Winter 2017

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THE OTTAWA STUDENT MAGAZINE

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Photos clockwise from top: Ellie Sabourin, Terry Bijojote, Glenn Harrop, Teresa Agyemang, Joshua Marquez

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Contributors

Writer

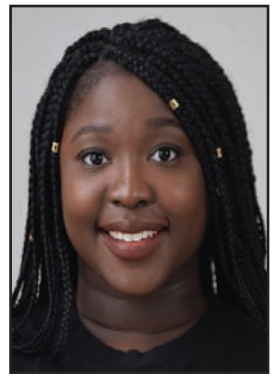
When *Glue* writer Phi Hoang Trinh set out to discover whether the stereotypes behind philosophy students were real or not, he got more than he bargained for. He contacted many philosophy students but found that some refused to talk. "Who is he? Why is he here at all?" Trinh's interactions brought humour to the *Glue* team, but ultimately, his dedication to finding sound sources shows in the Back-of-Book piece "Lovers of Wisdom."

Illustrator

Kathleen Sheedy, a first-year graphic design student at Algonquin College, provided two of the illustrations that bring *Glue* to life. Sheedy drew the images for "Thin Blue Line" and "Reeled In." She demonstrated both her artistic versatility and an ability to work quickly while drawing for *Glue*.

Advertising

Cole McConnell, a second-year advertising and marketing student, proved himself as a useful asset of the *Glue* team. As an account executive, McConnell met with clients to bring the right advertisements to *Glue*. McConnell enjoyed putting the skills he learned at Algonquin College to use.



Photography

While Teresa Agyemang conducted her reporting for "Take Me to Church," her skills as a photographer developed. Unsatisfied with the photographs she planned to use, Agyemang returned to Campus Rush six times over the course of six weeks, each time returning with better pictures. The final result is a glowing, colourful snapshot of Campus Rush that matches the passion in her writing.

glue
THE OTTAWA STUDENT MAGAZINE
Winter 2017

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

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A LETTER FROM THE EDITOR

COURTNEY EDGAR

We all belong to at least a few different communities, whether they are teams, clubs or subcultures. This sense of kinship and belonging often brings out the best in us.

For me, a sense of community comes from my friends, my fellow classmates, the subcultures I participate in and the people I work with. If, like me, you're a cat person or a veggie person, I already know we are kin, but the whole of these groups are made better by the unique quirks that we each bring to that long communal table.

The feminist writer bell hooks once wrote, "Beloved community is formed not by the eradication of difference but by its affirmation, by each of us claiming the identities and cultural legacies that shape who we are and how we live in the world."

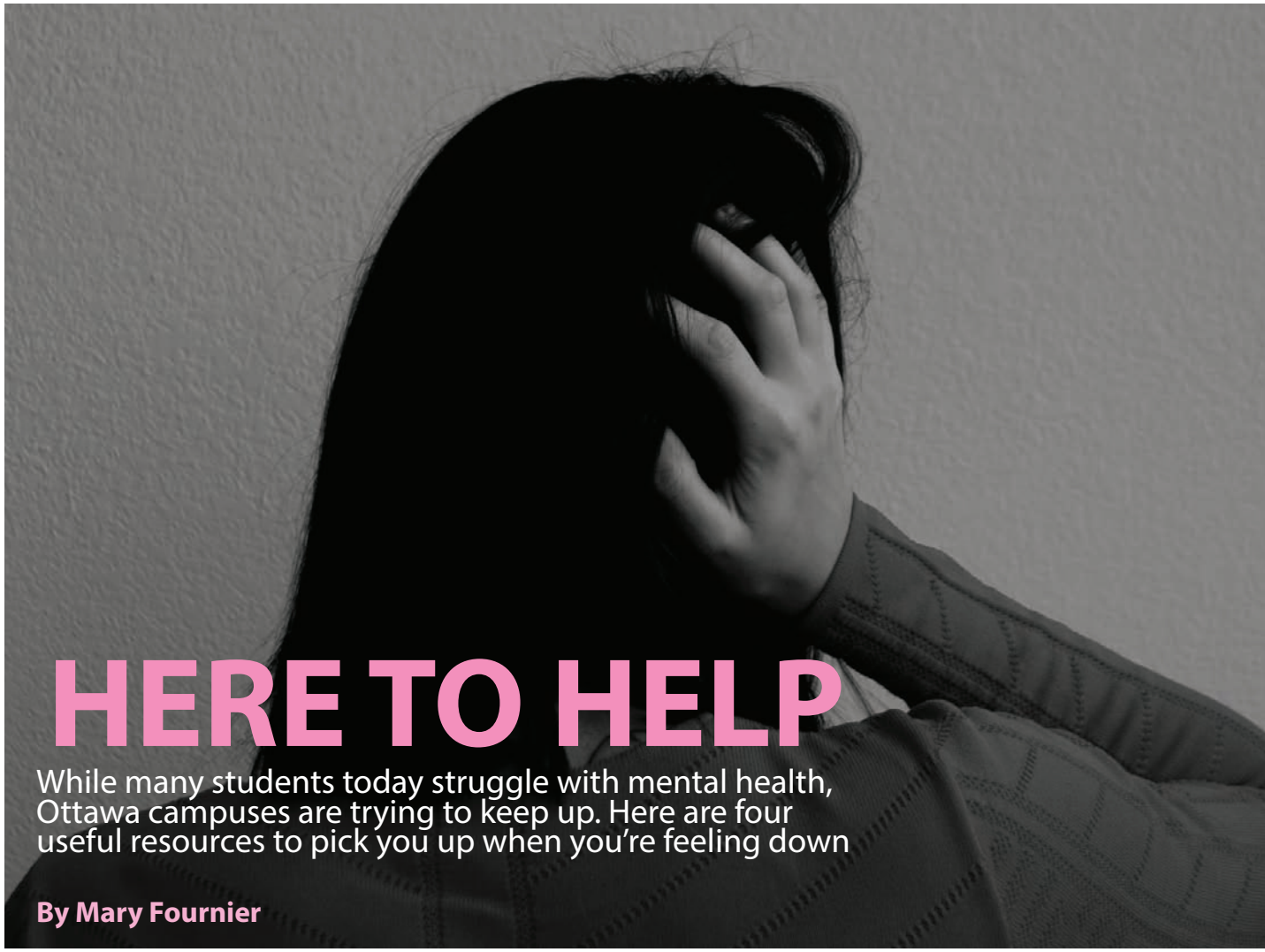
The subcultures to which we belong may focus on our appearances like in Glenn Harrop's "All The Right Scruff," in which he explores why men are ditching their razors and living a bearded lifestyle. They might focus on our careers, like in the story "Getting in the Game" by Jassi Bedi, which looks into gender discrimination in the field of video game production. Or they might even centre around our shared world-views and beliefs like in Teresa Agyemang's "Take Me to Church," in which she visits a group that uses art and social media to spread its message of love. Whatever your tribe, the stories we tell bridge connections. And this issue of *Glue* has many stories for you.

Throughout this issue you will see that no matter the collective, in union there is strength. And we must continue to foster these unions since they are not only necessary for our mental health and well-being, but they also help make the world around us a kinder, more tolerant place to live.

Whether you're a yogi, a foodie, a serial online-dater, or often just find you are defined by your vice, let's root for each other and watch each other grow.

Courtney Edgar

TOP ROW: Bishop DeNeumoustier, Lara Vronick, Wade Morris **MIDDLE ROW:** Courtney Edgar, Victoria St. Michael, Ellie Sabourin, Alina Pradzhapati **BOTTOM ROW:** Joshua Marquez, Sarah Ferguson



HERE TO HELP

While many students today struggle with mental health, Ottawa campuses are trying to keep up. Here are four useful resources to pick you up when you're feeling down

By Mary Fournier

Imagine that you're driving around the city, you don't want to go home, you don't want to be anywhere. Your mental illness has taken over and you have no idea what you want to do next. This is what happened to 20-year-old Algonquin student Bryanna Flannigan. However, there was a bright side to her situation. "I called my friend who was seeing Health Services the next day and [they] asked me to come make an appointment," she says. "It started my journey."

Flannigan suffers from post-traumatic stress disorder, anxiety and depression. And like other students on campuses across Ottawa, she went to health services on her school campus to seek help for her illnesses. "It's a really great and amazing service," says Flannigan of what she experienced at Algonquin College. "But counselling was difficult. There's not enough people for help."

Although students have said that the college's health services are helpful, the number of people to help is not there. There's a bigger issue at hand.

A recent survey conducted by the Ontario University and College Health Association says that the rates of anxiety, depression and suicidal thoughts are on the rise since their first study in 2013. Along with these results, the wait times for students to see school counsellors is up as well. But there are some helpful campus resources.

An Algonquin student, Audrey Toll*, recalls one situation where the help she needed was quite effective. "I had an emergency appointment because I was incredibly overwhelmed. My 45-minute appointment was over two hours."

However, Toll, who suffers from depression and anxiety, also indicates there can be other problems caused by the volume of people who use these services.

Continuity of care is one of them. She recalls an instance where the health services counsellor she frequently talked to was no longer working on campus. "It's hard to open my feelings up to someone new," she says. Even Flannigan says the counsellor she sees is only part-time. "There's one person for so many people," Toll says.

"Wait times out in the community can be two to six months. Here on campus, the wait times are shorter," says Joanne McDonald, Algonquin College's acting manager of Health Services . "It can be two to three days."

Regardless of how long the wait time is for students to see someone for their mental illness, it is still the most important thing for a person who is struggling. However, there are services available on and off campus that can be of assistance in the meantime.

***Name has been changed**

Sarah Ferguson Photo

WellTrack website

WellTrack is a website used to help with depression, stress and anxiety. The person using the service can receive online therapy without outside help as well. The user assesses their levels of anxiety and depression and monitors their reports.

Twice a day, the user is prompted to use Mood Check, which has the user input what they are doing and how they are feeling. If used on a continuous basis, over time the service tells the user what situations put them in a positive mood, compared to a negative one. "It's sort of self-regulated," says McDonald. "It helps [students] see some of the patterns to say, 'This makes me happy and this doesn't so I'll do more of this.'"

Starbucks work

If you're in the market for a part-time job, it might be worth considering applying at Starbucks. The popular coffee chain has recently stepped up with initiatives to support those suffering from mental illness. According to Lenka Coloma, a University student who is also a barista at Starbucks, the reason behind their increasing the funds for mental health services for employees was because a barista committed suicide. Starbucks announced that it will give up to $5,000 a year for employees to cover the cost of therapy for their mental health. "I think it's absolutely amazing," says Coloma. "I've suffered from depression and to know I have this service available to me if I need it is amazing."

