

Drink, Drank, Drunk
testing the limit pg 15

Ukulele Underground
little instrument, big comeback pg 32

Pics or it Didn't Happen
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FALL 2013

glue

THE OTTAWA STUDENT MAGAZINE

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Contributors



Nouran Abdellatif:
Writer

Her role: Nouran wrote "Size Doesn't Matter."
Favourite part of being on the *Glue* team: "I loved the opportunity to do something I had never done before and would never consider doing on a regular basis," she says. "It was worth the pain and I got to experience MMA with my colleagues cheering me on and occasionally having a laugh at my expense."



Daniel Cress, Kate Ellis, Kayla Wright

Their role: As the production team for the Fall 2013 issue of *Glue* Daniel, Kate and Kayla stepped up making last minute changes to finish production, even after graduating.
Favourite part of being on the *Glue* team: Daniel: "I enjoyed working with the team to create something we can really be proud of." Kate: "I liked learning about magazine production and design."
Kayla: "Getting to know the ins-and-outs of production really interested me."



Jennifer Baguss:
Photographer

Her role: Combining her interest in fashion and photography, Jennifer styled and shot the photos accompanying "It's a Mod Mod World" in this issue.
Favourite part of being on the *Glue* team: "While the weather wasn't very cooperative, shooting outside Taberet Hall at Ottawa U provided perfect scenery for vintage-inspired outfits," she says. "The best part was borrowing clothes from Young Janes. They always have such amazing stand-out pieces."



Aimee Savard:
Creative Manager

Her role: As the Creative/Production Manager at *Glue*, Aimee ensures the creative team got the ads done on time. She was also responsible for organizing and placing the ads in the magazine.
Favourite part about working for *Glue*: "It's really interesting to see the entire magazine come together. We have such an awesome team and to see us all work together to get it done is really fulfilling."

Ralph Platt, Julie McCann Photos

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Photo Editor: Ellen O'Connor

Online Editor: Jesse M. Kelly

Production Manager: Kate Ellis

Contributing Editors: Jennifer Baguss, Sabrina Bedford, Chelsea Brunette, Laura Clementson, Tyler Costello, Steve Dool, Cassie Dresch, Tara Goodfellow, Emily Hutton, Karl Kofmel, Ian McAlpine, Caitie McRae, Patrick Millar, Meg O'Connell, Matthew Penstone, Emily Plunkett, Kane Van Ee

Associate Editors: Samantha Brazeau-Wilson, Kate Ellis, Kelly Kent, Maryam Mirza, Jessica Rose

Advertising Sales Manager: Kelsey Banks

Account Executive: Kyle Pratt

Account Executive: Keri Sinclair

Account Executive: Olga Tolkacheva

Glue Coordinator: Nicole Logan

Creative/Production Manager: Aimee Savard

Advertising Designers: Jessica Orr, Melissa Potter

Copy Writer: Sara Chisholm

Webmaster: Rebecca Casera

Online Coordinator: Sarah Vaillancourt

Promotions and Distribution Manager: Nimmi Sidhu

Promotions Coordinator/Designer: Pascale Lapointe

Advertising Instructors: Barb McDougall and Greg Wheeler

Journalism Instructors: Julie McCann and Joe Banks

Photography Instructor: Ralph Plath

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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 celebrates their interests and discoveries which all contribute to making 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
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Ottawa, Ontario
K2G 1V8

A letter from the editor



Sarah Newton

Adventure comes in many forms. The adventure of embarking on a new school year can be scary. Whether it's your first semester, your last or anything in between, it's easy to lose sight of the amazing things this city has to offer when you're frantically working on term papers and surviving on a diet of ramen noodles and budget beer.

But for the brave souls willing to step outside their comfort zones and into some extraordinary life experiences, this issue has it all: exotic flavours, sex, sports, social trends and the kind of innovative reporting you've come to expect from us folks here at Glue. No, friends, this issue isn't for the faint of heart.

This issue has been an absolute labour of love from start to finish—and a bit of an adrenaline rush. Our very own Nouran Abdellatif kicks ass in her Auditor piece *Size Doesn't Matter*, showing us that a little lady can still pack a big punch.

In our feature story *Serving Up Adventure*, we follow Kane VanEe into some of Ottawa's best restaurants to find the exotic flavours and culinary oddities that highlight this city's adventure eating scene.

Finally, what's more exciting than the prospect of a little one-on-one time with someone who gets your blood moving? In his *Cheat Sheet*, Zack Nouredine offers tips on how you can tease with taste and seduce with spices in *Food to Get You Laid*.

So strap on your aviator goggles, put on your hiking boots and read on. Glue is here to broaden your horizons and open your mind to the experiences that will make these some of the best years of your life. 🍷



The editorial staff from left: Daniel Cress, Kayla Wright, Jesse M. Kelly, Sarah Newton, Ellen O'Connor.

The Auditor: Size Doesn't Matter

Glue's Nouran Abdellatif wrestles stereotypes – and her challengers – to the ground



By Nouran Abdellatif

I was bruised and sore. I had men whom I wasn't dating lie on top of me and whose sweat dripped all over my face.

It hurt to laugh, it hurt to walk, and it even hurt to reach out for anything an arm's length away. All because I decided to take jiu-jitsu and kickboxing classes to see if a small person could handle them.

"Muay Thai [the second level of kickboxing that includes elbow and knee jabs] is good for self-defense as far as offense," said Nabil Khatib, an instructor at Team Bushido MMA Fitness Center. "In Muay Thai you don't really walk away. It's a moving forward type of sport."

Kethe Engen, 24, has dabbled with kickboxing. She admits being smaller means your arms are too short to reach your opponent.

Brazilian jiu-jitsu on the other hand, was adapted

with smaller people in mind. Its creator, Carlos Gracie, learned Japanese Jiu-Jitsu and modified it to suit his smaller build, thus creating Brazilian Jiu-Jitsu.

Gracie's sport, Khatib explains, is great for self defense and mainly focuses on submissions and grappling – techniques used to gain physical advantage.

Anyone who is small, or just new to jiu-jitsu relies on instincts and physical strength says Doug Ryan, another Team Bushido instructor. However, this isn't a sport where size matters.

"Starting off [small and new people] certainly find a difference because they'd be at a disadvantage there," said Ryan. "On the long run it actually works out better because you're forced to... refine your technique."

It's easy to get frustrated with all the different grappling methods. By the end of the session, I would be so worn out that I would question my sanity for signing up for the classes.

Engen says this rang true for her, but she became addicted. Once she starts training, nothing else matters.

It was definitely exhilarating when I was in control and it made me realize I could take on a larger opponent.

"You just feel stronger every time you train and even if you lose you learn something," said Mélissa Brunet, 23. "It is very reassuring to know I have the competence."

In Engen's words: "Even if you're really small and not so strong, if you have good technique, you're going to kick everybody's ass."

Evolution or Devolution?

New words are changing the way we communicate, but is it for better or for worse?

By Zachary Rankin



Modern English has been evolved over 400 years and while many words have come and gone, where would we be today without bandit, bedroom, eyeball, obscene and puking? These were all introduced by a 16th century poet and playwright (think Snoop Lion in a doublet) and in their day were as novel as sexting is today. Introducing new words that are colourful and meaningful is no easy task.

Language is fluid, but the best surfers appreciate that some waves can end in a wipeout. YOLO (you only live once) is one such word. It's widespread and heavily criticized, mostly because it's typically used in a 13-year-old girl's Facebook status update

to justify a face tattoo of Justin Bieber.

"YOLO is carpe diem for idiots" said Janne Vaissi, a Carleton University linguist and law student.

Don't be surprised if YOLO ends up having a long lifespan. SNAFU (situation normal all fucked up), laser and radar pass as respectable words; few remember their acronymic origin.

Some of us find it hard to accept that old words will take on new meanings. The contested usage of the word random is a case in point.

"Students use random when they really mean unexpected or quirky rather than to describe phenomena that cannot be predetermined

which is the actual original scientific meaning of random," said Karl Landheer, a University of Toronto physics doctoral candidate.

Landheer appears to have lost the battle on this one. People are voting with their mouths. Even mainstream authorities such as the Oxford Dictionary have given into the vernacular and listed informal definitions of random as "odd, unusual or unexpected."

So what will your contribution to the English canon be? We can't all be Shakespeare but we might just be able to contribute a gift such as "omnishambles" (selected as the new UK word of the year by the Oxford Dictionary.)

Playing for Success

By Sarah Newton

Cisty Nurse knows what a Canadian sunrise looks like. She has been out, sweating on the cold Ottawa River, before most of us even wake up, body bent almost double as she rows across the water. She has felt the taste of personal success, and has pushed the bittersweet boundaries of her own limitations.

Surprisingly, the two-time women's silver medal world champion didn't actually get into rowing until she was almost 20, joining a local club while working as an intern in Mississauga. Nurse was a multi-sport athlete throughout school, sometimes participating in more than one practice a day, but her passion for rowing and self-discipline earned her a spot on the University of Ottawa rowing team and at the National Training Centre. Nurse

credits her involvement in sports with teaching her how to work hard and manage her time.

The face of sports in Canada is changing. While we were once a nation happy with cleaning up at the winter Olympics, increased funding to universities and through programs that aim to develop more medal-winning athletes (like Own The Podium) are opening doors for young athletes to explore their potential and gain recognition in their chosen sport. But, as a student, why are sports a good investment?

According to "The Social Benefits of Intramural Sports," a paper published in 2006 in the Journal of Student Affairs Research and Practice, first-year students can use sports as a way of meeting other students and developing a strong social circle.

For 22-year-old Alex Oneid, volleyball is more than just a compliment to his academics. Currently

How getting involved in sports can have a positive impact on your academic career

studying event management at Algonquin College and participating in college volleyball, Oneid spent four years on the Queen's University team, and he has two provincial titles to show for it.

"It definitely taught me how to time manage appropriately," Oneid said.

With universities across the country poised to follow in the tracks of Ryerson's dedication to sports funding (including a \$60 million renovation of its beautiful new Mattamy Athletic Centre), now is a great time to get involved with a college or university-level sports organization.

For those students intimidated by college athletics, part-time University of Ottawa women's rowing coach Stu McKenzie has one piece of solid advice: try it.

"If you don't try out, you're never going to make the team."

Sports for Muggles

Finding magic in Ottawa's recreational community



Algonquin College student Brandon Armstrong charges past a Carleton defender

By Tara Goodfellow

Ottawa is home to many sports enthusiasts who favour obscure sports over those that are mainstream. These games are favoured because they aren't highly competitive yet they still allow for the social aspect of being on a team. Quidditch is one of them.

"I've played a lot of other sports and thought it would be kind of a joke," says Claire Steckle, University of Ottawa's Quidditch team chaser. "After one practice I was hooked and am now playing for the competitive team. Quidditch is a great workout. I've also been really surprised how it is a mix of a number of different skill sets from many different sports."

Despite Quidditch being based on the wizarding game, for many people the decision to join the team was not influenced by the Potter franchise, but by the challenge and social gathering. There are many who join who aren't very familiar with the wizarding world.

Curling is another game in which players join for a social time, more than to fulfill the need to compete.

"I'd made some other friends through curling and played just to be with them. I saw it more as a social event, rather than a sport," said Alex Cross, a curler of six years, attending the University of Ottawa. "For one, it's more

adult than hockey or soccer mainly because day long tournaments revolve heavily on how much alcohol you can drink rather than who wins the game."

A sport like Ultimate Frisbee also flies below the radar. As Christiane Marceau, the executive director of Ottawa Carleton Ultimate Association put it, most of the "old timers" don't want it to be mainstream. However, Marceau states that the past few years have shone some light on the popularity of Ultimate, creating a bit of a buzz in its own respect.

Whatever you're looking for in a sport, there's no question it can be found in Ottawa.



