

Winter 2015

# glue

THE OTTAWA STUDENT MAGAZINE

## WHAT ARE YOU HIDING?

### **Modern Day Virgins**

*Why their choice may surprise you*

### **From Boys to Men**

*Manly makeovers for the new professional*

### **Ottawa's Trap Scene**



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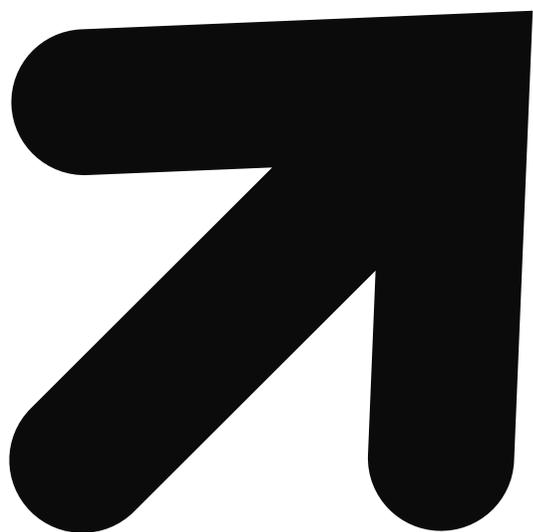
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Sexual experience isn't cut and dry. Our reporter explores the many facets of an archaic concept.

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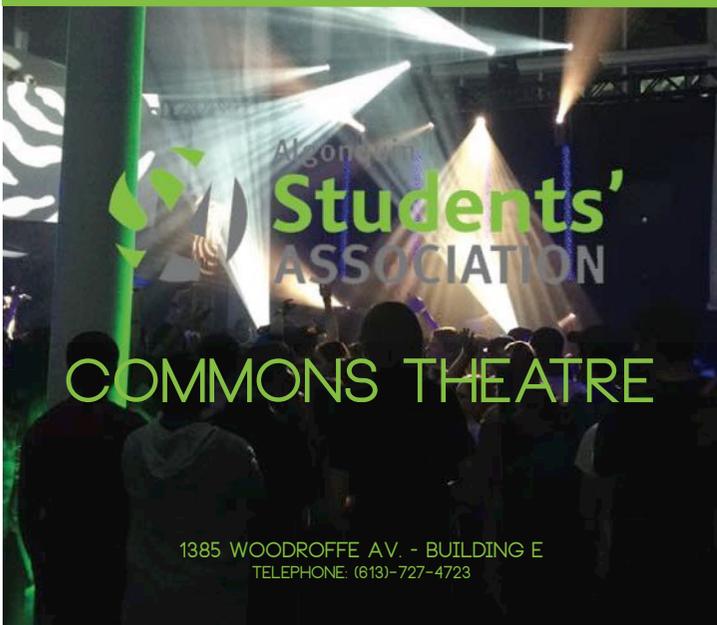
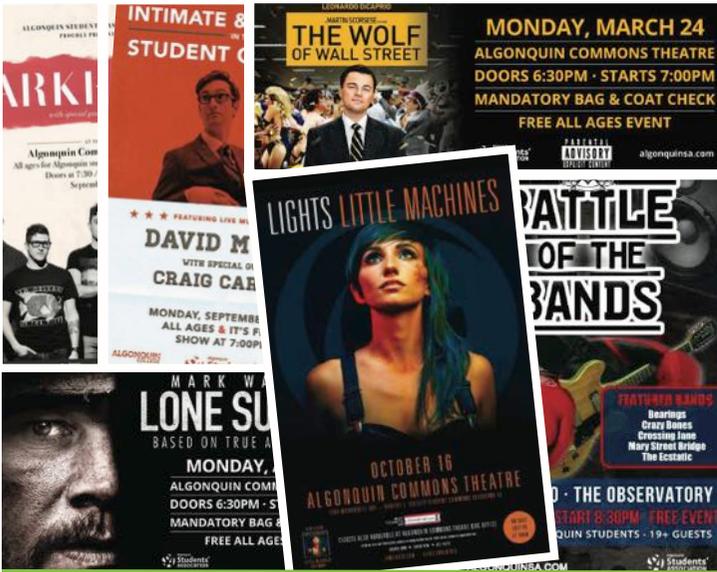
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**glue**  
THE OTTAWA STUDENT MAGAZINE

# Contributors



**Alicia Gosselin: Writer**

When she isn't juggling work or teaching us life lessons in the classroom as a student mom, Gosselin enjoys exploring taboo student issues. Her feature on the modern day virgins is one of the cover stories, and is definitely a page turner. She has contributed not one, but two stories for you to enjoy. One thing is certain, this won't be the last time you read this new journalist's byline.



**Daniel Katz: Photographer**

Katz has written a profile of the trap music scene in Ottawa and helped contribute to several photography elements you will see in the magazine. He is skilled in using social media elements to connect *Glue* with the Algonquin college and Ottawa student community. He is also the innovations editor for the *Algonquin Times* with skills in photography and video editing.



**Jered Harrison: Illustrator**

Harrison has always enjoyed drawing and is in his second year of the animation program at Algonquin. He started illustrating for the *Algonquin Times* at the beginning of September 2014. He has two illustrations in this issue of *Glue*, on page 31 and 42. After completing his program, Harrison wants to pursue a career in studio animating, character and design.



**Kyle Lajeunesse: Advertising**

As the production manager, Lajeunesse worked with the design editors to ensure the final product was as visually appealing as possible. He has contributed to some of the advertisements you will see in the magazine, as well as promotional flyers you may have seen in the hallways of Algonquin College. "I have become more prioritized and organized throughout the first semester of putting together *Glue*," he says.

# glue

THE OTTAWA STUDENT MAGAZINE

Winter 2015

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*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.

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## A Letter from the Editor



This issue of *Glue* is so much more than eloquent words and art on printed pages. For the first time, the magazine's entire staff has been redesigned from the ground up. Instead of two five-person mastheads for 2015's two issues, we have become a unified team of ten. This larger team has been able to work together and channel its creative energy into the most vibrant and inspiring magazine yet. And it's a damn shame that one of our mentors, Mark Anderson, wasn't here to see it happen.

Mark oversaw production of the mag intermittently from 2008 to 2010. Aside from his role as part-time professor of journalism at Algonquin College, Mark was an award-winning freelance journalist who specialized in business, editorial, outdoor and nature writing.

In the classroom, he was the counterweight to moments of stress and struggle, always a stark reminder that everything was going to turn out just fine. I can easily recall the number of times our team could have been calmed by Mark's presence during *Glue's* production, had he still been with us today.

Mark would have been a fan of our cover story by Safia Hashi on the topic of secrets. It's thoughtful and well-written and fun. I have a secret to share with you: at the beginning of our magazine's production, I was uncertain about how a group of rag-tag individuals with different personalities and temperaments would assemble to create a product worthy of the *Glue* logo.

But you know what? We did it. Because *Glue* is what results when a group of high-energy and creative folks come together, dream big, and collaborate in different ways.

So that's my secret, now what's yours? If you aren't one for keeping hush-hush however, in these pages you'll find stories about SFUO president Anne-Marie Roy, Ottawa-born trap band Thugli, what it's like to undergo a manly makeover at one of the city's suavest modern barbershops, and why some students are choosing to keep it, rather than lose it, when it comes to their virginity.

So whether you're reading this while wedged amid fellow travellers on the bus or killing time in a coffee shop, enjoy our glimpse of what is currently sticking out amongst the various back-ended corners of Ottawa's culture scene.

After all, we wouldn't want them to remain a secret. 🍷

*Michael Robinson*



Donations to Algonquin College Foundation's Mark Anderson Memorial Can be made via [CanadaHelps.org](http://CanadaHelps.org)



Myriah Saulnier  
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Photo Editor



Matthew Houston  
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Mark Anderson Photo submitted by Bruno Schlumberger, The Ottawa Citizen

# 404: CONNECTION NOT FOUND

**The very devices we use to connect, from cellphones to laptops, were meant to bring us together but are they forming barriers that keep us apart?**

**By Matt Houston**

**E**volutionary psychology states that many of the things we crave are from instincts that have been passed down through our biology from days when we lived in hunter-gatherer societies.

We crave high-calorie, sugary foods because when found in nature those foods used to be essential to our survival.

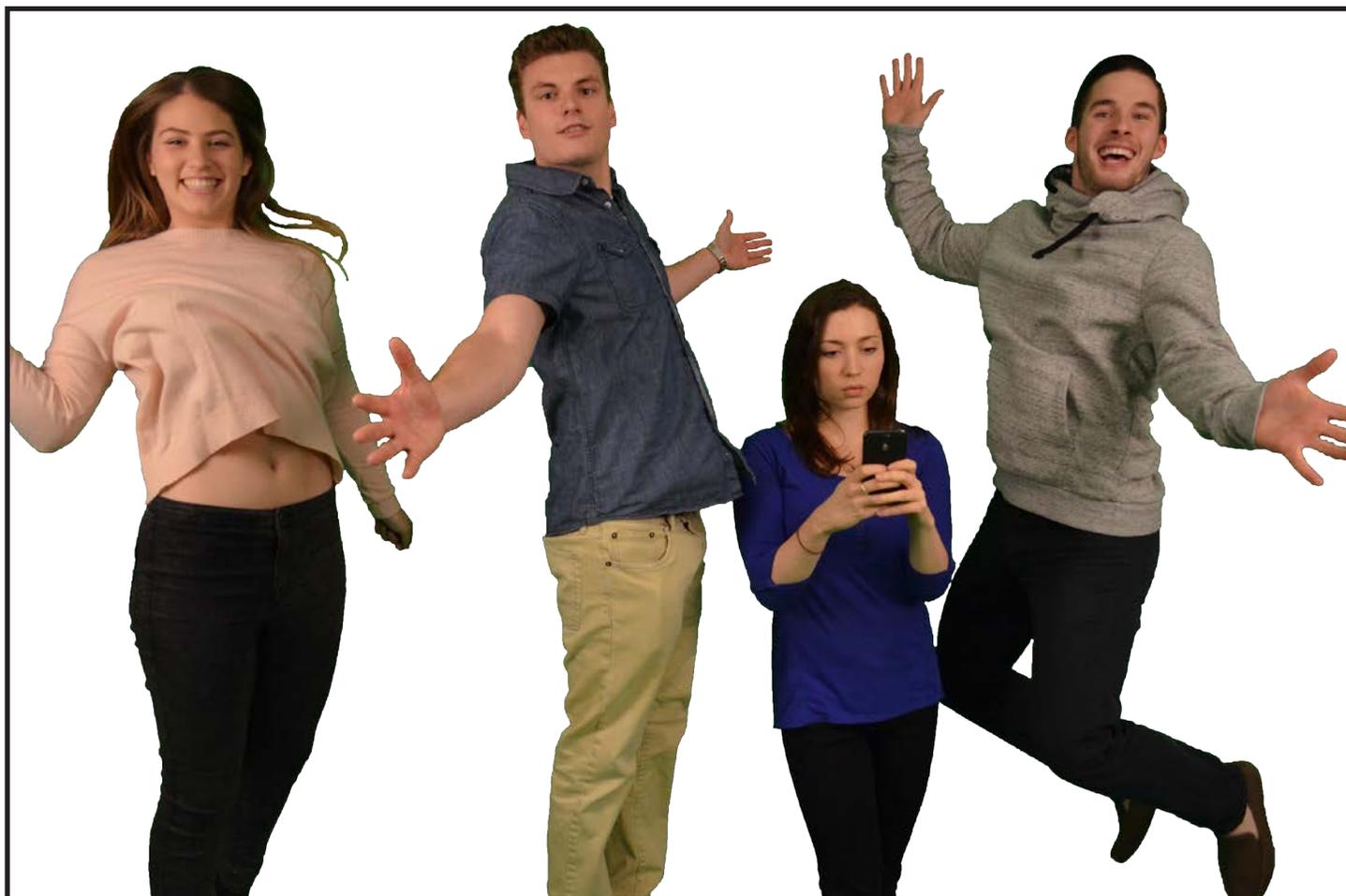
In today's society, the brain still releases dopamine and opioids when we eat sugary, high

calorie food, except the modern human is consuming junk food instead of fruit. We eat junk food because we crave it, because our bodies believe things that taste like this should be good for us, when in reality it is devoid of nutrients.

In much the same way, technology and social media can act as a junk food for the social parts of your brain. Humans are a social species; we crave interaction and belonging the

same way we crave sugar.

Technology, whether it's texting, Facebook or Twitter, can act as a kind of social sustenance, satisfying the social needs of the brain conveniently without giving any actual nourishment or growth. But just like reading the nutrition label, many students find that monitoring the ways you use technology can make it a beneficial treat instead of a harmful addiction.



Matt Houston Photo

Many researchers believe the rise in usage of social technology is leading to an increasingly isolated and lonely society, where the things that keep us together also keep us from ever being truly close.

“It seems that along with blessed technological advancements there is increased social alienation and disconnection,” says Ami Rokach, a professor and lecturer at York University who has been studying

phone call. But for those born in the new millennium, these convenient devices may be too easy to communicate with, while more traditional measures seem cumbersome and restrictive.

“Technological innovations have been shown to limit the need of youngsters to interact face-to-face with others. Texting and Facebook have made it redundant to learn basic social skills, and the art of

relationships online through forums and games. He’s even celebrating his one-year anniversary with his girlfriend who he met online 10 years ago.