AC's Purple Couch

The Purple Couch takes place at Algonquin College and involves a literal purple couch that travels on wheels around the campus to bring awareness to mental illness.

If students in need choose to, they can sit on the couch to talk, and there will be someone there to listen and give support. Deanna Garton, an Algonquin College student, volunteered during last year's Purple Couch event. "People were there for me and helped me, so I should be doing the same thing for other people," says Garton.

"It's not always a counsellor but sometimes a volunteer who has experience and can help the individual if they require support," says McDonald.

Staying in touch

It might seem a little obvious to mention opening up to your friends when struggling with a mental illness, but they can be your best support system, and even make you realize what kind of friends you want in your life. "Mental illness is like a barrier to douchebags," says Toll."I told some friends about my mental illness and they treated me like a freak, like it was contagious. I was like a dementor from Harry Potter, sucking the happiness out and taking it for myself."

But her experience made her realize one thing, "If they aren't okay with you, you don't need them in your life," she says. "If they can relate or accept you, it leads to a long friendship."

Glenn Harrop Photo

Dashiki Discovered

Although the brightly coloured garments may not have true traditional ties, the designs carry personal meaning to those who choose to wear them

By Terry Bijojote

Wearing a long, bright blue and yellow dress with intricate patterns, Blessing Oruma stood up to greet me with a big smile. The coloured garment she was wearing is known as a dashiki. It's a loose, vivid top with symbols that, as I came to discover, mean different things to different cultures.

I am from Burundi, an East-African country. In my 24 years on this earth taking up space and breathing other people's oxygen, I have never known what a dashiki was, leaving me with a feeling of shame. My friends attribute dashikis with African culture, though they concede that it is mainly from West-Africa. The sudden popularity of dashikis is something that prompted me to find out their cultural meaning.

Oruma is a 20-year-old international student from Nigeria in her fourth year of study in communications at Carleton University. She is in the process of launching an online store called elebeaute.com, that will sell women's beauty products and dashikis. She started selling them online because the majority of her customers are from Africa.

"I branched into dashikis because it is something that Africans associate with," says Oruma. "It is part of their heritage. There was high demand and low supply, so I thought that I should start selling them." Oruma's mother, who still resides in Nigeria, is her supplier. "I tell my mom to buy them and send them," she says.

> **Nigeria has more than 774 tribes with their own symbols**

Oruma is not alone in believing that dashikis are from West Africa. So do 18-year-old Utibeabasi Imoh Emah and 19-year-old Uchechukwu Maryanne Okoliachu, both from Nigeria, and both second-year political science students at Carleton University. "I feel like the whole design is from Ghana," says Okoliachu.

Emah, who toured Ghana as a youngster, also believes that Ghana is the birth place of dashikis. "It's still a debate where it came from," says Emah. "Some people say it's from Nigeria and others say it's from Ghana."

Their confusion isn't surprising. According to both the Ghana and Nigeria High Commissions, a dashiki's roots can be found in both places. The designs on a dashiki are in fact symbols, which vary depending on where the garment comes from.

"I don't really know what these symbols mean," says Emah, as she looks down. "In Nigeria, we have different traditions and tribes with different cultural attire."According to Emah, Nigeria has more than 774 tribes with their own symbols, hence the difficulty to be certain of what culture each dashiki represents.

While a dashiki has no cultural meaning, it can still mean a lot. "It portrays our diversity, our beauty," Emah says, "This shows who we are."

Terry Bijojote Photo

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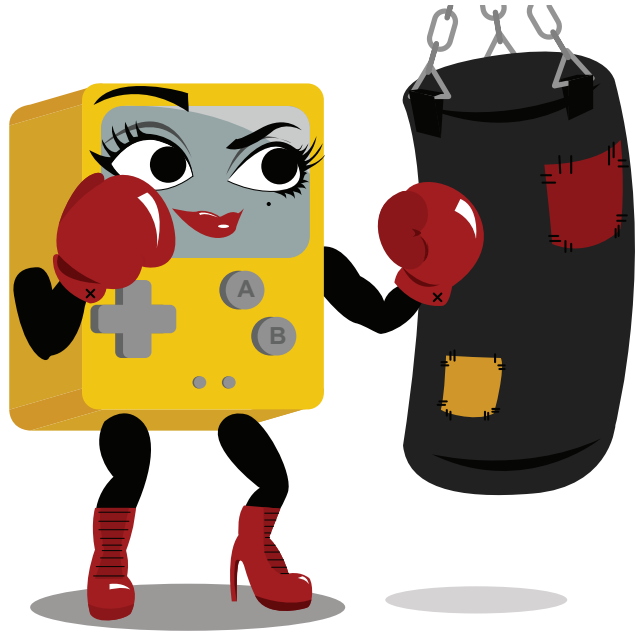
Getting in the Game

We've come a long way, but gaming is still an old boys' club. Female developers share the challenges that still plague the industry

By Jassi Bedi



Katherine Vanderploeg Illustration

When Connie Fu first started pursuing her passion in Algonquin College's game development program in April 2012, she found her projects were sometimes mired by the opinions of men.

At the time, the Budge Studios game developer was being underestimated constantly. "Whenever I did something exceptional, people were a little too surprised and some people seemed to take my success negatively," says Fu. This sort of attention is a common experience for women in the world of game development.

What started off as a simple hashtag in 2014 quickly went on to become one of the most bitter crusades in internet history. The harrassment campaign known as "#gamergate" embodied a type of prejudice and hatred towards women and gender minorities in video game culture. Under the veil of promoting "ethics in video game journalism," members of this "movement" went on to vilify and leak personal data of certain women and their entire families.

As vocal as this cacophony of misogyny may have been, Gamergate's vision of game culture without women was an utter failure. If anything, the hate group's attempts to scare off women made their art louder and prouder.

Kezia Adamo is a programmer for Studio MDHR, an independent studio that's currently working on Cuphead, a run-and-gun game that takes artistic inspiration from the works of Max Fleischer and 1920s cartoons in general.

Her foray into game development began in her teens with the game-making tool RPG maker. After spending some time in a marketing program, she decided to flex her creative muscles and pursue her passion for video games.

You'd think she would fit in perfectly with Algonquin College's game development program, but Adamo says that expectations of her as a woman were made clear "kind of immediately."

In her first year of the program, Adamo was subject to a lot of unwanted gazes from the male students in her class. "There were a lot of thirsty boys, typically wanting to be around gamer-girls," she says. "You just have to adjust and find communities that respect you."

As far as Fu's education went, she was conflicted between her interests in arts and sciences – subjects that are often perceived to be mutually exclusive. In the end, she didn't have to commit to either side since she found her path in Algonquin College's game development program, which combines the best of both worlds.

Yet, Fu was forced to endure men trying to speak over her, and continually brushing off her opinions to prioritize their own. She turned the tide by taking on more leadership roles in order to rise above it all.

The challenges Adamo and Fu faced illustrate the depth of the Gamergate issue. It was an assembly of men wanting to keep video game culture as a boy's club, regardless of how many women have been part of the community since its inception. Clearly, this was a failed attempt to combat diversity in the industry.

So where does video game culture stand now? "Things are only getting better and will continue getting better as time goes on," says Adamo. She hasn't experienced much discrimination since she began working in the industry at Studio MDHR.

These sentiments are echoed by Fu, who started her career a year ago. "In this day and age, I find it's expected for people to be treated equally," she says. Fu does note a lack of women in the industry but sees the public image changing. "More young girls are interested in becoming developers," says Fu. "Mattel even released a game developer Barbie doll. I don't think it's that abnormal to see female developers anymore."

Art director for Snowed In Studios, Tara Phillips, considers herself lucky to have never felt unwelcome in her five years in the industry. "I have been made to feel extremely valuable for my unique perspectives," says Phillips. "I think it's as much about the culture of your studio as it is about what gender or race you are. The indie scene, in particular, is brimming with bright, diverse examples of games that show a much broader range."

Phillips is a mentor for Girl Force, a non-profit organization that aims to build a community for women and non-binary people to learn the basics of game design. "We want to give them the tools to be able to start making their own games while providing an inclusive, comfortable environment to foster learning," says Phillips.

Despite the adversity women in the video game industry face, women like Adamo and Fu continue to make great strides. And with initiatives like Girl Force, Phillips, and her colleagues are passing on their wisdom to a new generation of creative women.

Through her work in Girl Force, Phillips hopes to "break down some of the preconceived notions that only guys make games." Phillips remains eternally optimistic, however. "As the industry continues to mature," she says, "we'll see a more diverse group of people making games."

Up in Smoke

When I realized my smoking habit had changed from a routine to a rut, I decided to do what six in 10 people cannot. This is how I tried to quit smoking

By Chad Ouellette

Once I wake up it starts again. I leave my bedroom and I walk to my living room table. I grab the empty pack of whichever type of smokes I had decided to buy the day before – I have no preference – and I take a cigarette. Since I smoke roughly a pack a day, it is the last one. I always leave one for the morning. It is a ritual that I have acted out for the last six years.

The morning is when I smoke the most, as if my mind and body are trying to compensate for the nicotine absence during my slumber. Every

Joshua Marquez Photo

15 minutes I light another one. It's not as often during the day because I stay busy, but I go out to do it every chance I get. By day's end I have gone through 15 to 25 cigarettes. It would be nice to quit but I haven't succeeded – it's much harder than you think.

Smoking tobacco is not only a physical dependency, it is also a psychological habit. For those who have a family history of addiction the toll that smoking can take is detrimental to their health. How can someone leave behind a method of dealing with stress, differing emotions and above all, a seemingly natural habit that becomes commonplace? Today, 14.6 per cent of Canadians smoke, according to the most recent statistics, and although it is on a decline, it powers a lot of people.

However, just recently I decided to give quitting a try. Cold-turkey was my plan, but it took quite the toll on my body. It left me with daunting migraines, an inability to focus and an increased appetite for caffeine. Although I didn't cease my smoking habits, I cut down to seven a day.

An increased necessity for caffeine is typical when it comes to getting rid of your smoking habits.

"Smoking and coffee go hand in hand. Most smokers can drink twice the amount of caffeine that non-smokers can. If you're trying to reduce your smoking or quit right out, you should decrease the amount of caffeine you're getting," says Marta Klepaczek, a nurse from the University of Ottawa Heart Institute, and part of their smoking cessation program.