People in their 20s are looking to vintage clothing which can be found at Young Janes

It's a Mod Mod World

The fashion cycle has come back around, bringing back the styles your parents used to love

By Caitie McRae

From *Mad Men* to mod, cat-eyed sunglasses to Capri pants, the '60s are back in full swing. Not necessarily the political convictions or music from that era but the fashions that defined it. That seems to be a reoccurring social phenomenon, doesn't it? A little over 10 years ago '70s fashion reappeared on the scene in the form of bell-bottoms and peace sign logos and the mid-2000s saw a second-coming of embarrassing '80s gear. The intriguing aspect of this isn't that it happens. Rather, the looming question seems to be why does this happen? Why does society have a penchant for regurgitating past clothing fads?

To answer a question like this, it's important

to comprehend how deep into the social tissue this issue cuts. It seems that this fascination with a previous decade's style trends goes deeper than just "what's hot, what's not": it's a continuous study of human behavior. This social phenomena isn't limited to trend-setting mademoiselles either. Men are slicking their hair into gelled comb-overs.

"Even '60s men's suits are really popular, with the whole tapered look that's been in fashion for a bit," says Sheena Mordasiewicz of Ottawa's Ragtime Vintage Clothing.

Caitlin Kenny, associate managing editor at *Flare* magazine, and an Algonquin College graduate, has a few theories about the surge

of Don Drapers and Twiggys. Humans have a natural tendency towards imitation, she says.

"A designer who studies the work of a famous designer like Yves Saint Laurent or Cristobal Balenciaga may naturally be inspired to rework existing styles rather than create something brand new."

As we know, Kenny adds, great designers often borrow from decades past. While that tendency may seem uninspired, Janet Menger, a graphic design professor at Algonquin College, asserts there is real artistry in enhancing past trends to make them current and relevant.

"Everything has been thought of before—the trick is to think of it again," Menger says.

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Pretty Fly for a Kite Guy

Get off the slopes and grab a sail

By John Stoesser

If you look out across Britannia Beach on a windy day you will likely see a parachute-like kite dragging the blurry form of Peter Dekker across the water or snow. With an effortless leap, kites like Dekker ride the wind and can jump to heights of over nine metres.

What is it?

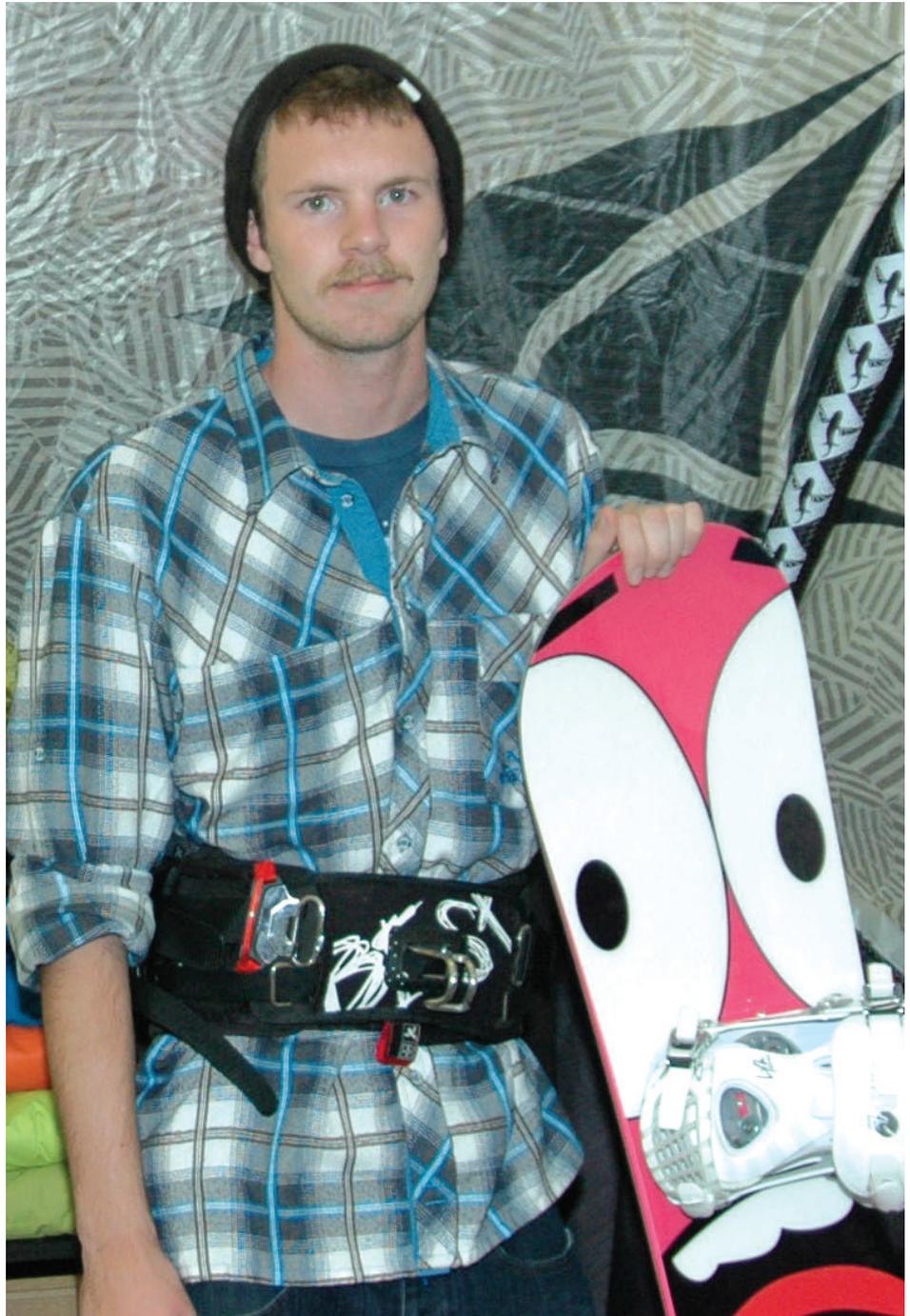
Kiters harness themselves to a large kite, known as a powerkite, which pulls them around their environment. Powerkites are commonly used to pull people on boards, buggies, roller skates and boats. In the winter, this wind sport is known as snowkiting. Snowkiting is a wind propelled sport that combines years of technological experiments and innovations perfected in other sports. It's an ideal winter sport and even easier to learn than kiteboarding in the water during the summer, says Ottawa snowkiter, Dekker. "You're already standing there on your skis or snowboard just waiting for the wind to pull you," he says.

How do you do it?

To snowkite you need a snowboard or pair of skis, winter and safety gear, a harness, a kite – and a lust for adrenaline. Like other action sports you can choose from a plethora of gear. Sophie Benavent of *Atlantic Winds Adventure* writes, "Kites come in various sizes ranging from 1.5 sq. meters to 21 sq. meters.

"The average setup of a harness and a kite big enough for the snow is going to cost about \$500 to \$700," says Dekker. "Relative to other sports it is not the most expensive."

Knowing how to read the wind and control a kite in every wind condition is paramount to snowkiting success. Snowkiting is dangerous if you don't know how to depower and re-launch a kite. "You need a big open space to kite," says Dekker. "The bigger and more open the better. Try to avoid spaces with lots of trees, rocks and other obstacles."



Snowkite enthusiast Peter Dekker feeds his lust for adrenaline by snowkiting Ottawa's water and snow.

Why should I go kiting?

There is a wealth of snowkiting resources for beginners and a bustling snowkiting community online.

"The first step is to get really excited about

kiting," says Dekker. "Go online, do your research because it can be frustrating at first."

So if you're looking for an exhilarating experience this winter, go out and kite.

Kickin' it in Kingston

By Sabrina Bedford

The road trip to Toronto or Montreal is so overdone for Ottawa students looking for a weekend getaway. But what if there was another destination to explore?

Ranked third in *MoneySense* magazine's 2012 list of the Top 35 Best Places to Live in Canada, Kingston remains one of the most desirable cities in the country to live, work and play. Why go?

Bold flavours, stiff drinks

The food scene in Kingston is heavily influenced by the city's vibrant ethnic communities. Kingston has the highest number of restaurants per capita in Canada (over 250), the bulk of which are in the city's thriving downtown core.

With everything from casual and fine dining to pubs and cafes, there's something to suit every palette. Tir Nan Óg, which is Gaelic for "Land of Youth," is a staple in Kingston's

downtown nightlife. The typical pub fare and nightly live music make it the perfect hangout spot for students.

Drama-rama

The city has the Kingston Grand Theatre, the third largest art collection in Ontario at the Agnes Etherington Art Centre, a symphony orchestra, art schools and more. The City of Kingston, in partnership with the Kingston Arts Council, funds non-profit arts organizations and collectives within the Kingston arts community.

Small town, big city feel

One of the nicest things about Kingston is its size. It is big enough that it can attract and support a variety of businesses, sports teams, and large entertainment venues, but small enough to maintain a sense of community. With less traffic and congestion it's easier to get around and you are always close to some form of green space.

Lovely locals

As a Kingstonian, you get used to seeing the same people around town. City councillor Jim Neill originally moved to Kingston for one year and has now been in the city for 46, and he attributes this to the friendly people that make you feel so welcome that you never want to leave. You're able to smile, dance, drink, eat and learn about local life with people around town.

High-profile history

For a brief time in the 1840s, Kingston was Canada's capital city and home to Canada's first Prime Minister Sir John A. MacDonald. Kingston has 24 museums, galleries and national historic sites to proudly display this deep history that every Canadian should see. Fort Henry is a National Historic site, built from 1832 to 1837 in an effort to restore the area from the War of 1812. The site holds a variety of events, activities and historical re-enactments.

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What's Your Limit?

Glue hits the bar with a breathalyzer to figure out how much is too much

By Michael Power

I guess I could try to rationalize and say I'm just a little tipsy, a little buzzed. But that wouldn't be completely honest. Right now, I am drunk.

Since May of 2009, the impaired driving laws in Ontario contain a provision that includes a warning zone between 0.05 and 0.08 blood alcohol percentage. If your BAC is in this warning zone you face some serious consequences, despite not having a BAC above the more recognized legal limit of 0.08.

A first-time offender who blows in the warning range has their licence suspended for three days and must pay a \$150 "Administrative Monetary

Penalty." If you're caught in the warning range a second time within five years, the punishment increases to a seven-day licence suspension, a mandatory alcohol education program and a \$150 fine. A third infraction results in a 30-day licence suspension, another mandatory alcohol treatment program, a \$150 fine, and you must have a ignition interlock installed on any car that you will drive for six months. This device prevents the car from being started without blowing into a built-in blood alcohol screening device with a pre-set limit of 0.02. This is all without blowing over the "legal" limit of 0.08.

What's most worrisome is that these roadside licence suspensions cannot be appealed and stay on your record for ten years.

A person's blood alcohol concentration can depend on a number of factors including fatigue, how much you have eaten (and how recently you've eaten it), how quickly you've drank and of course how big you are. I'm 25, 5'8" and 175 lbs.

All of this is to say that without actually measuring your BAC with a device that is similar to the ones that the police use, it's almost impossible to predict what your BAC is, based on how drunk you feel.

Inebriation Indicator



To see how alcohol affects people differently, I took my breathalyzer to a bar one evening with a few friends for some supervised drinking. The timeline above shows a comparison of the number of drinks we each consumed to our BAC. Julia Watson is a 25-year-old studying to be a yoga instructor. She's 5'5" and she is fit. Adrien Gervais is a 25-year-old computer engineer. He is about 5'7" and slim. I would be shocked if he weighed more than 150 lbs soaking wet. Shane O'Neil is a 24-year-old student. He's about the same height as I am, though as a rugby player, he's bulked up more. Over a couple of hours on an October evening, a few friends got together and had three or four drinks. No one got so drunk they couldn't walk. There were no visible signs of intoxication, but no one thought about getting behind the wheel.

To put this to the test, I ordered a breathalyzer online. It's certified by the United States National Highway Traffic Safety Administration so its results can be trusted to be accurate. I had a big lunch today with some friends. We've got pork chops and potatoes in the oven and broccoli on the stove. I crack open a beer. Muskoka Craft Lager, 4.8% alcohol.

Halfway through dinner I pop the top off my second beer. It's only been 15 minutes since I opened the first one but I'm thirsty okay? Because I've been eating the taste of alcohol doesn't seem to be overwhelming in my breath so I power up the breathalyzer. I'm not feeling buzzed or anything at this point, but I'd like to know where my BAC is.

