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Winter 2014

glue

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ON THE COVER

Cover model Alexandria Orr was happy to model for *Glue's* 10th anniversary edition cover. The 21-year-old part-time model spends her days bouncing around between numerous jobs and watching *Golden Girls*. Her favourite part of helping *Glue* was getting a chance to sneak in a few licks of the cake's icing between shots.

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CONTRIBUTORS



Steven Chmielash:
Photographer

Steven volunteered his time and talent to help *Glue* with photography and late-night proofing. His outstanding positive attitude and professionalism helped make every photo shoot a fantastic experience for all involved. No matter what the circumstances were, Steven always got the shot.

Best part of working with *Glue*: "Regaining feeling in my fingers after doing a shoot outside in below freezing temperatures."



Nevada McAuslan:
Advertising

Nevada has finally found her niche in advertising after spending some time pondering other paths. She now loves the career she has chosen and was excited to step up to the plate with *Glue*.

Best part of working with *Glue*: "No matter how good you think an idea is there are a million ways to make it better, and learning to be open to those ideas is a really fun lesson to learn."



Patrick Smith:
Writer

When the *Glue* staff needed to come up with headlines in a hurry, there was no question about who to turn to for inspiration. "Punny" Patrick was ready and willing to provide his infamous wit and quick thinking to help come up with captivating words. The only compensation he required was a slice of cake.

Best part of working with *Glue*: "The free cake was a plus."



Jamie Dean:
Illustrator

Jamie enjoys graphic design because he likes using his talents and abilities to make something that can effectively communicate with an audience. He was able to put that passion to excellent use when the *Glue* team faced a last minute graphic crisis. Jamie stepped in right away to save the day.

Best part of working with *Glue*: "I think that it would have to be the staff at *Glue*. Everyone was super easy to work with."

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 **The Observatory**



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Photo Editor: Sophie Desrosiers

Online Editors: Stephen Sedgwick-Williams & Jessie Archambault

Production Editors: Liam Berti, Steve Chmielash, Stephen Ducharme, Rory MacDonald-Gauthier, Aaraksh Siwakoti, Megan Sylvester

Contributing Editors: Rachel Aiello, Joseph Cacciotti, Dali Carmichael, Megan Delaire, Tyler Dubreuil, Tyler Follett, Brad Fougere, Brandon Gillet, Justin Humphries, Anthony Joseph, Rat Norvegicus, Pierry Parmera, Alex Quevillon, Hillary Robert, Conner Schaeffer, Steve Smeall, Patrick Smith, Katrice Sutherland, Michael Timmermans, Brooke Timpson, Tamir Virani, Yulia Vodyanyuk, Jennifer Wallace, Josh Wegman, Marianna Wright

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Digital Manager: Dani Giammaria

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Production/Distribution Manager: Maggie Muldoon

Street Team: Alija Jakupovic, Jenn Matthews, Lacey McNulty, Rita Dokmajian

Advertising Instructors: Barbara McDougall, Greg Wheeler

Journalism Instructors: Julie McCann, Joe Banks

Photography Instructor: Ralph Plath

Printed By: Performance Printing

Cover Photo: Sophie Desrosiers

For Advertising Information:

Phone 613-727-4713 ext. 7732

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

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

A LETTER FROM THE EDITOR



DANI-ELLE DUBÉ

Happy Birthday, *Glue*.

Birthdays are a funny thing. Before our grandparents' time, growing old was something to look forward to. Age wasn't seen as a bad thing, but rather an accomplishment. The older you were, the wiser you were, and wisdom was much sought-after.

Now, our view on age can best be compared to the sitcom relationship between Jerry Seinfeld and Newman: a constant nuisance that lies a lot and just won't go away.


So, let's change that. It's time to get excited about growing old again, and what better time to pick up where our great-great-grandparents left off and start with *Glue's* 10th birthday.

To help kick us off into a new era, we've made sure to have a little something for everyone. Kick up your feet and sift through our Lounge section for your sports and entertainment fix while exploring an array of everything in between.

Our feature stories explore a range of topics that touch many people written by some of our most talented writers. Learn why your degree may not be worth as much as you thought, as well as the growing culture of couchsurfing. We get serious as we investigate why some victims of sexual crimes choose to stay silent, and we finish with a touching piece of personal journalism by a *Glue* writer who will eventually lose her sight. It is a story that is both scary and inspiring.

But we're not all serious. We take our celebration to the next level with our Cheat Sheets. Enjoy the journey of the past, present and future that we've laid out for you. You'll particularly enjoy this section if you love fashion, pop culture and travel.

Now it's time to grab a piece of cake and let us do all the talking. But before we entertain you, we need you to do one thing and entertain us: sing us Happy Birthday! And, if it's not too much to ask, can we have it in the sexy Marilyn Monroe voice, please?

It is our birthday, after all. 



MOLLY HANZIDIAKOU
Managing Editor



SOPHIE DESROSIER
Photo Editor



STEPHEN SEDGWICK-WILLIAMS
Layout Editor



JESSIE ARCHAMBAULT
Online Editor

RUSSIAN TO

Russia's stance on the gay community has people questioning if Sochi was the right city to host the dismantle support. But for some gay student athletes, if Canada didn't support and participate, it

It's midday on a sunny Tuesday and the coffee shop is packed with people. The sound of blenders and compressed steam drowns out the dozen conversations going on simultaneously.

A giant smile crosses her face as she mentions the first time she came out to her family and friends — the place doesn't go quiet; there are no whispers about what was just said and no one is coming to arrest her for telling her story.

If this were Sochi, Russia, the story would be much different than the one being told in an Ottawa coffee shop downtown.

The recent law passed in Russia allows the government to fine individuals accused of spreading propaganda of non-traditional sexual relations amongst minors. In other words, it is against the law for homosexuals to talk about their sexual orientation to anyone in public or near anyone under the age of 18.

If similar laws were in place in Canada that prevented Lana Dingwall, a University of Ottawa graduate and rugby player, from speaking out about her sexuality, it would have made the experience of coming out much more difficult for her and others like her.

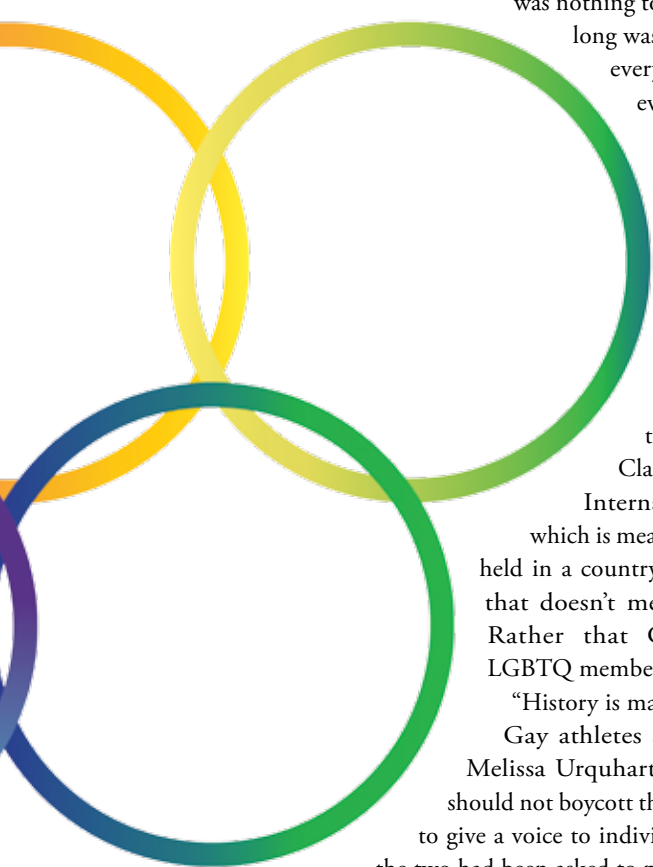
Sitting in the crowded room at the coffee shop, Dingwall recounts her experience as a gay athlete and what it meant to her when she finally came out to her close friends and family at the age of 20. The confidence and pride in who she is beams through every spoken word.

She explains that though it was difficult to come out, she was surprised about the warm and accepting welcome from her friends and teammates.

"If I could go back I would've come out in high school," says Dingwall. "There

JUDGEMENT

upcoming winter Olympics. While some have kept silent about it, others have called for a boycott to would be a missed opportunity for well-needed change By Aaraksh Siwakoti



was nothing to be scared of. Obviously the only reason it took me so long was that I thought it had everything to do with other people but it didn't. It had everything to do with myself and coming to terms with who I was."

Though gay athletes and individuals visiting the country would only have to face these restrictions for the duration of the Olympics, residents will have to deal with it for much longer. With that in mind, should Canada boycott the Olympics on behalf of it's athletes?

"I'm very worried about the implications (the law) has for Russian LGBTQ advocacy groups and their ability to do their work in such a discriminatory climate," says Clare Hutchinson, a representative on Title 9 ¾ for the International Quidditch Association. A sporting event, which is meant to unite the world and bring about equality, is being held in a country trying to abolish the rights of homosexuals — but that doesn't mean they should be boycotted says Hutchinson. Rather that Canadians support their athletes and other LGBTQ members instead.

"History is made by those who show up," she adds.

Gay athletes such as Dingwall and competitive soccer player Melissa Urquhart, an Algonquin graduate, also agree that Canada should not boycott the Sochi Olympics, but rather embrace the opportunity to give a voice to individuals in a country who do not currently have one. If the two had been asked to participate, they would do so without hesitation.

"I would still participate because if I didn't, I would feel like I was letting Russia win," says Urquhart. "But I would definitely wear my homosexuality on my sleeve — I'd let it be known that I'm gay and proud and I won't let people hold me back from doing what I love because I'm gay."



DRAWN TO FUN

Conventions like Comiccon and Naru2u are more than just comic books and costumes. Social events like these are quickly growing and becoming a hub for art-loving students **By Stephen Sedgwick-Williams**

Being seven hours away from Ottawa and dressed up in the red and black outfit of the villainous “Team Magma” from Pokémon, I feel at home in the crowded convention centre. Calling it an anime convention is a bit of a mis-nomer as so many fandoms and interests come together in the convention that it goes far beyond just anime.

On one side of us is a booth selling comic books and art of shows like *Doctor Who*, *Sailor Moon*, or custom, commissioned pieces. On the other is a video game stand

where people are browsing through vast collections of hard to find games and imports from Japan. This is all while people dressed

as their favourite characters, like Cloud from *Final Fantasy* or a group of Imperial Storm Troopers from *Star Wars*, are streaming through. One of whom approaches my group and asks us to pose for a photo. Then the Daleks come screeching down the aisle shouting their trademark, “Exterminate! Exterminate!”

It’s not the first convention I’ve been to, nor will it be the last. According to their website, Ottawa anime convention Naru2u drew in over 780 attendees while Ottawa Comiccon has managed to fill up the Ernst and Young Centre to capacity in both years of its existence. Conventions are a huge draw that see a large influx of people, both within the city they’re being hosted in and from outside.

As Ottawa looks forward to another Comiccon, it seems likely that more people will be attending

As Ottawa is looking forward to its third-ever Comiccon, it seems likely that even more people will be attending the conventions in town as they get more publicity and develop a reputation like the Toronto and Montreal events. As for why exactly everyone attends such con-

ventions? It seems that the reasons are different for everyone.

“If I had to put one (reason to attend) above everything else, definitely community,” said Liam MacDonald, a third-year mechanical engineering student at Carleton University who has attended over 15 conventions. “The communities with my friends, the community that I meet there and the community that I enjoy when I go to these events.”

MacDonald would be the seasoned veteran in a group of anime and gaming convention-goers. He has an interesting collection of items such as books, card games, badges and even hobby war games collected from conventions. He has been everything from a vault-dweller living underground to avoid the radiated surface, to a space soldier, to a member of the easily-recognizable Team Rocket from Pokémon.

“It is fun and it’s nice to see all the people coming in ridiculous costume,” said Zack Welch, a first-year math student at Carleton. “It’s a big get-together of people with similar interests.”

Welch isn’t quite as experienced as MacDonald when it comes to these sort of conventions, though when he does attend he always seems to wear impressively detailed costumes.



Anna Misk Illustration



Many convention goers cosplay as their favourite characters, or characters that they think would be fun to dress as. Some groups such as the Sparkling Potatoes Cosplay group, dressed as characters from My Little Pony, draw attention with their colourful and well-made costumes.

Everyone came to the same place for the same reason and you just feel at home

One year he wore a detailed costume of a soldier from Warhammer 40k, a science fiction war game set in a gothic future, that included a lovingly crafted set of foam armor, a backpack and a set of robes sewn for the outfit. It's just another part of the experience for some. "One thing that I can get from conventions that just isn't present anywhere else, it would have to be the implicit camaraderie with all the other nerds there," said Brian Nelson, a second-year computer programming student from Algonquin. "They all came to the same place for the same reason and you just feel at home for some reason."

Others enjoy the ability to find specific products that are present in the dealer's room—a marketplace of

sellable goods set up in the convention space.