According to Klepaczek, no two smokers experience their addiction level the same way. For some it is a little bit easier to kick their craving. For people like Rami Ahmad, who is currently studying accounting at the University of Ottawa, all it took was the realization of his dependency on nicotine. He simply cut down, but does admit to using marijuana as a replacement for smoking. Ahmad quit cigarettes just over a year ago after smoking for five years.

I've also realized my dependency on tobacco, which I feel is the reason I haven't been able to quit smoking. I'm afraid of the persistent withdrawals that plagued me; it was as if I was losing a part of my daily routine.

According to a 2015 study by the University of Waterloo, half of all smokers surveyed in Canada had tried to quit in the past year. One third had tried more than once. I'm in the second category and, although I cut back, I failed at my goal of quitting completely.

Most smokers, like Ahmad, who started smoking at 16, begin in high school. It's where I began and where Gilbert Chiasson, who has been smoking daily since he was in Grade 9, began as well. Chiasson had his first cigarette when he was 13 at his mom's cottage in Quebec. His sister handed him a cigarette and, after smoking it, he threw up. He has always been athletic, but recently, smoking has begun to affect him. He says he still is unable to quit although he knows the tobacco is harming his body.

"It's a habit. Smoking and drinking alcohol socially may put me in the situation," explains Chiasson. It has been a week since his last attempt at smoking, which didn't last very long because, like me, it is the first thing he thinks of – and does – in the morning.

Klepaczek says that it usually takes five to seven attempts for someone to quit smoking and sustain their quit. Hopefully the next time I try will be much better, but, according to her, smoking is much harder to quit than drugs like heroin.

"What makes a drug addictive is how fast it gets to your brain, the pleasure part of your brain, and then it releases dopamine," explains Klepaczek. "As they are inhaled through pulmonary circulation, nicotine gets to your brain in an average of six to 15 seconds, which is faster than heroin."

Brennan Barkey, who studies firefighting at Algonquin College, has been smoking for three years. Barkey was in the same situation as me, smoking up to a pack a day, but since then he has cut his intake down to three a day. "Everyone has tried to quit smoking, and I have plenty of times. It's just – you can't."

Every time he tried to quit, someone would come around him with a cigarette and would feed off that and eventually buy a pack. Barkey has tried nicotine-replacement patches, but they make him feel ill. Fortunately, there are plenty of other options available. Klepaczek, at the Heart Institute, uses nicotine replacement therapy, both short-term and long-term. The long-acting one involves the use of nicotine patches and the short-acting are nicotine inhalers, lozenges, nicotine gum and a mist-spray. There are also oral medications like Champax available to aid smoking cessation.

I have never used alternative methods to quit smoking aside from just stopping. Instead, I would make sure to eat as much as possible to give my hands something to do. One of the most difficult aspects of quitting was the constant holding of an object between my right index and middle finger.

Although it is very difficult, not all long-time smokers find it impossible to quit.

Christine Meuse, who is now 41, had been smoking since the age of 12 until she quit in January 2016. Her first cigarette was one she stole from her brother Jaime. She went to a little grassy area with big boulder-sized rocks in the middle of the street. She sat on the rock and lit up.

"I felt so sick and I felt so gross. I think I could only take two or three drags," she says. She didn't smoke again for two months.

From that point on, she smoked anywhere from 15 to 30 cigarettes depending on the type of day she was having. Both of her parents smoked – she was constantly surrounded by it.

Meuse admits that she has been sick of the taste and smell of cigarettes for a long time but never took the time to try and quit. Finally, after 29 years, she was able to. It was easier than she thought it was going to be, and she urges others to do it. Unfortunately, she had started smoking again by August, which further illustrates the difficulty that comes with sustaining the quit.

In the three weeks that I tried to quit smoking, I was also unable to accomplish my goal – but I will keep trying. It could take six more times and I'm okay with that. I know it will happen eventually. And now, each morning when I reach for my first cigarette, there are usually still a few left inside the package that I didn't smoke the day before.

"According to a 2015 study by the University of Waterloo, half of smokers in Canada had tried to quit in the past year. One third had tried more than once"

THIN BLUE LINE

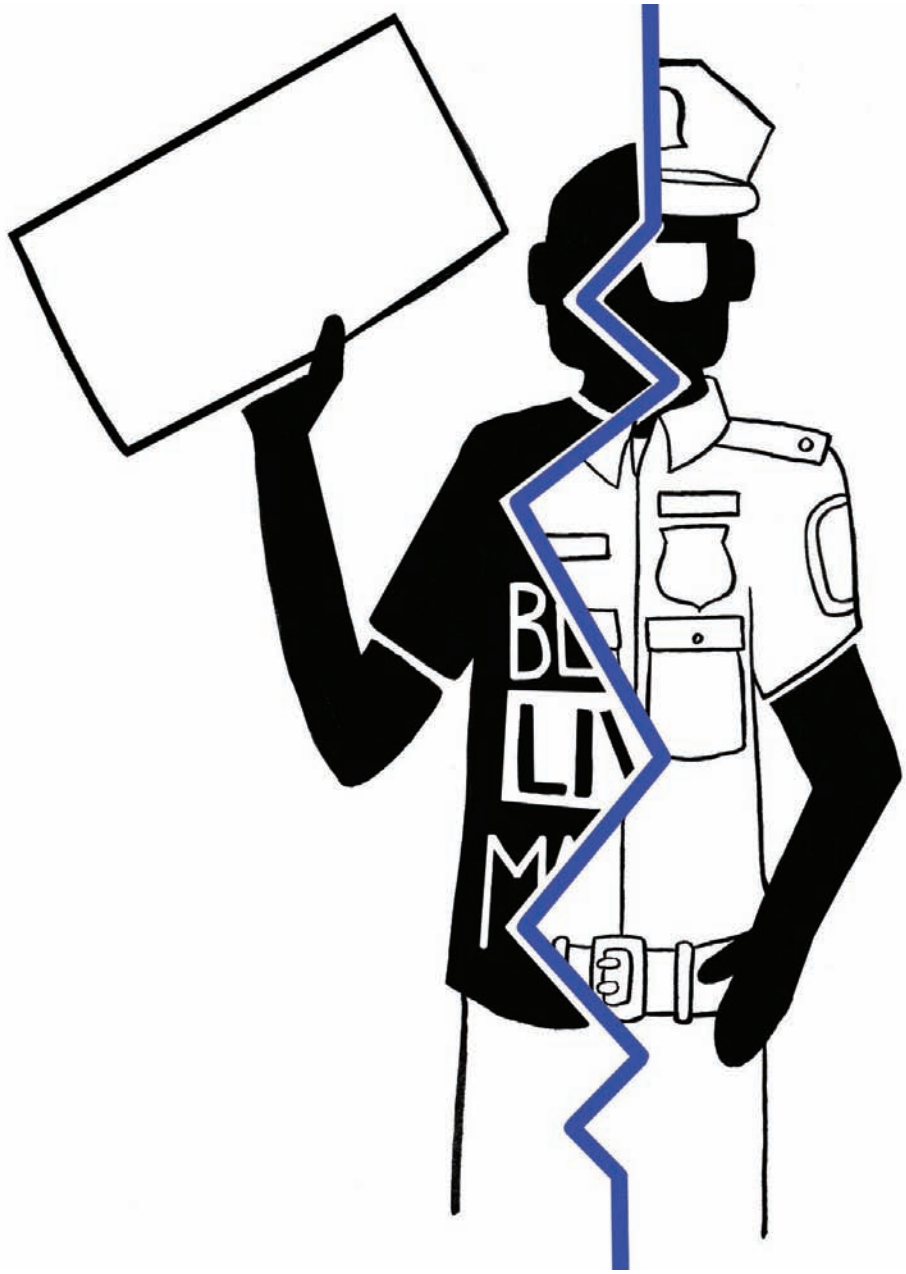
By Ellie Sabourin

After the Black Lives Matter movement took off, the expectations for police officers have changed. Students who study law and policing explain how their programs are adapting

Sebastian Byers, an Algonquin College police foundations student, says that he can see clearly how the state of media coverage of police and their interactions with the public has had an effect on classroom discussions.

While social movements like Black Lives Matter are not an official part of their curriculum, he says they will often speak about recent events before officially starting class. "A key element of our curriculum is the importance of objectivity, and as a result I think it is a distinguishing feature in our discussions of individual incidences of violence between police and the public," says Byers.

He says that one of the most important aspects of his training is looking at a situation from every angle. "We make every effort to look at an incident from every angle and determine if it fits with the trend of disproportionate aggression by police, or if their actions were justified based on their training."



Kathleen Sheedy Illustration

It's important to note that as a student, Byers says that he does not always side with the police officers. An example he uses to illustrate this is that police and law enforcement officers walk a "thin blue line."

In other words, there is a perceptual barrier between police and the public caused by anti-police hostility that results in police officers standing in solidarity whether or not they should.

Our generation has a reputation of speaking up about social issues. Whether it is women's rights, gay rights or indigenous rights, we aim to create platforms to speak out against injustices in our society. This emphasis on equality and social issues is where the "thin blue line" comes in for police and law officials.

The BLM movement, which started in the United States, is an example of how our generation has taken a social issue and turned it into a viral discussion. According to their website, BLM is an international activist movement, originating in the African-American community, that campaigns against violence and systemic racism toward black people. The rise of BLM imposes a new set of rules or guidelines, which in turn, make the "thin blue line" even thinner and trickier to manoeuvre.

In contrast to Byers, Luc Leblanc, who graduated from the police foundations program in 2014, says that he is given a hard time from his friends for sharing #BlueLivesMatter posts on Facebook, showing his support for the police officers in controversial situations.

"Obviously, I don't condone violence towards people of colour," he says. "But it really bothers me to think that I can be doing my job one day, and act how I feel is appropriate for a situation, and be labelled a racist for it."

He also says that he doesn't side with the police 100 per cent of the time. But, he knows the type of rigorous training that officers need to go through in order to be police officers, so he is often more inclined to look at things from the officers' perspective. "The last thing anyone, let alone a police officer, wants to do is shoot someone," he says.

The issue extends past police officers-in-training to those studying law as well. Lydia Blois, second-year law student at the University of Ottawa, says that she has had classes place emphasis on working with social movements and minorities like BLM.

She recalled a case study that they looked at in criminology class where people of colour were being racially profiled. The study was from Toronto where people were being carded based on the colour of their skin. "On top of learning the ins and outs of how to properly address a situation from a legal stand point, I think it's super important that we learn how to identify these injustices in everyday life," Blois says.

In addition to college and university programs that focus on law enforcement, Ottawa also has a thriving community which focuses on bringing the BLM movement to the city. Local activist and communications student, Sakinna Gairey, believes it all comes down to awareness.

