

DALHOUSIE GAZETTE

NORTH AMERICA'S OLDEST CAMPUS NEWSPAPER, EST. 1868



LAST NOVEMBER, SIERRA SPARKS BECAME ONE OF 11 CANADIANS TO WIN THE 2021 RHODES SCHOLARSHIP. AT OXFORD UNIVERSITY, SHE PLANS TO PURSUE A DPHIL IN ENGINEERING SCIENCE AND CONTINUE HELPING PEOPLE THROUGH ENGINEERING. (PHOTO BY GEOFFREY HOWARD)

Sierra Sparks makes her mark

Dal's latest Rhodes Scholar knows how to create change

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LETTER FROM THE EDITOR

Vacationing politicians need a reality check

Dear reader,

While there is much to be optimistic about in 2021, disappointing news stories continue to fill our screens. One of the most frustrating stories I've heard is about Canadian politicians vacationing during the past holiday break.

Rod Phillips, Ontario's former finance minister, travelled to the Caribbean. Tracy Allard, Alberta's former municipal affairs minister, vacationed in Hawaii. Senator Don Plett took a trip to Mexico: the list goes on, and it's not short. Of course, it's incredibly hypocritical for politicians to do exactly what they warned Canadians against: non-essential travel. But hypocrisy is not the only issue.

These travelling politicians are risking lives — their own and the people they interact with — by possibly spreading COVID-19, or at least increasing the chance of its spread. Not only is it baffling to see elected officials act this carelessly, but to then learn their bosses knew about their travel plans. Ontario Premier Doug Ford, for example, admitted to knowing about Phillips' vacation.

Ordinary citizens need to do their part, too. I was shocked by a segment on CBC's *The National* on Jan. 1, 2021 showing several people at Toronto Pearson International Airport describing their international vacation plans. Hopefully, the new requirement for people to test negative for COVID-19 before boarding a plane back to Canada will deter some vacation planners.

To be clear, I don't believe students, at least the vast majority, are guilty of unnecessary travel. Most of us can't afford it. I know several fellow students who didn't go home for the winter break due to COVID-19 restrictions. Others including myself, who did travel back to their home province, followed quarantine rules. But if you know an aunt of yours already has a flight booked to Cancún, Mexico, or a cousin is planning a trip to Hawaii, please urge them to reconsider. It'll be months before the general public has access to vaccines and even after we get them, we still must take COVID-19 restrictions seriously. This pandemic is not over, but it could end sooner if we work together to stop it.



-Tarini Fernando, Editor-in-chief

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Paving the way for women in politics

Dalhousie students spearhead new scholarship

BY LANE HARRISON, NEWS EDITOR



SARAH DOBSON AND GRACE EVANS WANT TO SEE MORE WOMEN IN POLITICS. THE DUO ESTABLISHED THE WOMEN IN POLITICS SCHOLARSHIP AFTER CO-AUTHORING THE BOOK *ON THEIR SHOULDERS* TO BE RELEASED LATER THIS YEAR. (PHOTO BY KARLA RENIC)

Sarah Dobson and Grace Evans are creating the change they want to see at Dalhousie University.

In December, Dal officially established the Women in Politics Scholarship, a project started by Dobson (a recent graduate of Dal's Schulich School of Law) and Evans (an undergraduate student in Dal's political science program). Two scholarships will be awarded annually, each of \$1,000, to a student in the department of political science who identifies as a woman, and is committed to feminist and gender issues. The first scholarships will be awarded for the 2021 summer term.

Through the scholarship, Dobson hopes to let "students know that there's a lot of women out there who are very interested in them and in politics."

A book, a scholarship and so much more

Together, Dobson and Evans wrote a book titled *On Their Shoulders: The Women Who Paved the Way in Nova Scotia Politics*. Once released, the book's proceeds will help sustain the scholarship. The scholarship is currently being supported by crowdfunding donations raised through the website projectDAL.

Dobson and Evans' book tells the stories of the 50 women elected to the Nova Scotia House of

Assembly from Confederation to 2020. In comparison, more than 750 men have been elected as MLAs in the same time frame. Since Dobson and Evans wrote their book, the number of female MLAs has risen to 51 after Kendra Coombes was elected to represent Cape Breton Centre in a 2020 by-election.

Dobson and Evans hope to use the connections they made researching the book to create a network of women in politics who will support and empower the students chosen for their scholarship.

"One of the best parts about doing the project was seeing women who are already in those roles still wanting to help younger women and students achieve their goals," Evans said. "It kind of helped the project all come together."

Many of the women featured in the book also donated towards the project, helping Dobson and Evans raise about \$13,500. Thanks to those dona-

tions, they have "a good nest egg of money" to get the scholarship started, Evans said.

While the book is focused on women serving in public office, Dobson and Evans hope to support women interested in any aspect of working in politics.

"Obviously, being a politician, you're exposed to a certain level of sexism. But I think what people don't always think of is that that extends into working in politics as well," Evans said, referring to women who work as volunteers, policy analysts, campaign managers or other political jobs.

It was also important to Dobson and Evans the scholarship be established during COVID-19, as they hope its monetary impact can help a student who is struggling financially.

How the scholarship came to life

Dobson says the book was always meant to be a fundraiser and the pair settled on a scholarship as the best way to use the money it will raise.

They originally considered making the scholarship province-wide, but were approached by Dalhousie in the fall about creating the scholarship at the university.

"It was easier to do it through Dal," Evans said. "They have a lot of mechanisms and people in place to help us create a scholarship, which was a lot harder than I think we had first anticipated."

Dobson and Evans had originally planned to accept and evaluate applications for the scholarship themselves, but decided it would be better to let Dalhousie create a panel to judge submissions.

"I think at first, we had wanted to be a part of it. But then going through the process, I think we realized that as long as we had set the criteria, the

panel would be able to make probably a better decision," Evans said.

Evans says she and Dobson just want to ensure they have the opportunity to connect with the women selected for the scholarship. The pair hopes to publish *On Their Shoulders* sometime in early 2021.

"One of the best parts about doing the project was seeing women who are already in those [political] roles still wanting to help younger women and students achieve their goals."

Meet Dal's 92nd Rhodes Scholar

Off to Oxford, Sierra Sparks left a lasting impact on the Dalhousie community

BY LANE HARRISON, NEWS EDITOR

Sierra Sparks remembers the frustration of being the only woman in a design group during her first year of engineering at Dalhousie University.

"No one was listening to what I wanted to say," Sparks said. Her early experiences with university engineering left her "wanting really badly to prove all these people wrong."

In November 2020, Sparks became Dalhousie's 92nd Rhodes Scholar. In the fall, she'll travel to Oxford University in England, where she'll pursue a DPhil in engineering science specifically to study medical imaging.

As a Black woman in a field dominated by men, Sparks credits much of her success to "having people who really believed in [her] and having people who didn't."

