

Winter 2016

glue

THE OTTAWA STUDENT MAGAZINE

Women in Punk

Fighting for
musical fairness

Netflix & Chill

Hookups
through time

Be a Mermaid

How to earn
your fins

Bygone Boozers

Old Ottawa's
drinking class

WEEKEND WARRIORS

An inside look at students
in the military

DAILY TREAT



Ottawa
metro 

MORE HITS. LESS COMMERCIALS.



106.9
NON-STOP HITS

JUMPRADIO.CA

YOUR CAREER. ADVANCED.

School Of Media and Design

With a graduate certificate, you can take your qualifications to the next level.
Boost your career with high demand specializations for your chosen field.



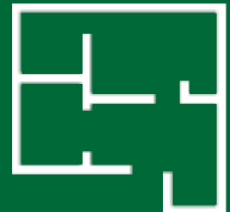
Interactive Media Management



Scriptwriting



Brand Management



Kitchen and Bath Design

**Learn more about these exciting
programs:**

algonquincollege.com/mediaanddesign

ALGONQUIN
COLLEGE

School of
Media & Design

glue CONTENTS

THE OTTAWA STUDENT MAGAZINE

Winter 2016



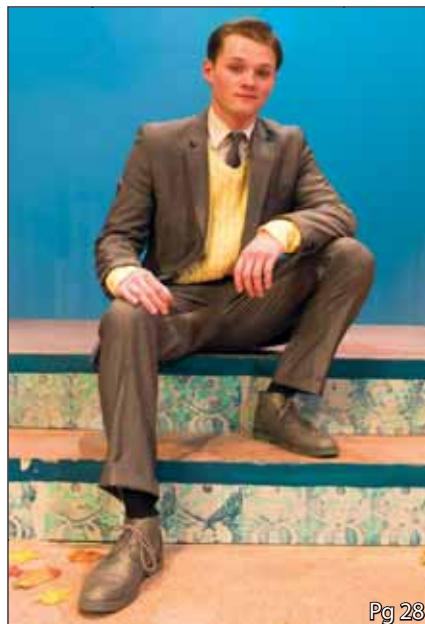
Pg 15



Pg 36



Pg 42



Pg 28

LOUNGE

- 8 **Zamboni Man**
- 10 **Finding Buddha**
- 12 **Sweet Emotions**
- 14 **Politically Plastered**
- 15 **Inspiring Minds**
- 16 **Buttin' Out**
- 17 **Jocks Strapped**
- 18 **He Shoots, He Pours**
- 19 **Three's Company**
- 20 **Dragon Slayers**
- 22 **A Stand-Up Time**



Pg 40

FEATURES

- 24 **Full Metal Textbook**
An inside look at students in the military
- 28 **Defying Diagnosis**
Overcoming learning disabilities
- 32 **The Art of Risk**
People who pursue their dream careers
- 36 **Women Can Rock**
Females take back the punk scene

CHEATSHEET

- 40 **Not Child's Play**
- 42 **Part of Their World**
- 45 **What's Your Sign?**



BACK OF BOOK

- 46 **Netflix & Chill**

THE TALENT COMES TO US

Our beautiful 700 seat state of the art theatre hosts a variety of different performances throughout the year. Our diverse student body and pristine atmosphere keeps the talent pouring in.

1385 Woodroffe STUDENT COMMONS
613-727-4723 ext. 6442 BUILDING E



Algonquin
Commons
Theatre



Contributors



Chris Lowrey: Writer

Chris Lowrey has consistently stepped up to the plate whenever we've needed him while producing this issue of *Glue*. His ability to be handed a task and quickly turn around with a finely polished product was crucial for our success. His commitment to deadlines has made his contributions some of the strongest this issue.



Katrin Emery: Illustrator

Graphic design student Katrin Emery not only demonstrated her determination and great work ethic when she decided to draw for *Glue* as a first-year student, but also when she took on extra illustrations in order to help out. Emery was able to design beautiful art that went hand in hand with our articles with little guidance. For that, *Glue* thanks her.



Jesus Monsalve: Advertising

Jesus Monsalve is a second-year advertising student at Algonquin College and Creative Manager for *Glue* advertising. After completing Algonquin's graphic design program, Monsalve decided to expand his knowledge and go into advertising. His favourite part of advertising is creating something that he's proud of – a good design that makes everyone happy with the product.



Chelsea Lau: Design

Chelsea Lau is our InDesign queen. She volunteered her time and her artistic eye towards making this issue of *Glue* look fantastic. For her, design is like a puzzle where you're given the pieces and you just have to put them together. Her problem solving skills and ability to stay calm under pressure made her a valuable part of our team.



Winter 2016

Editor: Donald Teuma-Castelletti

Managing Editor: Allison Laroque

Art Director: Amely Coulombe

Design Editor: Amanda Pereira

Online Editor: Bryson Masse

Contributing Editors: Orlando Blacksmith, Alec Brownscombe, Domenic Campagna, Aidan Cullis, Callum Fraser, Molly Gatt, David Hobbs, Graham LaRose, Chris Lowrey, Michael Conor McCarthy, Rebecca Meijer, Jesse Munro, Mitchell Newton, Alex Quesnel, Danica-Julie Roberts, Marc Shaw

Proofreaders: Courtney Edgar, Lucia Gallardo, Harrison Koyma, Alina Pradzhapati, Dai Watkins

Advertising Sales Manager: Wesley Theoret

Account Executives: Zoe Cook, Tanis Menard & Sierra Sykora

National Account Executives: Michael Boisvenu-Landry & Jesse Heeley

Glue Coordinator: Chong Li

Production Manager: Rebecca Whetter

Creative Manager: Jesus Monsalve

Advertising Designers: Jay Bowie, Ashley Curran & Adrianna Hickey

Copywriter: Connor Neshcov

Digital Manager: Phil Bedard Schami

Online Coordinators: Sara Feltham & Ryan Yuck

Web Designer: Sofia Polimenakos

Promotions Manager: Mia Diedrich

Distribution Manager: Corynn Mountain

Street Team: Emilie Blais, Rassul Nouredine, Caleb Sell, Rachel Stewart & Dolan Watters

Promotions Designer: Yanik Paquette Roy

Advertising Instructor: Barbara McDougall

Journalism Instructors: Julie McCann & Joe Banks

Photography Instructor: Ralph Plath

Design Consultant: Janet Menger & Alain Paradis

Printed By: Performance Printing

Cover Photo: Amely Coulombe

For Advertising Information: 613-727-4713 ext. 7732

Glue is dedicated to reflecting the experiences of Ottawa's college and university students, on their campuses and in their city. Our magazine about student life is unforgettable. *Glue* is published twice a year by students in the journalism and advertising programs at Algonquin College.

School of Media & Design
Algonquin College, Woodroffe Campus
1385 Woodroffe Avenue, Ottawa, Ontario, K2G 1V8

A Letter from the Editor



And just like that, *Glue* is back. As students do every semester, we've all trudged along through our endless piles of schoolwork, papers, tests, discussion groups, tutorials and readings upon readings. But here we go again, and so let's take a peek at what we've got to offer this issue. Kicking us off is an exciting read on what it's like to be the beloved Zamboni driver at an ice rink. You'll be surprised at what Chris Lowrey decides are the highs and lows of the job that he loves so much.

Turn a few pages and you'll find out where some of our old prime ministers used to enjoy drinking right here in Ottawa, and which bars even kicked out a few. Or maybe you're more

of a Disney fan? Jump over to our piece on finding the real-life emotions from *Inside Out*, and see how real people hone their feelings to succeed.

Interested in a longer read? With the spotlights shining down, an actor bellows his lines while the writer, holed up in his room, is working on his next novel. Both of them are hoping to make a career out of their art. Our very own Ilana Reimer gets behind-the-scenes to see what it is that draws students away from the financially safe degrees and into the arts. Aidan Cullis explores another area of Ottawa's art world as she talks with women in the punk scene. Unfortunately, the atmosphere it is not as sunny as you'd hope.

Of course, none of these stories would be here if it weren't for everyone involved in the making of *Glue*. From our editors to our writers, all of the advertising crew, our teachers and our graphic designers, this has felt like a long time in the making. It would not have been possible without such an amazingly talented group, and I think with a simple glance through this issue, you'll agree that everyone's poured their blood, sweat and sanity into making a stand-out magazine. So for that, thank you everyone. And thank you, reader, for picking up the newest addition of *Glue*.

Donald Teuma-Castelletti



Allison Laroque
Managing Editor



Amely Coulombe
Art Director



Amanda Pereira
Design Editor



Bryson Masse
Online Editor

Zamboni Man

**Hockey parents, dirty bathrooms, early mornings and late nights.
This driver talks about the realities behind Canada's coolest job**

By Chris Lowrey

It's 5:25 a.m. and 40 below outside with a foot of snow on the ground – and I'm running late. I work at a hockey arena and I have to open the doors at 5:30 for the 6 a.m. ice time. Now I have to contend with a hoard of angry hockey parents demanding to know why I'm late. Welcome to the life of a Zamboni driver.

Driving a Zamboni is something of an art. It takes something that is messy and turns it into a picture of glistening perfection. Aside from a hockey player or a lumberjack, a Zamboni driver is one of the most Canadian jobs possible. For whatever reason, the machine seems to captivate people. But the job is not all happiness and sunshine.

Minor hockey seems to bring out the worst in people; other people just don't have a clue. When I was a kid at my older brother's hockey games, I'd run around the rink – usually getting hurt – until the Zamboni came out. I'd plant my butt and watch in amazement as it turned a snowy mess into a clean sheet of glass. I always wanted to drive a Zamboni, and for the last 10 years I've had that chance. Although it only has a top speed of 8 km/h, it turns more heads than a pink Corvette. After all, it is the

coolest machine on earth.

One of the best parts of the job is seeing the reaction of the people in the stands. Some parents who've spent years in hockey rinks still gaze at the

**When the Zamboni
came onto the rink,
I'd plant my butt and
watch in amazement
as it turned a snowy
mess into a clean
sheet of glass**

Zamboni, as if they're trying to reverse engineer it.

"People want to know how it works – it's kind of mysterious," says Paula Coony, brand manager at the Zamboni Company in Paramount, Calif.

The look on a child's face when you wave to them from atop the majestic machine would warm the heart of even the coldest criminal. I used to be one of those kids, but I rarely got a

wave. Now I try and wave as often as I can.

As good as the job is, it has its drawbacks. The hours can be extreme: 5 a.m. comes early and some nights can go as late as 2 a.m. Combine this with the time I spend in school, and some weeks I feel like an extra in *The Walking Dead*. Another crappy part of the job is the bathroom cleaning. Sometimes you wonder if the person was trying to miss the toilet. On a regular shift, I could end up cleaning 38 toilets. It can be nerve-wracking – like a game of Russian roulette – because you never know what kind of surprise is lurking behind each bathroom stall door.

By far the worst part of my job is dealing with some of the most aggressive, know-it-all, obnoxious groups of people ever: hockey parents.

You probably know a few of them. They know everything about the game, their knowledge is so deep that they have to shout at the 16-year-old referee to make sure he knows it too. If the opposing team's parents disagree, some hockey parents aren't above fighting it out – winner sets the best example for their kids. Sometimes when you sound the buzzer indicating the end of an ice



Chris Lowrey has been a Zamboni man for 10 years now. He has endured the best and the worst parts of the job. His favourite part is watching kids' faces light up when he waves at them.

time, coaches and parents will lose their mind and it can be pretty entertaining. They get riled up easier than a pro wrestler.

One time, a beer league hockey player got so upset that he spat on a rink attendant. However, he picked the wrong rink attendant. The Amstel Kid, as he used to be known, was one rough customer. He got his nickname because he would drink a couple of Amstel Lights on his lunch break. When he was told he couldn't drink on the job, he tried to justify it. "What's the problem? They do it in Europe," he'd say.

Amstel wound up getting a hold of the guy

who spat on him, got him to the ground and landed a few good punches before his co-worker Brian Clifton could tear him off the guy. "He just pounded the guy," says Clifton, a City of Ottawa facility supervisor.

The ignorance displayed by some people can also be staggering. "I remember one guy was just spitting on the floor," says Kyle Murphy, a facility operator for the City of Ottawa and Carleton University. "I asked him not to spit on the floor. He responded, 'Yeah, that's a bad habit of mine,' and he continued to spit on the floor. One of the challenges of the job is not telling someone

how stupid they're being."

Despite the drawbacks, the positives outweighs the negatives. As a student, I don't think I could have lucked into a better job. The pay is good and I'll be able to graduate debt free – something that is almost unheard of nowadays.

