



Fall 2017

glue

THE OTTAWA STUDENT MAGAZINE

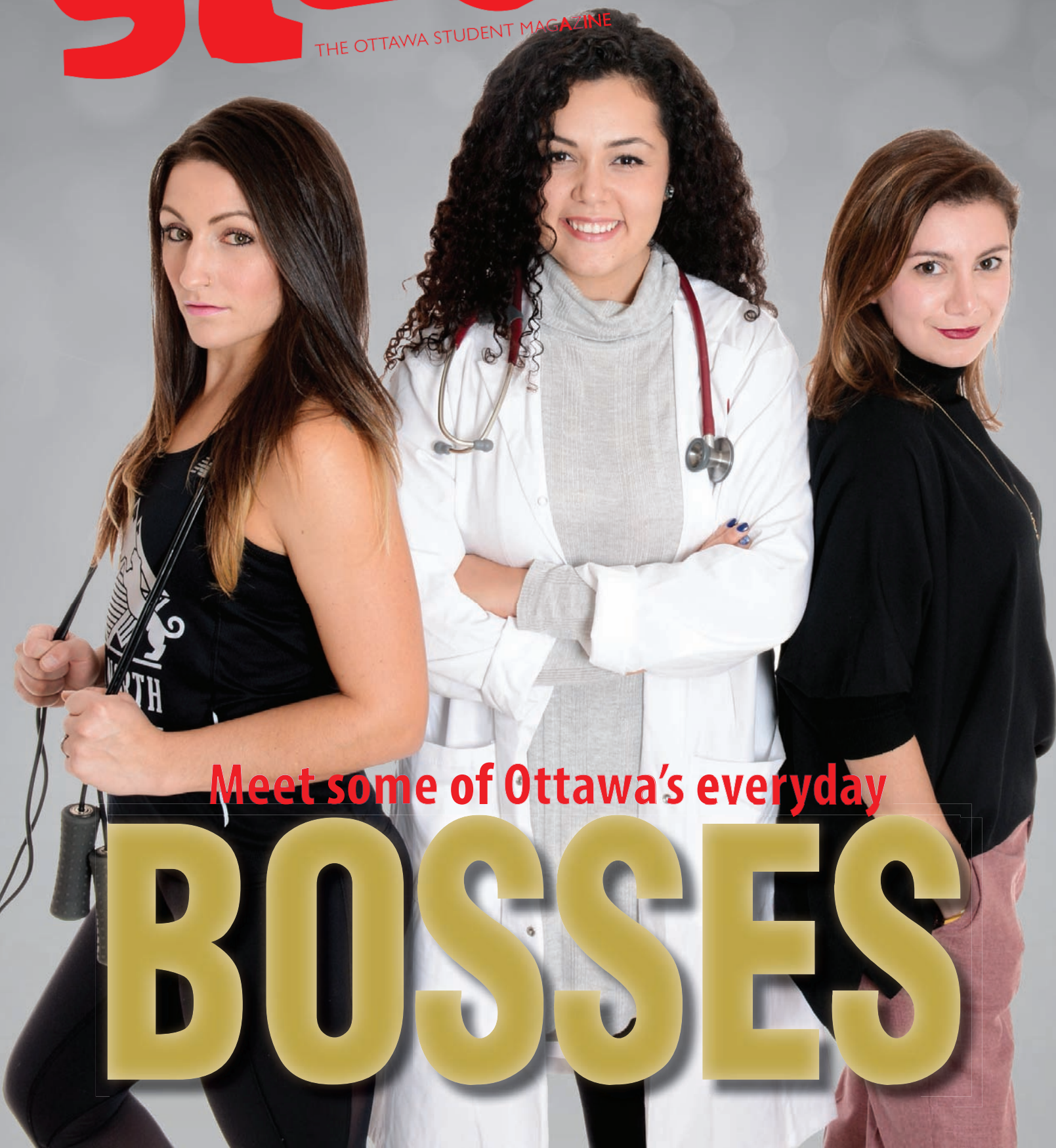
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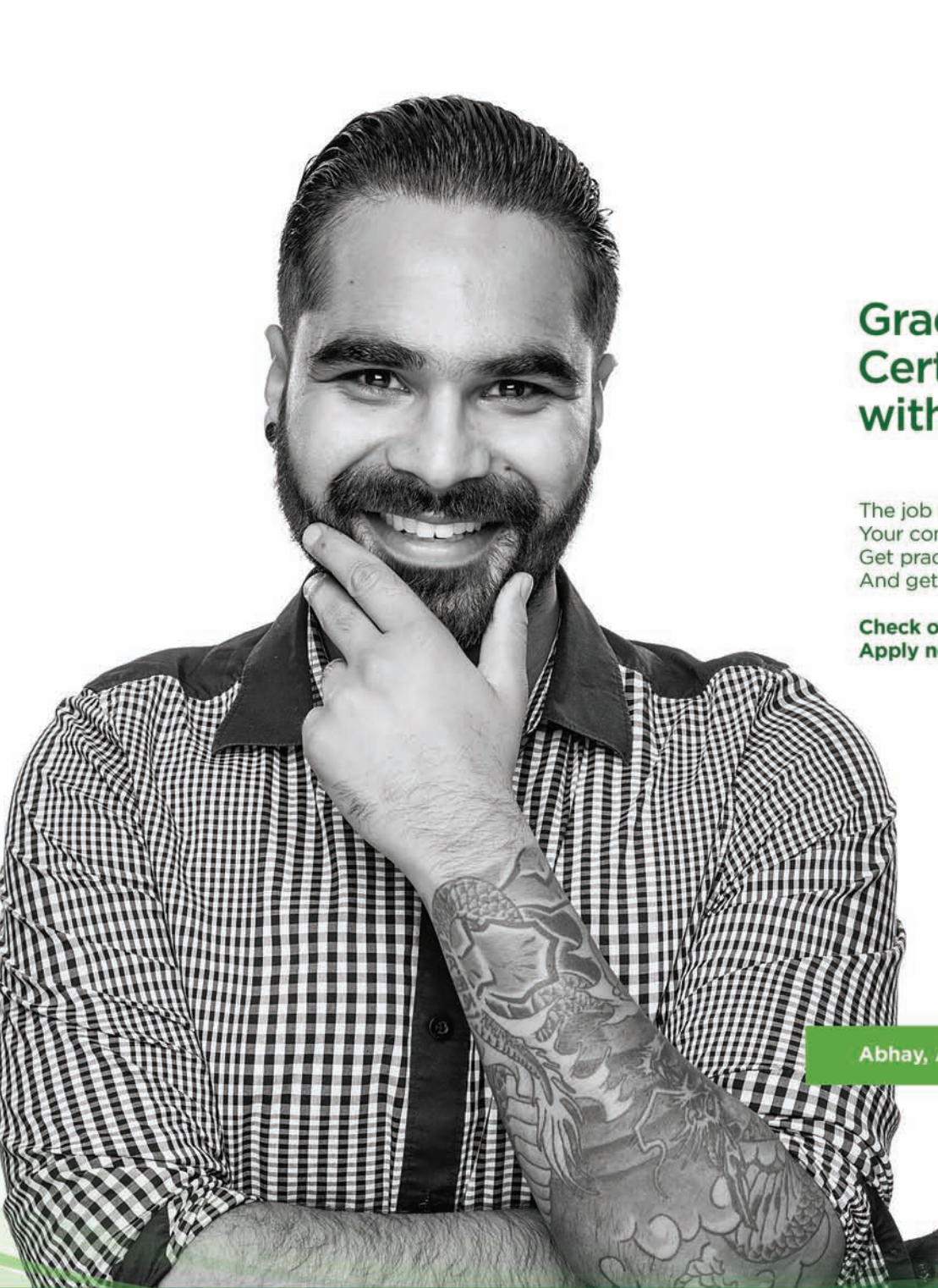
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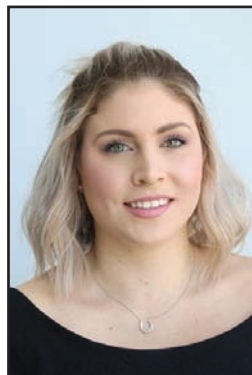
Contributors