Gairey says that one of the most important things for officers in training to understand is that they are walking into a situation that has a long history of a power dynamic. "What you should be aware of is highly based on who you are. I think that everyone should be aware of what exactly the police force has been used for in the past, and how many of those similarities still remain," she says.

The law enforcement of the future will be made up of individuals from today's society who are highly aware of social issues. Byers says that this will continue to show through in the law enforcement. "The police foundations program has definitely established that the path moving forward is to change policing practices, not dig in and claim that the current policies are the most effective approach," says Byers. "Policing in general is moving towards a more restorative and community-based response rather than a punitive one, and I think that is a very positive step."

Take Me to Church

At a time when it's hard to keep traditions alive, one group is using music and art to make church less of a chore

By Teresa Agyemang

It's dark in the Kailash Mital Theatre at Carleton University. There's music playing faintly in the background. The strobe lights are going. The fog machine starts. The lights hit the stage and then the faces of the excited young people in the audience. The curtain is drawn and the performers come out. Everyone goes crazy as the music starts. The crowd starts singing along. Sounds like a concert, doesn't it? It's actually a church service called Campus Rush.

Founded at Carleton University in 2014 by student and pastor Kofi Dartey, the non-denominational group has grown from 12 members to over 400 in just two years. The group's mission is to provide a place where millennials can explore their faith in creative ways. For instance, aside from their weekly gatherings on Thursday nights in the theatre, group members blog, cook or explore fashion together.

Dartey, 22, the son of a pastor, grew up surrounded by Christian culture, but never really took it seriously. Then, during a hospital stay in 2014, he opened his heart to God and says he told him to start a church on his university campus. "There are many ways in which God speaks to people," he says. "Through others, through scripture, through spiritual intuition, and in his audible voice." In his case, it was the latter. "I heard a voice speak into my ear," he says.

Today, two years later, the church has changed the lives of many Ottawa students. Petra Amoako, Carleton student and Campus Rush member, is one of them. "Just imagine a bubble that is silent inside, and outside of it, there's so much noise," Amoako says. "Campus Rush is that bubble to me. It is a refuge from the world. Throughout the week, I'm so busy running around for my program, bombarded with so many things and Campus Rush is just a place of peace for me. Nothing else matters when I'm there. I tune everything out. It is my escape and my safe haven."

Campus Rush explores Christianity in a non-traditional way at Carleton University. Members such as Sewa Ayoola, left, and Dara Eleb participate in the services through music and art.

Amoako, a poet, is part of the church's blogging ministry where she writes poems and blog entries. "I feel that what makes Campus Rush distinct is that it is unorthodox. It is not your usual organ-playing, melodramatic hymns being sung, formal church," she says. "Campus Rush is fully operated by a team of youth who are severely on fire for God and that is something you do not normally see."

Through various forms of art, members collaborate with other creative people and search for their spiritual purpose. Dartey, for instance, is also a musician. He works with a team to write and produce music. They have released four albums and have also started a clothing line.

Tamara Agette-Cherry, a student at the University of Ottawa who is a member of the evangelism ministry, likes that members can get involved in different ways. "It's helped me grow spiritually in ways I never thought I could," she says.

She was invited by a friend while going through a rough patch. "I loved seeing others going through a similar situation with an amazing outcome," says Cherry. "It's a place where youth can be themselves and involved in different ways. We can express ourselves and glorify God without being judged."

According to Christianitytoday.com, 59 per cent of Christian-raised youth walk away from church in their teen years. There has been a religious decline amongst youth worldwide because of this. In the last decade there has been a 10 per cent increase in the number of millennials who don't go to church.

Campus Rush defeats the stats. Dartey describes this phenomenon as a revival. "Young people willingly coming out on a weekly basis, to church," he says. "It's not normal. It's not something you see happen everywhere."

However, he says there is a need for Christian groups on campuses. "With all the things happening in society, we need some sort of light." The ministry has even gained international recognition from Christian celebrities. For instance, Dartey was contacted by Onterio Green, youth pastor of the Potter's House, a megachurch in Dallas with a worldwide following.

Dartey encourages other Ottawa students to involve themselves in the ministry. "You don't want to have missed out on something happening in your backyard," he says. "You want to be able to say you were part of what happened here in Ottawa."

Teresa Agyemang Photo

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Patience *through* Practice

The ancient art of yoga serves as more than a pathway to nirvana. For me, I just wanted to learn to take my time. It took a whole year to Warrior- One and Downward- Dog my way to yoga glory

By Ellie Sabourin

After weeks of consideration, and walking by the same sign that read, "it is often said that we don't find yoga, but that yoga finds us," I found myself bent forward on my hands and feet looking in between my legs in my best "downward dog" position.

Beads of sweat dripped off the tip of my nose and made tiny little puddles on my overpriced yoga mat. I was in a packed hot yoga studio with about 50 other people who were way better at this than me. I caught myself glaring at the woman beside me who looked about twice my age and hadn't even broken a sweat yet. "I can't do this," I thought to myself.

The main problem wasn't that my shoulders were killing me from holding the weight of my body up or that my hamstrings felt like they were about to snap. The problem was that I couldn't do it. I was, by far, the worst one in the room.

Ellie Sabourin Photos

I have always been very hard on myself, but I think that's something that a lot of people, young women in particular, struggle with. It's hard to keep up with all the expectations that people put on us, let alone the expectations we set for ourselves. I think social media plays a huge part in our lives and people only share the best versions of themselves. It becomes easy to compare and try to measure up to your peers who appear better than you.

Over the past few years, I've come to realize that my tendency to be hard on myself comes from being impatient with myself. I've never had a problem waiting in line, I don't drive too fast, and, overall, I am generally patient with other people. But I feel an overwhelming amount of anxiety and impatience when I can't do something. I want to be able to do it fast; to pick up a new task or hobby with ease.

So, being in a room full of people who are perfectly calm and can hold a flawless headstand is not an activity that sits very well with me. But for me, and other Ottawa students, yoga is just that: practice. And yoga's purposes are just as varied as its practitioners.

As I tried to pull myself out of downward dog, the teacher calmly told us, "You may now take a flow, if that's what our body needs right now." A "flow" is the foundation of vinyasa yoga which is basically a really slow push-up, followed by a backbend, finishing off with a slow reverse push-up and then back into downward facing dog. It is a really hard sequence to master and it is supposed to be comfortable and relaxing for your body.

Throughout a regular practice, instead of giving the class a break, the teacher will often give a period of time to take a flow at your own pace. A slow and controlled push up is the last thing my body feels like it needs. Everything is shaking and everything hurts. "I will never be any good at this," I think to myself over and over again.

Last year, I chose to make yoga a regular part of my daily routine in an effort to help myself overcome my habit of impatience. Yoga is the perfect opportunity for me to work on developing my patience because I actually can't do it. Looking at all the different coloured yoga mats lined up side by side across the room, I began to wonder: why does anyone do this to themselves? And when were they the beginner in the room?

The first person that really got me thinking about this was my teacher Megan Campbell. She began her journey of yoga nine years ago at the urging of her mother. Campbell was going through a tough break-up at the time and her mother recommended yoga as a means to cope.

Quickly, yoga became the driving force in Campbell's life. She says that she actually signed up for teacher training after leaving her first class. Campbell revealed that she had been bullied as a little girl and continued to suffer emotionally from the teasing well into her adulthood. "I had a really negative relationship with most of the women in my life," says Campbell.

This all changed when she went to India for her 200-hour yoga training. "I had always had these negative relationships with girls and women in my life and when I went to India I was roommates with two girls. They really showed me what it looked like and how it felt to have women actually befriend me, support me, hold me up and cut out that jealousy and that negativity that we can kind of get caught up in," says Campbell.

When she returned home, Campbell decided to share her positive experience and created a series of workshops geared toward women. Over the years, Campbell has expanded to include retreats, trips and other events, and, to date, she has raised over $175,000 for charities that empower women and girls around the world. Although I will never be a certified yoga teacher, nor do I want to be, Campbell's story has given me hope that I will get just as much out of practicing yoga in my own way.

For different reasons, Kelsey Fournier, who graduated from the University of Ottawa with an honours degree in biomedical sciences in the fall of 2015, made a commitment last year to make regular yoga practice a part of her life. Fournier says that she plans to go to grad school in a year or two, but first has decided to take some time for herself.

"I feel like I have been so hard on myself for the past four years, that it was time for a break. I want to have the experience of travelling alone before I settle down and go back to school," she says.

Fournier explains that she added yoga to her daily routine in order to keep herself grounded. She says that she is in no rush to go back to school and is looking forward to enjoying some time off, but that she finds it hard to wind down after such a busy four years.

A flow is the foundation of vinyasa yoga. It is used as a restorative motion in between sequences and can be incredibly difficult to master.

"I'm pretty sure every minute of every day of my life for the last four years has been scheduled," she said. "And now that I'm done school, I have so much freedom and I kind of hate it."

Fournier uses yoga as a means to occupy her new-found free time and to ease some of the anxiety she feels now that she does not have the constant grind of schoolwork to work on.

"Even if I do nothing with my day, I feel like I've accomplished something if I've left the house and been to yoga. It's definitely keeping me sane during this transition," she said.

It was really important for me to hear and learn from her story because she looks totally at peace and under control in her practice. I admire Fournier because for an entire 90-minute practice she never looks around the room. "What would be the point of that? I don't care if you're falling all over the place, this is my time," jokes Fournier.

It's been a year since I started practicing yoga. I no longer look around the room at everyone in their perfect headstands with envy, but sometimes I do still take a peek. Together, my entire yoga class has formed our own small supportive community. We are all here for our own personal growth and to learn from one another.

As Campbell reminds us in her classes, "the practice of yoga is much bigger than our physical bodies." You can see this notion through all of the ways and reasons that people engage with and practice yoga. For some, it's mastering patience, or working on relationships, or simply a space to keep yourself distracted and to work stuff out. Whatever the reason, it's about learning to be more comfortable and confident with yourself. I'm sure that every single person has his or her own unique reasons for practicing. "It's about taking a piece of your practice and living it in your life off the mat," says Campbell.

For me, that's what it's been about. I've hit a few small milestones: downward dog is a much more bearable position for me now, I am finally comfortable enough to actually chant "om" out loud and overall I am slowly learning to feel good about my practice, instead of fixating on how much better I should be.

I still don't take the "flow" every time the teacher gives us time to, but that's okay because I know that someday I will.

Ellie Sabourin Photos

NO "RAGRETS"

When people commit to a tattoo, they think they will love it forever. The truth is, people are always changing – but body art doesn't. Should we expect tattoos to permanently hold the same meaning?