Also, since most hour – long ice times consist of 50 minutes of skating and 10 minutes of ice cleaning, there is a decent amount of downtime to do homework.

Most importantly, I get to wave to the kids with their noses pressed against the glass and smile back when their faces light up.



Finding Buddha

In times of despair, students can look to a higher power for relief. For some, the aha-moment can be a major spiritual awakening

By David Hobbs

When Kevin McBain, lost his mother at the age of 14, he started smoking marijuana. He also found the teachings of writers such as Alan Watts and Eckhart Tolle – and he found Buddhism.

“My spirituality really came about in my last year of high school and first couple years of university,” says McBain.

Stemming from those teachings, McBain started practicing Buddhism, exploring Catholicism and other various spiritual avenues.

“It helped me recognize that life isn’t all there is,” says McBain. “Not in a higher power way, but it opened my eyes to letting go of the past and appreciating things as they happened.

“I learned to accept that my mom was gone, but to appreciate all of the time that she had been with me. It also helped me find myself because of the time in meditation that I had done.”

Ottawa Unity Spiritual Centre spiritual leader Rev. Roxanne Buckle says it is common for people to turn to spirituality when coping with a major life event.

“People get to a point where they kind of

People get to a point where they realize there is more to life than this. Some people call it an existential crisis

go “there is more to life than this,” says Buckle.

“It might not be articulated exactly that way, but there is more to life than buying things, my career. What is my purpose? Why am I here? Some people call it an existential crisis.”

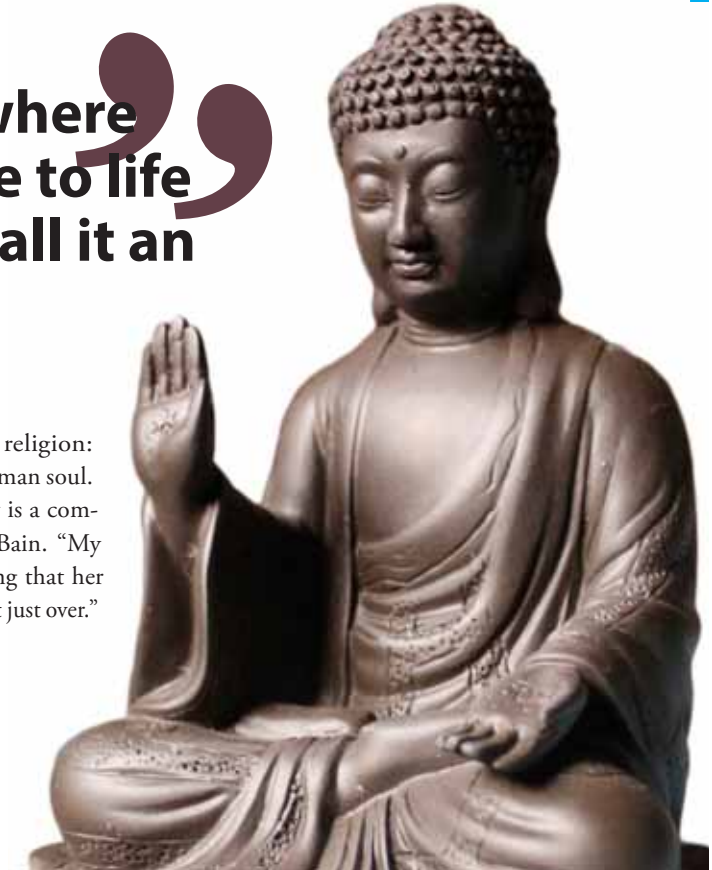
Spirituality can have certain connotations – some young people conflate it with religion and consider it “uncool.”

But to Wendy Lavigne of Ottawa’s Spiritual Pathways Centre, it is about finding the specific teachings or ideas that speak to the heart, no matter who you are or what you believe.

For McBain, he took comfort in a central

tenet of the Buddhist religion: reincarnation of the human soul.

“Reincarnation really is a comforting thing,” says McBain. “My mind is at peace knowing that her soul lives on. Things aren’t just over.”



WILL YOU REALLY MISS IT?

Giving a can away won’t make much of a difference to you, but to someone in need, it makes all the difference.

Donate canned food at the SA Food Cupboard to help someone in need.



Food Cupboard

BUILDING C
ROOM 050

MONDAY TO FRIDAY
9:00AM – 4:00PM

algonquinsa.com

Sweet Emotions

When feelings take over students can turn *Inside Out*. With a nod to Pixar's movie, let's look at how anger, joy, sadness, disgust and fear affect our lives

By Amanda Pereira

Think about the little voices inside your head. Think about how they make you feel. As people we are driven by those little voices, more commonly known as our emotions. Our emotions influence our lives in a big way. They influence how we act, react and how we live our lives. I've always been the type of person who is very driven by my emotions. After watching the 2015 Disney movie *Inside Out*, I realized how important each of our emotions are. The movie is about an 11-year-old girl named Riley and how the emotions of joy, anger, fear, sadness and disgust influence her life. In the film, Riley is mainly driven by Joy, but only once it's clear that Sadness has had the biggest effect on Riley's life, do we realize that all of her emotions are important.

In a world fixated on the pursuit of happiness, I think we can forget to step back and take a minute to appreciate all of the emotions that make up who we are. The following Ottawa students have acknowledged each of these emotions and value them for making them who they are.



Sadness

For second-year recreation and leisure student at Algonquin College Emily Cleroux the emotion of sadness has motivated her to make a difference in her own life.

"It made me a stronger person, and more aware and appreciative of life," says Cleroux. "I've learned lessons from the emotion of sadness." Cleroux uses her feelings of sadness to make positive decisions for herself and in her life. "My cat was tragically killed in an accident, and I turned my sadness into positive strength," says Cleroux.

"It then motivated me to rescue a cat from the humane society, to save another cat's life in return."



Anger

"My anger really motivates me to get things done," says Barbara Kurman. "Whether it's something as simple as getting a bad mark, when I get angry it makes me want to do something about it and I do."

Kurman, a fourth-year University of Ottawa history and art history major, uses anger as a motivator in every aspect of her life. Kurman says anger is a big part of her character and made her the woman she is today.

"My anger really motivates me to improve myself as a person," says Kurman. "If there's something about myself that I don't like or think could be better, I get angry about it and I change it. My anger really makes me stronger as a person."



Joy

Christopher McIntyre, a second-year chemical engineering student at the University of Ottawa, used joy to cope with the death of his grandfather.

"My grandfather was an engineer and a big part of why I went into engineering," says McIntyre. "I remember he would ask me questions like 'How tall do you think that building is Chris?' and I'd give him the answer as best as I could."

"He would always say 'An engineer can never fall behind in his work' and that's something I always keep in the back of my mind."

For McIntyre having joyful memories with his grandfather gave him something to reflect on when things got tough and remind him that he is doing what he is meant to do.

"Memories like that and building things in his workshop helped me realize what I really like doing," says McIntyre. "So remembering that and taking the joy from our memories and time together is just a really happy thought."

Joyful memories about his grandfather gave an engineering student something to reflect on when things got tough



Disgust

Nicole Sudiactal, a second-year human rights and conflict studies student at the University of Ottawa, uses her strong feelings of disgust to do what she can to make a difference in the world.

"There is such a push for individualism and control, that we forget that we live in a communal society where our success depends on each other," says Sudiactal. "I'm disgusted by the incredible injustice and oppression that marginalized communities face. Racism, sexism, colonialism, capitalism, ableism – these are some, if not many, of the -ism's that plague and control our world." Sudiactal's disappointment on behalf of the world is what drives her to make change a reality.

"People need to wake up, realize their privilege and practice the art of being human," says Sudiactal. "Seeing so many horrendous and deplorable acts of inhumanity in this world, I really want to bit by bit in my own little way, fight for what I believe is right."



Fear

Kathy Pereira, a fourth-year health science student at the University of Ottawa, values fear for giving her drive in her school life.

"I have a big fear of failure and lack of success," says Pereira. "My fear of that almost ensures that I do well. If I didn't have that fear of not doing well I wouldn't push myself as much as I do in my studies and work as much as I do to be successful."

Pereira says having close encounters with fear in the past has made her determined to do what she can to avoid it in the future.

"It's a big part of why I've accomplished as much as I have," said Pereira. "It might not always be healthy but it works."

Politically

Plastered

A drink to relax isn't unusual – politicians are no different. In the past, however, some political figures in Ottawa grabbed drinks with enthusiasm. We explore when and where **By Alex Quesnel**



It's hard to imagine our new Prime Minister Justin Trudeau stumbling out of a bar wasted on a Saturday night. Smoking a joint privately with some friends, maybe – but visibly drunk in the ByWard Market? Not a chance.

Today's sensitivity to public relations ensures politicians always remain on their best behaviour. Aside from a few photo-ops on the campaign trail, former prime minister Stephen Harper doesn't drink. Mayor Jim Watson doesn't either.

Yet there was once a time when the political elite – the parliamentarians and mayors – would roam the streets of Ottawa carefree, getting completely inebriated.

Ottawa-based poet William Pittman Lett wrote in 1874 that “a good quart of whiskey,” was enough “to make the old Bytonians frisky.”

And it was true.

Fathers of Confederation Sir John A. MacDonald and D'Arcy McGee were close drinking buddies. More often than not, the two politicians were seen staggering around town, utterly obliterated.

The Russell House was a frequent destination. According to biographer Richard Gwyn, MacDonald would indulge in his favourite drinks here: champagne, claret, port and brandy.

Located at the southeast corner of Sparks and Elgin Street, the Russell House was the premier hotel in the city for much of the 19th century until surpassed by the Fairmont Chateau Laurier.

It closed in 1925.

Spending long, drunken nights at this infamous establishment often backfired on these politicians. McGee was famously kicked out of the Russell

House in 1866 for drunkenness, according to biographer David Wilson.

Even worse, a late night visit to the Russell House for mayor W. D. Morris resulted in a major political scandal in 1901. “This wasn't even during prohibition era,” says archivist Theresa Sorel. “He just purchased alcohol after hours.”

Sorel helped put together the Taverns and Troublemakers exhibit currently on display at the City of Ottawa Archives in Nepean.

A story in the Nov. 16, 1901 issue of the *Ottawa Journal* newspaper notes that the Russell House was also fined \$20 and \$2 costs for selling booze too late at night.

Controversies like these helped fuel the temperance movement. By the early 20th century many of the city's pubs and taverns were forced to close down. Once prohibition ended in the 1930s, new bars like the Carleton Tavern, the Elmdale Tavern and The Prescott opened. But the politicians never came back.

Today, pubs can be found everywhere in the city, with the most notable change being the number of breweries now operating. “The amount of breweries that have opened in Ottawa in past 10 years is just crazy,” says Sorel.

Years ago, elite figures like mayor John Rochester were the only ones who could sustain breweries. His Victoria Brewery opened in 1829, specializing in ale and porter.

These were simpler times, when it wasn't taboo to drink in public. So cheers to a bygone era when Bytonians put as much effort into drinking as they did legislating.

Inspiring Minds

Kids love to learn the beautiful and gross parts of science. For Ottawa students working in an outreach program, flaming that love is the ultimate goal

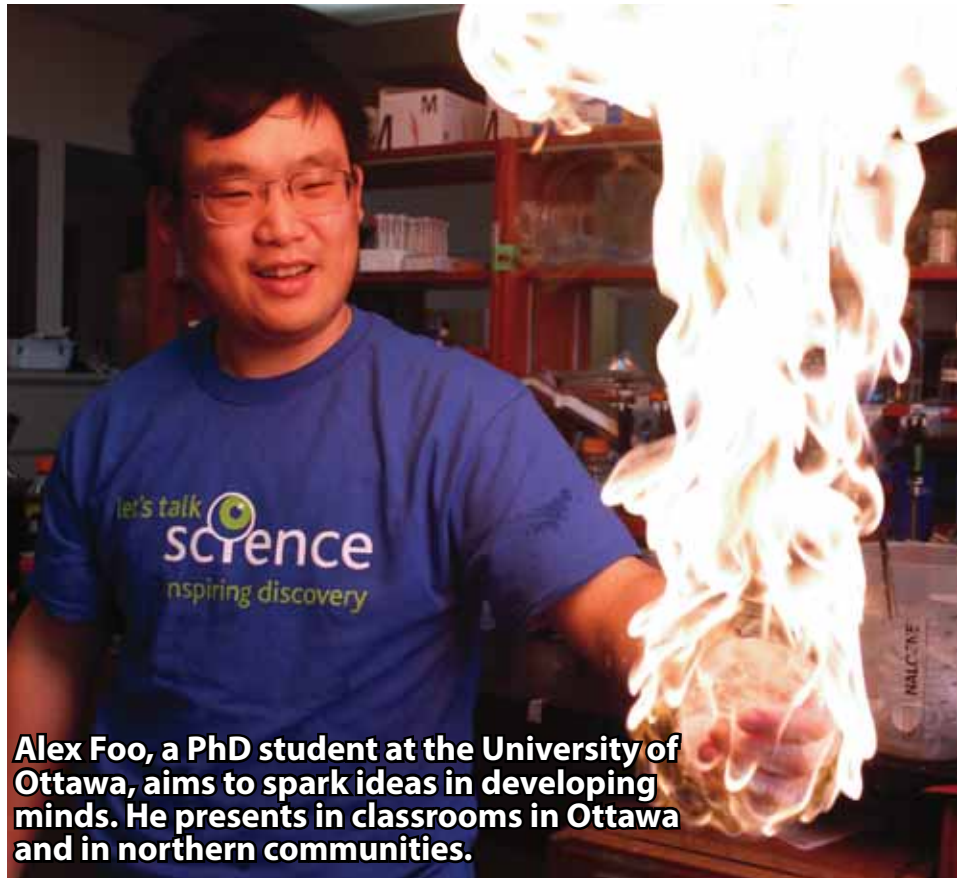
By Bryson Masse

By the end of the visit to a Grade 3 class, Curtis McCloskey, PhD student at the University of Ottawa, realized doing a classic science experiment, the egg drop, had an unforeseen challenge: making an exit. “As I was leaving, they came up to me, hugged my leg and said, ‘Don’t leave Mr. Science Guy.’” With a laugh, McCloskey recalled the presentation’s clear impact on the growing minds.