Writer



Connor Fraser was assigned “Esport Support” because he was once an esport player in Atlantic Canada. He was able to use that experience to relate to the sources in his story and to the larger *Glue* audience. Fraser is an aspiring sports reporter who hopes to one day be on the Toronto Maple Leafs beat.

Design



Nicole McCormick came up clutch for *Glue*, hanging out during our production meetings and offering to lay out pages for us. She designed several stories for this issue and proofed pages like a superstar.

Advertising



Christopher Burt is a third-year advertising and marketing student who is part of the promotions street team as well as producing radio ads for *Glue Magazine*. His experience with the magazine aided him in developing his passion for advertising and he hopes to one day make a name for himself in the vast advertising world.

Photography



Alina Pradzhapati used her great eye for design to contribute visually appealing photographs for two stories in this issue of *Glue*. She also acted as our design editor. She was a part of the team that shot our cover photo, and had a blast helping getting our three subjects ready for the camera.



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THE OTTAWA STUDENT MAGAZINE

Fall 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



Lara Vronick

In this issue of *Glue* we did things a little differently. For starters, it's the first time we've featured three people on the cover. In the past we've stuck with a single portrait, or in some cases, a duo. Our choice to include three women featured in the "Boss ladies" article on the cover was to challenge what society typically associates with a boss, and to highlight women working hard and achieving success in their communities.

We follow this theme and others throughout this issue of *Glue* to expose the societal challenges, interpersonal challenges or challenges brought on by our institutions that many students and young people in Ottawa face.

In the "Unfamiliar Grounds" article and in "Building Your Brand," newcomers to Canada and local entrepreneurs are faced with overcoming obstacles placed on them by perceptions held within our society.

Interpersonal challenges and pressures posed from our relationships reflect those placed on the wider student population in "More Than Bones" by Victoria St. Michael, as well as "A's Before Plays" by Chad Ouellette. Though in very different ways, both of these articles explain how an individual works to thrive despite being not fully supported by their families or peers.

And in "Esport Support," by Connor Fraser, we see the difficulties young gamers face when they choose to follow their passion with little support from their post-secondary institutions.

Through these stories we showcase how resilient this generation of students can be. We are innovative in the ways we overcome these challenges and most importantly we are conquering success in our own way.

We hope you enjoy this issue of *Glue* and are encouraged by how many of these stories speak to challenges you may be facing in your own life as well.

Lara Vronick



Back row, from left: Ellie Sabourin, Wade Morris, Bishop DeNeumoustier, Joshua Marquez
 Front row, from left: Alina Pradzhapati, Victoria St. Michael, Sarah Ferguson, Lara Vronick

Backstage Pass

Behind every band or performer is a backstage crew that works hard to make the show happen. As one industry veteran explains, being a roadie is a lot of hard work. If you're up for it — here's what it takes

By Harrison Field

Michael Blanchard, the technical director for the Algonquin Commons Theatre, knows that it will be a long day. Over the next five hours, he will be setting up stage and sound equipment, meeting the band to make sure that all of the information is correct and going through an extensive sound check.

The general public is usually focused on their favourite band, so they may be a little too excited to see the unsung heroes working behind the scenes. “I think the people behind the scenes are the ones that make things happen,” says Colin Mills, the program coordinator for the music industry arts program at Algonquin College.

Although much of the audience is ignorant about the work that happens behind the scenes at the live show, Mills argues that there are some people who recognize the work that goes on behind the curtain. “I think if you asked a touring artist or touring musician they would agree to that as well,” he says. They go by a lot of names — instrument technicians, audio engineers, live sound technicians or stage hands — but you probably know them as roadies.

If all goes according to plan, the headline act usually ends at 11 p.m. and tear-down begins after that. “The out is half the time of the set up typically, i.e. if we take four hours to load in, it typically takes two hours to come down and out,” says Blanchard in an email exchange with *Glue*.

The team helps the band get their gear out of the building and into whatever they are using to transport it. Once the band is all loaded up, the technical team locks down the stage and finishes putting the gear away. The mics and cables are inventoried and the stage is wet mopped and dried.

“[Time for set-up] is extremely variable,” says Blanchard, who has experienced set-ups as fast as 30 minutes and as long as five hours. “It changes every show.”

Early last year, the first-year students of the music industry arts program at Algonquin College had the chance to speak with the road crew for Hedley. “You lift and set the stage, travel and get

little sleep,” says Phil Baril, a music industry arts student.

“The money is nothing amazing and there is always little recognition. It’s something that will never change.”

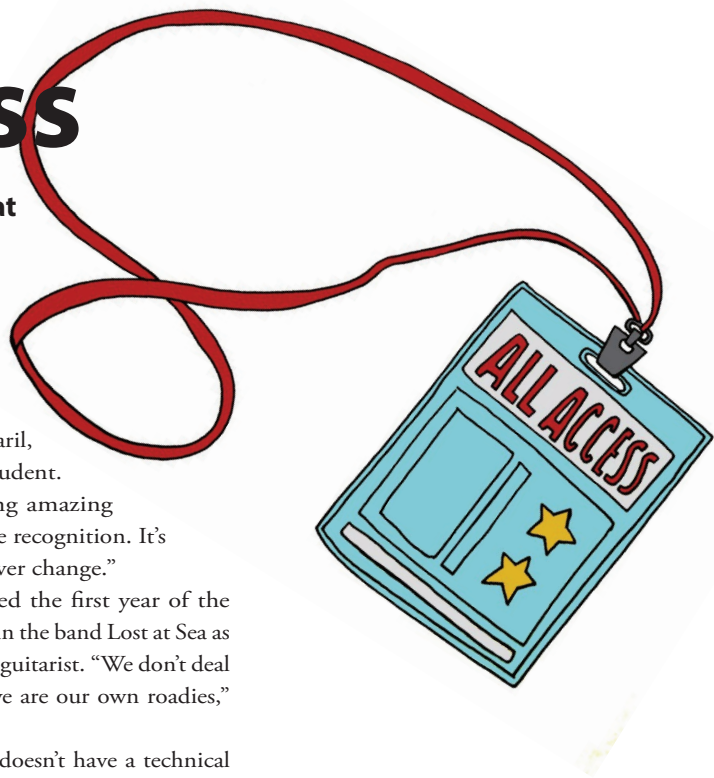
Baril, who completed the first year of the program, also performs in the band Lost at Sea as a singer-songwriter and guitarist. “We don’t deal with or have roadies, we are our own roadies,” says Baril.