"It's a lot of access to, especially in market areas, things I wouldn't normally be able to buy here in Canada," said Matt Lund, a linguistics student at the University of Ottawa. "Other than that it's interesting to see everyone running as their favourite characters in costume."

Lund is a fresh-faced rookie with who has only been to two conventions so far. But as a fan of anime and video games, he has found them interesting and plans on attending more with his girlfriend next year. The draw for him was simply that his friends were going to a convention nearby and extended the invitation.

But underneath everything else, maybe there is one reason that brings everything else together, while changing from person to person and with every new perspective applied.

"It's just fun," said Welch.

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DAWN OF THE DREAD

Hot on the heels of its summer success, *Sharknado* has breathed new life into the once dreaded B-movie genre. From zombies to mutants, Jesus Christ and Sasha Grey, bad acting and low-budget effects are more popular now than ever before. By Patrick Smith

It's an odd combination: someone who takes pride in their work but takes poor reviews as complimentary. Yet, for Ottawa B-Movie producer Brett Kelly, reviews like these are high praise because it means they're doing their job right.

"Someone actually put it on the top 10 SyFy channel movies of all-time," he said, speaking about his film *Jurassic Shark*. "But it wasn't a SyFy channel movie, so I take that as an even bigger compliment!"

Kelly has been a film director and actor in Ottawa for his entire career. After graduating from Algonquin's television broadcasting program, he started his career in cinema and has since directed over 15 feature films.

Making a B-movie is an art form. Directing something that's simultaneously cheesy, entertaining and watchable can be difficult, and straddling the line without going overboard is a challenge that not many directors can pull off well.

And for students, it can provide a cheap laugh and a fun, inexpensive night out. Whether it's a date night or an excuse to rally friends together, B-movies always make for a memorable night free of the complex thought that's associated with sitting in class.

"Give me a good thing that'll make me laugh, or make me smile, or make me jump out of my seat – something where I don't have to think about terrorism, or I don't have to think about government, or I don't have to think about public transit or anything," said Kelly. "I can just turn my mind off and have some fun. That's traditionally, I think, why people enjoy B-movies."

And in a lot of cases, films of that ilk begin with a title.

"We go to movies based on the stars," said Lee Demarbre, director of Ottawa-based B-movie *Jesus Christ Vampire Hunter* and co-owner of the Mayfair Theatre. "You don't have the budget to have a star, when you're making a B-movie – you often

catch a person's attention not with a movie star, but with a fucked-up title."

Dembre used recent SyFy sensation *Sharknado* as an example of a movie that sold primarily on title.

Kelly, for one, was able to use the success of the film to his advantage.

"I was joking with my wife, and I said



"I'll bet you I can come with a shark title today and get a contract for it tomorrow," he said. "And I did ... I had a contract before I had a script."

The movie's title? *Raiders of the Lost Shark*, which is so early in its planning stages that no information is yet available about its premise.

B-movies, or "exploitation films" as Demarbre prefers to call them, have a solid grounding in Ottawa. Kelly has 25 film credits, all done in Ottawa or the valley, while Demarbre has directed seven films in Ottawa and two south of the border.

None of us who make these movies are trying to save the world

But, he said, he still found a way to sneak local flavour into *The Dead Sleep Easy*, which was shot almost entirely in Guadalajara, Mexico, when he realized he was missing some set-up clips.

"I remember I needed some pick-up shots," he said. "So I drove around the Market and just grabbed a few pick-up shots and tried to make Ottawa look like Mexico."

And although budget often restricts a film producer's vision, Kelly views it as a challenge.

"If I have \$10,000 to make a movie, I'll make the best damn \$10,000 movie I can make," he said. "If I have \$250,000, I'll make the best damn \$250,000 movie I can make."

This sentiment isn't exclusive to Kelly. Recent B-movies fall under the same budget restrictions. *Sharknado* had a budget of \$1 million, which is considered high in the industry.

Although the genre is picking up steam again worldwide, there aren't many new B-movie filmmakers hitting the local scene.

Ottawa-based director Brian Singleton is another B-movie director, although he's been less visible on the scene lately. His last project, a film called *Werewolf Fever*, which involved a werewolf attacking a fast-food restaurant, was released in 2009.

Apart from Demarbre, Kelly



and Singleton, the local B-movie industry features some slim pickings.

"[We are] almost like the old guard now," said Kelly. "Nobody has quite embraced B-movies like we do ... I don't know if anyone's really picked up the slack after."

But genre enthusiasts still have plenty to look forward to in the nation's capital.

Kelly puts out "two or three movies a year," including his recent zombie musical comedy *My Fair Zombie*.

"It's a musical comedy zombie film set in the 19th century," said Kelly. "It's like *My Fair Lady*, sort of, but with zombies."

As for Demarbre, after a brief hiatus, he's looking at getting back to work with Ian Driscoll, writer for *Jesus Christ Vampire Hunter* for a sequel.

With such passion for their art,

it is easy to misunderstand the directorial intent of making B-movies. Lack of writing ability? Film-making ineptitude?

Not even close, for full-time exploitation film producers.

"None of us who make these movies are trying to save the world," said Kelly. "We're not trying to end world hunger. We're just trying to make you laugh."

For the directors, a B-movie's intent is pretty clear. But what about the audience? What makes a movie cross the boundary from good to bad and still captures the attention of a potential viewer?

"A B-movie tries," said Demarbre.

"An exploitation movie tries harder in the fact that it doesn't have a Tom Cruise, it doesn't have a Brad Pitt, it doesn't have a Sandra Bullock, and it needs people to go see it," he added. "If we deliver on the genre expectations – whatever it is about this film we're going to exploit – if it delivers on that in spades, people will come see your next film."



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TARGET PRACTICE

Shooting guns for sport has had a bad reputation. Hobbyists argue it's making a comeback. Used safely, guns can be more than just the killing machines you think they are **By Tyler Dubreuil**

AK-47s, Magnum 358s and M16s. Whether you love them or hate them, never held one, or fired a thousand rounds, we all have an idea of what they are. Humans are infatuated by firearms. We see them in movies and in video games and referenced in music and books. And at some point in our lives, most of us have pointed a finger in a mirror, and recited that famous line: "Go ahead, make my day."

Skye Pritchard was only four years old when she remembers the first time she was around a firearm. For Skye, firearms were never about killing or hunting, but simply the sport.

"I was maybe 11 or 12 years old when I fired my first rifle with my dad. I had my own .22 when I lived up north and no one was around so we would go shoot at targets. Never hunting though I'm such an animal lover. I wouldn't even shoot a chickadee," she said.

"Using guns just made me feel good. I was never that great at sports but I can shoot and because I'm a girl, people up north didn't really expect it of me, or expect me to be good at it, so the attention

I got and just getting better and better at shooting made it such a positive feeling," she adds.

Not everyone in the firearms community are acquainted with guns at such an early age. Brandon Wallingford, founder and former president of the Firearms Association of Carleton University (FACU), didn't pick up a firearm until he was 20 years old.

Using guns just made me feel good. I was never great at sports but I can shoot

"It would of been 2008 when I went to get my license," says Wallingford. "We picked up a .22 and a .308 and went to a buddies farm and did some target practice."

The FACU was founded to provide enthusiasts and newcomers to the sport a chance to learn about weapon safety, firearms culture and gave

them a chance to unload some bullets on a target.

"After our first event at the Stittsville Shooting Range, it just went bananas from there. Just buckets and buckets of people started to sign up," says Wallingford.

For Wallingford and current FACU President Shawn Humphrey, there are many reasons to be attracted to firearms and the community surrounding it.

"They're just a lot of fun," says Shawn. "The discipline of breathing right, the trigger squeeze, just doing everything right."

"It's a very mental thing, a lot of self-control goes into it. There's a whole culture," Wallingford adds.

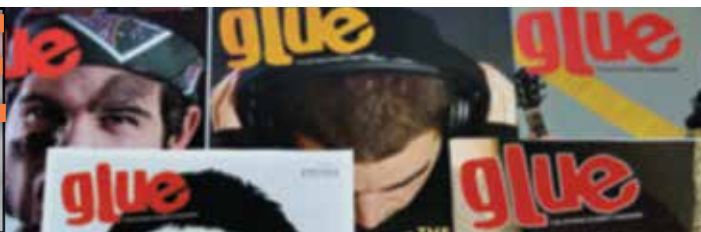
As for why students flocked to the group, Wallingford and Humphrey gave three reasons: "natural curiosity, Hollywood movies and *Call of Duty*."

Whether its a feeling of accomplishment or a relaxation tool; a sport or a treatment. Whether you're looking for something new or just trying to get your *Dirty Harry* on, there are many reasons why people will always be infatuated with guns.



SO INTO GLUE

To celebrate the 10-year anniversary of *Glue*, we bring you the 10 articles that have made us laugh, cry and question our sanity By Steven Chmielash



1. SEXUAL EDUCATION BY LAURA GARZON, WINTER 2011

This caught our attention because it looked into the world of students working as escorts to pay for their education.

2. SERVING FOR STUDENTS BY STEPHANIE WOODS, SPRING 2007

Stephanie's story made its way to the list because it gives an insight into how military folk can earn a degree while also earning a living.

3. DOUCHEBAG BY KAYCIE GRAVELLE, FALL 2012

This *Glue* guide helped us to understand, spot and get rid of the world's most obnoxious people.

4. REALITY CHECK BY JAMES CULIC, FALL 2011

Just because you can snipe an opponent from 500 meters away, bowl over 250 or play flawlessly on the guitar doesn't mean you could do it without a controller.

5. FIRE STARTER BY ANDY PINSET, WINTER 2011

He wasn't a pyromaniac but what former NDP leader Jack Layton did was spark a flame of inspiration in both NDP supporters and youth across Canada

6. SPOT ME, BRO BY IAN MCALPINE, WINTER 2013

Some gym-goers take it to the next level by thinking that they own the gym just because they're pretty much there 24/7. Now it's our turn to become the ultimate gym douchebag.

7. CATCHING A COUGAR BY MIKE MELLON, WINTER 2010

Don't make any sudden movements or you'll scare them away. We're talking about catching a cougar: women over 35 years old who fancy younger men.

8. GRAM BY GRAM BY JOCELYN COOPER, WINTER 2008

The *Glue* team thoroughly enjoyed the deep and powerful telling of the life of a homeless

drug addict in Ottawa. It also delved into the city's underworld crack problem.

9. WHAT'S LOVE GOT TO DO WITH IT? BY COURTNEY WILLARD, SPRING 2004

Whether you're just entering the workforce or employed for some time, many people hate their job but because it provides security they can't complain. Or some don't have that same security but enjoy what they do. Can we have both though?

10. PAWS FOR THOUGHT BY KAYLA DE SOUSA, FALL 2010

Euthanizing an animal because of illness or age can be the toughest thing to handle. The *Glue* team had a difficult time choosing this article and discussing it but it was a well-written account of what it's like to deal with death almost every day at an animal hospital.

Aarakh Sivakoti Photo



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EXHAUSTED

Adrenaline seeking students are shifting gears this winter as they put their motorbikes to bed **By Conner Schaeffer**

When most people think about the winter season thoughts of tobogganing, snowboarding and skiing come to mind. When a motorcyclist thinks about winter, thoughts of anxiety, stress and playing the waiting game floods their mind.

For a rider, winter means one thing: putting your bike away and waiting for the first ride of spring. To most riders this can be considered as the worst time of the year. During the winter season, both dirt bike and motorcycle riders hibernate their bikes and turn to any alternative that is enjoyable and takes their minds off of riding. Some riders actually trade in their dirt bikes for snowmobiles and continue to race throughout the winter, while others train and take up different hobbies.

"I pretty much just think about riding all winter long. I watch old races on DVD, and a lot of Nitro Circus and Sons of Anarchy in the winter. I also hunt, ice fish and snowboard," said 22-year-old Alex Mair who has raced amateur motocross his entire life.

The television show Sons of Anarchy is a worldwide. This outlaw biker show has attracted die-hard fans internationally and has helped promote and explain the essence of riding. "I love Sons of Anarchy," said Mair. "I will watch an entire season in a few days in the winter."

Pat Norton is an active Harley Davidson rider and the marketing director for Freedom Harley Davidson. He also happens to be an Algonquin student. "The off-season really sucks, and you're always itching to ride," said Norton. "Everyone goes through it and does it their own way."

"People don't want to miss anytime riding when it is nice out so they work on their bikes during the winter when they are already in storage," added Norton.

Motorcycle shops tend to slow down in the winter but one major event keeps them alive: the Ottawa International Motorcycle Show. This motorcycle show allows riders from all over the world to engage in their passion of bikes. "I hate the off-season but I'm used to it," said Mair. "I



train and think about my first spring ride everyday. Everyone copes differently but in the end we all make it through the winter."

Once you have felt the wind in your face and smelled the exhaust from your bike, there is no comparison. Two things are indisputable: riding is a lifestyle and the off-season is too long.

Conner Schaeffer Photo

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DOCTOR'S ORDERS

Medical marijuana is often seen as uncommon among young adults. But, that's about to change. Learn why more young folks are being put on the puff, puff prescription **By Pierry Parmera**



Steven Stairs wakes up every morning reflecting on the inevitable possibility of becoming blind.