McCloskey is part of a growing trend of science students who pick up the mantle of Science, Technology, Engineering and Math outreach, or STEM, at the charitable organization Let’s Talk Science. From partnering with local classrooms to flying to an arctic town, the student volunteers get a chance to connect with kids who hold a great deal of interest in science but don’t necessarily follow through with taking up STEM education or jobs.

“Despite the fact that an estimated 70 per cent of Canada’s top jobs today require or benefit from STEM learning and most global challenges are underpinned by STEM, less than half of Canadian high school graduates complete Grade 12 credits in these subjects,” explains Dr. Bonnie Schmidt, Let’s Talk Science president and founder. These numbers are based on a 2013 research report from Let’s Talk Science.

Whether it be chemistry magic shows or LEGO robot battles, the presentations are experiences meant to show young minds the potential, beauty and even the gross parts of science. The importance of creating a new generation who embrace science and technology is becoming essential to



Alex Foo, a PhD student at the University of Ottawa, aims to spark ideas in developing minds. He presents in classrooms in Ottawa and in northern communities.

the continuous drive of technological progress.

“Young children are naturally curious and interested in the world around them,” says Schmidt. “Once they’re able to see the relevance of STEM to their lives, they can connect it to their interests and use STEM to achieve their goals.”

McCloskey is studying the mechanics of ovarian cancer for his thesis. For McCloskey, the chance to teach in his home city and abroad is an escape from the lab. “Sometimes you get bogged down with the stress of your grad studies. It’s nice to see kids that still have the awe in their eyes,” says McCloskey. In addition to participating in classroom activities, he is very involved with the Let’s Talk Science Aboriginal Mentorship program.

UOttawa biochemistry PhD candidate Alex Foo is in charge of the chemistry materials of the Ottawa chapter of Let’s Talk Science and is also a supply teacher. “It’s a big part of my life, science

outreach and education,” says Foo. His favourite demo to show students “involves a lot of fire.” He dips his hand in soapy water that acts as a heat shield. “You then grab a handful of butane gas bubbles in your hand and light it on fire,” explains Foo. “It looks like a column of fire.”

Both volunteers have been affected by programs that offer opportunities to fly to remote communities to provide presentations in schools and community centres. “It’s a chance for us to deliver outreach activities to students who need it for many reasons,” says Foo.

Organizations like Let’s Talk Science strive to impact the lives of children who might not have exposure to the same opportunities as people who live in larger cities. “Here we’ve got the museums, here we’ve got the universities,” says Foo. “It’s very easy for them to have lost (the same opportunities).”



Buttin' out

Quitting smoking comes with unexpected challenges. Our *Glue* reporter shares his experience with trying to put out the butt for good

By Graham LaRose

As a smoker, one of the things I hear all too often is how hard quitting is. For me, quitting isn't all that hard. I've done it many times and I've got a pretty good system to keep me away from cigarettes for a good period of time.

The first thing to do is give up my triggers. Two of the most common are coffee and alcohol. It can be a lot easier to deny yourself a beer or a cup of joe than it can be to turn down a cigarette after one or the other.

Exercising and drinking water can do a lot for a quitter as well. Exercise kills the hungry feeling in your lungs when you have a craving.

Water not only keeps you hydrated, which can help with the fuzziness that withdrawal brings, but it can also help satisfy the oral fixation that smoking habituates.

"Lay off beers and coffee. When you have a craving, do something that keeps you busy for five minutes till the craving goes away," says Mark

Greer, a former pool and spa operator student at Algonquin College. "Exercise is important too."

But Greer, like me, couldn't stay away for too long. As well as the trigger of tobacco smell that comes with having friends who are smokers, the

You can taste food again. You don't smell like ass. You're happier

stress from work meant that his life influences got him back in the habit.

As good as I've gotten at quitting, it just never seems to stick. I find a reason to celebrate, have some drinks and before you know it I can't get

through a day of work without my smoke breaks. The important thing is to keep trying, getting closer each time. It's like those pamphlets in every fresh pack of cigarettes say: "Never quit trying to quit."

Lindsay Finch, a rural firefighter and firefighting instructor with Ottawa Fire Services and hopeful future police officer, had to quit a few times before it happened for good.

"I want to be healthier. I can't be a good police officer as a smoker," she says. "(The hardest part is) using it as a crutch when you get mad or stressed, even in social situations."

For Finch, the experience of her past attempts, paired with the right kind of motivation created a perfect storm which helped her quit for the last time.

"You can taste food again. You don't smell like ass. You're happier," says Finch. "I just feel better, my mind is clearer."

With files from Chris Lowrey

Jocks Strapped

Canadians are getting short-changed by our Southern neighbours. Just look at the differences between American and Canadian athletes

By Callum Fraser

When Jordan Hendrycks was playing high school lacrosse in Ottawa for A.Y. Jackson, tearing up a league in which he was an elite player, he knew where he wanted to continue his career: south of the border.

"For some, playing in the National Collegiate Athletic Association is the highest thing you can really achieve," says Hendrycks, a soon-to-be lacrosse player at Lake Erie College. "You're not getting paid, but there's a lot more hype around it. Sports anchors are talking about (NCAA) more than professional leagues."

Hendrycks isn't alone in his admiration for schools in the United States. If you're a top athlete poised to play at a high level after high school, chances are you're dreaming of heading to an American college or university.

And they'll take care of everything for you. Tuition and residency are always the first things paid for by the schools.

Kristopher Myllari, a high school graduate, has a four-year full ride scholarship. He has committed to Pennsylvania State University.

U.S. colleges have forever treated their athletes far better than Canadian ones. First off, they start the process earlier, getting to know the athletes they'd like to recruit.

Hendrycks was recruited by Lake Erie from a highlight tape. "They saw my video there and that's when we started talking," he said.

"(Penn State) came to watch and they saw a few games at the start of junior hockey when I played in the CJHL (Canadian Junior Hockey League) for Kanata," says Myllari. "I chatted with them on the phone, with Matt Lindsay, the assistant coach there. And after that they invited me down to see the school, the rink and talk with the coach, Guy Gadowsky."

Hendrycks says it's not just what Lake Erie's program has to offer that convinced him to commit. In Canada, the opportunity is barely

even present.

Hendrycks doesn't even consider Canada as an option. "With Canadian lacrosse schools, it's not even really a CIS (Canadian Interuniversity Sport) sport, so it's kind of rough," says Hendrycks.

It's the fact that colleges and universities in the U.S. have more money. And with that comes a better environment for athletes, higher-end facilities and the best equipment.

"The whole atmosphere and lifestyle that it creates, that's what I'm looking forward to the most," says Myllari, currently playing his final year in the United States Hockey League with the Youngstown Phantoms. He is looking forward to Penn State's massive, brand new rink.

"It's the whole atmosphere of playing in the U.S. sports environment," said Hendrycks. "Everyone always talks about how crazy just playing in high school is there."

While American athletic scholarships are generous and plentiful, the maximum a student

can receive in Ontario is \$4,000. But it's nearly unheard of, especially with colleges.

Athletics programs are simply underfunded in Canada. Student athletes get an entirely different treatment up here.

Just ask Mozafar Abdoli, a former three-year veteran volleyball player for the Algonquin Thunder turned assistant coach.

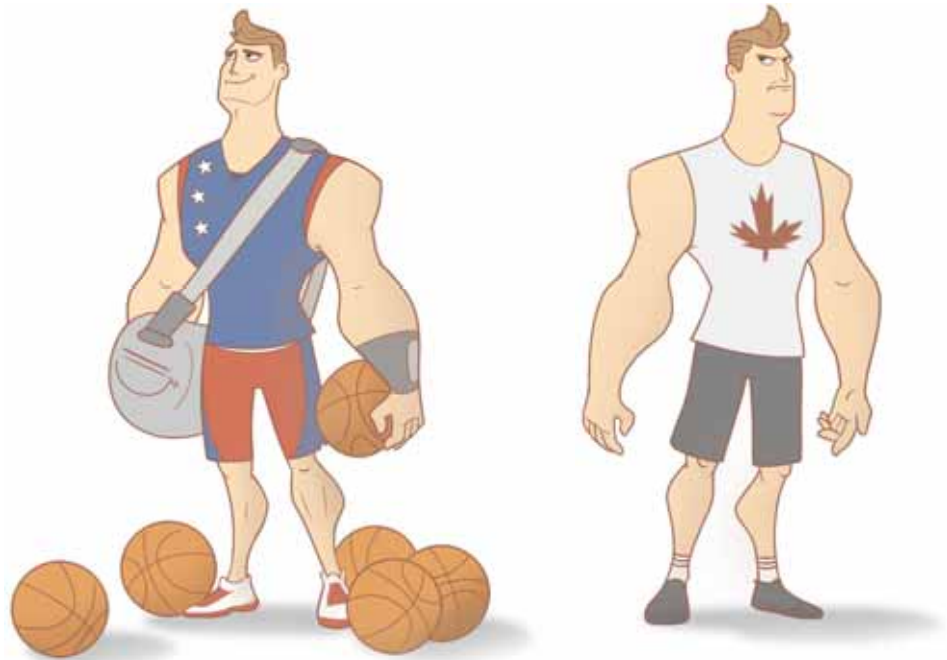
"We only got two t-shirts," says Abdoli. "Other schools in the States, they get everything starting from shoes to whatever they want."

Abdoli explained that when the team travelled, though the hotel was paid for, the students would receive \$25 a day to buy meals.

"I'd say we needed a better meal plan, because as a student you go to school and you have to pay for other stuff," says Abdoli.

When asked if he would ever attend an American university to play volleyball, Abdoli's answer was an overwhelming yes.

"I would love that, to experience their atmosphere and how they treat their athletes."



He Shoots, He Pours

Although they may not take hockey as seriously as they once did, former competitive players in recreational leagues are still serious about one thing: having fun

By Alec Brownscombe

“I showed up halfway through the first period with a buzz on, and played one of the worst hockey games of my life,” says Jay Brault. “It was a blast.”

Brault is one of many students across Ottawa in the midst of recreational adult hockey league seasons this winter. He hasn’t always taken his hockey so lightly. Before he moved from Peterborough to Ottawa to begin his masters of economics at Carleton, Brault played defence for the Trent University hockey team.

“The best part about beer league hockey – I know it sounds cheesy – is working with a team,” says Alex Hein, a fifth-year Carleton University accounting student who now plays in the Capital Recreation Hockey League.

Don’t let the talk of beer and camaraderie totally

fool you though – the adage “just for fun” can sometimes be easier said than done. While Brault found most games were played with a healthy competitive spirit, there were more than a few occasions during the season when things boiled over.

“I wasn’t taking it too seriously going in,” says Brault. “I anticipated some hard-fought games among competitive guys, but I didn’t expect to see the police showing up at any point.”

Brault recalled two separate occasions when in-game fights spilled over into physical altercations in the stands. “It’s like the Canadian stereotype – polite people until we pick up a hockey stick,” he says.

Brault plays in the Topdek hockey league in Gatineau, where Quebec’s more relaxed liquor laws help give a literal definition to the term “beer league” as alcohol is sold in the arena. “Maybe that’s

the problem,” Brault says with a laugh.