Sparks is leaving Dalhousie with a lasting impact on and off-campus. She worked with the Dalhousie Women in Engineering Society to host young women interested in engineering on campus, while conducting her own presentations at local schools in the hopes of demonstrating to young women and Black students that they can be a success in engineering.

She also altered the curriculum at Dalhousie for years to come. As a part of the Dal branch of the Institute of Electrical and Electronics Engineers, she helped write a report on anti-discriminatory and inclusive design in engineering.

As a result, the syllabus of Engineering in Society II (a required course for many students in engineering) was adapted for the fall term to include lessons on inclusive design. Sparks is currently working with Dal to implement the report's recommendations in other courses.

From talented student to campus-wide leader

Sparks found enjoyment in math and science from a young age.

She remembers driving to elementary school and going through the Tim Hortons drive-thru with her mother, who "would just kind of quiz [her]."

"Like, 'If I pay with \$5 how much change am I getting after tax?' Like that was a fun game for me," Sparks said. "That's not obviously everyone's definition of fun. But that was just what I really enjoyed doing."

Despite her affinity for math and science, it wasn't until Sparks was a student at Prince Arthur Junior High in Dartmouth (now Dartmouth South Academy) that she connected her passions to her current career path. This happened when her cousin trav-



CREATING CHANGE ON CAMPUS: SIERRA SPARKS ENCOURAGED YOUNG WOMEN TO STUDY ENGINEERING THROUGH HER INVOLVEMENT WITH DALHOUSIE'S STUDENT SOCIETIES INCLUDING THE UNDERGRADUATE ENGINEERING SOCIETY AND THE WOMEN IN ENGINEERING SOCIETY. (PHOTO BY GEOFFREY HOWARD)

elled from Ottawa to Dalhousie to take engineering, and encouraged Sparks to couple her talents in math and science with a future in the field.

"The only exposure I had to engineering was her, essentially. And so, you know, from that kind of young age, I was able to see, 'Oh, yeah, obviously women can excel in engineering, because here's my cousin doing it.'"

Sparks says she didn't come to understand how underrepresented women are in engineering until she arrived at Dal. She recalls male peers telling her in first year she wasn't competent and classes were easier for her because Dal wanted to retain female engineers.

But Sparks wasn't deterred.

"I didn't want to leave engineering because of it. One, because I'm stubborn. But two, because I had my cousin," Sparks said. "I knew that it was possible to be a woman in engineering and still succeed."

Without her cousin, Sparks says she may not have become an engineer. Now she hopes to provide that sort of support to the next generation of Black and female engineers.

"I wanted to be that role model for people who may not have an older cousin," Sparks said. "Because it's really important to me that at least people are exposed [to engineering], to see that it is possible for them to succeed."

Sparks said the most rewarding aspect of her experience at Dalhousie was the time she spent helping others as a leader on campus – something she didn't believe she had the capacity to do prior to arriving at university.

"When people say leadership, it really means so many different things to everyone," Sparks said. "What I really learned, especially in first year, is just that everyone has something that they can bring to the table."

In her first year, a friend encouraged Sparks to run for the first-year representative position with the Diploma of Engineering Society (DES). Sparks hasn't stopped leading since.

In her four years at Dal, she has been first-year representative, president and banquet committee chair of the DES, vice-president (external relations) of the Undergraduate Engineering Society, vice president (outreach and logistics) of the Women in Engineering Society, treasurer of Dalhousie's Institute of Electrical and Electronics Engineers branch, social representative on Shirreff Hall Residence Council, and a head leader for orientation week.

"[Being a leader] has been what kind of motivates me to continue doing school and just, honestly, it gives me a lot of energy," Sparks said.

Additionally, Sparks was elected as a 2020 Dal-

housie student senator, serving as the women's representative on the Dalhousie Student Union's Senate Caucus. She also worked as a teaching assistant and a Together@Dal upper-year mentor for incoming students in 2020.

In her spare time she enjoys playing and composing music on the piano. In May, she composed a song titled "Always Moving" (which you can view on YouTube) in honour of the Black Lives Matter movement.

"It's a good relaxation tool for me outside of engineering," Sparks said about playing the piano.

How she'll change the world

Once on campus at Oxford, Sparks hopes to continue her passion of helping people through engineering.

"Over the past year, I've become very passionate about not only the outreach component of getting people into engineering, but kind of from a broader perspective making engineering inclusive for other people and making the product of engineering inclusive," she said.

Sparks plans on researching solutions for the high cost of medical imaging equipment, the amount of training a person needs to use it and the factors which currently cause medical imaging to be inaccessible for many remote communities.

"For example, for ultrasound imaging, if you don't have someone there to interpret what the image means, then it's almost useless," Sparks said.

Sparks hopes to find these solutions by researching a current breakthrough in medical imaging: the use of artificial intelligence. Specifically, she'll be looking into MRI and the way it can be used to diagnose dementia and Alzheimer's disease.

Acknowledging the scholarship's past and improving its future

In 2015, a campaign called Rhodes Must Fall began when students at the University of Cape Town successfully protested for the removal of Cecil Rhodes' statue on their campus.

Rhodes was a British politician, businessman and coloniser. Some have credited him as an architect of South Africa's apartheid. Historical documents also show Rhodes clearly held white supremacist views. Until 1977, when the first Black South African received the Rhodes scholarship, all South Africans who won the scholarship were white. This was partly due to a stipulation in Rhodes' will that four scholarships be reserved to students from four all-male private schools, which were formerly white-only. Furthermore, only men could receive Rhodes scholarships until 1977.

After this year's class of American Rhodes schol-



SPARKS PLANS TO JOIN OXFORD'S BLACK ASSOCIATION OF RHODES SCHOLARS TO CONTINUE THE DISCUSSION ON THE RACIST HISTORY OF THE RHODES SCHOLARSHIP WITH HER PEERS. (PHOTO BY GEOFFREY HOWARD)

ars was announced, conservative websites and news outlets began bemoaning the cohort's diversity as a concession to "woke ideology," as the *Times* of London put it. Of the 2021 American Rhodes scholars, two are non-binary, half are first-generation Americans and one is the first transgender woman to ever win the scholarship.

Sparks said it's difficult to deny the Rhodes Trust is considering diversity when selecting applicants.

"That's like, almost the same as people saying, 'Oh, I don't see colour,'" Sparks said. But she believes recognizing diverse applicants is important for the future of the scholarship.

"Having people who are not fitting that typical profile that [Cecil Rhodes] was looking for originally is really im-

portant to rebranding the scholarship and giving those opportunities for learning," Sparks said.

Sparks did not know much about the Rhodes Must Fall campaign prior to applying for the scholarship, but decided to do more research into the issue before beginning her application. Learning more about Cecil Rhodes' history didn't deter her from pursuing the scholarship.

"Any institution, there's going to be some sort of

history there, if it's more than 50 to 100 years old," Sparks said. She pointed to the pro-slavery Lord Dalhousie as an example, after whom Dalhousie University is named.