Tony Paraskevas, pastoral caregiving student at Concodia University.

Courtney Edgar Photo

By Courtney Edgar

The first thing people notice about me is my neck tattoo. I like to call it my "neck tat." The phrase conjures up images of a wobbly stick-and-poke Sailor Jerry knife, or a coiled serpent wrapping from clavicle to ear with the date of the death of a loved one emblazoning that quite visible and quite vulnerable area.

I wear blouses and skirts every day, I drink coffee with two hands, I like books more than people and I pet cats as a hobby. In fact, my neck tat is a small dainty heart at the base of my throat – visible to all, but certainly not offensive. It gathers attention though. It is bold. And it is definitely a conversation-starter. About twice daily a stranger compliments my tattoo, asking me within the same sentence if it hurt. Then, from time to time, they ask the only reasonable next question: do I regret it yet? I invariably tell them "no" with an outward smile, and a laugh, but through gritted teeth.

The real answer is both yes and no. Because just like the delicate lines of a tattoo that fades with exposure to sunlight, weather, and the passing of time – and turns a little green in the process – so too does the passion and meaning, the enthusiasm and purpose of body art, even despite the permanence. In fact, probably (mostly) just because of the permanence.

Tony Paraskevas, a pastoral caregiving student at Concodia University whose current career is in sales, regrets a few of his largest tattoos. For him, the original meaning behind the imagery he chose has changed. He put a lot of thought and meaning into the ink he got – a sleeve of different Christian symbolism. A Mary. A lock and key for Jesus Christ. Some scripture. He thought his worldview, and the philosophy and beliefs he lived by would not change.

"I've always been concerned with truth and the meaning of life," says Paraskevas. When he was a late teen and early adult, the Christian myth captured his imagination, and although he says he was pious, he considered his faith as resting on reason.

It would be cool not to be "someone with a neck tat" on those very rare occasions where I want to not be "someone with a neck tat"

"I delved into theology and philosophy," says Paraskevas. "I was certainly capable of considering alternate points of view. I saw myself as a humble searcher and servant." But over time, as his convictions and priorities shifted focus, he came to see faith more as a scaffold than an absolute answer to ultimate questions. "It held up certain values," says Paraskevas. "But eventually I could stand up on my own."

Looking back he sees that he was wrestling with two alternatives. "Either there was objective morality and meaning to existence, or there was not," says Paraskevas. He couldn't stomach the latter so the former found its expression in the most plausible theistic worldview, he says. And he had no doubts going into the tattoo in the beginning. "I thought I'd be faithful for life," says Paraskevas. "I was certain." He held on for as long as he could. After a few years of suspended disbelief and cognitive dissonance, he put his theism to rest.

But the tattoos are still there to serve as a reminder, even if they don't hold the same meaning to him any more. While they used to be something of a compass to remind him daily of his belief system through Christian myth and the hope for objectivity, they are now simply souvenirs of a quest he went through and a sign of his growth along the way.

A former Algonquin College massage therapy student also regrets some of her tattoos. Although Raven Barr's inks of shame were not meant to be representative of her religion, they did have a meaning she went in with initially. By external forces outside of her control – in one case shoddy craftsmanship and in the other case, simply put: time – the meaning she wanted the body art to portray was diluted by embarrassing visuals.

"My second one was supposed to have so much meaning," Barr remembers. The quote

was, "But the fighter still remains." She says the tattoo artist knew her story behind it and wanted to give it to her for free. It was her first time getting ink from this artist, so she made a joke. "Don't screw it up," she said to him. It was almost like a prophecy.

"It wasn't until I took the bandage off that I saw the line work was so thick that you could hardly read the word 'remains,'" says Barr. When you could finally make out the word, as the ink settled, she could see it clearly says 'remsins'. A spelling error, an S instead of an A, in the middle of a word. "I regret this obviously because it's not as meaningful as it was prior to having it permanently on me," says Barr.

It doesn't end there though for her. Barr has another tattoo she's unhappy with. "My last one is still my absolute favourite tattoo I have," she says, "but I still wish it could have been better." She doesn't see it because it's on her back, so it doesn't bother her too much unless she is looking in the mirror behind her. Then she just "judges it."

Her whole back piece began when she was 18 years old and it was just one cherry blossom tree branch on her shoulder. She said she loved it and had an amazing artist. When she was ready to add on to it a year and a half later, she went to the same artist of course.

"We started tattooing and mid-way into the process she told me that her prices had raised so I had to stop with an unfinished back piece," says Barr. "She kept telling me 'I need to finish this one more detail,' and eventually I told her I had to stop because I couldn't afford to keep going."

She does love it but she can see how the artist's style and talent changed within the year. The flowers she got on the initial cherry blossom branch are completely different from the rest. "It's almost as if the tree grew different flowers at the top," Barr said. "I just wish it was exactly perfect, especially with the amount of time and money that's been invested."

The thing about tattoos is that they are permanent – but not much else is. The world spins, skin wrinkles, your religion changes, and tattoos fade. External forces will get you, whether it is an amateur artist holding a tattoo gun for his first time who mistook an S for an A, or the sun that causes ink to fade. Time passes and with it the leaves of the trees change, the things you thought you'd love forever stop being so lovely and you take new shapes that change the way your tattoos look or mean.

Jesse James, a 26-year-old tattoo artist who has lived in Ottawa his whole life and works at Planet Ink Studios, says that he hears about tattoo regret "essentially every day." He does maybe a handful of cover-ups a month but daily he hears from customers who mention they regret a tattoo, are reworking something they already have or that they've outgrown their ink.

James chalks up tattoo regret to two main reasons. "They either got it when they were much younger and it's aged and doesn't look how it used to," says James, "or they cheaped-out, getting it done in a basement somewhere, or someone's house, and they ended up with something that was not done professionally which you can see clearly."

Despite all this, why do we, silly young adults that we are, continue to commit to permanent drawings on our body? How is it that we can commit to forever with a needle and ink, but have so much difficulty to commit to one college program, one career, one romantic partner, or one apartment? "There is an outside influence," says James. "Whether it is friends getting tattoos or people just growing up wanting them, when they reach the legal age and realize how expensive they are, they tend to take the cheaper route. That's the most common reason I hear."

In other words, we try to cut corners for a quick reward, but it would have been smarter and less pricey to just get it done properly the first time around. Sounds reasonable. Perhaps the wisest choice then, would be to make sure to commit to the other adult decisions first – before the tattoos. At least decisions like schooling and careers would help with the financial element, which James says is the most popular reason for tattoo regret. But do we really want to be wise about tattoos? That seems antithetical to what a tattoo is, has been and likely will continue to be.

An act of rebellion. An act of community. A sacred symbol to fetch spiritual power, protection and strength. A tribal stamp to showcase your identity, your heritage, your kin and brethren. From sailors to prisoners, from East to West, back centuries and centuries to the first people who first thought to make a mark in solidarity or in solitude. It's cults, it's family, it's culture. A wearing of your own voice, even as it changes.

In short, a rite of passage. Sometimes we just pass them right by on the way and they become just a souvenir of those rites.

Do I wish I had a neck that was without mark or geometrical shape inked in with a gun? Of course, sometimes. It would be nice to go to a wedding or an interview and not have to wear a neckerchief so as to avoid judgment or be considered a gang member by elders. It would be cool to not be "someone with a neck tat" on those very rare occasions where I want to not be "someone with a neck tat." I'm fortunate that since it is such a universal symbol, it's meaning can be vague and fluid. I think up a new answer every few years about what I want to reply when someone asks me what it means. It's not tattoos that we regret – not the image, or the risk, or the actual art of it – just the meanings we attribute to them and how their failures and imperfections can remind us of the lack of meaning we find in other places outside of the body.

Raven Barr has a host of different tattoos, including the cherry blossom tree on her back. While she does love it, she still thinks it could have been better.

Courtney Edgar Photo

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ALL THE RIGHT SCRUFF

Some beard-growers maintain their look using oil, balms and trimmers. Others let it grow au naturel. But one thing they have in common is their belief that beards are not just a fad–they're the key to confidence

By Glenn Harrop

Tomorrow morning most men will have an appointment with their razors, but for others, their razors are gathering dust.

Men who retired their razors are constantly battling between being compared to either hipsters or hobos, and they must groom their facial hair accordingly. Men try to tame their facial hair for a number of reasons and - for young men especially - it can be a challenge. Sometimes the hair will grow in patchy or maybe it won't grow in at all.

The same thing can be said about a number of other insecurities that men may face, and a beard won't change that. The inability to pull off the mountain man look might not seem like a big deal, but to some it could be an insecurity. They may feel like they are missing out on an aspect of masculinity, or that they'll never compare to those with beards.

A common insecurity for men is their height, something that becomes more apparent as a man enters adulthood. Jordan Linton, a third-year physics students at Carleton University, feels that his beard gave him confidence to overcome his own insecurities. At age 22 Linton is 5'6" but he also has a glorious beard which he says makes him look three years older.

"A lot of my peers are in their mid-twenties and being on the lower end of that age range I almost feel like I'm the height of a child," says Linton.

Before Linton grew his beard, he dated a girl who preferred clean-shaven men. After they broke up, he decided to grow his facial hair out almost immediately. Previously, his only motivator to shave was his girlfriend but without her he could do whatever he pleased. Linton says the beard makes him feel like his actual age and more like an adult. Even though his beard makes him feel "more complete as a man," he thinks men who cannot grow facial hair shouldn't feel insecure or less masculine.

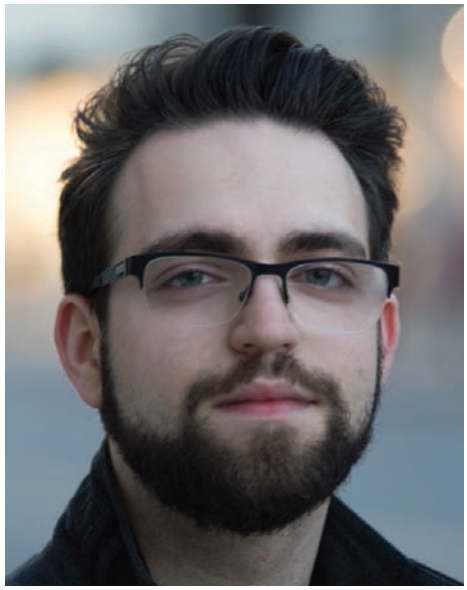
"I've always been shorter than most guys so I've always been reminded and bullied because of it. I wouldn't want to do the same kind of thing to a guy just because he doesn't have a beard," says Linton.

