

DALHOUSIE GAZETTE

September 1-21, 2017
ISSUE 150-01



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Making lifelong friends in university

An incomplete guide to lasting friendships

MATT STICKLAND, OPINIONS EDITOR

Gone are the days of easy friendship with whoever was in the park with you. Replaced instead with the slow realization that sometimes—being an adult sucks.

The trade off from fast friends is the comfortable silence on long car rides with long-time friends.

Older people often lament the difficulty of making new friends, or the lack of familiarity new friends have when compared with lifelong friends. As life continues moves forward, maintaining friendships is hard work. There's a reason why not many high school friend groups survive into people's forties. There's a reason not many people carry over their work friendships from job to job.

So how does making a long-term friendship work?

Unfortunately, like most things in life, there are no hard and fast rules. Be wary of anyone who claims they have the golden rule for life-long friends. It will often sound something like "be careful who you choose to live with second year/sit beside/lab with, they'll be you're friend for life!"

That's simply not true, or rather, not explicitly true.

For example, it's possible that long term university roommates end up in a

CONT'D PG. 7



**Welcome
(back)**



WELCOME TO THE DSU!



Your DSU Executive. From left: Chantel Khoury, Vice President (Finance & Operations); Alex Hughes, Vice President (Internal); Amina Abawajy, President; Cory Larsen, Vice President (Student Life); and Masuma Khan, Vice President (Academic and External).

Welcome back to the DSU!

We're so glad to have you back on campus! The Dalhousie Student Union represents all 19,000 Dalhousie undergraduate, graduate and professional students. We represent full-time and part-time students on all four of our campuses! We are your union which means we advocate for you on both a university and governmental level, we run student owned and operated businesses like the Grawood and Campus Copy, we run fun events like O-Week and Dals Got Talent, and so much more! We are also home to more than 300 student run societies, so there are literally hundreds of ways to get involved.

Here are a couple events you should make sure to come out to:

- Dal Fest, an amazing, free, two day music festival on the Quad. September 15 + 16
- Society and Volunteer Expo, a time to get introduced to hundreds of societies and community groups! There will be food tracks and free swag! On the Quad September 20

This year we are so excited to be launching the Sexualized Violence Survivor Support Center after running a successful levy campaign last year. We

will be gearing up to offer a full suite of supports including bringing back the Sexual Assault and Harassment Phone Line (902-425-1066), providing active listening services, and being a safer space on campus. Stop by Survivor Support Office in the Hub on the 3rd floor of the SUB and stay tuned for opportunities to get involved!

We are so looking forward to getting to know you this year, every week we plan to be all around campus giving out snacks, swag and talking to you about the important campaigns and fun events going on at your union. Make sure to keep an eye on our social media for videos, updates and events that are coming up. Of course we would love your help making these events happen and letting people know about them -- so, please stop by our offices on the 2nd floor of your Student Union Building to chat with us about how to get involved!

We can't wait to spend this year with you,

Your 2017-18 DSU Executive



DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER, EST. 1868

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THE FINE PRINT

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Letter from the editor

Whether you're a first-year student stepping onto campus for your first day of O-week or you're a 5th-year entering your second-last semester before graduating with an undergrad—the start of the new, fall semester at Dalhousie University is busy.

Halifax traffic is essentially a parking lot across the city, campus is packed with students still unsure of which classes have mandatory attendance, and cars with mattresses stacked on top held down by four people with the window rolled down are cruising through the South End.

It's busy, but it's exciting to be back on campus, why else would we all be here?

This is where The Dalhousie *Gazette* is here to help you not just survive the busy—but thrive in it. The hustle and bustle off university life that we constantly hear about can be managed.

Busy is being engaged, it's joining societies, meeting your peers and finding those that become your buddies for the next four or so years of your undergrad.

Busy is staying constantly one day behind on your readings, studying, and finishing an assignment one hour before the deadline.

Busy is overwhelming, but it doesn't have to be. This first issue of *The Gazette* is to help ease you into the Dal Life, from moving out of rez to making actual friends—not just the ones you steal notes from when you skip class—and for the rest of the year we'll be here, every second week, to accompany and guide you through that Dal Life.

Dalhousie has been busy for 200 years now, and *The Gazette* has been covering the that hustle for the past 150 years of it. We've had rounds of budding student journalists rotating through our office, we've changed with the times, built a website, and this past year started a podcast each week we don't publish a print issue.

We're still here, we're still your voice for campus news and ready for another lively year on campus. Welcome, to the chaos, you'll persevere.

KAILA JEFFERD-MOORE, EDITOR-IN-CHIEF



Dalhousie is using more money to pay fewer teachers

An analysis of the school’s public sector compensation disclosures

ALEX ROSE, NEWS EDITOR

Dalhousie is the largest university in Halifax, and it pays its professors correspondingly. According to the most recent public sector compensation disclosures, Dal employs 834 members of faculty and 171 administration staff who receive more than \$100,000 in annual compensation, making 1005 such staff overall., Dalhousie employs 834 members of faculty and 171 administration staff who receive more than \$100,000 in annual compensation, making 1005 such staff overall.

“Nova Scotians expect government to be transparent and maintain a high standard of clarity and consistency in reporting,” said Michelle Stevens, Communications Advisor to the Nova Scotia Department of Finance and Treasury Board, in an emailed statement.

“The purpose of the public sector compensation disclosure is to enhance accountability and transparency in the use of public funds. Government requires public sector bodies to report compensation of \$100,000 or more, paid to persons during the fiscal year.” she added.

Those numbers are up from the 2012/2013 academic year, when Dal paid 830 staff \$100,000 or more. The next biggest university in Halifax, Saint Mary’s University, had only 183 professors and 27 administrators making that same amount or more this past academic year—a total of 210 staff.

Dal says it’s proud to have such a large list of employees who are thusly compensated.

“People are the cornerstone of Dalhousie University, performing and supporting the institutions’ key areas of teaching, research and service,” said Janet Bryson, Senior Communi-

cations Advisor at Dalhousie, in an emailed statement. “It is important to attract and keep dedicated and talented people. This means providing competitive salaries that not only reflects their contributions to the university, but also compares well with other universities.”

In 2016/2017, the total salaries for employees on Dal’s public sector compensation disclosure list amounted to over \$140 million, with almost \$120 million of that going to faculty members. Based on Dalhousie’s registration of 16,574 full time students at the beginning of the 2016/2017 academic year, that amounts to \$8,645 dollars per full-time student spent on paying salaries of employees making \$100,000 per year or more.

Dal has 16.5 students for every employee making that much money, and 19.9 students per faculty member in that pay grade. The ratio of faculty members to administrators at Dalhousie was 4.7:1, and the amount of money going to those top earning staff members was almost exactly 50% of the total budgets for academics and administration. That 50% is compared to less than 45% in 2012/2013, meaning Dalhousie is using more money to pay less staff compared to four years ago.

So, how do these numbers stack up to other schools in Halifax? It all depends on what you’re looking for. Bryson noted that Dalhousie has a reputation to maintain.

“Being the only U15 leading research university in Atlantic Canada, we often need to recruit for researchers, faculty and staff across North America and internationally, and we have to stay competitive,” she said in her statement.

From that point of view, it makes sense that Dalhousie pays more for top-dollar talent. Saint Mary’s has almost 35 students per highly-compensated faculty member, while fellow Halifax universities Nova Scotia College of Art and Design and Mount Saint Vincent University have 30 and 26 students per faculty member in that pay bracket, respectively. The University of King’s College, another Halifax university, does not break down its public sector compensation disclosure by employee type.

As a U15 University, Dalhousie has by far the highest ratio of top teachers to full-time students.

But what does Dalhousie sacrifice by paying so much for these staff members? The school has 834 professors who make \$100,000, and 999 professors in total. Saint Mary’s, on the other hand, has 183 professors making \$100,000 and 558 full-time and part time faculty. Based on their enrolment of full-time students, that means Dalhousie has about 16.5 students for every professor, while Saint Mary’s has just over 11 students per professor. By paying its good professors more, Dalhousie isn’t able to provide its students with as many teachers per capita as a school like Saint Mary’s.

These statistics aren’t necessarily good or bad in a vacuum. As Bryson said, Dalhousie prides itself on being the only U15 school in the region. Being a top Canadian university means ponying up for the best professors. Many students at Dalhousie know that they will never receive the same kind of attention that their counterparts at smaller universities do. Even so, it’s important that they know exactly what they’re paying for when they attend Dal.



Urban Garden is one of Dalhousie’s hidden gems

Located in the middle of campus, it’s open to all

LAUREN HAZLEWOOD

Many students are unaware of the patch of life that is growing between Dalhousie’s buildings, nestled behind the Goldberg Computer Science Building. Dalhousie’s Urban Garden Society has created a green space in the middle of the city where students can grow and harvest a variety of fruits and vegetables.

