

DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER, EST. 1868



STUDENTS AT DALHOUSIE UNIVERSITY ARE FEELING THE STRESS AND FRUSTRATION OF ONLINE LEARNING, AND THE SEMESTER ISN'T OVER YET. WITH MOST CLASSES REMAINING VIRTUAL NEXT TERM, THERE'S NO CHANGE FOR THE BETTER ANYTIME SOON. (PHOTO BY GEOFFREY HOWARD)

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LETTER FROM THE EDITOR

Don't take a breather

Dear Reader,

Not all the votes are counted yet, but thank God – it looks like Joe Biden and Kamala Harris will be the next leaders of the United States.

I don't know about you, but I didn't stay up all night on Nov. 3. After quickly checking my phone to see where the numbers were at, I went to bed around midnight and slept like a baby. That's not to say I wasn't worried or stressed about the outcome. It's just that 2020 has felt like a series of awful events beyond our control. While the election results have the power to determine the entire world's future, watching Americans vote in this critical election felt no different to me than any other day this year.

When Biden started taking the lead, I thought I'd be more excited. Maybe it was because of how slowly the results came in or how shockingly close Biden was to losing in some states. Nothing surprises me anymore in 2020. I accepted Biden's win not with a cheer, but simply a sigh of relief.

Across the world, people are already celebrating the Biden-Harris win. But 2020 isn't over yet. The struggles we're living with in our current moment continue. Climate change, political polarisation, white supremacy: The results of the 2020 U.S. election aren't enough to turn the tide on these major world issues. There is still work to do.

If we've learned anything in the past few years, it's that we can't trust elected government to do exactly what we expect them to. This is incredibly relevant to Canada. Twice we've elected a prime minister who hasn't always kept his promises when it comes to supporting Indigenous communities, helping the environment and other issues.

Now is not a moment to take a breather. In our democratic nation, journalists, activists and everyday citizens must continue to hold government and those in power accountable. We've seen from our southern neighbours how bad things can go when we don't.



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Burgers can't be beat

Halifax Burger Week lends helping hand to local community

BY MICHELLE WANG



MASKED SERVERS GREET PATRONS AT UNCHAINED KITCHEN ON AGRICOLA STREET. THE RESTAURANT CREATED A SPICY PORK BELLY AND PUMPKIN BURGER FOR BURGER WEEK. (PHOTO BY JAMES MACLEAN)

Even COVID-19 couldn't stop Halifax's love of burgers.

From Oct. 22 to 31, *The Coast* newspaper held their annual Halifax Burger Week event. These seven days of eating normally take place during a week in March, but were extended to 10 days and pushed into the fall by the COVID-19 pandemic.

The premise of the week is simple: Each participating restaurant offers a creative \$6 burger or a more expensive option. A minimum of \$1 for each burger sold is then donated to Feed Nova Scotia.

"It's [always been] a big eating event and helps support our restaurant clients. It's also a really big charity initiative as well," said Haley Clarke, Burger Week event coordinator. This year, supporting local businesses was more important than ever before as many have suffered due to the pandemic.

According to Clarke, Haligonians know how to support their community.

"As Nova Scotians, as Haligonians, small business is the backbone of our community. [Burger Week] happens once a year so it feels special, and it's supporting local and supporting Feed Nova Scotia. I think that's the reason why people can get behind it," Clarke said.

Business recovery

When COVID-19 struck Halifax, Clarke said their initial idea was to postpone this year's event to June. But they realized this wasn't realistic and decided on October, when business for restaurants slows down after the summer season.

Making the event 10 days this year was an important adaptation to help ensure restaurants and patrons were able to follow COVID-19 guidelines, according to Clarke. With three extra days, including an additional weekend for the public to get out, Clarke said restaurant guests were able to "spread out the crazy." The extra days allowed restaurants to maintain social distancing; people felt less urgency to get out in one

weekend, which resulted in shorter lineups outside. Many restaurants also offered takeout and delivery options.

Evangelos Panopolis, owner of Athens Restaurant on Quinpool Road, said they shut down completely from March 17 until May 6. The recovery has been slow. The day the restaurant closed was "the worst day of my business life," Panopolis said. The pandemic forced him to lay off 35 staff.

In a normal year, Burger Week is "one of the best weeks in the year," said Panopolis. Even before COVID-19, restaurants in Halifax usually have less business during January and February, and Burger Week is when restaurants used to start to see a turnaround, Panopolis said.

Due to constant construction on Quinpool Road during the last five years, Panopolis' business has seen a downward trend. After being closed for seven weeks due to COVID-19, they have yet to reach 70 per cent of the revenue they had last year.

"Everything helps," Panopolis said, "but it's certainly a far cry from a regular Burger Week."

Panopolis said supporting the big chains is also important for supporting the community. "It's difficult for me to say, 'only support small, family-owned businesses,' 'cause the people that live here work at all these other places too."

Meredith Hines, manager of HopYard Halifax, a bar and restaurant on Gottingen Street, said they also shut down completely for three months, but were lucky enough to keep their Charlottetown branch open for takeout. Hines said Burger Week has been helpful for the now reopened Halifax branch.

"It usually brings in a lot of hype, just for that one week," she said. "So it's definitely helpful in that sense and bringing different people that probably haven't even been to HopYard before."

Burgers for charity

While there were 146 restaurants participating this



A SERVER AT ANTOJOS TACOS + TEQUILA ON ARGYLE STREET HOLDS THREE OF THE RESTAURANT'S BURGER WEEK CREATIONS. (PHOTO BY JAMES MACLEAN)

year, as opposed to 160 in 2019, according to Clarke, Burger Week has never had more burger proceeds donated to Feed Nova Scotia to date.

The province's food bank needs more support this year than any year in the past. A lot of their fundraisers and food drives have been cancelled or postponed. Yet the need is up because many people have lost their jobs and are relying on Feed Nova Scotia for support, said Clarke.

"Solely in that aspect, in supporting Feed Nova Scotia and supporting your community, this year is the year to get behind [Burger Week] if that's what means the most to you," Clarke said.

Moxey Munch, a food enthusiast and YouTube personality, was chosen as one of two Burger Week 2020 ambassadors. She decided to give back to Feed Nova Scotia personally.

As a Burger Week ambassador, Munch was awarded \$500 to buy burgers and share her experience on social media. For every burger she tried, she gave an additional \$10 to Feed Nova Scotia with the intent to match her donations with the prize money by eating 50 burgers. She also encouraged others to donate on her YouTube channel, telling the audience if they donated as well, she'd match an additional \$500 of donations to Feed Nova Scotia.

"This year is such a tough year, and I am very fortunate that I still have a job and a roof over my head," said Munch. "I want to make sure that we as a community as a whole are helping those around us."

Everyone has found 2020 challenging and Burger Week was a reminder of the community we've been missing in our lives, said Munch.

After all, Munch said, "Who doesn't like having an excuse to eat hamburgers and french fries?"

Failing our international students

Dal welcomes returning international students back with steep fees and uncertain prospects

BY LANE HARRISON, NEWS EDITOR



OF THE MORE THAN 4,000 INTERNATIONAL STUDENTS AT DALHOUSIE UNIVERSITY, SOME FEEL DAL HAS BEEN TREATING THEM AS A CASH GRAB DURING THE PANDEMIC. (PHOTO BY GEOFFREY HOWARD)

On Nov. 3, Dalhousie University was officially added to the list of universities permitted to welcome back international students who wish to return to Canada. But as they attempt to complete virtual courses in different time zones while paying almost double the price of their Canadian classmates in undergraduate tuition, international students are left frustrated by Dal's handling of their situation during the pandemic.

Additionally, international students are concerned about their budgets and limited job op-

portunities available in Halifax. They must now pay to stay in a Halifax hotel for a government-mandated 14-day self-isolation.

The final price for the hotel stay is not yet determined. However, in an email to the Dalhousie Student Union (DSU) on Nov. 3, Verity Turpin, acting vice-provost of student affairs, said recent negotiations have resulted in a price tag of \$1,625 for the isolation. This email was forwarded to the *Dalhousie Gazette*.

However, Dal spokesperson Janet Bryson said in an email to the *Gazette* on Nov. 4 that the

university is still working to get “the best rates for students.” Bryson also said the university would not provide the name of the hotel international students are staying in for their self-isolation “due to the privacy of those students.”

The DSU sent a list of questions to Turpin after receiving multiple concerns from students regarding the 14-day self-isolation.

Mazen Brisha, a third-year kinesiology student from the United Arab Emirates who will be spending his fall term at home, says he feels like the university only wants international students to come back for monetary gain.

“I just think that the overall consensus is that, like, it doesn't feel like we're very welcome anymore,” said Brisha.

Why students can come back now

Starting on Oct. 20, Immigration, Refugees and Citizenship Canada released the first version of a list of Designated Learning Institutions that have been approved to allow international students who are living outside Canada back to their campuses. On Nov. 3, the list was updated to include Nova Scotian universities after their plans for welcoming students had been approved by the provincial government under their new International Student Institutional Readiness: Public Health Requirements guidelines.