Another dapper fellow who retired his razor is Jonas Langille, a 35 year-old program coordinator for the federal government. Langille has had an on-again-off-again relationship with his facial hair ever since he could grow it. And with hairstylists in the family, he knows his hair. Langille's beard has been recognized by the illustrious community of /r/Beards on Reddit. Upon winning the subreddit's bimonthly beard competition he received a gift basket full of facial hair care products and the accolades from his online bearded brethren. Langille has had his beard in its current state for three years and he says that his facial hair gets compliments in more places than just the internet.

"Just last year I was walking down Bank Street and these four bros in a black Acura just pulled over and said, 'Sick beard, bro!'"

Langille says that women tend to comment more on how well-groomed his facial hair is, but men are more likely to marvel at its size. When Langille groomed his beard to a respectable condition, he committed to it and the work that comes with it.

Glenn Harrop Photo



Left: Jordan Linton, a third-year Carleton physics student, says that his height sometimes makes him feel more like he's in high school. Growing his beard has also grown his confidence and helps him feel more like a man.

Right: Jonas Langille started growing his beard three years ago. At the time, he thought having a beard would save him time while getting ready, but it quickly turned into a full morning routine.

Initially, he thought his facial hair would save him time in the morning, but he quickly found that this wasn't the case. Langille now has a full morning routine to maintain his beard including conditioning, oiling, waxing and even blow drying his beard to make sure it stays in tip-top shape. Although his routine does take him more time to get ready, he says it's no different than maintaining the hair on top of your head. He says that if you want to look good you need to put time and effort into it - no matter where the hair is on your body.

"In a new age where there is this resurgence of beards and men are redefining or trying to redefine their gender traits," he says. "I think beards might be part of that conversation."

He believes that even though some men cannot grow their own beard, "It's a grass-is-always-greener type of situation." If a man struggles with his facial hair, it is just a sign of insecurity that a bearded man may also have but manifests in a different form. Langille says he would only consider shaving his beard out of necessity or if his significant other felt it had gone too far.

In the case of Bryton Swan, a third-year humanities major at Carleton University, he enjoys his beard too much to imagine his life without it. His girlfriend, Sarah Newman, is a third-year journalism student at Carleton and as much as she enjoys his beard, she wishes he would take better care of it. Despite this, he's still confident she'd rather him have a wild beard than nothing at all.

"I think she would be pretty distraught if I shaved it," says Swan. Swan says that even if his beard might make him look more masculine, he tries not to think of it that way.

"I know he might not say it, but his beard makes him look very masculine, and more attractive. And I really prefer him with it," says Newman.

While Swan now has fun growing and maintaining his own beard, there are people who devote their lives to the hair of other men. And in Ottawa these are our noble barbers, like 27-year-old Ankur Vadhera of Capital Barber Shop on Bank Street.

We live in an era where there's an amalgamation of new and old styles

Vadhera is the co-owner of Capital. He's been cutting men's hair since he was 15 years old and he's been growing his beard for nearly as long. After over a decade of meticulously growing and sculpting hair, he sees masculinity in a more 'laissez-faire' attitude.

"If it fits your style and your persona, keep it. But if it doesn't, don't be afraid to try something that works," says Vadhera. His beard fits his style and sometimes it gives him confidence as a professional as well.

"People tend to judge if you're running your own business when you're young and the beard makes me look a little older, and feel a little older," says Vadhera. Although he enjoys his beard he also sees the benefit of growing one to show the quality of his craft. He says that as a barber he's expected to keep up his appearance and his facial hair is all part of the package.

Another barber you may know in Ottawa is Milan Arsenault-Verrelli of Hair Fellas on Wellington Street. Arsenault-Verrelli is the supervisor at Hair Fellas and after he completed his sociology degree at Carleton he decided to go into barbering instead. What started out as a way to make a few bucks on the side turned into a full-fledged career. Arsenault-Verrelli describes a beard as potential "safety blanket" for men with insecurities - a way for men to feel more secure in their masculinity through their appearance.

Regardless, Arsenault-Verrelli doesn't think there's anything wrong with a man not growing a beard or forgoing any typical expressions of masculinity.

"I definitely think we live in an era where there's an amalgamation of these new and old styles so men are trying to redefine themselves," says Arsenault-Verrelli. He encourages other men to accept their appearance, but recognizes that a beard can be pivotal. He says he is perfectly aware of his own insecurities and that his hair is just one of the ways he deals with them.

For a man, the ability to grow a beard is more than just a relic of our days in the state of nature. It's also an aspect of our gender and self-image. Maybe some men won't be able to grow a beard, but that doesn't matter, because even the men with beards will have the same kinds of insecurities as anyone else. Some men might grow their facial hair, work out, throw around the old pigskin or grill excessive amounts of meat. However they choose to, young men express their masculinity in their own ways regardless of where their hair grows. The only real difference between the two is their budget for hair care products.

Glenn Harrop Photos

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Social media can be a fun way to express yourself. For some entrepreneurs, it's also a way to make money. Meet the women who are building a career by posting selfies

By Nicole McCormick

EMILY DEVITA JOHNSTON, FOLLOWERS : 168K
CONTENT: TRAVEL, FASHION AND PHOTOS OF HERSELF

Nicole McCormick Photos

First-year University of Ottawa student Emily Devita Johnston has always been one step ahead in the game of life. While some girls were packing away their dolls in the sixth grade, she was jumping head-first into the world of social media and entrepreneurship in her home country of Indonesia.

It all started when she uploaded a video compiled of short clips of herself and friends goofing around to a catchy pop-rock song and then took to Twitter to express her thoughts. Soon enough, hordes of young Indonesian girls drawn to Johnston's rebellious attitude and quirky personality flocked to her various social media platforms. She didn't know it at the time, but within less than a year, the Jakarta resident would be transformed from a normal girl into an internet celebrity building an empire as a social media mogul.

Some may find it hard to comprehend that non-Kardashian/Jenners can find fame and fortune on social media, but Johnston is living proof that this phenomenon is more common than you may think. In a time where good paying jobs are scarce for millennials, some young Ottawa residents are starting to see the benefits of this lifestyle and are utilizing different platforms to make money or build their own empires from scratch.

"It didn't start off with me thinking, 'Yo, I want to profit from this'," Johnston says, casually sitting across the table in the bustling Rideau Centre food court. "When I was in Grade six, I was just playing around with videos on YouTube. I was on Twitter a lot and I got a lot of attention from there." With her poised demeanour, fresh face, Rapunzel-like silky black hair, tight jeans and leather motorcycle jacket, the young globetrotter appears as if she has stepped straight out of her Instagram account.

Although she doesn't look a day over her 18 years, when she speaks, her confident voice matches that of an empowered and seasoned businesswoman. "Now I have a whole entire system of how to charge people," says Johnston. "I manage myself as if I was my own business, whereas back then it was completely for fun." She eventually went dormant on YouTube for a few years and has since switched over to Instagram where most of her following now lives. She amassed enough of a following on the photo-sharing app that it became her part-time job as she receives steady income from Indonesian companies who send her items to take photos with.

Clearly, Johnston is quite good at what she does because her audience had grown so exponentially by the time she was wrapping up high school that she was able to support herself with the money she was making from social media.

And while most people her age were earning minimum wage working part-time jobs, social media gave Johnston the opportunity to be financially independent and live alone in her own apartment before she had even graduated. "It was really fun, and I was travelling with all the money I made," she says. Now living in Ottawa since September 2016 and working towards a psychology degree, Johnston has amassed nearly 170,000 followers on Instagram, 25,000 on Snapchat and over 251,600 views on her newly launched YouTube channel.

I see it as a form of marketing to a certain extent, but it's not an outlet for advertising for me

The concept of using social media as a part time job isn't as widespread in Canada just yet so most of her audience remains back at home. However, a surge in around 70,000 followers since her move may be indicative of a changing landscape.

Similar to Johnston, Ottawa-based fitness and lifestyle Instagrammer, Emilie Loubier developed a massive following on the app in a relatively short period of time. Her following grew from 1,300 to over 80,000 in the past several months alone and she is already beginning to see the money and sponsorships roll in. She says she is very picky about who she works with and has already turned down offers. Because of this, she has only taken one sponsorship but this could change in the future.

"In all cases, whether I actively seek out a promotional opportunity or passively receive an offer, I conduct a thorough background check on the company and its specific products to ensure that all aspects –the company's overall message, its reputation, the type of content it posts to social media, and the quality of the products–agree with the kind of content that I post." Although Johnston and Loubier have wide audiences, it's not just users with massive followings who profit from social media. Those with audiences ranging from 3,000 all the way up to 100,000 are profiting as well.

On the lower end of the spectrum is Sam May, a first-year child and youth care worker student at Algonquin College and part-time model. She doesn't yet have the audience of the other two, but she does have an impressive 3,250 Instagram followers. For May, building a massive following wasn't intentional, but she is excited about the prospect of growing her audience and earning revenue through sponsorships. "I've had XO Water company wanting me to do something for them but I wasn't 18 at the time," she says. "But I get a lot of offers."

And then there is florist and former University of Ottawa philosophy student Leah Gibson with around 18,000 followers on Instagram. She fits into the Insta-famous mould theoretically, but plays by her own unique set of rules. She lives life relatively off the grid, saying she doesn't have internet or television at home and that Instagram is her only connection to the online world.

What sets Gibson apart from the rest of the pack isn't just her bohemian style and attitude, but the fact that she consciously doesn't profit from social media. Instead, she uses the platform to support and collaborate with friends or small and local businesses saying that she'll do any little thing she can do to help out a friend, as long as it's a product she is stoked on and can get behind.

And although she says some of the larger "small" businesses do send her free items, she considers it to be payment in itself. She just doesn't feel comfortable with accepting any compensation from smaller companies, whether it be monetary or free items. "If it's a friend of mine, they'll give me like a friend discount but I still don't feel comfortable not paying them, so I still want to support them; I pay them," she says.

Sam May. Followers: 3.3K. Content: selfies, everyday life and professional modelling photos

She does still get plenty of offers from big companies looking for advertising. "I turn them down more often than not because that's just not what I'm about," says Gibson. "I do see it as a form of marketing to a certain extent, but it's not an outlet for advertising for me. It's more of a creative hub to kind of interact with people who have like-minded goals. It's more a way for me to connect with passionate people rather than corporations."

But for those who do profit, both Loubier and Johnston say that one of the main benefits is the control and empowerment that comes from being popular on social media. "I've never liked being controlled and that's something I feel like is nice. That what I do, I have full control," says Johnston. Although Loubier only has one sponsor at the moment, she says that she enjoys the freedom she has to personalize sponsored content.