A short walk from the SUB, the garden is in a key location for Dalhousie students. This year, Landon Getz and Zoe Rhiannon are working to make sure that more people know about the little green oasis.

“I started two years ago, mostly because I found it very calming,” says Getz, external coordinator of DUGS. “When you’re busy with school and stuff, it’s nice to take a bit of time out of your day and put your hands in the dirt. From there, I started to realize the potential of being able to grow food on small plots of land like this.”

DUGS Mission statement is about promoting food security and educating the public on what they can do to get involved.

“Personally, food and having access to healthy food is a huge

issue for me and something I’m really passionate about,” says Rhiannon, Internal Coordinator. “This year we’re trying to take a larger food justice approach. We’ve always been focused on that, but this year we’re hoping to advocate and spread awareness even more.”

There are a number of ways to get involved with DUGS. The society hosts weekly garden parties where both students and the public can come and garden. The society creates a list of objectives for each week with jobs ranging from building new structures to harvesting the crops.

“Whoever is here gets to take home what’s ready that day. So if there’s a ton of vegetables, you’re going home with a ton of vegetables,” says Rhiannon.

Both Landon and Zoe emphasize the casual and communal nature of the group, calling their volunteering format very organic.

“It’s not the kind of volunteering where you have to sign up for a certain day and have a set number of hours. It’s more, come and go as you can. If you’re able to commit to a lot of

hours one month, that’s amazing. If the month after you’re not able to, that doesn’t reflect on you in any way,” says Rhiannon.

This year DUGS has partnered with the Loaded Ladle by donating their student-farmed produce to the student-run kitchen.

“We’re trying our best to produce as much as we can for some of their fall servings so that they have nice fresh produce. It’s kind of a point of pride for some people to say that the food was grown right here on campus by students,” says Getz.

Rhiannon recalls one of her favorite gatherings by the society when a cherry tree that hadn’t been ready for harvest in weeks suddenly ripened all at once.

“We had one day where there were six or seven of us out here with a ladder and we were just filling up mason jars with all of the cherries.”

The two coordinators hope that more students take advantage of the space this year, as a place to garden, a place to study or just a place to find some peace on Dalhousie’s busy campus.



Supports and services for survivors expand on campus

Centres and student groups offering counselling, peer support, and medical services

ERIN BROWN

On April 5, 2017, the *Globe and Mail* reported that Halifax Regional Police signed on to a campaign that encouraged people to “start by believing” when it came to filed crimes of sexual assault.

Nova Scotia, which Statistics Canada reports has the highest rate of sexual assault per any Atlantic province, has experienced a shift in social culture. The shift became more noticeable due to the social justice rallies for victims of sexual violence, such as the rally following the acquittal of taxi driver Bassam Al-Rawi, who was accused of sexually assaulting a woman found incoherent and naked in his cab.

The judge who acquitted Al-Rawi, Judge Gregory Lenehan, also faced backlash from his comments that, “clearly a drunk can consent.”

While the statistics can be discouraging, groups across Halifax are fighting back and offering counselling, support, and medical services to survivors of any gender.

On Dalhousie University campus, the relaunch of the Dalhousie Sexual Assault and Harassment Phone Line will be available for students in September. Sarah Trower, Communications and Outreach Manager for the

Dalhousie Student Union (DSU), said the phone line “is an active listening and information 24/7 phone line for anyone who has experienced any type of sexualized or gender-based violence, or someone who may be supporting someone who has experienced violence.”

The phone line will be based out of the Survivor Support Centre, which is a new addition of support services to be launched this fall. The purpose of the centre is to provide on-campus support that focuses on advocacy, education and service delivery for survivors of sexual assault. The centre will be operated by the DSU, staff and student volunteers.

Off of the Dalhousie campus, the Avalon Sexual Assault Centre and the Halifax Sexual Health Centre are resources for survivors of sexual assault, and offer medical assistance or referrals.

The Avalon Centre offers services to women and trans people in three main pillars: counselling, community and professional training and a Sexual Assault Nurse Examiner.

Counselling is available for any woman or trans person who is 16-years old or older, and is based on needs. The centre tries to work away from pathology and instead build on agency and choice in each survivor’s own decisions in healing.

The Sexual Assault Nurse Examiner is for a woman or trans person of any age, and can be accessed at the hospital or by calling the Nurse Examiner hotline and having them meet the individual at the hospital. The examiner is focused on immediate medical care, and offers

to perform a rape kit if the survivor wishes. Then, the survivor can choose to have the rape kit delivered to the police, or be put on file for a 6-month period.

Dee Dooley, Regional Coordinator for Avalon, said “We are here as a community resource, and we are here to help survivors in their healing journey.”

If a survivor does not identify as a woman or trans person, then the Halifax Sexual Health Centre offers counselling, medical services, and treatment to survivors as well. Survivors can receive counselling and medical assessment after an assault, as well STI/STD testing, anonymous HIV/AIDs testing, and pregnancy tests.

If a survivor of a sexual assault needs a peer support group that is gender-inclusive, South House Sexual and Gender Resource Centre offers resources, education materials, and can also make informal referrals. South House’s focus is on being a “welcoming, safe and supportive environment.”

For immediate medical or legal action in the case of a sexual assault, a survivor can call 811 and talk to a registered nurse, or call the Halifax Regional Police Victim Services line where they can report the crime and receive assistance in the next steps.

Supports and services for survivors of sexual assault are growing in Halifax and on-campus. As the Dalhousie Student Union says in its campaign for improved survivor support services at the school, “you are not alone, it is never your fault, we believe you.”

CONTACT INFO FOR CENTRES

Avalon Sexual Assault Centre
1526 Dresden Row, Suite 401,
Halifax
902-422-4240
info@avaloncentre.ca

Avalon Sexual Assault Nurse Examiner
902-422-6503
sanecoordinator@avaloncentre.ca

Halifax Sexual Health Centre
6009 Quinpool Road, Suite 201,
Halifax
902-480-8000

South House Sexual and Gender Resource Centre
1443 Seymour Street, Halifax
902-494-2432
outreach@southhousehalifax.ca

Nova Scotia Telecare Service
811

Halifax Regional Police Victim Services
902-490-5300

CONT'D FROM COVER

polygamist cult in B.C.

It’s possible that people just chose to lab with people who will get them better grades.

It’s possible that no one actually talks to strangers in class anymore.

The good news is there are some similarities in the stories of people who have maintained friendships well into adulthood.

The common ground is shared interest. The people who have lifelong friends tend to have figured out what they enjoy doing when they are not studying or swiping for a sex opponent.

University is fertile ground for meeting people with shared interests. There are over 300 clubs and societies on campus. Do you like arguing with people? There’s a club for that.

Board games? Club for that. Any sport? Team for that. Drinking tea? There’s a club for that. Stabbing people wearing white with a fancy sword? There’s a team for that too. Can’t find

sation falters. And it makes people more likely to want to hang out after the activity is done. Also, people tend to have a good time when doing something they enjoy.

Unfortunately, like most things in life, there are no hard and fast rules.

your interest? Make a club for that.

These types of clubs do two things generally: provides a group of people with a known shared interest to talk about when conver-

Now here’s the super straight forward advice that sounds kind of dumb: Date the people you want to be friends with. After all what’s dating for? (If your answer involves

genitalia you will probably have a hard time both making friends and in relationships.)

Dating is just a fancy word for forming a tight bond with someone in which intimacy is not scary. That’s what friendships are. That’s what relationships are. That is what human interaction is all about.

But if two people are dating without the intention of being romantic, what are they supposed to do? Remember that club with the shared interest? Start with that. As conversation happens more avenues will open up.

And hey, sometimes they won’t all work out, either way—university is still happening. But that’s fine, most people don’t have room for more than a handful of truly close friends.