He suffers from glaucoma, a chronic eye disorder and one of the leading causes of blindness in North America.

Twelve years ago, his doctor prescribed him cannabis for treatment. Cannabis decreases the intraocular pressure in his eyes, delaying complete blindness significantly.

Thus, Stairs became one of the 37,000 authorized medical marijuana users in Canada. This number is expected to increase to over 400,000 legal users by 2024. Stairs is just one in tens of thousands whose healing method, though peculiar it may be, helps them kill pain, boost their appetite, control Multiple Sclerosis, severe arthritis and hope to see one more day.

"I did a lot of research myself and I found out that marijuana could help me," said Stairs who currently has about eight per cent vision. Being legally blind, Stairs often reflects on his "extremely challenging" life as a student. "Just schooling is a pain," said the 29-year-old political studies student. "It's very hard to read papers and books; I have to rely on audio books."

Cannabis has been proven to be helpful to Stairs in enduring numerous episodes of eye pain. Many others have also found cannabis beneficial for pain relief. "It stops the pain when glaucoma is acting up," he said. "This is something that happens to me once a week."

Having been licensed by the Marijuana Medical Access Division (MMAD), Stairs considers himself very lucky to have legal access to cannabis, both as a grower and user. However, it is becoming increasingly difficult to be licensed and it will be illegal to grow cannabis next year when the new federal laws take effect.

Such will be the predicament of Russell Barth and his wife Christine Lowe, pro marijuana activists. Ten years ago they decided to use cannabis to treat her Multiple Sclerosis with immense success. "She said to me, 'I think I am going to quit all my medicine and just use cannabis,'" said Barth. "She went from having about 60 seizures from January to May; and from the middle of May until the end of the first year, she only had 13."

Within three years, Lowe's seizures decreased to an average of three every year. "She must have been doing something right," he said Barth's harrowing experiences with chronic pain and

his wife's desolation with repeated seizures and astonishing recovery spurred them to become pro-marijuana activists to promote the therapeutic benefits of cannabis.

People like Barth and Stairs are a growing demographic in Canada. They are not alone, nor will they ever be. "I know a lot of medical marijuana users," said Stairs. "They make me feel at home because I know that we are all fighting the same fight."

Stairs takes a very positive approach to life despite his seriously impaired vision. As a member of the Canadian National Institute for the Blind (CNIB), he is an advocate for disabled people at his university.

However, he cannot neglect his ocular disorder which is leading him towards the path of blindness, despite the therapeutic help of cannabis. "It's something that is with me every day. I may wake up today and think that I can go blind today."

Steven Stairs' concern about losing his precious sight is inescapable. Whether he is going to school or to work, waking up or falling asleep, he pauses and reflects on the inevitable possibility of becoming blind.

What do you do when your partner wants some quality time but the “big game” is on television? You can fit in time for both. Learn how to have your cake and eat it, too By Tyler Follett

There are very few guarantees in sports, and even fewer in relationships. If you're as enthusiastic about sports as you are about breathing, chances are your significant other doesn't quite share this incredible passion.

When it comes to deciding between the big Sens-Leafs game and the big Valentine's dinner, it may seem impossible to please the other half. Some strategic planning can lead to situations where everyone is happy and no big plays are missed.

“Generally you get what you put into it with relationships, so

there has to be almost a sort of compromise,” said Abby Doner, social worker at The Phoenix Centre for child and family services. A crowd pleaser is the nice, top-end sports bar, with something for everyone.

The ByWard Market features a plethora of great sports spots, with good meals. A wide selection of drinks from your classics like rum and coke to drop shots, go along well with the expensive high definition flat screens on every inch of wall possible.

“Sometimes one will ask for a better view of the TV or a channel

change and the partner will get embarrassed,” said Sarah MacLean, employee at the popular Crazy Horse bar in Kanata.

You won't miss much of the action, with hi-def TV's outnumbering the customers. The game isn't even a conversation killer as the sound is always turned off. Perfect for a date night or a fantasy draft party with the guys.

Nothing beats being at the game live. Live sports are like other forms of live entertainment in that anyone can appreciate them, fan or not. “I watch chick flicks and romance movies in exchange for company to the games,”

explained Layne Munkittrick, a Canadian Tire Centre employee dating a non sports fan.

“What I like most about going live is how we both get something out of the experience, even if they are very different things.” For games missed, hitting up sports magazine spots, or sports memorabilia stores can often fill the void, with the added incentive of possibly meeting someone in the same boat.

The outdoor rink is another great choice when watching the game just isn't possible. Few things can top sharing a Beavertail on the Rideau Canal.



Dani-Elle Dubé Photo

Dani-Elle Dubé Photo (Location courtesy of Real Sports Bar and Grill Ottawa)

BEHIND THE COVER

Ten years out, Yellowknifer Brent Reaney, who had the cover story for the first issue of *Glue* magazine, has learned a few life lessons he'd like to share By Molly Hanzidiakou



In celebration of *Glue* magazine's tenth anniversary, let's take a look back at the first issue. The cover story writer was Brent Reaney. Reaney is a grad who, in his time after Algonquin, has shown many qualities that are admired by any post-secondary student, in any program. Today at age 35, Reaney lives in Yellowknife working on his own magazine, *EDGE YK*. The magazine's first issue was launched in December 2011 and since then has covered anything and everything in the capital of Northwest Territories. How did Reaney become the producer of a widely known household magazine? Here are 10 tips that got Reaney to where he is today.

1 ALWAYS ASK QUESTIONS

Straight out of high school, Reaney attended Wilfred Laurier University in Waterloo and received his bachelor of business administration. He struggled with the highly directed ways and little creativity of program and debated dropping out. However, Reaney stuck around and finished his fourth year where he met his future wife, Kate Odziemkowska.

"The first thing I thought when I met Brent was 'this guy does not play by the rules.' I was always a straight A student whereas Brent certainly wasn't," said Odziemkowska. "If there was an assignment in class, most students would jump at it and do it and hand it in. He questioned all these different things, where to me it was something that you just accepted. That's what I liked about him."

2 YOU HAVE A TOOL BOX, KNOW HOW TO USE IT

Reaney has completed a degree in business, a diploma in journalism, worked at many media publications doing print, radio and photography. His list seems endless and he uses each skill he's acquired over the years to develop his business.

"You need to set yourself up. Add tools to your tool box to be able to do some of the better paid communication work," said Reaney. "I would recommend some business courses for just about anybody which is something I would have never said 10 years ago. I'm really thankful for the basic foundation in terms of accounting and other things that help me do what I'm doing today."

3 GRAB OPPORTUNITIES WHEN YOU CAN

During Reaney's one year as a direct entry into Algonquin's journalism program, he got a job offer in the midst of his school internship. Reaney made the choice to drop the internship and take on the summer job offer in Yellowknife.

"It was a bit of a tough decision but at the same time I really signed up for the program to get a job, so I took the job," said Reaney. "I was at the age where I already had a degree and the paper work was less important to me. I'm not saying I didn't want it, I did and I'm happy I have it, but what was more important to me was getting a foot in the industry and getting some experience."

4 EXPLORE THE PLACE YOU'RE IN

For most, living abroad is a chance to explore all the sights. However, for Reaney it's so much more. Through his years spent in Taiwan and then in Ghana with his wife, Reaney took this chance to really experience each way of living.

"My big thing is not so much as travelling, it's more living and working. I wanted to get as much experience there as possible," said Reaney.

Reaney's wife supported his outlook. "He thrived," said Odziemkowska. "And he thrived in a different way [than] I do. Brent is much more of an experiential traveller."

5 IF YOU DON'T LIKE WHAT YOU'RE DOING, THEN DON'T DO IT

For the first few years of his journalistic freelance career, Reaney experienced the "real" world of journalism: all the edits, rewrites and late paycheques.

"You would get people who would really manhandle your work in a way where you didn't feel ownership over it after. I always wondered why people who are freelancing and who are sharing their talents and their unique stories can't be treated with greater respect," said Reaney. "I got away from journalism for a while because I saw how I was treated as a freelancer myself. I decided I wasn't going to share my talents and I wasn't going to work in journalism and I wasn't going to do that anymore."

6 TALK TO PEOPLE AND BUILD RELATIONSHIPS

Reaney is a people person. When preparing to live in a foreign place, most people read about what they should expect. However, Reaney waited for opportunities to talk to people and learn through their stories.

"He learns through talking to people," said Odziemkowska. "He builds these relationships that I otherwise not have made myself because I'm not that kind of person. But being the guy that he is, we ended up having lifelong relationships with people as a result of him either introducing himself or him hanging out locally with people. It was fascinating travelling that way."

7 DON'T FEEL YOU NEED TO BE LIKE EVERYONE ELSE

EDGEYK is not a traditional magazine. Reaney and editor Laurie Sarkadi and their team take pride in this. It doesn't matter how you go about doing something, as long as your efforts are reflected in your work.

"It's a magazine if it calls itself a magazine and people read it," said Reaney. "You don't have to do something the exact same way as someone else does. And again, I've had trouble all the way along with doing things the way I'm supposed to, so this is a good fit."

"It's really inspiring to have that creative outlook for [writers] which I think is the gift Brent has given to Yellowknife," said Sarkadi. "He has created this outlook for all of the artistic expression in Yellowknife, which there is tons, and this has become a real venue for them. So I think that will be a bit of a legacy for him."

8 THINK OF YOURSELF AS A BUSINESS

Travelling through life, there are many things that make up who you are. One of those things is making money to survive.

"You have to think of yourself as a business and that's a little bit weird for people who are writers. But you have to think of yourself as a money-collecting business because that is what you're doing: you're making money for yourself to eat every day," said Reaney.

9 APPLY THE TWO F'S: FEEDBACK AND FLEXIBLE

Over the years of working for different publications, Reaney has noticed what works and what doesn't. From these experiences, he has molded his business into a team that shares ideas and always looking for a new way of doing things.

"The big thing for us is when we are getting feedback, good and bad, we try and keep track of it. If something isn't working it's time to examine that and make some changes," said Reaney. "We keep the communication open in terms of what is working and what isn't. My big thing was I never understood why employers couldn't be more flexible. It's not perfect but I think if you listen and if you do everything you can to try and solve the problem then you can solve most things."

10 RIDE WAVES OF MOMENTUM

Reaney doesn't have a 10-year plan as he has never been one to focus for long. He remains open to all opportunities. Who knows where he will be in the next 10 years, he sure as hell doesn't.

"The big thing for me is to try and ride waves of momentum," said Reaney. "So when things start happening, try to stick with it. If and when this [magazine] and business plays its course, it's time. But, if it keeps going and is enjoyable and there are new challenges and ideas than I might just continue with it. But at the same time when something ends you can't be afraid to free-fall for a bit. There are always tendencies for people to try and grab anything they can. If and when something comes to an end, I want to be as open as possible to something totally different."

INTO THE BLUE

What do your school colours say about your selection in institution? Experts take a look at campus logos and decipher the meaning in their choices By Dani-Elle Dubé

COLOUR MEANING

BLUE Calming, safe, modern, intellectual, quality, competence. Lowers blood pressure, suppresses hunger

RED Passion, love, aggression, danger. Increases motor skills, stimulates hunger and conversation, increases blood pressure

VIOLET Royalty, wealth, spiritual, higher thought. Promotes cerebral activity

GREEN Fresh, new, re-growth, rejuvenation, balanced, civilized, wisdom, envy, nature. Promotes speech development

BLACK Mysterious, powerful, dangerous, edgy, serious, expensiveness, sophistication, dramatic

ORANGE Invigorating, welcoming, extroverted, comfort

YELLOW Creativity, uplifting, lively, fresh, energy, happiness, irritating. Stimulates cardiopulmonary activity

WHITE Purity, wisdom, higher thought, sincerity

What's your favourite colour? Chances are, it's the same as everyone else in the world: blue.

In the largest geographically balanced study of colour by world-wide brand development and marketing consultant agency, Added-Value, the cool hue tops the list in the 17 surveyed countries around the globe.

After La Cité collégiale changed its logo in Nov. 2013, as well as the unveiling of the new Algonquin's Students' Association logo last school year and the redesigning of the Saint Paul University logo in 2012, it's interesting to see that no institution in Ottawa no longer uses the colour.

Colour is a funny and powerful thing. We, as humans, react to pigments physiologically and psychologically, and we subconsciously relate them to cultures and emotions. How we react to them depends on the elements

of our upbringing and surroundings. This is called colour psychology.

When companies and institutions choose the colours that represent them, it's often not by accident or for aesthetic reasons. Each colour is strategically chosen in hopes to properly reflect their image, message and purpose to the masses.

Colleges and Universities are no different in their selection process. They, too, choose their school colours for tactical reasons. But have they succeeded in getting their image, message and purpose across?