No one wants the games turning ugly, but they’re only fun if everyone treats them with an appropriate amount of seriousness. There is no shortage of options in Ottawa for students looking to take part in Canada’s favourite pastime.

“I understand that I’m never going to make it to the NHL, but on the other hand, if I wanted to play pick-up or pond hockey, I could do that somewhere else,” says Hein, a former competitive ‘B’ level player.

There are a variety of recreational adult leagues running in the city, including the Carleton Adult Hockey League, the Carleton Women’s Adult Hockey League and the Ottawa Senators Adult Hockey League. Just keep in mind it’s mostly for fun – and don’t forget your post-game two-four.

BEST FOOD ON CAMPUS

Taco in a bag, unbeatable poutine, service to your table, and the best food and atmosphere you’ll find on campus.

Come see why the Observatory is Algonquin’s best.



Observatory

**BUILDING A
ROOM 170**

algonquinsa.com/ob

Three's Company

Polyamory is often judged and misunderstood. But for people who choose these relationships, it can be freeing

By Danica-Julie Roberts



Sometimes after a date, April Skyee brings home a pair of underwear to her fiancée, Ice Bloom. If she manages to come home with a nerdy pair, she gets extra points on their scoreboard.

Bloom and Skyee have been together for four years. They have been using a scoring system for the past few years with multiple challenges they can complete while out on dates with other people. They believe that it encourages openness and alleviates jealousy. This is just a small part of the polyamorous relationship that Bloom and Skyee have formed for themselves. Polyamory is most simply defined as being in love or romantically involved with more than one person at the same time.

Polyamory is just like monogamy in that it looks very different for each individual who chooses it. But not everybody thinks that monogamy is the best kind of relationship.

Bloom, 34, and Skyee, 23, have been polyamorous for most of their relationship and don't see

themselves doing anything different.

"In our case it's not possible for one person to fulfill every want, need, desire and impulse and appeal to every facet of your emotional being," says Bloom. "And that's not to say 'Oh this person isn't enough,' they're very much so enough for the part of you they appeal to. There are always gonna be other parts to you."

For some people the idea of being non-monogamous may seem inconceivable or something that is used as an excuse to cheat or be lazy in a relationship, but for Bloom and Skyee, that is not the case.

"I think (people) don't understand the idea of having an emotional connection with two people at once, and being open about it," says Skyee. "They don't think that's possible."

"It doesn't occur to people that there is intimacy and emotion," he says.

With intimacy and emotions, there can sometimes be problems with jealousy. "Jealousy is the

biggest thing that keeps people from doing this," says Skyee. "Some people I've met want to do this but they know for themselves they wouldn't be able to handle the jealousy."

James Grey, 42, who has been in polyamorous relationships for over 15 years and has done a lot of study on polyamory, says that for him it's just another way to experience everything the world has to offer and that monogamy and jealousy are just not things that he's concerned with. "I think that the demand to make one person your entire everything, in a way, is a very selfish request," says Grey.

He says that being limited to one partner or a certain type of relationship just doesn't seem right, and that people should be able to express themselves however they'd like.

"At the end of the day it's about treating people like people," says Grey. "Not as something that has to fit into a box, because human beings don't fit into boxes very well."



Katrin Emery Illustration

Dragon Slayers

These women aren't damsels in distress. They are serious tabletop gamers, complete with in-depth scenarios where they get to be their own heroes

By Rebecca Meijer

When I get together with my girls every Saturday, the evening passes as you would typically expect. A lot of talking, a lot of laughing, a boisterous dinner-table atmosphere. But we're not talking about guys or fashion or the latest celebrity gossip – we're fighting dragons.

Yes, dragons.

We're all tabletop gamers. We actively roleplay characters we've created in crazy situations laid out before us, and have the time of our lives doing it.

For those unfamiliar with the world of tabletop role-playing games, the basic premise is this: in each game there is someone who runs the campaign – the Game Master – and walks all the players through various scenarios. If you're in combat, roll some dice, do the math, and hope you come out unscathed. If you're not fighting, you are bringing your character to life in role play scenarios, which are almost always improvised. In that sense, it's basically an episode of *Whose Line is it Anyway?* minus Colin Mochrie.

When I started gaming six years ago, my first thought was that tabletop gaming essentially boiled down to a Halloween-themed mathlete competition. And being the tremendous not-so-secret nerd that I am, I fell head over heels in love.

Of course my initial interpretation was incredibly off-base with the reality of what the game actually is. I think a lot of people incorrectly see this form of gaming as juvenile, which is what turns them off.

It definitely comes as a surprise to people when they hear about what my friends and I do, not because of the game itself, but because of how it goes against preconceived notions of the genre.

"The stereotype is still stuck with the perception of guys in their mom's basement drinking Mountain Dew," says Charlie Dingley, a French

studies student at the University of Ottawa. "There's been a reinvention of what gamers look like in other areas like video gaming, but we haven't really had that yet with tabletop."

Kelsey Boggis - da Silva, a business administration accounting student at Algonquin College, agrees.

"Outside the community, people are shocked to hear that there are women who game, especially tabletop RPGs," says Boggis - da Silva.

Inside the gaming community, Boggis - da Silva says it's widely known that there are wom-

vampire-themed games, and even *Lord of the Rings*-themed RPGs.

And for me, that's where the allure is. In a society that constantly tells women how to look, how to think and how to act, the ability to have total control over a character and a universe is very attractive. And to be able to do that with your best friends is a lot of fun.

"It's so much of a group thing," says Sarah Dorey, an interactive multimedia and design student at Carleton University and Algonquin.

It's been portrayed as an activity that isolates you. But it's not. You're hanging out with friends and having a good time

en who participate in tabletop RPGs, and that knowledge lends itself to so many opportunities to put yourself out there and have fun in ways that are unexpected and amazing. I found out pretty quickly that I wasn't trying to keep up with the Kardashians anymore. Instead, I was trying to keep up with the world I had helped create.

The thing about tabletop gaming for us is the level of creativity that we can tap into to create characters and act them out. There are endless possibilities that can be explored outside of the stereotypical *Dungeons and Dragons* mold. You're not limited to any particular time period. While I've yet to play them, I'm well aware of

"It's been portrayed as an isolating activity, but it's not. You're hanging out with friends and having a good time."

Even the guys in my group enjoy the diversity. For them, it adds a completely different dynamic than if it was an all-male activity.

"It's interesting to see who your friends really are without all the social pressures," says Steven Riseborough, an Algonquin theatre arts grad and aspiring RPG writer. "It's like alchemy."

The best thing to do is to just put yourself out there and have fun.

"Don't be afraid to get a little wild," says Dingley. "We're all just here to have fun. And kick some ass."

A Stand-up Time

Our *Glue* writer has always wanted to be a comedian. Her first attempt at performing for an audience was more hilarious than she could have expected

By Molly Gatt



Shawna O'Neill Photo Illustration

I never thought I could make it in stand-up because I'm not fat, ugly or a visible minority," I said to a dark room full of people that wanted to see comedy but were too cheap to pay full price for professionals.

It was my first joke at my first open mic ever on Oct. 5 at Absolute Comedy. On Mondays, the club owners stick us nobody comedians in the dingy, mirrorless basement with pointless curtains and tacky purple-green walls. They even charged me for water.

My first bit got a couple boos from what I assume were fat, ugly minorities. The audience was picky that night about what was offensive and what wasn't. Pedophilia was funny but apparently mild racism wasn't.

It was a small speed bump but the rest of my set went better than I could have imagined. The audience responded well to my stories about weirdos that hit on me and bad dates. But somehow, my funniest bit was about how my doctor pleaded with me to stop showing her my ass.

Normally I'm a journalism student at Algonquin College. I've spent the last four years studying and reporting, but journalism is not my first love.

I've been interested in comedy since I could put two words together. I wrote comedic plays to act out with my friends on the playground in elementary school and made ridiculous YouTube videos in high school.

But eventually high school ended and it was time to get serious. My folks and I agreed that my writing would be best put towards a career in journalism. No one in my family ever thought I was funny, so comedy didn't seem like a possible career. So I buried it for a long time.

Eventually it was time to pitch for *Glue*. My editors suggested interviewing student comics, which was okay. But as soon as the possibility

to do stand-up myself was suggested I jumped on the idea.

Two weeks before my debut, Gilbert Gottfried, the comedian also known as the parrot from *Aladdin*, came to Algonquin College to do stand-up on Sept. 23. With student reporter privileges, I got a chance to talk to him.

Gottfried had an obsession with show business that drove him to open mics at age 15. "I was stupid enough to go on stage in front of people until I made it," says Gottfried. "I wasn't particularly frightened but I started to realize how much you can bomb."

After the show at Absolute Comedy, I met a comic named Logan Avery-Cooper who told me he bombed the first time he went on stage. He also told me I did great for my first time. I didn't tell him his set was great because I'm a conceited jerk.

Avery-Cooper, 30, is an example of what happens when you drop out of studying psychology to pursue your dreams. He got a job working nights at Absolute Comedy in hopes of improving his comedy and getting more stage time.

"When I was 25, a friend of mine who was a comedian turned me on to it and after my first set I was hooked," says Avery-Cooper. He also told me that if I liked stand-up I should keep getting on stage, because that's how you become devoted to the craft.

My dad came to see my stand-up and he laughed throughout my entire set. It's strange, since he's usually hyper-critical of everything I try to do. On the drive home he told me that he never thought I was funny, but now he does. This is something he can actually see me doing with my life.

It was a proud moment for me, except I can't tell jokes around him now without being told to put it in my stand-up. Which is getting annoying.

I've been interested in comedy since I could put two words together. I wrote funny plays to act out with my friends on the elementary school playground



WE'LL MAKE YOU A FAN

Come into Boston Pizza Carling and enjoy our daily food and drink specials.

1640 Carling Ave. Ottawa, ON K2A 1C5 (Beside Canadian Tire)

5 \$ OFF

Dine-in only. Only valid at the Carling location. Not valid with any other offer.

WHEN YOU SPEND \$25 OR MORE
EXPIRATION MARCH 31/2016

1640 CARLING AVE. OTTAWA, ON K2A 1C5
(BESIDE CANADIAN TIRE)

full metal textbook

For some, wearing a uniform can feel like having a target on your back. Still, these students choose to balance their school life with serving their country

By Donald Teuma-Castelletti

Sitting in a University of Ottawa lecture hall on the second floor of the Social Sciences building, conversation turns from debate into mudslinging. The four walls of the room, grey and beige, as mesmerizing as a pile of dirt, contain about 80 students seated row by row, facing the professor. The walls are meant to encourage an open learning space – somewhere you can go to learn about sociological conflict, activism and change. They're meant to harbour intellectual arguments, with both sides maintaining a courteous demeanour allowing everyone else present to take what they will from the debate. It's not a place you'd expect to hear a member of the Canadian Armed Forces accused of slaughtering infants.

But of course, that doesn't always happen, as Robert Warnock, a 20-year-old former student at the school will attest to. In this case, during the first semester of 2013, emotion crept into a class discussion all too easily. The professor posed the question, "Is murder wrong?" Of course, everyone said yes. Then the professor asked, "Well, what about when a soldier takes a life in combat?"

A few students argued that this was still wrong. Warnock, however, shared his contrary opinion. He said that because they were trained professionals, soldiers are held to a different standard, based on both Canadian and international law. Therefore, when a soldier is in battle, killing can be justified. It was then that one of the students realized that Warnock worked for the Canadian Army Reserves.

Because of this, the student changed his tactic and began saying the

military were killing innocents all over the world. Warnock realized that the conversation would not end well if he didn't cut it off early. "When he called me a baby killer, I simply stood up, nodded to the professor and left the classroom," says Warnock.

We're not living in an era where military service is mandatory or, in many parts of the country, popular. In the Ottawa Valley, we know there is a base nearby in Petawawa, and the Department of National Defence downtown shows us members of the armed forces in uniforms on OC Transpo every day. We know in November we can gather at the War Memorial for Remembrance Day services. And since the death of Nathan Cirillo in October 2014, we know reservists cannot feel safe even at home, never mind abroad. But for the reservist students in Ottawa, what is life like? Much like with many student jobs, it comes with a uniform.

Reservists are part-time military members who dedicate their free time to the Canadian army. They can be men, women, government workers, retail workers or anyone who wants to serve their country, but have other focuses or interests for their lives. Whether they want to raise a family, pursue a career as an artist, study for a doctorate or work construction, reservists open themselves up to plenty of opportunities worldwide while maintaining a life inside the armed forces.

For our students here in Ottawa who want to serve their country, the reserves is their best choice. And for every student there is a different narrative, right from their reason for enlisting.