Bryson said the university developed its plan to receive students in consultation with the Nova Scotia Department of Advanced Education and Labour.

However, international students were not consulted about the process they would be undertaking to return to Halifax, Turpin said in her email to the DSU.

This lack of consultation is something the union is “quite concerned about,” said DSU President Maddie Stinson.

Stinson also said the union wants to know why the provincial government is “choosing to increase monitoring solely for international students when some international countries have fewer cases than, for example, the province of Ontario.”

Returning to Halifax

International students such as Fabian Bong, a third-year chemistry and computer science student from Germany, are anxious to return to Halifax. But the process so far has not been simple.

Bong made arrangements to travel back to Halifax earlier this fall, where he'll be living in LeMarchant Place residence. He planned to arrive on Oct. 20 and made arrangements with Dal to quarantine in Howe Hall, which is where Canadian students from provinces outside the Atlantic bubble quarantined before entering residence.

“Then, the day I wanted to fly, the rules changed,” Bong said.

Prior to Oct. 20, international students who could prove it was necessary for them to be on campus for their studies and had a valid study permit dated before March 18 could return to the country. Then, new policy came into effect and the federal Designated Learning Institutions list was created.

Upon learning of the list, Bong called Dal and was told the university wouldn't be added to the list until a later date. When he later found out Dal would be included on the list, he immediately booked his flight. But at this point, Bong still believed he would be completing his self-isolation in Howe Hall.

The mandatory hotel quarantine came as a surprise to Bong. He found out about it while browsing the Dalhousie subreddit on Reddit. He was reading a post about the possible Dalhousie Faculty Association strike where someone commented the university was greedy and would be charging \$2,000 for international students to self-isolate. This figure was based on an early estimate reported by the CBC and attributed to Bryson. The comment on Reddit was later edited to note it was the province mandating hotel quarantines, not the university.

At first, Bong wasn't convinced as he believed he had already made arrangements to self-isolate with the university.

“I was like, well, they didn't charge me. Why would they charge us now?” he said.

His next thought was the hotel isolation requirement must only be for students living off campus. But a few days after, he was on a call with the Dalhousie International Centre who informed him the hotel stay was required for every international student returning to Halifax.

For Bong, this new expense is concerning. He already budgeted his finances for the term and had been spending some of his money in Germany under the impression he was saving money by not being in Halifax.

“It's like someone just running up and saying: ‘Hey, you want to live in Canada? Pay that much money,’” he said.

Luckily, Bong has a job lined up in the chemistry department at Dal where he'll be attempting to work the 20 hours a week he is allowed as an international student.

The DSU asked Turpin why students who had already arranged their own self-isolation accommodations had to stay at a hotel.

“The monitoring requirements outlined in the International Student Institutional Readiness: Public Health Requirements document are impossible to meet if international students are quarantining in their own homes. The [provincial] Department of Labour and Advanced Education has confirmed this,” Turpin replied in the email.

The requirements stipulate the university must be responsible for monitoring the quarantined students during their 14-day stay.

Brisha says he understands the provincial government's responsibility to keep Nova Scotians safe by ensuring students isolate, but he takes issue with their methods.

“I understand where it's coming from, but for them to pile on and extenuate and sort of enhance the financial strain that international students are already under by charging you [\$1,625] just for the quarantine period, it's outrageous and it's preposterous, in my opinion. But unfortunately, I am not surprised,” Brisha said.

International students can't go on like this

For Brisha and Bong, virtual courses have significantly altered the way they live their daily lives.

Brisha has sacrificed his sleep schedule to be able to succeed academically.

“It's been very, very challenging, easily the most challenging semester in my academic career,” he said. “It's completely flipped my daily schedule.”

Brisha goes to sleep at around 7 a.m. on most days, averaging about three to four hours of sleep a night.

“Basically I still live by Halifax time, but get minimal sleep,” he said.

Due to his workload, Brisha says he hasn't had a chance to consider whether this lifestyle can be sustainable, though he plans to return to

Halifax in the winter.

“I haven't really had a proper chance to consider anything in the long run. It's sort of the theme of complete tunnel vision, just trying to take each day as it goes,” he said. “I finish my assignments at seven in the morning and get a few hours of sleep, then go to work in the morning. And I think that structure of life is very toxic and very unhealthy, for obvious reasons.”

For Bong, the change is not as drastic. His school day starts at 3 p.m. and ends around 10 p.m. But he has had difficulty maintaining a social life as his friends enrolled in German universities have been on a break for the past few months. This means his only free time in

the mornings is often when his friends are sleeping in.

On top of the challenges they face in their studies, international students are still paying the highest tuition of any type of student at Dal.

“The main perspective that I have, as well as like most international students I've spoken to, is that we just feel like the quality of education is severely lacking, especially for the price,” Brisha said.

According to Dal's online fee calculator, an international student pursuing an undergraduate arts or sciences degree pays an average of \$21,371.46 in tuition and incidental fees for one year. For a Canadian citizen, the average cost of one year is \$9,365.46.

Brisha said international students feel like they are simply dollar signs in the eyes of Dalhousie.

“They're not even trying to hide it anymore with, ‘Hey, we love international students. You guys add diversity and inclusion and all that stuff to our campus.’ No, like it's very clearly ‘We need you for money now,’” he said.

Will this affect Dal's global reputation?

According to Brisha, he and multiple friends decided to apply and go to Dal based on word of mouth.

At the high school Brisha attended in Dubai, students who went abroad to tour universities would oftentimes give presentations on the schools they visited for other students.

After the way international students have been treated by the university this year, Brisha says the word of mouth has turned sour.

“I think Dalhousie University cannot possibly understand or comprehend [the damage] both financially and reputation-wise that will be incurred from this semester and this year in general,” Brisha said.

“It doesn't feel like we're very welcome anymore.”

What's for dinner?

Meal kit companies serve up convenience

BY TAMAR KENIGSBERG BENTOV



HELLOFRESH IS A POPULAR MEAL KIT DELIVERY COMPANY BASED IN BERLIN, GERMANY. (PHOTO BY GEOFFREY HOWARD)

As a student growing further into adulthood, ramen and macaroni and cheese just don't cut it anymore. You want to try new foods, but cooking can be a pain. Finding recipes, making shopping lists, going grocery shopping, unpacking everything, cooking it: There are a lot of steps. If you have time on your hands, this is a fine option, but most students don't. That's where meal kits come in.

What are meal kit delivery companies?

Meal kit companies like HelloFresh, Blue Apron, and Goodfood have skyrocketed to popularity in recent years, making this emerging market a \$1.5 billion industry. Since 2011, the popular German company HelloFresh has provided customers with the chance to cook at home with fresh ingredients.

The concept of companies like HelloFresh is especially appealing during COVID-19 times. These meal kit companies deliver packages to your door with all the ingredients necessary to make a meal. Dalhousie University student Sura Jamil Hannan says she is "so thankful for HelloFresh for keeping food on the table."

Meal kit delivery companies like HelloFresh and Chefs Plate say they have implemented additional safety measures to ensure the health and safety of their workers and customers during the pandemic.

What's the hype with HelloFresh?

The website Meal Kits Canada has a breakdown of the Halifax and the Maritimes meal kit scene. HelloFresh fans have good things to say about it, and praise its vegetarian option and menu variety.

But HelloFresh is not without its criticisms. It does not offer the cheapest meal kits on the market. Its meal kits cost roughly 10 per cent more than their competitors, according to Meal Kits Canada. The company also does not offer a vegan option and there is no plan for people who are single. But individuals can buy a two-person plan for themselves.

Engineering student David Hodgeson urges students "to do their research before using this service." After a few months of using HelloFresh and finding it more expensive than filling, he cancelled. The next week, a delivery showed up at his

door and on his bank account. HelloFresh only offered him a credit for the mistake. "Either HelloFresh ignores cancellations or they make [the] process so confusing that many others make the same mistakes," Hodgeson says.

According to a 2016 report by data analytics company 1010data, only about 50 per cent of Blue Apron customers remained subscribers the following week after trying the meal kit service. In 2017, HelloFresh only had a retention rate of 11 per cent. Despite the retention problem with these companies, the meal kit industry grew more than 500 per cent between 2014 and 2016. HelloFresh and other meal kit companies are only growing due to the COVID-19 pandemic.

Sustainability and the environment

As meal kits have soared in popularity, their convenience has become overshadowed by the nagging discomfort of their environmental impact: All of the portioned ingredients are encased in layers of cardboard and plastic. But a 2019 study in the journal *Resources, Conservation and Recycling* suggests meal kits may be a more environmentally friendly option after all.