By applying the theory and psychology of colour to each school's logo and their colours, Glue and a panel of colour experts take a look at what each school is saying with its choices culturally, psychologically and physiologically and to see if they are, indeed, reflecting their institution's values. 9

COLOUR RANKING

CANADA			WORLD		
BLUE	41%		BLUE	40%	
RED	15%		RED	13%	
PURPLE	14%		PURPLE	12%	
GREEN	11%		GREEN	11%	
BLACK	10%		BLACK	10%	
ORANGE	4%		ORANGE	6%	
YELLOW	4%		YELLOW	5%	
WHITE	2%		WHITE	3%	



Values: caring, learning, integrity, respect



Values: reliability, quality, enthusiasm, professionalism, innovation



Values: promoting Francophone community, passion, diversity, innovation, partnership



UNIVERSITÉ
SAINT-PAUL
UNIVERSITY

Values: bilingualism, Catholicism, diversity, excellence



uOttawa

Values: growth, knowledge, bilingualism, civic responsibility



Values: excellence, discipline, open-mindedness, integrity, transparency, respect

	GREEN	WHITE
SYLVIA	Nature, restful, balanced, civilized, promotes speech development	Wisdom, higher thought

KURT	Thought, wisdom, environment	Purity
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COLOUR COMBINATION

SJ	Fresh, new, re-growth, rejuvenation, sustainable, change, Aboriginal
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	RED	BLACK
SYLVIA	Increases motor skills, appetite, blood pressure. Stimulates body and mind.	Mysterious, powerful, dangerous

KURT	Passion, aggression, love	Stylish, edgy
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COLOUR COMBINATION

SJ	Strong, formal, traditional
----	-----------------------------

	GREEN	BLACK
SYLVIA	Nature, restful, balanced, civilized, promotes speech development	Mysterious, powerful, dangerous

KURT	Thought, wisdom, environment	Stylish, edgy
------	------------------------------	---------------

COLOUR COMBINATION

LA CITÉ	Serenity, energy, harmony
---------	---------------------------

	ORANGE	BLACK
SYLVIA	Extroverted	Mysterious, powerful, dangerous
SJ	Welcoming, comfort, religious	Serious, expensiveness, sophisticated

COLOUR COMBINATION

SJ	Neutral, all-encompassing
----	---------------------------

	RED	WHITE	GREY
SYLVIA	Increases motor skills, appetite, blood pressure. Stimulates body and mind	Wisdom, higher thought	Indecisive, conservative

KURT	Passion, aggression, love	Purity	Neutral
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COLOUR COMBINATION

SJ	Elite, longevity
----	------------------

	YELLOW	BLACK
SYLVIA	Creativity, uplifting. Stimulates heart and lungs	Mysterious, powerful, dangerous

KURT	Fresh, lively, energetic	Stylish, edgy
------	--------------------------	---------------

COLOUR COMBINATION

SJ	Formal, richness, wealth
----	--------------------------

EXPERTS



SJ NORMAND

Program coordinator, professor of the interior decorating program at Algonquin College



KURT ESPERSEN-PETERS

Internal coordinator and professor of the interior design program at Algonquin College



SYLVIA O'BRIEN

Colour consultant and founder of ColourTheory.net in Toronto

EASY

A

When the paper your degree is printed on is worth more than your education, finding a job in your field can be tough. Credential inflation is an expensive phenomenon and students are the ones paying the price

By Liam Berti

Meet Breanna Pizzuto. She's 23 years old, born in Ottawa and probably more qualified than you. In fact, more qualified than the majority of Canadians.

Not long ago, she dreamt of being a doctor. Her plan: study health sciences at the University of Ottawa, write the MCAT exams, choose which medical school to attend and voila, real life begins.

Instead, Pizzuto is working in exhibitor services. In other words, she takes orders and works with clients in trade shows to make sure the exhibition process, such as the National Women's Show and bridal shows, goes smoothly.

Somewhere along the line she decided to stick with her undergraduate degree instead of pursuing the path to becoming a doctor. But obviously, dedicating four years of tuition money and endless hours in the lab didn't yield the employment results she expected.

After finding out the hard way that her degree had very little real world application, she went on to finish her second undergraduate degree in psychology. And then it was time to take the leap into the working world, something she had studied for her whole life.

But, like so many other hopeful undergraduate students, her degrees have left her asking questions. Questions like "why can't I find a job that relates to what I studied?" or "why have my degrees not gotten me anywhere?"

"So, I have two undergraduate degrees and I just got a full time job in something that has nothing to do with either of them," Pizzuto says. "I quickly realized that you can't do a lot with health sciences in the job world. Then, after I went back and finished a second undergrad in psychology, I realized that if you don't go on to do a masters or PhD, you're not really going anywhere with that either."

Twenty years ago, it was unheard of to have to go back to school because a university degree was all-but-useless. Now, in 2013, a phenomenon called "credential inflation" has devalued the piece of paper that hangs on your wall after you graduate.

To be honest, Canadian post-secondary students have been (literally) sold the lie that attending university will fast track them to a lucrative, flourishing career right after they

step off of the convocation stage. Instead, that staircase is the quickest route to no-man's land, filled with uncertainty, doubt and confusion; a one-way ticket to the bottom of the social ladder.

While it does depend on one's field of study, the university degree is no longer the sure-fire means to a lavish end. There is no direct causal link between attaining a university degree and stepping into a high scale job.

You might be thinking, "If I go to med school, I'll be a doctor. If I go to law school, I'll be a lawyer."

Yes, absolutely. But for the sake of discussing credential inflation as a whole, you have to consider the fact that the University of Ottawa and Carleton University handed out 10,752 undergraduate degrees in 2012. That's 10,752 individuals that, at an early age in high school, were led to believe that the linear path of life begins with an undergraduate degree, and that's just in Ottawa alone.

If you were one of those that chose to study economics, you would know that supply does not create its own demand. This surplus of



Breanna Pizzuto has two degrees: one in health sciences and another in psychology. But her career is, instead, in event planning

undergraduate degrees does not mean that more jobs are created in those fields.

Instead, it means that there is an abundance of people with credentials, like Pizzuto, working jobs that traditionally didn't require one year of training, let alone four years of specialized (and sometimes painful) study.

Like Blackberry stocks, what was once seen as a solid investment that yielded a high return has plummeted to an all-time low; so low that everybody wants to avoid talking about it.

But it needs to be talked about. Why? Because there is a way to weather the storm, a reason to be optimistic about the call to adventure and the hero's journey you're about to embark on.

First off, who's to blame?

Canadian undergraduate enrolment surpassed one million students for the first time ever in 2011



OPTION 1: STUDENTS

Perhaps the idea of being fixated on landing a job in a specific field is naïve. To be totally honest, just because you've studied in a certain subject doesn't give you a rite of passage to that field in the workforce.

A modern day bachelor of social sciences in psychology doesn't necessarily mean that you have superior knowledge in that field. Instead, it shows that you have strong analytical skills, you see multiple perspectives to an argument and you might even have some experience with data. By narrowing your job search to the vague field of psychology, you're already doing yourself no favours.

It is this mentality that just landed Pizzuto a full-time job in exhibit services. No, the job doesn't require two undergraduate degrees, but the skills she acquired throughout her five years at uOttawa were definitely attractive to her bosses.

"I have a friend that studied health sciences with me and she works

prompting the president of the Association of Universities and College of Canada, Paul Davidson, to release a statement saying, "this kind of consistent growth in student numbers reinforces the value of a university degree. Students, parents and employers understand that a university degree is a sound investment in the future." This is a contrasting perspective from those very students who just graduated.

Now, according to the most recent data available from the AUCC, Canadian universities are a \$30 billion enterprise.

"I know the university of Ottawa is ranked in the top 25 businesses in Ottawa, but I know they are ranked as one of the lowest in student experience in Canada," Pizzuto explains. "If you look at it from a business perspective, [schools are] making a lot more money per student than they were 30 years ago."

Tonya Pomerantz has been an employment consultant for

According to AUCC, a university graduate will gross \$1.3 million more than the average high school graduate over a lifetime



at TD Bank," Pizzuto explains. "Would they have got those jobs without their degrees? No. Does it have anything to do with what we studied? No."

This is echoed by the latest Census data, which tells the tale of 120,000 people with bachelor's degrees working as computer and information systems professionals, despite only 36 per cent of them studying computer science in university. Moral of the story? In the job market, you had better be able to use your skills to adapt.

OPTION 2: UNIVERSITIES

Post-secondary schools are cash cows, plain and simple. Thirty billion dollar cash cows. More students equal more money, and more money equals more money.

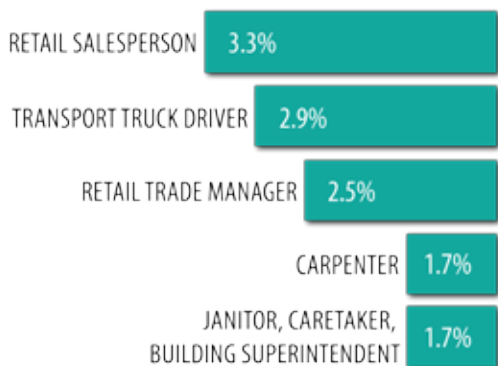
Somewhere along the line the standards for being accepted into university began to slip too. Everyone deserves the right to higher education, absolutely. But the truth is, Canadian undergraduate enrollment surpassed one million for the first time ever in 2011,

more than six years and is the creator of Puddle Jump Coaching, a service specializing in life and career coaching for young people in Ottawa. Her specialty lies in coaching young people and university students in building their confidence and giving them a more accurate perspective of the world they live in.

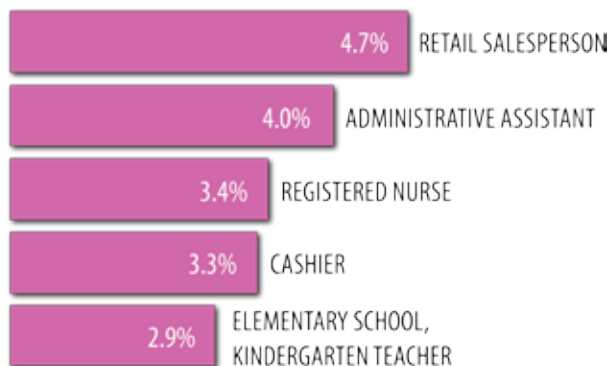
According to Pomerantz, these days there is no shortage of people looking for that guidance. "Bottom line, university and post-secondary (schools) are money-making ventures," Pomerantz explains. "It sends such a bad message to these young people. One of the first things I would be saying is 'let's figure you out; what are you all about?'"

"It's been drilled into young peoples' heads that the right thing to do is go to university and everything will work out fine for you," she adds. "If you don't know any better, then you won't find out until it's too late; until you're in debt and mired in sadness because you're trapped in part-time jobs that have nothing to do with what you've studied."

MOST COMMON OCCUPATIONS FOR CANADIAN MEN 2011



MOST COMMON OCCUPATIONS FOR CANADIAN WOMEN 2011



Source: Statistics Canada

The University of Ottawa and Carleton University handed out 10,752 undergraduate degrees in 2012

The latter part of that statement rings true to so many young people today.

Consider the fact

that, according to statis-

tics Canada, the average tuition

costs in Canada will once again increase

roughly 3.3 per cent to an average of \$5,772

in 2013/14, almost three times the annual inflation rate in the country.

DON'T GET MAD, GET EVEN

But playing the blame game doesn't solve anything. The reality is we're in this situation and it's going to take a serious overhaul to revolutionize the education system and the value of that knowledge.

So how do you deal with the reality?

"There's a bitterness and a little bit of anger about 'I don't understand? I went to school, I did everything I was told I always needed to do, and now there's no one to employ me. What do I do now?'" Pomerantz explains. "They will often say 'I'll go back and get my masters' or 'I'll go back and get another degree.' Do you think that's going to make you more marketable? No."

Fortunately, it's not about making the right decision; it's about making your decision right. Instead of facing the doom and gloom world that most analysts will have you believe exists, the university graduate in need of a job still has reason to be optimistic. "You've got to use university as a stepping-stone and you have to understand that and manage your expectations," says Pomerantz.

"What [students] are missing is experience, so let's figure out a way to get you that experience. Volunteering is an excellent idea and just going back to college," Pomerantz continues. "Usually people are more open to the idea of going to college after they finish their degree because they realize that the degree is a dime-a-dozen."

She has a front row seat to the student job hunt arena and claims that opportunities do exist, but the graduates don't know enough about how to take advantage of those opportunities.

"You need to be strategic, focused and well-informed. If you are those things, you will have an effective job search," Pomerantz explains about her strategy. "A degree is a degree, that's a piece of paper. Sure, it's teaching you how to critically think and write research papers. But employers are there because they want to make money, and you need to be able to show experience and what you can offer them."

What if Pizzuto could pass on some advice to a younger version of herself? "It would be to branch out of school studies and gain meaningful work experience. It's all about who you know," Pizzuto says in hindsight. "You've got to be in someone's back pocket so that when they have an opening they can pull you out and use you when they need you."

Pizzuto also recommends taking time off after high school to gain experience, meet people and find out what you really want to do before you get forced into taking a program that gives you a credential, not an experience.

REASON TO BELIEVE

According to the Educational Attainment and Employment fact sheet released by the Government of Canada, the amount of university graduates that are employed stayed right around 82 per cent between 1999 and 2009. So, in translation, even though the amount of individuals with a university education increased exponentially, the amount of them that found jobs remained the same.