Over the summer of 2020, the Rhodes Must Fall campaign had a resurgence with the Black Lives Matter movement. At Oxford, a statue of Rhodes still stands on an Oriel College building. After thousands of students protested about it in June 2020, the university announced the statue would be removed. The removal has since been delayed by the university.

In June 2020, the Rhodes Trust created a webpage to explain and acknowledge the racist foundation the scholarship is built on.

"I did appreciate that they were at least acknowledging it, but there's definitely still a lot of work to be done," Sparks said.

Sparks was glad to learn the Rhodes Trust created workshops on Cecil Rhodes' legacy for the annual orientation new scholars must attend. Once on campus, she plans on joining the Black Association of Rhodes Scholars to continue discussing the issue amongst her peers.

"It's really important to have these dialogues and to realize, OK, this is the history of the scholarship," Sparks said. "How can we move forward, understanding the many mistakes of the past and make it better?"

"What I really learned, especially in first year, is just that everyone has something that they can bring to the table."

Finding connection through Discord

Student-run online community provides human touch to virtual learning

BY LANE HARRISON, NEWS EDITOR



DISCORD SERVERS ARE THE NEW COMMUNAL SPACE FOR DALHOUSIE STUDENTS. IT'S THE LATEST WAY TO CONNECT WITH OTHERS DURING VIRTUAL LEARNING. (PHOTO BY GEOFFREY HOWARD)

With the majority of Dalhousie University courses being conducted virtually, students are more isolated than ever before. In an effort to find a sense of campus community, students have turned to social messaging apps such as Discord to create the connections they're missing out on.

Discord is an online platform for mobile and desktop devices that allows users to create their own community servers. Within a server, users can host multiple chat rooms for specific topics where they can send instant messages, share files, communicate over voice chat and screen share.

Prior to the COVID-19 pandemic, Discord was primarily used by the gaming community. In June 2020, the company decided to change its approach and become a tool for daily communication — a decision that has proven successful within the Dal community.

"We had Dal Mobile, but it was still new and not really optimized for a large-scale network of chats and calls and screen sharing," said Daniel Kang, a first-year computer science student at Dal who helped create The Unofficial Dal Online Learning Community server on Discord, which currently has more than 600 users.

"We just needed a better and stronger platform to act, really, as a central hub for online learning, and the idea of making the Discord server came to my mind," Kang said.

Creating a central hub

After creating his server in the fall, Kang promoted it on Dal Mobile, the app launched by Dalhousie specifically to connect students with each other amidst the pandemic and virtual classes. There, Kang found another server for the Dalhousie community created by second-year math student Louis Bu. Kang was concerned about multiple servers existing to serve the same purpose.

"That destroys the point of a central hub," Kang said.

So, Kang reached out to Bu and they merged their servers together. Their new server caters to the entire Dal community. When students first join the server, they're asked to select their role. The different roles are programs and years at Dalhousie. For example, once a student selects sciences as their role, they gain access to the sciences' chat rooms, such as biology or chemistry. In response to student feedback about the server, Kang also added pronouns to the roles feature in November 2020.

"We just needed a better and stronger platform to act, really, as a central hub for online learning, and the idea of making the Discord server came to my mind."

signed only for computer science students. It currently has around 130 members. Like Kang, Chuck started the server as an attempt to create a centralized hub for computer science students

looking for help in any of their classes.

At the beginning of the fall term, "there was a bunch of different group chats of people asking the same thing, all over the place, all at once," Chuck said.

Chuck tried the general Dalhousie server Kang and Bu created, but he was looking for more than just one computer science chat room where students could ask general questions.

"One minute it's talking about this course, the next minute it's talking about another course, or something about what to do for the [degree requirements]," Chuck said. He wanted a place where students could get help for a specific course they're struggling with.

To do this, Chuck created an academically focused server with a comprehensive list of chat rooms for each computer science course. Once students indicate what year they are in through the roles feature, they can access chat rooms for each computer science class in their year. Students can also create chat rooms for electives that are popular among computer science students in their year.

Helping each other and having fun

The general Dal Discord server has lots to offer aside from academics and chatting with peers. Kang said it can be used for "sharing art [and] creativity."

"There are some really impressive artists in the server, and they're like a blessing to my eyes," Kang said. "You could talk about aquariums. You can share pictures of your pets and they're all adorable."

This all takes place in chat rooms called hangouts, which also include spaces to talk about politics or share memes.

The server also takes advantage of Discord's roots in gaming. Students can select a gaming role to be notified of any game nights on the server, which take place through the voice chat feature. *Among Us* is often the game choice, Kang said.

The turnout for game nights usually isn't huge, Kang said. The most people he can recall attending is about 20. But Kang hopes those numbers will increase over the winter term "so everyone can have fun and enjoy their time in online learning."

Students can join the general Dalhousie Discord server at discord.com/invite/5W4PSd3kPX or the computer science server at discord.com/invite/yrq4CGMqWr.

The dangers of digital dragnets

Google is giving location data to the police

BY MAYOWA OLUWASANMI, OPINIONS EDITOR

Law enforcement is adopting more tech-savvy ways to operate and catch potential suspects.

“Digital dragnets” are a new type of coordinated system police use for catching criminals. A dragnet is a policing term that refers to any techniques police might use to enclose an area and find a criminal (e.g., conducting traffic stops, doing DNA tests of people in a specific area).

Digital dragnets implement these techniques in an even more covert, savvy and potentially dangerous way. One form of digital dragnets is a geofence warrant: It allows police to collect location data from technology companies like Google if they’re trying to find out who was in an area at a specific time. Digital dragnets are used by police in several countries including Canada. The Be On The Lookout (or BOLO) program used by Canadian police agencies shares digital geoinformation in an attempt to locate criminals across the country. It was used to find Brandon Teixeira, who was charged with first-degree murder, for a 2017 shooting in British Columbia.

How Google helps police

A 2019 article in the *New York Times* (*NYT*) revealed Google has been collecting location data from Android devices and some Apple products that have Google applications installed, and giving the data to police upon request. Such location data is maintained in what Google calls the Sensorvault, which holds location information from millions of devices across the globe. The data also goes back almost a whole decade. If you don’t remember where you were 10 years ago, Google does, and so might the police.

Location data gives each smart device an identification number for detectives to track movement patterns specific to a crime. Once the dataset is narrowed down to a potential list of suspects, Google then reveals the device’s user information to police.

Our world has seen data grow and be exploited massively over the last decade. Data as evidence, data as advertising, data as filtering: These are just examples of how our digital footprints are being used for purposes beyond our expectations. As consumers become more digitally literate and privacy conscious, calls for stricter government regulations have been made around the globe, and particularly in the United States.