An utterly disappointing 0.01%.

I go back to my dinner and before I know it I've downed beer number two, along with the rest of my meal. I clear the table, and try the breathalyzer again. I'm feeling a little bit warm, certainly more relaxed than I was when I got home. The breathalyzer powers up again. I blow 0.01% again. I'm pretty surprised so I try again. 0.02% Ha! So I try a third consecutive time: 0.01% again and the same on the fourth try.

I relent a little, and go make some coffee. I pour my coffee into a mug but not before filling it halfway with Bailey's first. I finish two of these, have a glass of water and return to my breathalyzer. I'm feeling a serious buzz now. Two beers and about 8oz of Bailey's in just under

an hour is more than I'm used to drinking on a weeknight. I'm pretty lightheaded and I'm pretty sure I can hear my heartbeat.

As the breathalyzer powers up, I start guessing what my BAC will be. I figure somewhere between 0.05 and 0.08, right in that warning zone. I think about whether or not I would consider driving at this point, and I have no doubt about it. No way. Maybe in a couple of hours, but not now. After what feels like an eternity the breathalyzer is ready.

I blow into it four times in a row and get the same reading: 0.04% BAC. I can't believe it. If all drivers were at this level of sobriety I think there would be as many cars in the ditch as on the road.



Words from the Wise

There's a wealth of knowledge to be gained through life's experiences. Those who have been there are the best experts

By Emily Plunkett

Managing relationships and struggling to find happiness in the world are just some of the many problems facing students. We are bogged down and tired of searching for that one comment that will make it all make sense. Where do you turn?

Who would have thought the answer could be found at local shopping malls and retirement homes. Problem is, we have to be early risers to get the goods.

Our seniors have had a lot more time to ponder life's greatest mysteries and have the experience to go along with their valuable advice.

Venturing to Alavida Lifestyles Park Place retirement residence, I found several ladies who were more than willing to sit and let a student into their world over coffee.

"I live by the three As: acknowledge, accept and adjust. That's what you have to do," said Viola Hovey, 89. She explains that acceptance is the most difficult of the three As, especially in context of moving into a retirement home.

A retirement home is not the only place to find advice. Sitting down early

one Tuesday morning at Ottawa's Carlingwood Mall I ran into Raymond Roberts, 84, a former serviceman, and Rudolph Duschner, 78, a retired tailor. They were happy to share what they've learned.

Delighted to chat, Roberts told me to "value your friendships even more because you lose so many." Roberts added that the key to leading a long, healthy life involves two things: getting a good education and "drinking good beer!"

Duschner's advice focuses more on the importance of liking your profession.

"It doesn't matter what you do, as long as you love what you're doing and be the best at it," he says. "It's important that you like your job. I never worked hard in my life because I loved what I was doing. I got paid, but I was enjoying it every day."

As I left Carlingwood to begin my day, I could not help but feel peace of mind with my path in life. Maybe something as simple as getting up with the early birds at the mall is just what every student needs to give their life extra perspective.

Married, With(out) Children

By Cassie Dresch

More young adults are abandoning the nuclear family and choosing a child-free lifestyle

Whitney Houston sung that children are our future. For a great deal of people, that's true. Grow up, get married, pop out the stereotypical 2.2 children and grow old. There are a growing number of Canadians, however, who are choosing to go outside the realm of societal norms. They are choosing to go child-free.

In 2011, the Canadian census shows that of all couples living in one household, 29.5 per cent do not have children. Granted, the aging baby boomers and their kids account for some of that number, but the fact is more and more people are actively choosing to live without children for many different reasons.

"I have a lot of goals and things in my career that I want to experience and accomplish before entertaining the notion of having kids," said 25-year-old Algonquin journalism graduate Courtney Rodriguez.

Trista Wallebeck, a computer and network technician from Regina, Sask., has known since she was a teenager that she doesn't want kids. "I have a very nasty temper and a distinct lack of patience," she said. "And I do not wish to inflict that temper upon a child."

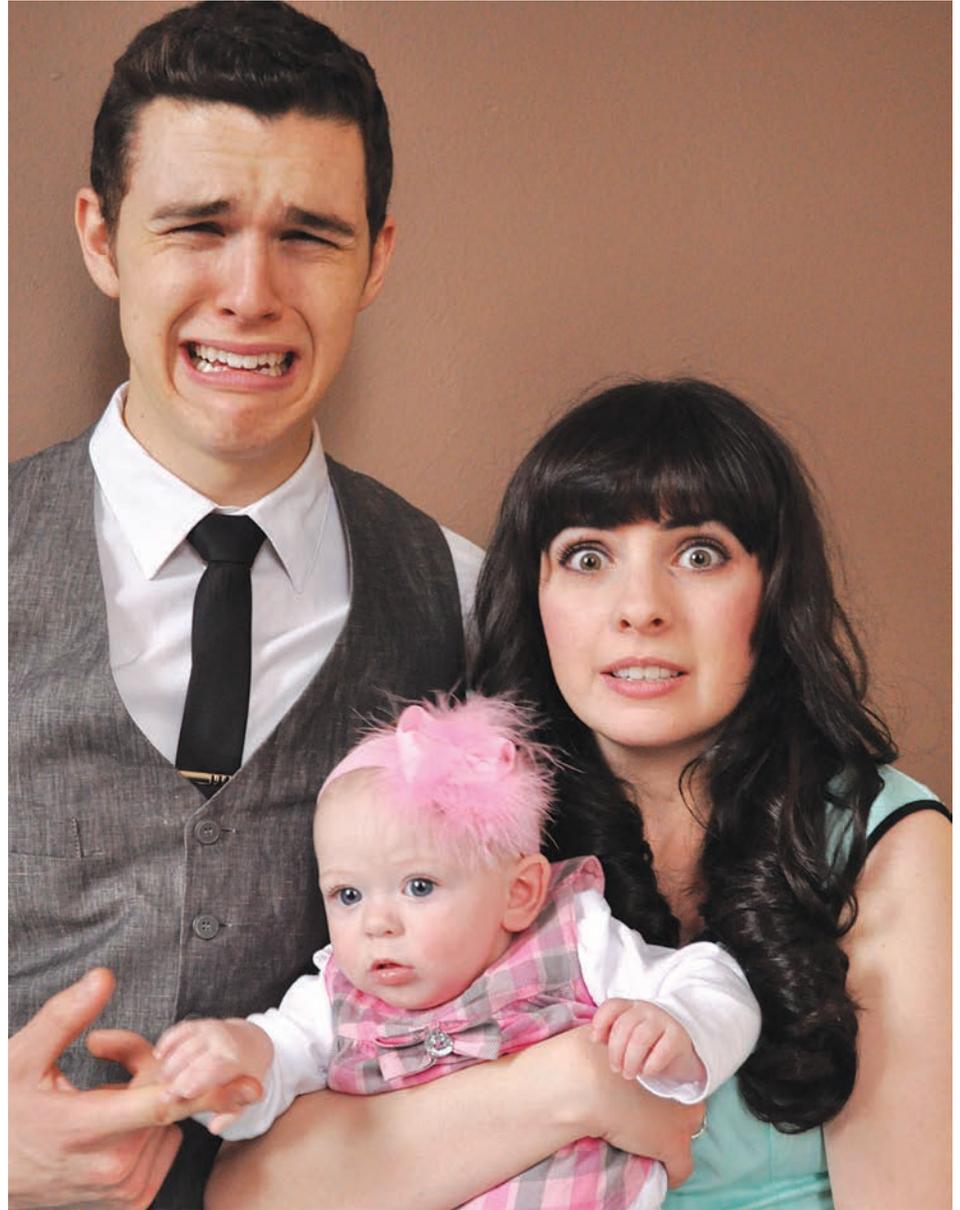
It is engrained in our brains at a young age that having kids is the natural progression of life. Keep refilling the gene pool. What if society is wrong? What if, for some people, their idea of contentment doesn't involve sticky fingers or runny noses?

Audra Jones, a 46-year-old Calgarian, and her husband of 11 years, Leighton, always figured they'd have kids until they realized they were just as happy without them.

"We just did not feel that 'need' to have them," Jones said. "We did not feel unfulfilled without them. We like to travel and have the disposable income to be able to do that several times a year."

Rodriguez says she hasn't ruled children out entirely yet because of her "never-say-never" attitude, but that doesn't mean she won't be complete if she doesn't end up having them.

"I think the biggest misconception is that life has less meaning if you're not a parent," she



said. "Children don't necessarily dictate how meaningful a person's life is."

Each person defines his or her own meaning in life. It is not about being "childless," which implies a lack of something.

Many child-free individuals don't regret their decision not to have children. Rodriguez, Wallebeck and Jones all appreciate the spontaneity and freedom of packing their things and taking

off without having to worry about babysitters or school lunches.

"I get to focus on career and academic pursuits and improve myself as a person," Rodriguez said, "and also have the time and money to travel and have different experiences. The term 'selfish' has a negative connotation to it, but I appreciate the time to focus on myself and my goals and set myself up for whatever comes my way."

Exposing Yourself

By Jessica Rose

Think twice before over-sharing everything from your breakfast to your breakup online

Social media has a magnetic quality among students. Whether we are aware of it or not, our smartphones have a tendency to cling to us in the same way our clothes do. When we get dressed in the morning, we consider our phone to be a mandatory article of our attire that we'd feel naked without.

When we leave our houses in the morning, our clothing instantly speaks to the eyes and minds of the people around us. We are in control of illustrating our self-image with every style choice we make.

This same ability to control our identity and the way people perceive us lingers in the smartphone nestled in our pockets. We can control our image online by framing our interests and cropping out our insecurities and weaknesses.

Philippe Ross, professor of media studies at the University of Ottawa and associate editor of the *Canadian Journal of Media Studies*, suggests that part of the reason people frequently post content online is so they can feel some control over the impressions that others may have of us.

As a result, technology has become second nature to us. Just like we speak in order to share our thoughts, we post content online in order to express ourselves. Online posting is no longer a decision for most heavy media users; uploading content has become a reflex.

If we are going to point fingers, we can surely blame this day and age for the importance we place on technology.

No wonder we drape ourselves from head-to-toe in technology - we ourselves exist under a heavy blanket of technology-based expectations. The true question now is, even if we are enlightened on the nature of our behavior, do we consider it problematic?

Over-documenting has become the most visible repercussion stemming from the capabilities of social media.



“Information that traditionally you would have reserved just for your closest friends, you’re now publicizing across your whole network of acquaintances,” says Ross.

With the power to post whatever we want, whenever we choose, comes responsibility. So where do we draw the line for posting content freely?

“People have different policies in terms of their own use of these tools,” says Ross. “In terms of

how collectively we decide what you can and what you can not do, that comes with time and right now we’re still at the stage of deciding.”

“I’m personally a bit concerned about this lack of distinction between public and private,” says Ross.

“This idea that everything can be the subject of posts through Facebook and Twitter... nothing’s sacred.”



Underground British pub, the Manx, is a popular spot for students.

Diner in the Rough

By Daniel Cress

Comfort with a side order of character

Where shall we go for dinner and drinks tonight? It's a question that can give even the most certain student an indecisive pause. That is, unless, you and your friends are already settled comfortably into your "usual" table next to the bar, with the house special and a pint on the way, listening to the live band that only knows three songs – all crowd favourites – in a place you call your own. Finding that niche, often hole-in-the-wall, restaurant or bar is a rite of passage for students who long to escape the hold of the chain. Finding that independently-run gem can take some work though. So what is it that makes these places special and how do you uncover them?

Sometimes it can be as simple as location. That's how Algonquin radio broadcasting student Zach Periard knew about Chips and Dairy. Living down the street from the unassuming fast food hut that serves the classic fare, as well as Chinese food, ice-cream, and more, Periard fell in love with the little restaurant at 2920 Bank St. and its diverse menu options.

"Their food is amazing. You get a lot for your money, and they make everything fresh when you order," said Periard. If you didn't know the side-of-the-road restaurant was there, you would most certainly miss it.