“For me personally, technology has done a lot more in keeping me connected than the alternative,” Whyte says.

Heavy use of technology does not immediately equate to loneliness. Loneliness can mean different things

same time to devote to new attachments, but have greater capabilities to maintain old connections, no matter how far we are separated geographically.

“I don’t feel like I need new friends,” says Marie-Josée Pronovost, a psychology student at the University of Ottawa. “The friends I do have I really like and they’re pretty much all I have time for. I don’t know how to have more friends

## Technology, whether it’s texting, Facebook or Twitter, can act as a kind of social sustenance, satisfying the social needs of the brain. The problem? It gives no actual nourishment or growth

the field for over three decades. “Some termed it a social problem of epidemic proportion, and I support that way of perceiving it.”

Research has shown that loneliness is not only a social problem, but also an impending health crisis.

Rokach says that research has linked loneliness to ill health, a weaker immune system, depression, anxiety, hopelessness and learned helplessness.

Many of today’s students lived before the internet, when you had to wait around the house to get a

befriending others,” says Rokach.

But technology is a tool, and for many students it is how they use technology that defines whether it is detrimental to their social life.

“Part of the reason I’m so in favor of using technology to stay in touch is because I have social anxieties,” says Adam Whyte, a 25-year-old former student of Algonquin.

“I have difficulty adapting to social situations. Online you can take your time with a reply, think things over.”

Whyte has made lasting rela-

depending on the person and their own social needs.

“I’ve always viewed loneliness as just a manifestation of existential emptiness that doesn’t always have to be filled with social interactions,” says Tristan Graham, 25, who works in software development and spends eight to 12 hours a day on a computer.

He credits his lack of loneliness to being raised an only child and having an absurd amount of hobbies.

For others, it isn’t technology itself, but its ripple effects that affect them socially. We do not have the

than that. It’s mostly a time factor not necessarily technology.”

So technology does not always lead to loneliness, but as it becomes ever more convenient to type instead of talk, Dr. Rokach believes society has to help alleviate the conditions.

“It should start in kindergarten, by teaching toddlers that individualism, as hailed by the Western culture, does not mean separation, disconnection, and aloneness. We, as a society, need to take it upon ourselves to teach and learn to value togetherness, social support, and inclusion.”

# SMALL **SCREEN** SUCCESS

Follow these rising Ottawa-area YouTube stars as they use their unique talents to create and send videos right to your fingertips

By Samantha Long

Sylvia Ta never imagined four years ago that uploading a simple hair tutorial on YouTube for a friend overseas would transform into a unique part-time job that helped pay her through college. Now, with millions of views to her channel, Ta has thousands of loyal followers that wait eagerly each week for her newest make up creation or tutorial.

YouTube is not just a place to watch hilarious cat videos or home movies. For some, YouTube has become a way to earn a living and a new way to consume media. With the rise of video streaming sites like Netflix, the idea of on-demand videos at your fingertips has become the norm. YouTubers create a new dynamic of media because most often it's a one-man show. Most creators write, pro-

duce and edit their own videos, all while managing their brand and social media presence. YouTube has created a space for individuals to eliminate the middle-man and put their work out there by themselves, letting the viewers decide.

Jean Francois Dupont Casselman, a freelance makeup artist, started his channel in 2007 and started uploading beauty videos as a creative outlet.

"I realized there was no one in the area that was making beauty videos and I thought I could do that so I made one," says Dupont. Now, with over five million views on his channel, Dupont has had many unique

opportunities including working with Montreal-based cosmetics brand Annabelle to create his own shade of lip gloss for their line.

"They asked me to visit the headquarters to check it out. After they showed me the lab where they make the gloss and asked me if I wanted to make my own gloss," says Dupont. "Then I posted it on my social media and it just kind of blew up. There was a big request for it and Annabelle told me they were getting major emails."

Though both Ta and Dupont acknowledge that their success on YouTube could evolve into

a full-time career, they understand the need for a safety net. Dupont deals with the inner struggle to quit his day job and fully commit to YouTube and freelance makeup. Ta on the other hand, always knew she wanted to get into marketing and brand management since her days of working in retail.

YouTube has not only become an unconventional career for some, but it has also created a new fashion to create and consume media.



Samantha Long Photos

## Want more videos? Check out these YouTube users:



Justin Fijalkowski

Gamer

Ottawa YouTube star Fijalkowski's videos caught the attention of rapper turned gamer Soulja Boy who co-signed him to his crew.



Jaian Moscatto

Musician and producer

Moscatto understands the importance of uploading videos consistently even with a busy Algonquin College schedule to make sure he keeps an active audience.



Moe Sargi

Prankster

Running the first prank channel in Ottawa, Sargi got media attention when he impersonated the "NSA" in order to get out of a parking ticket.



## Discover The Energy

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# MAN MAKEOVERS

**In an attempt to appear professional, men are flocking to take a seat in the barber's chair both before and after graduation**

By Malcolm Embree



College is a time of change and growth – a time when young men come to terms with their future while grasping the last legs of their youthful irresponsibility. However, there comes a time when one must hang up the studded leather jackets, band shirts and dirty jeans. The wanton and wild beard must be tamed and preparations must be made for that foreign place: the professional world.

Icons of the quintessential man inhabit every nook of Warren Chase, the upscale men's grooming salon in Ottawa's east end that was kind enough to host us. Shelves of rustic wood are adorned with bourbon, razors and masculine hair products. Crooning singers from a bygone era that once defined the modern man drift out of speakers.

David Baucoud, a political science student at Carleton University, sits down for his professional

transformation. "Just about an inch off," he says when asked how he wants his hair cut. With hair down to his shoulders, donning a patched leather jacket, Baucoud is not prepared for the Warren experience.

"Come back when you're ready for a real cut," says Paul Cretes, shop-owner and barber. Baucoud is then ushered out of the chair.

"Grooming means success," says Trevor White, who co-owns the store with Cretes. "We get everything from businessman to construction workers."

According to White, no matter the field, a good cut and shave is the difference between getting the job or promotion.

Moments later, political science student Liam Burke replaces Baucoud in the salon chair. More eager for a professional look he is ready for what lies ahead. A little less metalhead, Burke is a more

malleable subject. After entering the shop with frizzy hair and a t-shirt, he leaves with a sharp haircut and tie.

Though he is still the rock and roll youth he entered as, he now looks the part of a professional man ready to shoulder the pressures of the career world.

"For the mint-scented hot towel alone it was worth every penny," says Burke after all is done.

Changing to a more mature look doesn't mean you have to look like your dad. The days of boring crew cuts are over. It is now possible to keep your unique style but still be taken seriously. The grown-up pants actually look pretty good. Much in the same way a smile can improve your day, dressing more professionally can make you feel, and eventually be, more mature.

It's a competitive world and if you want to make it, it helps to look the part.

After



# ALL ABOUT THAT BASS



A new sound  
is emerging in  
Ottawa and it  
will trap you

By Daniel Katz

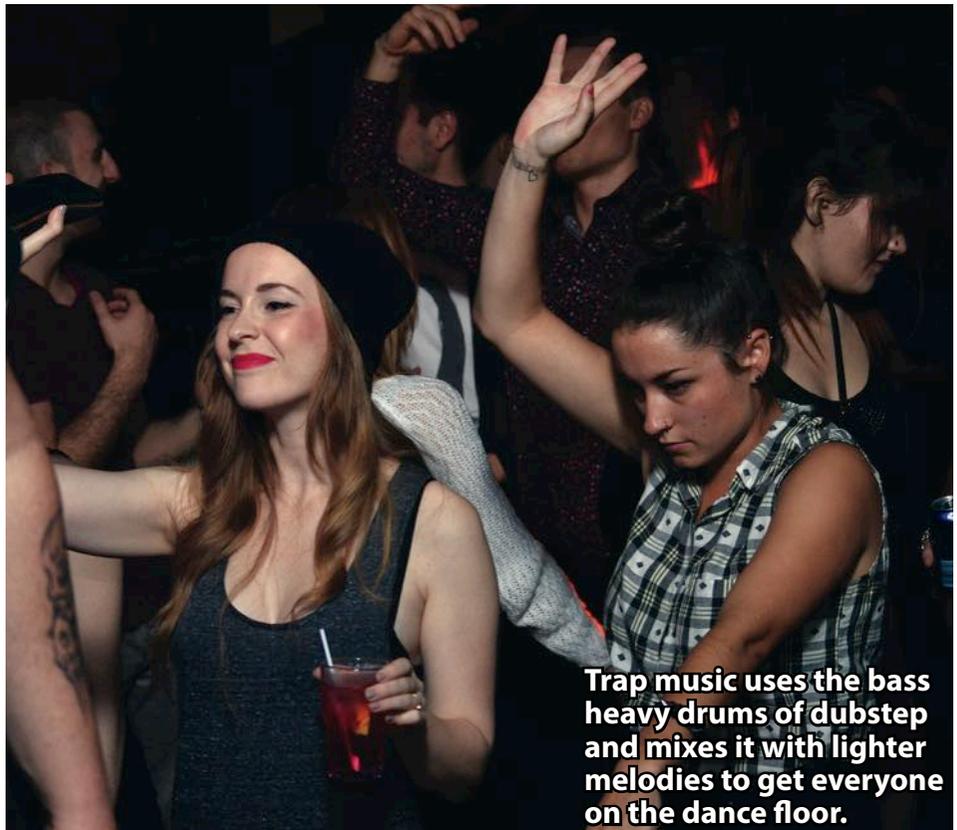
Daniel Katz photos

It's Friday night and the Babylon Nightclub on Bank Street is packed. Lovers of all musical genres are here with their friends at the "Frenzy" club night to bounce, vibe, jump and jam to the massive beats that will blast from the speakers. Most of the millennial subcultures are represented – hipster, mod, skater, bro, punk, and hip-hop head. These people came to see Salva, an American club DJ, producer and engineer, and one of the biggest new names on the electronic music scene. The excitement cannot be contained. The crowd is warmed up by the openers: local DJs and promoters Foster and Iggy Smalls, and Toronto-based rapper Sean Leon. Salva comes on and the crowd lets out a deafening cheer. The people put their hands up as the music builds to a climax and then, when the beat drops, it seems as if the walls almost blow off from the colossal bass and gigantic sound.

Whether you call it EDM trap, trapstep, or simply trap, this new musical form emerged within the last few years in the U.S. and has taken over party floors across North America thanks to innovative DJs such as Flosstradamus, Diplo and Baauer. Even pop-artists like Iggy Azalea and Katy Perry have cashed in on this new musical trend. The sound merges the party-bounce of southern hip-hop with the deep bass-heavy drums of dubstep and darkstep, but adds more melody and light vibes to make it accessible to a wider audience. Ottawa-born group, Thugli, were one of the first DJ groups to incorporate original EDM trap production into their sets and are successfully touring across North America. Their music was recently featured in a commercial for the NBA 2K15 video game and their remixes are regularly played on BBC Radio 1's "Diplo and Friends" program. They also have a music video in rotation on Much Music.

Ottawa has a handful of musical artists who experiment with trap music. Four of these artists give their unique take on trap and why you should listen to it right now.

### **DJ Illo beat producer and well-known DJ for the Stylusts and Eh! Team DJs**



**Trap music uses the bass heavy drums of dubstep and mixes it with lighter melodies to get everyone on the dance floor.**

"Trap came out of people wanting to merge electronic music with the southern hip-hop styles of the 1990s and 2000s. It has a great energy where you can mix bass-heavy hip-hop with dubstep but not have the violent or dark lyricism which might be in certain hip-hop songs. You hear a lot of songs on the radio these days with a trap breakdown so it's become a very commercial style of music."

### **Iggy Smalls owner of Straight Goods Music, DJ and founder of the "Frenzy" club night**

"The more EDM sounding 'trap' refers to a more club-focused version of the southern trap sound that has been around for quite a while. What separates it from other genres is that this newer version of the old sound takes that southern rap vibe and makes it more accessible to a more aggressive dance floor crowd. The sound has become extremely popular and can be heard, whether they be big clubs or small venues."

### **Sacha Foster and Danya D: students, DJs, and in Foster's case, a promoter**

**Foster:** "With trap music it's not as much electronic. It's based more on the rhythm and people can recognize that a little easier. You still find synths and stuff in a lot of trap but if it's a remix of a type of song then people will be more attracted to it."

**Danya D:** "It has changed so much since the beginning, just like so many other styles of music. It began very slow and very simple, bassy, and has now grown to something more complex. Now it's kind of evolved to a bit of house and electrohouse."

On the weekend, when all you want to do is hit the club with your friends and get ridiculous on the dance floor, the deep booms and melodic synths of trap provide an undeniably addictive rhythm.

**Trap came out of people wanting to merge electronic music with the southern hip-hop styles of the 1990s and 2000s. It has a great energy where you can mix bass-heavy hip-hop with dubstep but not have the violent or dark lyricism which might be in certain hip-hop songs**

# VIDEO DIDN'T KILL THE RADIO STAR

## How radio stays alive in a world ruled by online media

By Tyler Dubreuil

Audio options like Spotify, iPods and auxiliary ports make for hundreds of devices and programs that eat away at radio audiences. But according to a recent CRTC report, radio has seen an increase in revenue, proving that today radio is still relevant if not prevalent in society.

So how does radio maintain its popularity with so much competition in the music listening marketplace? CKCU is a great example of maintaining relevance and longevity in an ever evolving industry.