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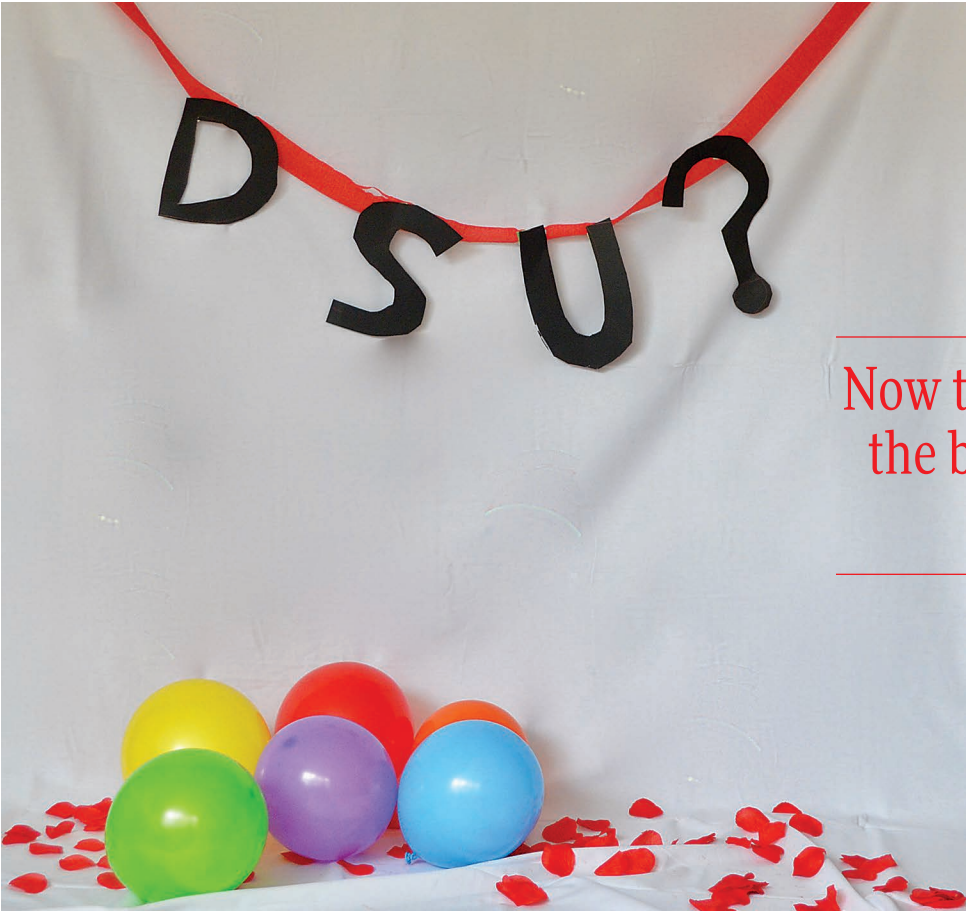
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6

Opinion



Now the student government thinks the best course of action is to stay away from the action.

Student democracy inaction

The Dalhousie Student Union boycotted Halifax Pride and tried to boycott Canada day

MATT STICKLAND, OPINIONS EDITOR

It’s excusable to have missed the Dalhousie Student Union’s Canada day boycott, because they did too. They had every intention of boycotting but the motion was not introduced with adequate notice, and was struck down on a procedural review. So the resolution didn’t pass until mid-July. While some may find it in their hearts to excuse that lapse in effective governance, it seems strange to me, to forgive an organization for failing at something that is their primary job. It would be like forgiving a baker who didn’t know how to use flour.

The good news is, the boycott on Canada day is done already. It was only for Canada 150. Was Canada day 149 not colonial enough to warrant a boycott? Is the assumption that by Canada day 151 the colonialism will be gone? Or perhaps it’s just not as politically expedient to grandstand about the colonialism of 151?

Either way the resolution is missing any sort of meaningful way to actually help solve

colonialism

Whereas the DSU recognizes the struggles of Indigenous students and strives to advocate and support them, it lacks any resolutions to meaningfully do that. However limited in its scope, the DSU has agency. How is the best use of that agency to remove itself from the conversation where it could help Indigenous students?

The same problem exists with Pride boycott. As *The Gazette* covered last year, the Pride annual general meeting was overrun by the Halifax Jewish community. They controlled the meeting because they mobilized their people. Had the Halifax Jewish community boycotted, they would not have used their agency, and the DSU boycott would not have been necessary.

Would marching in the parade and handing out information been a better use of resources? Would spending the money to

mobilize 15,000+ Dal students to march and protest been a better use of resources?

No matter what your beliefs on the Black Lives Matter protest at Toronto Pride in 2016, they were only effective because they showed up.

Student activism used to be the driver of political change. The debates on campuses were fierce and the protests loud. If there was a group being marginalized there was no organization that was too big to take on. The outcomes of student activism eventually shaped the world as those students came into power.

The thing about boycotts is they don’t work on their own.

The thing about power is that it can only be wielded by those who show up.

Students used to be the vanguard of social change. Student government used to make decisions that mattered. They rallied students to be a constant presence, available at a moment’s notice to show up en masse to be heard.

Now the student government thinks the best course of action is to stay away from the action. Raise a flag and make some speeches to a supportive audience.

At the flag raising in Dalhousie’s quad, the DSU president Amina Abawajy said “Pride has been, and always will continue to be, political.”

She’s not wrong. The DSU representatives played perfect politics with the situation. A safe course of action, that appeased their voters, saying the right things at the right time. In other words; the vacuity we’ve come to expect from our political leaders.

Our future looks bleak.

To actually make a difference at Pride they are soliciting for information, check out dalgazette.com for the link, and board members can be nominated in advance of the AGM or at the AGM.

To make change happen—mobilize, don’t stay at home.

How to pitch your opinion to The Gazette

A guide

MATT STICKLAND, OPINIONS EDITOR

Sometimes it’s not enough to be right. Publishing an opinion piece is one of those times. To help potential contributors with pitches to the opinions section we’re running this helpful guide of tips and tricks.

It should be new, but not a hot take.

If you’re unfamiliar with what a hot take is, it’s a quick reactionary opinion piece designed to grab attention instead of make people think. I’d recommend listening to the Yes Yes No segment of Reply All’s Episode 37 for more info on it. The benefit of a hot take is that they are a new angle on something. The downside is they lack depth. A lot of depth.

A good opinion piece is both comprehensive and a new argument. For example, the controversy over the Cornwallis statue. We don’t publish over the summer at *The Gazette*. This summer there was much ado about the Cornwallis statue. But it was summer and there were beaches and patios to be lounged at. By the time I got around to writing about Cornwallis all the angles on legacy and colonialism were taken by professional journalists. So, what’s left? After poking around Cornwallis’ history (to win debates with friends on previously mentioned patios) it seemed like maybe there wasn’t really a legacy. Which was new, so that’s the piece we ran.

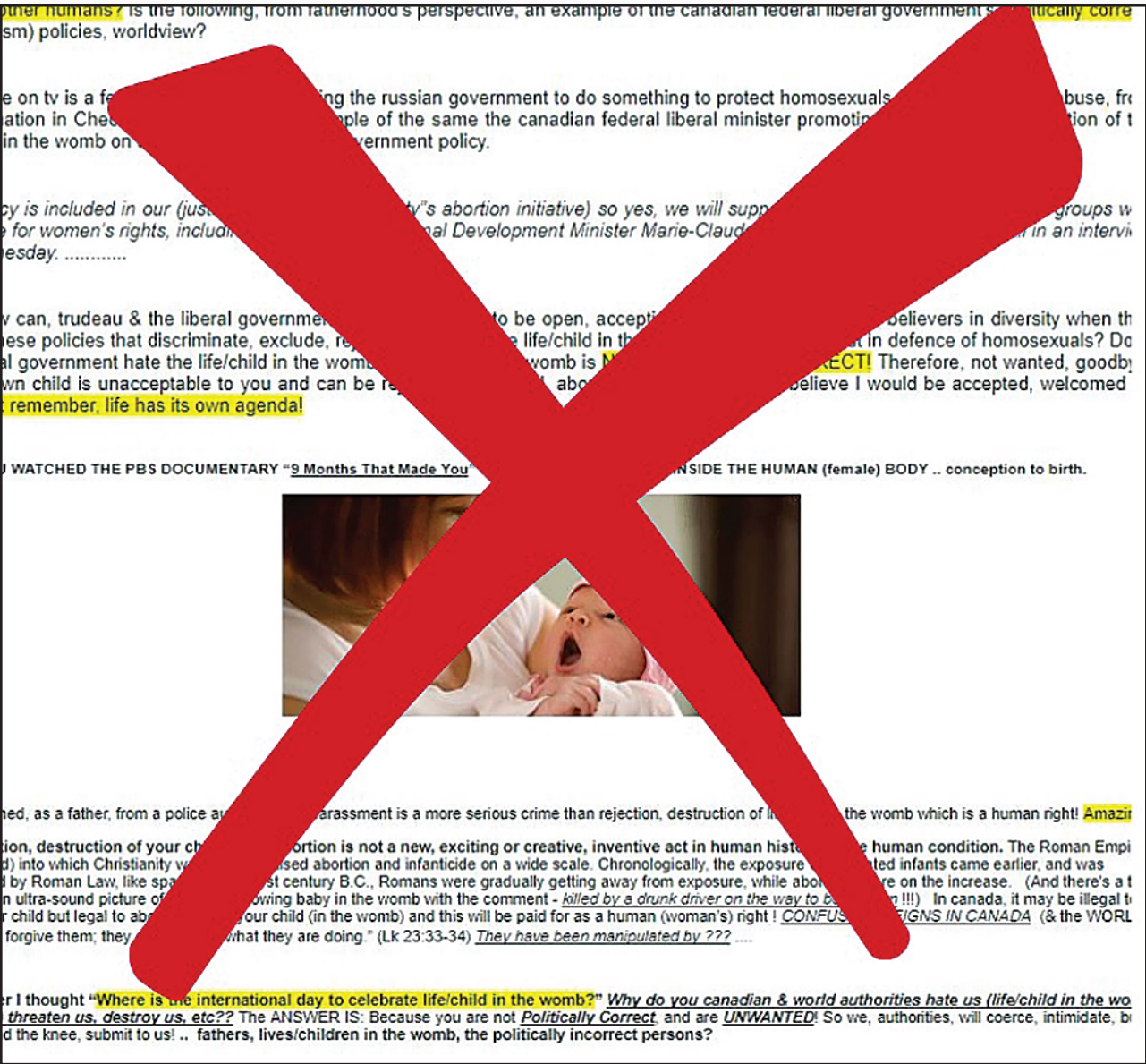
Writing for *The Gazette* provides an excellent avenue to be new. How does whatever is going on in the world affect Dalhousie University and/or students in general?