And, according to the AUCC, a university graduate will gross \$1.3 million more than the average high school graduate over a lifetime.




Canadian undergraduate enrolment surpassed one million for the first time ever in 2011.

But what these statistics fail to point out is the fact that the majority of hopeful graduates just can't tap into their chosen field with a simple undergraduate degree. Will they make money? Sure. Will they earn it pursuing a career in their field of undergraduate study? Doubtful. "You have to be optimistic about your reality as a graduate or you're not going to get anywhere at all," says young professional Pizzuto. When the legendary Carthaginian leader Hannibal was told it was impossible to lead his troops and herd of elephants across the Alps, he apparently replied, "we will either find a way, or make one."

That is the mentality you have to have when you set off on your journey into the working world.

When all is said and done and you step off that stage with your degree in-hand, what you've paid and studied for simply doesn't have the same value that it once did. Even if you decide not to go back to school, you're now majoring in finding out what you excel at and what you enjoy and it's your job to make sure you get as good at that as possible. Like your degree, it's not what you do that's important; it's how you do it.



BLAME & GAME

Victim blaming and shame often keep victims of sexual assault silent. Our *Glue* reporter explains why it's so important to speak up about sexual violence

By Sophie Desrosiers

Steven Chmielewski Photo

It was a cold winter afternoon in 2011 when it happened to me. I was 25, and he was in his 50s. I sat in the passenger seat of his car and listened to his inappropriate jokes as he drove me home. They didn't normally bother me. I'd known him and his wife nearly a decade through volunteer work for a local organization. He was known for pushing the boundaries for the sake of humour, but so was our entire group.

He and his wife often drove me home from events, but she wasn't there that day. I'm not sure if it was a sixth sense, or if it was because it was just the two of us, but his jokes and teasing made me uncomfortable this time. I took out my phone and texted a good friend, who also knew this man, and asked him to check up on me in ten minutes.

I was relieved when we finally pulled into the parking lot in front of my apartment. I was home. As I gathered my things, I couldn't help but feel guilty that I had been uncomfortable at all. I was being dramatic. I turned to thank him for the ride and he asked for a hug as payment. He always came up with excuses for hugs. I smiled and leaned over to oblige.

That's when I lost control of the situation.

He grabbed my scarf and yanked me over to him in one quick move. He pressed his lips against mine and his tongue forced its way



into my mouth. I felt my head spin as I tried to understand what was happening. It took me a few seconds to realize his other hand had found its way into my jeans.

He pulled his face away, with his hands still in place, and looked at me. His expression was one I'd never seen. He looked angry. His eyes were dark and filled with rage. He was going to make me pay. For what? I'm not sure. He tightened his grip on my scarf, almost as if he was trying to reassert his power over me.

"You know what I want to be doing to you

right now, don't you?" he said, his voice low, but very stern.

As my eyes widened with panic, his expression changed ever-so-slightly. His lips pursed and he started to smile a little, his eyes still dark with rage. He was hungry for power and I was spoon-feeding him fear.

I was lucky though. My body reacted instinctively without much thought, and I yanked my scarf from his grip, stumbled out of his car, and ran inside before I even realized what I was doing. Panic washed over me, and even

though the attack didn't go any further, I fell to the ground and sobbed uncontrollably.

I was so confused. He couldn't possibly be capable of this. I must have led him on by allowing his jokes for so long. Either way, it didn't matter. I had been sexually assaulted, but I hadn't been raped. So there was no point in reporting it to the police, or causing drama

**Just because you had sex with
someone before, doesn't mean you
can't be raped. Just because
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mean you can't be raped**

in our group, especially for something I had probably brought on myself.

Though numbers are difficult to narrow down, North American studies estimate one in four women will experience a form of sexual assault in their lives, but only six per cent of those assaults will be reported to police. According to Carleton University's sexual assault services, 15 to 20 per cent of female students will be sexually assaulted during their post-secondary years.

Stacey* is one of those statistics.

As a then-19-year-old student at Queen's University, Stacey struggled a lot with her self-esteem, but that didn't stop her from being social. She was living the student lifestyle and could often be found at parties having drinks and a good time with friends.

At a St. Patrick's Day party in 2009, she was both shocked and flattered to be approached by an attractive, dark-haired man.

As the night went on, they flirted over a few drinks. When he poured her more shots but didn't take any for himself, she found it strange, but didn't see it as a red flag.

"I remember going upstairs and then I

don't really remember much of what went on," said Stacey, in a very soft-spoken voice. "I know we had intercourse. I know that I was in no state to have consented to anything. I am lucky enough to know a condom was used."

The details of the evening are very foggy for Stacey, who believes one of her drinks was laced

be raped," she said. "Just because you had sex with someone before, doesn't mean you can't be raped. Just because you wore a short skirt, doesn't mean you can't be raped. Just because you're married to someone, doesn't mean you can't be raped. Just because you're dating someone, doesn't mean you can't be raped."

Anna*, a 24-year-old Carleton University student, is living proof of that after her own boyfriend of two months turned into her aggressor last winter, though it wasn't her first brush with sexual assault.

Two years before, at an off-campus party, Anna was attacked by a classmate. Her friends came in and stopped her assailant before things got out of hand.

But the next time she found herself in a similar situation, she wasn't as lucky. She was spending time with her boyfriend. When Anna told him she wasn't in the mood that night, he wasn't willing to accept it. "That was – I suppose – rape," she said, pausing almost as if to double-check the definition of the word in her own mind, doubting herself. "It's hard for me to say that because I was dating him."

Anna describes her ex being on top of her, crushing her until she couldn't breathe and "he covered my mouth and my nose. I was trying to bite him to (make him) stop." She describes her aggressor holding her arms to restrain her while he raped her. "I was black and blue the next morning," said Anna. "It was a pretty violating experience."

She had been raped by the man she loved. The man who was supposed to love her, and protect her from the rest of the world. He had committed the ultimate betrayal against her.

The fact that it was a man she was dating, that she knew and trusted, really added to the confusion for her. She recalls her parents telling her, when she was a child, what to do if a stranger ever touched her. But Anna's parents, like most, never told her what to do when it was her own boyfriend.

According to a guide for universities and colleges put together by the Ontario Women's Directorate, approximately 82 per cent of sexual assaults are committed by someone known to the victim.

Stacey and Anna, like me, chose not to report the incidents. While there are many reasons why, the biggest is fear. "I don't want to have to open myself up

3,200

COUNTS OF ASSAULT AND
OTHER SEXUAL OFFENSES
WERE REPORTED IN OTTAWA
IN 2012

that night. An incident she believes happened another time as well during her years at Queen's.

She has since been to therapy to help her cope with what happened and now advocates for other victims. One of Stacey's most powerful messages is a reminder that there is never justification for sexual assault.

"Being a sex worker doesn't mean you can't



to any more scrutiny,” said Stacey. “It’s a big game of victim-blaming.”

“I think it’s just a fear of how people will react, or if anything will be done,” said Anna.

Jessica Weiss Sinclair, a 22-year-old gender studies student at Queen’s, founded the UEm-powered Queen’s Facebook page, an online community for sexual assault victims to speak out safely and anonymously for support.

Messages are sent to the page’s private inbox, and then publicly posted without a name attached. The page also offers networks and information for victims and people wanting to advocate for change in their communities.

“Through this resource, victims of sexual violence are able to establish a system of solidarity and unity; one that is rooted in respect, understanding, active listening and ultimately, healing,” said Jessica, who herself was the victim of sexual assault in her first year at Queen’s.

“Survivors of sexual violence are shamed into silence, blamed for their victimization, humiliated and laughed at for having been victimized, and threatened for speaking out,”

she said. “Further, people often don’t come forward because our justice system trivializes sexual violence and our entertainment media condones and normalizes it.”

We live in a world where the lines of consent have somehow become blurred. It’s not unusual for victims to be asked what they were wearing, where they were, or how they were behaving leading up to an attack.

But none of those questions are relevant. There are no blurred lines or grey areas. The only question that matters is “Did you consent?”

63

PER CENT

OF CRIMES AGAINST PEOPLE IN OTTAWA IN 2012 WERE ASSAULTS AND SEXUAL RELATED CRIMES

Many victims choose not to report an assault because sometimes reliving it by dragging it through the legal system is more than they can handle. One of the most common questions they are asked is “What if it happens to someone else because you didn’t report it?”

“I can’t be responsible for someone else’s actions,” said Stacey.

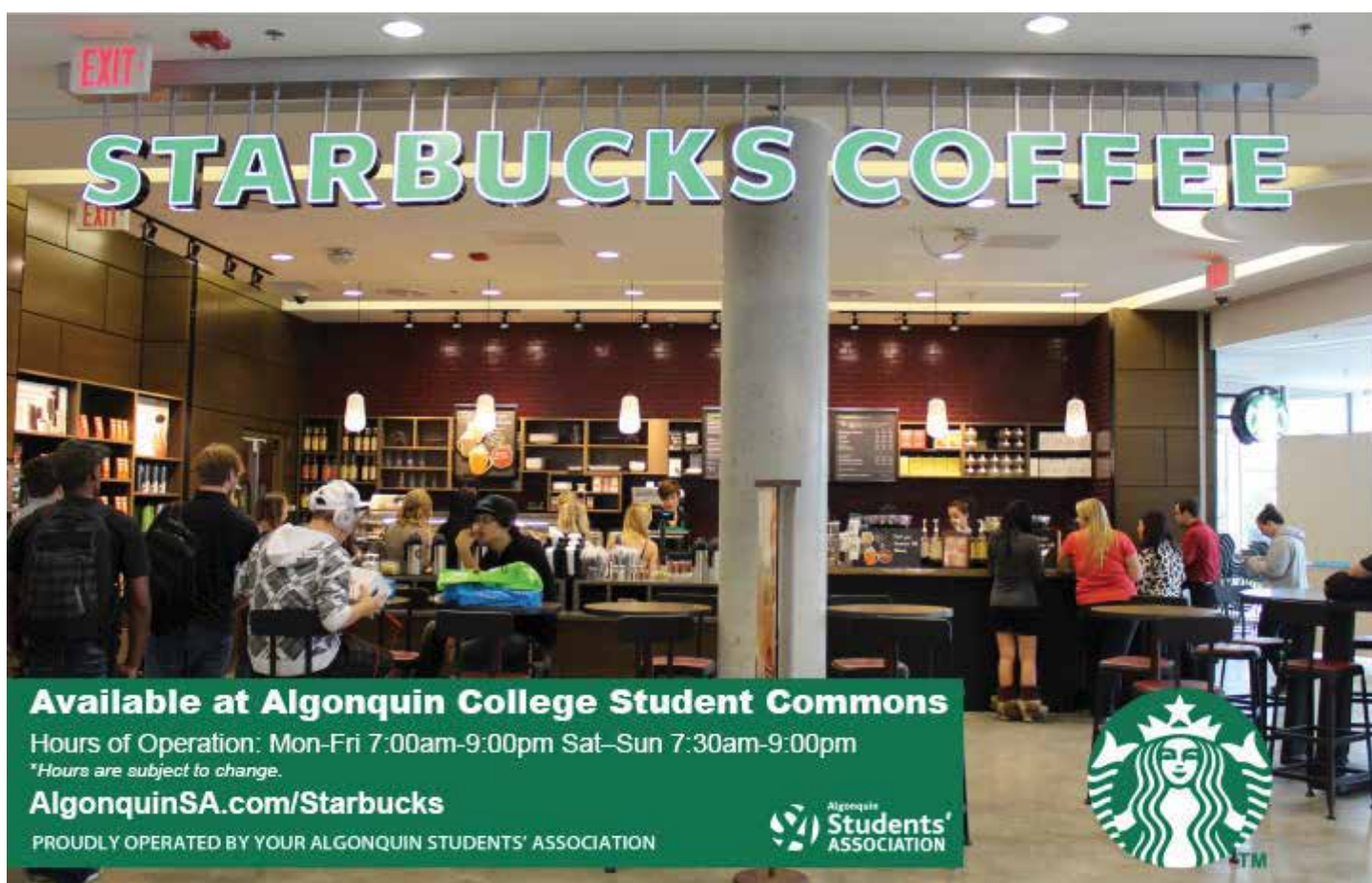
While it may sound harsh, she is right. Ultimately, the blame needs to be placed on the attacker. Maybe if this was the case more often, victims wouldn’t be so afraid and so ashamed.

Not only was I lucky to have escaped my attacker that afternoon, I was also lucky to have a supportive friend who knew exactly what I needed to hear.

As I sat on my bathroom floor crying, wondering where I went wrong, my friend texted me back to check up on me like I’d asked. I told him what happened, and he immediately responded.



“This isn’t your fault Sophie. You didn’t do anything wrong.”

[*Names have been changed.]