Because Lost at Sea doesn’t have a technical crew of their own — yet — Baril has learned to do the work that goes on behind the stage at concerts himself.

“People working behind the scenes generally don’t get the credit they deserve, and the difference of a good sound man makes the gig,” says Baril. This opinion is reinforced by his professor, Mills. “Those people are very underappreciated by the general population,” says Mills. “I think people are involved in live shows — they are aware of what goes on. But I think the majority of people don’t understand what people behind the scenes actually do.”

Blanchard disagrees that the people involved in music know what goes on behind the scenes. “Some disregard the house stage’s existence. Some acknowledge us and try to make small talk. Most of the time, the artist isn’t in the space longer than their sound check and show performance,” says Blanchard. This doesn’t dissuade Blanchard. “I’ve never thought about the work we do as something that is appreciated. The typical audience member has no clue what goes into an event roll out other than what they learn on TV,” says Blanchard. “If the touring party is happy and has a positive day here, then I know it’s appreciated and they typically communicate that.”

If you want to know more about the work that goes on behind-the-scenes, there are a number of documentaries that cover the subject, but Mills suggests a more hands on approach. “The best way to do it is follow someone around if you can.”



10 Steps to Being a Roadie

Step 1: The roadies meet the band or the band’s crew.

Step 2: The roadies move the gear and give a tour of the venue.

Step 3: The stage is set up. At this point, the lights, monitors, amps and backline instruments are placed. The monitors are set up by a number of different crews including the loaders, house monitor techs, tour monitor techs, front of house (FOH) audio tech, head lighting tech and technical director.

Step 4: While the monitors are being worked on, the cables and power are set up.

Step 5: All of the inputs are checked and the lights are focused.

Step 6: The headline band goes onto the stage after that and goes through a sound check with the lighting.

Step 7: The supporting act — if there is one — is encouraged to pre-set by the technical team so that they also have time to go through a sound check.

Step 8: Once the main act has done their sound check, the support act is set up.

Step 9: The supporting act then goes through their sound check.

Step 10: The doors are open for the true show to begin.

Unfamiliar Grounds

Students who move to other countries to study can face challenges. But, the culture shock that makes it so hard for them to adjust can also be what brings them together

By Martina Mukete

Six years ago when my family and I moved to Canada from Beijing, China, I was frustrated because I couldn't adapt easily to the Canadian lifestyle. This was a turning point in my life. I had just finished high school in Cameroon, my country of origin, to join my family in China where I stayed for six months. Just when I felt more comfortable with Chinese culture, my family decided to move.

I was transitioning between lifestyles. This made it harder for me to understand my new environment when I first arrived in the country. I was excited to be here because most of my friends back in Cameroon said I was lucky, but I didn't know what to expect. I wasn't quite ready for this move psychologically. It happened too fast and before I knew it, we were in Ottawa.

“There's always one part of us who misses home and another part who is excited about the unknown”

I was confused by the culture shock and how to adapt to Canadian way of life. There were moments when I would lock myself in my room and cry when I thought about Cameroon and how much I missed home. Three years later, I was approved for an international internship through uOttawa and was sent to work with the Forum for African Women in Education in Ghana for three months. I was given the opportunity to meet other students from different programs and share ideas on how to adjust to culture shock. It has been an inter-

esting journey for me and the most interesting part was when I found international students here in Ottawa who share similar experiences.

It seems most of us have mixed feelings when we first move here because there's always one part of us who misses home and another part who is excited about the unknown. However, we all found coping mechanisms to help us adjust to this new place. Rex Fyles, manager of international training at uOttawa, trains students taking on international internships. He explains in depth what culture shock is about. “Some of the things that shock most people when they first move to another country are the language and the food,” says Fyles. “We are fascinated with these new things and culture so much that we get frustrated with the lack of familiarity of this foreign context. This in effect may lead to depression, homesickness, loss of appetite and an inability to sleep and study effectively,” he adds.

But, there's hope. Fyles believes when we manage to interact with others in this new environment we learn social behaviours, which may help to correct some negative perceptions and increase our confidence. For me, I felt part of me was Chinese because I missed so many things about that country, including the food and the street scenes.

Aakash Parmar, second-year internet programming and web development student at Algonquin College, is from India and had trouble adjusting to Canada's colder climate. “This was very depressing and I kind of missed my family in India,” said Parmar. As we are both from developing countries, Parmar and I considered Canada more advanced in many ways such as

infrastructure, education system, transport and healthcare compared to Cameroon or India. Parmar observed that college students in Canada were more independent than in his home country. “In India, most students will either stay home with their parents or a family relative and go to school,” Parmar explains.

When students live on their own, they become more responsible and learn many new skills, which can be a coping mechanism for many international students. My main adaptation tool was socializing with my peers at school and asking questions when I didn't understand, and even though my questions seemed funny to some people, they helped me adapt faster. Like me, many of Parmar's friends who came to Canada before him sought guidance from the Indian Students Association at Algonquin.

The harsh Canadian winter is not a problem for Egor Anikeev, a second-year hairstyling student at Algonquin College from Russia. But the lack of specific fashion trends and food are his major concerns. “In Russia, people, especially girls, are always well or overdressed even at home. So, you won't see university students dressed in sweat pants like here,” says Anikeev.

Culture shock varies depending on what part of the world you come from. Like Anikeev, students from other developed countries can have high expectations before arriving here. But he explains that he is here because he believes the educational system is good and he wants to get the best he can from his program.





Comedically Correct

Is there such a thing as crossing a line in comedy? Offensive jokes can get a laugh but as *Glue's* Lucia Gallardo found out the hard way, there is a time and place

By Lucia Gallardo

It was the November talent showcase at PPL, a bar on George Street downtown. A woman who went to my high school was a bartender there and she had reached out to me after seeing a video of me doing stand-up comedy. She told me PPL was looking for someone to do a comedy set and I accepted. Among the performers were spoken-word artists, rappers, singers and two other stand-up comics.

Most of PPL's clientele are black and one of my punchlines coasted on stereotypes of growing up around violence in black communities and comparing it to training dogs. I knew it was risky, but I told my joke and it immediately elicited a reaction. There was scattered laughter, some oooh-ing and one woman who called out for me to get off the stage. I looked at the MC and he told me to keep going, so I switched gears. I was trying to be edgy but the joke fell through. No big deal.

At the time I didn't know that I was about to be faced with a very important moral dilemma: in this new maturing age of awareness, as an entertainer, are you accountable for everything you say? Does it mean you can't say certain things? Or can you say anything as long as it serves a purpose?

For local comic Greg Houston, a big part of comedy is recognizing the privileged position

you have, just by being in front of the mic on stage. He maintains that the intent as well as the content is important. As the entertainer it's your responsibility to own the joke.

Houston has performed at Cracking Up The Capital Festival, Cottage Comedy Festival, Ottawa Comedy Explosion and the Dark Comedy Festival. He affirms that all jokes innately have a victim, but comedians are responsible for being aware of their audience. "It's totally your job to read the room. And with experience comes the ability to do that," Houston says. "It's about learning what fits where."