“The main reason I started (hosting) was because I wanted to showcase my music interest to people,” says Erik Stolpmann, a Carleton University

student who hosts the program *Theme Songs* on CKCU 93.1 FM along with Owen Maxwell and Michael Hanifi.

“I wanted people to recognize what I like in music because I feel like that’s a big part of who I am. It eventually became more than that though, it started to become more about being able to express different ideas and concepts to people.”

*Theme Songs*, plays a variety of different genres that center on a theme or concept.

“It’s community radio. It’s not something like Jump 106.9 where you know if you’re going to listen to that station you’re going hear basically the top 40,” says Stolpmann.

The CKCU organization, established in 1975, is completely run by volunteers. The radio station held a fundraising drive in October through November this year that saw donations add up to a whopping \$130,000, a good indicator of the fan base the station has.

“With CKCU you can hear a program that’s

all about Indian culture then the next program could be guys that play ’80s metal and then *Theme Songs*.”

The Carleton University station has a variety of programs, all with a different style, theme or genre of music. But one of the most important features of the station and a major reason for the relevance and longevity is their appreciation for the local music scene.

“An important part of our station is local artists,” explains Stolpmann. “A lot of people don’t recognize how big the music scene is in Ottawa. Not a lot of people go out of their way because they don’t hear about (local artists) so we try to promote the local stuff and encourage people to listen.”

But the focus on community and location doesn’t end there.

“Internet radio doesn’t really do weather or traffic yet,” says Chris Mines, a radio broadcast student at Algonquin College.

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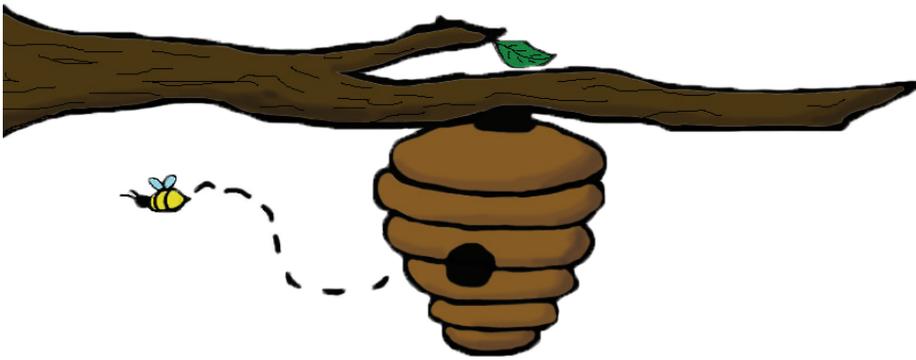
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# APIARIES ARE THE BEE'S KNEES

## With the bee population declining, building hives might just be the solution

By Eric Thompson



Tucked away in the Rideau Lakes region, lined up in neat rows, are 15 boxes belonging to Stuart Arnett. Packed inside are thousands upon thousands of honey bees that call the boxes home. For a few hours a week, he will check on the hives making sure the bees are healthy. It's a fair amount of labour and Arnett is not in it for the profit, but rather he keeps bees as a hobby.

He got the idea from a friend who also keeps bees on Amherst Island. Arnett enjoys the honey that is produced yearly, but says he got into beekeeping for an entirely different reason: helping save the bee population.

"We knew that bees were starting to die off and it fit into my conservation concept," says the local wildlife conservation artist. "It was just another avenue and I thought it would be pretty interesting and it just grew from that."

Arnett is just one example of the growing popularity in hobby beekeeping.

As a pastime it doesn't require a lot of space or demand a massive commitment. It provides a unique challenge and at the end of every season, there is the reward of honey. In addition, it helps the growth of an insect population in need.

"It's an environmentally friendly thing," says

Paul Lacelle, who owns Lacelle's Apiary in Carleton Place. "It was big news that all these bees were dying and I think people just started getting on board. They're not in it to get a whole pile of honey, they're doing it to help the environment. That's one of the main reasons for hobby beekeepers."

The beekeeping industry has been in trouble for the past decade as less honey is being produced and bee mortality rates are high, with keepers losing 58 per cent of bees last season. Despite these issues, the number of registered beekeepers in Ontario has grown continually since 2008, when there were record lows of honey produced.

In response to reports that the bee population was suffering, people began starting hobby apiaries at home, the cottage and even in high-rises in some urban areas like Montreal and Vancouver. While seemingly straightforward, beekeeping is more complicated than it sounds.

"It's fascinating, all of the different processes that go on within the hive," says Arnett. "It's not just a bunch of bees going out and gathering, and all of a sudden there's honey. There's a whole environment going on inside which is interesting."

Since many factors affect the health of bee colonies, the hobby is somewhat of a risk. Factors like weather, mites and pesticides - particularly

neonicotinoid, commonly used on corn and soybeans - all can lead to the sickness and death of a colony. It is why commercial beekeepers have been having such a difficult time.

"It didn't use to be (such a gamble)," says Murray Borer, owner of the Oak Pine Apiary. "For 30 years we had all the bees we wanted. But in the last four years we haven't been able to replace hives as fast as they're dying. With the introduction of new pests and pesticides it's wiping out the bee colonies and a lot of other things."

"If it continues the way it has for the last four years, I'll be a beekeeper for two more years. And we've been doing this since 1979 so it's not like I don't know bees."

More experienced beekeepers like Lacelle began offering courses for beginners to see if they are up for the challenge.

"If people want to get started, they can come to the bee-yard and at least handle the bees and see what it's like. There are a lot of bees in those hives it's usually when they can tell if they're going to like it or not."

The starting cost for a hive is roughly \$700. Arnett makes about enough from honey to cover his costs. But as he says, the learning curve is steep.

"Even though I've been doing this for four years, in no way would I consider myself an experienced bee-keeper. I figure if I get stung every four or five times I look at my hive, I must be doing something wrong."

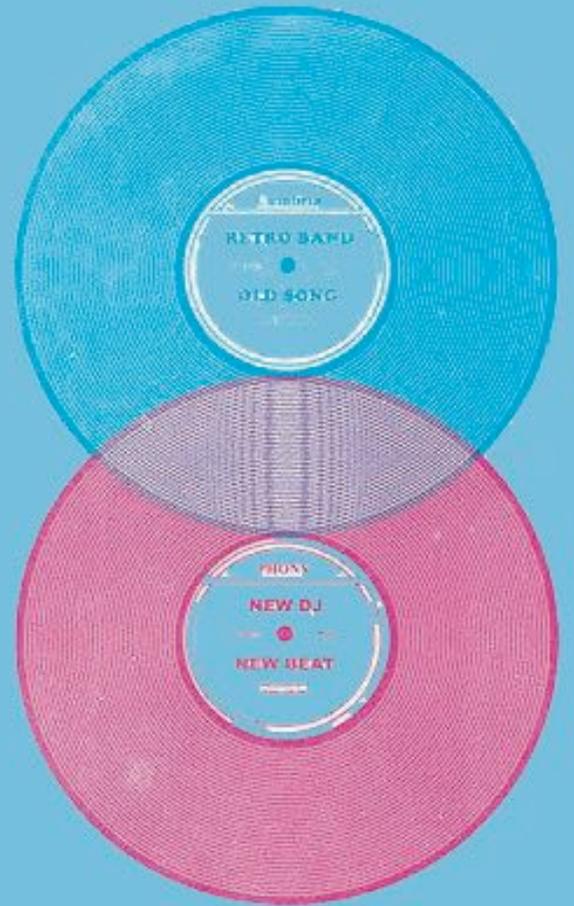
Whatever the challenges, beekeeping is a hobby anyone can get into, and get attached to very quickly.

"You fall in love with your bees," says Lacelle. "If you only have one or two hives it's amazing how attached you get to them."

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# FRUSTRATION GENERATION



**Optimism is hard to come by when the majority of the millennial generation is facing unemployment after their schooling. Breaking into a competitive workforce is hard, but not impossible**

By Nicholas Hodge

Those born between 1980 and 2000, the millennial generation, are facing some challenges.

With previous generations working longer before retiring, competition is stiff among young people trying to break into the workforce and start their career.

Dave Pulford, a millennial that recently graduated from university, made the choice between trying to break into the workforce and entering a grad program.

Pulford maintains part-time employment at Maple Leaf Sports and Entertainment, a sports and real estate company that works with the Toronto Raptors and Maple Leafs. But he also spends almost every night at rinks coaching hockey and scouting for teams.

“Right now I’m trying to look at the big picture,” Pulford says. “Hopefully working my ass off will help...give me more opportunities than going back to school would.”

Pulford refers to this period of his life as his year off even though he is, “way busier” than he would be going to school.

Louis Del Re, who had a summer internship after graduation that led to full time employment

with a pharmaceutical advertising agency, considers himself lucky to have found a job so quickly.

“I think for the most part it’s pretty difficult,” Del Re says. “I think I was pretty lucky finding a full-time job quickly. With so many people coming out of university, the biggest problem is networking. You have to know somebody to make your first shot.”

Millennials are going to have even more influence because organizations that don’t evolve or don’t change to how millennials operate will be left behind

While some millennials with a strong work ethic, a little bit of luck, or both, have been able to start their careers, youth unemployment and underemployment are still causes for concern in Canada. However, according to David Coletto, CEO of Abacus Data Inc., an organization that has done in-depth research on the millennial generation, the workforce is starting to change in ways that will accommodate them.

“As much as there’s unemployment and particularly youth unemployment in the country, there’s still a need for businesses to recruit and retain really skilled employees,” says Coletto.

“Millennials are going to make up the bulk of that group.”

Coletto recognizes that some millennials have had to make concessions and compromises in their dreams for the sake of getting a job but as more members of the second largest generation enter the workforce, their influence will change how companies and organizations operate.

“As we move into an economy where boomers retire, there’s talk of this demographic shift where the competition for young people, for new employees, is going to be even greater,” says Coletto. “That’s when millennials are going to have even more influence because organizations that don’t evolve, don’t change, to how millennials operate and work will be left behind.”

According to the Pew Research Centre, a nonpartisan fact tank, millennials maintain roughly the same amount of optimism about their economic futures as the Gen-Xers did 20 years ago.

# VINO VOYAGES

**Whether it has been a tradition in your family for generations or a career path that has become a new passion anyone can sip, salute and discover the joys of wine. *Glue* takes us on a sommelier journey**

**By Alexandra Moscato**



Growing up in an Italian family, wine was an important part of my life. For three generations my grandfather, father and I would pick out a variety of grapes from the red, Cabernet Sauvignon to the white, Moscato. We would then bring them home to crush in our wooden barrel below the fresh sausages and prosciutto hanging from the cantina ceiling.

Alongside a table of never ending food, everyone would say salute and clink glasses as the wine and conversation flowed simultaneously. As I grew up and got to enjoy more than just a sip of wine, I began my trial and error adventures in the SAQ that followed with vino nights that brought friends, food, and ambiance.

Wine can be intimidating in its unique complexities. But with an open mind and taste buds, students can learn

to sip, salute and pair food, as they begin on their path of decoding the joys of vino. This is what a sommelier tries to accomplish when helping guide your pallet on a wine journey.

Geoffrey Skeggs, a veteran sommelier and professor at Algonquin College, makes sure you feel comfortable and at ease as he takes you on this journey.

“We as sommeliers have to decide: ‘how far can I take this customer, how fast can I develop this trust, and expand their experience,’” says Skeggs.

What started out as a small collection of wine in his 20s, transformed into a lifelong dedication.

Skeggs moved to Ottawa in 2005, and decided to become independent, after he dived in wine sales. He realized the best way to sell a wine was to know as much about it as possible.

“If the wine was interesting and told a story, people will want to buy it,” says Skeggs.

He’s been teaching at Algonquin since 2009,

means the wine and food taste better altogether than apart. It’s the perfect score.”

Wine is an experience from start to finish.

“It’s special because so much of where it’s from matters and how it’s made, it’s kind of fragile in the sense of how you manipulate it really matters,” says Marco Ferraris, a 21-year-old sommelier in training at the University of Ottawa. “There’s so much you can do with wine in terms of making it, in terms of drinking it, it’s just a very special drink that is so deep rooted in the culture as well.”

## WINE AND FOOD PAIRINGS TO MAKE YOUR TASTEBUDS TINGLE

Brie cheese & Chardonnay (or Chabli or Champagne)

Pepperoni pizza & Zinfandel (or Dolcetti or Chianti)

Pasta with meat sauce & Shiraz (or Zinfandel or Cabernet Sauvignon)

Filet Mignon & Cabernet Sauvignon (or Bordeaux Blend – Red or Merlot)

Grilled salmon & Bourgeuil (or Pinot Noir or Rosé)

and loves to educate people on his passion, to see how they evolve throughout his course.

As much of a joy wine is on its own, when properly paired with food, you’re experiencing something on another level entirely.

“You’re looking for the wine to make the food taste better and vice versa,” says Skeggs. “You’re taking one plus one to equal three, and that

“There are so many types of wine, it’s kind of like music and its various genres,” says Ferraris. “It offers an opportunity for each different kind of person to indulge in no matter what your background or taste buds.”

Many people are too quickly discouraged from wine, sometimes because they’re not tasting or smelling what the label says they’re supposed to. “I like to read it after I’ve had some. If you don’t, then you’re not tasting it with an open mind, but with the thought of having to taste or smell what the bottle told you instead of forming your own opinion and finding out for yourself,” says Ferraris. “Everyone’s pallet is different.”