A pitch is not an article.

There is nothing worse than pouring heart and soul into a piece and then having an editor reply with a variation of “Thanks, but that doesn’t work for us.”

To save your mental health, a pitch should be a concise email about a paragraph in length and look something like this.

“Dear Editor,
This is the thing that’s happening that I want to write about: www.cbc.ca/news/canada/nova-scotia/thing-that-is-happening. My take on the issue is the following: [insert your take on the issue]
Here is some contextual information and why I think it’s important. This is what I’m adding to the conversation.



It will be about X00 words and I will have it to you by DATE.
Sincerely,
Name and Contact information.”

If the editor doesn’t respond, follow up a couple days later. Alternatively, sign up to be on our contributor list and we’ll send you emails with things we’re looking for people to write about.

That’s all that’s needed as a first step to get a piece published.

Even though it’s opinion it still needs to be correct.

An opinion piece is not news. That doesn’t mean it that opinion pieces can take liberties with facts to make a point.

A good example happened with the DSU and their Canada Day boycott. They meant to vote to boycott Canada Day, but due to an error they didn’t have a legal vote in time. The vote to boycott Canada Day happened on the 19th of July. They didn’t officially boycott Canada Day. Writing an article without getting the DSU to confirm that yes, they did in fact boycott would have to say ‘the DSU intended to boycott,’ or something similar.

Misc. Advice

Make sure your pitch has no typos or other errors. It sends a signal to the editor that maybe the piece will require a large time commitment to edit. It might not be worth the time, no matter how interesting the premise.

Meet the deadlines with a good product to ensure future pitches well received.

Be responsive. If an editor has questions about meaning or where facts came from be quick with replies.

Make sure your final piece has your name, date and word count at the top of the page.

That’s it.

We’ll always accept pitches. If you want to get regular emails about specific things we want people to write about, or if you have any questions about pitching or anything feel free to reach out to me opinions@dalgazette.com. For those who are very interested in opinion writing both Lezlie Lowe’s the Foundations of Journalism and David Swick’s Opinion Writing courses are highly recommended.



Managing your mental health is important to university success

Just as important as showing up to exams

ALEXANDRA GEIST

University is the best, worst, thing for your mental health. The best, because you meet a ton of lifelong friends, learn more about yourself, and have the opportunity to develop a passion into a career. The worst, because schedules can be erratic. Sleepless nights and copious caffeine consumption become the norm. Hustle is prioritized over health, and sleep deprivation turns into a competition.

“I wish I had gotten 6 hours of sleep... I only got 4.”

“This is my THIRD coffee of the day, and I didn’t even have time to eat breakfast.”

It can be tough to develop a routine that keeps you mentally healthy right from the get-go.

Orientation week is an exciting time but don’t be afraid to take breaks. FOMO is real, but it’s okay to sit out from some of the events for: naps, lunch, checking in with friends, unpacking, or calling home. (Your Mom is dying to check in with you!)

Seriously. Call your parents.

This is now home, it’s important to feel comfortable in your space and are settled in before classes start.

While some people are just hitting their stride in university, most people are confused and a little lost. Don’t be afraid to put yourself out there. This is the best time to introduce yourself; I can’t think of another time in my life where people have been

as open and excited to talk about their major, their hometown, and their siblings in the span of about 15 seconds.

If you’re having trouble with anything, or have any questions,

ask an upper-year student, or an RA. Post-frosh blues, or burnout, is very real, and you don’t have to do it all to have a great university experience.

Go to class. That’s why we’re here!

Stress management is a

huge part of taking care of mental health. It’s easier to identify what areas you need help with, and what classes you need to spend more time on, when you actually go to class. Trying to learn two months’ worth of material the night before the midterm is never fun (I’m lookin’ at you, first-year Calculus.)

Talk to your professors—they have more tricks and tips up their sleeve, and they’ll appreciate your dedication to learning. Plus, they can be killer references for that summer job, or grad school later down the road.

Building relationships with my professors, and being honest with them about my mental health challenges has been majorly helpful for me over the past three years of my degree. Having a relationship with my professors makes it easier when I need to ask for help. Not all students are comfortable sharing personal

information with professors, and that’s okay. A simple ‘hello’ to touch base during office hours can do wonders. Whatever you have going on, they’ve seen it all. Trust them, and don’t be afraid to advocate for yourself!

Find one thing outside of class that excites you. Is that a business society? Mastering your improv skills at Dalprov on Wednesday nights? Finding a gym buddy and going to fitness classes at the Dalplex to de-stress? (Fitness is a huge part of self care.) Sex Toy Bingo at the Grawood every second Thursday? Having something outside of class is great to help you meet new friends and keep you grounded when school gets busy and midterms are in full swing.

Don’t forget the importance of basic self-care. Cleaning your apartment, washing your sheets, taking a shower, sleep hygiene—these are all vital when you are feeling overwhelmed (plus, clean clothes are just the best am I right?)

Remember to stay hydrated and nourish your body with food that will fuel you—being busy isn’t an excuse for skipping meals when the cafeteria, Tims, and Pete’s are right on campus. Your mind works at its best when you are getting enough sleep, water, and nourishing food. Take care of yourself.

First-years, this might be the first time you don’t have a parent around reminding you that it’s getting late, or to eat your veggies, but your health needs to come first.

Remember that you’re doing just fine.



Moving off-campus

Living off campus can be a challenging transition from residence

LAURA HARDY

Living off campus is a culture shock compared to living in residence, but vital to becoming a fully functional adult.

Making friends is hard, it’s even harder when everyone is new. First-year students are all trying to find where they fit in, and when people live off-campus for first year, it can be more difficult to seek out their place in the school’s community.

Nothing beats walking three steps to go visit a friend.

Residence creates camaraderie.

After moving off campus, friends that saw each other everyday while living in residence, now see each other once a week or once a month. Friendships are harder to maintain when a previously 30-minute visit now means an hour or more taken out of study time.

It is convenient to text a friend saying, “be there in 10,” and just walking in upon arrival though. Students living in residence will grow to hate key cards and the phrase “come get me.”

Residence is certainly not for everyone. It can push socializing limits for even the most extroverted extroverts. There are people everywhere. Go to the washroom; someone there. Go to the common room; someone there. And for many, go back to the dorm room; someone there.

Coping is possible—wear headphones, find a study carrel in the Killam, or hide in the bathroom stall.

On the upside, it makes a person appreciate all the benefits of a private room.

Mental breakdowns can, and will happen. No one likes to cry in front of someone, especially if they barely know them. But living

else, and a whole community is already built.

Living independent of campus requires more responsibility. The university takes care of the utilities. Don’t be like me and forget to pay the internet bill until winter break the first year of living off campus.

Seriously, it piles on a lot of surcharges.

Renting an apartment means actually

Paying for the apartment is a responsibility but so is cleaning it.

Going from tidying half a bedroom to a whole apartment makes a person miss cleaning the shoebox sized place.

Dishes suck, but they suck less when done in small amounts. So clean frequently and immediately after eating. It’s so much better in the long run.

Cooking on the other hand, is best when done infrequently. Especially come exam time. Making big meals and eating leftovers is smart. Cooking can seem like a chore, especially after living in the lap of luxury and showing up and being fed. Cooking whatever is desired and however it is desired is fantastic though. A slow cooker will become your best friend for days classes run until five.