When you read the room, you can learn to approach a premise from a better perspective, one that maybe doesn't specifically target a single demographic and steers the conversation towards engrained issues in our society. Houston referenced American comedian Kurt Braunohler, and his approach to privilege and societal problems. "In his set, Kurt goes, 'I'm a white straight male – the world is made for me, and I think the world is fucked up,'" says Houston. "Which is kind of the realization that things are bad. I think his line is, 'I am four times less likely to get shot by a cop in a regular pull-over, just because I'm not black and that's just statistics. I get paid 21 cents more than females, just on average.'" Houston

adds, "if you've affected someone enough – in a good way or a bad way – for them to come talk to you after the show, you own your joke and you listen to people if they want to provide feedback."

In my case, there was a heckler who kept yelling "racist" at me and that stung. I'm not a racist or a bad person. I'm morally outraged at human rights violations, I constantly try to check myself for political correctness and I buy coffee for homeless people in the winter. She couldn't be serious. It was a joke and the joke wasn't racist because I'm not racist.

After my set, another woman approached me – she was one of the spoken-word artists – and told me I shouldn't have done that joke. I brushed it off, and told her "it's just a joke, I'm sorry you feel that way."

It wasn't even that I liked the joke, I couldn't even stand by it. I just wanted a reaction because silence is deafening onstage. Instead, I had offended people by forgetting that what I say – on and offstage – has consequences. The reaction to my joke was to yell names at me and to ask me to not say that on stage. I didn't know how to feel about it. Was their feedback assertive constructive criticism – or were they trying to censor me?

For Daniel Araya, a student and local performer

who hopes to pursue comedy as a career, comedy is an art form and as such should never be censored. “A lot of political correctness aspects are focusing on the subject rather than the joke – there’s trigger words,” says Araya. “People focus on those words rather than the joke. And then choose not to laugh because they hear those words. That’s killing comedy in its own way and that to me is censorship.” He believes that the biggest thing for audiences in a comedy club to understand is that comics are trying to make people laugh, not hurt anyone’s feelings. Comics are concerned by the audience as a group, not as individuals. “Intent is the most important thing in the world,” says Araya.

By his logic, my audience should have understood that my intention was never to hurt anyone’s feelings. And that while I was aware of the volatile topic I was touching, the venue should have been a safe space for me to tell that joke without any reprisal.

Araya is not alone. Andrew Wambolt, another local comic who has run a few open mic rooms around the city doesn’t believe comedy should be censored. However, the Algonquin College radio broadcasting grad does believe that sensitivities, which are likely to arise, should be acknowledged. “I don’t think that a comic should feel responsible for censoring themselves really, but they should kind of brace themselves for what’s about to happen,” says Wambolt. “If you have a joke about black people that you’re telling to black people and they get a little offended, you shouldn’t think ‘well, free speech is ruined.’”

Wambolt sees the reasoning behind using words that trigger emotional responses, but he maintains that there’s more merit in not counting solely on that. “Rely on writing a good joke. If it’s shocking, so be it. If you have an offensive joke, own up to it. Don’t try to say ‘it’s my art, you’re trying to censor me,’” says Wambolt. “If you think political correctness is ruining comedy then maybe you’re not a very good comedian. Because what is political correctness against? Making jokes about rape, making jokes about victims.”

After my show at PPL, I thought about leaving without addressing what had happened with the people who were still clearly upset with me. The girls who had heckled me were outside smoking and called me an asshole as I walked by. I decided to turn back to speak with them. I realized that I didn’t get to decide when

I had been offensive. It had just been a joke to me, but to them it was a personal attack. I would never be able to speak from their point of view to tell them that they had no right to feel that way.

I let them tell me how they felt, and they were

“If you think political correctness is ruining comedy then maybe you’re not a very good comedian”

upset – reasonably so. I also tried to get my point across that my objective was never to hurt anyone’s feelings, I was just trying to get a reaction and hadn’t thought of the consequences. I had been reckless. I should have known better but I had made a mistake. “It makes you a better comic – and a better person, by checking in with yourself, and checking your privilege,” says Houston.

Conversely, Nick Carter is an Ottawa-based comic who has performed at the Just For Laughs comedy festival, the Seattle Comedy Competition, Ottawa Fringe Fest, written for CBC’s *The Debaters* and has been performing for about 13 years. He believes that political correctness is paramount when performing stand-up comedy, and that every comedian is accountable for what they say on stage because what is said in the club doesn’t always stay there. “There are two camps: people who think what we do in a comedy club stays in a comedy club and it doesn’t have a purpose beyond that room, and people who think what we say on that stage is trying to

make a connection with people beyond just ‘oh I had a good time,’” says Carter.

He thinks there’s a misinterpretation where political correctness is taken as stripping someone of their right to say what they please. Instead, he argues, it’s more about accountability than it is about censorship. “I’ve been impacted by comedy,” says Carter, who believes that comedy doesn’t stop at the door of the club. We should ask whether what we’re saying serves a purpose. Is there activism, are you bringing something to light, or are you just saying something to say it? “Saying these offensive things – it’s a crutch,” he says.

For me, trying to justify being offensive came in saying “it’s just a joke,” until I came to the realization that that’s not a valid excuse. Especially since there was such a disconnect between me and the punchline. I don’t believe that black people are like dogs, so why on earth would I say that into a microphone to a room full of people? I didn’t consider the impact my words would have on others beyond my set. I’m responsible for that, and I’m better for knowing that.

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Esport Support

Competitive gamers spend a lot of time trying to earn a living through their consoles. Do these professionals deserve more credit for their efforts?

By Connor Fraser

I was once a competitive gamer and that's what I called it before it was officially termed esports. At 15 years old, I was going to be a pro *Halo* player, or at least that's what I thought.

I was travelling across the Maritimes competing in different charity events and campus tournaments in front of live crowds that barely filled a small gymnasium.

But that was back in 2009. I was getting better and I was growing up. The support systems weren't there for me to move forward in an esports career. There were no school teams for me, no Twitch streaming and no funding for me to play in the United States.

And the game I was playing began to lose traction. It was time to get a part-time job and focus on a more sustainable career. I hung up my headphones, set down my controller and began to save for college, taking care of the necessities. I had, for lack of a better term, "retired" from esports.

Fast forward to 2017. Esports has grown and has become an international phenomenon, but many still fight similar problems.

Nathan Knox, a former accounting student, has been competing in esports for two years playing *League of Legends* and *Starcraft*. Like me, he feels the pressure of life knocking on his door while still trying to game.

"I definitely feel pressure which is why I'm currently working full-time," says Knox. "I'm trying to pursue a job that will allow me to still participate in esports on my downtime and will also help fund future schooling. Esports

is not something I can live on."

And because esports can't pay all of Knox's bills, he is left to focus on his time management.

Travis Bird, a second-year public relations student at Algonquin College, has been gaming competitively for four years and also struggles with his time-management skills. "I personally play about four hours a week and maybe another five during the weekend," says Bird. "My team and I try to practice a minimum of two hours a week but unfortunately, right now in my life, there really isn't any management going on. I lose track of time and stretch myself thin every day."

"If a career in esports is your dream, be ready to adapt and work hard"

Sustainability, when it comes to gaming, is also an issue. Hockey, soccer and other traditional sports have been around since most of us can remember. But *Call of Duty*? There is a new game every year.

You could be training to be a pro player and then the next year you can't adjust. And sometimes titles just lose interest, like *Halo* in my case. Other gamers have identified these problems as well.

Mohamed Ashour began competing in esports in 2010 and has seen different games come and go, but he believes there are some solutions.

"The support for *Titanfall* quickly dropped after it was released but that didn't stop me from enjoying the competitive scene," says Ashour.