# FOODIES UNITED

By Erich Engert

**CarniBORED** of your diet? **Lettuce** discuss some alternatives

A study by Serecon Management Consulting Inc. on Canadian food trends shows people are eating less meat and more veggies. These new diets have been growing in popularity among Ottawa students. Leaf-lovers are no longer the outliers they once were. Their growing population brings new lessons and lifestyle choices for the foodies among us.

## FOOD SHOPPING

Algonquin student Callie Fox currently eats small portions of meat but was a vegetarian for most of her youth. She is considering the lifestyle

again due to the variety Ottawa offers.

“Ottawa is great compared to the small town I came from,” she says. “There are a lot more vegetarian options here and even the college cafeteria has way more to choose from.”

Fox dealt with a lot of vegetarian struggles in her hometown, including a mother that would sneak dairy and meat products into her cooked meals.

But Fox isn't the only one. Algonquin student Martha Reid also went back-and-forth from eating meat to becoming a vegetarian due to difficulties back at home. Now in Ottawa, she has had a supportive group of family and friends that have helped her maintain her diet.

“The fact that it's quite easy to find alternatives in Ottawa has made me change my diet quite a bit,” says Reid. “I still eat meat from time to time but it's not a big part of my diet by any means.”

## DINING WITH FRIENDS

Whether you're a vegetarian or meat eater, there are challenges at dinner parties.

Vegetarians visiting a meat eater's place worry

if there will be anything to eat besides just salad or if their food has been tainted by meat.

Meat eaters worry if there will be any meat at all or if the meat will be cooked properly at a vegetarian's home, as it's hard to cook something edible that you won't be tasting.

Martha Reid dealt with her own struggles during her time away from meat. “People could be quite close-minded coming over. If you fed them veggie burgers, they'd tell you how delicious the meal was until they found out it wasn't 'real' meat, then they suddenly wouldn't like it anymore,” she says. “It's more of a mental thing than anything else.”

But Ottawa jail hostel employee Cory Lefebvre and his live-in vegetarian girlfriend, Algonquin college student Emily Armitage enjoy bringing new dishes to gatherings to see the positive reactions people that don't normally eat vegetarian.

## EATING OUT

Lone Star, a meat eater's place according to general manager Randy Barker, has cooks that are more than happy to cater to vegetar-

ians and vegans. As long as it's something they have in stock, they are even willing to replace the meat portion of a meal.

“We get more and more people coming in that ask to have their meal altered, but the majority of our business still eats meat,” says Barker. “We take it on a situation to situation basis. Some tweaks are made like avocado appetizers but we can't really offer stuff we don't have in store, like tofu.”

Carleton University student Isobel Smith has solved the issue of eating out with vegetarians and vegans by checking the menu in advance.

Smith is a meat eater but her sister is vegan and sometimes family outings can prove awkward.

“The hard part is if I mention how good a steak tastes, her comments aren't far behind about how gross it is that I'm eating animal flesh,” says Smith.

# THE SILVER SCREEN TO

## Three reasons to let cinema fade to black, and shine the spotlight on theatre

By Miranda Abraham



The play, *The Dixie Swim Club* during their final dress rehearsal at the Gladstone Theatre, Nov. 5.

I'm standing and applauding with a room full of strangers. In front of us, the cast of *A Midsummer Night's Dream* finishes their curtain call and erupts into a final dance.

I remain on my feet, spellbound, along with the rest of the captivated audience. We clap to the beat of the music and enjoy this moment; the actors and audience acknowledging one another, each thanking their partners for engaging in the story that has just been brought to life through both party's participation.

There's something magical, enriching and life-affirming in this kind of coming together of strangers and there's no better opportunity to do so than the theatre.

But the experience passes us by every time we decide to go see the most recent blockbuster instead of a play.

There are over 20 theatre companies in the Ottawa region and student discounts are readily available. There's no excuse not to go.

In fact, there are three reasons you should

consider going to the theatre instead of the movies.

So the next time you find yourself staring at the movie listings and feeling unenthusiastic about what's playing right now, maybe you should consider upping your cultural ante by visiting the theatre instead.

And even if you do go see a traditional play, you might be delighted by the fresh twist on the old classic, as I was when I went to see *A Midsummer Night's Dream*.

# THE SATIN CURTAIN

## 1. There's a show out there for everyone

Say "theatre" and some words that spring to mind might be "stuffy," "boring," or "Shakespeare."

"Don't get me wrong, Shakespeare's works are masterpieces," said Ottawa-based actor Kelsie Bennett. "But there is just so much more out there."

The point is there's a lot of theatre

that you might not even realize is happening and it's a far cry from the bard you read in school.

The trick is to consider what genre or topic you might be interested in and what your tastes are.

"If you're a music fanatic, go see a musical," Bennett suggests. "You won't be disappointed."



## 2. Theatre helps you think outside the box

If you don't usually go to the theatre, maybe it's worth a try if only to make you think in a different way. Sometimes going to see a show can spark inspiration and creativity.

"If you want to move your life forward, you have to bombard yourself with new things all the time," says

Kevin Orr, associate professor and interim chair of the theatre department at the University of Ottawa.

Why not make one of these new things a play?

"Even if you hate it, you might have opened ideas that are going to give you your next best idea for your restaurant," says Orr.

## 3. Theatre is interactive

Going to a movie involves staring at a screen for approximately two hours. That's just not the same as staring deeply into the eyes of an actor - a living, breathing human - who's right in front of you. They see you, acknowledge you, and respond to your reactions.

Let's not forget the fun of dressing up for a fancy night on the town

with friends or loved ones.

"Going to the theatre is a social activity," says Tim Oberholzer, an Ottawa-based actor and theatre practitioner says.

"It's as much about going to a show as it is about going out for a drink and to see your friends and to talk about the show at intermission and afterwards." 

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# A MISSING PIECE

*By Lauren Khalil*

A daughter tells the story of surviving her mother after she passed away from cancer at the age of 50

**E**ven at 20-years-old, I couldn't quite grasp the idea that my mom really wasn't immortal as I watched her take her final breath. How do you say goodbye forever to someone who gave you so much? What will my future be without her in it?

Superheroes aren't supposed to die. As kids, we see our parents as our own superheroes, never thinking we will have to go a day without them. For my whole life, when I thought about the future, I never thought that my parents wouldn't be there. I think we grow up with an abstract perception of death. We're naïve in thinking it will never take away the people that gave us life because after all, superheroes don't die.

Mine did.

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**Emily and Alex Rowe lost their father to brain cancer in July 2014. Both sisters say they lost a member of their team when he passed away.**

Going shopping, drinking wine, cooking dinner and watching T.V. with my head on her lap as she scratched my back are all just distant memories now. She was the mom that welcomed my friends as if they were her own, threw surprise birthday parties and always thought to buy us something while she was out—no matter how small, to come home to. At times she was more like a sister.

These moments slowly turned into her buying our gifts online, being hopped-up on pain pills, eating dinner in bed, and someone rubbing Voltaren on her back for a few minutes of relief.

In the spring of 2011, my mom received a phone call from our family doctor telling her to go the hospital right away. She had a chest x-ray earlier that week, and a mass was spotted on her left lung. My family soon got the news that would change the rest of our lives. My mother had lung cancer.

Over the next three years, my mom fought an admirable battle. Through cancer treatments and many bumps in the road, she stayed positive for her three daughters and husband. I spent most of those years away at school but never went a day without talking to her. Even while she was fighting for her life, she coached me through cooking my dinner and answered my drunken phone calls at 3 a.m.

On top of worrying about school, friends and relationships, I worried endlessly about my mother and her deteriorating health. I called her after every appointment in hopes of getting some good news. I would have done anything to take her pain away. In the last year of her life she was on so many drugs for pain, nausea and everything in between, she would forget our conversations and become too tired to even hold one at times.

In March last year, I finally decided to pack up and take the eight-hour trek back home to Windsor. My performance and overall presence in school and in life was waning.

Three weeks after leaving college, the evil villain named cancer defeated my best friend and my hero. Those three weeks were the fastest deteriorating

weeks of her sickness. Everything happened so fast, all I know now is that she's gone and she's not coming back.

At first I lived in shock and denial after the funeral. I had it in my head that this was temporary and that she would be back. I remember telling myself over and over "your mom is dead," but I still couldn't believe it. I often forced myself awake at night. I'd eventually catch a few hours of sleep when the sun came up around 5 a.m. I was afraid to shut my eyes. When I dreamt, I dreamt of her, but when I woke up she wasn't there.

Ottawa psychologist, Dr. Sandy Ages reassures me my feelings are not unreasonable. "Sadness, disbelief, denial, anger, confusion, anxiety, shock, depression. These are all feelings that are very, very, normal," she says.

Each month following her death has been associated with a celebration she wasn't there for. First was Mother's Day, in June her birthday and in July my sister's birthday. The list has gone on.

My first trip of the school year back home was Thanksgiving. It lacked all of the things that were regular most noticeably her cooking. During the last few years, my trips home consisted of flipping between Food Network and the news channels, late night snacking, and making sure she took her pills at the right time. This time she wasn't there.

Alaina, my 16-year-old sister and I had big shoes to fill in preparing a Thanksgiving feast. As bitter as we were, I realized that what we had put together was something we'd learned from our mom. How many college students could put together a Thanksgiving feast for ten?

Even after eight months, it's incredible how alone you can feel even when surrounded by people all the time. A cliché that people often use to comfort those who have lost someone is to tell them that their loved one is always in their heart. But that's not good enough. When I wake up in the morning, my heart breaks all over again as I look to pictures of her on my wall and realize once again that she is gone.

Eva Beaupre, a first-year psychology student at Carleton lost her father



nearly three years ago. As I explained to her that sometimes I want to pick up the phone to call my mom, even just to tell her about my day, I found her response a little disheartening, but a useful warning.

“That doesn’t really go away,” she says.

My roommate, Emily Rowe, a science student at the University of Ottawa, lost her dad to brain cancer three months after my mom passed. She once described her relationship with her sick father as a “team.” When she thought about his passing away, she feared there would be no team without its captain. I had never really thought of it that way before, but I think my mom and I were a team too.

The lack of my mom’s presence could not be more apparent. When I phone home to my sisters it pains me to hear that my sister Alaina has cooked dinner, cleaned, made lunches for school, and is now behind on her homework. My other sister, Jill, 12, is struggling to get her homework finished for tomorrow. I wish I could be there for them.

Meanwhile, my stepdad is working 7 a.m. to 7 p.m. and spends many nights a week out with friends.

Doctor Ages advises me that going out and socializing may be his way of coping, even if it’s not the best way. I just can’t help but feel hurt and overwhelmed by the changes.

On the surface, I manage to keep myself together.

I appear to be coping well. I try to go through the motions of everyday life as normal. The undeniable truth is that my heart still throbs and sometimes I feel suffocated by overwhelming sadness.

“It gets easier to cope with but then there’s still those days you break down because you can’t cope and you can’t handle it,” says Beaupre. “You think ‘wow I’m actually never going to see them again.’”

My mind travels to dark corners, a blurred haze over my eyes when prompted by several happenings of daily life.

The words cancer, mom, and death create a lump in my throat. I instantly

panic when I hear “See You Again” by Carrie Underwood come on. Even watching “Say Yes to the Dress” reminds me that the best party planner I know won’t be here to plan my wedding some day. I get trapped in my own mind sometimes and struggle to get out.

“On a daily basis I think about my dad a lot,” says Emily’s sister, Alex Rowe, a nursing student at University of Ottawa.

“I think about him when I wake up and have a piece of toast like we used to do every morning. I think about him when I’m daydreaming. I think about him when it’s raining because we used to sit on the porch and watch the storm pass us by.”

Despite the amount of grief and emptiness I feel, I am also reminiscent of her strength and courage, and all the things she taught me. Among these lessons are to not let people take advantage of me, to do what makes me happy, and to never waste wine.

“I know he would want me to get up and do my best each day so he could still watch me grow and let me be the person I’m supposed to be,” says Emily.

“What I’ve learned is to try not to sweat the small stuff, I’m trying to get better at that day by day.”

It’s difficult to see the light at the end of the tunnel. It’s reassuring to know that I’m not alone.

“Time is a good healer, but it’s giving yourself time and allowing yourself to mourn,” says Ages. “It’s not crazy, it’s been a terrible loss.”

I suppose nobody is ever really ready for something like this. No matter how realistic your mind tries to be, something in the heart tells us to believe in a miracle. It feels sudden no matter what.

At the end of the day, I have realized that there will probably be very few experiences in life that will affect me this way.

My mom will always be my missing piece. I guess in the real world, you can’t always be saved by superheroes. And sometimes the ones you look up to are the ones you have to let go. 

# Still Standing

When an anonymous email arrived in her inbox, Anne-Marie Roy never thought that it would change anything. It did - it changed everything

By Michael Robinson



Anne-Marie Roy's face tightened, her brow narrowed and her back arched – the public cross-examination of the University of Ottawa's student federation president had begun.

"There will be those on the other side of this who say you're just being hypersensitive," said Sun News Network anchor Alex Pierson in an interview aired March 3, 2014. "...You know, lighten up, this is just the way guys talk."

It took a moment for her to process the question.

Over a month prior, Roy had become the focus of a nationwide debate about rape culture. It all happened after a sexually aggressive Facebook group chat about her was posted online.