For Jenn Fournier, a fourth-year art history student at the University of Ottawa, it was in spite of a naysayer. “It was actually an ex of mine who didn’t think that I could do it,” says Fournier, bringing her gaze to the light fixture hanging from the ceiling. “I think that’s where the whole thought in my mind started because he was very negative, having said, ‘Oh you could never be a combat engineer.’”

In response, she started working out in preparation for the fitness test and personal training. And, after having applied in April 2014, she was ecstatic to find out she had been accepted into the Canadian reserve army in September of that year.

Warnock chuckled as he remembered his reason for joining. He was attracted to a career in uniform as well as having a strong commitment to service. “Protecting my country, as clichéd as it sounds, had great appeal,” says Warnock. When he was 15, he joined the Royal Canadian Air Cadets, which led him to joining the reserves

military careers, as these students would quickly find out. And the biggest challenge they’d all first encounter would be maintaining their grades.

Warnock, who attended high school at Preston High in Cambridge, joined the reserves in Grade 12 through a co-op program at his school. This would require him to attend two periods of class in the morning before joining the military after lunch. Add on week-long excursions to Petawawa, where Ontario’s major army base is located, and maintaining grades became a tall hurdle. “As the pace of training picked up, I saw my marks do a nosedive,” says Warnock.


Although she joined the reserves at the beginning of her third year of university, Fournier experienced a similar scenario. She found that her grades suffered first semester, as she was unsure how to balance her new responsibilities. In time, she came to find her military work much less demanding than a regular job, at least in terms of the hours worked each week.

much stronger work habits. “It makes me a lot more disciplined and organized,” says Fournier, a belief also echoed by Raja and Warnock. “I can think straighter under pressure, handle stress better by thinking and working through it,” she says.

Mateo Farfan, a 24-year-old health sciences student at the University of Ottawa, agrees. “The military mindset is ‘get stuff done,’” says Farfan. “You have a task, so no complaining or whining. Get it done and go home.” However, Fournier and Farfan both say that this lifestyle is harder to adopt when it comes to school. Farfan didn’t apply this mentality to his education until third year. He is currently in the fourth year of his program.

So where are the real difficulties in working as a reserves member? From these students’ perspectives, it would be shaking off the anti-military sentiment expressed by peers, professors and colleagues.

“When I first joined, I received a lot of childish



The general consensus is that you have to speak about politics in a certain way, depending on if the other person is military or non-military

in Grade 12.

Being just 17 when he first signed up, Warnock required a parent’s signature to be accepted. With his mother accepting his decision, but refusing to sign the papers, he was left with few options. “I had to get my father drunk to get him to sign the enlistment papers,” says Warnock. A six-pack, plus a few shots of whiskey, was enough to convince his father that this wasn’t a death sentence. Ever since he started, both of his parents have been nothing but supportive.

It also took a bit of persuasion for Zohaib Raja, a general arts and science student at Conestoga College in Kitchener, to convince his mother to let him join. “My mom was a little scared at first, but grew proud when her friends began to congratulate her,” says Raja. He continues to be a source of pride for her, as the 19-year-old spent five months in Ottawa last summer with the Ceremonial Guard of the Canadian Armed Forces and has plans to return again in the future. This is the same group that stands guard at the National War Memorial – Cirillo’s former unit.

Enlisting was the easiest portion of their early

“If I were a bartender or a waitress, the hours would be a lot more (demanding),” says Fournier. For instance, she says that working in a bar would mean every week she’d be expected to stay late, past closing hours. With the army she might have weekends taken up by work, but they’d be on her schedule and availability with plenty of notice.

Paul Robinson, a professor of international affairs in the faculty of social sciences at the University of Ottawa, has worked with a few students in the reserves in his years at the school, but had not heard of any students struggling to maintain grades due to the job. “I don’t think the burden is necessarily big,” says Robinson, who was a member of the British reserves in the mid-80s. In 1994, having relocated to Canada, he worked as a reserve officer stationed in Toronto while studying for his Masters in Russian and East European studies at the University of Toronto. “I think it’s something students can cope with.”

And it appears that when it is truly important to them, students learn within a semester how to be successful in both school and the army. All of them praised their training for blessing them with

criticism and questions from high school classmates, usually along the lines of ‘Oh why do you want to do that, aren’t you afraid of shooting people?’” says Raja.

Being Muslim as well, he received harsh criticism from a very small group of followers of his faith. “They would tell me that I’m a traitor to the Muslim community and religion,” he says. For Raja, the insults hurled were particularly nasty, to the point that he was receiving threats online. Eventually Raja felt it necessary to get the proper authorities involved.

The criticism certainly did not stop there either. On his first trip to Petawawa for training exercises, he was often the first soldier – or sometimes person – of Middle Eastern descent that many of the other soldiers had encountered. “My colleagues were hesitant to talk to me at first because they’ve never met another brown person before,” says Raja. “I worked to breakdown cultural barriers between myself and the other guys, to show them that I am Canadian, and patriotic, too.”

Fournier also faced criticism for not fitting into

the category of a traditional soldier, although in this case it was not an insult hurled directly at her.

"I've only ever had one teacher say very awful comments about females in the military," she says. "She wasn't directing it at me, but it was very hard for me to keep my mouth shut. But I did, because it's just better left not starting anything as I don't want to represent the military poorly by starting something with a professor at a university." She admitted however, that she would have probably failed this test of her character if this lecture had happened before she joined.

Fournier felt the professor had not done her research properly to understand the laws within the military, or the mindset behind a soldier joining the army. The fact that Fournier is a part of the forces and feels entirely safe and comfortable within her role and rank is a testament unto itself that the Canadian Armed Forces has worked extensively to modernize itself.

But the process is ongoing. For instance, in response to problems with rape and assault, the Strategic Response Team on Sexual Misconduct was formed in early 2015. The plan, known as Operation Honour, is meant to tackle the issue of sexual misconduct amongst rank in the military. Unfortunately, it was crudely dubbed "Hop On Her" by some recruits at the Royal Military College shortly after its release.

There are other issues for those in the military too. Reservists like Warnock have been insulted while in uniform. In his case, he was out on the street returning home in his full kit, complete with rucksack and helmet. Right on the University of Ottawa's campus, a week before his second year started, he noticed a guy sitting amongst friends, wearing a Revolutionary Student Movement button, in a patch of grass. "I saw this greasy kid with dreadlocks staring at me," says Warnock. "Then he gave me this shit-eating grin and flipped me off."

On campus, he finds a heavier stigma against the military, where he described the general population to be more left of centre, politically. That was where he was called a "baby killer," after all.

So how do these weekend warriors put up with the criticism? Like any other challenge thrown their way, they adapt and overcome. "The general consensus is that you have to speak about politics in a certain way, depending on if the other person is military or non-military," says Warnock.

The army has its own social norms and quirks, he explains. For instance, in some ways being out



on training with the group can be like stepping back two or three decades. The heavy presence of tobacco is an example.

This is clearly evident the second you step into their mess hall at the Cartier Square Armoury, right next door to Ottawa's City Hall. Sitting in circles around tables, it seems like every third reservist is holding a cup or water bottle with an inch of black, tar-like liquid at the bottom – the remnants of their chewing tobacco. Almost everyone else is enjoying a casual beer at the end of their evening of marching. The walls are adorned with various awards and memorabilia of

the Cameron Highlanders of Ottawa, including the hood from a small military vehicle used on a tour of Afghanistan.

A large group of young men gather around the foosball table and get into a heated game, before retiring to a couch much too small for eight large men. Four of them end up pulling up chairs to form yet another circle, tightly packed and shoulder-to-shoulder. "We don't beat around the bush with each other," says Warnock. "Forget political correctness. We sit around swearing and smoking, and if something is fucked, you say it's fucked." 🍑

Defying diagnoses

If you let them, other people's expectations can define your life. But these students have other plans. They may each have struggled with learning disabilities but they came out triumphant

By Ashley Moffatt

When everyone was in Grade 6, we did board-wide exams. Teachers evaluated the progress of every student in the province. My penmanship had always been poor, so my teacher decided to let me use a computer for my English evaluation, fearing that whoever would be marking the exams wouldn't be able to decipher my writing.

When the school got the results, it turned out I had done the best in our grade. The teacher happily congratulated me in front of the whole class. A hand immediately shot up.

"That's not fair, she got to use a computer," says a little blonde girl. From that moment forward I refused any extra help that was offered to me. I never told anyone that I had a learning disability.

I was ashamed.

Students with learning disabilities have many obstacles that they must overcome academically, but often the biggest hurdles are internal. They battle themselves over asking for help, fitting in

with their peers and accepting that they learn differently.

A lot of students can pinpoint a moment where they became very aware of their disability. Travis Sztainert, a post-doctoral psychology fellow at Carleton University, has a vivid memory of his turn-around moment.

"I was in math class, and I stayed late because I didn't understand this problem," says Sztainert. "And I remember distinctly grabbing onto my desk and gripping it really hard because I was so frustrated I couldn't understand it. My knuckles were turning white. But then I thought to myself; why don't I just ask a teacher? Why don't I just try to get some help?"

Sztainert was tested for learning disabilities and it was found that he had trouble with certain kinds of memory. But when he was re-tested in university, they found that he was in the highest percentile in other aspects of learning.

Kelsey Boggis - da Silva is an accounting student

at Algonquin College who also took a few years of psychology at university. She is a successful student who also tested highly as a child. "Most people who have any form of learning disability usually have another issue," says Boggis - da Silva. "It's called co-conditions. If you have one, you're likely going to have something else."

She spoke about attention deficit hyperactivity disorder, ADHD, which is another obstacle for children in the learning environment. "In the cases with ADHD there's an over diagnosis issue, because early on a lot of people see their kids as being hyperactive which is normal and seeing it as problematic. A lot of times kids will grow out of that."

Boggis - da Silva, however, did not grow out of it. "It turns out that I actually had ADHD and it actually got worse because I didn't have the proper treatment and therapy that I should have been having. Because I got tested so young, they wanted to see if I would grow out of it."



Ashley Moffatt Photo



Travis Sztainert is a post doctorate psychology fellow, studying the effects of gambling, at Carleton University. He remembers the exact moment he decided to overcome his difficulty learning.

When Boggis - da Silva was ten, her family noticed something was off with her. She was a smart child, but was struggling in school. She had extensive testing and was told that she had a problem with her retention. She was told she had a general learning disability, which included a cluster of difficulties.

But her parents noticed there was something else. "At first it wasn't so bad when I was in elementary school but then over time it got progressively worse," says Boggis - da Silva "I was becoming more and more lethargic. I was tired almost all the time. I was twitchy."

When Boggis - da Silva was 18 and going to university, she had to be re-tested to be recognized as a student with a disability. "That's when they came up with the formal diagnoses. I got medication that completely made everything better. My marks are way higher; I'm doing way better socially. It's been a complete turn around," says Boggis - da Silva. "Has it been perfect? No, but it gets you through the day. It's up to your own

will power."

Not all parents choose to medicate. My brother, Kevin Moffatt, was diagnosed with the same learning disability as I was. We both have dysgraphia, which is a difficulty with writing and motor skills. But unlike me, Kevin was also diagnosed with attention deficit disorder, ADD. My parents chose not to medicate him.

"It wasn't severe," says my mom, Kathy Moffatt. "The option was medication. But we said no, we wanted Kevin to be Kevin. But in elementary school, the rule was if the class misbehaves, the class stays in at recess or misses gym. And we went to the school and we told them when kids have ADD, they need to move. The only reason why they go to school is to go to gym class or recess. You can't cut that out." The school revised the rule.

Kevin had someone there to advocate for him. It underlines that a strong support system is essential for all student success especially for students who have disabilities.

Stephanie King, a first-year Algonquin student,

also had a strong support system in her parents.

"My parents did a lot for me," says King. "They would help me with my reading comprehension and teach me special strategies to help me do things. I also have tutors to help me get through things."

Like Boggis - da Silva, King was also misdiagnosed as a child. "My official diagnosis at first, when I was a little girl, was severe autism," says King. "But once I got older, the autism became milder. It is considered a language-based disability."

She also does very well in school, in spite of this obstacle. "I am a student that is hard on myself. There are times where I do put a lot of pressure on myself because I want to do well. I really want to be able to succeed in college. I work really hard and I get 90s and 80s."