The 2018 *Carpenter vs. United States* Supreme Court case resulted in the decision that police must hold a warrant to access location information from telephone companies. Yet this ruling has not dissuaded law enforcement. According to one Google



THERE'S A DARK SIDE TO BIG TECHNOLOGY: COMPANIES LIKE GOOGLE ARE THREATENING OUR PRIVACY BY COLLECTING DATA AND GIVING POLICE OUR LOCATION INFORMATION. (PHOTO BY GEOFFREY HOWARD)

employee who the *NYT* interviewed in 2019, the tech company received about 180 geofence warrants a week.

Dragnets and data rights

Digital rights lawyer Jerome Greco, in an interview with *Forbes*, argues geofence warrants “inherently invade the privacy of numerous people, who everyone agrees are unconnected to the crime being investigated, for the mere possibility that it may help identify a suspect.”

Some might argue that all this was bound to happen: once technology is created with the ability for surveillance, it’s only a matter of time before it falls into the hands of law enforcement. Yet, digital dragnets represent a new danger.

Geofence warrants have been used to investigate a myriad of crimes from bank robberies, arson, terrorism, murder and sexual assault. Digital dragnets can have huge implications on people’s lives. Even if a person is released during an investigation after being cleared of suspicion, time under police detention could risk employment and future stability.

In the *NYT* article, one interviewed victim of digital dragnets was Jorge Molina. He was told by police they had location data placing his phone at the scene of a murder. Molina was held in police custody for just a week before the authorities realized he was innocent. But Molina’s life hasn’t been the same since the incident. He lost his job after he was

wrongfully arrested at the warehouse he worked at. His car was repossessed after the investigation, and his digital privacy was undoubtedly breached.

It is consequences like these that can occur from digital dragnet investigations. Contrary to traditional dragnets, the police do not need a specific individual or device to move their investigation along. The primary suspect becomes the location. Police investigations become a *Where’s Waldo*-style hunt, where numerous people and devices become implicated in a crime. When police searches are supported by such shaky evidence, the probability of innocent people becoming implicated are sky high. Every individual with a device in a specific area during the time of the crime instantly becomes a suspect, simply because their information is being shared to Google.

As recognised in the 2018 U.S. Supreme Court *Carpenter vs. United States* case, which was written by Chief Justice John Roberts, geodata is “an intimate window into a person’s life, revealing not only his particular movements, but through them his ‘familial, political, professional, religious and sexual associations.’”

Digital dragnets are just a tiny part of the sea of data collection practices spurred over the last decade, putting tech giants like Facebook under public and political scrutiny. As COVID-19 accelerates the digital revolution, we need stricter, relevant measures regulating who gets access to our digital footprint, and how our data is being used.

Don't cancel your 2021 new year's resolutions

The value of setting goals

BY NATALIA TOLA



MANY PEOPLE MAY HAVE UNFULFILLED 2020 NEW YEAR'S RESOLUTIONS, BUT THAT'S NO REASON TO GIVE UP IN 2021. (PHOTO BY GEOFFREY HOWARD)

Despite countless opinion pieces written about the difference between vulnerability and weakness, our society continues to link the two ideas together. Humans fear others will take advantage of our fragility or point ridicule at us. We take countless measures to hide embarrassing moments, childish hopes, nightmares and extravagant fantasies from even our closest friends. This is why new year's resolutions become less and less popular as years go by.

The problem with resolutions

New year's resolutions come in many forms. You might decide to speak up in front of an intimidating professor, take a watercolour painting class, slowly start dating after a catastrophic experience or speak to a parent after years of anger. Vulnerability takes courage. It means admitting to yourself, and maybe other

people, that you feel regret over past failures.

What I believe is the worst decision when it comes to resolutions, is people choosing an extraordinary goal and mistakenly believing it will be easy to accomplish, as if your year-old habits can be broken in days. Without a realistic plan, people throw themselves into the biting cold water of impossible challenges and expect to swim just fine.

"There are far too many skeptics who will find the sharpest sarcastic remark to accuse new year's goals as silly or flat out unrealistic."

Changing oneself is treated like a two-step tutorial, a pill you swallow to immediately feel better. In a 2002 study, psychologists John C. Norcross, Marci S. Mrykalo and Matthew D. Blagys interviewed more than 100 people who made new year's resolutions. They found 71 per cent of their research subjects were

able to maintain their goals for one or two weeks. After six months, only 46 per cent were sticking to their resolutions.

This is what new year's resolutions often come

down to: either people dismiss the idea of changing themselves all together; they quit their goals a few weeks in; or, in the rare case, they stick with their resolutions. In this imbalance of results, there is too much room for bitter cynicism. There are far too many skeptics who will find the sharpest sarcastic remark to accuse new year's goals as silly or flat out unrealistic. Interestingly enough, according to research by Finder.com, generation Z made the most new year's goals at the start of 2021, compared to all other generations. So young people want change, but are we willing to put the work in to create it?

A new way to tackle resolutions

Perhaps new year's resolutions should be approached like grocery lists. We should go shopping for the essentials, but throw an extra item or two in the cart just for fun. You never know what value an overpriced pack of ricotta cheese will add to your life. Similarly, you never know who you will meet if you decide to walk outside once a day rather than staying indoors 24/7.

To write such a grocery list, you must be certain everything in it is irreplaceable. All elements must be useful in the long run. Likewise, the list cannot be too long or too costly. It's a journey centred around important needs.

For example, some of my resolutions include reading Russian literature, consistently working on my emotional well-being and saving money for future travels. However, I also want to accept my mistakes and become more confident in my writing.

On Thesaurus.com, some synonyms for the word vulnerable are susceptible, defenceless and helpless — all words with negative connotations. But what if we considered vulnerability as openness instead? There is certainly beauty in the vulnerability of confessing what you want to change to others and yourself.

All the shields we create to hide our innermost desires are but rusty metal we are yearning to throw aside. If there's anything we have learnt in the last few months, it's that life is short and terrible things happen without warning. So, in 2021, write down your resolutions. Sure, you might fail. But there's also a possibility of success. Vulnerability might open doors you never expected.

Those were the days

How nostalgia comforts us during difficult times

BY ANAHIT KONDYAN



THERE'S BEEN A HUGE SURGE IN CONSUMING OLDER MEDIA DURING THE COVID-19 PANDEMIC. "COVID NOSTALGIA," A TERM COINED BY MEDIA STUDIES PROFESSOR JACK HAMILTON, REFERS TO PEOPLE'S DESIRE TO LOOK BACK TO SIMPLER TIMES. (PHOTO BY GEOFFREY HOWARD)

According to a March 2020 study by the website Billboard and Nielson Music, many people are finding comfort during the COVID-19 pandemic by consuming media from simpler times.

The study, which surveyed almost 1,000 people, found 55 per cent of research subjects have been listening to music they "used to listen to, but have not heard in a while," while 54 per cent said they've been rewatching their old favourite television shows during the pandemic.

The term "COVID nostalgia" was coined by media studies professor Jack Hamilton, who's a media critic for *Slate* magazine. In an interview with *UVA Today*, Hamilton said when people feel uncertainty (which we certainly are during this pandemic), it's natural to "look back to simpler times, whether it's 20 years ago or even like six months ago."