"In fact, because it was a small community, I had good relations with almost everyone in the competitive scene which made my whole experience a ton more enjoyable. Overall I think it's the type of community that determines your commitment, rather than community size."

However, there are ways to potentially have sustainability. Nathan Knox believes that you can make a safe career around it by marketing yourself as a gamer. "If a gamer makes it to a professional level, I think their career will be mostly safe," says Knox.

"I say this because a lot of professional gamers currently use streaming as a means to make money by having the community support them. And as long as that gamer is staying with the current games, I think they should be fine."

If a career in esports is your dream, be ready to adapt and work hard. Most schools currently don't support esports athletes in the same way they do traditional athletes. However, we may be getting there in the near-future.

Some post-secondary institutions have their own teams and bring in players to represent the school, so it may only be a matter of time until you see gaming scholarships as a regular occurrence.

The professional systems are there, but in due time the developmental systems for esports at school might grow into something similar to traditional sports.



Ghost Stories

Breaking up is hard. For some people, “ghosting” is a way to avoid the subject entirely. We talk to self-proclaimed ghosters to get an idea of why they are prone to disappearing instead of talking

By Victoria St. Michael

In 2015, the Internet exploded with rumours that actor Sean Penn was being “ghosted” by his ex-fiancée, Charlize Theron. A sudden disappearing act, also known as “ghosting,” has become an aggravating dating trend in the modern world. Not even Canadian hip-hop icon Drake is too good to be ghosted. When Rihanna suddenly cut off ties with him in 2010, Drake told *The New York Times* that “she was doing exactly what I’ve done to so many women throughout my life, which is show them quality time, then disappear. I was like, wow, this feels terrible.”

Rami Seblani, a 20-year-old business accounting student at Algonquin College, describes ghosting as “the act of vanishing out of someone’s life without saying anything about it.” Seblani calls ghosting a “double-edged sword.” It is hurtful to not only the one being ghosted, but also the ghost, Seblani explains. The ghoster feels guilty, and the “ghostee” feels as if they

aren’t even worth an explanation. *Glue* decided to get to the bottom of this phenomenon on behalf of everyone who’s been involved with a ghost. We plucked some of these 21st century ghosts off the streets of Ottawa to find out why ghosting is preferable to formally ending a relationship these days.

1. POOF, I’M GONE

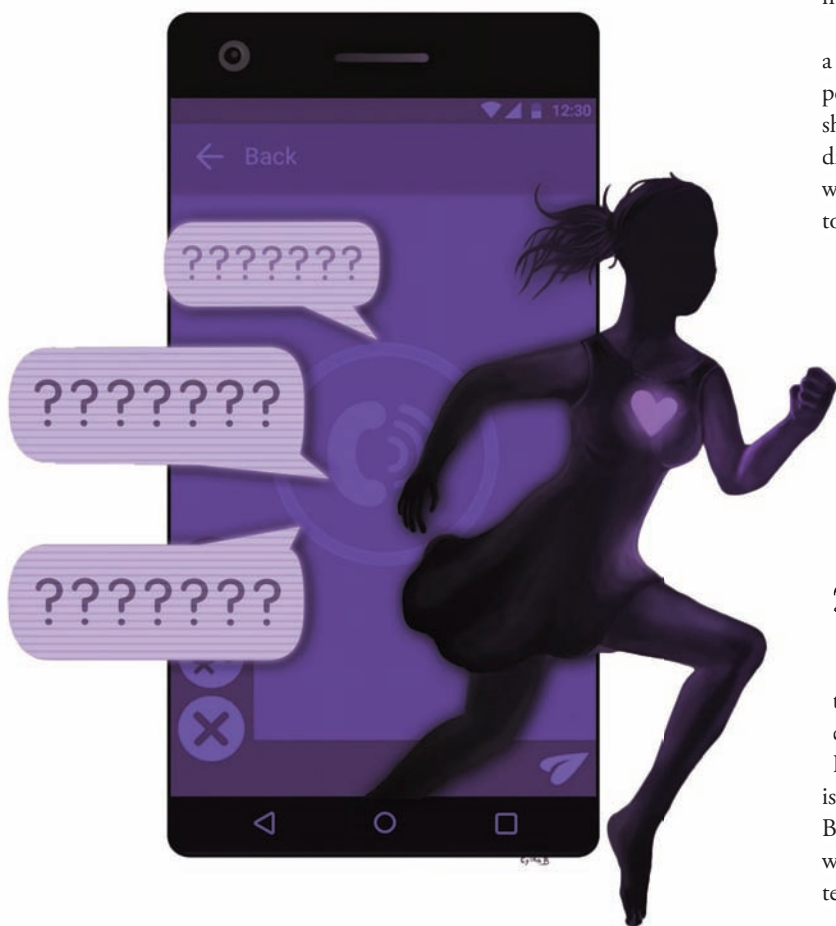
Corinne Rose calls herself a champion ghoster. The 22-year-old uOttawa student once worked at a gas station for three years without anyone finding out. “I’m really easy to piss off,” she says with a laugh. Rose says she is not the kind of person who stays in one place for long. She jumps from group to group and changes her phone number every six months. She believes that ghosting is not only acceptable, but sometimes necessary. “When I decide I want to switch things up, instead of keeping the people I don’t want in my life, I just...” she pauses for a moment. “Poof. I’m gone.”

When Rose was 17, she felt she was in with a bad crowd. After spending a summer working with the Ministry of Natural Resources, surrounded by people who she felt were moving in a more positive direction, she knew she didn’t want to be in her old environment anymore. The problem? Rose didn’t feel safe saying a proper goodbye to her crew. “We live in a society where it’s very common for men to go from ‘hey baby, what’s your number?’ to ‘I’m going to kill you’ in two seconds. With the people I was hanging out with, that was an actual risk,” she says. “I figured ghosting was the safest way to do it. Telling someone you want to end contact with them doesn’t necessarily mean the contact is going to end. I guess, for me, it’s a safety thing.” And it was. After Rose deleted everyone from Facebook, blocked them and changed her number, she still found herself being bothered by one of her old “friends,” who would go as far as making fake Facebook accounts to harass her. “I took the SIM card out of my phone and snapped it in half,” she recalled. “When you’re texting me, Facebooking me and Instagramming me all at once, it’s just too much.”

2. HEY, SORRY, BUT I THINK YOU SUCK

Sabrina Betts, 23, is another self-proclaimed champion ghoster. For the Algonquin College television broadcasting alumna, it’s a matter of convenience. Technology has made it easier than ever to ghost someone, Betts believes. “It’s so much easier to just ignore someone via text than it is to ignore them in real life,” she says. “And no one likes confrontation.” Betts says that when someone stops replying to her messages, it’s an easy way to know they’re no longer interested. “It’s much better than someone telling you, ‘Hey, sorry, but I think you suck,’” she says.

But what happens when two people simultaneously attempt to ghost



Cecilia Bleszynski Illustration

each other? Betts was dating a man from May to October 2016. Things seemed to be fine, that is, until he was a no-show at her Halloween party. She ignored his apology text, deciding to use the incident as a reason to break things off.

The pair didn't really speak again until January 2017, when he texted her out of the blue, apologizing for ghosting her. "I was just like, 'woah, wait. Which one of us was ghosting who?'" Betts says. "It made the inevitable breakup that much easier."