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Surf City

Couchsurfing is a growing movement that has couch crashers sleeping their way through cities. Not your typical sleepover, this trend is just another way to meet new people

By Marianna Wright



It's 2 a.m. on a warm summer's eve, and I found myself biking down the canal with two people I had met that morning. Josh and Rosa came to me in their \$300 van, named Sophie, that they had bought in Montreal. The couple were taking two months to travel across the country, to British Columbia. As an Australian, Josh insisted they would end their journey in Alberta in order to avoid all the other Aussies that end up in B.C. Being from the Netherlands, Rosa spent her entire life biking to everything made our bike trip that evening quite the work out. She was making it look so easy and effortless on those heavy BIXI bikes you can rent throughout the city. It was dark, the street lights were reflecting off the calm water of the canal, the breeze was humid, and my company was delightful, adventurous and hilarious. This is the real couchsurfing experience.

It is a global community of people who sleep at each other's homes for free while travelling and receiving a local experience in the process. Couchsurfing is an opportunity to share your life, create connections, offer kindness and learn. It may be a free place to stay, but that is hardly the biggest allure to be a couchsurfer.

I have been couchsurfing since 2011 and I host dozens of travellers every year. I am a happier person when I am giving and generous. There is a lot going on in Ottawa in the community and it is an amazing thing to be part of.

I believe that it is important to humanity to develop and foster communities. As this world becomes smaller, this only becomes more important on a global scale and couchsurfing allows this to happen.

As John Locke, political philosopher and contributing author of the U.S. constitution, tells us, humans are inherently good. Anyone that stays at my house is

Couchsurfing is about the experience, not the opportunity for a free place to stay. The people you meet along the way are what make the experience a great one.

having to trust me just as much as I have to trust them. I probably didn't watch as many horror movies as you if you're starting to think I'm crazy right about now. "I just wish that more people would be convinced to try it," said Lida Vehedi, a local Ottawa couchsurfer since 2007. According to couchsurfing.org, there are over 10,000 local couchsurfers in the Ottawa area alone and this number is constantly growing.

Ottawa 'surfers meet up every couple weeks for socials. This happens because we have some fundamental values in common: we all have the desire to meet new people, we love the strong sense of community and we all have a fascination and openness to other cultures.

"I usually get people who are single because when you get a couple or more, it's a little more sketchy. You get one person at a time, it's easier not to have more control but you get a better feeling of what the person is like," said Mark Bucken, local couchsurfer since 2011.

Everybody approaches the trust aspect differently. For me, I am comfortable with multiple 'surfers in the house. But, no matter how many people you are comfortable having, the quality of profile and references are the weight of your decision. Through hosting and surfing, then leaving references for the people you connect with on their profile, it creates a very strong web of trust for future 'surfing opportunities.

Every couple weeks, various ongoing events occur throughout the city. The pub night at Hooley's is a popular turn out of couchsurfers. There are regularly over 20 hosts and 'surfers meeting up every two weeks.

I went alone for my first pub night. I had arrived fairly early and there was not yet many people there. I approached this big 20-seater table with eight people sitting around it, who I had never met before. They were so welcoming. We all got to know each other throughout the next couple hours after some interesting and cool

conversations. Awesome.

There are other regular and popular events in the city for fellow 'surfers to attend. There is a Latin dancing night every Thursday, a Perma Fiesta Espanol every other Wednesday, and Sunday afternoon hiking in Gatineau. Denis Raymond, local couchsurfer and common goer to the pub nights, told me about his time in Bangkok, Thailand. He was at a pub night on New Years Eve with over 60 couchsurfers. "We had a few locals with us, that were couchsurfers, and they were asked to leave by the owners of the restaurant and stores there because they only wanted foreigners," said Raymond. "So when we noticed this, we told them, 'no, you're not leaving, sit down.' They got into this huge argument so we staged a walkout." In staging a walkout they were able to still have a fantastic evening with everyone and not condone exclusivity.

Baris Yuksekkaya, couchsurfer from Ankara, Turkey who is in Ottawa for six months at Carleton University, told me of another memorable pub night he went to in St. Petersburg. "We had a really crazy party night. We went to 10 different bars, and then went to a couchsurfers house for more drinking and fun like that. It was really fun and crazy," said Yuksekkaya.

It was a scheduled couchsurfing event called, "Crazy Party Night" that happens often but is only this kind of epic every few months. Yuksekkaya really lucked out on his travel timing to experience such an event.

Some couchsurfers, like Yuksekkaya and myself, have yet to have a bad experience. This says a lot considering that I have had over 25 people in my home and he has been 'surfing for five years now. Others aren't so lucky, but it hasn't stopped them.

Vehedi was living in a town in small town in Italy for a month and teaching English at a summer camp. She was going away for the weekend to Venice. Her train arrived three hours late into Venice and her hostel was closed this late in the day. A colleague she was working with was also on the train and told her she could come and stay with her at her friend's house. The "friend" was actually a couchsurfing host who turned out being really weird. The man asked them creepy questions like if they wanted a massage or that they could sleep in his bed. In the end, Vehedi discovered that this girl had sent couch requests really last minute and she had only been accepted by this man with no profile references.

"This guy always made a profile, would get his first

bad review, because he's always weird, and then he would close that profile and open a new [one]," said Vehedi.

Vehedi ended up staying up all night and waiting for her hostel to open.

This was her first experience with couchsurfing and is a valuable lesson: don't stay at someone's house who has no reviews. It didn't stop her from seeing how much one can enjoy couchsurfing when done safely.

Vehedi followed this with her best experience.

On a high speed train in Japan at night, she fell asleep and missed her stop.

With it being a high speed train, the next stop was an hour and a half drive away from her destination. The small town she was in had no place for her to stay and no other transportation method. Vehedi called her couchsurfing host to see if he would know what she could do. The man drove all the way out to pick her up. To her, he was the nicest guy for doing that. She felt so bad for falling asleep again when he picked her up, but they still had a great weekend.

Lisa Werkmeister is a couchsurfer who stayed with me for a couple nights with her boyfriend. She is from Dresden and has been couchsurfing since 2007. She, too, had a bad first experience. She and a friend were travelling in Brazil and found a host to stay with in Maceio. They started their journey by having to climb a 2 km hill in the hot Brazilian sun with all of their bags. They weren't able to get a hold of her often throughout their stay, which meant them being left at the apartment alone. Werkmeister also said that she didn't feel very safe in the house because there wasn't a proper door, nor was there Wi-Fi. "She was nice, but we didn't really connect with her," said Werkmeister.

Werkmeister discovered couchsurfing through a friend who had done a lot of travelling and had highly recommended this method to see the world. "Try it before you judge it," said Werkmeister. "I have had so many different experiences. So in summary, they were just positive."

Couchsurfing and other forms of community travelling has a growing importance in our world. Knowledge breeds peace. Through understanding cultures and trust in the majority of people on a global level, this peace will open hearts and minds. Josh and Rosa had travelled the world together and their story is similar to many other 'surfers. Their stay with us and that of many others, has always been a positive experience.

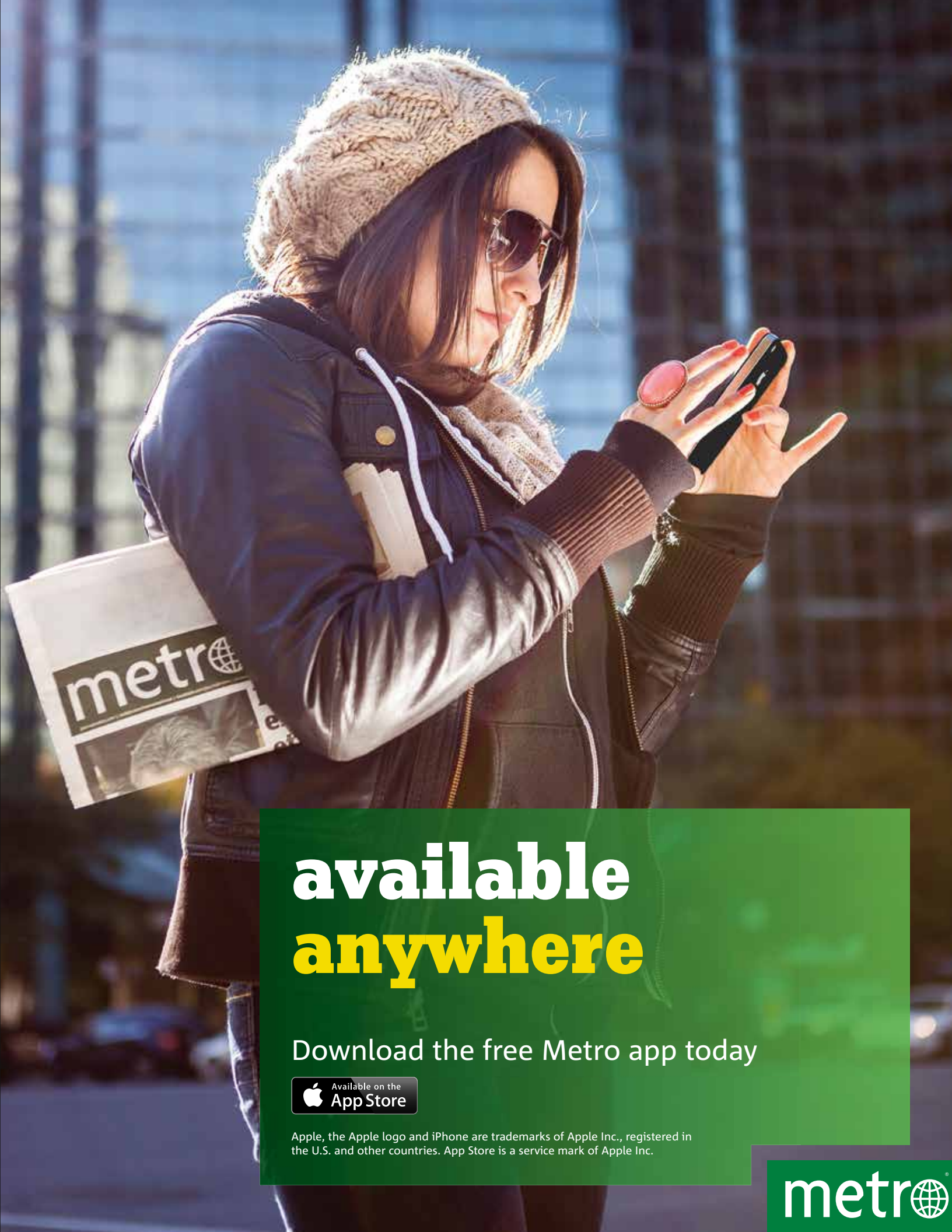
Negative experiences come with the territory, but in using the references system this can become something fun, interesting, and educational.

In a world of over seven billion, there are so many amazing people in this world. We are lucky if we can know some of them for even the shortest amount of time. ■

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Dani-Elle Dubé Photo



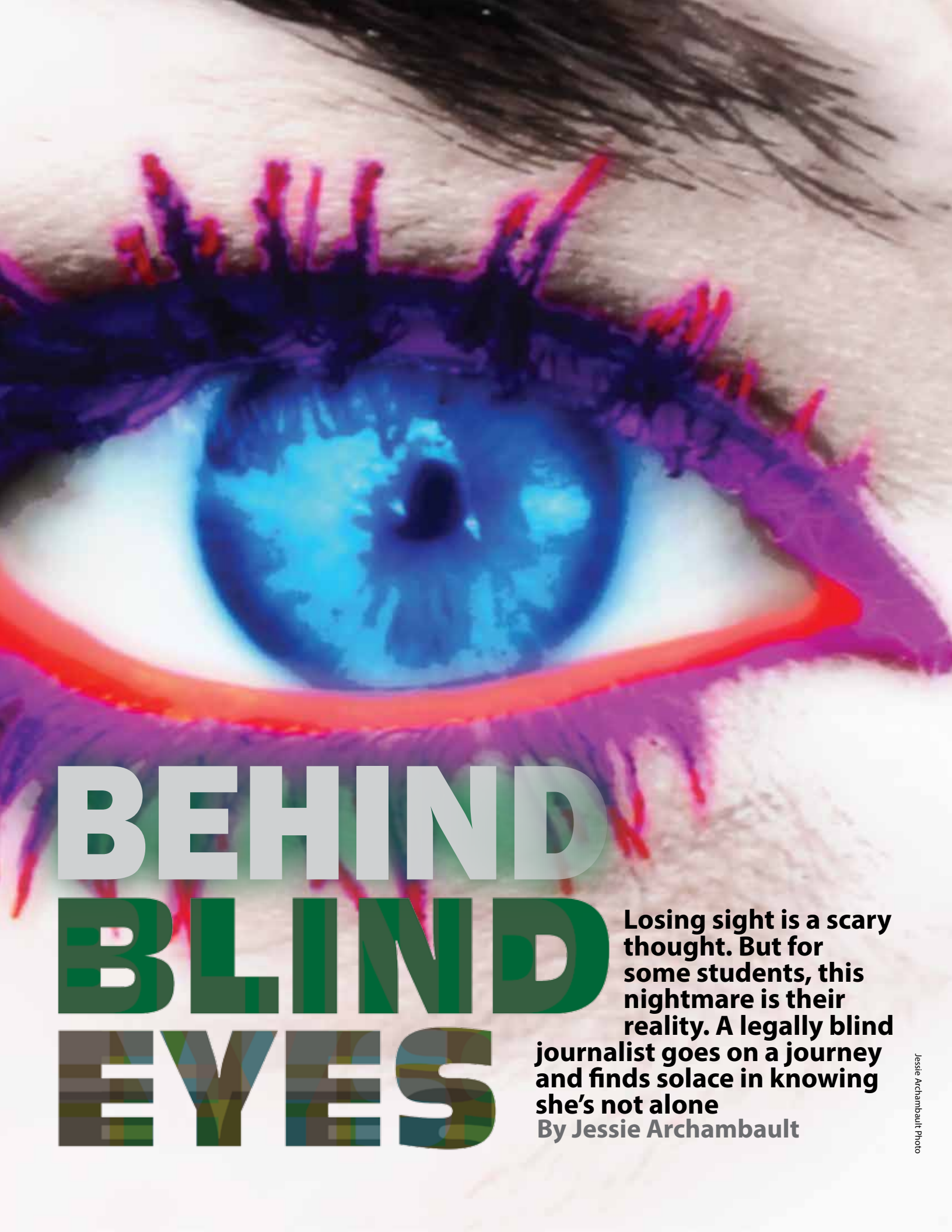
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BEHIND BLIND EYES

Losing sight is a scary thought. But for some students, this nightmare is their reality. A legally blind journalist goes on a journey and finds solace in knowing she's not alone
By Jessie Archambault

The professor is clicking on what I think is the “Edit” tab of Photoshop. But I’m not sure. The problem is that I can’t see the projector screen where the clicking is happening. As a result, I fall behind and am unable to follow along with the rest of my classmates.