The 2019 study found meal kits do have a higher packing impact than grocery meals. But packaging is only one part of the equation. Shopping at the grocery store comes with its own environmental costs. When those costs are quantified in terms of greenhouse gas emissions with every step in the

process considered, from farm to landfill, meal kits suddenly seem much greener. The study found meal kits have lower average greenhouse gas emissions than grocery store-sourced meals. This is because meal kits' preportioned ingredients and streamlined supply chain lower overall food waste and gas emissions.

It's what you make of it

Here's something to understand about HelloFresh or any meal kit company: It's not a quick-fix solution for every single meal. These meal kits are meant to reduce grocery trips and grow cooking skills. (A quick scroll through the HelloFresh Reddit page reveals people's glee at their new-found skills.)

"I'm cancelling HelloFresh, but I'm not mad about it," said Diana Barris, a classics major at Dalhousie. "I got some sad produce and had to improvise from my pantry. It made me realize that I have learned to cook over the past year. I've grown more confident in the kitchen. . . If it wasn't for

"If it wasn't for HelloFresh, I don't think I would ever have learned to cook."

HelloFresh, I don't think I would ever have learned to cook. I'm glad I signed up."

Meal kits are not for everyone. But if you want to learn to cook, don't have time to figure out meals for the week and don't want to eat takeout anymore, meal kits might be for you.

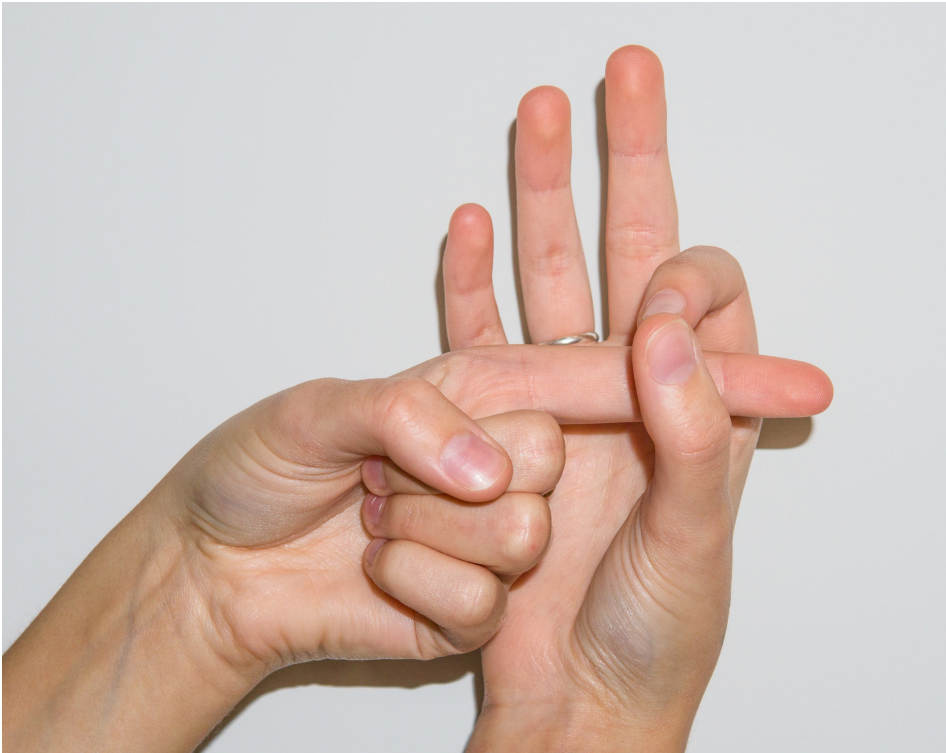


HELLOFRESH USES A VARIETY OF REFERRAL OFFERS TO INCREASE THEIR CUSTOMER BASE. (PHOTO BY GEOFFREY HOWARD)

Sex addiction

We need to break the stigma

BY LOIDA MCKINNON



NOT ALL MENTAL HEALTH PROFESSIONALS OR ORGANIZATIONS CONSIDER SEX ADDICTION A MENTAL ILLNESS, WHICH MAKES IT DIFFICULT FOR PEOPLE TO GET DIAGNOSED. (PHOTO BY GEOFFREY HOWARD)

Many people love having sex. Of course, there are exceptions. Some, but not all, people who identify as asexual do not enjoy sex.

What if your sexual fantasies were all you thought about, even if you didn't want to? What if you started engaging in risky sexual behaviours, even at the detriment of your health and safety? For at least three to six per cent of Americans, sex isn't just something enjoyable. It's an addiction.

What is sex addiction?

Sex addiction describes a range of compulsive sexual behaviours and thoughts. Like other forms of addiction, these patterns can have significant and damaging consequences for the individual and the people around them. It's also a very complex and controversial disorder. As a result, sex addicts often lack the same resources and support as those suffering from other forms of addiction.

“Sex addiction is a serious mental health concern.”

Although the American Psychological Association (APA) rejected sex addiction in 2013 from the fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*, mental

health professionals have characterized it as a pattern of destructive sexual behaviours typically found in those with substance-abuse disorders. The World

Health Organization added “compulsive sexual behaviour” under impulse disorders in the latest edition of the *International Classification of Diseases (ICD-11)*.

The difficulty in getting diagnosed

The lack of acknowledgment from some of the mental health community, including the removal of sex addiction from the *DSM-5*, makes it harder to receive a diagnosis and worsens the stigma associated

with this addiction.

There are other reasons behind this stigma, including a general lack of empathy and understanding from the public. Many people see sex addiction as something less serious compared to other addictions. Some may believe sex addiction only hurts the individual. In reality, it can harm the individual's family and friends just as much.

These misconceptions and the stigma around sex addiction intensify feelings of guilt and shame and discourage sufferers from seeking help. Consequently, those with this condition might lie or be misleading about their actions to hide them from those closest to them.

People struggling with sex addiction may have persistent sexual ideas fantasies, multiple sexual partners, guilt following sex and other harmful symptoms.

These obsessive, seemingly uncontrollable thoughts and behaviours can severely impact other people or possibly endanger them. In some cases, the person struggling with sex addiction may put themselves and those around them at risk to satisfy their compulsions.

SAA self-assessment

Sex Addicts Anonymous (SAA) is a support group for men and women struggling with sex addiction or dependency. SAA developed a 12-question self-assessment to determine whether a person's behaviour indicates signs of sexual dependence or addiction. Some of the questions are: “Do you keep secrets about your sexual behaviour or romantic fantasies?” and “Does your preoccupation with sex cause problems in any area of your life?”

The assessment is in no way a replacement for professional advice. Instead, it is a tool to guide people to the next step in finding help. If you are worried that you might be a sex addict, you should seek professional help.

One thing to keep in mind is that experiencing pleasure during sex is not a sign of sex addiction. Sex is a natural part of being human, and it's healthy to enjoy it. In the same vein, if you are in a relationship and have a higher libido than your partner, that does not make you a sex addict either. Sex addiction is a serious mental health concern and should be treated in the same vein as other mental health disorders. It's time we break the stigma.

Is beauty skin deep?

Current and former Haligonians share their experiences with Korean skincare products

BY MANDY KING

The growing influence of South Korean culture in Western countries began back in the 1990s as fusion food, K-dramas and K-pop filtered into the global marketplace. It is no surprise South Korea is also at the core of the latest skincare trend to hit Western markets.

A visit to the market

It's 1 p.m. on Oct. 18, and I am browsing the aisles of Asian grocery store Loong 7 Mart on Spring Garden Road in downtown Halifax with longtime South Korean skincare enthusiast and Dalousie University alumna Krista Ross.

Ross has been using Asian skincare products for more than three years and began in a quest to conquer the skin irritation she experienced with Western products. She said she started with the famous Soko Glam 10-step regimen and has since developed her own unique blend of products.

The aisles at Loong 7 Mart are neatly stocked with a variety of products from China, Japan and South Korea. Ross is quick to point out a collection of small containers labelled Snail mucin. "I love this," she says, grabbing a container to examine the ingredients. Snail mucin is a substance secreted by snails when they're under stress. It's a popular ingredient in Korean skincare products.

Ross feels North Americans focus more on adding beauty to our faces rather than on our natural beauty.

"We put a bunch of makeup on to cover up our bad skin and the fact that our eyebrows are falling out," Ross says. "Over there [in South Korea]. . . their skin is what they focus on."

While Ross is a fan of Korean skincare, she points out it is often difficult to procure. She says she can buy some of her products online, but many of her favourites come with hefty shipping fees.

Korean versus Western skincare

Bora Kim moved to Canada three years ago from Seoul, South Korea. Before making the move, she says she was familiar with Western skincare and used some products in her regular routine.

Since moving, Kim describes a slight change in her skincare routine, saying that Canadian



KOREAN SKINCARE, ALSO KNOWN AS K-BEAUTY, IS MAKING WAVES IN THE WESTERN BEAUTY INDUSTRY. (PHOTO BY DUTCHBLYTHEFASHION ON FLICKR)

weather makes her skin feel dryer. She says she uses the same types of products as she did in South Korea, but in larger amounts especially in the winter.