"The only way to find out about Chips and Dairy is by word of mouth. You know it's good if everyone that goes tells you to go there, and recommends it," said Periard.

Keeping an ear to the ground seems to be the best way to stumble onto your own favourite spot.

"I had heard only good things about the Sandy Hill Lounge and Grill, which in turn made me go, and then I ended up recommending it to my friends," said Jackie Forsen, a recent University of Ottawa graduate. The first impression was key for Forsen at the 321 Somerset St. E establishment, a residence transformed to cozy pub, where it's impossible not to make a new friend over a pint on Sunday steak night.

"It feels like drinking at home, the music isn't super loud, it's relaxed and you're not hustled out the door. The select food they do have they do very well, it's cheaper – makes me distrust other bars, actually – and the staff is interesting, genuine and intelligent," said Forsen.

"It's getting to the point with the economy where it is, that people are going to vote with their dollars, you've got to give them good food, good portions, and good prices," said co-owner Chris Marquis. "It's a casual pub conducive to talking and laughing, and we know most of our customers, and have lots of regulars. It's that connection that brings people back."

Becoming a customer's regular spot relies heavily on the atmosphere generated by the restaurant or bar. A perfect example is the welcoming charm a customer instantly feels from the staff, patrons and even the worn but inviting leather booths at the Manx, an underground British pub at 370 Elgin St.



Jackie Forsen enjoys a meal at the Sandy Hill Lounge and Grill.

University of Ottawa women's studies student Kristen Lemaire visits every chance she gets because of the unique clientele, and the overall experience.

"I love the Manx, I love that it's always busy and full of the same people you see every time you go in," said Lemaire. "It's the perfect place for a drink with a friend."

There's no way to tell how or when a restaurant or bar becomes "your place" but most often it's after hearing about it and getting that great first impression when you check it out that keeps you coming back to take part in the special atmosphere and partake in the delicious food and drink. **9**



Glue's Kane
Van Ee explores
Ethiopian cuisine
at Horn of Africa

Serving up Adventure

From ox tongue sandwiches to durian fruit, these unusual delicacies are surprisingly accessible if you know where to look. *Glue's* Kane Van Ee fearlessly samples Ottawa's finest and strangest cuisine and takes your taste buds on a trip around the world

By Kane Van Ee

Sitting in one of the roughest looking restaurants in Centretown, I can't help but notice the walls have not been painted since it opened in 1991. The cracked mirror in the corner pieces ideas in my mind of a violent ruckus between patrons in the past. The menu has seen better days with its tapered corners over the roughly wrinkled laminate. It feels as though I don't belong or only an exclusive group of shady characters come to dine here. I love this kind of restaurant. It's where I can find food nobody else I know has sampled.

Ottawa is not revered as a flavour Mecca by any means and if you ask most chefs in this city they will agree with you. Sure, there are places like Atelier or Eighteen or any of Ottawa's selection of high-end restaurants that are still clinging to the old ways of more prosperous times. But if you look for the restaurants that are tucked away or have not had a facelift since the time they first opened, you can find hidden gems in places many would never look. New foods can be intimidating but that sensation of fear is nothing compared to the thrill of discovering something new that you can love for the rest of your life. Even better, these hidden gems will be cheap for students as well. These are the places we should eat.

I grew up in rural Alberta. Our staples were tomato soup, grilled cheese, a ton of milk, and of course beef. I was picky and primarily would stick to the meat and potatoes diet that reflects the flat prairie culture. I discovered food in Ottawa. I discovered how to cook in Ottawa. I discovered how to enjoy food in Ottawa. Now I can stare a pig in the face and then eat it. It is delicious. Try the cheeks if you get a chance. I used to consider food as just a fuel, but from exploring ethnic cuisines and eating bits considered unappealing by most I now enjoy food and crave more varieties to expand my palette.

"People want to try a new flavour that's out or listen to a new song that's

out. It's just curiosity of constant gravitation to what's new and different," says food science student Pat Liu.

The best place in Ottawa to start your hunt for new and exotic flavours is at Murray Street Kitchen, a not-so-well-kept secret in the Market that still feels like only a small minority of those in the city know about.

"We're basically trying to create Canadian cuisine," is how owner and Chef Steve Mitton describes his fare. The dining is centered on locally produced nose to tail eating. A growing trend of using whole animals—not just the prime cuts—in the kitchen has been pioneered by British super-chef Fergus Henderson and endorsed by celebrity chef Anthony Bourdain of *No Reservations* and the novel *Kitchen Confidential*.

It is widely considered that Canadian cuisine doesn't exist. "It ends up being a mix of everything," said Mitton. Examples would be: pig's blood pasta in a carbonara or stroganoff with kidneys. "It can be Italian, it can be German, we even made a donair one time."

This may sound like Murray Street Kitchen is the set of *Fear Factor* to some but the beauty of offal or some of the "nasty bits" this restaurant uses is it is so fresh, well prepared and presented that it is casual fine dining. Unlike a fine dining establishment, however, since the cuts Chef Mitton uses are cheap and butchered in-house it is possible to have one of the best meals of your entire life for under \$40. The bar holds a wide variety of local wines and craft brews that match the stellar local-oriented menu.

My last visit, I had the "Offal Good" one of the ever-changing daily items on this menu that cannot be missed. For that day it was sliced ox tongue with rabbit kidneys in a hot sandwich covered with beast demi-glace. When my taste buds met with that ox's it was romance. The thin-sliced tongue made up the bulk of the protein in the sandwich.

With every bite you get the tiny kidneys that burst with even more savoury-sweet flavour all of that pressed in between angel food soft egg bread and a savoury demi that would put any grandmother's gravy to shame.

Also in the ByWard Market is the Highlander Pub, known mainly for its selection of Scotch. It is also the home to what is the closest you can get to traditional haggis. The famous Scottish delicacy of oats nutmeg and a variety of offal: heart, liver, windpipe, button. All the offal is then encased in the sheep's stomach and then boiled. This was traditionally to use up ingredients that would not last long.

The Highlander alters the traditional recipe using the heart and liver with lamb and sheep trim but encased in calf stomach.

Head Chef Jason Desjardins and his kitchen refer to it as "Scotland's pad thai," relating to the nutmeg flavour that shines through this dish and its appearance when prepped in the kitchen.

Once the plate was brought to me I was immediately surprised by how normal it looked and smelled. Haggis is supposed to stink, this did not. In fact the smell was quite pleasing when tones of nutmeg and demi combine with the beef and lamb. Sadly, due to preparation and serving time constraints within a pub kitchen they cannot prepare the stomach to encase the meat upon plating and is rendered rubbery and inedible.

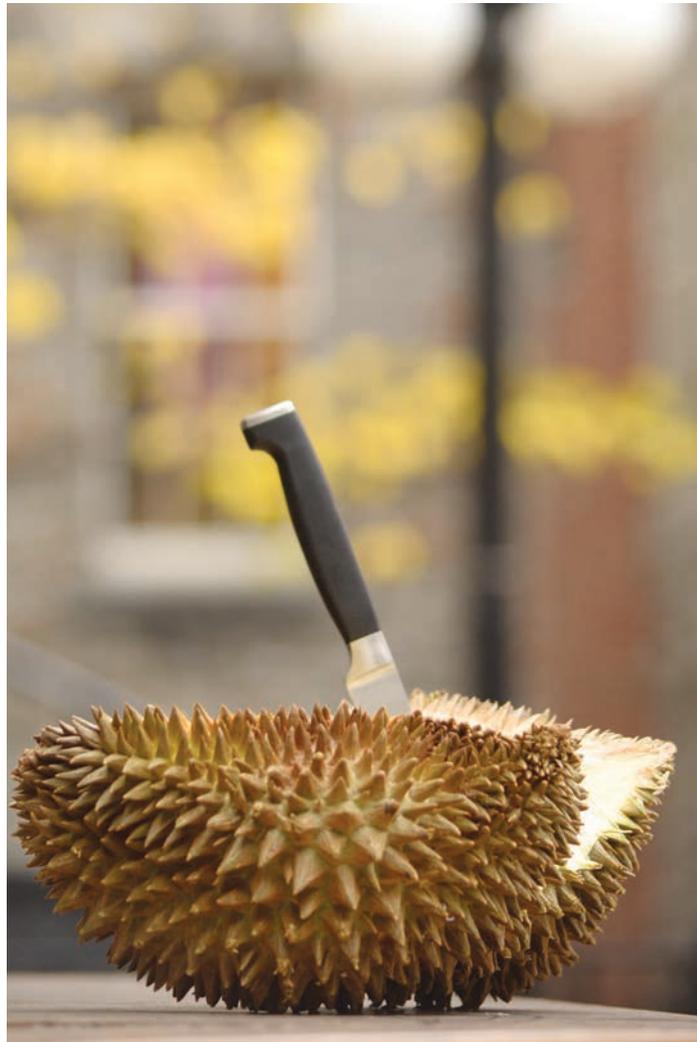
It tasted pretty great--more of a lamb meatloaf with spicy nutmeg over sweet potato and potato mash. The dram of scotch that accompanies it does make the dish feel more authentic. As far as adventure eating goes, this is just nibbling into a world of endless flavours. What about some haggis instead of the same old cheeseburger with your beer or scotch?

For the very brave and not squeamish there is a fruit that has a smell that is infamously banned from public transit all over Thailand. This fruit is Durian. You can try to describe the scent as the outside of a full garbage bag that has had a couple days to ferment in the warm sun with almonds. "It's not one of those smells that you think. Hey! I want to eat that!" says Pat Liu.

Durian obviously does not want to be consumed by humans. Along with the scent, the squishy fruit is encased in a hard husk covered in spikes capable of penetrating skin.

Of course humans, being a species who likes to make nature its bitch, find ways to get to the fruit inside. It is very popular in South East Asia and among families in Canada who originate from the region.

Once you do break through the husk, cutting along the growth seam with a sharp knife and using considerable force to tear it apart, you are welcomed



The overpowering smell of the Durian fruit makes it one for the most adventurous eaters.

to an even more grotesque image. The fruit is squishier than an over-ripened banana and looks like the diagram of a greenish-yellow teste in an anatomy textbook.

Upon first bite it is difficult to chomp a considerable amount as gag reflexes scream to keep the gelatinous matter out of your body. The durian tastes of banana baby food with almond but with a curdled cream texture. This would be great in a smoothie or a shake. Whoever eats this raw should be rewarded with free booze afterwards.

Care for a try? Go down to Kowloon Market on Somerset Street in Chinatown and grab one for about \$6.

On Rideau Street near Nelson Avenue you will come upon a worn two storey residential building that houses a more appetizing ethnic delight. The weathered, yellow sign welcoming you reads: Horn of Africa.

The restaurant that opened in 1991 has not seen much change aside from the painter's-tape-coloured paint trimming the walls. The bar holds several empty bottles of dusty Vermouth along with coat hangers dangling from ceiling fans.

It has character here. This restaurant is owned by a man who has come to Canada and is now sharing his culture and food. It has a soul and a

sense of despair from a lack of thousands of dollars of capital to over-furnish the establishment.

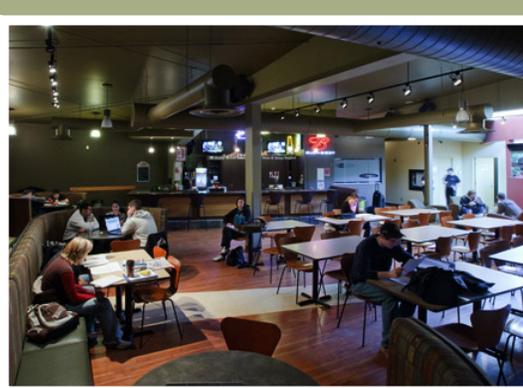
Horn of Africa is one of the only restaurants that serve Etruscan cuisine. Every meal is made up of liberally spiced stews of meat and vegetables called wat. The wat all sit upon injera: soft, pliable, foamy sourdough bread. Injera is also the utensil as it is ripped and then used to pinch wat.

The beauty of this finger food is that every bite is different as you pick from the different flavours presented. Traditionally sharing is also encouraged, creating some of the most intimate eating a person could have as you literally feed each other by hand.