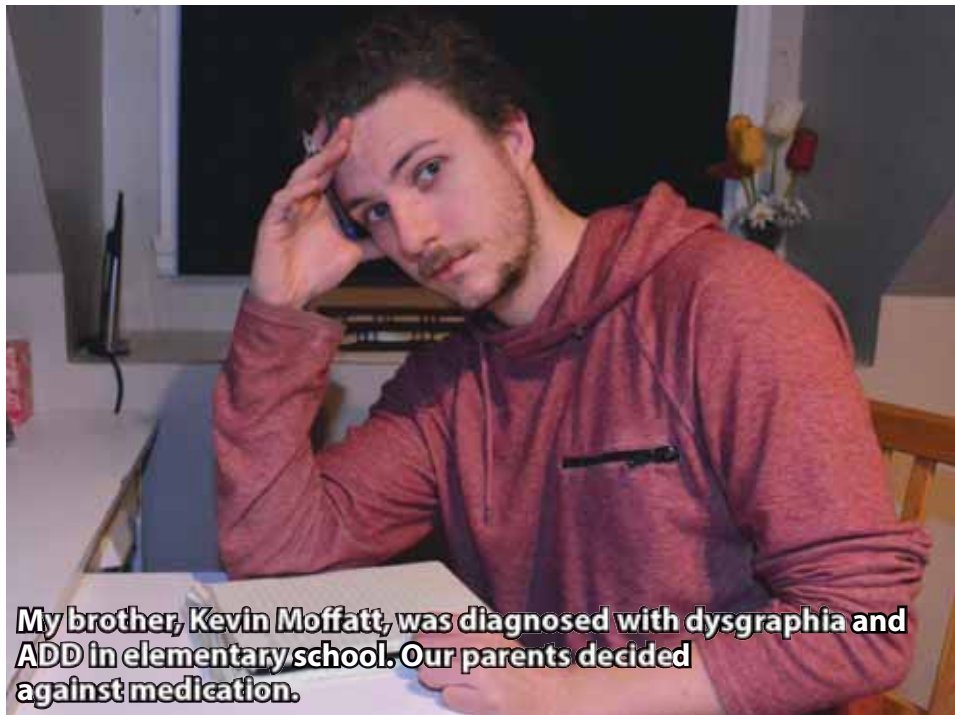
People falsely assume that students with learning disabilities can't attain the same level of success that students without difficulties can. But that simply isn't true. As Sztainert pointed out, many successful people have had to overcome obstacles.

“Certain hardships given at a certain time help people persevere,” says Sztainert. “If you look at the top CEOs of the top companies, there is a very large percentage that have had learning disabilities. The idea being that certain stresses given at a certain time in life actually will make you more resilient and propel you forward.”


But certain social pressures sometimes hold students back. Asking for the extra help that is required can be embarrassing. The last thing you want is to stand out from your peers. “It doesn’t mean that you’re a weak person,” says King. “It actually means that you’re a really strong person. You have the courage to go up to your professors and ask for help. They’re more than happy to help you. It makes me feel good about myself because I now understand it.”

Boggis - da Silva had a hard time growing up and fitting in with her peers. “Interacting with kids my age was a huge issue. I was basically the weird one,” says Boggis - da Silva. “It was pretty terrible. But once I hit Grade 12, being the weird one was a cool thing. But by then the damage was kind of done.”

The stigma can also be put upon themselves. “A lot of the time people who have any extra difficulties, they take that on as an identity, and they hold onto that label,” says Boggis - da Silva.



“They become that label. It’s so infuriating because I did that for a long time. I would think ‘I can’t do this.’ But no, my disabilities don’t own me. I own them. It’s all in the mindset. As soon as I thought, ‘I’m just going to see if I can do it,’ as soon as that block was gone, it was all uphill from there.”

Coming to terms with the fact that a disability does not define you, but is part of you, is the hardest hurdle to overcome, even more so than the disability itself. These students are just as successful as their peers. They should be proud of their accomplishments. Not ashamed of what makes them different. 

ENERGY. SWEAT. SATISFACTION.

Burn off some steam today at the Algonquin Fitness Zone. Also check out our Impact Zone and try your hand at MMA fighting, Thai boxing, kickboxing, or normal boxing.



**Algonquin
Fitness
Zone**

**BUILDING A
ROOM 125**

algonquinsa.com/fitness
(613)-727-4723 ext. 7294





The art of risk

Finding employment in Ottawa's arts industry isn't easy. But the challenge is not enough to prevent students from pursuing their passions

By Ilana Reimer

Jon Dickey keeps shifting his gaze back to the stage, only a few feet away. The entire set is engulfed in warm light. Orange leaves are scattered across the floor, contrasting sharply with the bright blue backdrop and white pillars. Everything else is dark in the small theatre in the University of Ottawa's academic hall.

Dickey is wearing a grey suit with a matching tie and yellow sweater – his costume for Berowne, a character in Shakespeare's *Love's Labour's Lost*.

Tonight is the final rehearsal, tomorrow will be opening night. But right now Dickey isn't thinking about the play. He is thinking about his future. "I'm not shooting for friggin' movie stardom," he says, still looking at the stage. "If I could just get paid to act. That's the dream right there."

In a field where so few make it to the top, achieving such a goal could seem like a long shot. It certainly appeared that way to Dickey's well-meaning relatives.

His aunts and uncles accepted the words "science" and "biology," but to them, theatre was the road to a broke, jobless future. But Dickey isn't afraid of what they think. After all, he is already the black sheep in his family – or at least, he's the only one to pursue arts. He knows he won't be handed success, but he is prepared for the tough journey ahead and is determined to see this ambition through to the end.

Dickey discovered theatre by accident. It started as a mandatory arts credit in high school, but it quickly became a passion. Now, he is in his fourth year of theatre arts at the University of Ottawa. He loves being able to tell stories by taking on the part of another character.

One of his favourite roles was that of Judas in *The Last Days of Judas Iscariot*. He played the character in many different stages of life – from an eight-year-old to a final confrontation with Jesus in hell.

"Knowing and embodying who they are – or who you are trying to portray – they become their own creature, their own person on stage," he says. "It's a really cool process."

When he graduates this spring, Dickey plans

on spreading his wings in Ottawa's theatre scene.

And he is not alone. More and more students are choosing to follow their heart rather than their head when it comes to choosing what to study. But finding employment isn't easy, especially in Ottawa's limited arts industry. It often means stressful, sleepless nights, minimum wage jobs, small incomes and untold pressure. But despite the obvious risks, applications for arts related programs are thriving.

Algonquin College has created two new programs in the past five years – music industry arts and performing arts – to respond to this growing interest. With almost no marketing, music industry arts received 250 applications in their first year. This year, they received almost double that number. Applications are also rising at the graduate level of the University of Ottawa's theatre arts program, while the bachelor of music program at Carleton University remains at maximum capacity, with far more applications than they have space for.

Robyn Heaton, dean of Algonquin's School of Media and Design, watches market and labour trends to gauge which programs students may be interested in. She said that before the performing arts program was introduced last year they did a scan of other Ontario colleges to see if performing arts programs were in fact attracting applicants. And they were.

"I think that (younger) demographic is interested in not just having a career, but in having a career in something they're passionate about," Heaton says.

And that is why Dickey chose to take theatre. He had been planning to study biology, but he made the switch to theatre last minute. "This is where I have the most fun," he says. "And I want to see how much longer I can do it and where it will take me."

His parents were slightly doubtful, but supportive of his sudden program switch. "They asked if I had any plans for jobs – the typical thing," Dickey says. Both parents are phys-ed teachers, and originally Dickey thought of going into teaching after graduating. Now he isn't so sure. The reality of having to find an actual job in a few months is a little daunting.

But Dickey isn't afraid of hard work, long hours or doing jobs that others would consider menial. "The real thing is putting yourself out there," he says. "Doing the work. Maybe just doing a few small parts, and working up from there. You gotta start somewhere."

But for Emma Fleet, a third-year music student at Carleton University, it isn't so much about where she will end up afterwards; it is simply about studying something she loves.

Fleet's mother is a musician, and her father studied music, but ended up leaving the field when



Ilana Reimer Photos

he had three children to feed. Fleet's mom taught violin from a studio in her home, and Fleet spent much of her childhood in that room. She would sit on the floor and sing along with her mother's students. "My mom gave me a violin when I was four," Fleet says. "I would just do scratchy noises on it, but I had a lot of fun."

But she also saw the downside of the career. Her mother often had a crazy schedule. She would be in a concert and not get home until 1 a.m., and then have to get up early the following morning to get the kids ready for school. "My family is really, really happy," Fleet says. "You see that my parents do what they like doing. But the money issues are always there. It's kind of stressful."

Although she enjoyed music, Fleet decided in high school that she wanted to pursue anything but. She had seen what it was like to be a musician first-hand, and she wanted to get away from it. Instead, she took science in Cégep and then tried psychology for one year in Montreal. "It was the worst decision I've ever made," she says. "It was too scientific still. I had to go back to arts. I had to go back to music."

Picking up her violin again was both relaxing and comforting. "I think it is the ambience," Fleet says. She played in an orchestra and was part of an ensemble. "I always loved that we were playing together and doing something together," she says.

One of her first classes was applied rhythm, which involved dancing, playing drums and trying to figure out the pulse of music. "My homework was basically dancing. Like, that's fun, right?" she says, laughing. Fleet doesn't want to go into performance because she finds it stressful, but she might play in an orchestra part-time. Right now she is thinking of continuing her studies and then teaching music at a university level. Fleet's story describes many students who come to realize that they must study what they love, despite the uncertainty afterwards.

"I never really had a choice. It was always kind of this way," says Daniel Younger, a print media graduate from Algonquin, referring to his love of expression. Younger has been a bookworm since age two. With a grandmother who painted and a mother who made pottery, creativity is instilled



Daniel Younger, a self-published author, has always been creative. For him, pursuing writing seemed like the most logical path in the world.

in his genes. He took print media – a program which is no longer running – to understand the other side of writing books: producing them. Now, he is an author who also runs his own self-publishing business, called Mutant Panda. He writes comedic fiction, and enjoys creating

Algonquin. "We think: this is our direction, and we forget the backroads, or the pleasure routes."

Kenney has watched countless students over the years, fumbling to find their way in the world. She said that many people follow another path because they try to fulfill others' expectations, or because they think there are no other options.

"You have no idea where you are going to go in life," says Kenney. "But the fear

of making the wrong decision really closes us."

That fear of failure can be paralyzing. But for students who choose to pursue their ambitions, being happy is often more important than security and predictability. In the end, passion overcomes fear. There are actors, musicians, writers and filmmakers who have succeeded. That is enough to make students like Dickey want to try too.

He has already done a few shows around Ottawa, and plans on continuing to find auditions, and do performances with his friends after graduating. He might even start his own theatre company.

"I'm going to give it my best shot, and if it doesn't work out, it doesn't," he says. "But you never know until you try." 9

If I could just get paid to act, that is the dream right there. It might be something small at first, but you have to start somewhere

kooky characters and making people laugh. "If you have a story in your head, I think it's important to tell it," Younger says. "Whether or not people like it, that's up to them."

Because he has to maintain another job as well, Younger has had to sacrifice time, friends and a healthy sleep schedule to keep writing. "The business side says, 'Oh that's a risk,'" he admits. "But the artistic side says, 'Yeah, that's the point.'"

Unfortunately, many people don't choose to take those risks because they are afraid of failing.

"When we're in survival mode, we forget that we get to make choices," says Catherine Kenney, coordinator of the performing arts program at



women CAN

Rock By Aidan Cullis

The punk rock scene has not been the most inclusive when it comes to female rockers. But some women in Ottawa are trying to make a change



Aidan Cullis Photos



Keltie Duncan, drummer for the surf/art punk band Bonnie Doon, performs at House of TARG. Duncan is a chairperson for the non-profit organization Ottawa Rock Camp For Girls.

I came into punk in my early teens back in 2003. An anxious kid with braces and a speech impediment, I was a reject. Angry at my own misfortune of existing on the bottom rung of the social ladder, I gravitated to the fast-paced, raw noise of anarcho- and crust punk. Crass' *The Feeding of the 5000* was cranked as loud as the vintage speakers of the 1998 computer in our basement could handle until I left for university. Whether I was skanking to ska at a youth centre, or moshing to hardcore in a basement pit, the scene gave me the confidence I sorely needed. I felt safe with other people like me, and I think a lot of people were there for a similar reason. It felt like home.

My father, a kind man who, in his youth, looked like a cross between Jim Morrison and Cat Stevens, was and always will be very influential to me. He introduced me to rock and roll in the summer of 2001. Janis Joplin, Jimi Hendrix, Black Sabbath: this was my first taste of music that might last a lifetime. My transition from rock and roll to punk was natural. I didn't know it then, but the albums he shared with me became the foundation for all the music I would listen to from there on out. It had to be emotional. More importantly, it had to be loud.