Pros and cons can be found for both living on and off campus, but it’s another step in the journey to independence. Each one plays an important role. I applaud those who jump right into living off campus. Talk about adding stress.

Residence is a great experience, one that I would not repeat nor do differently. Off campus living is like a breath of fresh air, just be careful and don’t get caught in a storm.



Photo by Alexandra Sweny

Should you go to grad school?

Advice from a grad student to graduation students facing a tough decision

SAI KALYANARAMAN

Ask yourself why you want to go to grad school—and be honest when you answer. If your answer is because you love research, or teaching yourself, or for the difference you can sometimes make in the world, then, I would say, you are on the right track. Grad school is not for people who are in a hurry to get a real job!

Consider whether you’re willing (or able) to pay for the program. Many programs offer assistantships or fellowships, but that number is often smaller than you think. I know it’s a crunch and believe that learning should happen free of cost, but grad school is all about practicality.

Cultivate patience and be prepared to face an overwhelming amount of information. A typical PhD program takes somewhere between three and five years. The first few years are usually spent finding a topic and advisor, finishing the preliminary course load, and finding teaching assistantships. Sometimes you may feel like nothing is progressing forward, and the workload and possibility of failure can cause stress and anxiety. But don’t get discouraged! The more difficult periods can pass, to be followed by more interesting ones.

Ask for advice—it’s the best way to build a relationship! People love to answer your questions by talking about their life experiences; it gives them a “guide-like” feeling. Give them this opportunity and they will tell you anything you need to know about them. Don’t misuse it though!

Use the power wisely! And by power, I mean internet. Make sure to read about the teaching faculty and the work they have done, so that you will have some idea who will be teaching you. And if you find something interesting in their work, you could strike up a conversation with them and potentially get involved in their inner circle.

Graeme Hirst from University of Toronto has written a hilarious article on how to be a terrible grad student. These are the points that I personally related with:

Developing a friendly rapport with your advisor is the primary component of your graduate studies experience. Your advisor is there to help you and make your job easier, so if you encounter an issue, head straight to your advisor at once

Schedule as many meetings as you can with your advisor. It doesn’t mean that you have to disrupt their work and personal life, but keep them informed regarding every step that you take in an academic capacity. And when you schedule a meeting, always go prepared with a list of things to discuss. It’s a shame to demand someone’s time and not respect it.

So, is grad school different from undergrad? You bet! It takes longer, requires focused and sustained work, fosters intense relationships between faculty and students, and makes greater demands of your personal identity. In grad school, your identity will undergo twists and turns, and you will acquire a professional identity at the end. You just have to be brave enough to let that change happen.



<https://vimeo.com/172985484>

Art Talk: Reality show draws in artists with unique canvas’

Review of reality show “Skin Wars”

LAURA HARDY

Painting a naked body; sounds ludicrous, right?

Wrong.

It’s actually a beautiful and challenging artform.

The Game Show Network has a television series called *Skin Wars* that’s now available on Netflix. It’s like a typical competition reality show, but instead of singing or dancing, contestants paint a naked model.

Each episode contains two challenges: the first one is smaller, and the winner of it gains an advantage for the next challenge; and the “concept challenge” where the worst painting gets a ticket home. Each episode contains a new twist to test the artists.

Painters are expected to create and execute elaborate pieces

in as short as 90 minutes. Vicki Martin, an instructor at Eastern College Halifax for makeup artistry, is also a body painter. She says it takes her at least three hours to complete a full look, but depending on detail it can take substantially longer.

Martin believes the show is realistic for the expectations of working professionally and shows it to her students. She says that it demonstrates the importance of time management as competitors struggle with time constraints in the first episodes.

Skin Wars focuses on the art. It showcases incredible creative and technical pieces, but if drama is what a viewer is craving in reality TV, they should keep browsing.

Everything is pretty civil, artists argue but no crazy tantrums

occur, avoiding giving the audience secondhand embarrassment. The art speaks for itself, and provides all the drama needed for this reality show. An upside for anyone watching for the art, but perhaps a thumbs-down for anyone who watches reality TV for the theatrics.

Although those into drag races (the ones with high heels and wigs, not cars) will love the judges panel, as RuPaul Charles, the queen of all drag queens graces it. Unfortunately not in drag, but he still adds extra pizzazz.

Skin Wars, while not dripping with overexaggerated arguments, has lots to offer a viewer. Amazing art, intense competition, and a little sass (looking at you RuPaul).



By: L. A. Bonté



For more comics visit **FilbertCartoons.com**



The purpose is to put aside religion and nationality and highlight the core values of the festival: to spread love and joy amongst all people.

Halifax Colour Festival comes to Dal campus for third year

Halifax Colour Festival aims to celebrate acceptance

BY DOLLY MIRPURI

Halifax Colour Festival is an event based on one of the major festivals of south Asia named HOLI. The message for this festival: spread love and joy.

This is the fourth annual Colour Festival since the Dalhousie Gujarati Students Association started it in 2014, originally called Rang Barse and switched to Halifax Colour Festival in 2015. Indian Festivals Club of Nova Scotia (IFCNS) has partnered with the Indian Sub-continent Student Association (INDISA) this year and will provide 80-100 volunteers to handle registration and promotion.

Halifax Colour Festival is a family fun event with music and mini games of tug of war; beat the bin and egg and spoon race.

This year’s event is set to take place on September 10, 2017 at the Studley quad, where people will throw non-toxic biodegradable colour powder on each other. The purpose is to put aside religion and nationality and highlight the core values of the festival: to spread love and joy amongst all people.

“The event has gained an enormous amount of popularity within the student community and it continues to grow every year,” said President of Dal-GSA and INDISA, Nikunj Kachhadiya. “This is the perfect event to showcase the diversity and unity of the Dalhousie and Halifax community and to welcome new students and international students.”

At the event there will also be a “colour smash” every 30 minutes when everyone will throw colour into the air and begin a new round of playing.

The Dalhousie Student Union, Red Bull, McFarland and Advanced Systems are the sponsors for this event. Also we are partnering with CKDU as our radio partner.

The festival aims to provide something new every year. This year they say they are bringing in the best DJ’s in town. Although not all names are being released right now, however, Pineo and Loeb will be in attendance.



Gaps on the path to success

Hitting the reset button during your university career

JESSICA BRIAND, ARTS AND LIFESTYLE EDITOR

Whether it's money problems, too much pressure, or overall confused about what you want to do next in life, taking time off from university in order to do some soul searching, money saving or even just to take a break is an option, too.

A 2004 Transition in Youth Survey conducted by Statistics Canada reported that 40 per cent of young adults went directly to post-secondary education after receiving a high school diploma, while 30 per cent delayed their post-secondary education for more than four months after graduation.

Michael Greenlaw, 20, decided that his path to success meant taking a gap year between his first and second-years of university.

In September of 2015 he was enrolled in and attended classes at the University of King's College. By September of 2016, he was planning a six-month trip that included stops in Europe and South Africa.

This year he'll be returning to Dalhousie.

"Going into first-year, I was excited, nervous, didn't really know what was in store," says Greenlaw. "By October, I was like 'this is a lot of stuff right now, this is a lot of schooling happening, and I'm not sure if I like it and if I want to be involved in this system for four years in a row.'"

Greenlaw then made the promise to himself that if he made it through his first year, he would take the following year off and do something he loved: travel.

Money Solutions

No matter how exciting it was to come to this decision, the price would make any student think twice about going on such a long and far away journey. Greenlaw took on five part-time

jobs such as an HRM Mascot, and a youth camp leader, he saved every penny from birthdays, Christmases, and other special occasion. Then, he was lucky enough to have his grandmother donate her Air Miles points which fully covered his flights.

Greenlaw found an organization that any student could use to help him out along the way.

Workaway.info allows travellers to work in over 155 countries in exchange for accommodations and food.

How it works: a host—someone who needs volunteers to help out on their farm/etc.—posts on the website for help, and volunteers/travellers can then contact them and make arrangements for exchange of services for accommodations.

Greenlaw used Workaway.info on two occasions, having the opportunity to work on an old Chateau in France, and a farm in South Africa.

It came as a bit of a shock to Greenlaw that he was going to take a break from his post-secondary education so early in his undergrad.

In high school, he was on student council, sports teams, participated in multiple clubs, earned three scholarships, and a spot in the Foundation Year Programme (FYP) at King's.

"I think going from high school, I just was more comfortable keeping on with my education rather than stopping after high school and getting lost in the world, and not wanting to go back to school," says Greenlaw.

With the support of his family, friends, and an open-mind he set off for his six-month journey where he says he learned differently. Undefined by his education.

"I fully supported it," says Greenlaw's mother, Stephanie Carver. "I encouraged it. I may even have suggested it."