What's nostalgia all about?

Nostalgia has long been investigated by psychologists and was initially thought to be a psychological disorder. In Greek, *nostos* means return and *algos* means suffering. Researchers now believe nostalgia is our body's natural defence against negative emotions like anxiety. During times of increased stress or hardship, we often seek comfort in what is familiar to us. This is a form of escapism, a way of combatting the harsh realities of our current conditions.

The past year has been especially trying with the global pandemic turning our world upside down. Many of us have turned to childhood favourites for

comfort: rereading the *Harry Potter* series (although J.K. Rowling's transphobic views have made people reconsider supporting her work), marathoning old Disney films and even making highly curated throwback playlists on Spotify.

Nostalgia marketing isn't new

Pre-pandemic, there was a significant amount of what I like to call nostalgic consumerism — a marketing ploy used by brands to sell products by toying with our nostalgia heart strings. In September 2020, London-based cosmetic brand Revolution Beauty launched an entire *Friends*-themed collection with everything from eyeshadow palettes to sweaters to bath bombs. Was this an obvious gimmick, which used a beloved '90s sitcom to play on our nostalgic whims, to get us to empty our wallets? Yes. Did I still want to buy everything from the collection? Absolutely.

This nostalgic form of marketing has been especially effective for those of us raised on Disney movies. Nostalgia has been attributed to the success of Disney+ as the streaming service continues to capitalize on the sentimentality many of us feel when watching Aladdin whisk Jasmine

away on his flying carpet or hear Phil Collins crooning the *Tarzan* soundtrack.

Our collective longing for our childhoods has even funded countless Disney remakes — each more intolerable than the last — and funneled cash into the pockets of business execs who churn out endless lines of Disney-themed merch.

A movie a day keeps reality away

Why does it feel like the young generation is especially prone to nostalgia and escapism? The explanation may be found in the current state of our world and the challenges many of us face as we grow older. We are entering adulthood carrying the burden of climate change, looming debt and rampant social injustice on our shoulders.

In the annual Stress in American survey, the American Psychological Association found in 2020 that generation Z adults (ages 18 to 23) reported higher stress levels than any other generation. Maybe this is why we find ourselves so often yearning for a time when it was all so simple, eager to return to a bygone land of Saturday morning cartoons, free from the harsh realities of the real world.

As children, a lot of us would watch our parents discussing politics with their friends, drinking coffee on their morning rush to work, not having to follow curfews or answer to anyone. Blink and, before we knew it, we were all grown up: chugging espressos just to power through finals, stressing over endless job applications, paying bills and filing taxes. Quickly, we all realized our parents were not as put together as we'd like to think, and they didn't have all the answers. Neither do we.

So while some may argue the young generation refuses to grow up, that we are perpetually stranded in our online worlds, the reality is we are all simply

trying to ground ourselves in the present while looking to the past for comfort. Who can blame us for wanting to cosy up at night and watch *The Fresh Prince of Bel-Air* reruns or dress up as Disney characters for Halloween when we are facing, arguably, far greater instability than any generation before us? In order to be able to push forward, some-

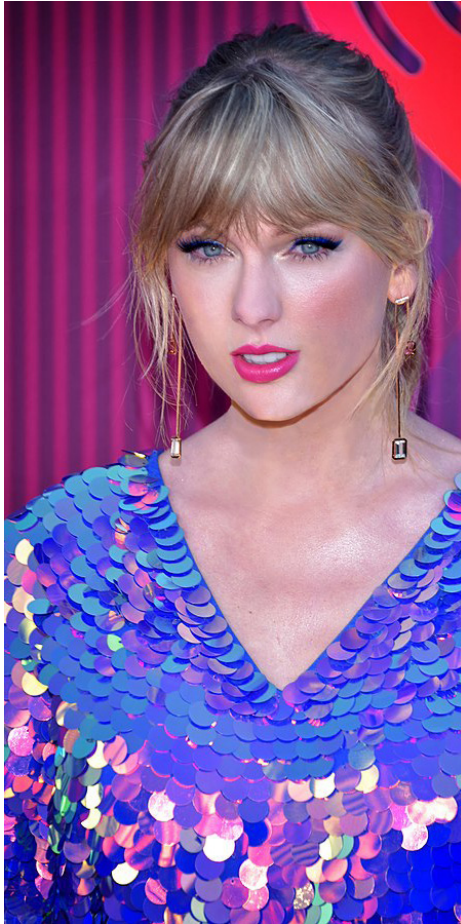
times it is necessary to look back and remember where we came from to set the course for where we're going.

"We find ourselves so often yearning for a time when it was all so simple, eager to return to a bygone land of Saturday morning cartoons."

A walk through Taylor Swift's *Evermore*

Narratives of love, nostalgia and moving on

BY HANNAH BING



TAYLOR SWIFT RELEASED *EVERMORE* IN 2020. HER FANS PROBABLY AGREE: THE ALBUM WAS THE BEST THING TO COME OUT OF LAST YEAR. (PHOTO BY GLENN FRANCIS)

Editor's note and trigger warning: This article contains mention of murder and violence against women.

If one good thing came out of 2020, it was Taylor Swift's latest album *Evermore*. Swift released the LP full of folk songs on Dec. 11, 2020.

The collection of soft and sombre tunes is arranged in a clear narrative arc: first a story of heartbreak, then finishes with acceptance and healing.

Melancholia and nostalgia

The album begins with the ethereal melodies of "Willow" and "Champagne Problems," two

deeply melancholic songs. Rhythmic guitar strums in "Willow" open up the listener's experience of the album through rose-coloured glasses. Soon after, we are met with the low, sober tone of a grand piano and the reflective lyrics of "Champagne Problems."

"Champagne Problems" has quickly taken over social media and is Swift's second most popular song on Spotify. With the tumult of today's world, it's no wonder the woe-fully peaceful song made its way into so many people's hearts.

"Tis the Damn Season" provides those from rural towns a sense of nostalgia of what it is like to escape small-town life and visit your home for the holidays.

"I parked my car right between the Methodist / and the school that used to be ours," Swift sings. "The holidays linger like bad perfume / You can run, but only so far / I escaped it too, remember how you watched me leave."

Anyone who grew up in a small town can picture the school Swift is talking about, returning to your empty childhood bedroom and the people you left behind in that town. We all have a different picture when listening to this song. I picture my old high school, the parking lot where everyone hung out and the thousands of trees lining the roads leading to the small neighbourhood I grew up in.

Struggle and climax

In the traditional story arc, "Tolerate It" would be the bleak point of struggle before the climax. It is a melancholic melody followed by sombre lyrics about the struggle of being in love with someone who feels utterly neutral about you.

"If it's all in my head tell me now / Tell me I've got it wrong somehow / I know my love should be celebrated / But you tolerate it."