Punk music is and almost always has been

dominated by men, right from its inception in the 70s. True, there have been countless self-identified women singers, songwriters, musicians and technicians across heavier genres to grace the stage and make their mark in music history – whether it be on an international or local level. But somewhere along the way women got shoved back into the crowd, and sometimes out of the shows and the scene altogether.

Name 50 all-women punk bands. How about five? It's difficult, but it's not because they don't exist; women receive less attention and are taken less seriously. While not every woman experiences misogyny or sexism, there are still problems that indicate that the punk scene is more talk than action when it comes to dealing with instances of gender bias and violence. Though there are many grievances in the punk community yet to be addressed, many women are clamouring for a space, for an audience, and for a voice.

In June of 2015, there was a revelation in the punk scene when allegations of sexual assault against Davey 'Brat' Zegarac, the vocalist/guitarist for the political punk band The Brat Attack, surfaced after several women within various punk communities across Canada came forward anonymously. Zegarac was fired from his job at House of TARG, a local venue known

for pinball, pierogis and punk shows. Because of the intensity of the punk community's reaction to the allegations, Zegarac was also driven out of the city. But in the case of survivors of abusive relationships, the community has been relatively silent.

While every community has its problems, with the punk scene's roots in progressive politics and anti-oppression, its recent history and current actions fail to do punk culture justice. Meanwhile, there are bands that capitalize off a politically-progressive persona, but refuse to step up when it comes to taking politics from imagery to action.

Though some women have managed to navigate these obstacles to carve out a niche for themselves, it's clear that some people have an easier time navigating it than others. But there are efforts being undertaken to make the scene more inclusive, not just of different genders, but of race, ethnicity, sexual orientation, disabilities and a myriad of other marginalized identities.

Elsa Mirzaei, a fourth-year science student at the University of Ottawa, has been trying to address issues in the local punk scene for almost a year now. Mirzaei began a collective this past May called Babely Shades. It is a group for women and non-binary people of colour who are involve

in the music and arts community. Shortly after the group started hosting meetings, they caught word that House of TARG had booked a band called Black Pussy. They sent letters to Paul 'Yogi' Granger, the owner of House of TARG, criticizing the decision.

The initial response dismissed any concerns associated with House of TARG and the booking of Black Pussy. A second statement released took the criticism into account and acknowledged that the Ottawa punk scene books white musicians most of the time, and that promoters hadn't been making the effort to include musicians of different races – expecting Mirzaei and other people of colour to do this work instead. A final statement from Granger apologized and acknowledged the harm done to the people involved. Many who had criticized House of TARG were privately harassed, receiving rape and death threats both anonymously and from recognizable people within the punk scene – people in bands with a platform and power.

Mirzaei organized a panel at Pressed cafe, with Granger in attendance, to discuss women of colour in the music scene, and in response to what happened at House of TARG.

“When you look back in history on the roots of punk, a lot of it comes from queer and racial angst. It's inherently very political music,” says Mirzaei. “To be able to go to a show where people are yelling about what also makes you angry is very healing. That's what is so important about it to me and why I do so much work around making punk music accessible to other people of colour – because having an artistic escape is one way that we can survive.”

In the end, with the help of Mirzaei and Babely Shades, amongst others, an '8-Step Plan' was drawn up to address the issues at House of TARG. Granger pledged to host a monthly series of free community workshops and seminars led and co-organized by experienced facilitators on topics like consent, anti-black racism, decolonization, harm reduction and community accountability processes. Granger also committed to creating a safer online space so people could voice their concerns without being harassed, promised more research into future bookings and to support more bands of colour and their shows, as well as those who promote them. As a result of this mandate, a more diversified staff was hired at TARG, and

more issues at the venue were noticed, dealt with, and have been on the decline.

Another initiative aiming to dismantle the macho-driven priorities of the punk scene is Ottawa Rock Camp for Girls, a three-day event that aims to encourage self-identified girls ages

To be able to go to a show where people are yelling about what also makes you angry is very healing

13-17 to pick up an instrument and rock out. It is run by several female punk musicians including Lesley 'Demon' Marshall and Keltie Duncan of the surf/art punk band Bonnie Doon.

“The purpose of Rock Camp is to try to be inclusive and provide an outlet for youth by providing accessibility to instruments as well as training,” says Marshall, vocalist and second bassist for Bonnie Doon. Marshall's experience in the scene has been positive, but she did note the lack of women whom they could look to for advice or as examples when they were just starting out.

“We want to show (girls at Rock Camp) that there are other women in the scene, that they aren't alone and that if they want to, they have the ability to pursue music,” says Marshall.

Marshall also runs a monthly newsletter called Small Talk which promotes music, art, culture, and progressive politics. The goal of the newsletter is to provide a platform to those in the music and arts community that rarely get an opportunity to speak freely without fear of harassment.

Similarly, Layla Brown, a long-time member of the punk scene, oversees the blog Standard Criteria. Brown's website, while initially general in its content, took a specific path after the incident at House of TARG. Like Small Talk,

Standard Criteria also aims to shine a spotlight on marginalized voices. Despite the countless years Brown has spent immersed in punk music and Ottawa's scene, she has been on hiatus from the punk community since coming under fire for her criticism of the TARG incident. Brown also received threats, and – as a black woman – harassing messages targeting her race. She wrote Harsh Tokes in response, a zine that documented the incident at House of TARG and its aftermath in an attempt to highlight the ludicrousity of the punk community's response.

Despite her wariness of the scene, Brown has high hopes for the younger generations entering it.

“These kids remind me of myself and I'm upset with the idea of them waking up at 30 years old and realizing everyone sucks. Women were fighting to be at shows even back in 2008; the scene is still very fractured,” says Brown. “I still hear about so many issues from the younger punks in the scene. I want to make it so younger kids can carve their own way. I look forward to a change, and maybe I'll come back.” ■

Ottawa's #1 Sports Shop



**TENNIS
BIKE
SKI**



462 Hazeldean Rd, Kanata, ON K2L 1V3
680 Bank St, Ottawa, ON K1S 3T9
1583 Bank St, Ottawa, ON K1H 7Z3

TEL: 613 831 2059
TEL: 613 233 4820
TEL: 613 260 0696



Not Child's Play

Take the dos and don'ts of these hard-core cosplayers and you'll be set to share their magical world. *Glue* gives you a how-to cosplay for newbies and enthusiasts

By Marc Shaw

After 25 years of serving Ottawa comic book fans, the Silver Snail fell victim to changing times and closed the doors of its Bank Street location for the last time in 2015. But in spite of stores like the Snail closing, geekdom in Ottawa is at an all-time high. Fans of comic books and other parts of geek culture are consuming more than just books and DVDs.

On Sept. 1, 2015 -the same month the Silver Snail closed - The Comic Book Shoppe, also on Bank Street, expanded its business by adding costume shop merchandise to their shelves. While

some stores are closing, others are adapting to the times and profiting.

Stores that are able to meet the public's insatiable need for collectibles have the chance to make money. People are showing their passion for geek culture in new ways that don't just involve buying comic books. People are buying collectibles, drawing fan art and, most-attention grabbing, cosplaying.

An amalgamation of the words costume and play, cosplay is an activity which finds itself more in the public eye thanks to the mainstream success

of contemporary comic book movies and the increased media attention paid to conventions like San Diego Comic-Con.

Ottawa has its own comic con where thousands of people, some cosplaying and some taking pictures of cosplayers, descend upon a convention hall to celebrate pop culture.

Ottawa Comiccon 2016 will take place from May 13-15. *Glue* magazine has compiled a few tips from conversations with members of Ottawa's geek community for those of you thinking of hitting up your first con.



Sydney Moreau attended Ottawa's Pop Expo on Nov. 21. Moreau cosplayed as Krul Tepes from *Owari no Seraph*.

Tip 1: Cosplay for your own reasons.

There are many different ways people can decide to cosplay. Everyone can have a totally different reason for getting involved. Morgan Dunbar started costuming when she was little. Halloween was her favourite holiday and she got into making costumes as projects with her mom. After moving to Ottawa and discovering the geek community here, she decided to take it to the next level.

"Some people just want to do it for fun," says Morgan Dunbar, master level cosplayer under the name Dex Morgan.

"Some people like cosplaying because they like to act and become the character and some people like the competitive side of cosplay which is an actual structured competition that you can enter at most comic cons that has rules and levels. You can work your way up the ranks of Novice, Journeyman, Artisan, and Master by earning ribbons."

Dunbar's favourite cosplay: Gaslight Catwoman, DC *Infinite Crisis* MOBA game.

Allison Larocque Photos

Tip 2: Be comfortable and take care of yourself. New cosplayers often forget comfort. When standing on a concrete floor for eight hours, you may realize your choice of shoes is not necessarily the best one.

“Quite often in the excitement you forget to eat or drink properly,” says Rob Spittall, co-owner of the The Comic Book Shoppe on Bank Street. “Have snack bags or granola bars and bottles of water instead of just an energy drink. I’ve seen too many kids pass out when all they’ve drank at the shows are energy drinks.” Spittall’s favourite superhero: Vibe, *Justice League*.

Some people cosplay for the competition. For others it is the ability to act and become a different character

Tip 3: Don’t just budget your money, budget your time.

You’re spending money on the cosplay so you should know what kind of budget you have but, more importantly, make sure to budget your time. Be aware of how long it will take to gather supplies and put them together.

“I can’t sew at all so I have to rely on commissioning it or looking for it online,” says Aaron Hinh, newbie cosplayer. “When you look online, sometimes they’re not as accurate as you want them to be. If you’re ordering online, order in advance or it won’t arrive on time. I ordered something two weeks before a convention and it didn’t arrive on time.” Hinh’s favourite cosplay: Sebastien, *Black Butler*.

Tip 4: Cosplay isn’t consent.

Don’t be crude. Unless you’re cosplaying a stealthy character like Metal Gear Solid Solid Snake, wearing a costume will draw attention to yourself. Conventions are normally supportive atmosphere full of geeks with respectful attitudes.

Like any other large gathering of people, there are bound to be a couple of people who forget their manners. Fortunately, these individuals are the exceptions which prove the rule and other con-goers have little time for their shenanigans.

“Just because you dress up a certain way doesn’t mean you consent to have people harass you or make inappropriate comments,” says Sabrina Nicoletti, cosplayer under the name Comic Girl Cosplay. “The convention space is a great place to be because there’s a lot of security there and they keep an eye on people. You can go up to one of the volunteers there and they’ll help you. I’ve seen them kick an individual out and ban him from returning to future conventions.” Nicoletti’s favourite cosplay: Rogue, *X-Men*.

Tip 5: Making a lot of mistakes? Get involved with your local community.

So you’ve tried your hand at cosplaying but none of your ideas are turning out because you keep messing up. That’s probably because you don’t have the right skills. Luckily, you can learn those. A great resource for newbies in Ottawa is the Ottawa Cosplayers Facebook group. It’s useful for meeting people with differing skill sets. Everyone has to start somewhere, starting online allows you to take baby steps before fully joining the community and making some friends. Don’t get discouraged.

“People don’t remember that it’s okay to make mistakes,” says Luc Lavictoire, commanding officer in the Rebel Legion cosplay group and former member of the 501st Legion. “You’ve got to make mistakes. In the 501st or Rebel Legion it’s okay to make mistakes because we all did them. That’s how you learn and we’ll part the information. It’s like that in any job, you’ll learn from the mistakes you make.” Lavictoire’s favourite cosplay: Iron Man, *Avengers*.



Couple Joey Macdonald and Ashe Rogue also attended Ottawa’s Pop Expo on Nov. 21. The two embraced Deadpool and Lady Deadpool’s playful spirit at the convention.

Part of Their World

Wannabe mermaids in Ottawa are trading their land legs for fins to go under the sea. Want to dive in and join them?

By Amely Coulombe

Like many water-lovers, Alliszon Zaichkowski, a horn player for the Central Band of the Canadian Armed Forces, loves swimming. But unlike most people, she doesn't swim with her arms and legs; she swims with her tail.

Zaichkowski is a modern mermaid. The French horn player now says that the water is her happy place and that she can't wait to jump back in with her tail.

Since 1000 BC, when the first known mermaid stories surfaced, mermaids have constantly held a spot in pop culture. These days, advertising, movies and western culture in general have used mermaids as a very recognizable icon in contemporary society.

The most popular modern mention of mermaids would be Hans Christian Andersen's 1837 fairy tale, which later would become Disney's 1989 animated classic, *The Little Mermaid*.

Since then, numerous celebrities have sported

this nautical look. Stars include Lady Gaga, Katy Perry and of course Ben Stiller in *Zoolander*. But why are mermaids still so popular?

