Myatt in the 600m and 1000m, Micheala Walker in the 1000m and 1500m, and then Colleen Wilson in the 1500m and 3000m. There’s no one in the conference who can beat those girls at their events.”

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FRIDAY, FEBRUARY 10
Men’s Hockey vs. ACA @ Halifax Forum, 7:00pm
Women’s Volleyball vs. UdeM @ Dalplex, 7:00pm

SATURDAY, FEBRUARY 11
Women’s Volleyball vs. SMU @ Dalplex, 7:00pm

DALHOUSIE TIGERS





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