But back in the Ottawa Sun newsroom studio, slouched in a small armchair, she began to realize, and not for the first time, that she was scared. Sick and tired of the scrutiny, legal threats, and rehashing, Roy was just an average woman who had been placed under extraordinary pressure.

The 24-year-old's voice was shaking now, speeding up as it struggled to keep pace with her mind's racing thoughts. Her media training was limited to debating tuition fees. Not this.

This is just the way guys talk, she'd been told.

When she heard it, Roy couldn't let it go. Even today, it still rings in her ears.

"That is rape culture actually," she snapped back quickly. "Allowing this to happen as locker room talk, saying that I'm being too dramatic about this." Each word grew sharper than the next.

"This is the kind of talk that needs to be challenged."

In declaring so, nothing would ever be the same for the president again.

It all began on a Monday.

Monday, February 10th, 2014.

With the ground frozen and covered with snow, Anne-Marie clicked open an anonymous email that had arrived in her inbox.

Buoyed by a recent win as president of the Student Federation of the University of Ottawa (SFUO), she was enjoying the beginning of her second-term.

She was once again the public face of an organization representing over 35,000 undergraduate students; a young woman officially on her way.

Her life and career up until this point had been fairly normal.

But when she pressed down onto the mouse

that day, there was no turning back.

The email contained four screenshots of a Facebook chat that had taken place earlier in February. The participants were two student federation board members and other student politicians.

Roy was the subject of the conversation.

"...will suck me off in her office chair and after I will fuck her in the ass on Pat's desk," said one of the phrases written in French.

"Someone punish her with their shaft," said the other, written in English.

What the five men had said about her in the thread was so sexually violent, graphically demeaning and threatening that it was a direct attack on Roy's bodily integrity, her self-determination and expression.

"We have this illusion that everything is fine," she says in her office, located at the centre of the University of Ottawa's downtown campus. She begins raking her right hand up and down her neck, as she recalls the "disgusting" conversation. Her voice slows, and the words she chooses to say become more purposely drawn out. "I feel like this is why I like to say rape culture is something we've become desensitized to."

"It was hurtful to see these guys talk about me in such a disrespectful type of way." Her neck now red and shoulders hunched, she continues, "to put it in writing, that was enough."

Roy acted quickly with the email's contents. She presented the men's comments to members of the federation's Board of Administration (BOA) at its meeting on Feb. 23. Outrage across campus ensued. Four of the men threatened to sue her for discussing the issue in public. They would eventually back off.

Five days later, the screenshots were made public on the blog bellejar.ca, included in an article that revealed both the names and profile pictures of the perpetrators. This move by Anne Thériault, the blogger behind the posting, earned her site 30,000 hits in just one day. Roy's story was gaining

# We have this illusion that everything is fine

ground, and quickly.

"I probably would have crumbled in five seconds if that was me at her age," Thériault says in an interview from her Toronto home. "Anne-Marie handled herself amazingly... especially knowing that she was going to have vile things hurled at her for standing up to the status-quo."

Then, the media calls began ringing in.

To start off, Roy was given a triple dose: CBC, CTV, and Radio-Canada. All three back-to-back.

"When [the media] first came into my office and set up their lights, I started thinking to myself, 'oh shit', who else is going to call?" she says. "What I thought would be a five minute interview turned into an hour-and-a-half, and I quickly learned this circumstance would be out of the ordinary."

Pushing her anxiety to the back of her mind, Roy emerged from interviews as a calm and composed leader.

"She was incredibly determined," says SFUO executive assistant Amy Hammet. "Even when she was doing literally dozens of interviews a day at the height of it from 5:30 in the morning to 10 at night, her message was just as genuine every time."

But despite the spotlight, Roy could not help to stop and think of someone else.

"I reflected a lot about Loretta Saunders at that time," she says, referring to the 26-year-old Inuit university student who was found murdered in Halifax on Feb. 26. Some few days before Roy was set to receive what felt like all of the media's attention in Canada.

"I remember telling myself: I'm not missing. I'm not dead," Roy says. "So I learned about the problematic perspectives about media, violence against women, and forged my politics around feminism."

Roy was nervous, but responded to it differently. Her parents had invested great ambition in their oldest child.

"My mother and I taught my children to make a difference and be apart of society," says Cristine Côté, Roy's mother. "You cannot sit behind and

let other people do everything."

Yet, Roy's privileged life had provided her with very few chances to show herself worthy of such high expectations.

"I've had it pretty easy," Roy admits. Up until this point, the biggest step she could recall was moving from Welland, Ont. to Ottawa in first year to study.

Or that time when an international student ran into the SFUO office crying for financial help. But Roy couldn't relate because she is one of the fortunate few to receive support from their parents; they help pay for her tuition.

"She kind of gets scared of overstepping her place in society," says Nicole Desnoyers, vice-president of services and communications at the SFUO and one of Roy's best friends. "Even though she is very aware of all the privileges she holds."

Nevertheless, the entire experience has not only made Roy more self-aware but more motivated to end rape culture.

From holding speeches educating others on the topic to organizing masculinity workshops, she's created new student policies and practices to challenge the structure instead of perpetuate it.

"She stands by what she believes in," says her

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A year later, Roy sits cross-legged on a brown couch in her office, just a few feet across from the same office chair graphically described in the sexual scenarios online.

Acknowledging the February incident as an event that has changed her life, she measures its impact both in terms of her personal and professional growth.

“It was more than just a speck,” she says, refusing to forget what cannot go away. “It’ll be something I’ll forever look back on.”

She admits some things in her life have changed. In this new world, one in the post-drama of February, she’s now pointed out as “the girl who talked about rape culture” when travelling to other post-secondary schools.

But overall, most things haven’t. She still hates wearing socks. Her personal relationships have stayed the same, strong as always. She’ll have completed her degree in December 2014.

Without a steady plan for what to do next, she’ll have walked across the convocation stage, honours bachelor of arts in communications degree in hand, shaking hands with university dignitaries, smiling in pictures with classmates and friends.

Her future left now as unclear as everyone else’s in the room. 9



Michael Robinson Photo

“ I learned about the problematic perspectives about media, violence against women, and forged my politics around feminism



Michael Robinson Photos

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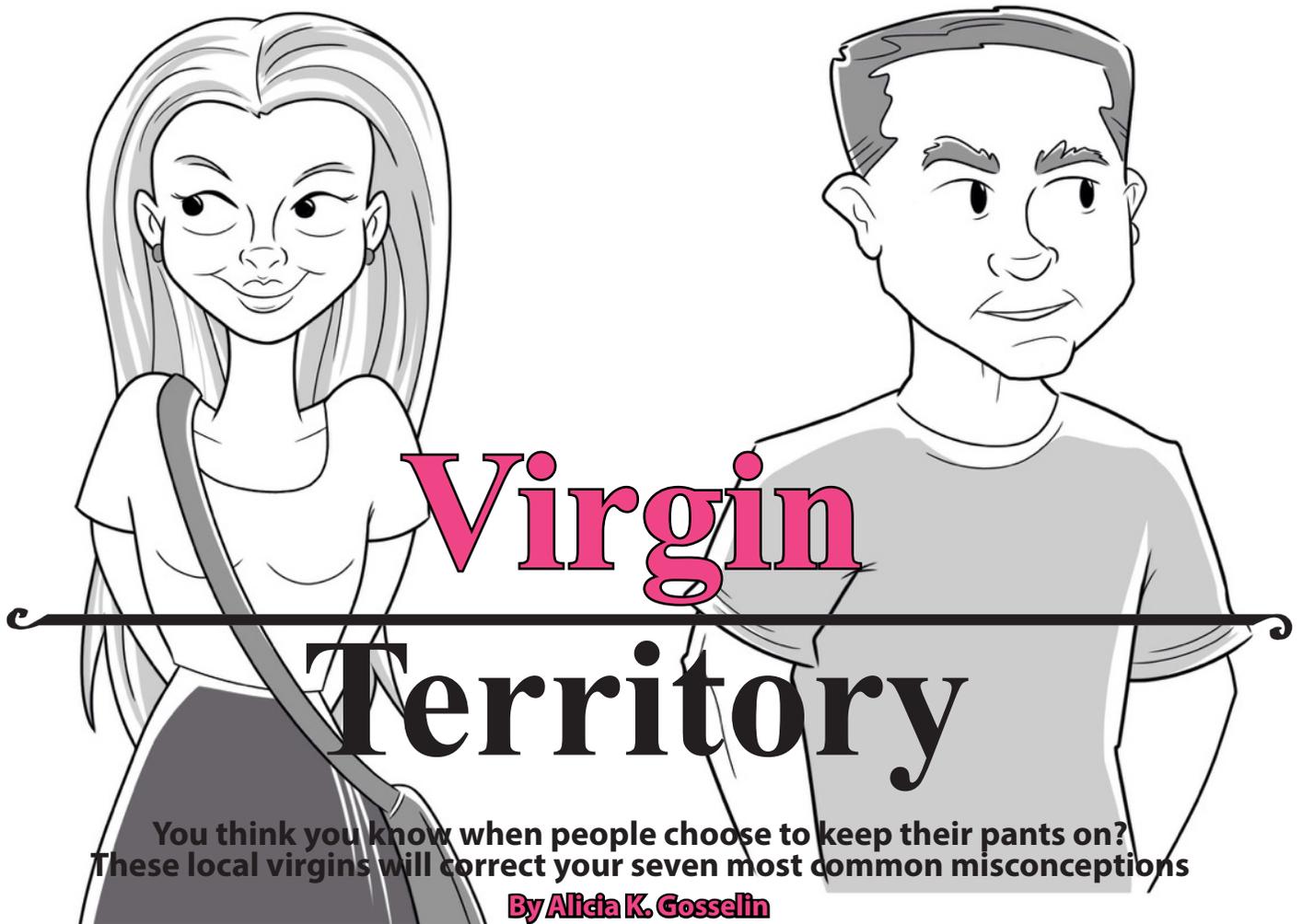
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**Mr Mozzarella**



**You think you know when people choose to keep their pants on? These local virgins will correct your seven most common misconceptions**

**By Alicia K. Gosselin**

**A**t first glance, she's just another cute girl in a mini-skirt dancing at the club with her sorority sisters. She grins as some tall guy bobs his way over to her, clearly wanting to dance or buy her a drink. And she doesn't mind – she came out tonight looking to let her hair down.

But, she definitely won't be letting her guard down. Not yet, anyways.

"At first, guys don't believe me when I tell them I'm a virgin," says Krystal Moore\*, a first-year psychology student at the University of Ottawa and a member of the Sigma Psi Alpha sorority. "The label I get right away is some sorority-party girl, which apparently means I'm having sex. I almost like the shock people get when they find out that's not the case."

In today's hyper-sexualized society, it shouldn't come as a shock that the overall perception of virginity often stems from stereotypes and misconceptions.

From MTV's reality show *Virgin Territory* to CW's new show *Jane the Virgin*, the topic of virginity has always seen some level of limelight. And it's definitely having a moment right now.

According to the *Canadian Oxford Dictionary*, virginity is the "state of never having had sexual intercourse, or the state of being naïve, innocent and inexperienced in a particular context."

The problem with this definition is that it limits virginity to a certain group of people.

Sexuality and sexual experience are far too personal to benefit from any broad label. Same goes for virginity. There are multiple shades of virginity. No one definition or reason can pinpoint a virgin for certain.

One thing is certain, however – there are university and college students all over Ottawa challenging the misconceptions commonly associated with the term.

#### **VIRGINS ARE A RARE BREED**

"I feel like some people think virginity is like a disease," says Moore, 19. "When you're my age and not having sex, you're basically seen as a unicorn. But that's kind of offensive – I'm more than just some hormone-crazed person...I have ideals and values, and I'm confident in my decision to wait for the right guy."

Growing up, Moore learned early on about sex and love and how the two should come together. As a Christian going to All Saints Catholic High School in Ottawa, her first impressions of sexuality came in the form of abstinence education. But sex was never really on her mind.

"It sounds weird to say that," she says. "But my core group of (high school) friends were the

same way – all of them were virgins up until our first-year of university. I guess we just had different things on our minds."

As a competitive student and dancer, Moore gravitated towards academic and athletic activities. When Moore started classes at the University of Ottawa, she never expected to find others who were making the same decision to wait. Turns out, her roommate identifies as a virgin as well.

"It's nice to have someone with the same goals for support," says Moore.

Interestingly, according to a recent survey from Statistics Canada, 46 per cent of students between the ages of 15 and 19 report having had sex for the first time – meaning there are actually more college and university students entering post-secondary school as virgins.

#### **VIRGINS DON'T KNOW MUCH ABOUT SEX**

For Mariah Anderson\*, a business and marketing graduate from Algonquin College, being a born-again virgin means she harbours no more guilt about her previous sex life.

Her first "actual" time played out when she had just turned 17. Up to that point, she had never even kissed a guy. After that, Anderson's life took a turn down a path of promiscuity and pain.

"There were a couple years of my life where I

didn't respect myself," she says. "Sex meant nothing except that it felt good...but at a certain point, it just didn't anymore."

After getting out of a toxic two-year relationship in 2010, Anderson decided that she would from then on be chaste until marriage. No more orgies, no more drunk hook-ups and no more being used for sex. Around this time, she also made the decision to quit smoking and drinking.

"I think my decision to be chaste wasn't really because my view on sex had changed... it was more-so because myself as a person had changed," says Anderson. "Now I know what sex brings with it – not just the physical stuff, but the baggage, too."