For only \$10 and cheap \$4 dollar beers, what's not to like? There's also delivery if you want a more intimate experience at home.

Some of us students take on some of the most radical changes in our life by building careers and gaining responsibilities. Why don't we make another major change in our lives and eat whatever the hell we want? Looking in corridors of food we never thought about will build a passion undiscovered, and upon discovery will continue for the rest of our lives.

To discover is a basic human drive to satisfy our curiosity that is shameful to be feared. Not looking to new horizons of food due to your own misconceptions is saying no to living a delicious, interesting life. 🍷



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The Intern Life

By Laura Clementson

Taking a peek inside the secret backbone of Canada's workforce. *Glue's* Laura Clementson looks at the benefits that can come from the struggle that is interning in the modern economy

While everyone else was gathering their belongings and getting ready to head to a popular Toronto lunch spot, Andy Pinsent was heading to the fridge to grab the sandwich he packed for himself.

Pinsent had garnered the prestigious CBC internship he'd been yearning for, but the unpaid job left him strapped for cash. He was barely able to afford the bread to make his sandwich, let alone be able to grab pints with coworkers at the end of the day.

This is the reality for most interns.

In an era of belt-tightening, Canada's workforce depends on free labour. At the same time, so do students and young professionals who need the valuable work experience. It's a vicious cycle and

one that will not be going away anytime soon.

Unpaid internships are synonymous with glitz and glamour, going along with highly sought-after jobs. But they come with a price, and Pinsent isn't the only one who finds the cost hard to stomach.

When a bachelor's degree or a diploma doesn't set you apart from the rest of your peers, an internship is often the only way to get your head above the crowd.

"There's a saying that you can't get the experience without the job, but no one will give you the job without the experience," said Jenna Bryson, former partnership co-ordinator for International Association of Students In Economic and Commercial Sciences (AIESEC) at

the University of Ottawa internal communications department.

Bryson admitted that unpaid internships can be tricky because students could have a difficult time supporting themselves, but said that overall the experience is valuable.

"Internships, whether, paid or not paid, are always good experience, especially for those who want to advance their future careers," she said.

While Pinsent was fortunate enough to find two internships in his field of journalism, both which offered invaluable experience, he admits that they came at great financial costs.

"It is free labour and it is good experience, but maybe [the employer could] try to see what the situation is like with an intern," he said.



He added even helping to pay for transportation would go a long way.

“Every little bit helps and it’s always crunch time during the year for students. There’s always budget issues,” added Pinsent.

Money was so tight that what should have been a six-week internship for Pinsent was cut short because he could not afford to live in Toronto one more week.

For Pinsent to make it through those five weeks, he had to sell his laptop and DSLR camera—his two most prized possessions.

With the cost of paying for rent in two different cities, transportation, and food while at a full-time unpaid internship, Pinsent simply couldn’t afford it any longer.

He even lost 25 pounds because he couldn’t afford to eat properly. He had to return to Ottawa to secure a summer job in order to be able to start paying off his student loans.

Although Pinsent has never had to turn down an internship opportunity, he has been prevented from applying for placements because he would not be able to afford it.

It’s an experience that made Pinsent realize the system uses people, even though he was treated with the same respect as a paid employee.

“The flip side is that the internship probably put me in consideration for more jobs,” said Pinsent. “It’s really hard to argue the value.”

But with internships playing an integral role in the labour force, what impact do internships have on the Canadian economy?

According to Carleton University economics professor Frances Woolley, internships mirror the bigger picture of the economy—a product of a leaner, more bare-bones workforce.

“I think in some ways internships are a reflection of what happened in the overall economy rather than a driving force,” said Woolley. “I think it’s a reflection of the pressures that those fields are under rather than something that’s causing and driving changes in the overall economy.”

“There’s a saying that you can’t get the experience without the job, but no one will give you the job without the experience”
— Jenna Bryson

For certain industries such as publishing and journalism it is now expected—and in many ways required—that people have internships. Woolley explains that this is because internships pertain to “glamour industries.”

“Basically any job where it’s hard to get in and lots of people want in, you’ll start seeing internships,” said Woolley. “If you start seeing unpaid internships at McDonald’s you know that the labour market is really in desperate shape.”

Woolley explains that in competitive industries, internships simply become a part of the business model.

Some students are so determined to land an

internship in their field, they’re willing to pick up and go abroad.

“People are desperate to find a job anywhere,” said University of Ottawa student Katey Potter, who travelled to India to get work experience in international relations. “People need to broaden their horizons and see what else is out there.”

Her employer was even able to pay her a small subsidy to help cover the cost of housing.

“Being the slave labourer in an office is never fun and nobody wants to do that so you might as well go somewhere where they will pay you,” she said. By taking an internship abroad, she is adding a unique element to her resume.

“That’s exactly what I want to set me apart,” said Potter.

What makes an internship valuable though? Is it more important that it adds to your resume or that it’s a learning experience?

For University of Toronto law and economics student Peter Flynn, his paid internship provided an alluring learning experience that was worth more than money.

“It was more of just a learning experience, that’s how I viewed it,” said Flynn. “It was eye-opening and very worthwhile.”

He worked at a political marketing group in Toronto, just the position he was looking for to bridge the gap between his degrees.

“It was more as if it were a job, but it was also trying to give me a whole experience rather than sitting behind a desk and stuffing envelopes,” continued Flynn.



He also made note that at no point did he ever feel taken advantage of.

Finding a job or a placement can often be daunting, but there are many resources to assist students.

If your school doesn't offer internships, the federal government offers the Youth Employment Strategy (YES), a way of helping youth make a successful transition to the workplace.

"Youth employment programs are part of the Government of Canada's broader strategy to create an educated, skilled and flexible workforce," YES told Glue in an emailed statement. "Today's youth are tomorrow's workers and leaders, so by investing in them we are contributing to Canada's long-term growth, competitiveness and overall prosperity."

However, internships are not for everyone, and this is due simply because some people just can't afford to "work for free."

Woolley says glamorous internships make a

Finding a job or a placement can often be daunting, but there are many resources to assist students

two-tiered society when it comes to students applying for prestigious gigs. Students who are backed by their parents or have hefty bank accounts from summer jobs have a clear advantage when they're chasing internships out of town.

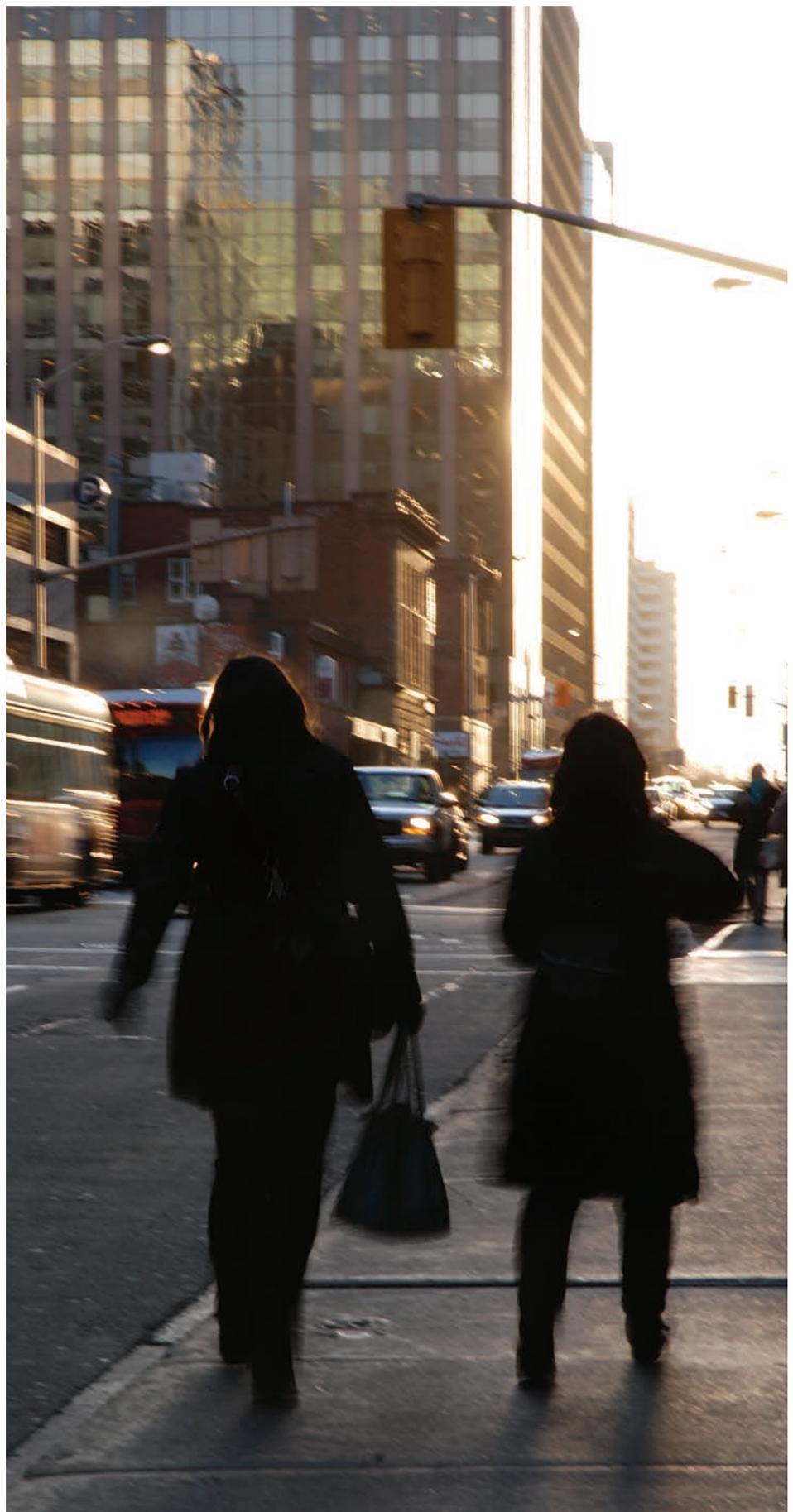
"It does really worry me that there's inequality of opportunities with these internships because not everybody can afford to take one and when that's the gateway, it becomes harder for certain types of people to get through the gateway," she said.

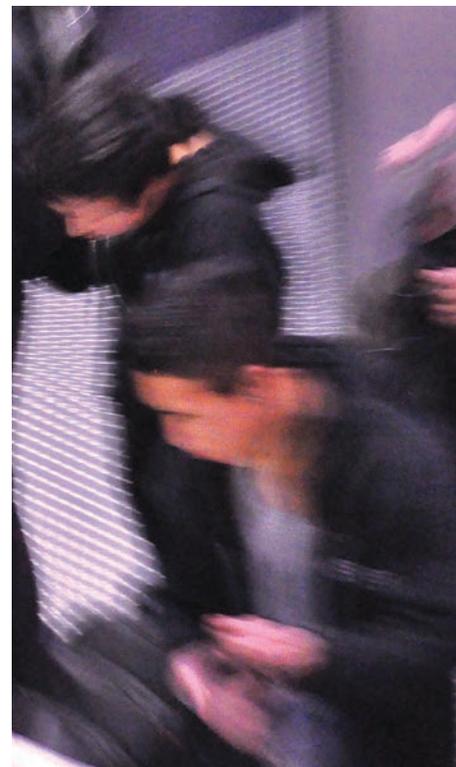
The problem is compounded when internships drag on for six months to a year while students are supporting themselves financially.

For recent graduates, this can be especially difficult if they received OSAP throughout their schooling because they only have a six-month grace period before they have to start paying it off.

Yet an internship is a leap into the unknown—a chance to stare your dreams in the face—and for many, that brief flirtation with the big leagues is too enticing to ignore.

And the experience, the confidence gained in the field is well worth its weight in unpaid sweat and tears. 