Carver had taken a year off after finishing Grade 13 in Ontario.

There were a few agreements between her and her son, though.

Besides having to take photos of the house she stayed at when she was in Paris during her gap year, they also agreed that Greenlaw needed a plan for when he got back to Halifax, even if the plan changed by the time he returned.

Moving forward at home

Greenlaw knew he'd head back to school, but didn't know what he was going to take until recently. His trip gave him some clarity on what was next.

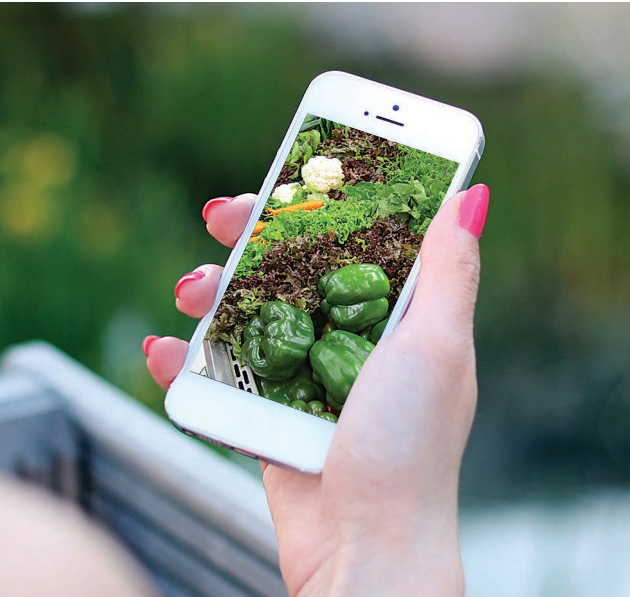
"I think I'm going into it open minded of where the end of my undergrad might take me," says Greenlaw now that he's going back to school. "I'm going into International Development at Dal, which is not what I thought I would go into two years ago. My trip definitely opened up my eyes to a lot of the injustices that are going on in the world."

Greenlaw is pairing international development studies with management, and hopes his experience with youth leadership at his summer job will help him with his goal of becoming involved with youth engagement or development in struggling countries.

Although a gap year might not be for anyone, Greenlaw says "My advice to people who feel the same way I did in first year would be: So what? Now what? So what if you don't like university? Now what are you going to do about it?"

Heather Doyle from the Academic Advising office at Dalhousie in email correspondents said that each students' situation is different but advisors are there to work with students to support them through the decision-making process.

If you need academic advising reach out to the advising office at: advising@dal.ca



Meal planning saves money

Disclaimer: This piece reads like sponsored content.

It's not, I just really love this program.

Meal plans aren't just good for your health but your wallet

MATT STICKLAND, OPINIONS EDITOR

The recipes are simple enough that even someone with limited cooking experience can easily make a meal or two.

Good food, saving money, and learning how to cook, there's a lot to get excited about in meal planning.

For those that don't know, meal planning is figuring out what to make for a week and then buying all those groceries in one shot. It is a huge time saver because it only requires one trip to the grocery store in a week. It's also a huge money saver because there is no food bought only on good intentions. Watching food rot in the fridge is like the visual reminder of money rotting and being thrown out.

On the assumption that all the food gets cooked, it saves a huge amount of money on not eating out. Buying a sad, soggy, chicken wrap from Tim Hortons in the SUB will cost you seven dollars. Ten dollars (depending on sales) can make four wraps that are way less sad than a soggy chicken wrap. Healthier and cheaper.

Cooking is hard. Sometimes unfamiliar. Don't know where to start? While some apps will make people choose their own recipes, sites like Cook Smarts will pre-populate a weekly recipe list. These recipes are very simple, very straightforward, and auto-compile into a

grocery list for easy shopping.

Full disclosure: I use Cook Smarts. For a couple years meal planning was boring. I still did it, but it was always the same meals over and over and over and over. This website made cooking and meal planning fun for me. A monthly subscription costs between six and eight dollars, and includes weekly meal plans and access to an archive of previous recipes.

The recipes are simple enough that even someone with limited cooking experience can easily make a meal or two. It also tells you what weekend prep you need to do so the meals are even faster to prepare whenever you need or want to. Meals are adaptable to dietary restrictions and size, and automatically change your grocery list to match.

Platejoy is a similar concept, but maybe even a bit better than Cook Smarts. It's hard to tell without joining.

Other meal planning apps that come up online frequently are the Paprika App and Anylist. Paprika and Anylist allow the user to save any recipes that can be found online and lets the user create meal plans and grocery lists with those recipes. But the problem, if you're in a rut, is creating a meal plan with the same tired recipes over and over. It's not populated weekly with recipes.

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Mogul

A series podcast about the life of a hip hop mogul you've never heard of

MATT STICKLAND, OPINIONS EDITOR

Mogul podcast is a six-part podcast about a guy you've never heard of who's responsible for a lot of the names in hip hop that you've heard of.

In Mogul, Reggie Ossé, also known as “Combat Jack,” explores the life and times of Chris Lighty who died by a self-inflicted gunshot wound in 2012. Lighty was a huge instrumental player in the rap and hip hop worlds. He managed the likes of L.L. Cool J, Busta Rhymes, A Tribe Called Quest, and 50 Cent. In the podcast, Ossé explores the relationship that Lighty had with the industry and how his actions changed the way the music industry does its business. There's a reason Vitamin water is so popular now, and it has its roots in hip hop.

As a previous entertainment lawyer and a former managing editor of The Source magazine, Ossé himself is an industry insider.

He came up at the same time as Lighty and they had many of the same clients. So, this podcast has a lot of interviews with the big names of the time because Ossé has the access. It provides a unique look into both the industry and the culture.

In a very real way it leaves listeners wanting more.

The podcast is all about the music industry, and Ossé intertwines the history of hip hop with the history of Lighty. Mixing the history of hip hop from an industry perspective, and from fan who grew up in the middle of its evolution makes for a very interesting podcast.

The only problem with Mogul is that both

the story of Lighty and the history of hip hop, as told by Ossé are very engaging.

In a very real way it leaves listeners wanting more.

The podcast is telling two very involved stories in a very limited run, there feels

like so much more that could be explored. The east coast versus west coast rap beef is abridged to about 30 seconds of audio. It probably could have been a whole episode. The only reason this is disappointing is because telling the history of a music genre in audio format is probably the only way to

do it, and Ossé does an amazing job with the story and medium.

A man who had as much influence as Lighty in the music industry deserves more than six episodes. It can be really felt in one of the episodes where Ossé discovers something about Lighty that shakes him to the core. Ossé dedicates the tail end of an episode on it, then moves on in the next one. Ossé tells the story so well that listeners are invested in the story and can feel cheated in that moment which deserves more exploring.

It's the downside of telling two huge stories in a short, six-episode series.

In spite of those minimal short comings, this podcast is a must-listen to anyone who enjoys hip hop, biographies or good story telling. Be advised that this podcast contains a lot of strong language, and depictions of sexuality and violence.

Fashion through the ages of Dalhousie

Montage of Dalhousie students fashion from the archives of the *Gazette*

BY SERENA JACKSON

When it comes to back-to-school outfit inspiration, there are resources everywhere: dozens of bloggers posting articles with stunning photography of minimalist book bags, BuzzFeed's “11 Back-To-School Outfits That'll Crush It On Social Media”, that one giant Sears billboard featuring Gigi Hadid in what looks like some sort of private school uniform from the early seasons of *Gossip Girl*...

If you're like me, you have all of these images saved to a Pinterest board that makes it quite apparent how much of my time I've dedicated to bookmarking street style snapshots (a lot.)

Whether you take fashion cues from Gigi Hadid's TMZ page or throw something together ten minutes before class, there's no denying that students at Dal are a fashionable bunch – and we have the proof.

Here's a dive into fashion throughout the years on Dal's campus, featuring archived photos from old issues of The Dalhousie *Gazette*.



Lord Dalhousie & Family Nov 6 1957

We're getting the classic 50s silhouette here: a full skirt and cinched waist to accentuate an hourglass figure. Many women would wear knits with bullet bras underneath to create a thrusting shape in the bust area, à la the classic 50s “Sweater Girl.”

Even the children look dapper, which is no surprise—the 50s were an era of acknowledging the adolescent as a demographic to be catered to, and much of the youth would dress up to go jive dancing.

The mix of fabrics and fun patterns shown in this photo indicate that we are moving towards the 60s, when colours and fabrics were used to create outlandish styles meant to break fashion traditions.



Two Freshmen — Oct 9, 1957

This shot looks very candid—but ultra glamorous – thanks to the light bouncing off Sue Starr's short, curly, hairstyle. This sort of haircut reflects the trends of the time, inspired by 50s films stars like Elizabeth Taylor and Dorothy Dandridge.