Anderson is engaged to be married in January 2015 to a man who also made the choice to be chaste after years of being sexually active.

### **VIRGINS ARE EMBARRASSED BY THEIR STATUS**

For some, going against the majority feels unnatural and exposed.

But for Kaitlyn Heuvelmans, an anthropology and human rights student at Carleton University, being a virgin makes her feel independent and in control.

"I am 100 per cent a self-proclaimed proud virgin," she says. "I don't care if everyone else is doing it – you're only a virgin once. It'd be tragic to just throw that away for some guy."

And although she never threw it away, Heuvelmans, 18, dated a guy seriously for almost a year who, although a virgin himself, often tried to convince her to have sex with him. She drew the line early on in the relationship, but he would still try and push her buttons.

One time as a joke, he boldly pulled down his pants and boxers in front of Heuvelmans in mid-conversation. Having never seen a penis in person before, she covered her eyes.

"I felt disrespected," she says. "He couldn't deal with the stigma attached to being a virgin. But I wasn't having any of it...my self-worth isn't linked with how sexual I am."

### **VIRGINS HAVE THEIR HYMEN INTACT**

In some cultures, an intact hymen constitutes virginity and is directly linked with a woman's worth. But that's hardly the case.

When Planned Parenthood Ottawa initiated a pilot project aimed at Muslim girls in 2011 about sex and sexuality, broken hymens were brought up as a potential concern. The program eventually ended due to lack of funds.

"The presence of a hymen has been inconclusive to be associated with sexual activity," said Catherine Macnab, the executive director for Planned Parenthood Ottawa. "And 'virginity' is such a value-laden term that isn't useful when discussing sexuality in a healthy way."

According to the Planned Parenthood website, "having a hymen and being a virgin are not the same thing."

### **VIRGINS CAN HAVE "OTHER KINDS" OF SEX AND IT DOESN'T COUNT**

According to Jacob Jephson\*, a second-year bachelor of music student at Carleton University, sex is sex.

As an openly gay male, Jephson, 19, says although some people would label him a virgin for not having had "traditional" heterosexual sex... he's most definitely not.

"I think if someone considers themselves a virgin, it means they haven't done any sexual acts," he says. "I don't think it has to be full on intercourse...I find it's a difficult term to define fully."

Jephson's first time happened right around the time he "came out" to his friends and family at

**46 per cent of students between the ages of 15 and 19 report having had sex for the first time – which means more college and university students are entering post-secondary school as virgins**

17. He and his boyfriend at the time lost their virginity to each other while having oral sex. For Jephson, it was the experience, not penetration, that marked his first time.

"I came to my opinion about virginity after that experience," he says. "Sure, it was just oral, but we still had nothing on and were in his bed. It's not so cut-and-dry."

According to Jephson, the definition of virginity is vast in the gay community. A friend of his identifies himself as a virgin even though he has participated in anal sex. He is what the gay community refers to as the "top" – meaning he has never been on the receiving end of anal penetration.

### **VIRGINS ARE RELIGIOUS**

Heuvelmans says she'll abstain from sex until she feels emotionally ready. Staying chaste is a decision she made out of educated conviction – not religious constriction.

"I think maybe now that I'm older, I can start thinking about having sex," she says. "But in high

school, I definitely didn't feel ready. And there's nothing wrong with that."

Growing up, Heuvelmans maintained a close relationship with her parents. She felt comfortable asking questions about sex – like, "What's rape?" – and says most of her sexual education came from them.

She recalls one time in grade seven, after her male teacher sent a letter home explaining he felt uncomfortable teaching sex-ed, that her mother addressed the situation simply: "No glove, no love."

"She drove the point home that I had to be safe because I could get pregnant," says Heuvelmans. "Although I'm undecided about what I believe in (religiously), I am sure that I'm not ready for the implications of sex. I feel I've learned enough about it to know that much."

### **VIRGINS COMING INTO COLLEGE/UNIVERSITY ARE LOOKING TO GET LAID**

As Moore packed for university, she remembers a friend's parent offering them condoms and advice for their new adventures – "just in case." Another time, one of Moore's high school teachers joked that when she came to university, it wouldn't take

long for her virgin status to fly out the window.

"It's like it's expected when you go off to university that you'll just have sex," says Moore. "But just like you wouldn't lump all of the University of Ottawa into the 'straight' category, you can't say everyone is sexually active, either."

For Anderson, being sexually active distracted her from her studies the first year at Algonquin. She admits sometimes only going to class to see a guy she had a crush on. She decided halfway through her diploma to abstain from sex until marriage.

"Whereas before I was thinking about sex, or a guy...after I stopped that lifestyle, I started going to class to learn," says Anderson. "I think I actually became a better student."

For students across Ottawa who choose to reclaim or redefine virginity, their mission is far from over. Stereotypes and stigmas are always evolving. Just as sexuality is an on-going journey, so is virginity.

The definition of a virgin can hardly be summed up as an all-or-nothing situation – which is perhaps the largest misconception of all. **9**



# THE SECRET IS OUT

**By Safia Hashi**

# We all hide things. Sexual orientation, religious struggles, even suicide attempts. Here, students bring some of their own secrets to light

**M**arwa Samihi\* is a student in Ottawa. Her routine is simple. She gets up every morning and places a hijab on her head before heading out for the day. She smiles and laughs with her parents, accepting their compliments on her newly styled pashmina.

Yet as soon as she leaves for school, she places the scarf carefully at the bottom of her backpack. The anxiety of living a double life is proving exhausting for the young student.

"I'm 21 and I'm still living a lie," says Samihi. "I just know that my parents would like me to wear it and I can't bear to tell them I'm not ready."

Although her parents first brought up the topic of the hijab at age 16, she has struggled with it more recently since going to college.

"The sad part is I don't even know what they would say. I keep it a secret but it really serves me no benefit not knowing what answer I would get if I just asked."

Like Samihi, I am not in the habit of confiding

my true feelings to anyone. Long ago, I learned the art of chatting easily without revealing anything. I've always felt there was no point in sharing my secrets since people are rarely able

an illusion of the character that we are socially accepted as.

The decision to keep a secret happens as soon as we realize it could possibly have a disconcerting

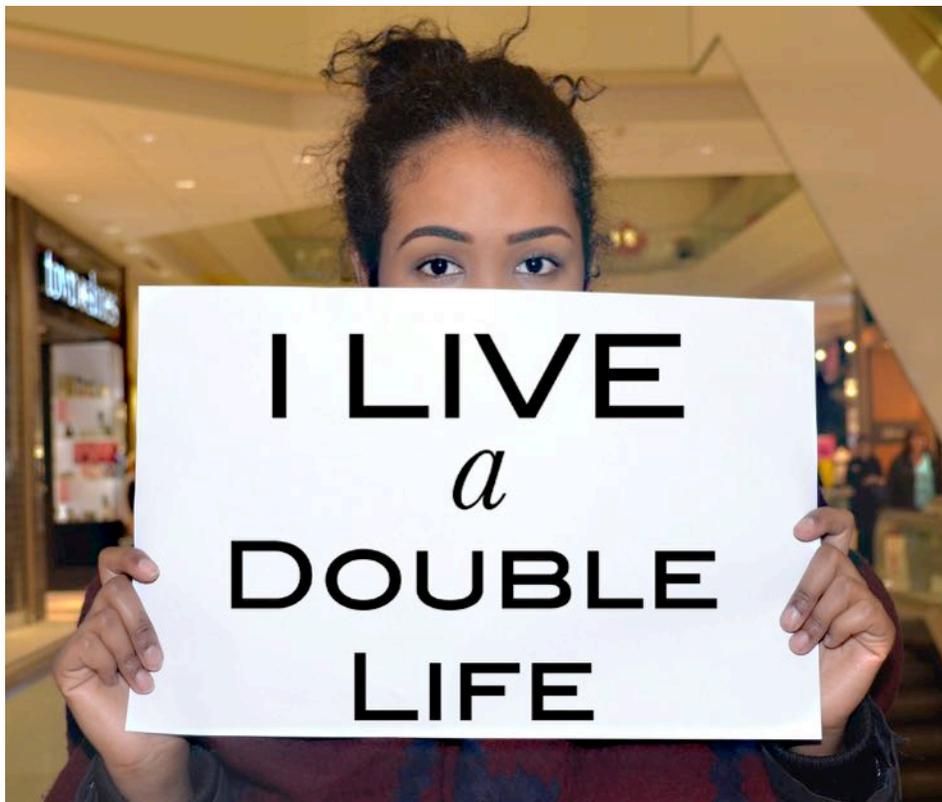
effect on someone else or our surroundings. If you are constantly fighting to keep up with a secret, or if it weighs heavily on your conscience, then it becomes destructive.

But one thing is certain: deep down, a secret must be set free. We have all felt prisoner to a secret at one point in our life. In this war of words, we are prisoner to the secrets that are held captive by our own tongues. When you've held on to a one for so long, the happiest ending of all is moving on.

Nate Harden's\* secret is his label. Two and a half years ago he was in his first ever same-sex relationship and made the decision to keep it

hidden from friends and family. It took him a while to get accustomed to the stigma surrounding his secret – he is bisexual.

"People met me as someone else," says Harden.



to keep them.

Everyone has a secret. Secrets keep us comfortable. They allow us to explore who we really are in all our mistakes and flaws, while still keeping

\*Names have been changed

"I didn't know how they would approach the topic so it made me uncomfortable to be around people I should be the most comfortable with."

Part of the fear he felt stemmed from not knowing where he would stand with new friends and old. The longer he kept the secret, the stronger he felt the urge to tell people. The urge increased as his secret relationship became abusive. He kept his relationship hidden for about five months until he started telling people one-by-one beginning with his best friend.

Harden says the ordeal turned him into a "hard" person. He became hard on himself and the people around him, and he was hard to be around.

"Secrets make you believe they are who you are," says Harden. "Being bisexual is part of who I am but it isn't all of who I am and my friends knew that."

"The moment I told people nothing changed within them. I became more of the person that I lost while I was keeping the secret," says Harden.

If the secret changes you, it is changing the friendship. Friends will see you hurting but won't know why. This warrants the communication

process ineffective.

Karen Wilson\* is facing pressures to keep her secret, but is slowly deciding she is ready to share her story.

Aspects of her mental illness have made it impossible to connect with others the way her parents would like. For this reason they have told her to keep her borderline personality disorder a secret.

## **"I want people to know that I have had suicidal thoughts in the event that I may one day succeed in killing myself"**

"My parents tell me to keep quiet and 'act normal' when I tell others I have a mental illness," says Wilson. "My weird quirks and explosive behaviour shouldn't be something I share in their eyes."

However, Wilson says she is proud of her mental illness. Sharing her struggles helps to remind her

how far she has come, especially when recalling some of her most difficult emotional situations.

A few months back, Karen had a manic episode at work and tried to kill herself. She says she had no control over her actions in those moments.

"I want people to know that I have had suicidal thoughts in the event that I may one day succeed in killing myself," says Wilson. "I don't want that to happen but my mental illness takes away any control I may have. The people I share my secret with could end up saving my life."

Despite her openness, Karen has a second secret that isn't as easy to reveal: her fear of intimacy with others. She is asexual and has no desire to be in a relationship or have children one day.

"It's harder to tell people I'm asexual than it is to tell them I have BPD when love is such a huge ideal in our society."

Societal pressures can be the strongest motivating factors to a secret.

PostSecret is an ongoing community project that created a platform of anonymity online for individuals to share their secrets with the rest of the world on decorated postcards.

"Secrets are the currency of intimacy," says Frank Warren, PostSecret creator. "In Hebrew, the word secret means come closer."

Warren started the project with a desire to promote conversations surrounding mental health while also reducing stigma and feelings of insecurity.

He says that secrets can keep us. Religion, medication, love, and simple conversation can all be transformative methods of liberation. Not only do we free ourselves from a hold by setting our secret free, we also come out more reaffirmed in our decisions.

The secrets we keep are the very walls that separate us; everyone is dealing with something and sharing our intimate details could bring us closer.

I distinctly remember the day I decided to keep my first secret.

It was fourth period in my sixth grade all-girl gym class. I was excited because it was raining outside which meant my chubby self wouldn't have to run laps on the school field. Instead, my teacher decided we would perform some trust building exercises.



Emma Hyde photo illustration

some trust building exercises.

She announced a game titled the “Human Pretzel.” She instructed us to stand in groups while she assembled us into a tangle of arms, each student holding on to a different pair of hands. We were then told to problem solve until we figured out a way back into a full circle.

In the mess of students stepping over heads and yelling out directions, a familiar weight of shame and embarrassment swept over my body. I was holding on to two different students with each of my hands. I could count the seconds as my palms slowly began to clam up with beads of sweat until they slipped from the grasps. The direct contrast of their warm, dry palms caused them to look up at me with different looks. Shock, confusion, and disgust replaced their friendly smiles. I found myself in the middle of the circle while my entire class berated me with insults.

I ran to the change room while my teacher tried to regain order in the gym. I didn't know what to think so I just stood staring into the large mirror. Looking at myself in that moment was confusing. I didn't relate to the person I saw. My thoughts weren't connecting with what I felt. For the first time in my life I felt like something was wrong with me. I could not find my words



as tears began to well up in my eyes.

So here is my secret. I have a genetic condition that causes my palms to get sweaty if I am suddenly happy, nervous, angry, stressed, or fatigued. I can't remember a time I didn't have this issue. It used to be all I ever thought about and has shaped every single decision in my life. I call it my “secret handicap” because I go out of my way to ensure it is unnoticed.