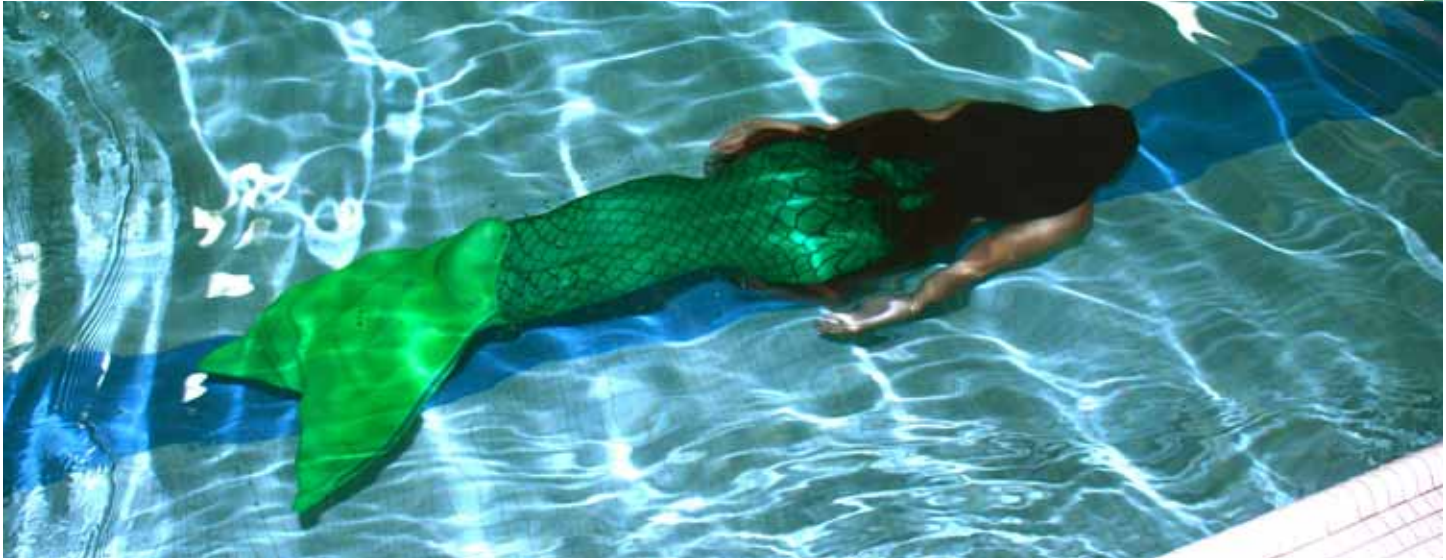
It might be because of the fact that mermaids are strong, independent women. They are enchanting and have sex appeal, but on the other hand, they can be deadly and deceiving. They can also be perky, cute and sweet like Ariel. They're contradictory, hybrid and more than anything, they're powerful. For women, mermaids represent the ultimate freedom.

Although this ultimate freedom used to be only a dream or fantasy, recently, it has become a reality for some. In the past years, many mermaid schools have opened around the world, most recently in Ottawa. Most offer classes on how to swim like mermaids but some go as far as to teach people how to be professional mermaids.

So how do you become one of these amazing mythical creatures?



Karrin Emery Illustration



1. Join a mermaid class

"The first thing is to take a mermaid swimming class," says Celeste Campeau, a University of Ottawa student and swim instructor at Aquamermaid, a Montreal-based mermaid swimming school. "You'll learn how to swim with a mono-fin like a real mermaid."

Aquamermaid offers swimming and fitness classes in Montreal, Ottawa and Toronto. They let you dress up in a mermaid tail while they teach you the proper techniques to swim. Some of the basic techniques are just to swim more easily, while others give you killer mermaid abs.

2. Buy a mono-fin

If you want to go all in, you can buy your very own mermaid tail. Most fins are made from a durable plastic and are then worn under a tail. Tails can be made out of almost any material and can range in price from \$100 to several thousand dollars. You can even get your own custom designed tail with specific features for all of your aquatic adventures. "If you want to live the mermaid dream, this is the way to do it," says Sahej Kaur, the Ottawa administrator for Aquamermaid Schools.

3. Work on your mermaid style

"You can definitely grow out your hair to get that long mermaid style," says Kaur, who has hair to the bottom of her back. "I've even got a friend who has a scale tattoo on her leg." If you're not ready for the full commitment of a tattoo or don't have the patience to grow out your hair, you can still dress in nautical-themed clothing when you aren't in the water. There's also tons of mermaid-themed jewellery on Etsy.

4. Pinterest is a mermaid's friend

"Pinterest is the best place to mermafy your life," says Bronwyn Crawford, another instructor and University of Ottawa student. "They have so many ideas for anything mermaid-themed, like mermaid-themed foods and makeup looks." Online you can find lots of ideas for room decorations and craft ideas too.

5. Learn an aquatic instrument

Mermaids are known for having beautiful voices, but if you haven't been graced with Ariel's mesmerizing vocals, don't worry. You can play an aquatic instrument like the conch shell or castanets. Zaichkowski says she feels free while she plays her shell in the water.

6. Start swimming on your own

Once you finally feel ready and comfortable enough in your tail, you can start swimming on your own in pools, lakes, rivers and even the ocean. "It's such a freeing feeling when you're out there swimming," says Zaichkowski. Just make sure that you're being safe about it as it could be dangerous. "There are definitely risks as you are restraining your legs," says Crawford. "But the risks are easily minimized by having trained lifeguards teaching."

7. Attend a mermaid convention

Each year, around the world, there are mermaid conventions for the biggest of fans. Many operate in a Comiccon style, while others offer live action role-play where you can live out your dreams of being in a mermaid pod. One of the largest international conventions is Las Vegas' MerCon, which features professional mermaids and the World Mermaid Awards. At Coney Island, since 1983, there has been an annual mermaid parade where thousands of people dress in costume. There is even an elected merman king and a mermaid queen.

8. Dedicate yourself to the lifestyle

Don't let people kill your mermaid vibe; if you're having fun don't stop. Life isn't a fairy tale and you won't magically grow fins. Therefore, it's up to you to maintain your mermaid persona. "If you really like it, my best advice would be to keep doing it," says Campeau. Your inner mermaid only exists so long as you embrace the lifestyle.



GUARANTEED.

Stream Online @ algonquinair.com

What's Your Sign?

From Aries to Aquarius, some people allow the alignment of the stars to determine their every move. Here's how students let astrology guide their lives

By Michael Conor McCarthy

As the *Old Farmer's Almanac* explains, "Mercury's retrograde periods can cause our plans to go awry." But Tara Roy doesn't need to read that in a book. "I got sick and I lost my wallet, I lost a job," says the Algonquin College hair stylist student. "I had the worst week of my life when Mercury retrograde was happening."

The planetary movement – in which Mercury appears to travel backwards in the night sky – happens a few times a year, and is said to affect us differently based on what time of year we were born. All of us search for clarity in our lives. We want simple answers to life's big questions, but sometimes we also want to know why we just lost our job and it can be helpful to blame it on the stars.

Petra Lanz Aquarius

Individuals in the truest sense of the word, Aquarius wants to help those around them find a fresh start through teaching or counselling.

Petra Lanz is a professional astrologer. Lanz counsels her clients using Vedic astrology, an Indian practice that has spanned thousands of years.

Vedic astrology is disconnected from newspaper horoscopes in a profound way. The attention to detail required to observe and understand the changing charts takes a mind that would probably make a good investment banker. But her goal is to provide clarity to her clients. She wants to help them remove negativity from their lives, so they can see a possible future where they're happier, or healthier. Daily horoscopes are entertaining. That's why so many of us read them, to have a clearer understanding of the world.



Tara Roy Aries/Taurus

People born under Aries are known as being natural leaders, while Taurus is determined.

Roy was entirely mistaken about Mercury's retrograde taking place in March and April 2015 under Aries. But she got some closure from thinking that and she gets some fun out of reading her horoscope, too. The signs are often used to determine whether two people will be compatible together in a relationship. Roy's grandparents, for instance, have compatible signs. Her parents do not. "My mom's a Taurus," she says, explaining why the two eventually split up. "She's really stubborn – controlling, too. My dad is a Scorpio, and they're just in their own world."

Roy has also noticed sign compatibility with her friends, such as her roommate, Felicia Post.

Felicia Post Gemini

The dual-natured Gemini is adaptable, leading to ease of communication with others.

"We're kind of similar in the sense that we don't like to deal with the girly drama," says Post. Post started working for the security firm Securitas this past spring.

One of her new co-workers once took her for a psychic reading with the colleague's grandmother. Now every time she's scheduled for a shift with that co-worker, they read their horoscope together.

"It makes me think harder about certain situations," says Post. "But it doesn't guide my life."

Whether we're moving in with a roommate or ending a marriage, we want to make the right decisions. **1**

History of Hookups



Netflix and chill started as an online joke, but students have long been serious about how they make casual sex happen

By Mitchell Newton

Want to catch a movie at the drive-in? Are you still up? Netflix and chill? What do these questions have in common? Chances are good that if an acquaintance gave you one of these lines, you might have to pick up condoms on your way over to meet them. Hookup culture has been around for close to 100 years, and has taken on a lot of different forms along the way.

At the drive-in: 1950 to 1970

As early as the 1930s hooking up became more frequent. With the advent of cars and casual entertainment spots like the drive-in theatre, young people were no longer obligated to court under the watchful eyes of their parents. They were finally given the chance to explore sexual freedoms of their own free will.

Casual sex in college: 1960 to present

The first time high schoolers are left home alone over a weekend there's a good chance that a party will break out. At college, however, there are no parents hovering around to worry about. Instead, hundreds of young adults share a dormitory, where the majority of university hookups take place.

The Canadian Organization of University and College Health estimates that close to 90 per cent of post-secondary students feel overwhelmed by their studies at some point during the school year. When studying takes over and stress builds up, many look for a release. "They'll try to reduce stress with drugs, sex or exercise," says Will Alcopra, a recent college graduate, referring to other students.

Desktop dating: 1995 to 2010

Starting in the late 1990s, anyone looking to get their rocks off could log into an online dating service to meet the sexy singles in their area. PlentyOfFish, eHarmony, Match and ChristianMingle opened up the opportunity to message anyone else nearby with an account and try to set up a date. At least it was easier than searching newspaper classifieds.


There's an app for that: 2007 to present

Nowadays, all that's needed to get a date is a smartphone application and a certain amount of charm. "I got out of a three year relationship; I was not used to regular dating methods," says Winston Campeau, a Carleton University student and Tinder fan. "It's great for introverts."

Dating apps existed during the mid-2000s, but their use exploded after the first-generation iPhone hit the market in 2007. Tinder, launched in 2012, has become one of the most popular apps for 20-somethings. The 18 to 34 age bracket comprises 80 per cent of its users.

Tinder markets itself as being an easy alternative to working up the courage at a bar to try and get someone's attention. According to their mandate: "Tinder empowers users around the world to create new connections that otherwise might never have been possible."

Netflix and chill: May 2015 to present

The newest euphemism for casual sex is a fairly innocuous proposal – hanging out and watching whatever Netflix added this week. This code-word has taken on a life of its own over the last six months, culminating in apps like TikTalk app, that have built-in "Netflix and chill" features. Even beyond dating apps, the phrase is all over the web, extending to social media sites like Twitter and Reddit. 

ORDER ONLINE AT
www.mrmozzarella.com



It's all about the cheese

NEW! The Big Cheese

Our special blend of mozzarella, asiago, smoked provolone, and sprinkled with loads of parmesan.

\$21.99

For 1 Large Pizza

Best Buy Deal #1

One Large Pizza, 3 Toppings, 2 Cans
of Pop and 1 Dip

\$18.99

Available for Delivery

Best Buy Deal #2

Two Large Pizzas, 6 Topping
Combined, 4 Cans of Pop and 1 Dip

\$29.99

Available for Delivery

Student Deal

One Large Pizza, 1 Topping,
*Must Provide Student ID

\$11.99

Available for Delivery

Mr Mozzarella



1433 Woodroffe Ave. Ottawa

(613) 226-9000

There's nowhere else that's quite like Carlingwood.



Home-like carpeted floors, street-front themed store signs, and all the amenities you need give you that urban, yet comfortable shopping experience you desire. With over 120 stores and services, you'll be sure to find what you're looking for. Give yourself a moment today, and come see what makes Carlingwood, Carlingwood.

Carlingwood
easy on your life

Monday-Saturday.....9:30-9:00 PM
Sunday.....10:00-6:00 PM

2121 Carling Ave. Ottawa ON K2A 1H2



#CarlingwoodSCTR



Carlingwood

carlingwood.com