When asked about her thoughts on the difference between Western and Korean skincare, Kim says she feels in South Korea, females of all ages spend more time and money taking care of their skin than in Canada.

"They use a lot of different types of skincare products. . . like lotion type, gel type, serum type," Kim says.

Kim ultimately agrees with Ross on the difficulty of procuring Korean skincare products in Canada. She says "Korean beauty products are good quality," but expensive to ship over from halfway across the world.

Chatting with an expat in Seoul

Curious to know more about the difference between Western and South Korean skincare, I decided to ask someone in South Korea for her opinion. Mount Saint Vincent University alumna Ashley Dawe moved to South Korea

in 2008 to teach English and fell in love. She now lives in Seoul with her husband.

When asked what sets Western and Korean skincare products apart, Dawe says in an email to the *Dalousie Gazette*, "It's been a while since I lived in Canada so it's hard to compare, but I will say that a lot of Korean products are very gentle. It is very easy to find unscented products, and a lot of prod-

ucts are geared toward sensitive skin, which is nice."

I ask if her routine has changed much since she moved. She says, "I used to be a cleanser and one moisturizer kind of person, but after visiting a der-

matologist here, I found out that my oily-presenting skin was actually dehydrated. Moisture is [really important], and most K-beauty routines involve a series of different products that are layered onto the skin starting with the lightest and moving to the heaviest texture."

South Korean beauty products are available at local stores around Halifax, including Loong 7 Mart.

"Most K-beauty routines involve a series of different products that are layered onto the skin."

The pros and cons of online learning

Dal student shares his insights on virtual studies

BY VEER GHANDI



THE STRESS OF ONLINE LEARNING HAS BEEN YET ANOTHER HORRIBLE PART OF 2020 FOR MANY UNIVERSITY STUDENTS, BUT WHAT CAN BE DONE ABOUT IT? (PHOTO BY GEOFFREY HOWARD)

Where has the time gone? It has been more than two months since online classes began at Dalhousie University and this experience has brought many challenges. For Dal students in Halifax, across the country and around the world, distance learning has been a learning curve.

Time-consuming process

Personally, one of the worst things about remote learning is the insane amount of time I spend staring at a computer screen. Almost everything I do is online. This includes work meetings, classes, assignments, exams, readings and so on. All in all, I end up spending more than 10 hours a day on the computer.

Staring at a screen for long periods is exhausting and it affects my sleep, especially if I have to stay up late for an assignment. But the worst feeling comes after a long day on my computer knowing I must spend more hours online the next day. This is a sad reality. I've also felt an increased amount of course work in my own classes, like weekly quizzes

on top of assignments and projects.

There are also communication barriers in an online environment due to delayed email responses and time difference issues. This means I actually end up spending a lot of time on the computer without seeing any tangible progress. Thus, taking a full course load online has been incredibly demanding.

The stress of working in groups

Another thing I find about online learning is how much more difficult it is to get seemingly basic tasks done. Randomly assigned groups have become the bane of my semester. For some of my courses, my teammates took more than half the assigned time to set a date on when we

would meet online. In other case, my group members were unable to get on a call to discuss things and preferred to exchange long messages over the content of the project. Sometimes, even after a long exchange of messages, we end up with different views of what the final work will look like.

“Randomly assigned groups have become the bane of my semester.”

All this is exacerbated by language barriers and the sometimes unclear instructions provided by professors. Getting started on the right foot has been my greatest challenge when working with a randomly assigned group and has caused a lot of stress in this remote environment.

Intrinsic motivation

In normal circumstances, it was easy to find external sources of motivation and positivity, like going to a bar, meeting friends and getting involved with societies. However, it is not always easy to find those sources in a remote environment. It is easy to feel overworked and stressed all day. Positivity and motivation are important in a remote environment because students are required to be self-motivated and put in a greater individual effort to do well.

I personally enjoy reading novels before going to bed. This habit is not always easy to accomplish, but I found it leads to more productive days and better mental health.

Building healthier relationships with technology

Another positive thing that has come from over-using technology has been the need to create healthier relationships with technology. I feel more appreciative of the real world around me and treasure every minute I get to spend in the real world. While this helped my motivation, it also forced me to reconsider how I interact with technology and social media in a healthy way. Some things that I have done include uninstalling all my social media accounts, setting timers for my screen time and not using devices for two hours before I go to bed.

Two sides to every coin

As the COVID-19 pandemic continues around the world, it looks like this new normal is going to be our reality for a while. Overall, distance learning has been tough. I feel tired, overworked and have little ways to release stress. Yet, the pandemic has given me the chance to re-evaluate my relationship with social media. Additionally, having a productive daily routine makes long days seem bearable. Setting such guidelines has been necessary for better sleep and my overall mental health.

Red kinda sus

Inside quarantine gaming and the rise of *Among Us*

BY CHLOË NGUYEN-DRURY

From bread making to home improvement and everything in between, people are turning to a number of different hobbies during the COVID-19 pandemic. One of the most notable trends has been a rise in gaming. Video games, especially online multiplayer titles, have provided some people with an escape, entertainment, and most importantly, human connection during the pandemic.

Gaming during the pandemic

“I started to play more [after COVID-19] because all of my friends would just hang out online instead of in person more often,” says Dalhousie University student Geoff Belcher in an Instagram message to the *Dalhousie Gazette*. Belcher, a third-year computer science major, has been playing video games since he got a Nintendo DS Lite at age six. “Sometimes we’ll play a game to play the game, and sometimes we’ll play a game just to do something in the background while we talk about what’s going on.”

Simulation games like *Animal Crossing: New Horizons*, which came out in March 2020, have become quite popular during the pandemic. Dal student Erin Grant, an English and media studies major, is a hardcore gamer who’s been playing the *Animal Crossing* video game series since 2002. She bought *New Horizons* before going into quarantine and has since clocked more than 600 hours on the game. The tasks (fishing, gardening and more) are simple and practical, mimicking real life interactions. The game’s online cooperative mode lets people across the world play together.

August 2020 saw the release of *Fall Guys: Ultimate Knockout*, a chaotic, neon-hued battle royale filled with minigames and obstacle courses.

“*Fall Guys* is pretty fun because it’s really accessible as a party game,” writes Belcher. With cute characters and a bright colour palette, these games provided a relaxing or fun bit of escapism for a world whose future looked dark and uncertain.

A rise to success

Today, *Among Us* has arguably become the defining game of the season. Though it was first released in 2018, it’s seen a surge in popularity over the past few months. The multiplayer elements and simple tasks of *Animal Crossing* and *Fall Guys* remain in this game, but the tone and context are totally different. *Among Us* is an online multiplayer game where a group of crewmates on a spaceship are being picked off one by one by hidden murderers called imposters. (Think Clue meets *Alien*.) Your job is to work with your fellow crewmates and figure out who the killers are, or if you happen to be on the murderous imposter side, you kill ev-

eryone else before they can correctly identify you.

Internet personalities like Sodapoppin, Pokimane, Ninja and PewDiePie, who all stream themselves playing video games on YouTube or Twitch, likely helped drive *Among Us* to greater popularity by highlighting the once relatively unknown game for their established fan bases.

“[Streamers] 100 per cent made it big,” says Grant in an email to the *Gazette*. In the same email, he sent a link to a stream with gamers Disguised Toast, Corpse Husband, MrBeast, and Jacksepticeye. “I cannot even imagine how many people watched. I watched Corpse Husband and he topped at 275,000 concurrent viewers at one point.”

Belcher agrees. He believes *Among Us* “didn’t have a massive player base until Twitch streamers started playing in front of like 10,000 to 60,000 people.”

Household names outside of the gaming sphere are fans too. United States House of Representatives members Alexandria Ocasio-Cortez and Ilhan Omar achieved the sixth highest all-time viewership on Twitch with their *Among Us* stream. While it was definitely an effort to engage younger voters, it also popularised the game to non-gamers who had tuned in for the politicians.

A large part of the game’s success is due to the fact it’s incredibly easy for beginner gamers to pick up on. There are no complex crafting mechanics or sniper-like aim necessary. Tasks are point-and-click, and moving around the top-down platformer setting is intuitive. It’s also free on mobile and around \$6 for PC, devices common in most households.

“[The price makes it] very accessible for casual gamers,” writes Belcher.

Plus, customisable gameplay options can be

changed to the player’s liking and keep long sessions from getting stale. The game’s ease of play and affordability make it an easy option for newcomers looking to try their hand at the often intimidating world of gaming.