But I feel different now. I'm engaged to someone

who loves me and I'm about to graduate. I can't dwell on something so common or continue hating myself for the way I was born.

I need to keep going if I want to thrive each day and that means I need to keep running; not away but forward. My secrets don't hold me back anymore and neither should yours.

In the words of Frank Warren, “All of us are broken but some of us are stronger from the broken parts.” 

Safia Hashi photo illustration

An advertisement for "The Observatory" featuring three circular images: a food menu, a plate of fries with sauce, and a pool table. The background is a mix of green and grey. At the bottom, there is a logo for "SA" and the text "Make Yourself at Home Great food, great atmosphere! Connect with Algonquin SA on [Twitter] [Facebook] The Observatory".

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# Sunday

## not-so funday

**When the weekend is over and your hangover finally hits you, these tips can help you get back in top shape**

By Mat LaBranche

You slowly roll out of bed around noon and attempt to locate your slippers. The only problem is, your vision is still hindered. You stumble down the stairs but at this point it seems like your staircase and walls are plotting against you, as each step is a death-defying stunt. But you finally conquer these enemies and make it to the fridge. You open the door and see it. You're suddenly this close to the cure for this pounding headache and dreadful gut-rot. Is it the jug of pulp-filled orange juice? Is it that pitcher of ice-cold water? No.

In the case of former Algonquin College computer programming student Dillan Doyle, after a night of intense partying, it is none other than a jar of pickle juice.

In addition, the vinegar, salt and water can help to rehydrate the body while replenishing electrolytes and sodium levels. It just might not be as odd as it sounds.

While time is the best cure for the ever dreaded hangover, some of us don't want to spend a bunch of it feeling like death is right around the corner.

### Mongolian Cocktail

In Mongolia, they believe they have the cure for the dreaded hangover, and the recipe only calls for two ingredients. The first is a fresh glass of tomato juice. The other, however, may be a bit harder to come by. That is because two pickled sheep eyes are required. So, if you want to be bold and attempt to relieve your hangover with this concoction, don't forget to pickle your sheep eyes the night before.

### Banana

Of course, the leading cause of the hangover is the dehydration caused by alcohol consumption and what it flushes out of our body. According to Dr. Eddie Chaloner, a vascular surgeon at Lewisham Hospital in London, England, this is where eating a couple of bananas can help. They contain a lot of potassium, a mineral lost when we drink alcohol and a lack of which contributes to the dehydration symptoms in a hangover. You can take it a step further and have a banana milkshake with added honey. The milk helps rehydrate you, while the honey can raise low sugar levels.



### Hair of the Dog

This involves consuming more alcohol, which other than getting that first drink down, seems pretty easy right? According to Dr. Richard Stephens of England's Keele University, when you're in the hangover phase, drinking more alcohol stops your body from breaking down methanol and other things that are making you feel sick. In other words, you are numbing the effects of the alcohol, and delaying what usually becomes an even worse hangover. So unless you plan to drink every day for the rest of your life, you may not want to return to playing with the dog that bit you.

### Native American Sweat Swishing

It is believed that after a night of heavy alcohol consumption that some Native Americans would run around, building up a hefty sweat, and then proceed to lick up the sweat, swish it around in their mouths and spit it out. In hindsight, you can give them the benefit of the doubt for believing that the toxins in the body from the alcohol could be sweated out, but I think it's safe to say that the licking and spitting is going a bit far. I can't provide any personal experience for evidence that this method works, but if you want to give it a try it won't cost you anything except a little bit of exercise – and maybe your pride as well.

# From cap and gown to suit and tie

## Here are five pieces to transition your wardrobe from the classroom to the office

By Katie Dahl

Graduating from post-secondary studies is a monumental achievement. It marks the passage into adulthood, a second coming of age perhaps. It is a long journey, but what comes after can be scary. Going out into the real world to get a real job so you can finally be a real adult is not an easy feat for all.

### #1. Blazer:

A well-fitting navy blazer is going to be a huge asset. They make your everyday T-shirt look first class. It will also give you the appearance that you not only know what you're doing, but that you actually belong in the interview room.

You want to think about quality over quantity. A well-tailored blazer is going to fit and flatter you better than something cheap and flimsy

### #2. Dark Denim

The colour of denim is very important here. You want indigo. Dark denim looks classic and can be worn during either the day or evening. It is easy to dress up with heels and a blouse or make it casual with just a basic white V-neck tee.



Buying a \$50 T-shirt is not fiscally responsible for a student, but you should definitely invest in things where the fit and quality matter. You want to make sure the clothes don't wear you

### #3. White dress shirt

White is a classic and clean colour. A button up is a great addition well to that new blazer you've acquired. You want shoulder seams to come to the right place, and pants to be the correct style. You don't want sleeves to be too long or have things be oversized.

### #4. Neutral Slacks

The same goes for slacks. They have the ability to make a dress shirt more casual but also come in many neutral colours that make them easy to match. You also want to aim for a slim fit. This will prevent extra fabric down the leg that makes you look sloppy. Price is also a big factor because as a new professional you most likely have student loans, but also have been living in leggings or sweatpants for the past two to four years. You've probably forgotten what it's like to buy real clothes, so make sure to invest without overspending. The \$25 to \$40 range is usually safe for a well-fitting pair of pants.

### #5. Shoes

In this department there are a few more options, but you want to keep it simple. For men, an oxford shoe is what you want. They are a classic choice for men and more versatile than the multiple styles of dress shoe that are out there.



# How to get rich and not die trying



**Want to make some money without getting out of your pyjamas? Read on as seasoned investors share their knowledge about how to get ahead of the game through investing**

By Ryan Gainford

**F**ive years ago, before he started investing, Algonquin graduate Vincent Johnson was just your average, run-of-the-mill student pauper. Now he owns two Porsches.

“My money was just sitting in an account doing nothing,” he says. “Since then, I’ve grown my investments 400 per cent.”

With a little practice, you too can be like Johnson.

Illustration by: Jered Harrison

## If you could spare \$100 a month, spread that out over three indexes. If you're in your 20s, my advice is "for Christ'sakes do it"

There comes that point in students lives when personal finances become an integral part of the maturing process.

Once you've achieved financial freedom, you can focus more on the things you love, and enjoy life without any unhealthy stress.

So, which is the best investment pathway for young people?

### What affects a stock's price?

A stock is a piece of paper that entitles you to a share of a company's assets.

The price of a share is nothing more than the cumulative opinion of the public and other investors, and has little to do with the actual value of a company.

A lot of the time, market price of shares will go up and down over complete nonsense. Don't go along with the hype. The actual value of the company is found by looking at its financial statements and annual report.

No matter what the market does or how irrational it is, a good company is a good company and will consistently rise in value. In simple terms, what you're looking for as an investor is a discrepancy between a company's intrinsic value and its market price, (with the intrinsic value being lower than the market price.)

Unfortunately, you will need to learn how to read accounting to be successful at this because it is the language of business.

For beginners, this method may prove too complicated. Have no fear. There is a much easier way: indexes.

### Betting on the winning horse

An index is a fund made up of the largest, most successful companies listed on a stock exchange. Some examples are: The Dow Jones Industrial Average, S&P 500, and the TSX index XIU. You can buy a share in an index the same way you can buy a share in an individual company.

"Buying an index will let you worry less about financial statements and individual companies," says entrepreneur and investor Mick Berry.

What you are doing when you buy a share in an index is buying the average of all the individual companies that make up that particular fund. The beautiful thing about indexes is historically over time they've always risen in value.

This allows an investor to take a much more passive role, allowing them to grow their investments with a moderate rate of return easily. "Advisors will often tell you you won't profit this way, but you

definitely will," says Berry.

"If you could spare \$100 a month, spread that out over three indexes, bought at a minimum charge through a discount brokerage, you will make out alright," says Berry. "My advice to anyone in their 20s is for Christ'sakes do it."

As of writing this in Fall 2014, the Dow Jones is at an all-time high. That makes it hard to find good investments, because strong markets mean high prices. Preferably you want to invest when there is a dip or crash in the market, or something bad happens to a good company. This could be market panic, a plane crash, an oil spill, a newspaper scandal, a slow quarter, a slow year, etc. This affects the short-term price of the stock, but it has no effect on actual value.

When you index, because you are investing a small amount every month, you are consistently buying both the highs and lows of the market. Over time, this averages out meaning you have to worry less about the timing of when you buy and sell your investments.

So, ready to get started?

### Get the bank's hands out of your pocket

Inquire at your bank about opening a tax-free savings account, which

is an investment account you can deposit up to \$5000 each year and not pay any tax on the returns. With that, you can buy stock through an online brokerage. Good advice is to look for a discount broker so charges are kept to a minimum.

### Invest consistently and frequently

Try to set aside \$100 every month to invest. If you miss a month every now and again, it's no big deal. The key is consistency. Once it becomes second nature it will grow faster than you think.

### You need to diversify your bonds

With your online banking/brokerage, find a way to diversify or spread that \$100 over at least three indexes. Preferably a Canadian market, a U.S. market, and an international market. "If I was starting over again, that's what I would do," Berry says.

### Hoard it like a dragon

Sit back, relax, and make money. Look at the results every three months or so and keep a record over time so you can see how you're doing. With a little luck, you'll have a nice pile of gold in a few years.

# Sanity guide from student moms

## Here are some handy things you can learn from the mom in your classroom

By Alicia K. Gosselin

**M**y mornings go like this: wake up, shower, do hair and make-up. Get dressed, pack a lunch and find his robot backpack. Wake him, change him and then make oatmeal. Turn on the cartoons and gather everything I need for the day – my laptop and coffee included. Load the dishwasher. Start the car, pack the car. Dress him – coat and boots. Oh, he has to pee! Run to bathroom, run back.

Off we go!

“Bye baby, see you when I’m done school.”

As a young, single mother of a three-year-old boy and attending college, my hands are definitely full – but nothing can match how full my heart is.

Some of the most important life lessons I’ve learned have been through my struggles as a single mom. For example, family must always come first... and it’s okay to feel proud.

For hundreds of young mothers going to school in Ottawa, *life* is the classroom. And lessons that were once chalked up to cliché advice have now become common sense for any student to consider.

### FORGET THE PAST TO CHANGE YOUR FUTURE

More often than not, post-secondary students have left something behind before coming to school – their childhood, their chums or their choices. And sometimes, it’s for the best.

For Nikki Norton, a 19-year-old single mom and student, focusing on her education was always difficult for her because she had no motivation to

go. She dropped out of high school twice before she became a mother.

But when Norton found out she was pregnant at 16, all she pictured was her own childhood: surrounded by adults plagued with indifference and addiction. She didn’t want that for her child. She enrolled in classes at the Youville Centre, a high school in Ottawa geared towards young single mothers, and graduates from her program in 2015.

“Now, Sophia *is* my reason to go,” she says, smiling.

### BELIEVE IN YOURSELF, NOT SOMEONE’S STEREOTYPE

Stereotypes are everywhere – especially in a concentrated environment, like college or university. But proving a stereotype wrong can feel like a small success for any student.

For Alycia Westfall, a 22-year-old mother and college student, having her son Connor at a young age meant celebrating successes *and* accepting stigmas.

“As much as I feel proud, I feel judged fairly often,” she confesses.

Westfall was 17 when she had her son and hit the books again when he was two-months-old.

She enrolled in a young parents’ high school program at the Centre Psychosocial (CPS) in Orleans and graduated in 2012.

“My teachers helped me out with anything,” she says. “It was a very intimate school.”

She acknowledged the statistics surrounding

young-parent homes are concerning.

According to a Statistics Canada report, “Life after teenage motherhood,” one-third of adolescent mothers will graduate high school and slightly over one per cent of those will earn a college degree before they turn 30.

Currently working towards a diploma in the child and youth worker program at La Cité Collegiale, Westfall also guest lectures for the medical students at the University of Ottawa campus.

“I talk about my experiences and how I feel the medical field could handle it better,” she says. “I try breaking stereotypes.”

### BE THANKFUL FOR SUPPORT

The difference between a struggling student and a successful scholar is the kind of support that surrounds



Alicia Gosselin Photos



**Student moms overcome limited support, bursting schedules and sleepless nights on their way to graduation.**

**There were moments I didn't know how to get through the day. But I did – I'm working in my field, in my own home, taking care of my little girl and letting myself feel proud**

Melanie Perrier, a 24-year-old mom, who is now on maternity leave from her job as a full-time law clerk, was in her first-year of college when she got pregnant. She didn't have support from her family at first: "I felt like the black sheep and wanted to prove them wrong and be successful."

Perrier continued with classes in the law clerk program at Algonquin College when her daughter, Jovielle, was crawling at five-months-old.

Her old neighbour, Shaunna Scott, was also a young mom living in subsidized housing and watched Perrier's daughter for almost nothing.

"The people that were there for me really made a difference," says Perrier.

The students in her class were even understanding when her part of their group project was submitted at 3:30 a.m.

"I don't understand how I passed some of my classes," she says. "I would've failed if it weren't for them."

### **WHERE THERE'S A WILL, THERE'S A WAY**

Any student can make their impossible dreams become a possible reality – as long as they're willing to work for it.

"Society does pose barriers for young mothers," says Heather Heagney, a representative of the Youville Centre located in downtown Ottawa.

The Centre provides hundreds of services to young mothers including counselling services, on-site day care and food allowances.