When it comes to maintaining control over one's revenue stream, Instagram and YouTube are ideal because they allow content creators to set their own terms and allow them to become a part of this new generation of internet entrepreneurs.

However, with YouTube's partnership with Google AdSense, the process for making money is simplified and can result in a higher intake which is why Johnston is starting to shift her focus back over to videos. "I'm actually getting more into YouTube now because if endorsements don't work–it's quite complex–making money off of YouTube is much easier," Johnston explains. "[Instagram] Is just more work now. It's not as easy as it was then."

So how is it that in a celebrity-obsessed culture, these seemingly ordinary women are gaining celebrity sized audiences and sponsorships? May says she isn't quite sure how she amassed such a following, but she has always put work into ensuring her photos are visually appealing. "I tried to make my whole profile look good, like just pleasing to look at," she says. "I do my best not to post things that people will be like, 'Oh, that's stupid, I'm going to unfollow her now.'" But for Loubier, she knows exactly what prompted her account to grow so quickly.

In the spring, she enlisted her boyfriend to help take professional looking photos and one in particular sparked a lot of interest. "My boyfriend captured a black and white photo of me standing in a field that received a lot of attention on my account," says Loubier. The photo itself is a simple shot of Loubier dressed in a casual jeans and a tank top staring off into the distance. It didn't exactly fit in with her fitness theme, but her use of hashtags like #girlswithmuscle, #girlsthatlift and #girlswithtattoos brought people over to her page. "From there I started gaining hundreds of new followers everyday," says Loubier.

With tens of thousands of followers and counting, it's easy for some to only see numbers when looking at their follower counts. But for these women, social media isn't just about analytics and financial reward. It's driven by humans seeking a connection with people they follow, whether it is on the internet or in real life.

For Johnston, interacting with followers is not only important for her to maintain her authenticity, but has also become another way to grow her brand. "I have an account on this website called ASKfm and I'm actually verified so they give me merch," she says.

She explains that the website allows her followers to submit questions for her to answer and provides a more personal means of communication. Whether it be relationship or life advice, inquiries about her personal life, or even just showering her with compliments, Johnston's followers ask her anything and everything. And she always answers. "It's about getting to know me more than it is just clicking on my picture and this perception of who I am," says Johnston. "It's so personal!" she adds joyously.

However, this also means she has the ability to

Nicole McCormick Photos

influence thousands of people which is something she has struggled to wrap her head around. "It's terrifying, the fact that you're held liable to whatever you put online," says Johnston. "It's scary to see your own influence. The fact that I would be doing something then I would see other people following it-I just don't want to screw up."

She also goes on to say that the lines between the computer screen and real life can sometimes cross over, resulting in some interesting experiences. Often, when Johnston would go out to concerts and raves back home, she received a lot of attention from people asking for pictures which she says was cool to experience but became overwhelming at times.

Even for those based in Ottawa, the experience can be similar. May, who has a much smaller following, goes through the same thing. "When I go places, people know who I am. They'll be like, 'You're Sam!' and I'll be like, 'I don't know you,'" she says with a laugh. "It's kind of weird, but like, it's still kind of cool."

Not all interactions are the same though. For those with an active social media presence, some followers don't realize that they are people with real lives outside of Instagram, which can be a bit jarring. "I get a lot of random people that kind of won't leave me alone," says May. "They'll be like, 'Oh, I saw you downtown yesterday,' and I'm like, 'I actually have no idea who you are.'"

And the same goes for Johnston. Following a public breakup with her boyfriend, she noticed her male fan base was increasing which resulted in a terrifying experience. "I remember being followed back to my home in Jakarta which was really scary," she says. "I got a message and the guy said, 'Is this your plate number?' That got really scary."

Loubier and Johnston both say that they experience doubts about their lifestyles and struggle to balance out the positive and negative aspects. However, they also have different perspectives on what that means.

For Loubier, this includes pressure to consistently post likeable content and the sense of competition in the Instagram community. However, she adds that the cons are balanced out by the pros. "On the one hand, I'm able to reach a lot of people with my messages of positivity," she says. "It's encouraging to see the warm responses I get when I post photos that I've worked hard on and am proud of. I've become more motivated to maintain a healthy lifestyle knowing that so many people are seeing and responding to my content."

Johnston's main struggle is coming to terms with building her life around something she considers superficial, which is why she moved to Ottawa to further her education in the first place. "I could have sustained myself, I could have made it a career, but it just felt very superficial," she says. "Just the fact that the entire basis of what I do is physical. And I know a lot of people are comfortable with it, but I just didn't feel like it satisfied (me)."

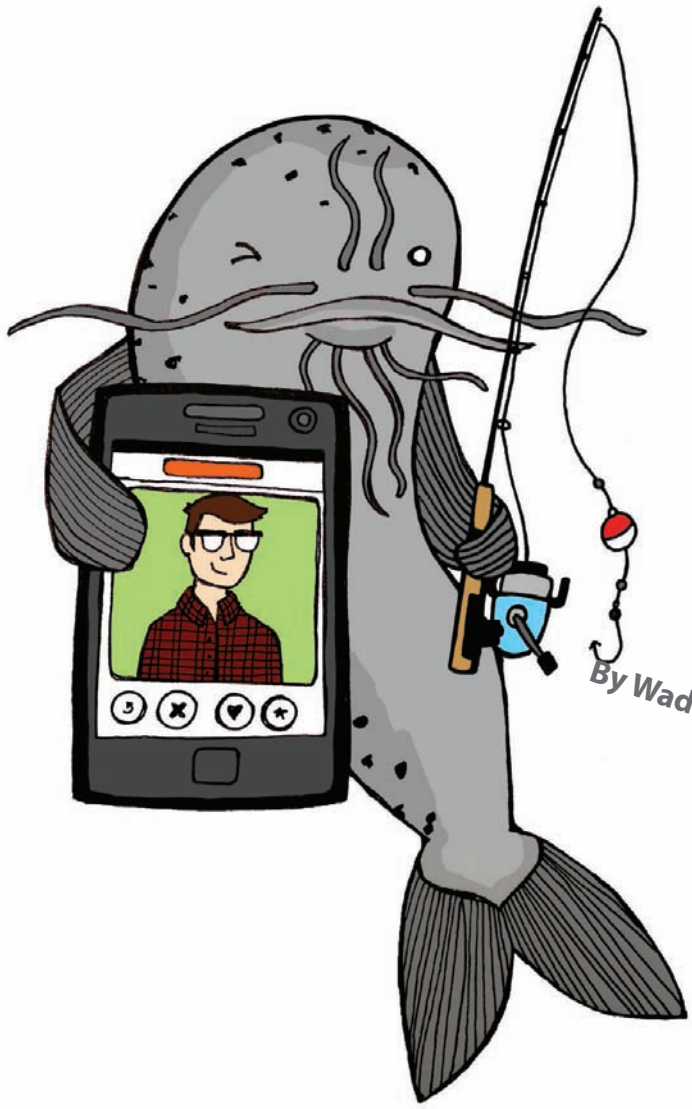
I do my best not to post things that will make people say 'Oh, that's stupid. I'm going to unfollow her now'

Despite this, Loubier, Johnston, May and Gibson all see social media in their future, but remain unsure as to how big of a role it will play.

"It's quite difficult for me to predict what my future in social media will be," says Loubier. "Growing my account and increasing my social media visibility is just one priority amongst many others that I have these days. In saying this, I hope that my Instagram will continue to grow so that I can reach out to, and motivate more, people."

When asked how she sees her future, Johnston admits that while she sometimes has her doubts about the lifestyle, she will not be going off the grid any time soon. Johnston hopes to continue spreading her influence and looks forward to what Ottawa has in store for herself and the rest of the Instagram community. "I feel like there is so much potential money to make here," she says excitedly. "It's just that one step of actually pressing that post button."

Reeled In



When it comes to dating, they say there are plenty of fish in the sea. But beware: an onslaught of fake profiles created by catfishers have invaded the digital dating pool

By Wade Morris

Carleton University student Corey Fisher* swiped right on a girl that he matched with on Tinder. It began as many relationships start in the digital age. Using Tinder, Fisher exchanged messages with the girl for about a week, talking about everything from their favourite TV shows to their frustrations about school. Fisher wanted to see where the relationship would go, so they agreed to meet for coffee at a Starbucks in downtown Ottawa.

Fisher's first and only face-to-face encounter with the girl left a bitter taste is his mouth and it wasn't the coffee. When he arrived at Starbucks, he found the girl sitting at a table with pamphlets spread out in front of her. "I'm a missionary sent from the Lord," she said. "I'm here to do the Lord's work, and I think you should join me."

Fisher discovered that the girl did not want to date him, but instead wanted to recruit him into her missionary project. "I was confused," says Fisher. "I don't have a problem with religion, but Tinder's not the platform [to recruit people]."

It's no secret that online dating services are popular, especially among students. But there's a hidden scam culture that takes place over them. Not everyone using online dating services is actually interested in online dating. Hidden intentions can range from full-fledged money-laundering scams to simple, spontaneous pranks.

The act of pranking someone using a fake persona to insinuate a relationship is called "catfishing." The term was popularized by a 2010 documentary called *Catfish*, which was later adapted into a popular program on MTV. *Catfish* was a hit—as was the act of catfishing. Even celebrities couldn't avoid the phenomenon.

***Names have been changed**

Kathleen Sheedy Illustration

In 2013, San Diego Chargers linebacker Manti Te'o found himself involved in a high profile catfishing scenario. After mourning the death of his online girlfriend, he learned that she in fact never existed.

Catfishing is done using someone else's pictures, often ripped without their knowledge or permission from a social media platform like Facebook or MySpace. (Yes, MySpace.)

> **"I was fascinated that somebody would pretend to be somebody they weren't"**

Ottawa resident Scott Clément was surprised to see a Facebook friend request from "Scott G Snowden." The name was not familiar but the profile picture was: it was Clément himself. He scrolled through Snowden's page and realized that the account had been posting his pictures and videos for five years, pretending to be him. Eerily, Snowden shares a surname with Edward Snowden, a former CIA agent who controversially revealed thousands of secret documents to the public. Clément's friends reported the account to Facebook and Clément was notified that it was removed from the website.