E-SPORTS: It's in the Game

By Karl Kofmel

Gamers are leaving their basements and making it big playing the "sport" they love – in front of growing audiences

In the basement of the Clocktower Brew Pub on Bank Street in Ottawa, at least once every couple of months the room is filled with cheering teens and college students. Like at any sporting event they root for their favourite players on the many screens and raise a glass to player defeats. But this is a different kind of sport. It's not played on a pitch, a field or a diamond. It's played in a completely different world, the virtual world of competitive gaming: eSports.

The eSports scene can include any game on any system, but at present it focuses mostly on three games. Starcraft 2, or SC2, is an economy-based, one-versus-one type game. League of Legends, or LoL, and Defense of the Ancients 2, Dota 2, are five-man, team-based, multiplayer online battle arenas. You and your squad of similarly skilled teammates, control one "hero" apiece to defend your towers against your opponents.

These three games have carved out their place

because of their ability to provide a great player versus player experience. Once the computer has been beaten only other people, human players, can offer skilled players a true challenge.

"It's just something that anyone could do," said Severin Madsen, a student attending Washington State Clark College. "You don't have to be the cream of the crop athletic wise. It's just the thing that either inspires them to try it out themselves, or just try new things. This isn't

something I have to spend my whole life on or a lot of money on. I can just jump into it.”

Many people are doing just that. What has helped eSports to become a target for companies looking for new marketing opportunities and thousands upon thousands of sponsorship dollars is the staggering viewership numbers. It's not the playing that has garnered so much attention, it's the watching. Hundreds of thousands of people tune in to watch the best of the best, the consummate professionals, battle each other for thousands, if not millions, of dollars in prize money. They do it alone in their rooms with a bag of popcorn at five in the morning, they do it in groups around a big screen at home, they do it in bars all over the world and they do it at the events where large crowds gather at convention centers and arenas to cheer on their favorite players.

The Season 2 World Championships for League of Legends had 500,000 concurrent viewers. That number does not even include the areas where it was broadcast on television, China and South Korea. The 2012 Major League Gaming Spring Championships had 4.7 million unique viewers. A lot of television shows would do anything for those kinds of numbers.

Things are really starting to heat up in the scene as more and more opportunities for growth are being found every day. James Lampkin is the marketing manager for Teamliquid, one of the biggest eSports teams in North America and the largest website dedicated to eSports outside of Asia. “We're just starting to strike up what I think we can do,” said Lampkin.

“We're just getting our feet wet with marketing opportunities,” he said. “The real push right now for me in my position and others in other organizations is to convince larger brands that this is something worth getting involved in. In the past it was a struggle, but because of the numbers and the metrics we're able to use it's a way stronger argument to make.”

Those staggering numbers have also made this a lucrative venture for many young aspiring gamers. In 2012 alone, Starcraft 2 players combined to make over \$2.5 million in prize money.

While that may sound like a lot, Dota 2 held a single tournament where they gave away \$1 million over the span of a weekend. LoL did the same thing a little over a month later, except with \$2 million. This doesn't even include other revenue streams for players such as salary, coaching, sponsorship and streaming. In 2010,



What has helped eSports to become a target for companies looking for new marketing opportunities and thousands upon thousands of sponsorship dollars is the staggering viewership numbers. It's not the playing that has garnered so much attention, it's the watching.

the first year that Starcraft was a part of the MLG pro circuit, the very first tournament had a prize pool of \$7 000. The 2012 Summer Championship handed out \$76, 000. Not all of this is due to advertising. There have been social media programs, pay-per-view streaming models and alternative sources like apparel.

Now is the time that eSports will truly be tested. If it's hard to get into watching a game and not as enjoyable for those who can't appreciate how much skill it takes to play because they

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Optimism is high among gamers that e-Sports has a bright future. Even with jobs and families - there will always be time to play.

haven't played it themselves, how well will it work on television? There are some people who don't see how.

"I think it really depends on how well foreign players do," said Rishi Vala, a commerce student at Queen's University who plays Starcraft 2.

"In the eSports scene foreigners are everyone who isn't Korean. "As of right now, people in North America and Europe are more attached to players they understand, that they can connect to."

But there is also some optimism.

"For one thing nearly everyone from my generation and a bit older can relate to gaming," said Paul Urbaniak, a student gamer from Lübeck, Germany. "Playing video games is playing video games."

The problem heading into the world of television for eSports is that the main reason people keep watching could end up being one of the reasons people tune out. Even with good commentary it would be difficult to explain just why what a player did was so amazing. Why should viewers care that someone got a "penta kill" or split his marines perfectly?

"It's definitely harder [for someone who's never played]," said Lampkin. "Because everyone has run, or seen someone running. So they have some background in it. The barrier to entry is certainly a lot higher. That being said I've still seen a handful of people come into the scene without having played the game and still get in touch with it."

What about the future though? At some point the game might change to something unrecognizable, or after years and years and years of playing it just might not fun anymore. What happens then?

"I've enjoyed playing games since I was a kid, so it's not really about age that games are interesting to me," said Luis Conceicao, the president of the Ottawa University Starcraft 2 club. "I may not have time to play as much when I get older. If I have a family, kids and a full time job, I may only have time to spend an hour a night to play a game. But I will always have some time to devote to it."

While eSports may be all about video games, it's not a game. Lives are made and dreams are shattered within the confines of the soundproof booth. Only those with the drive to compete, the ones with the capacity to reach for their dreams with everything they have, can survive in the world of competitive gaming. Just like any other sport. 🎮

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Arthur McGregor, owner and operator of the Ottawa Folklore Centre, is a keen ambassador of the ukulele in town.

Ukulele Underground

By Jesse M. Kelly

Out of the toy chest and into the hands of musicians, the ukulele is striking a cord with the Ottawa community. Why is this whimsical instrument being taken so seriously and becoming the centrepiece for clubs in Ottawa?

It's nightfall in Taipei, Taiwan. Several ukulele players have gathered in the midst of a party in Da'an Park following the monthly potluck. The first rule: be kind.

One member of the group that night was Dallas Waldo, an Ottawa-based hip-hop artist who recently moved to Taiwan.

"I just joined some other friends who were also first timers at the event," he says. "We had no idea what we were getting into. We started by just chilling in the park hanging out and listening to the nearby music: bongo drummers and ukulele players."

The event was created to promote environmentally friendly habits, but has recently become a gathering place for performance artists, drummers, musicians and (increasingly) ukulele players.

Bytown Ukulele Group is an Ottawa gathering designed for specifically for uke enthusiasts.

BUG meets twice a month at Clocktower Brew Pub on Bank Street, attracting young and old, new players and veterans alike.

One such veteran of the ukulele is Matt Laurent, of the Montreal band Lucky Uke. Laurent spoke with *Glue* magazine about the third wave of popularity that the ukulele is experiencing.

"I first was in contact with a ukulele when I was about 19 or 20. A friend of mine had one and I was doing some rock and blues licks on it," he said. "I always thought it was just a toy and I never knew how to tune it. I remember playing it, but for just a couple of minutes at the time."

The ukulele has long had a reputation as a child's play thing. But these days the instrument is emerging from the toy chest, and making its way back into the hands of serious musicians and pop culture icons – from Eddie Vedder and Zooey Deschanel to Matt Laurent of Lucky Uke.

Lucky Uke's music relies on what Laurent calls the "smile factor." For the group's first album they adapted heavy metal anthems that you wouldn't typically expect to hear on such a sunny instrument.

The covers ranged from the Rush classic "Spirit of Radio" to harbingers of head banging like Metallica's "Nothing Else Matters" and Iron Maiden's "The Number of The Beast."

"I think everything is ukulele-able," says Laurent. "After that, it's a question of taste. It needs a melody and that's it."

Laurent said he has noticed an increase, not only in the use of ukulele, but a rise in uke culture as well.

"I think it's because it's quite easy to play and extremely fun," he says. "It can sound really good even if you just learned how to play." In fact, Laurent thinks that if everybody played the ukulele, the world would be a better place.

Another uke ambassador is Arthur McGregor, the owner of the Ottawa Folklore Centre. "We're selling hundreds of ukes a month, it's unbelievable," he said. "We're selling so many that we actually dedicated a single room of our retail space to ukuleles."

The ukulele has a long history, an ebb and flow of popularity, having fallen into the hands

of Clash front-man Joe Strummer, country artist Hank Williams Jr. and even Warren Buffet, who Forbes has ranked among the top three richest individuals for the past ten years.

The ukulele has recently entered into its third wave of popularity in popular culture.

The uke began its life as an import to Hawaii, making its way with Portuguese immigrants in the late 19th century. Eventually it would become associated almost exclusively with Hawaiian music.

Later came the introduction of ukulele music to the rest of America via a man named George Formby, who in the '30s and '40s played a combination banjo/ukulele. His lyrics riffed on the army, blue collar life, and sexuality.

"The second wave started with Don Ho," said McGregor of the Ottawa Folklore Centre. "[That] would have been late '50s early '60s and ended with a firm snap shut with Tiny Tim back in the early '70s. [He] was a joke for most people and it pretty much killed the ukulele."

But McGregor says the uke never truly died. "There has always been a ukulele underground."

For many the ukulele was brought front and center once again by celebrities like Zooey Deschanel playing the instrument while hosting *Saturday Night Live*, and by musicians like Pearl Jam's Eddie Vedder dedicating entire albums to uke covers and compositions.

"I think that a key point was the version of 'Over the Rainbow' by Iz Kamakawiwo'ole something like ten years ago," says Laurent of Lucky Uke.



Ukuleles come in a wide range of shapes, sizes and colours. Lower end ukes like the one on the right can cost as little as \$30, and are extremely durable.

“Jack Johnson with the relaxed vibe also probably has something to do with it.”

Most of the uke players who spoke to *Glue* magazine hesitated to mention anyone specific who turned them onto the instrument.

Instead, love for the uke can be broken down into a few basic categories: simplicity, accessibility, variety and cost.

“It’s easy to play, portable, and cheap,” says Vanessa Alambo, an honours biology student at the University of Waterloo. “People want an instrument that they can play once in a while without having to put in much effort, and that’s what the uke provides.”

McGregor of the Ottawa Folklore Centre also defines the uke by means of its accessibility. “Four strings, short scale length, low tension, and enough strings to make it melodic, so anybody can, within ten minutes, be playing 50 per cent of the folk songs ever written,” he says. “The different [sizes] in the ukulele... they’re all tuned exactly the same, and the difference is primarily the voice that they give, so people can even personalize them without really personalizing

them, and there’s not a lot of instruments that can do that.”

That variety shows itself most clearly at the BUG jam sessions. Attendees range from young hipsters with \$30, fluorescent coloured, maple bodied ukes, to older men and women with ukes worth hundreds of dollars that are hand crafted from exotic tone woods like Hawaiian Koa and Brazilian Rosewood.

“For the free jam we get about one quarter to one third of the people being university age,” says Sue Rogers, who organizes BUG jam sessions with her husband Mark. “You’re getting a good mix of ages, my biggest thing is I want the young people to bring the songs like the Ingrid Michaelson, the more current songs. It’s a fun, non-judgemental instrument, it’s a little quirky, so it kind of appeals to bad-asses and people that want to be out of the mould a little bit. It’s fun, it’s just fun.”

Uke can be fun, can be whimsical, and as Laurent of Lucky Uke says, uke “makes you think that you’re not at work but on holidays somewhere where the sun is shining.”

There is, however, a dark side to the ukulele. Like any of its cousins the ukulele is hard to keep in tune until the strings adjust to the tension they are put under.

This can make initial attempts at playing a new ukulele frustrating at best, and destructive at worst.

Even stranger, traditional strings are made of catgut, which is a natural fibre that is present in, as you might expect, the intestines of cows, pigs, horses and donkeys.

Those of you who have vivid imaginations or squeamish fingers can rest easy knowing that most modern ukes use the more popular synthetic alternative.

Between the huge variety available, the range in prices from back-pack stuffers and high-end ukes, and the relative simplicity of the instrument, ukulele has once again come into its own.

Ukulele is, at once, a novelty, a hipster favourite, and a serious instrument. Best of all for players, it is what you make of it. There are no pre-packaged ukulele heroes. Play show tunes, play thrash metal, play what you like. 🎸

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Food To Get You Laid

How heat in the kitchen can steam up the bedroom

By Zack Nouredine



Some foods are simply sexier than others.