A little too relatable

Aside from its accessibility, *Among Us* also stands out for its real-life similarities. Maybe early in the pandemic we wanted to frolic in the sunny spring weather à la *Animal Crossing*, or recreate our childhood summers with *Fall Guys*, but the mood has changed six months later. With only roommates,

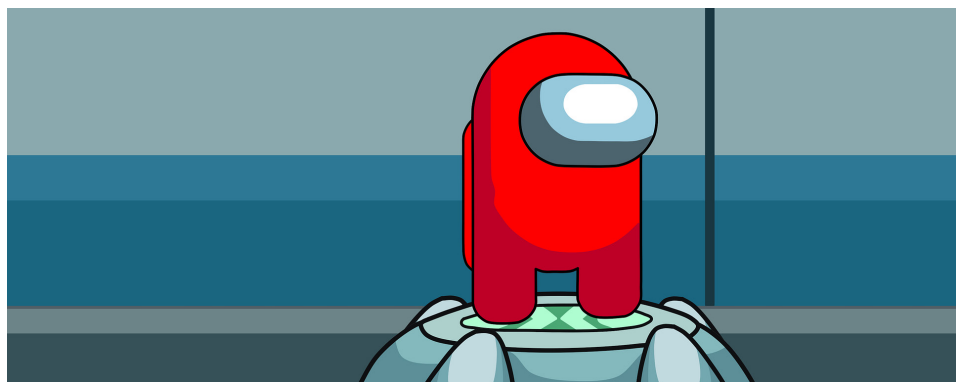
partners or family members to keep you company, sometimes it feels like you’re trapped in outer space and no one can hear you scream. Just as normal outings like daily commutes or grocery shopping have become very dangerous, every interaction in *Among Us* feels rife with potential danger. You never know which supposedly friendly crewmate could be your downfall.

Though Grant plays *Among Us* with friends, she says she loves the power of being a murderous impostor.

“I killed someone in [the security room] once, ran away, then came back and the room was full, but no one saw the body so I reported it. . . I like knowing I got away with stuff,” she writes.

COVID-19 and the ensuing emergency lockdown has changed almost all of our habits for better or for worse. But games like *Among Us* have provided many with an effective way to express their frustrations and anxieties, or at least escape from them for a while.

“Sometimes we’ll play a game just to do something in the background while we talk about what’s going on.”



RED IS ONE OF SEVERAL CHARACTERS IN THE POPULAR VIDEO GAME *AMONG US*. (PHOTO BY MOSTAFAEALTURKEY36 ON PIXABAY)

Helping Halifax's Jewish community

Hillel Atlantic strives to support Jewish university students

BY RACHEL COOKE



EXECUTIVE MEMBERS (FROM LEFT TO RIGHT): EDÉN MANLY, BAYLA DOLMAN AND JUSTINE BALIN AT A HILLEL ATLANTIC EVENT. (PHOTO BY EVA COHEN)

Throughout the pandemic, one organization has been working to provide support and representation for Halifax's Jewish community.

A safe space

Hillel: The Foundation for Jewish Campus Life is an international organization aimed at supporting Jewish students across the globe. Hillel Atlantic is the local division supporting students in Nova Scotia, Newfoundland and Labrador, Prince Edward Island and New Brunswick. This Atlantic Canadian chapter is based in Halifax and serves 12 universities and colleges within the region.

Hillel Atlantic and the team of executives that represent the organization work to provide resources, opportunities, a safe space and a sense of community for Jewish students. Even throughout COVID-19 setbacks, Hillel has continued to work tirelessly for Jewish and non-Jewish students alike in ways that fully embody and display the kindness and generosity of Jewish values.

Aaron Greenspan is a third-year management student at Dalhousie University and the current president of Hillel Atlantic

Greenspan emphasizes how Hillel has connected him with a "network of incredible individuals who have become allies, mentors and

my closest friends."

These remarks are echoed by the executive team and some students involved in the organization. Rachel Meyerowitz, a foundation-year student at the University of King's College, says Hillel has provided her "with a small and familiar community of like-minded people who are proud and eager to share their Jewish identities with others."

Celebrating culture

Bayla Dolan, a second-year Dal student who is Hillel Atlantic's co-vice president of Shabbat and Jewish holidays, says she first got involved in the organization through her friend Eden Cohen. Cohen, who is now vice president of social programming and community service, asked Dolan to attend a holiday dinner hosted by Hillel.

"It was a very welcoming atmosphere," Dolan recalls. Cohen, a second-year neuroscience major at Dalhousie, says she remembers how her and Dolan continued attending Hillel dinners after that first holiday celebration. In their second year, both decided to become part of the executive team.

Justine Balin, a fourth-year Dal student and Dolan's co-vice president of Shabbat and Jewish holidays, is the working hands behind the Shabbat dinner that is provided once a month for students. Balin is no amateur in the kitchen. At 17, she won the television show *Chopped Canada's* teen cooking tournament. She also competed in the first season of the Food Network's new show *Wall of Chefs*. Balin now volunteers her cooking skills to Hillel through the preparation of Shabbat meals and holiday dinners.

Shabbat is a weekly time of celebration and rest that includes a traditional Friday night dinner where families and community members gather for food, prayers and simply for the

sake of fellowship. Balin always prepares challah, a traditional Jewish braided egg bread. Another common custom is to drink a Jewish wine, which Cohen says is the "sweetest wine you'll ever taste." Dolan says families who are more religious may light candles, say certain prayers, or give specific blessings over the bread or wine as part of the Shabbat ritual.

Typically at Hillel Shabbat dinners, prayers and blessings are recited. Those who are either non-observant or not a part of the Jewish com-

munity do not have to participate, although they are more than welcome to take part, says Dolan.

Giving back to the community

COVID-19 has made it difficult for community members to gather and has posed a challenge for Shabbat dinners. However, the board of Hillel Atlantic has used their creativity to carry on the Shabbat tradition through these unprecedented times.

Free monthly Shabbat dinners to go are prepared with traditional kosher foods. Students can pick them up at the Beth Israel Synagogue on Oxford Street. Both Jewish and non-Jewish students are welcomed, but are asked to bring a non-perishable food item with them in exchange for their free meal. Hillel has started a food drive initiative to give back to the Halifax community and will donate these non-perishables to Feed Nova Scotia.

Greenspan explains there are two Judaic values Hillel strives to embody: *tzedakah* and *tikkun olam*. *Tzedakah* is the religious obligation to be just and charitable, which Greenspan says is usually displayed through acts of service. *Tikkun olam* is the belief people should behave, as Greenspan explains, in a way that is "the best and most beneficial for the world."

Donating to Feed Nova Scotia is one way Hillel Atlantic is practicing these Judaic values even when COVID-19 renders it impossible to gather and give back to the community in a more intimate way.



FREE KOSHER MEALS FOR STUDENTS ARE PACKED TO GO BY HILLEL ATLANTIC. (PHOTO BY EVA COHEN)

The healing power of music

Dalhousie student creates volunteer society to lift spirits

BY HANNAH BING



MEMBERS OF THE MUSIC AND HEALING SOCIETY OF DALHOUSIE (FROM LEFT TO RIGHT): TITUS LEE, PRISCILLA LEE, NOAH GARNIER, ANDREW SON, ARJAV GUPTA, PEIXIANG LUO, BROGAN CAMERON, CALEB EHLEH AND JACOB MACDONALD. THE GROUP PERFORMS AN ANNUAL CHRISTMAS CONCERT. (PHOTO PROVIDED BY ANDREW SON)

Although the COVID-19 pandemic has led to many people feeling lonely and isolated, one student society of Dalhousie University has been working to lift spirits through music.

Dal student Andrew Son founded the Music and Healing Society at Dalhousie (MHSD) in September 2018. He says the society aims to fill places with music that might need it the most. In the past, the society has performed at the IWK Health Centre, the Queen Elizabeth II Health Sciences Centre (QEII) and various nursing homes around the city with the hope that patients and staff get joy or comfort out of a live concert and human interaction.

“The priority is to bring music to those who don’t have access to live music performances,” says Son, a fourth-year student pursuing an honours bachelor degree in neuroscience with a minor in piano.

Before the COVID-19 pandemic, the society members performed in person, but have since been holding virtual concerts for local hospitals and nursing homes.

How the society was created

Son came up with the idea for the MHSD in 2017 when his grandfather passed away during his first year at university. After his grandfather passed, Son started volunteering as a meal assistant in the Veterans Memorial Building at the QEII. He later noticed there was a piano at the hospital, so he started playing for patients after

he was done volunteering for the day.

“I enjoyed playing for them and having conversations with them. I would ask them if they liked Johnny Cash better or Elvis. I liked getting to know them better,” Son says.

“It is healing for me as a performer, that human connection. Something so simple and pure as music can touch people in special ways.”

For several months, Son performed for patients with the help of a music therapist at the hospital. But after the music therapist left, Son couldn’t play piano there anymore because there was no one left to organize the sessions.

So, around the beginning of his second year in school, Son started the society.

“I couldn’t do it anymore at the Veterans Memorial Hospital so I thought, I’ll just make it myself,” Son says.

Caleb Ehler, a third-year piano major at Dalhousie, has been a member of the society since it started. Currently, he is the co-vice president



CREATED BY DALHOUSIE STUDENT ANDREW SON, THE MUSIC AND HEALING SOCIETY HAS PERFORMED IN VARIOUS LOCAL HOSPITALS AND NURSING HOMES. (PHOTOS PROVIDED BY ANDREW SON)

of information technology (IT).