Clément was suspicious, but not too fearful. "I think I was just fascinated that somebody would go to the lengths that they went to in order to pretend to be somebody they weren't," he says. "I knew the account was harmless." Before the account was deleted, he left various comments on the stolen photos, pointing out inaccuracies that Snowden had made in their captions. "Actually Mr. Snowden, this picture of you was in Melbourne, not Sydney," Clément typed. Clément still does not know who was behind the account or why it was created. "I don't know if the guy was actually trying to, or successfully, catfishing people," he says. Clément speculates that it could have been a gamer who "wanted to appear to be someone he wasn't to his cyber friends"—but to this day, he doesn't know for sure.

"Dating apps can be a great utility, but at the same time, you have to be careful," says Craig Delmage, Algonquin College's senior manager of information security and data privacy. Delmage points out that cartoonist Peter Steiner predicted the catfishing phenomenon when an illustration of his was published in the New Yorker in 1993. In the illustration, two dogs are shown. One dog is using a computer, and says to the other, "on the internet, nobody knows you're a dog." The cartoon was initially meant to be a quirky take on the rise of accessible computer technology, but the cartoon has remained iconic for decades due to its relevance.

There are plenty of theories as to why people catfish. Delmage says that some will do it to explore their own sexuality and identity. Stephanie Michele from Los Angeles, California speculates that the person who catfished her on a dating app called Hinge years ago may have been fulfilling a sexual fantasy or addiction due to the nature of their talks.

When Michele realized the person she was speaking to was insincere, she took matters into her own hands. Michele ended the relationship, but that wasn't enough. She was frustrated with how easy it is to miscommunicate online. "So much of what is interpreted from a text is assumed without clarity of tone, eye contact and the ability to ask for further context," says Michele.

She created NoTextOrNext.com, a platform that users can use to share their stories, and take the "No Text" pledge, ensuring that they'll use verbal communication for serious conversations. "With No Text or Next I have one simple goal – to promote consideration and use of communication guidelines that better serve meaningful connection, conversation and relationships," says Michele.

> **So much of what is interpreted from a text is assumed without clarity**

Michele has managed to turn her negative experience into a positive, inclusive campaign, proving that those who feel violated or betrayed are not helpless.

"If you have been catfished, the worst thing you can do is allow it to harden your heart or be less trusting of all people," she says. "Get angry and then get over it. Forgive so you can move on."

Craig Delmage's five pieces of advice for those who want to explore dating apps:

1. **If they ask for money, run.**

2. **Act like a detective.**
"They could be talking to 40 or 50 people at a time, so you have to ask for information," says Delmage. "Try to meet face-to-face." But before that happens, Delmage suggests having a phone conversation.

3. **Assess the profile's pictures to ensure their authenticity.**
There are plenty of online tools that can help the user backtrack the origins of an image. It is also effective to ask the person on the other end to send a picture of them with a specified name or phrase written on a piece of paper.

4. **Scammers will often lie** about catastrophic events in their life, and use them as excuses to avoid meeting in-person.

5. **Protect yourself and your technology.**
"Create a specific email account for [online dating]," Delmage suggests. "Only use your first name at first."

POWER your Plate

As students, it can be hard to maintain healthy diets when there are so many unhealthy options around us. Here are some of the new, trending super-foods to add to your grocery list

By Joshua Marquez

Aisles full of organic fruits and vegetables, good-for-you snacks and locally butchered meat are in a panoramic view while I push my shopping cart leisurely around with me. It has always been a pleasure for me to go through a health food store.

It's when I get home that the magic happens. The butcher block comes out and I start sharpening my knife. My mind calculates all of the combinations of food I could make from what I have in my fridge. With so many different foods trending on the market all the time, it can be fun to cook something new and exciting for yourself and others. Foods trend mainly because of what the consumer wants. This means that if we choose to be healthier then companies will be forced to change their products to what we want."It has to taste good, look good and be good for you," says Corey Haskins, a chef and culinary arts professor at Algonquin College.

He remembers that when he was a kid, kiwis were the novel food to eat, and now they're just a well-known fruit. Haskins also says that trends come in cycles and that it has always been that way.

What's trending now? Here's a list of the top four superfoods students in Ottawa are excited about:

Joshua Marquez Photos

Kale: Although the leafy green has been popular for a few years for its versatility in cooking – from smoothies to kale chips. Nutritionally, it has over 100 per cent of vitamin A and C per cup – kale still has everyone talking about it.

But moderation is important and too much of a healthy thing can actually be unhealthy, says Anthony Chasse, second-year culinary management student at Algonquin College. Fat soluble vitamins – A, D, E, and K – unlike water soluble vitamins such as B and C, do not get flushed through your urine and will build up in your liver which could lead to health problems. Chasse suggests to have a balanced diet, with a variety of vegetables – including kale. "Find foods that are healthy, but that you also like," Chasse says.

If you want a quick kale fix, cut some kale up, add olive oil and salt, and bake it on a pan in the oven at 350 F for 10 minutes. It is also recommended to cook your kale in any recipe – cooking it will break down the plant's tough fibres and make it easier to digest and allow the vitamins to be more bio-available.

Chick Peas: Part of the pulse family – with friends such as black beans and lentils – chickpeas can be that go-to snack when you're on the move from class to class.

You can bake or roast chickpeas in the oven and store them for when you are looking for something to keep you from feeling hungry, advises Lia Sani, second-year culinary management student at Algonquin College. The cooking courses she takes mimic the long hours in the restaurant industry. She says that chickpeas provide the protein – about 15 grams per cup – and fuel she needs to keep going, while also helping her avoid unhealthy snacks. And there is so much you can do with them. Sani says she bought a new food processor and also makes hummus with them sometimes.

Make your own hummus by blending a can of chickpeas, a clove of garlic, a pinch of cumin and salt, with a table spoon of olive oil and tahini in a food processor. Eat it with some chopped-up vegetables like carrots and broccoli or have it with tortilla chips.

Blueberries: Blueberries are great to have as a low-sugar fruit in your diet, with only 15 grams of sugar per cup. Full of antioxidants, they can be used in everything – from smoothie bowls to even putting them on top of your cereal in the morning.

If you look at food porn on Instagram, there's a big chance you'll see one of these magical looking bowls. Made in different colours, smoothie bowls contain blended fruits with yogurt and powders like cacao, topped with nuts, seeds and other fruits. Not only are they nutritious but they contain all the fibre of your fruits. Which helps slow the digestion of sugar into your body. When you drink juice, however, all the fibre is gone from your food so your blood sugar spikes.

To make a simple smoothie bowl with blueberries, blend Greek yogurt, honey, berries and coconut oil together. The good fats in the oil will slow down the absorption of sugar as well as the fibre from the blueberries. Then pour it in a bowl and add your favourite nuts like almonds, and seeds like chia seeds for even more nutritional content.

Avocados: Believe it or not, they are not a vegetable. They are a fruit. Imported from areas with warmer climates such as California, Mexico and Peru, avocados have blown up to something that is now part of people's daily diet.

Avocados also contain a lot of fibre – about 10 grams per avocado. This is something that most Canadians are lacking, says Erin Enros, a part-time teacher in the food and nutrition management program at Algonquin College. "You'd be surprised how many people go through their day without eating any fruits or vegetables, but mostly grains, dairy and protein," says Enros. Fruits and vegetables are low in calories and rich with vitamins and minerals.

While guacamole tastes great, avocados can be eaten in many other ways – by themselves or even in baking as a substitute for certain ingredients. For an alternative to toast in the morning, try and have your eggs with chopped avocado dressed with olive oil, a pinch of salt and a few drops of lemon juice.

Lovers of Wisdom

What do you think of when you picture a philosopher? *Glue's* Phi Hoang Trinh spoke to philosophy students about the myths and facts behind stereotypes surrounding them

When I asked fellow students about what their first thought was when the word philosophy was mentioned, the answers included "complex ways of thinking," "whoa," "deep quotes," and "smart." But what about philosophy students? Do they feel that way about their own major? Do they fit the stereotypes that always surround them?

Yes and no. Upon hearing my question, a critical mind would surely ask: what do you mean by stereotype anyway? Stereotypes are a set of common characteristics that are apparent and ever-present about one group. When it comes to philosophy students, here are the commonalities I spotted.

THEY'RE PASSIONATE

Adam Voight is a second-year computer programming student at Algonquin College who pursued a philosophy degree at the University of Kentucky. "There are a lot of people going into philosophy thinking this is the opposite of science," he says. "They think that if they go into this they can get the respect of being rational and speaking the truth without actually having to undergo a discipline and force themselves to question assumptions, even their own."

Voight says that his decision to go into computer programming was inspired by his philosophical background because it's like making sense of "systems that already exist." Prior to that, he applied for grad school with the hope of getting a degree in philosophy.

"I got rejected – my teacher said my work was shit – and I agree with him," he says. He's always wanted to go back to grad school, but his last writing sample was deemed "crap" by his former teacher and a friend. That's enough to bury a career choice for good, but not enough to hold his interest in philosophy back. Voight still actively participates in a club called Ottawa Socrates Café. You can always find him at parties of the Carleton University philosophy department.

THEY'RE NOT INTO MONEY

The most popular faces of philosophy, like Plato, Marx and Nietzsche, were all covered with hair. The beard fashion corresponds to the attitude that sees philosophy-followers as poverty-stricken whose prospect of landing a job after graduation is dire. There is some truth in this stereotype, however.

"Philosophy professors usually tell their students to not pursue philosophy," says Kevin O'Meara, a senior undergrad at Carleton University and the current president of the school's philosophy club. "They say there's not much money in it. It's really tough and unless you just love it with all your heart, don't pursue philosophy."

Judith Sheppard Illustration

"I don't mind teaching high school if I can't find a job after getting my PhD," says Anthony Della Zazzera, a grad student at the University of Ottawa. "If that doesn't work out, I'll just starve. I'm fine with that."

However, according to a 2015 report from PayScale, philosophy majors often fare pretty well in their career, gaining the top earning degree in all humanities courses. "Philosophy students actually do better on the LSAT – the law test – than law students, so many of them end up taking a career in law," says O'Meara.

THEY'RE PARTIERS

Yes, philosophy students do party. This shouldn't come as a surprise: hedonism, after all, is a legitimate school of philosophy. Take O'Meara, for example. When he's not in his small, tidy department-provided room reading about Spinoza and Hobbes, he either hosts the CKCU radio station or is drumming for his one-man band. "One of my friends told me, 'blow my mind with some philosophy,'" says O'Meara. "I was like, 'man, it can be so boring; it's just like reading 800 pages of dry material and writing a paper based on it.' People sort of think that philosophy is just something teenagers who get stoned and stay up way too late start talking about."

Others like fun, but not all of the associations. "It is safe to say that I hate being associated with stoners," says Zazzera.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