This is frustrating. I can feel myself tearing up, I get a knot in the pit of my stomach and I get so angry at myself that my heart beat accelerates. But I keep my cool on the outside.

Instead of seeing where the mouse is on the projector I see a blur. It’s a prickly blur with hints of turquoise. I move it around depending on what I’m looking at, but it’s always there, making it impossible to read what’s on the screen. The spot is even there when I close my eyes. The blur will grow with time and take over the entirety of my central vision, and there’s nothing I can do about it.

I am one in 10,000. I have Stargardt’s disease. It’s a genetic condition of the centre of the retina which is called the macula, which is responsible for the focus of the central vision. It has no known treatment and is part of the macular degeneration umbrella of eye conditions that progressively robs one’s vision.

In other words, the gene that isn’t working in my eye is responsible for cleaning all extra nutrients at night. It acts like a garbage truck, but mine has engine problems: my truck doesn’t remove all extra nutrients. It leaves some behind,

As I’m writing this, my eyes are pounding, bringing on a serious headache that will probably last for the next couple of days

mostly vitamin A. The nutrients keep piling up on the macula and that’s what causes the blurry spot in my vision.

I’m a 23-year-old journalism student at Algonquin College, the first visually impaired journalist in this program. According to the Canadian National Institute for the Blind (CNIB), every 12 minutes a Canadian starts losing their vision.

Two years ago, it was me and I’m still scared. I’m scared of how my condition will affect the things I was hoping to do. Scared of how my chosen career as a journalist will be affected since almost everything relies on observation and mobility.



An example of how each person's vision is affected..

But, I’m not the only one. Recently, I met with Joanne Kilby-Coulas, 42, who has been legally blind for the past 17 years. Her doctors have yet to diagnose her with a specific condition as she was adopted and isn’t sure of her birth parents’ medical history. But she is aware of a history of Retina Pigmentosa, she said, which is a form of macular degeneration.

component isn’t always as big of a deal because they have enough vision to navigate the hallways,” she said. “But reading numbers on a classroom door becomes a little more of a challenge.”

This I am familiar with. Typically, I head to a new classroom with a fellow student to ensure I’m in the right room.

Kilby-Coulas can see those numbers once she gets to the right building or hallway. Her legal blindness in Canada is defined as a 20/200. This means a person with vision loss can see at 20 feet what a fully-sighted person can see at 200 feet. Statistic Canada reported in a 2006 survey that approximately 87,000 Canadians over the age of 15 were diagnosed as legally blind. But, the survey reported that 816, 250 Canadians had a seeing limitation.

Emberson, 30, stresses that less than 10 per cent of the people who use the CNIB services are fully blind. “The majority of our clients have some amount of usable vision,” she said.

I don’t use the CNIB’s services. But, when my vision drops to the extent where I’m having trouble functioning on my own, I will seek their help. Knowing that doesn’t make it any easier because I, and many others, face challenges fully-sighted students don’t consider. The classroom environment is an example of where these differences emerge.

Like Kilby-Coulas, I use an in-class monitor screen hooked up to the professor’s computer

Retina Pigmentosa, or RP as it is known in the field, is the opposite of what I have. The dysfunctional gene affects only the peripheral vision and leaves the central vision intact. Our visual capacities are complete opposites.

Kilby-Coulas studies travel and tourism at Algonquin College. She uses a white cane when walking through the halls, which I don’t use yet.

I know my time is coming when I will need to have a white cane in order to walk from point A to point B. But for now, I can do it on my own.

Leona Emberson works at the CNIB as a specialist of independent living skills and is legally blind. She has dealt with students getting familiar with their campus. “For someone with juvenile macular degeneration, the travel



Jared Broughton was diagnosed with Aniridia, a condition where the eyes' retinas are underdeveloped and lack irises.

so I can see the slides presented to the rest of the class on a projector screen.

Even if the notes are magnified for her on the monitor, Kilby-Coulas relies heavily on her hearing to take notes. "Basically, I listen to what she says," said Kilby-Coulas about her professor. "I'm very auditory."

Similarly, I sit and listen, scribbling notes here and there to complete them later when going through the professor's slides on my own.

The post-secondary education setting can be hard for visually impaired students on a social level as well. "Students at first didn't even want to talk to me," said Kilby-Coulas. "They were uncomfortable." However, once they understood her disability, her classmates came around. "We learn in a different way, but we want to be equal," she said.

Students with disabilities in general are simply asking to be on an equal playing field with their peers, said Emberson who has dealt with students at the CNIB. Also, she suggests sighted students reintroduce themselves when they speak to someone with a visual impairment. "It's an extra little bit that can make quite the difference," she said. It's hard for us to recognize everyone's voices, said Emberson.

Even though Kilby-Coulas and I see differently, our learning methods are relatively the same. After spending an afternoon with her and attending her tourism classes, I realized that she sees more than I do in a classroom setting. "I have a 20/20 central vision," she said. She can focus on words and numbers to actually read them. For me, my condition makes heads disappear. The blurry spot, or blind spot, has a tendency to make things vanish depending on where I look.

I also met with Jared Broughton, 24, who was a student with low vision. He was born with Aniridia which is the absence of the iris and can bring more eye problems with time. Broughton's vision hasn't changed since he was diagnosed as an infant. His

vision stands at the legal blindness mark.

Broughton graduated from the fitness promotion program at Algonquin College last spring. He only needed an extra year to complete his program, despite his disability, he said. "I'd have any other struggles any other student would have," said Broughton who was the first visually impaired student of his program. But he was also relying more on his hearing than his vision.

He went to W. Ross Macdonald School for the Blind in Brantford, Ont. at a young age, but transferred to a public school in Ottawa for Grade 10. "I realized I wanted to be around people that were different than me," he said. When you are in a specialized environment, they tend to pamper you and then you are not as functional in the "real" world, said Broughton.

Other legally blind students deal with the impairment in different ways. Melissa Willis, 31, is one of them. The Algonquin College graduate has Ocular Albinism which is a lack of pigmentation in the eyes. As a result, her irises are very pale, but not white. The degenerative genetic condition affects her whole vision which is now past the legal blindness mark.

Recently, Willis, who was studying professional accounting, started experiencing blackout periods where everything goes dark, she said. These will keep happening until one day that is all she can see. "Things like that happen," she said. Willis is planning on finding ways to work around it.

She adapted to rapid changes in her vision is when she started using the white cane in high school. "You're treated differently," she said. People knew she had vision loss, but didn't know the extent of it until she started using the cane at school.

In my case, I can walk down the hall and people wouldn't know I'm visually impaired. But I'm dreading the day my impairment will be identifiable physically and everyone will know. I'd rather tell people of my condition after they've gotten to know me. Then, my vision problems won't identify who I am.

Even if we have different eye conditions, we share certain similarities. The four of us are light sensitive. Whether it is sun light, fluorescent light or the glare of our computer screens, it brings severe headaches.

As I'm writing this, my eyes are pounding, bringing on a serious headache that will probably last for the next couple days. It's due to the glare and brightness of my laptop screen.

To avoid headaches, Willis prefers staying in the dark. Broughton said that when the lights are suddenly turned off, it creates such a shock that it eliminates the limited night vision he's got for a few seconds. He tries to avoid these situations.

Kilby-Coulas, on the other hand, wears tinted glasses to avoid glare from the sun and the computer screen. And I wear sunglasses when the light is too bright to avoid black spots from appearing in my field of vision. "It's all about being proactive," said Emberson. If we know what we need, we should ask for the extra help or accommodation. This puts us, visually impaired students, at the same level as fully-sighted people. That's all we're asking for.

As much as I'm scared and frustrated with my visual condition, I need to work with it. Meeting with other visually impaired students has helped me realize that blindness isn't all there is to me. I can't let it define who I am or who I want to be. But I still need to take one day at a time since I don't know if my vision will change overnight.

In the meantime, my condition has built up my confidence in a way that I won't let it stop me from doing what I want to do the most: the art of writing and reporting.

And for this, I will do my best to follow Broughton's advice: "Don't see your disability as a weakness, but as a strength." ■



Joanne Kilby-Coulas has been legally blind for 17 years. While her central vision remains intact, a dysfunctional gene affects her peripheral vision.

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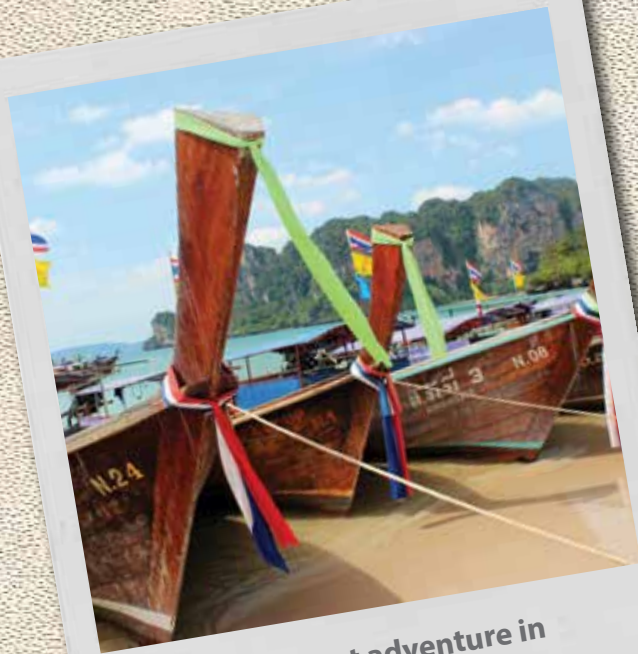
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BEFORE YOU GO-GO

Travelling is fun but it can quickly take a turn for the worst. *Glue* sits down with some professional travellers to learn the ups and downs, and ins and outs of successful travel **By Justin Humphries**



Waterfront adventure in Railay, Thailand

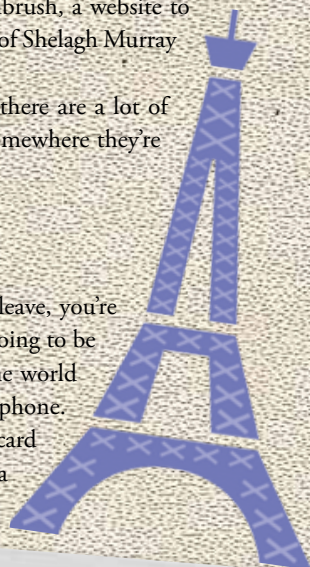
There's nothing quite like the feeling of looking out of the plane window at the ground thousands of metres below. At this point, you may as well be on a space shuttle to a different planet. Before you know it, the wheels touch the ground. Your destination of choice may not be far from home, or maybe one day you will be on the next mission to Mars. After travelling myself, I can safely say that there's a lot I would have done differently.

For former Algonquin television broadcasting students Matt Purchase and Caroline Leal, they started a website called Passport and a Toothbrush, a website to share their travel experiences with the world. In the case of Shelagh Murray and Mike Kirby, they simply loved to travel.

There's no such thing as a true way to travel, but there are a lot of things one should keep in mind before they travel somewhere they're unfamiliar with.

GET EVERYTHING IN ORDER

"If you don't have everything in order before you leave, you're going to have a bad time," said Murray. "It's not going to be a fun trip if you show up on the other side of the world without a working credit card or a functioning phone. I showed up in India without a working credit card and it wasn't a great experience. I couldn't use a credit card for months."



KEEP A BUDGET

"This one is obvious, but trust me, even in the world's poorest countries it's possible to spend way more than you have," said Purchase. "There were at least three or four times where Caroline and I felt like we might run out of money while traveling, but we were able to solve it by watching what we spent our money on."