“As a musician you take as many performance opportunities as you can, but I also loved the idea of the whole thing, like playing for people who need the music the most. That resonated with me,” Ehler says.

Ehler talks about how special it is to touch and communicate with people through music. The human element of sharing music with people is an important part for him as a musician.

“It is healing for me as a performer, that human connection. Something so simple and pure as music can touch people in special ways. That’s what gives it meaning for me,” Ehler says.

Healing for all

Son believes music is healing. He talks about how there is scientific literature supporting music therapy, but also how on a personal level music has helped him throughout his life.

“Music has always been an escape too. During those dark moments, music has always been there for me. My piano has always been there for me. I feel like I express myself best when I play music, and in that sense it is therapeutic. I also think listening to music is therapeutic as well, and by creating this society I was hoping that people listening to our music will find it therapeutic,” Son says.

During the past two years, the society has grown from six people to about 25. Ehler says although it is composed primarily of music students, it is open to anyone from arts to science students to casual musicians at Dalhousie. They are currently having meetings every two weeks via Microsoft Teams.

Son says he hopes the society is healing for all parties involved: listeners and performers.

“I feel like everyone can get a little something from musical concerts,” Ehler says.

In the future, the society hopes to organize performances at Laing House (a youth drop-in centre) and local centres for mental health.



Portrait of an artist as TikTok star

Halifax artist draws favourable response for stealth sketches

BY ELIZABETH FOSTER



MAX MACAULAY IS A HALIFAX-BASED ARTIST WHOSE DRAWING VIDEOS HAVE GONE VIRAL. HE HAS GAINED AN IMPRESSIVE 220,000 FOLLOWERS ON HIS TIKTOK ACCOUNT @SLICK.SKILLS. (PHOTO BY GEOFFREY HOWARD)

When Max MacAulay looks for subjects to draw, he tries to find people who look interesting and will likely stay still for more than five minutes.

Typically, MacAulay finds these people at the Halifax Public Gardens, the Halifax Waterfront, local bars or on busses. Equipped with a pen and paper, he draws his subjects and films their reaction when he hands them the finished work. If they give him their permission, he will post the video to his TikTok and Instagram accounts.

MacAulay, a second-year business major at Nova Scotia Community College (NSCC), says he was motivated to start posting videos after noticing how superficial social media can be.

"I find that there's a lot of pressure to look a certain way or act a certain way [on social media], and a lot of it's staged, a lot of it's fake. So I thought OK, how can I go against that?" MacAulay said.

Making strangers' days

MacAulay has been posting on TikTok since 2019, but only started drawing strangers around March 2020 shortly before the COVID-19 pandemic hit. He explains that in addition to wanting to post genuine content, he was inspired to spread positivity in light of all the negative news.

"I've had people reach out to me like, 'Oh my god, thanks so much. It's made my day,'" he says.

MacAulay recalls one of the first times he drew a stranger in the food court at the Halifax Shopping Centre and the positive reaction the stranger had.

"It was just totally genuine," MacAulay says. "I think if I didn't have that first reaction, I probably wouldn't be drawing other people now. It kind of motivated me to do more. I was like yeah OK, it was pretty fun to do that. Let's do some more."

One of the most popular videos on MacAulay's TikTok page is of a man and a woman sitting together at a Halifax bar. In the video, MacAulay draws the couple and notes with humour that the man is wearing a pair of shiny shoes.

"I bet he's talking to his wife all the time like 'Oh, look at my shoes!'" MacAulay explains with a laugh. "So I added him saying that [in the drawing] and they really liked it."

In the video, MacAulay presents the couple with the picture, to which the man happily exclaims, "Are you serious?"

The comments are overwhelmingly positive. "So wholesome," one user comments.

"Doesn't take much to make someone's day," another one agrees.

As of early November, the video currently has about 5.5 million views and 1.1 million likes.

Finding motivation again

MacAulay has lived in Nova Scotia his entire life. He briefly attended Dalhousie University before dropping out and taking a couple of years off. He says he's always loved art, but started taking it seriously about three years ago when he began drawing every day. He prefers to do all of his drawings with a pen.

"If I'm using a pencil, it kind of makes me feel like if I make a mistake, I'm allowed to erase it. Whereas with a pen, you can't," he explains. "So if I make a mistake I work with the mistake."

He got the inspiration for his TikTok username, slick.skills, from a childhood nickname given to him by a basketball coach.

"I don't know how he came up with that. I think it's because I was stealing the ball all the time. So I'd be 'slick,'" MacAulay says with a laugh.

MacAulay describes his childhood self as a "super determined kid," noting how he was always active, excelling at school and generally felt very positive. When he got to university, he began struggling with depression and grappled with a lack of motivation. After taking a couple of years off school, he decided to rebrand himself on social media as a fresh start.

"When I started NSCC and made a new Instagram I changed my name to [slick.skills]," he says. "I called myself that again, hoping to get my motivation back, even if it's just in a small way of nicknaming myself again."

MacAulay plans on continuing to make art and TikTok videos, hoping he can continue to spread his

message of positivity and authenticity. He says he would like to collaborate with other artists in the future.

"I might even collab with people who don't even do art," he adds. "People that I find who are genuinely creative or actually post good stuff on TikTok, that's in the future. Here in Halifax, I'd really like to get some mural work, if I can."



A CLOSE-UP OF MACAULAY'S DETAILED PORTRAIT WORK. HE PREFERS TO DRAW UNSUSPECTING STRANGERS AND THEN SHOWS THEM THE COMPLETED ARTWORK. (PHOTO BY GEOFFREY HOWARD)

"I've had people reach out to me like, 'Oh my god, thanks so much. It's made my day.'"

Dalhousie poets: aftershock

After the earthquake: An ode to Izmir

BY GOKCE ON

Editor's note: This piece was written after the earthquake in Izmir, Turkey on October 30, 2020. For more information on ways you can help with the relief efforts, please see the following links:

- <https://www.akut.org.tr/en/donation>;
- <https://donate.tpfund.org/campaign/izmir-turkey-earthquake-relief-fund/c309729>

i cried for hours today
as i felt the waves of pain going through my body
not physical
but mental, emotional
looking at my city
how beautiful and untroubled it had seemed
just a couple hours ago
the way everything changes in a matter of moments
dust settling where an apartment building used to be
the now foreign
conversations with neighbours
turned into corpses
the rising of the sea
desperation, death, delirium

women in the street, screaming as they hold their children
my dear city
i'm sorry — you didn't deserve this
i'm sorry — the crying and the wallowing
won't rebuild your buildings
won't save your people
nor will they help protect you.
the tears will only help us process
as the city rebuilds itself
and things start falling back to their usual rhythm,
as the people heal,
until we can once again take the ease of this city
for granted.

“Dalhousie poets” is a rotating column in the Gazette’s Art & Lifestyle section featuring poetry by students on various subjects. Interested in submitting your verse? Email arts@dalgazette.com.



THE CITY OF IZMIR, TURKEY WAS DEVASTATED BY A MAGNITUDE SEVEN EARTHQUAKE ON OCT. 30, 2020. (PHOTO BY NEDIM ARDOĞA)

Determination, courage and much more

Victoria Haworth's President's Award win an ode to her late father

BY LUKE DYMENT, SPORTS EDITOR



VICTORIA HAWORTH DEMONSTRATES HER WINNING FORM DURING A GAME AT DALHOUSIE. SHE'S HELPED RAISE THOUSANDS OF DOLLARS FOR THE CANADIAN CANCER SOCIETY FOLLOWING HER LATE FATHER'S DIAGNOSIS WITH THE DISEASE. (PHOTO BY TREVOR MACMILLAN)

Victoria Haworth learned she was named a winner of the Dalhousie University Tigers' President's Award a couple of days before it was announced on April 3, 2020.

Volleyball coach Rick Scott and the Tigers were aware Victoria's father was in poor health. They told Victoria of her win early so she could share the news with her father. Brad Haworth passed away on April 2 following his long battle with cancer.

"Winning the honour boosted me up some with what was going on in my life," Victoria said. "It was a nice thing to share with my father before he passed away. I know he was definitely proud of me."

Victoria's accomplishments

The President's Award, awarded last season to both Victoria and track runner Matthew Coolen, is given annually to "an individual who best combines athletics, academics, leadership and fair play," according to the Dal Tigers website.

Victoria, from the Halifax suburb of Waverley, won the award while completing her fifth year as a combined medical sciences and engineering student. Victoria is now in her sixth year and is the first Dal student to pursue a combined degree in those two areas.

Her volleyball season ended with her fifth Atlantic University Sport (AUS) championship and a spot on the U Sports All-Canadian second team.