Alan's suit features classic wide lapels and is most likely a light grey, or even white, which is unique to the era. Most men's suits were worn with dress hats, such as the Stetson fedora.



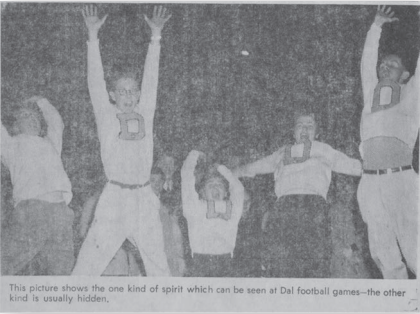
Army recruitment, Oct 7, 1959

Typical army uniforms and what looks like a Dalhousie emblem embroidered on a cardigan bearing our colours.



Students in lecture — Sept. 25. 1961

Forgoing comfort-clothes, the classic 60s Dalhousie lad went to lecture in suit and tie. Front and centre, we have a pinstripe overcoat with lots of pinstripes.



1961

Okay: These. Are. So. Cute. Where can I find these ‘D’ for Dal sweaters? Also, I am copying the tucked in look with the skinny belt and the white pants (second from the left) and nobody can stop me.



Not quite a twin set but still quite match-y, Sheila manages to stay business casual in an A-line suit skirt whilst sporting a brooch. Her blazer also has elbow patches, which are most likely made of leather.

Next to her, we see a woolly overcoat that is just oversized enough to scream, “Hey, I’m a Progressive Conservative and I’m into beat poetry.”

Frosh leader — Sept.14, 1964

Although his fashion choices were most likely the result of some sort of whacky ‘Frosh Week’ challenge, we can still appreciate the plaid, the stripes, and the other stripes.

His casual hightop sneakers paired with his dress shirt and tie, create a totally whimsical feel—or maybe it's the pinwheel. Also important to note—no crown in sight. “I AM THE KING,” he says.

Sure, Freshman Leader. Sure.



Dalplex pool back to normal

After a long process to fix leaks, pool users should have regular access again this school year

HALEIGH ATWOOD

After nine months of ongoing repairs to fix leaks in the Dalplex pool, the repairs should be over soon.

“Dalplex opened in 1979. It’s a great building, but it’s tired,” said Kathie Wheadon, director of facility and business services at Dalplex. “The pool really is one of our most used facilities, and it’s been quiet without it.”

Last year, facilities staff noticed the pool was losing water and they didn’t know why.

Wheadon says finding the source of the water loss was part of the reason the repairs took so long to finish.

After much trial and error, dye tests revealed hairline cracks in the concrete at the bottom of the pool. Divers used caulking to fill the cracks and the water held, but the caulking started to peel. Divers went back down to scrape off the old caulking and replacing it with AquaBond sealant. The repairs started in December 2016, and the job should be mostly finished by the end of the month, with some minor touch ups being done this December.

The process caused many activities to be canceled such as water polo, the masters swim club, and the varsity swim teams have had to train at the Centennial Pool.

Tim Maloney, director of varsity athletics, says the challenges for the varsity teams were threefold: they were unable to host one of their meets, the Centennial Pool could only provide

The pool really is one of our most used facilities, and it’s been quiet without it

swim time between 9 p.m. and 10:30 p.m., and, as a result, their training was cut in half.

The pool closures also caused problems with recruitment because it was hard to convince swimmers to join when no one knew when the pool would reopen.

Despite the adversity, both varsity teams won the AUS Swimming Championships in February, which is the 19th consecutive win for the men and the 16th for the women. At the U SPORTS National Championship, the women finished 11th

and the men finished 14th.

“We didn’t do as well as we had done the year before, but I don’t know if I can directly attribute that to the pool,” says head swim coach, Lance Cansdale. “It was tough, but we never used it as an excuse. I never heard any complaints. The athletes showed up and they did what they had to do.”

Wheadon hopes that besides touch ups in December; the repairs are finally finished and won’t affect the upcoming academic year.

It is possible for students to get regular exercise during the school year.

You have more free time than you think

How students can find time to exercise

JOSH YOUNG, SPORTS EDITOR

With many demands on student’s time such as school work, friends, family, relationships, extracurricular activities, commuting and possibly a job, it can seem hard for students to find time to regularly exercise.

However, exercise can help students increase their productivity.

“We are seeing some research support that being engaged with regular physical activity has an impact on our brain as well as our body,” says Lori Dithurbide, an assistant professor in kinesiology at Dalhousie.

She explained that being physically active can help humans be able to focus and better remember things.

University of King’s College soccer player, Lauchlin Ewald, says he is physically active about twelve hours a week during the soccer season and seven hours in the offseason. He says he’s noticed that being active helps with his productivity.

“If I go a couple of days without exercising I definitely feel the effects, says Ewald. “I feel antsy, I kind of get fidgety, stressed out, and not focused.”

The issue for some students is that they want to exercise but can’t find the time.

Jen Frail-Gauthier is a Life Sciences study coach and biology instructor at Dalhousie. She says students who want to be active should join intermurals. This is because it involves exercising and socializing at the same time. Students are also less likely to skip it because it is a scheduled event.

In order to manage time, Frail-Gauthier says the Dalhousie Study for Success program focuses on managing time into three slots. Out of 168 hours in a week, students can breakup 56 hours for school, 56 hours for sleep and 56 hours for anything else, including exercise.

She says the “56 method” is a good way for students to find how much time needs to go into studying and how much non-studying time is available. She says students can fit a lot into those 56 hours if they use their time wisely, including exercise.

“Time is the only currency students have,” says Frail-Gauthier. “It either can work for you or against you.”

Dalhousie athletics preview

Dalhousie has up to nine championship contending teams this season

JOSH YOUNG, SPORTS EDITOR

Basketball

The men’s basketball team are coming off an exciting season where they won the Atlantic University Sport (AUS) championship for the third season in a row and won the bronze medal as hosts of the Final 8, which is the program’s first national championship medal. Gone are seniors Ritchie Kanza Mata, Kashrell Lawrence, Ryall Stroud and Jarred Reid. This year’s team will be young and talented. Lead by senior forward Sven Stammberger, the Tigers will look for breakout seasons from Jordan Aquino-Sergue, Alex Carson, and Sascha Kappos to push them to a forth championship, along with strong contributions from their recruits including talented guard Keevan Veinot.

The women’s basketball team struggled this year with a record of 3–17 and missed the playoffs. However, half the team was in their first year and only three players were third and fourth-years. The team is still growing. They will be lead by veteran guards Diedre Alexander, Shalyn Field and second-year players Robertha Charles and Michele Tchiakoua. Charles was the team’s leading scorer and was named to the AUS all-rookie team.

Cross Country

The women’s cross country team finished first in every race in the AUS, as they captured their sixth AUS championship in seven years and placed 10th at nationals. This season they will lose senior star runners Colleen Wilson, and Sarah Myatt. The Tigers do have a strong returning team with Jenna MacDonald, Shaylynn Tell, Michaela Walker and Abby Llewellyn all expected to return. None of them finished lower than 14th at the AUS championship and MacDonald, Tell and Llewellyn all scored at nationals.

Too bad the saying first is the worst and second is the best wasn’t true for the men’s cross-country team. In every AUS race they ran, Dal finished second. The Tigers will certainly

be hungry to win the AUS championship and come first this season. Luckily for Dal, outside of Jake Wing, the rest of the team is eligible to return. This means that they should be able to contend for the championship again this year.

Hockey

For the second straight season the Tiger’s women’s hockey team were swept out of the first round of the playoffs. This team will be will look a lot different than last season’s team because the Tiger’s had eight graduating seniors. The biggest change will come on defense where Lauren Ellerton and Annika Rose are the only players eligible to return. This means the Tigers might have growing pains on the back. On offense, the team will rely heavily on captain Lisa Maclean but young forwards Tara Morning and Ashley Money could breakout. Goaltending will be down to Fabiana Petricca and Jessica Severeyns.

The men’s hockey team missed the playoffs for the sixth straight year last season. They showed promise early, getting off to their best start in 15 years, but collapsed when they lost 15 out of their last 18 games. In order to succeed this season, the Tigers are going to need to be sounder defensively because they consistently give up more than 30 shots a game. They also need to initiate more offense because they had a league worst 26.1 shots per game last year. Luckily for Dal, it is expected their superstar goaltender Corbin Boes will be back. He can steal any game for the Tigers.