The heartbreaking anthem about someone who is unappreciated and unloved in a

one-sided relationship is incredibly beautiful. From the heart-wrenching lyrics to the soft piano, it is an incredible work of art.

The following song, "No Body, No Crime," featuring Haim is the climax in the story arc.

It is an incredibly powerful song about infidelity, how a man kills his wife to be with his mistress and how revenge will get him one day. It is the first song on the album with a more upbeat tune and one that

could make anyone want to take down the patriarchy. It's truly the current-day, amped-up version of Carrie Underwood's song "Before He Cheats."

A poetic resolution

Even the weakest song on the album, "Closure," is still an incredible piece of art.

"Closure" is definitely one of Swift's more experimental pieces. Her voice and melody are a little stiffer than her normal style and in a more stagnant melody, which feels odd at times. The lyrics are still well done and fit the album's narrative. The song is second last on the album, which feels intentional in the best possible way.

The album ends with the song titled "Evermore" and features the vocals of Justin Vernon from Bon Iver. Perhaps an unpopular opinion: while he's a pleasant voice on the song, I don't think Vernon adds as much to the tune as he did in his previous collaboration with Swift (the song "Exile" on the album *Folklore*). In a once again intentional placement, the lyrics offer a resolution found at the end of a novel. It ties in with the overall narrative of the album, which is the process of love, heartache, self-love, nostalgia and moving on.

Overall, *Evermore* as an album and each of its songs are profound pieces of artwork. From the order the songs were put on the album to the heartbreaking piano instrumentals and the lyrics, an incredible story is told.

"From the heart-wrenching lyrics to the soft piano, it is an incredible work of art."

Discovering the truth of our hearts

A review of Rebecca Searle's novel *In Five Years*

BY RACHEL COOKE



IN FIVE YEARS BY REBECCA SEARLE IS A GREAT READ ABOUT FRIENDSHIP, DISCOVERING YOURSELF AND FOLLOWING YOUR HEART. (ART BY JORGE MAGARIDO ON BLUSH)

Editor's note: This article contains many spoilers for the 2020 novel In Five Years.

In Five Years by Rebecca Searle is a novel about confronting the reality of your life and finding the bravery to change it amidst grief, hope and loss.

The plot

In Five Years follows the story of Dannie, a high-achieving lawyer in New York City who has her entire life precisely planned out down to the man she wants to marry. On the night of her engagement, Dannie falls asleep and wakes up five years into the future beside a man she has never met before. The experience she has with him feels like something she has never encountered and causes her to question her bland, pre-determined reality upon waking up.

Later, when Dannie's best friend Bella invites her on a double date, she never imagines it would be Aaron, the man from her dream, who shows up as her friend's date. Dannie is jarred into real-

ity and forced to confront the fact she isn't truly in love with her fiancé; they don't share the kind of love she witnesses between Bella and Aaron. Scared of her own desire for something more, Dannie attempts to reignite a flame with her fiancé that they both know has never been there in the first place; Dannie simply settled for the man who best fit with her plan.

Then, another shock to Dannie's perfect plan happens: Bella is diagnosed with terminal cancer. Before passing away, Bella urges Dannie to seek genuine love and never settle. The book closes

with Dannie's dream coming to pass. Aaron and Dannie spend a night together, united in their grief and intense love for Bella, not in love with each other as it had appeared in the dream. Bella taught both Dan-

nie and Aaron to open their hearts for more. Dannie finally realizes she is capable of true love because that is how she loved Bella.

Discovering what matters

In Five Years is a story about friendship and how the people closest to us can sometimes see us

better than we see ourselves. Dannie's story is an important read for anyone who has an infallible plan, a life with all the details laid out seamlessly. Dannie was content, but not truly happy. Through Bella's example and advice, she learned there's nothing wrong with changing what she once thought she wanted, evolving into a more genuine version of herself and following her heart.

In Five Years demonstrates the importance of following your intuition, of trusting the voice inside of you saying your life needs transformation. Dannie's experience was radical; not everyone has prophetic dreams. However, the dream only unearthed the truth beneath her stubborn persona, the truth that was already there.

In Five Years is a must read for all perfectionists and planners. It is a call to re-evaluate what is truly important in life: friends, family and genuine love. The dream Dannie has forces her to confront this truth and acknowledge there is more to life than her faultless plan, and it is through her love with Bella this is fully realized. Dannie's story urges us to listen to the inner desires urging us in new directions. Sometimes our friends can see these desires before we do. Chances are the intuition you feel will bring authentic meaning and love into your life.

In Five Years is a must read for all perfectionists and planners.

Dalhousie poets: another year

Thoughts about starting anew

BY DECKLAN ZION ROLLE

New Year, New Me

It's that time of year again
Time to start fresh
But the slate is never truly clean
A new resolution does not mean you're a new person
The actions you take to achieve greatness do
Greatness is never born
It is built
Be greater than the person you left behind last year
Become more powerful than your wildest imagination
Be yourself
To become your ultimate self is the ultimate victory



(ART BY VIJAY VERMA ON BLUSH)

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Paving the way for Black and Indigenous coaches

Mentorship program featuring four Tigers set to empower young coaches

BY LUKE DYMENT, SPORTS EDITOR

Mentors and mentees in the Nova Scotian Black and Indigenous Coach Mentorship Program met for the first time on a weekend in October 2020. Right away, participants began discussing their lives and the role coaching has played in them.

Cindy Tye, head coach of the Dalhousie University Tigers women's soccer team, is a program mentor. She recalls the first discussions that October weekend, when mentors and mentees shared their stories. One of Tye's mentees was the only one from her community to play university sport and coach at the provincial level.

"She was telling me her story and I asked, 'Do you realize how powerful you are with young females in sport?' And she didn't," Tye said. "It helps to hear these stories because it builds confidence. It reaffirms what they are doing is good, and I don't think they hear that enough."

Tye said stories like this were one reason that first weekend was so powerful.

"Mentors and mentees across the province gathered and we found that their stories in sport were similar to our stories in sport," said Tye. "There was a lot of talk about coaching different groups and challenges we had come across and might face."

Goals of the mentorship

The Nova Scotian Black and Indigenous Coach Mentorship Program was launched in September 2020 by Mark Smith, Sport Nova Scotia's director of sport, head coach of Canada's women's national softball team and a former men's national team softball player.

The program aims to provide a place for young coaches from Black and Indigenous communities to learn about coaching, with an emphasis on providing a well-rounded perspective on it, Smith said. Along with technical and tactical lessons used in coaching, developing team cultures, relationships with athletes and families, dealing with difficult people and situations and self-care are discussed.

"The program is about giving these young men and women a safe place to come to talk about their experiences in sport, to talk about barriers they've encountered and things they would like to learn more about," Smith said. "The motivation is to create a safe space to develop more young people from marginalized communities so they can find their place in coaching."

Seven mentors and 21 mentees make up the two-year mentorship. Smith said the two-year program model allows mentees to establish stronger connections and foster long-term commitment.