Victoria was also recognized for her volunteerism, including her work as the Special Tigers Sports program's co-chair. Her sister, Rebecca Haworth, created the program in 2012. Victoria began with the program in high school, before even her first Dal class or volleyball game.

Rebecca, a former Tigers high jumper, is also a President's Award winner, having won in 2012 and 2013.

"There were moments where I decided I wanted to be a student first and athlete second. Plus, I really wanted to give back to the community that raised and groomed me. A lot of people gave a lot to get me where I am, and I wanted to be able to do that for someone else," Victoria said. She also volunteered for Relay for Life (a fundraiser for the Canadian Cancer Society), Ronald McDonald House Charities and other volunteer organizations. Additionally, Victoria coaches volleyball at Citadel High School.

Scott knew about Victoria's father's diagnosis, which happened the summer before her fifth year. He watched as Victoria excelled through the year while coping with her fa-

ther's health. Scott was in awe.

"She was so strong through the entire year, between being with her dad, doing well in school and being a great player and leader on the team," Scott said. "Her accomplishments in those areas and community service is impressive for any student athlete. To couple that in her last year with the stresses and challenges with her dad is nothing short of impressive."

Family support

Rebecca said she is proud of her younger sister for winning the President's Award, but by no means is surprised.

"It's great to see how much Tori [Victoria] has been able to achieve over the years. It will be interesting to see where she goes with her combined degree and volunteer work," Rebecca said.

A longtime volunteer herself, Rebecca said her parents were instrumental in encouraging her, Victoria and their older sister Sarah in achieving their goals. Their father volunteered as a coach when they played sports at young ages.

"He made sure we always tried our best to achieve what we pursued. He was certainly proud of us and what we accomplished, especially Tori this past year," Rebecca said.

"I'm honestly not sure if Mom or Dad missed any of my games," Victoria said of her parents' passion for watching her play volleyball, one of many things they supported her in. "Even games away from Dal, nearly every game in Atlantic Canada, they were there."

After her father's cancer diagnosis, Victoria began volunteering with the Canadian Cancer Society. One of her team's games last year served as a fundraiser game for the Cancer Society as part of the Tigers' wider Serve for the Cure initiative. Victoria led this initiative, which raised more than \$6,500 for cancer research over the year.

When the team came together to raise money through Serve for the Cure, Victoria felt grateful knowing she had people like her teammates, coaches and other volunteers she looked up to there with her.

"Our team raising money for the Cancer Society through Serve for the Cure was special," Victoria said. "Looking back, I'm reminded of those people who helped me, and it's really special to think I was possibly that person for someone else. I was proud to be that person this past year."

Game time in Halifax

A look inside a socially distanced Halifax Mooseheads game

BY LUKE DYMENT, SPORTS EDITOR



EMPTY SEATS SET THE SCENE AT THE SCOTIABANK CENTRE ON OCT. 29 WHEN THE MONCTON WILDCATS FACED THE HALIFAX MOOSEHEADS. LIKE THE QUEBEC MAJOR JUNIOR HOCKEY LEAGUE'S (QMJHL) OTHER MARITIME TEAMS, ONLY A LIMITED NUMBER OF FANS ARE PERMITTED INSIDE TO WATCH GAMES IN HALIFAX.



THE SCOTIABANK CENTRE IS CURRENTLY DIVIDED INTO 10 ZONES, WITH A MAXIMUM OF 200 PEOPLE PER ZONE, TO HELP TO KEEP GATHERINGS AT THE GAME WITHIN PUBLIC HEALTH GUIDELINES. ZONES ARE LETTER AND COLOUR-CODED AND SEPARATED BY SHORT BARRICADES.



EVERY SECOND ROW OF SEATING IN THE SCOTIABANK CENTRE IS LEFT EMPTY TO PRESERVE SIX-FOOT DISTANCING RULES. TWO OR THREE DIFFERENT-SIZED GROUPS OF PEOPLE CAN SHARE A ROW, AGAIN SEPARATED BY AT LEAST TWO SEATS AND OFTEN



AS WITH ANY PUBLIC SPACE, HAND SANITIZER BOTTLES ARE PLENTIFUL IN THE ARENA. USING THEM IS REQUIRED TO ATTEND THE GAME. STAFF ALSO GO UP AND DOWN STAIRS SEVERAL TIMES A GAME WITH A CLOTH AND SPRAY, DISINFECTING HANDRAILS AND OTHER HIGH-CONTACT AREAS.

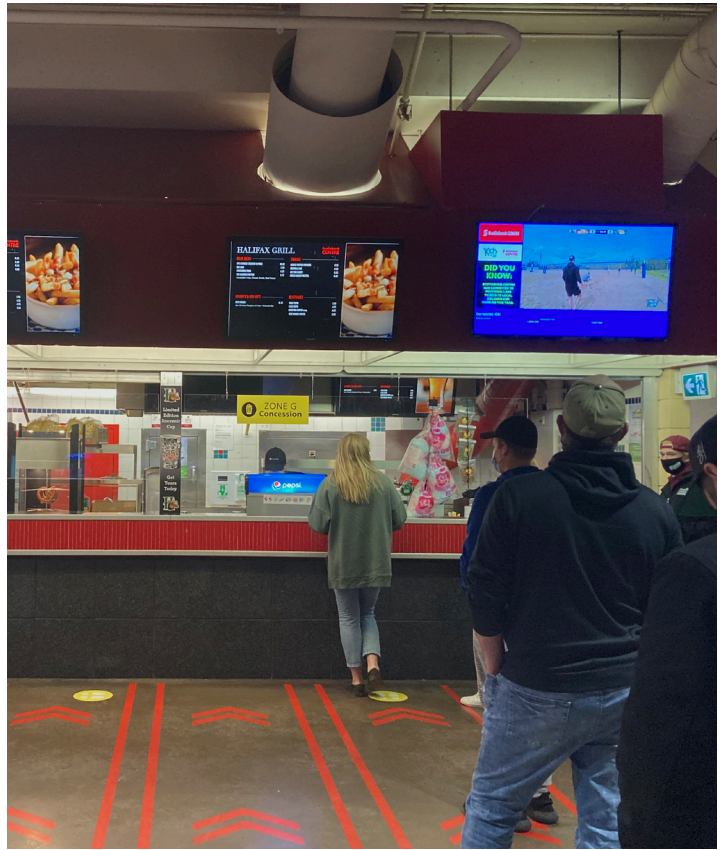


THE SCOTIABANK CENTRE HAS CHANGED THEIR FOOD AND DRINK SERVING METHODS: ALCOHOLIC DRINKS ARE NOW ONLY AVAILABLE THROUGH A VENDOR AND DELIVERED TO YOUR SEAT. VENDORS HAVE ALWAYS WORKED AT GAMES, BUT NOT AS THE ONLY PURCHASE OPTION FOR BEVERAGES. A LIMITED NUMBER OF FOOD ITEMS ARE STILL AVAILABLE UPSTAIRS AT THE RINK'S CANTEN.

SPORTS



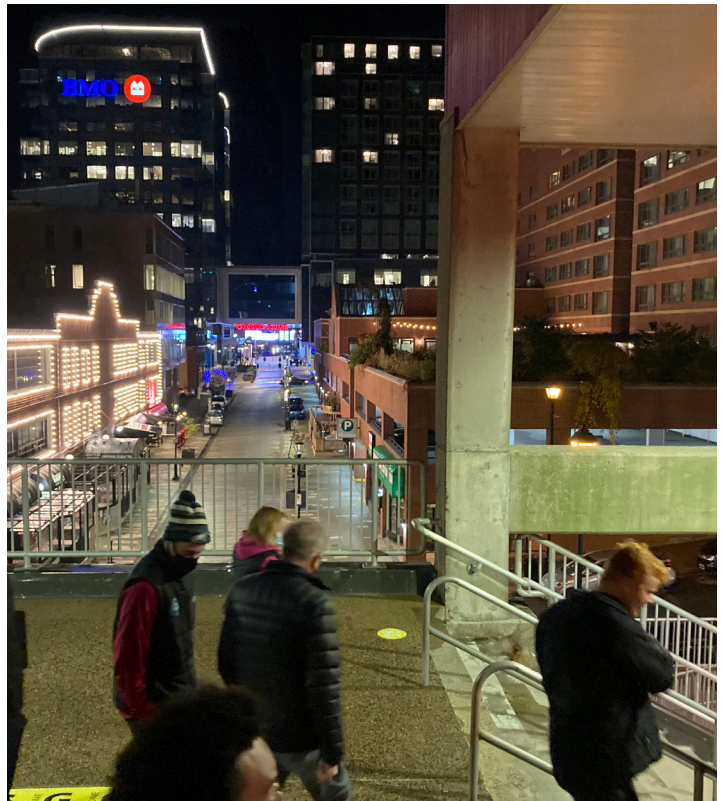
INTERESTING PROCEDURES WERE ADDED BY THE QMJHL THIS YEAR AFTER EACH GOAL: THE MOOSEHEADS (RED) RETREATED TO THEIR OWN END OF THE ICE. HOWEVER, THE WILDCATS (WHITE) GROUPED TOGETHER AND KEPT QUITE A DISTANCE FROM THE OTHER TEAM UNTIL PLAY RESUMED.