Where has the element of surprise in romanticism gone? It's been buried between the pages of cooking books, far from most eyes of North American men living in the 21st Century.

See, women love men who cook. Yet, men have allowed their opposite counterparts to feel a little more territorial in the kitchen ever since the day mammoths went extinct. Frankly, we're just lazy.

What if you could alter the balance that we, as a society, have grown so accustomed to? What if you could change the upsetting stereotype that

men are clumsy in the kitchen? The sensual intimidation could very well win her over – even if it is just for one night.

You don't need to possess a strong understanding of the finer aspects of culinary skills gentlemen, just pretend you do. Take advantage of the hour she'll have all eyes on you and your newfound talent with a cutting board.

Keep in mind, if you're a douchebag to begin with, no recipe on the face of this green earth will ever get you in your mate's good book.

Don't expect a miracle. Set your

charm in full effect, be mannerly, take a compliment, but don't let it go to your head.

First, you will need to learn how to use fine herbs, exotic fruits and hormone-inducing aphrodisiacs to conjure a dish that will leave your lady brimming and hungry for more; even if you are the average male who happens to have a bus pass, eat Nature Valley bars and pull in a two-figure income, you can do this.

Dinnertime is best. For a start, acquire a distinctiveness for oils. Expand your repertoire to accom-

modate everything from grape seed to flax and sesame. These oils are a rich source of essential fatty acids and they also trigger free estrogen and testosterone production in both sexes.

"I recommend the use of omega-acids to most of my older patients suffering from sexual dysfunction," says Dr. Timothy Cregan, an Ottawa-based private physician. "Including these oils into your everyday life with moderation can benefit hormone production at a young age."

Although not an aphrodisiac, the nutty yet delicately acquired

taste of flax and sesame will appeal to any customer. Having these oils on hand and being fairly aware of how to put them to good use may convince her you have clearly done this before.

Lose rubber-stamped items like chocolate and opt for a different sweetness. Kama Sutra followers and enthusiasts believe honey gives lovers strength.

“This liquid aphrodisiac is charming on its own with sweetness and texture,” says David Journeaux, a convert to Buddhism and long-time enthusiast of Kama sutra. “Not to mention, the sugar boost will temporarily boost your mate’s energy levels.”

Kama sutra, the ancient Indian text of on human sexual behaviour, does more than offer spiritual exercises.

“You don’t need to be a believer of the faith to enjoy what it offers,” says Journeaux. “Kama Sutra gives us a very healthy lifestyle and its

fundamentals on sexuality can do miracles for any ages if studied correctly.”

The text lays out a nutritional foundation geared towards sexual arousal, ability and enjoyment.

Aphrodite, the Greek goddess of sexuality and love, would certainly tell you the joys of honey herself, if she could.

Aside from its potential to land you in a sticky situation, honey has many health benefits. “It is one of the strongest promoters of zinc,” says Dr. Faten Rabie, an Ottawa family physician and nutritionist. “A deficiency in zinc can lead to impotence later on in life.”

Asian culture has become accustomed to the use of herbs to treat sexual dysfunction in both sexes due to its ability to trigger nitric oxide in humans. Kava and horny goat weed (the name is self-explanatory) may suffice, but the slow-growing perennial ginseng will out-last the

bunch. Be creative with ginseng, especially when considering what any romantic occasion begs for: fine wine.

Let your dirty mind seep into the Orient: Bek Se Ju is a variant of medicinal wine, popular amongst younger people for its sweet and subtle taste rather than healing properties. The Korean rice spirit is renowned for its infusion of ginseng amongst eleven other herbs. It ranges in prices and is available at most, if not all, LCBO’s across the province.

Exotic fruits such as avocados, papayas and pomegranates are aphrodisiacs worth considering when preparing a side dish.

“Ancient history has told us that these fruits make sex more attainable and pleasurable,” says Journeaux. “Myth or fiction, it’s the mystery that intrigues us all.”

Pre-heat the oven at 350 degrees then add chicken breast or salmon fillets into a bowl and marinate it

with flax or sesame oil and Bek Se Ju rice wine. Spice it with sage and garlic and let it soak for an hour. For an extra kick, add a teaspoon of honey and Amaretto to the marinating process.

The oils are essential throughout the entire preparation. Apply two tablespoons of flax oil to a pan and heat until ready, be careful not to burn the oil. Add the two marinated fillets to the pan and cook on medium-high for chicken or medium for salmon.

Cut one avocado down the middle and add almonds to the center then bake until crispy. Drizzle both finished halves with honey and serve as a side for the party of two.

Adorn the plate with fresh spinach leaves and chickpeas for décor. Serve with the Bek Se Ju or any Ginseng-based oriental wine and go with the flow. For desert – wild sex, if you’ve still got the stomach for it. Bon Appetit!



From left to right: Nimmi Sidhu - Promotions Manager; Nicole Logan - Glue Coordinator; Tracey Welsh - Royal Ottawa Hospital Events Director; Jessica Orr - Designer



This year for our annual fundraiser we held a hockey night at Hooley's. Together, with your support and the help of our sponsors, we raised \$879! That money was donated to youth mental health programs at the Royal Ottawa Hospital. From all of us at Glue Magazine, we would like to thank you for your ongoing support!

The Challenge of Change

Activism is hard work – and it matters. Why should you stand up and get involved?

By Daniel Cress



The sound of chanting reaches your ears before the sight of signs bearing slogans come into view. A crowd has gathered on Parliament Hill again and over the roar of the crowd the message is hard to hear. The protest is heated and RCMP officers stand back watching as the group marches in time to their shouts of demands. The question is, do you walk past? Or do you join the throng?

When asked about the world around us the most common sentiments expressed are negative. Be it war, environmental crisis, political instability, or inequality there is no shortage of problems that challenge us as a society. But what can society do to challenge these problems?

Activism is a word that elicits many different responses from those who hear it. Some conjure up images of the violent G20 riots in Toronto, while others see organized conferences and petitions.

Despite the varied connotations associated with activism, the alternative

mentality of inaction and shutting out the world, hoping someone else will solve the world's ills is completely ineffective. Activism is the clear choice to impact change.

This option requires work; real activism involves harnessing passionate feelings about an issue and taking vigorous action to bring about change. So now that you've decided to join the protest, what does it really mean to get involved, and how do you do it?

"Being an activist means really getting involved in your community. Getting together with people and getting a sense of collective power, of energy," said Ryan Lee McKenna, an anti-war activist and pro-nature advocate. A 26-year-old university graduate and former member of the Royal Canadian Navy, McKenna has had the opportunity to be active in causes across the country.

"It's ensuring our democracy, we need activism to really challenge government or even the system as a whole, to really question what deci-

sions are being made and how they are being made, and to look at how we as activists can create a better society for everyone," said Amalia Savva, former president of the Student Federation of the University of Ottawa.

In this function activism does not need to be aggressive, but acts as a watchdog ensuring decisions are made on behalf of the people they affect.

"We live in a world where there are a lot of problems, and as the younger generation we are going to be the ones who have to deal with these problems and consequences, so I think it's really important to engage with something, anything really," said Lauren Jutai, president of the University of Ottawa Women's Empowerment Society. "There's a variety of issues that will affect us into the future that people can get involved in and it's a meaningful way to make a difference and really be a part of the change."

With lofty goals an inherent part of activism, getting involved can be daunting, but the first step is a natural

one. Finding your cause.

"Sometimes it's just about going and sitting in on a meeting here and a meeting there and finding what really speaks to you," said Jitai. "It could be about in which area you want to make the most change, but it's also about personally, what suits you the most, what draws your beliefs, because it's really important that you're passionate about your cause. When that passion comes from within your work your advocacy is all that much stronger."

Each individual has their own reasons for getting involved in activism and taking up a cause, what's important is that each of those individuals brings a unique voice to add to the whole, making it stronger.

"What drew me to activism was by no means a single moment. It was many moments strung together," said McKenna. "I've always had a predilection for finding out how things work, and that compulsion has led me to seek out a wide range of knowledge."

Once you have found where you

want to devote your time and energy towards making a change the next step is getting out there. “Getting involved on campus there’s a whole bunch of ways, whether its with your student union or with campus clubs it’s kind of looking out for those things,” said Savva. “Or if students are interested in their own initiatives then making a club or a group and starting to talk about those things and learn about them. It’s educating yourself first and hopefully educating others on what you’re trying to do.”

Starting her own club is exactly what Jutai did. “We just felt a void on campus of a club that was dedicated to bringing more awareness to issues that affect all women both in the developed and developing world,” said Jutai. “So our goal has been to raise awareness and funding for organizations actively working to help.”

Jutai realizes that deciding to start your own club is a big leap, and acknowledges that any involvement can help.

“Even just helping out at a fundraiser, working behind the scenes is really important too,” said Jutai.

There are opportunities all over if you are willing to look for them, and people willing to help you as you begin to become a part of the activism scene.

Savva encourages newcomers to start by networking. “Connecting with activists, with those people who have done activism for a long time, or people who are also just getting into it to create personal relationships is important,” said Savva.

Once you’re immersed in the world of activism understanding the process is the next key. Change doesn’t come like a flood, and not getting disheartened is critical.

“I think when people become more involved with issues, that everyone really benefits, these issues that might not have been brought to light otherwise can be and I think even having a more open discourse is really beneficial to society,” said Jutai.

Measuring the effects of activism can be difficult but Jutai has her own way of assessing how her work is impacting the issues.

“You have to measure your results not only by what you achieved concretely but by what you’re contributing to discourse and to the creating and sharing of ideas.”

Every little effort helps in the long run, even if the effects are not immediately apparent. Each new voice speaking out for a cause can be an impetus for change.

“It can be students, it can be community members, it can be their first time getting involved with activism, but that’s making change that’s getting more people aware of our system and that in itself makes a great deal of change,” said Savva. “Everything is connected so it’s looking at it in the bigger picture and all continuing to work together.”

For students there is no shortage of subjects to be angry about. Rising tuition, increased cost of living and a depressed economy paint a picture of a bleak future for an entire generation of Canadians. This is the time to speak out.

As the ones to be affected by the decision being made right now, making your concerns known is as important as ever. The best way to speak out and fight for change is finding the issue that speaks to you, educating yourself, and spreading that awareness to others. In other words, being an activist.



Daniel Cress Photo

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Soul Space

Put on a happy space! Turn your home into a peaceful place by cleaning out the clutter of the past and making more room for a positive future

By Janik Shannon

Out of sight, out of mind. We all do it, we hold onto something regardless if it brings forth negative thoughts and feelings.

We may hide it so we're not aware of it or tuck it away for a later time, but wouldn't the logical thing be to get rid of it for good? Most people disagree, but not author Xorin Balbes, award-winning architectural conservator.

His book, *Soul Space*, lays out an eight-stage transformation process on how to "transform your home and transform your life to create a home that is free of clutter, full of beauty and inspired by you."

Starting off the school year, dealing with midterms or even wrapping up for final exams, we could all use that pick-me-up to take our minds off of school and help us focus on ourselves. What better way than to revamp your space?

Stage 1: Assess

"Take a fresh look at what you've become immune to seeing; appraise what is there on a physical and emotional level, learn to appreciate the best of what exists, and begin to recognize what no longer serves you in your life." (Attribution SoulSpace)

It's simple, really. You take a look

around and associate your feelings with the objects around you. If there are bad memories linked to them, get rid of them.

Positive memories, treasure them. Although we may wish it was that easy to throw something out, it isn't always.

Over the years a part of our lives - a part of us - gets linked to these things and it's near impossible to let go.

"Honestly I really don't know, there's just something about them," said Heather Murray, 19. "I just hold onto them and don't feel like throwing them away."

Stage 2: Release

"Letting go can be hard. It can be really hard. It takes a lot of courage, all our residual hope, and all the good feelings and positive spirits we can muster."

Parting ways with something you've grown attached to isn't an easy task, but it is a fulfilling and insightful one. You discover a new part of yourself in the process, a part that is still shaped by the past but can move on without fear of being held back.

"It doesn't make me too happy when I see them but I still hold onto them," said Murray.