Dal representation

Four Dal Tigers are taking part in the program: mentors Tye and Dan Ota, men's volleyball head coach; and mentees Keishia Mills, an assistant coach with the swimming team, and Anton Berry, an assistant coach and soon-to-be interim head coach for the women's basketball team.

Ota said it's valuable that program participants from varying backgrounds have brought different perspectives to the program.

"Hearing the challenges [mentees] face and their success stories has been an eye-opener," Ota said. "The process of getting to know these coaches has been interesting, as they coach in varying sports, levels and communities. I've been learning as much from them as they would be from me."

Mills said the experience so far has been enlightening, especially in get-togethers with fellow coaches. Berry agreed, excited such an opportunity for Black and Indigenous coaches in the province is now available.

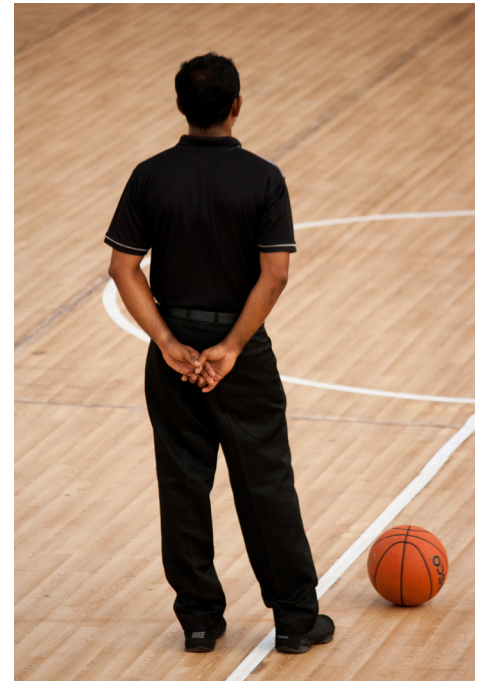
"We have a tremendous amount of great Black and Indigenous coaches in Nova Scotia. It's great that coaches, like the younger ones coming up, will have more opportunities," Berry said.

"It's a valuable tool that [Sport Nova Scotia] provided for us," Mills said. "I'm really grateful for this and for the teams and communities I'm part of. I know many people aren't as fortunate so it's great that they are making it accessible for people at all levels."

Leaders of the next coaching generation

Making resources available to coaches from marginalized communities has been needed for a long time and is happening now that initiative is being taken, Smith said.

"Colleagues have said to me 'We don't understand why there aren't more females or Black or Indigenous people who want to coach.' The answer is because [sports organizations and clubs] don't provide welcoming or inclusive environments taking into consideration people's circum-



FOUR DAL TIGERS ARE TAKING PART IN THE NOVA SCOTIAN BLACK AND INDIGENOUS COACH MENTORSHIP PROGRAM CREATED IN 2020 BY MARK SMITH, SPORT NOVA SCOTIA'S DIRECTOR OF SPORT. (PHOTO BY KAMUSAL ALAN ON PXHERE)

stances," Smith said. "It's ignorance when these resources aren't provided and then the same question is asked again."

"More so now than any time I can remember, people are listening to people in marginalized groups and trying to understand what they deal with in their lives," Ota said. "We're at a crossroads in terms of how we handle these issues at a social level. It's not just in sport, but the sporting environment allows us to progress towards enriching the experience for everyone."

Smith added the mentees in the program are already viewed as role models by younger Black and Indigenous coaches. Tye agreed, hopeful that mentees would take what's learned in the program to empower those in their communities.

"If you strengthen the person in front of those young people, you're creating a better environment for them to grow in," Tye said, referring to one of her mentees. "As she was the only person from her community to go through [to higher levels], I told her 'You have no idea how amazing that is.' When she uses this in her community, there's young people there that will think 'I can do that too.'"

Finishing what she started

Anna Stammberger reflects on her career before final semester as basketball coach

BY LUKE DYMENT, SPORTS EDITOR



IN NOVEMBER 2018, ANNA STAMMBERGER WAS INDUCTED INTO THE NOVA SCOTIA SPORT HALL OF FAME. HER TEAM SURPRISED HER BY SHOWING UP AT THE INDUCTION CEREMONY. (PHOTO BY NICK PEARCE)

Anna Stammberger (née Pendergast) has coached her final regular season basketball game for the Dalhousie University Tigers women's basketball team. The 2014-2015 Atlantic University Sport (AUS) Women's Basketball Coach of the Year announced she would retire following the 2020-2021 season.

Although Dal may or may not play exhibition games this spring, Stammberger is happy with either possibility. The cancellation of sanctioned AUS competition this year leaves more time for one of her favourite activities as coach: practice.

"I love practice. It's where coaches get to be coaches," Stammberger said. "I love working on things there. To me, it's all about improving individuals and the team. I enjoy practices so I can see players develop."

Stammberger said although there won't be a season this year, the team is fortunate to have the opportunity to focus more on training and development. Most of the young team is made up of first- and second-year players and is looking to bounce back from a record of two wins and 18 losses in the 2019-2020 season.

"It hasn't hurt [the new players] at all by getting their feet on the ground at Dalhousie, espe-

cially with the challenges of online learning," Stammberger said. "It serves student-athletes well down the road if they have a year of just training and figuring things out."

Dal basketball legend

Stammberger will retire after more than 40 years playing and coaching basketball. After attending high school at Kensington Intermediate Senior High School (KISH) in Prince Edward Island, she thrived on Dal's basketball team winning a pair of AUS MVPs and scoring more than 1,000 points in five seasons.

Following her Dal tenure, Stammberger joined the Canadian National Women's Basketball Team. Her team notably finished fourth at the 1984 Summer Olympics in Los Angeles. That appearance made her the first female athlete from P.E.I. to participate in the Olympic Games.

In 1985, Stammberger began playing for Germany's national league when she wasn't busy with Team Canada, who she captained for three years. She remained in Germany to play and coach for nearly two decades before returning to P.E.I. to teach and coach. She became Dal's women's basketball head coach in

2009, spending the final 11 years of her 20-plus year coaching career with the Tigers.

Stammberger has been inducted into the Nova Scotia and P.E.I. sport halls of fame, and inducted twice into the Dalhousie Sport Hall of Fame (in 2010 as a member of the 1979-1980 women's basketball team and 2016 individually). Last year, she was named one of U Sports' top 100 women's basketball players of the last century.

Stammberger found it fitting she would retire at Dal, where she broke out as a star player in the late 1970s. Today, she still enjoys learning as a coach and person.

"You never stop learning and developing. That's the great thing about the game of basketball," she said. "The game is ever-evolving and you have to evolve with it. It's a tremendous learning experience whenever I'm at Dal."

Memories coaching at Dal

Chelsea Slawter-Wright, who played under Stammberger for three seasons at Dal, remembers her coach's dedication to the program on and off the court.