3. THREE'S A CROWD

Faith Jamael is a social work and feminist studies student at uOttawa.

In 2013 she ghosted an older man, and in this case, no one is blaming her. Jamael, then 17, told her parents she was going to stay with a friend and went to spend the night with the 22-year-old she was seeing.

However, things quickly went downhill. In the middle of the night, the guy got a call from another girl, whose contact was a half-naked photo. He was still asleep, so Jamael declined the call. Moments later, the girl texted him saying "I'm outside."

"I go outside and I'm so lucky. She's super cool and we figured out how much of an asshole this guy is for asking us to come over on the same night," says Jamael. "He was still sleeping through this whole thing thinking I'm in bed beside him the entire time. I get my stuff and leave in the middle of the night."

Despite persistent texts from him in the weeks that followed, Jamael refused to respond to his questions regarding her disappearance. "I passed by him at Rideau the other day, actually, and he just stared at me," Jamael says. "Hopefully, by now, he's gotten the picture."

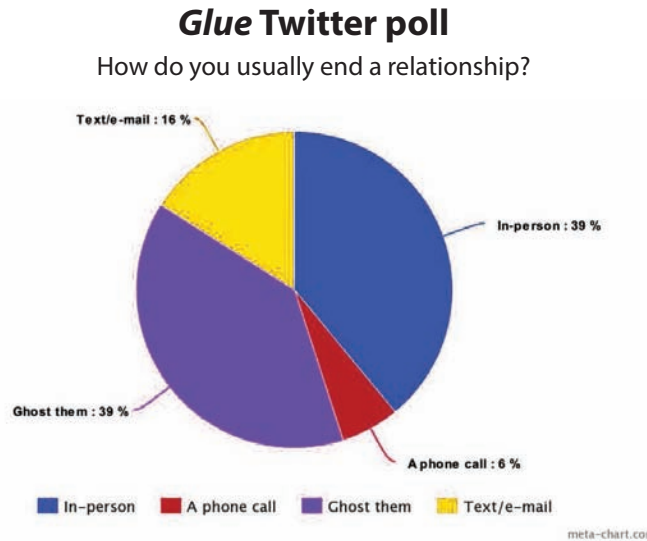
4. IVAN THE TERRIBLE, IS THAT YOU?

Louise Caferra, 30, has been on both sides of the fence. "The time that really sticks out in my mind of ghosting someone was when I was studying in Japan," Caferra says. She was 24 at the time, and one of the guys in her social group eventually became a little too interested. At first, he seemed like a kind and smart guy – nothing out of the ordinary.

"Some of the students tended to overlook him or even avoid his company, but I decided to give him a chance," she says. "The messages became more frequent, then moved onto phone calls. Then one night he missed the last train, so I told him he could crash on my floor." That was when things went wrong. Caferra woke up the next morning with the guy in her bed. Furious, she told him to leave.

That was when he informed her exactly why none of their classmates wanted anything to do with him. "He kept telling me that it was okay, that his mother was a spiritualist and that he was the reincarnation of Ivan the Terrible and that he thought he'd heard me talking in Russian in my sleep which was why he'd come to comfort me," Caferra says. "I wish I was making this up."

Caferra was finally able to get him to leave, but for weeks, the calls



and messages kept coming. "I didn't want to speak to the guy. He knew I was creeped out and furious with him, but he was just so persistent," she recalls. "In the end, he got the message, though, and after that, he didn't come to any more events."

Unless you're in a situation that demands you ghost someone, Caferra believes it's best to end a relationship the old-fashioned way. She thinks the rise of ghosting is due to a shift in the attitude toward relationships today, with apps like Tinder that present you with a "conveyor belt" of potential partners. "Perhaps when lines get blurred or one party thinks that there was more going on than ever before, it's awkward, but it's far

more common now," Caferra says. "The easiest way to deal with that is to ghost them because they just seem so disposable and technology provides a convenient barrier that helps people to do that."

Whether you're a ghost or one of the ghosted, life is generous when it comes to handing out happy endings. After she moved to Canada and married Algonquin College journalism student Giorgio Caferra in October 2016, Caferra says it's safe to say her ghosting days are over.

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A's Before Plays

It's hard for student athletes to balance athletics with academics. On top of that, they face the "dumb jock" stereotype. These athletes are not just enrolled in classes, they must perform both on and off the field

By Chad Ouellette

There are many sacrifices that come with being an athlete and that doesn't mean just your social life is affected. Jamahl Charles, who has been playing on the Carleton Ravens football team for the last two years, has lived through the short amount of time you get to spend studying. It's taken time away from watching game film, and not even his exams can be used as an excuse. In the mornings, when all of his fellow students are taking a quick breather to enjoy their coffee, Charles says he is in the gym focused on making himself as powerful as possible.

According to Martha Peak, athletic administrator at Algonquin College, athletes know what they are getting themselves into.

Being an athlete at the post-secondary level requires a lot of dedication and talent. You must have interpersonal skills, concentration, stamina, strength and the ability to make sound decisions at a moment's notice. When game time comes around, the ability to reach deep down and give everything you have is what separates the good from the bad.

But being an athlete at a college or university isn't just about athletics, they must perform in the classroom too. The term "dumb jock" gets tossed around when it comes to athletes, but in Ottawa, they can't play if they aren't on top of their academics.

According to Peak, if a student plays when they are in poor academic standing they can hurt more than themselves. "If you are not academically eligible, you could jeopardize the rest of the team," says Peak. She says that if the Ontario Colleges Athletic Association found out, they can take away a team's wins.

“He must be enrolled in at least three courses, have an average of at least 75 per cent and receive a minimum of three credits to hold on to his scholarships”

"At the beginning of the year, [the athletes] sign forms letting me have access to their academics," Peak explains. "So I track it very stringently."

The life of an athlete is less like those in the American comedy series *Blue Mountain State*, where a group of football players bring the dumb jock stereotype to life by partying and slacking off most of the time. Instead, think of *Friday Night Lights* where your life in the classroom is

equivalent to your time on the field.

With practices five times a week, film sessions, meetings and a weekly game, the fact that Charles can uphold a 75 per cent average is astonishing. On top of all that, he is two years into achieving a BA with honors in child studies.

Charles' time at Carleton didn't begin as well as it is going now. After his first season with the Ravens, he realized that he was in trouble academically. Luckily, his university had the services available to help him. "At the time, I didn't think it was a big deal," says Charles. "I ended up using these services, anything that could help me write essays and help me prepare for exams. After doing all of those, I was able to boost my marks and get into my program."

For a lot of students, university and college are expensive. In turn, several athletes receive scholarships and bursaries to help them. To stay eligible, rigid academic requirements are needed.

In Charles' case, he must be enrolled in at least three courses, have an average of at least 75 per cent and receive a minimum of three credits to hold on to his scholarship. "You get about \$4,000 to \$5,000, which is huge because school is expensive," Charles says. "It's hard to maintain, but man, when you need the money, you do what you got to do."

Although he has the credentials to be considered

Jamahl Charles, defensive back for the Carleton Ravens, expresses the pressures that student athletes face on the field and in their studies.

a high-calibre student, Charles is no stranger to the stereotype that often accompanies athletes. “Most people that see me assume that all I do is go to class and play football, that life is easy,” he says. “But then when you actually look at our schedule, you realize that it’s hard to have a social life. You don’t even have time to study.”