"Because of multiple barriers (young mothers) face, a stigma is attached to their perceived ability to overcome these challenges," says Heagney.

Perrier, whose daughter is now four, overcame her own challenges.

Although she took longer to finish her courses, she was determined to succeed for her and her daughter.

"There were moments I didn't know how

I was going to get through the day," she says. "But I did – I'm working in my field, in my own home, taking care of my little girl... and letting myself feel proud."

Noted.

Taking the time to be proud is something that many young mothers forget to do. But balancing school, work and kids is a challenge that often reveals someone's true colours. You learn who you are.

I've come to realize many truths about myself on this journey of balancing parenthood and college life. One, I'm strong. Two, it's okay to feel insecure sometimes. And three, I get twitchy after drinking too much coffee.

It wasn't that these things weren't always true about me. I just never had an opportunity to believe them. And like that age-old cliché... everything happens for a reason. **9**

# Battle of the Beaters

By Daniel Katz and Maximilian Moore



Campus **clunkers** face-off in a contest where the **biggest loser wins**

**B**eaters are the unreliable means by which cash-strapped young people entrust their daily lives to – sometimes with disastrous, terrifying – but mostly hilarious results. *Glue* magazine would like to pay homage to the cars that might have let us down or embarrassed us to the core at one moment in time, but that also will make our loved ones laugh at our struggle at the next family bash.

## DANGER!

Helene Chow was driving her gnarly-looking red 2005 Hyundai Elantra from Ottawa to Toronto two Julys ago to attend an anime convention, when her car's grille, attached to the hood only by twist-ties due to some previous vehicular accidents and mishaps, flew up onto the hood while she was flying down the 401. The third-year Carleton University environmental engineering student was understandably alarmed. She pulled off the highway and into a nearby gas station, where she promptly cut off the grille, threw it into the trunk of the car, and with a gaping hole in the front of the Elantra she continued on her merry way to Toronto.

"It's a 2005," Chow says, sitting pretty at 202,000 kilometres. And yes, the car – her rusty rocket-on-wheels – has had its share of scrapes, bumps, and bruises.

## HIJINX!

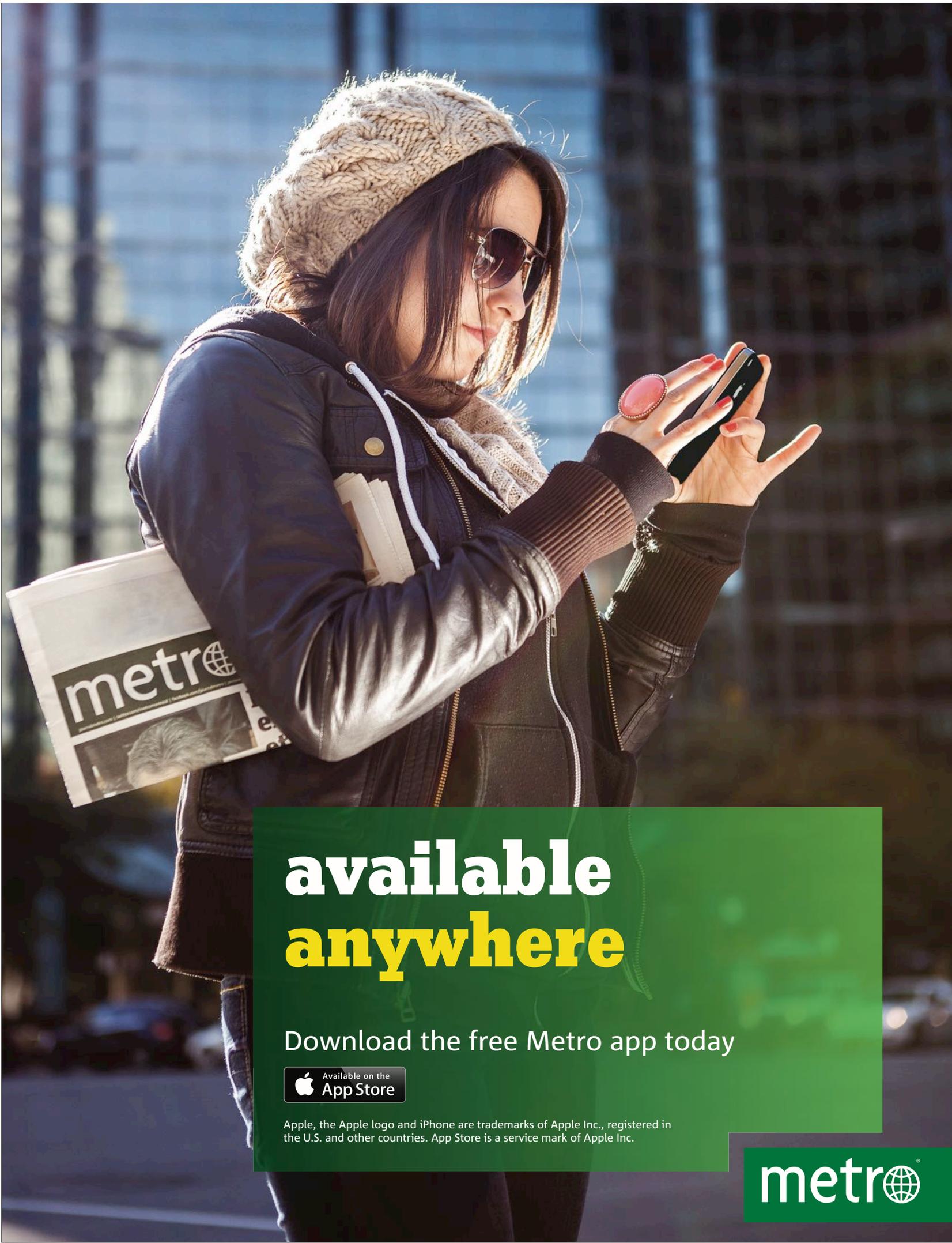
Ashley Holliday, owner of a silver 2000 Acura 1.60 EL, drives 70 minutes each way into Algonquin from her home in White Lake. With 402,000 kms on it, this car is the epitome of a beater. The rust has all but decimated the lower body, along with a slew of other internal issues. "It's not unreliable," she says. "Just really old."

On a recent trip into Ottawa to shop and see the sights, Holliday's car had its first major malfunction – a broken wheel bearing. "I bought the car over a year ago from my uncle for a dollar," she says. "He drove the heck out of it. It drove for over a year with no problems."

One of the things which always gets her about the car is that the locks don't work. Only the driver's side door opens reliably, so often her passengers have to crawl over their seats and exit through that side.

"Watching my 6' 2" boyfriend crawl out the driver's side window is actually really funny," she remarked.

The beaters on the road might instill fear in some or draw some laughs from others, but it is undisputed that the owners of these machines love their rides, from engine to exhaust. **9**



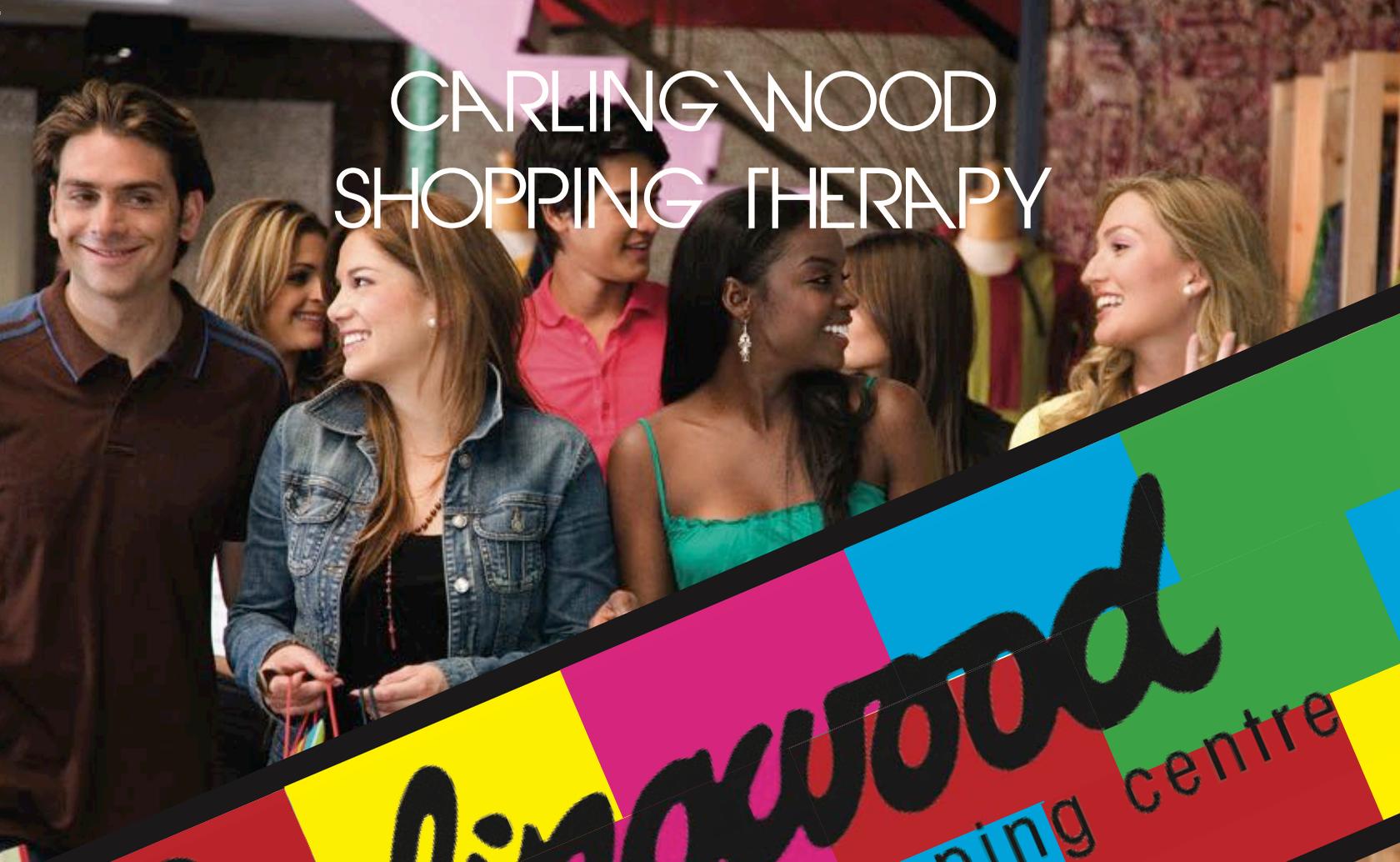
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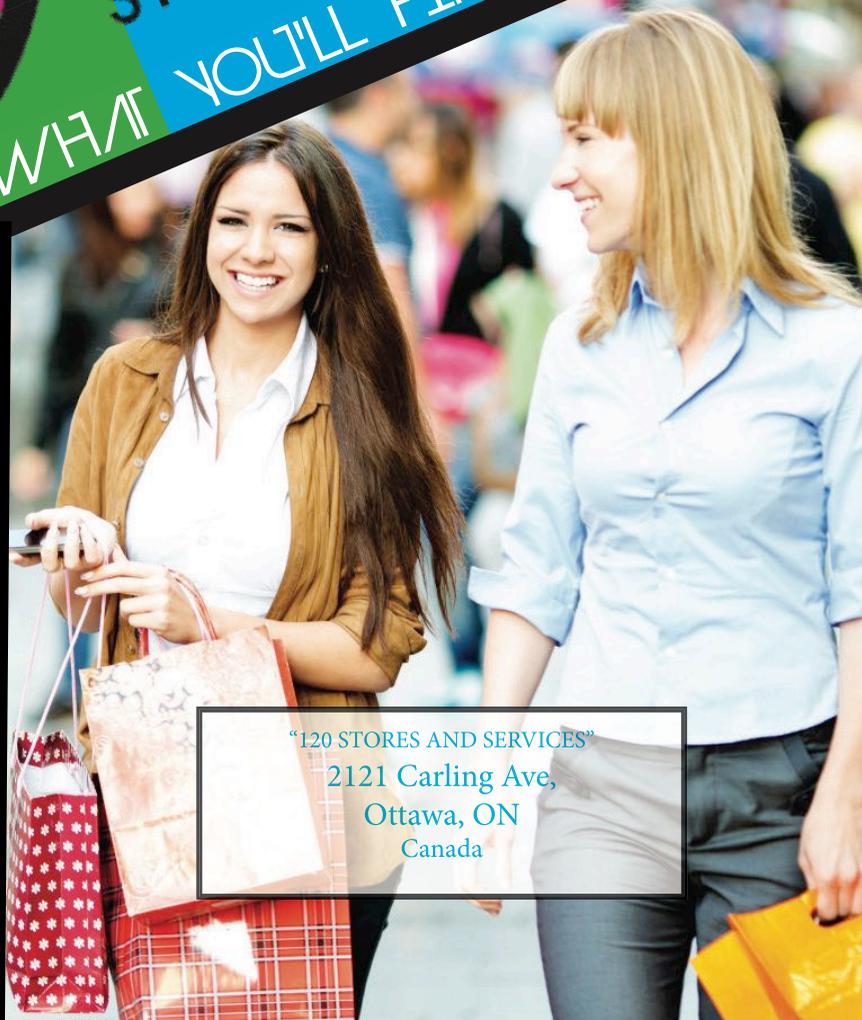


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