"She is a really hands-on coach. She puts in a lot of time looking at our styles of play, and run-

ning our plays and structures,” Slawter-Wright said. “I know how much she loves the game so she’ll be missed, but I know she’ll be keeping tabs on the team.”

One of Slawter-Wright’s memories with Stammberger was the team’s trip to Germany in the summer of 2019.

“She made a lot of references to Germany and told us about different things she experienced when she was there, so we were excited to see some of those things she told us about before,” Slawter-Wright said.

“That experience was tremendous for giving the Tigers a taste of professional play, and the experience of travelling internationally and seeing a different culture,” Stammberger said. She has two children who played at Dal: Tessa and Sven, who now play in German pro leagues. “Being on the road any time with the team, whether on a trip to Cape Breton, Montreal or P.E.I., those were always fun.”

Another favourite memory of Stammberger’s was the Women in Leadership Spotlight Dinner she organized annually with Rick Scott, the women’s volleyball head coach. She said she’ll still be around Dal to support events like these.

Stammberger said she felt it was the right time to retire when she thought about it earlier this year. She plans to spend more time with her family and friends in Halifax and P.E.I. As she plans to take it easy for the next bit, Stammberger said she’s not actively looking for any other roles post-retirement, but didn’t rule out working again.

“I love the Newfoundland expression: ‘Don’t borrow trouble from around the corner,’ since I’m not too worried about what’s coming next,” she said. “I’m keeping all doors open in retirement, but I’ll always be a terrific supporter of the Dal Tigers and the team. Their future is very bright so I’m very excited to follow them.”



SIGHTSEEING IN GERMANY: DURING HER TENURE AS COACH, STAMMBERGER AND THE TIGERS WOMEN'S BASKETBALL TEAM TRAVELLED TO FRANKFURT AND BERLIN, MOST RECENTLY IN 2019 TO PLAY EXHIBITION GAMES. (PHOTO PROVIDED BY ANNA STAMMBERGER)



AFTER 11 YEARS AT THE HELM OF WOMEN'S BASKETBALL AT DAL, ANNA STAMMBERGER WILL RETIRE AT THE END OF THE 2020-2021 SEASON. (PHOTO BY NICK PEARCE)



COACHING THE NEXT GENERATION: THE TIGERS' GIRLS-ONLY SUMMER BASKETBALL CAMP BALLOONED A FEW SUMMERS AGO WHEN 100 PARTICIPANTS SIGNED UP. STAMMBERGER REGULARLY ACTED AS A VOLUNTEER COACH WITH THE TIGERS' YOUTH BASKETBALL CAMPS. (PHOTO PROVIDED BY ANNA STAMMBERGER)

Dynamic duo brings home gold

Brothers push for win at AUS Championships

BY LUKE DYMENT, SPORTS EDITOR

Hudson Grimshaw-Surette captured four gold medals at the 2020 Atlantic University Sport (AUS) Track and Field Championships in Saint John, N.B. in February of last year. One of those golds, his victory in the 600-metre run, he dubs a “dual gold” as he owes the win partly to his brother and Dalhousie University Tigers track teammate Harmon Grimshaw-Surette.

Why is that? Harmon supported Hudson by pacing him through, although at a speed Harmon wasn’t used to.

In this particular AUS Championship race, the best time out of three heats wins the event. Hudson, one of the AUS’s top middle-distance runners, was placed in a heat separate from other top runners who ran together in another heat.

There’s a psychological effect when a runner races weaker competition: the runner may win that heat, but his overall time could diminish since he wouldn’t be pushed as hard compared to a race against faster runners. So, Hudson needed a boost.

“If someone takes you through at a certain pace, it makes it easier to hit roughly where the [faster runners] would be,” Hudson said. “Harmon would have done better in the 1,500-metre, his main event, but he switched into the 600. He was OK with it, but he sacrificed both his 600-metre as well as his 1,500-metre.”

“There was zero pressure to do this, but my job was to get Hudson through the first 300 metres of the race to help give him the edge to win gold out of the slower heat. Even if that meant I blow up (tire out) in the second half of the race,” Harmon said, outlining their game plan. “I stuck through with the plan and may have helped him win gold.”



HARMON (LEFT, NUMBER 305) AND HUDSON GRIMSHAW-SURETTE RUN AN EVENT AT THE 2020 AUS CHAMPIONSHIPS IN SAINT JOHN, N.B. HUDSON WON FOUR GOLD MEDALS. (PHOTO SUBMITTED BY HARMON GRIMSHAW-SURETTE)



YOUNG STARTERS HARMON (LEFT) AND HUDSON POSE AFTER A RACE IN 2009. WITH MORE THAN 10 YEARS OF RUNNING UNDER THEIR BELTS, THE BROTHERS ARE LEADERS WITH THE TIGERS. (PHOTO SUBMITTED BY TOREY GRIMSHAW)

The bash bros

“Hudson is probably Harmon’s biggest fan,” Rich Lehman, the Tigers’ track coach, said of the brothers, who he nicknames the “bash bros.”

When Hudson joined the Tigers, he immediately lobbied for Harmon to join. Hudson’s endorsement, Lehman said, was “all I needed to know to recruit him. They work hard together and push each other. One of my favourite things is Harmon won’t take any of Hudson’s nonsense. Since Hudson’s a captain and makes a lot of the calls, Harmon usually gets right in his face after a decision. Then they’re fine five minutes later.”

Both brothers, who train and live together in Halifax, downplayed any heated moments between each other. They consider themselves teammates first, competitors second.

“Even with teammates, there’s competition. But there’s always more love and

friendship,” Harmon said.

“There always has been competition, growing up and playing on the same teams,” said Hudson, slightly objecting with his brother. “The competitive edge helps us push each other harder, but we’re definitely more teammates than competitors.”

Pushing each other harder as teammates was the plan behind Hudson’s 600-metre win at the AUS Championships.

“The coolest part was Harmon’s death march at the end of the race. He wasn’t allowed to look like he gave up,” Lehman said. Harmon had to keep going full tilt due to AUS rules prohibiting setting a pace for another runner then quitting. Such a violation is called “rabbiting.” On top of all that, he was dealing with a lingering Achilles injury.

“He had to continue after going way faster than a speed he could maintain. His last 200

metres were probably the most painful for anyone on the team all season,” said Lehman.

“That was a very good representation of how we help each other out,” Hudson said of Harmon’s good deed. “I’ve helped pace him through workouts, but he went above and beyond at the AUS Championships. It was really nice to have him do that; a lot of people wouldn’t have.”

Hudson edged out Benjamin Perrett, from the University of New Brunswick Varsity Reds, by 0.15 seconds for the win; the latter running in the other, faster heat. In fact, the top seven finishers in the 600-metre were from the same heat, except Hudson.

Harmon, who earned a gold of his own in the 4 x 800-metre relay event, said he ended up “blowing up” late in the 600-metre. He added, however, his own result “did not matter” to him as his brother won gold.