CANTEEN LINES ARE USUALLY PACKED WITH FANS BETWEEN GAME PERIODS. WHILE COVID-19 RESTRICTIONS ARE IN PLACE AT THE ARENA, ONE BRIGHT SIDE FOR FANS IS THE SHORTER LINES.



DESPITE THE SWATHS OF OPEN SEATS, THE GAME WAS ONLY 100 SPECTATORS SHORT OF A SOLD-OUT GAME, WHICH COUNTED 1,900 IN ATTENDANCE.



MONCTON WON 4-3 IN A GAME THAT NEEDED OVERTIME. GETTING OUT OF THE ARENA AND TO THE BUS STOP PROVED MUCH QUICKER AFTER THE GAME - A NEW TREAT FOR FANS. DUE TO THE ARENA'S ZONE CONFIGURATIONS, DESIGNATED EXIT AREAS WERE SET, MEANING THOUSANDS OF PEOPLE WEREN'T CRAMMING THROUGH THE SAME EXIT LIKE IN THE PAST.

From Tigers to Stingers and back

Xavier Ochu's basketball journey includes a summer stop in CEBL

BY ILYAS KURBANOV



XAVIER OCHU CELEBRATES THE EDMONTON STINGERS WIN AT THE 2020 CANADIAN ELITE BASKETBALL LEAGUE (CEBL) CHAMPIONSHIP. WITH A SEASON OF PROFESSIONAL BASKETBALL UNDER HIS BELT, OCHU RETURNED TO DALHOUSIE THIS SEASON. (PHOTO BY EDMONTON STINGERS)

Xavier Ochu represented Dalhousie University in the Canadian Elite Basketball League (CEBL) this past summer.

Ochu, a fourth-year guard from Milton, Ont., was drafted by the Edmonton Stingers in the third round (18th overall) of the CEBL U Sports Draft. His longtime Dal teammate Sascha Kappos was also picked by Edmonton, going in the first round (fourth overall).

Ochu played against strong competition in U Sports, but the CEBL was another level to experience. He wasn't able to get much time on the court, but he was able to learn what it takes to play on the professional level.

"Seeing how everyone takes care of their bodies and their approach to the game was definitely helpful for my game," Ochu said. "It gave me a head start for the future."

Playing during COVID-19

The CEBL season was almost cancelled because of COVID-19, but the league created a bubble-like environment to host the summer's games. The season took place in St. Catharines, Ont.

Every team arrived at facilities and hotels around St. Catharines's arena, the Meridian Centre. Teams' players and staff quarantined and were tested for COVID-19 prior the start of training camps and playing.

The smooth transition allowed everyone to start training camp easily. But the restrictions didn't ease after the quarantine phase. Everyone was re-

quired to stay in their hotel rooms as much as possible to limit the risk of contracting COVID-19.

"Everyone did a good job of self-isolating and social distancing," said Ochu.

Learning process

Once the training camp began, players followed a daily plan.

The Stingers practiced first, and then had weight

training to maintain body strength and conditioning. In between and after training sessions, players had their own recovery processes.

Ochu watched and learned how each player treated their bodies.

"It was a big wake-up call," Ochu said. "These guys are only a couple of years older than me and they treat their bodies like gold."

At the same time, Ochu took advantage of his position with the team. The Stingers' head coach Jermaine Small brought Ochu in to play defence, hustle and hit shots.

"In practices, [Small] wanted me to guard Xavier Moon, our starting point guard," Ochu said. "He wanted me to get that experience."

Ochu worked with the best of the best in the CEBL this past summer as the Stingers won the league. That win allowed him to better understand what it takes to thrive at the professional level of basketball.

While he is still with the Dalhousie Tigers, Ochu has an opportunity to work on the necessary skill sets needed to improve as a basketball player. En-

durance and conditioning can be the X factor in continuing to improve as a player into the future. It can earn a chance to get more playing time.

"Just training, working, drilling that hard and trying to implement those things as much as I can in practices, so when I get out onto the floor, I'm ready to go," said Ochu.

Student athlete in the CEBL

There are previous generations of U Sports stars competing in the CEBL. At the same time, current stars get an opportunity to showcase their talent and earn scholarships toward their education.

Ochu aspires to become a professional basketball player one day, but he won't let it take away from his education. He earned scholarship money towards his arts studies at Dalhousie through his CEBL experience.

"They provide money for U Sports players and put it directly toward tuitions," Ochu said.

For many of these players, the goal is to become professional basketball players. The CEBL continues to encourage U Sports talent to become Canada's future in aspects of the sport and in life.



OCHU WAS ONE OF TWO DAL TIGERS DRAFTED IN 2020 BY CEBL. (PHOTO BY EDMONTON STINGERS)

"These guys are only a couple of years older than me and they treat their bodies like gold."

Swimming against the tide

Dal swimmers dive back into training

BY LUKE DYMENT, SPORTS EDITOR



DAL SWIMMERS SMILE ON THEIR RETURN TO THE POOL THIS FALL DESPITE THE UNCERTAINTY OF WHEN COMPETITION WILL RESUME FOR ATLANTIC UNIVERSITY SPORT. (PHOTO BY LANCE CANSDALE)

It's been nearly nine months since the Dalhousie University Tigers swimming team wrapped up their 2019-2020 season at the U Sports Championships. They finished just before the COVID-19 pandemic hit.

Swimmers felt the pandemic's effects in the off-season though as pools nationwide closed.

Many Dal swimmers hadn't even seen a pool for six months, from the beginning of March until late summer, when Dalplex reopened. Tigers swimmer Imani Theodore said it's challenging to feel comfortable swimming after just one day off, let alone half a year.

"It was hard getting readjusted," Theodore said. "[Swimming] has been good after being back for a while, but it was a really hard adjustment period our first month back."

Dal's swimmers are coming off a successful season where they placed first and second in the women's and men's divisions, respectively, in the Atlantic University Sport (AUS) Championships. The women's Tigers would go on to place 11th in nationals while the men snagged 16th place.

Coping with no competition

With the AUS's cancellation of fall semester sports,

swimmer Mady Shivgulam said there has been a bright side.

"Usually, the goal in mind is to practice in order to improve for the next swim meet. [The suspension of fall sports] has been nice in one sense. It's

been good to focus on training, plus I enjoy being with the team and enjoying swimming for what the sport is," Shivgulam said.

Even without official competition, the team makes up for it by designating their Friday nights as "race nights." Swimmers

race each other in different ways each week, whether through a different number of laps or swim styles.

Swimming coach Lance Cansdale said the in-house events have been successful in keeping a sense of competitiveness.

"Athletes can apply results from these races to where their performance level might be through the year, making it a great chance for them," Cansdale said.

Cansdale said his team, featuring 14 rookies, is moving in the right direction and training hard despite the uncertainty of what the season will bring. A motto he's preached is "anywhere, anytime, any condition."

"You've got to be ready to go regardless. The ath-

letes who can adapt to changing variables are the ones that will be consistent and successful," Cansdale said about the slogan. "This is true for [swimmers'] academic lives too. With online classes students are learning not only their courses, but a new way of learning since class delivery is different. They have to be slowly loaded and given time to adapt because for six months, they had nothing."

Status of virtual competitions

Regular competition against other schools won't be back until at least January 2021. Cansdale says he and other AUS coaches have considered the idea of distanced (or virtual) competitions instead. The AUS has not commented on this possibility, but in such a case, schools would race at each of their own pools and have times recorded. Times would then be compared to those of their opponents.

Cansdale, Shivgulam and Theodore said no plans to compete in this fashion have been set, but having at least one virtual competition against other teams before Christmas isn't off the table.

Cansdale added, as part of the process of returning to normal competition, remote competition could be one of a few steps to a return. That could mean distanced competition could happen in January, even if the AUS approves a return to play.

Any distance competitions would involve much different approaches to races, Theodore said.

"It's one of those situations where you have to race the clock and not the other person," she said. "Once you get a racing suit on, everything can change. The headspace feels different, it's like switching into competition mode."

"When you walk into the AUS Championships in February, you can feel the atmosphere is different than meets earlier in the season. Some swimmers really strive in that environment," Shivgulam said about the pressure-filled meets where many teams gather to chase a championship. "Our team is really supportive though. If we're only given [distanced competition] parameters, we can get behind that and motivate each other to make the best of that situation."

It hasn't been an easy recovery for swimming programs in the AUS. The pandemic's financial burden and health concerns forced Acadia University to close their pool. They form one example of how a return to swimming is difficult in its own respect from other sports.

"We're trying to be as optimistic as we can for the new year. But things look somewhat promising since we are in the Atlantic bubble," Cansdale said. "Fingers are crossed."