Peak says that because she played club sports her whole life, by the time she played basketball at Laurentian University, she was already used to the time management aspect of an athlete’s life. “I guess because I played club [league] from a young age, that I always just multitasked,” she explains. “I always knew it would be travelling on the weekends, so you just start to get used to doing your work before, and doing it during the week. It isn’t a huge deal to me. I’m a multitasker and I like to be busy.”

When it comes to sports at the university level, Charles feels that all athletes are intelligent because everyone is there to get an education. “I get it in high school, but at this level, there’s no bozos.”

Unlike Charles, some athletes learn the importance of academics the hard way. At Algonquin, you must pass all your classes in order to play. When Jemuel Paul came back to begin his second year on the Algonquin men’s soccer team, he was disappointed with the result.

After playing a full season and being the only rookie starter on the team, Paul came to realize that he was ineligible due to his academic decline. “I just fell behind in my academics, and didn’t stay on top of it. I just got a little



too into the sport,” he says.

The lesson helped him realize that being an athlete means being a student first. “We’re not only looked at as athletes,” says Paul. “I walk around the school and I’m a regular person just like everyone else, so I should be able to stay on top of my school.” Because of situations like this, Peak wishes there was some way she could see a student’s transcripts before their varsity season begins. “Right now I’m trying to work with the Registrar’s Office, to see if there is a way I could check more often,” she says. “Sometimes I don’t want to wait until the end of the four months. If I knew halfway – when the midterms are entered – and I saw that they were not doing well, then

I could talk to them.”

Peak says that the athletes don’t always tell her and aren’t forthcoming with their grades. But if she knew earlier, she could help them.

The fact that colleges and universities give financial incentives through bursaries to athletes and students has helped Paul stay on track.

Being an athlete in 2017 requires more than just solid athletic abilities. Through scholarships and bursaries, post-secondary institutions are shaping them into better students, even if they weren’t when they started. The academic restrictions placed on athletes help drive them to achieving success, and everyday they are fighting stereotypes in the classroom.

Diet Drinking

What you choose to drink on a night out can affect both your hangover and your waistline. Here are four tips to help you avoid the sugar rush

By Joshua Marquez

A night out on the town. First it's a vodka cranberry, and then a shot of tequila. Before you know it, two drinks have turned into five.

But with so many drinks to choose from it can be difficult to make a healthy choice. Here are some healthy drinking tips for beer, wine, cider and liquor when you're winding down with friends or at home and want to keep it healthy tonight.

Sip on cider

For people who avoid wheat, don't like beer or simply enjoy the crisp taste of apples, Flying Canoe – the first cidery in Ottawa and eastern Ontario – receives cider straight from Smyth's Apple Orchard in Dundela on a regular basis. When Peter Rainville – chief imaginer at Flying Canoe, and CEO of HLS Linen Services – isn't taking care of his two kids and running a company, he is making hard cider. By using local apples, natural ingredients and different yeasts to create a unique flavour, Rainville was able to create a cider that consumers in Ottawa are all about. Like beer brewing companies, his batches are small so that customers get the freshest product possible. Rainville also says that they try to keep the sugar level as low as possible. With gluten-free diets being popular, he says that people are looking for an alternative to beer and that cider is great one. Rainville suggests looking for ciders that are lower in sugar and use apples as the only ingredient.

Beer without the bloat

Many mainstream companies use artificial flavours, cheap ingredients like corn syrup and add preservatives so that the beer both tastes good and lasts longer on the shelf, says Beau's co-founder Steve Beauchesne. Small-batch breweries are known for the quality and care they put into their products. Beau's, for



example, uses certified organic malts, hops and other botanicals. They also rely on malted grains as the primary source for fermentation. The labels on Beau's bottles list every ingredient, so consumers know what they are getting. "Our guiding light is to make beers that we ourselves want to drink when we kick back and relax with our friends as opposed to worrying about what's trending and fashionable," Beauchesne says. With many craft breweries in the Ottawa area, there are lots of healthier alternatives to choose from.

Time for wine

As a brand ambassador at the LCBO, Chris Wrinn is trained to sell wine to both people who know their product and who want to stay healthy. Wine is usually the go-to for people who look to drink on the weekend and feel better about their health choices. Not only is wine full of antioxidants, but it can also be very low in sugar, says Wrinn. Wines such as Merlot, Cabernet, Chardonnay and Sauvignon Blanc are your best bets and can be paired with many different foods. Avoiding sugar will also lead to less of a hangover the next morning, says Wrinn. He suggests buying organic wines that have no preservatives, except sulphites, which are needed to halt the fermentation of alcohol. To see the sugar content, per litre in grams, of what you are drinking – from cider, to mixed drinks and wine – check the label.

Cocktail hour

Liquor can also be a great low calorie option that fits into your diet. Antonios Vitaliotis teaches the bartending program at Algonquin College. His favourite thing to do is juice local fruits and vegetables that are in season, and add them to vodka, gin or tequila. By doing this, he's consuming sugars that are naturally found in fruits and veggies without adding any extra sugar to his drink.

Mike Campbell, who mixes drinks at the Black Tomato, posts all of his concoctions on Instagram. Just being aware of what you're drinking can lead to a healthier night, he says. If you are consuming multiple sugary drinks, it will probably have negative effects on your body. But consuming too much of anything – even low-sugar drinks – can be a toxic habit, says Vitaliotis.

Balance is important. By avoiding sugary alcohols, looking for beverages made naturally and consuming drinks that come with some health benefits, you will be healthier and you'll probably thank yourself the next day.

Vitaliotis says that drinking is also about the environment you are in. "It's the people you have around you," he says. "Drinking for me growing up was always combined with food. Getting to know people more and having a glass of wine or sipping on some beer is healthy drinking to me."

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By Victoria St. Michael

MORE THAN BONE

Kathleen Axam went to school to be a law clerk, but instead of graduating, she decided to follow her passion: Taxidermy. She now has over 100 animal skulls and bones in her creative collection



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Some people stay up late watching Netflix, studying, or even partying. When they go to sleep, 24-year-old Kathleen Axam is still awake, hunched over her desk in her home studio, gloves on, scrubbing at tiny animal skulls with a toothbrush until they're clean and white. After they're clean, they'll be placed carefully inside beautifully intricate glass terrariums and sold for up to \$150. Axam, an Ottawa-based artist, entrepreneur and taxidermist by trade, has built her business upon these terrariums. Her shop, Little Bones, also offers various oddities like butterflies, puffer fish and even beaver and muskrat paws in frames.

The taxidermy industry has been around since the early 19th century, and it's been a point of controversy since its inception. Traditionally, taxidermy was something you might see in the creepy section of museums: stuffed, dead animals. Many may cringe at the thought of it, but according to a 2015 article by *Smithsonian Magazine*, taxidermy is experiencing a "modern resurgence," especially among young practitioners like Axam. Little Bones was born when Axam bought her very first skull at the Ottawa Gatineau Tattoo Convention in 2014.

"I was hanging out at this convention all day, insanely bored," Axam says. That was when something caught her eye. She wandered over to a booth owned by a Canadian oddity shop called SkullStore, grabbed the cheapest, gnarliest skull she could find and took it home with her. "I was looking at it and I thought 'I want to get it white like you see in biology classrooms,'" says Axam. "So I started looking up how to make it medical grade quality." Axam sat in her sister's kitchen for hours that day, cleaning that little skull until she was satisfied with how it looked.