Stage 3: Cleanse

"If we make our surroundings pure, our minds become pure in the process, and that which was obscured from view can be held up to the light to shine."

We all need those treatments to purify our bodies and minds, whether it's going for a massage, getting a pedicure or just taking a bath, we all have our rituals.

With our days filled with busy schedules and errands to run, we sometimes forget to take a breather.

"My big thing is writing, I usually can't get over it unless I write for a few hours," said Katie Cunningham, 20, cook at the Royal Oak.

Stage 4: Dream

"Everything starts with a dream. Every tree starts with a seed."

Dream a little dream. Or in this case as big as you'd like. We all wish for our perfect house, perfect job, perfect family, but we don't always get what we want.

However, our living space is something that should be how we want it.

Each day we spend a great amount of time there, so why not let the imagination flow and create your perfect space.

"I would really like some sort of

mural that someone I know paints, that would be really cool and a lot of picture frames. I have one but I want a bunch," said Samantha Côté Hennigar, 19, community and justice services student at Algonquin College.

Stage 5: Discover

"Discovery is about finding the pieces out there in the world that will complement and nourish the underused parts of ourselves that we want to encourage and bring into the light."

We can all use an adventure once in a while. Whether it's following your gut instinct to a certain part of town or going to the hole-in-the-wall boutique your friends rave about, there is always the opportunity to stumble across what you thought could exist only in your imagination.

"I had no idea that I needed some crystals in my life until I reached out and touched truly amazing pieces of amethyst and quartz," said Balbes.

Stage 6: Create

"What is beautiful to you? I'm not just talking about wall coverings or furnishings. I mean what moves you the way a gleaming kitchen excites the eye of a home chef. The way an empty room, full of usable space,

sparks the soul of a dancer. The way a row of guitars makes the hand of a musician itch.”

It's time to let that creativity shine and not follow the status quo.

We hear about feng shui, a Chinese system of geomancy based on receiving positive energy, and other strategies that are supposed to guarantee us happiness.

There's also the aspect of what WE believe will give us joy.

“[I'm] thinking about getting a bunch of graphic artists to put some sort of mural on all the walls,” said Cunningham.

Stage 7: Elevate

“Elevate is packable, transportable, an ideal way to bring your SoulSpace with you on your next vacation or business trip as well as to turn your home into your temple, your sanctuary, your place of rest and renewal.”

Each individual has their unique pet peeves when it comes to their space: making your bed, having the speaker on a certain volume or placing your childhood stuffed animals in a specific order.

With these tasks you can make yourself feel at peace no matter the location in which you're currently

residing.

“I would probably get a lot of candles, lots of incense, and nice, calming Zen imagery,” said Murray.

Stage 8: Celebrate

“We remember to complain, and we remember to pick up the dry cleaning, but we forget to celebrate life, our work, our family, our friends, ourselves. Celebrating is a way of giving thanks and being grateful for the life we have.”

Birthdays, graduations, promotions, anniversaries and everything else that is an accomplishment is

celebrated so why not do the same for the lengthy process of making your space your own?

Introducing friends and family to your abode will help flourish the sense of completion and pride. With school and work, most of us are too strapped down to think about coming up with our ideal soul space.

We think “It'll take too long, it'll cost too much money,” and that might be true in certain cases.

It might take weeks, months, even years, but wouldn't it all be worth it to finally have what you truly need and want?



What's in Store(age)?

By Steve Dool

There's a war brewing close to home in the lockers we see springing up all over the city and Ottawa auction hunters are turning a profit buying and selling your abandoned junk



Lennon Hale, a self-proclaimed auction hunter, shows *Glue* magazine his comic book collection, worth \$10,000.

Be prepared for competition.” After watching shows like *Storage Wars* and *Auction Hunters* – where people bid on abandoned self-storage lockers in an attempt to turn a profit – I always wondered if it could be done here.

In the shows thousands of dollars are made each episode off of storage lockers that usually get sold for only a couple of hundred dollars.

It turns out that these types of auctions happen right here in Ottawa and across Ontario, and the possibility of making a profit is very real.

I took the time to put together this little guide to help you get started in the storage auction game.

How to get started

The first step in making money the storage locker way is to locate some

auctions. Thanks to the Internet this has become much easier. MacLean and Associates is a local auctioneering company that has a pretty good website. They keep it updated with information on upcoming storage auctions and they hold auctions for some of the Ottawa area self-storage facilities periodically.

“There are not that many storage auctions in Ottawa,” said Lennon

Hale, a self-proclaimed auction hunter and thrift store co-owner. “And the ones that do happen are getting pretty crowded these days.”

That being said, Hale has had plenty of luck finding valuable items in abandoned storage lockers.

He recently bought an abandoned locker for \$450 and it had an antique hutch that was appraised for \$1700 and a hand carved chest that he sold

for \$400; there was also about another \$400 worth of stuff in that locker. One of his biggest finds to date is a comic book collection worth about \$10,000.

“It’s getting harder and harder to find good lockers,” says Hale. “In Ottawa there used to be 10 or 20 people show, now there is as many as 100 and it drives the price of the lockers up.”

Now according to Hale the best lockers he finds are in other areas of Ontario, mostly around Toronto.

He said that they only happen in Ottawa every month or so, but if you look you can find them all over Ontario, basically wherever there are self-storage centres.

Gregory D’Atri is president of Storwell Self Storage, which owns and operates three self-storage centres and the website www.storwell.com.

What to look for

Antiques, collectables and electronics are obviously all hot ticket items, but at storage locker auctions the way something has been stored is almost as important as the item itself.

Looking for something bubble wrapped or that has been put away with care is a good indication it has value said Lucas Tomaro, an antiques appraiser at A Fine Thing in Ottawa.

“Look for furniture or antiques that has a patina built up on it,” said Tomaro.

Patina is sort of a texture and look that antiques build up over time and can be a good indicator of how old something is.

Tomaro also said that knowing your wood types and the difference between mahogany, ebony and just Ikea particle board could come in handy.

“Basically I look for pride of ownership. If everything is just thrown about, I probably won’t bid on it. In my experience if the locker looks like junk it ends up being garbage 90 per cent of the time”

Storwell has found a fairly unique way of auctioning off storage units – they do it totally online.

People can visit their website to look at a short video clip showing the contents of the locker and then bid on them.

D’Atri said that storage auctions might be ideal for students because often they contain whole apartment sets with beds, tables, dressers, TV’s and other household items.

“For a couple of hundred bucks you can get the basics for an apartment,” said D’Atri.

Be prepared for competition.

When Storwell started doing online auctions they would usually get 1,000 visitors to their site, but after the explosion in popularity of the shows his site now sees about 20,000 hits each month.

It is also important to call ahead the day before the auction because people have up until the day of the auction to pay off their debt.

What not to buy

According to Hale you should avoid lockers with garbage in them and never buy more than you can take away in a short amount of time, because you usually only have a couple of days to empty out the locker.

He said he only bids on what he can see, and that he is prepared to risk breaking even but not losing money.

“Basically I look for pride of ownership. If everything is just thrown about, I probably won’t bid on it,” said Hale. “In my experience if the locker looks like junk it ends up being garbage 90 per cent of the time.”

Hale also said he usually avoids the outside storage locker units because it costs more money to store things inside and therefore the things inside are probably more valuable.

Auctioneer Gilles Dupéré said you have to know what’s valuable or you may end up buying more landfill. 

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Be On Your Bus Behaviour

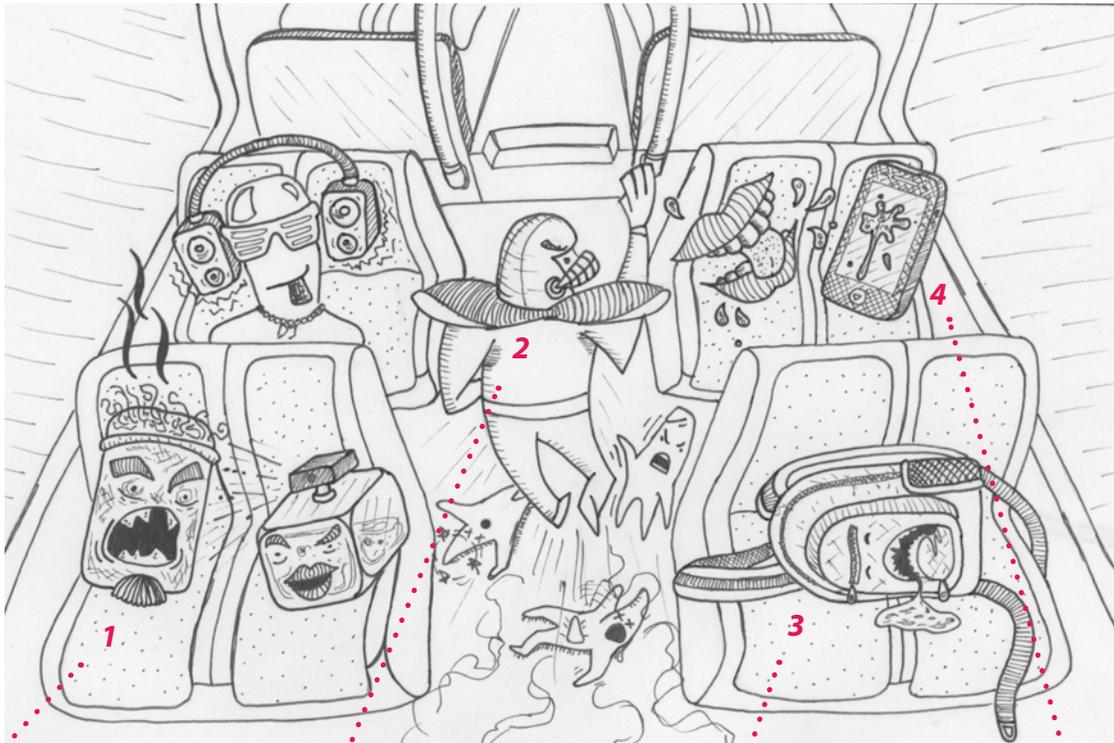
By Anthony Joseph

Surviving a trip on the 95 means navigating the pitfalls of public transportation “bus-holes”

For many Ottawa students, the start of a new school semester means that most mornings and nights will now be spent riding the city bus. Unfortunately, in every bus there always seems to be a couple of passengers willing to cast off any notion of common decency the second they step through those double doors.

This propagation of improper bus etiquette has gotten so bad that some people are now classifying these “rule breakers” under names evocative of zoological nomenclature.

Glue magazine identifies these species of bus-holes so we can better plan our coping strategies.



1. Stinkers

We have those who like to brighten up our day with a dose of poor hygiene. One day you could be hair smacked by greasy hair guy, the next you'll catch a big whiff of body odour man and on lucky days you might get both! It's called PUBLIC transportation for a reason people. For our sake, please grab a couple of samples from your mall's not-visited-enough perfume stores, so you could at least smell tolerable on the way there and back.

2. Bargers

If you are in a hurry to get to your destination, don't be like the douchebags of the world who will step onto the bus not after the passengers step off, but while the passengers disembark. Wait until everyone gets off before getting on.

By barging onto the bus you're not speeding up the process, you're delaying it for everybody. And let's face it, if you were actually in a hurry to get anywhere you wouldn't be taking the OC.

3. Two-seaters

Oblivious to the passengers standing around them, the perpetrators will usually occupy an aisle seat, while their bag sits comfortably on the open seat next to them. On a regular articulated OC Transpo bus (the long ones) there are 53 seats. These seats are first and foremost meant for passengers. A bag is not a human, therefore it's not entitled to a seat. So either place the bag on your lap, or let it play in the dirt on the floor so you don't unnecessarily force a poor soul to stand up.

4. Phoners

Lastly we have those who are oblivious to the fact that the bus is not their own personal phone booth. They're especially devious because they're actually putting stress on the brains of other passengers. Etiquette expert Suzanne Nourse says when you only hear one side of a conversation the brain is thrown for a loop because it's trying to fill in the missing information. The end result is that many have to expose their ears to high decibel sounds just to drown the incessant voice out. **9**

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