LOVE IT OR HATE IT, IT'S AN EXPERIENCE

"Even the negative stuff will be a good story to tell," said Kirby. "Not everything will be good, but make sure your experiences are never boring. I'm sure everyone who has travelled has ran into that taxi driver who tried to rip them off and I'm sure I will have many similar moments in the future."



Purchase and Leal in Thailand





The couple take a stroll in Wadi Rum desert, Jordan

YOU WENT THERE TO EXPERIENCE THE CULTURE, NOT CHANGE IT

"There's nothing more irritating than someone who complains that things are weird or not normal," said Leal. "You go to other countries to see what places are like away from home, not to try and change the way things are done or how people think. Don't travel with these people, either. I haven't travelled with anyone else but Matt in a long time. We're a team and I could never travel without him."



Some new friends in Nepal



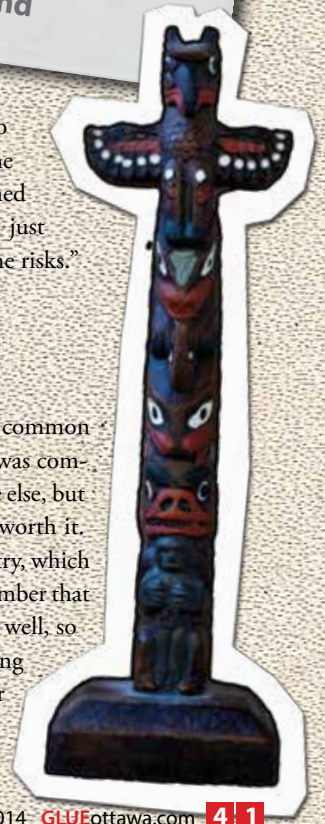
Purchase and Leal strike a pose in Chiang Mai, Thailand

DON'T PLAY IT SAFE

"Take risks and have no regrets," said Purchase. "When you go home you don't want to have the attitude where you regret all the things you didn't do. Instead, try to do everything you planned to do and more. In my first trip ever I went to Cuba but I just stayed in the resort with my family. Don't do that. Take some risks."

MOST IMPORTANTLY, BE RESPONSIBLE

"Travelling and taking risks doesn't mean you shouldn't use common sense," said Leal. "In Cambodia, I watched a scam which was commonly known as the 'milk scam' almost be done to someone else, but I put a stop to it. The girl was so pissed off but it was worth it. Look up some of the common scams in the country, which is as simple as searching it in Google. Remember that you're an ambassador for your country as well, so make a good impression. Maybe meeting you will be an experience they will never forget as well."



A D'OH-CADE OF LESSONS

It's been 24 years of life lessons and we couldn't have done it without Springfield. Thanks to their humour and smarts, Generation Y has grown up learning a few things. In celebration of *Glue's* 10th anniversary, we give you the top 10 life lessons from *The Simpsons* By Brooke Timpson

Every fall, batches of students flock to campuses around the city for the first time, the last time and anywhere in between.

It doesn't take a nuclear physicist to tell you that some things are bound to be different. From fashion to technology, last year's trends and must-haves can easily be forgotten like the paper you had to hand in yesterday.

However, when something popular becomes a staple in our culture, the halls of colleges and universities can echo them for years, maybe even decades, to come.

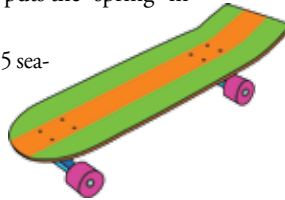
Here at *Glue*, we are interested in staples around campuses that have stood the test of time. When we decided to write about cultural phenomena's, *The Simpsons* immediately came to mind.

So what exactly puts the "spring" in Springfield?

The Simpsons, a 25 season (and counting) animated sitcom, has embodied parts of our cultural attitudes, beliefs and customs.

A fixture in popular culture with masses of fans from all ages and backgrounds, it is a show that has truly resonated with our society.

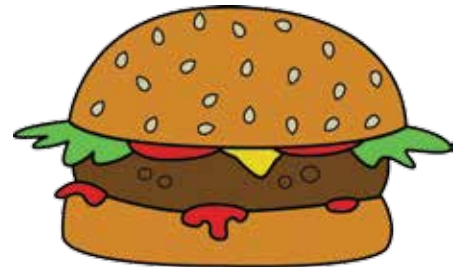
Without further a-d'oh, here are 10 life lessons that *The Simpsons* has taught us.



really reminds you of the pleasure-filled moments of childhood. You might get into trouble at times, but isn't that what being young is all about?

9. LONELINESS AND CHEESEBURGERS ARE A DANGEROUS MIX

Listen to Comic Book Guy. Get off the couch and get moving! (S8, E17, My Sister, My Sitter)



10. SOMETIMES KIDS WILL BE KIDS

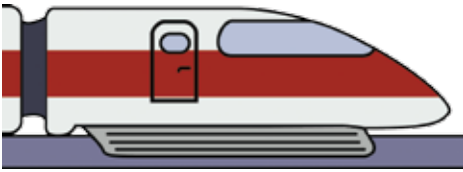
Following the adventures of Bart and Milhouse

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8. IT'S EASY TO GET CAUGHT UP IN COMMERCIAL HYPE

From monorails to malls, fads come and go. *The Simpsons* reminds us that the flavor of the day can sometimes be a dupe.

7. SOMEBODY NEEDS TO THINK OF THE CHILDREN

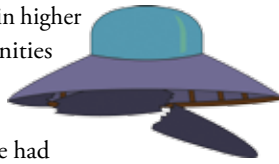
Young offender Maggie Simpson has shown us that children can easily get their hands on weapons or find themselves stuck in newspaper stands. (S6,E25, Who Shot Mr. Burns?)



6. RELIGION RESONATES

A Movementarian joke can go a long way, but the general theme of religion in the show points

to society's belief in higher beings. Communities come together during hardships, but don't you wish we had a Reverend Lovejoy too? (S9, The Joy of Sects)



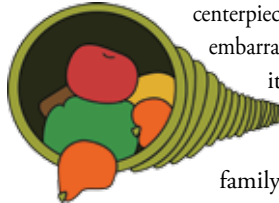
5. WE THINK POLITICIANS ARE JOKES

Politicians are often corrupt and incompetent. They are, indeed, a perfect commentary on how the public often feels. Just remember: Vote Quimby, vote Quimby, vote Quimby!



4. FAMILY MATTERS

Have you ruined a sibling's Thanksgiving centerpiece? Have your parents embarrassed you? Sometimes it might be hard to see all the positives in your family, but they'll always



be there for you. (S2E20, Bart v. Thanksgiving)

3. IT'S IMPORTANT TO KNOW WHAT YOU LIKE

Homer likes his beer cold, his TV loud and his homosexuals flaming. What about you? (S8,E15, Homer Phobic)



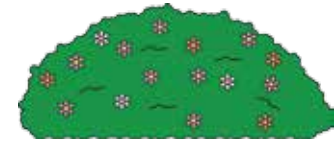
2. NERDS RULE

Calling all future Professor Frinks. Stick to the books and you'll coast through Springfield University.



1. LIFE IS FLEETING

As Mrs. Krabappel would say: life's too short, so go pick some wildflowers.



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BAD TO THE FUTURE

We're looking back on some of the most questionable fashion fads of the past 10 years and it has us a bit nostalgic. We've all had interesting choices. Do you regret any of yours? **By Alex Quevillon**



2004 Sk8er girl Sk8er boy

Everything from the 80s punk scene thrown over a ragged set of dark clothes.

Maybe we were late to this punk party, but Avril Lavigne and Sum 41 did enough to make this a Canada-wide trend.

2005 Baggy capri pants

A favourite in Ottawa high- and middle-schools in the mid-2000's, when long shorts just weren't enough, and pants weren't a seasonable option. These baggy monstrosities covered all the bases of the saggy jean trend, without actually being pants.

2006 Crocs and Uggs

Just enough to cover every season and make women's, and in some case men's, feet look ridiculous.

It should only cover one season — Uggs were meant as summer sand-wear originally, but have somehow gone from sand to snow as the fad shifted from Australia and New Zealand to the United States and Canada.

2007 Pre-ripped jeans

Theoretically, there's no way to tell if someone's jeans were bought pre-ripped. But it's a sure-fired way to take all creativity out of an already up-and-rising trend.

2008 Ridin' low

This ridiculous trend, a prison-inspired one no less, even had the United States president weigh in on it in 2008.

Louisiana and Virginia, amongst others, have implemented rules against the sagging, but it doesn't appear to have made a difference, nor would it if such a law came to Canada.

Bad clothing fads are hard to avoid for anyone, but in Ottawa, it seems to be sticking with us.

We may be home to the highly regarded Richard Robinson Academy of Fashion Design, but in 2011, MSN Travel listed us as one of the least fashionable cities in the world, two spots below the Jersey Shore.

Painstaking fads in modern society are a plenty, be it your typical pop culture fads that fade away before being fully relevant, or the

ones that help make up our current fashion scene.

The simplest of trends may even be long gone by the time your city catches on. Clearly Ottawa missed the boat in 2013 when Mayor Jim Watson compiled a Harlem Shake video a solid four months after it was popular.

If you've been a reader of *Glue* in the past 10 years, chances are you've seen a fair share of bad fashion around you. There is a good chance that these fashions are still prevalent today. **9**



2009 Trucker hats

It's not that it looks bad, it's the location. When did this become a staple at local clubs?

Traditionally, the caps were meant as a way of advertising until Ashton Kutcher and company came along and turned it into a common trend.

2010 Obscured glasses

Writing on your shades or blinders on your glasses. If you aren't living vicariously through Kanye West, you're following in the footsteps of Snooki and Soulja Boy. Enough said.

2011 Animal print pants

They're outta control. Robert Cavalli and Versace seem to have an odd obsession with the trend, ensuring that it stays and lasts a while.

2012 Gongshow Gear

The Ottawa-based hockey clothing company that somehow turned into a popular fashion subsection. We get it. You're unreal. Everyone you know is "with the boys" or a "broad". Everyone knows you're with "the boys" and "broads", you beauty.

2013 Board shorts

Add a very colourful tank top to complete the package. This is a fashion favourite if you like wearing beach apparel to a club and use the term "wheeling" a little too much.



MASKING THE MASCOTS

by Steven Chmielash

Josh Smith* is your everyday 21-year-old student. When he walks down the noisy, cluttered hallways of Carleton University, he blends into the crowd. He's a student by day but when the buzzer sounds for a Ravens game, he isn't himself anymore. He's Rodney the Raven, the face of Carleton. Being Carleton's mascot comes with responsibilities: pumping up the home crowd, dancing to the music, entertaining kids and providing necessary school spirit.

But with great power, comes great responsibility. The people behind the mascot costumes have the luxury of being whoever they want. They might be very shy people in reality but when they put their masks on, they're vivacious and spirited. "I think I'm more interactive and funnier as Thor compared to me in person who is a little bit shy — a little bit quiet — but then again, Thor can't talk so it's a perfect fit," said Andy Roberts*, the mascot for Algonquin. That's the main goal of being a mascot: interacting with the crowd, taking centre stage with the players and being someone else without anyone knowing your true identity. But through it all, it's not what's on the outside: it's what's on the inside that matters most. For the past two years, Smith has had the privilege of

being Rodney the Raven but he prefers not to be unmasked. He believes he shouldn't be bigger than his character. "When I did Rodney, I didn't want personal credit for it," said Smith.

There's even a policy at the University of Ottawa to never reveal who is behind the Gee-Gees costume. Jason Demers* did the same thing. He only told his family and close friends that he's the Gee-Gee mascot. Not only is he abiding by University of Ottawa policy, but he only tells a few in order to keep the mystery going. "There's a form of mystique around the character. It's not the same thing like if you were sitting in the crowd and you knew who the person inside the costume was, it doesn't have the same feel to it as when you don't know who that is. And it's a character that stands in front of you, not a person," said Demers.

While no prior mascot experience is mandatory, Smith had a leg-up on the competition. At the age of 14, he became the mascot of the junior hockey team in his hometown near Toronto. He said it was a great opportunity for a young kid to screw around and watch all the hockey games. "It was a lot of fun when I did it as a kid and I just met the right person when I went off to Carleton and that hooked

me up with that role for the last two years," said Smith. Smith saw an ad from the Carleton Ravens athletic department. They were looking to hire a mascot for the upcoming season. He auditioned for the part and was later hired. And no matter how tired he was from studying or working on term papers the night before, or even hungover from celebrating a Raven's victory, the costume fired him up. "I get to screw around with the audience as much as possible, get to play jokes on people, just a lot of fun and I guess I just become a different person," he said.

Unlike Smith, Roberts didn't have any previous experience as a mascot, but that didn't stop him from applying to be Thor. "Well when this mascot idea came to me, I thought it might be something fun to do. I was looking for something sort of unique, to get into the spirit of the school," said Roberts. Experience, sometimes, isn't a necessity when you're undertaking the role of the school's mascot. As Thor, Roberts is eager for game time to come around.

"Yes, I do look forward to it actually," said Roberts. "It's a lot of fun getting everyone pumped up to watch the game."

[*Names have been changed.] 9



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