Soccer

The men’s soccer team had a successful season last year and were knocked out of the first round of the playoffs by the University of New Brunswick (UNB.) This season, the Tigers are lead by two strikers Freddy Bekkers and Kallen Heenan, who both finished for third and fifth in AUS scoring. The Tigers are losing two midfielders and defenders but with the defensive success they had last year by only allowing eight goals, they should have enough depth to make up for it. Keeper T.J. Leopold is eligible to return as well, which will add to the Tiger’s defensive success.

The women’s soccer team under first-year

Head Coach Cindy Tye, made the playoffs after missing them the previous season. The team played better as the season went on and in the playoffs they took the Acadia Axewomen, to extra time before losing. The team is still young, as most of the players are in their third year or younger. With their young core, and strong finish last season, they should be able to build off that and have a successful year.

Swimming

Both swim teams had to fight through some adversity last year. As the Dalplex pool was undergoing regular repairs since December to fix leaks, it forced the Dal swim teams to train at the Centennial pool and cut their training time in half. It wasn’t ideal circumstances, but the women’s team powered through and won the AUS championship for the 16th straight season and finished 11th nationally. The Tigers will be championship contenders again because every swimmer is eligible to return. This includes Phoebe Lenderyou, who won every AUS event she was in and won bronze in 100m backstrokes at nationals.

The men’s swim team, like the women’s team had to train at the Centennial pool, and like the women, they won the AUS championship which is their 19th straight season as AUS champions and they also placed 14th nationally. The whole team is eligible to return next year. Among possible returning swimmers are two-time AUS MVP Gavin Dyke, and rising stars in Alec Karlsen and Morrgan Payne. The team has a good balance of young and experienced players as six players are going into their forth or fifth year, while another six will head into their second season.

Track and Field

The men’s track and field team won the AUS championship and finished 11th nationally. The team does have some big names leaving, such as jumps specialist Jordan Bruce, and throws specialist Adam Karakolis and David Kerr. However, the team does have some big names coming back. Field athlete of the year Mike Van Der Poel, who won bronze at nationals in 300m, is returning along with Matthew Coolen, who won gold in 60m hurdles in the

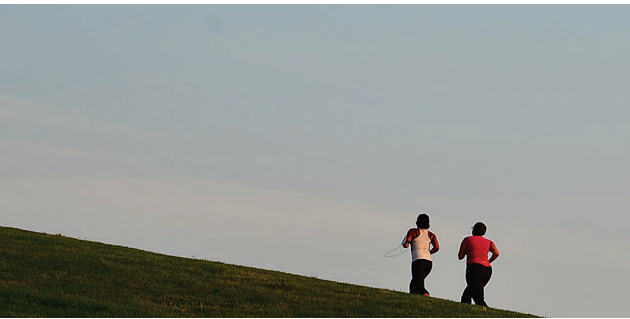
AUS championship. The Tigers landed a major recruit in middle distance runner Hudson Grimshaw-Surrette, who has broken many Nova Scotia provincial records.

The women’s Track and Field team also had a successful season, winning the AUS championship for the 28th straight year and finishing 17th nationally. Gone are star runners Colleen Wilson and Sarah Myatt, but there is a lot to look forward to. Returning is AUS rookie of the year Maya Reynolds, who broke an AUS record in the 60m race. Also eligible to return are fifth year runners Michaela Walker, Macayla Cullen and Heather Beaton. Cullen and Beaton both won an AUS event last season while Walker finished second in two races behind two former teammates in Walker and Myatt. If they all return, the Tigers are set up for another championship.

Volleyball

The women’s volleyball team won their fifth straight AUS championship last year and finished in fifth place nationally. The Tigers are losing first-team all-stars Abby Czenze and Marisa Mariota, as well as Amy Appleby. The Tigers are still going to have a strong team next year with AUS first team all-star Courtney Baker, second team all-star Mieke DuMont, all-rookie team member Hannah Aldcorn, and two-time AUS Championship MVP Anna Dunn-Suen, all being eligible to return. The Tigers should be strong at the middle blocker and outside hitter positions because every player from those positions are eligible to return.

The men’s volleyball team lost in the AUS Championship to UNB and at worst they finish in the same situation this season. The Tigers are in a strange position along with UNB because they are the only two teams remaining in the AUS after Memorial left in the summer. Both Dal and UNB will try to join the RSEQ, a university level sports league in Quebec, for the 2018–2019 season. For this upcoming season, it will be a two-team league. The only Tiger leaving is AUS MVP Kristen O’Brien, the rest of the team is eligible to return which should put the Tigers in a strong position this year against UNB who is losing four graduating seniors.



Fun, inexpensive places to be active in Halifax

Locations that allow students to treat their body and wallet

JOSH YOUNG, SPORTS EDITOR

Halifax is full of places where students can be active. Here are four cost friendly locations:

Citadel Hill

Sidney Crosby regularly runs up this hill during the NHL off-season in order to build up his cardio and leg strength. If it’s good enough for him, then it’s good enough for anybody. During the winter, the hill is a fantastic place to go sledding or some tame snowboarding.

The Halifax Common

The Halifax Common is a wide-open park with a lot of things to do. In the summer, people can play baseball, cricket, soccer, or any sport that requires a wide-open field. It also has a great skate park. The common’s main attraction is the Emera Oval. In the summer, people can ride rollerblades, roller skates, bikes, and scooters around the wooden oval. During the winter, it is transformed into a skating rink. Use of the oval and borrowing its equipment like skates, rollerblades and bikes is free. The oval needs to be given government issued photo I.D in order to lend the equipment.

Point Pleasant Park

Runners can avoid the pollution of city streets by going for a run at Point Pleasant Park. The park is sheltered by trees and has a beautiful view of the harbour. The park has a few trails that provide a variety of terrain and distances, which makes it a great place for runners to train. There are also a lot of dogs!

Dalplex

Dalplex is an excellent place to be active. Students can swim, rock climb, work out, take fitness classes and build up their cardio using the track or the Cardio Plus Centre. Students can also play sports like basketball, badminton, tennis, table tennis, squash and racquetball there as well. Everything mentioned is accessible with use of the Dal Card for full-time students. Part-time students and Co-op students have discounted rates.

Photo by Alexandra Sweny



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Tigers’ football prowling for a repeat

The team is loooking for their second straight championship after winning their first one last season.

NICK FREW

Championship or bust is the Dalhousie fotball team’s mindset heading into this season.

The team is looking for their second championship in two years after going undefeated last year and winning their first Atlantic Football League (AFL) title.

“Anything less than a championship is not acceptable,” said Head Coach Mark Haggett over the phone. “There’s no reason why (the team can’t go 8-0 again).”

Haggett believes the Tigers have the players and coaching staff to improve upon last year’s success. That is a high bar considering how dominate the Tigers were last year.

Under a rookie head coach, the 2016 Tigers went undefeated. They won a conference title and obliterated the competition on both sides of the ball, scoring over 300 points and allowing less than 30.

There are a few reason’s why the Tigers can improve. Haggett is heading into his second year as head coach and because he has a year’s experience, Haggett feels he is better prepared.

Despite the stats, last year’s team lacked depth. For example, Nick Hunsley was the only quarterback on the roster. If needed, running back Zach Leger would’ve taken the reigns in a wildcat format.

This season, depth is no longer a problem, as Haggett and his staff have brought in “37 studs from good high school programs.”

Instead of a single quarterback, there are now at least three rookie quarterbacks. The number of offensive linemen jumped from six to 10 and there are more increases across the board.

Haggett says this depth could be crucial for the team, because now there’s more players, with less of a talent gap

between starters and the bench. It should create a healthy competition within the team.

Arguably the biggest factor in the team having success this season is the amount of people returning to the program.

Key on-the-field returns include both starting offensive and defensive lines and star running back Zach Leger.

A few graduated players from last year’s team have transitioned to coaches. Notably, Rob Wilson is the defensive backs coach, Guillaume Bernier is the wide receivers coach, and Nick Hunsley is now the quarterbacks coach.

Hunsley could have the toughest task, because he has to develop three, possibly four, first-year quarterbacks to lead Dal.

Hunsley explains regardless of what high school a quarterback comes from, they have to adjust to the higher level of play at the university level. Quarterbacks have to deal with an increase in the size and athleticism of athletes, and an increase in the speed of the game. Another big change is that defenses are more disciplined and harder to read.

The majority of Hunsley’s job will be passing his experience and knowledge on to the young slingers, to develop them mentally.

Hunsley says the top two quarterbacks right now are Chris Duplisea and Ian Oyler.

“It’s tough to say (who’s ahead) without seeing them with a playbook in front of them, but we’re pleased with what we’ve seen so far,” Hunsley said. “ They’re both capable.”

He added that the final decision will weigh heavily on who knows the playbook best.

Dal starts their chase for a repeat at home against the UNB Saint John Seawolves on Sept. 16.

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com**