After she purchased her first skull, the fire had been lit. Axam began purchasing more bones from SkullStore. Shops like SkullStore are like playgrounds for taxidermists, offering ethically acquired bones, body parts and other supplies.

"I've gotten full animal heads off them, and just went to town on my kitchen floor," says Axam with a chuckle. "Then I started getting creative and making terrariums and stuff." Fast

forward three years – and over 100 skulls – to today. Axam is now a well-established taxidermist in Ottawa. Sitting hunched over her desk in her home studio, scrubbing diligently at the skeletal remains of a raccoon torso with a toothbrush, Axam explains the complex process of cleaning and preparing the bones. Her eyes light up as she works.

"Any Joe Blow could throw some twigs and an acorn into a nice glass bowl, but there's so much more to it," she explains. "I match the skull with the scene. I plan them out so carefully." Axam holds up a pale white skull with a crested top and a sharp jaw, turning it in her hand with pride. "For instance, I wouldn't put this snapping turtle skull in with a boreal forest scene. It just makes no sense," she says with a shrug.

Looking at her now, working confidently in her element, you'd never guess that in 2013 Axam was attending Algonquin College, studying to be a law clerk. At that time, Axam was facing the same internal struggle that many students deal with during their college career: is this really what

I want to do for the rest of my life? When Axam



asked herself that very question, the answer turned out to be a resounding no. Axam has wanted to be a taxidermist since her seventh-grade civics and careers class when the teacher asked the class what they wanted to be when they grew up. "I thought everyone was going to think I was weird," Axam admitted. "I always had a fascination with morbid things that other people thought were too different."

With the societal pressure of finding a sensible, well-paying job weighing heavily on her shoulders, Axam packed up her seventh-grade dream and went on to study anthropology and sociology at uOttawa. She then tried the law clerk program at Algonquin. None of it felt right, so with one

semester to go, Axam made the decision to leave school and explore her real passion.

Axam's older sister, Jenn Boyer, has been one of her greatest support systems since Little Bones' beginning. From helping Axam prepare for art shows to providing moral support as she works on her projects, Boyer has offered endless encouragement. Boyer was saddened at first when Axam decided not to pursue her post-secondary career, but ultimately she realized that what matters is that Axam is doing what she loves.

"Kathleen has always been intrigued by the weird and creepy crawlies," says Boyer. "Spiders and bugs never really scared her, she has always had a passion for animals big or small, and if anything was odd or out of the ordinary you can bet she was looking at it. Kathleen puts love and passion into her work. She has immense artistic talent and I think Little Bones is only the beginning of an incredible life. I remember telling her, 'if you want to be happy, do what you love.' Hating your job is no way to live and I think that stuck with her."

Some might think taxidermy is just a weird hobby, but it's actually a detailed process that takes a lot of patience and dedication. Axam receives her bones at different levels of decomposition, and that's what determines how long a project will take.

"When you get bones that are especially gruesome, you put them in a bath with dish soap and hot water inside a cooler," said Axam.

"Then you stick that cooler in a fridge and you don't even look at it for two weeks. After that, you start with cutting off any fat or fur that might be on it. I don't like to boil my bones because it makes them more fragile and wears them down, so instead I buy about 50 of these guys at Rexall," she says, holding up a bottle of hydrogen peroxide. "Peroxide cleans and disinfects your bones, and breaks down any leftover muscle tissue. I leave the bones in there for a few days and then once the water starts getting thick I put them in three baths: dish soap, half-peroxide half water and the third one is baking soda and water."

Depending on the type of bone – beavers and reptiles are especially greasy – Axam puts them in a combination of the different baths, then scrubs them until they're clean.

BOSSLADIES

Individual success is often associated with a seat around a boardroom table. But it can also be achieved by engaging with your community. These five young women spoke with *Glue* about how they achieved their own success

By Lara Vronick

Traditional boss ladies, like Linda Hasenfratz, represent a small but mighty group of people. As CEO of Linamar Corporation and board director of CIBC, she is among the 20.8 per cent of women, according to 2015 data, who are represented on the corporate boards of all companies trading on the TSX. The same study shows that half of the shared companies in 2015 were without even a single woman on their board. While these numbers seem grim, there has been a steady increase since 2011 from 11 per cent representation, to 19 per cent respectively.

But as corporate boards are catching up, young women leaders in Ottawa are forging ahead. Manal Nemr, Samantha Armstrong, Linxi Mytkolli, Sarah Garlough and Eva Von Jagow are each prime examples of what it means to be a boss lady of everyday life. Each are dominating in their field, working hard to achieve greatness and succeeding. These few are among many women to watch and women to be proud of – making waves and being forces of nature that may not have a seat around a company's boardroom table (yet) but who are nonetheless powerful leaders.

The 2015 *Gender Diversity On Boards In Canada* recommendations by Catalyst Research says, "Canada's ability to leverage all its talent is central to its international competitiveness and accelerating women into leadership roles has taken on an urgency that may not have existed 10 or 20 years ago."

These leaders are accepting that call.



Samantha Armstrong
co-owns Iron North Fitness

Lara Vronick Photos



MANAL NEMR

OCCUPATION: Life coach, happiness expert, wellness promoter

PASSION: Being happy, her clients, her community

SHE SAYS: “The more optimistic and happy you are, the more successful you’ll be.”

Nemr came to a crossroads while working in Saudi Arabia. She was wondering whether she should continue down a path in human resources that was no longer making her happy but was paying the bills or leave that behind and return to Canada where her true passion lied. She decided to quit her job and come to Ottawa

to follow her instinct in developing a career in life-coaching. It was her friends who led her to realize that she had been coaching all her life, but had been doing it for free.

Nemr studied performance coaching at Algonquin College and that’s when it all fell into place. “I was just like, ‘Yup! That’s it.’ And I started doing the work to become a coach.”

In 2015 she launched her own initiative and started expanding her client base through her business, Beautiful Happy Reasons.

The experience of uprooting her life and that process of self-reflection



are what make her a “practice what you preach” type of person. Throughout her life, Nemr has subscribed to self-reflection, understanding and knowing herself. It’s what has led her to where she is today and what allowed her to take the risk in changing the direction of her career.

“There’s always that moment of hesitation, and then choosing to move forward afterward,” she says. “That choosing to do it anyway is something I feel that I’ve developed. I was not born with that.”

Though much of what she has accomplished has been achieved through this process, she also found success in reaching out to organizations like Impact Hub Ottawa to help expand her network and advance her purpose. It was through

Impact Hub Ottawa that she found her colleagues and fellow boss-ladies Kate Durie and Amy Longard. Together the three women launched #HappinessHabits613. The program works to make the Ottawa area a happier place. August 2017 marked the third summer that HappinessHabits613 scheduled events across the city that are geared towards linking community with practices that make the participants happy - whether it be through entertainment, networking or spending time with nature.

Still in its infancy, HappinessHabits613 is something Nemr is hoping will take off and grow in the future, much like herself.

SAMANTHA ARMSTRONG

OCCUPATION: Entrepreneur, personal trainer, blogger, yoga instructor, interior designer, mother, vegan

PASSION: Fitness, health, burpees, design

SHE SAYS: “To be able to teach and guide and coach other people to be able to do what I love is pretty awesome.”

A lot can be said for a mother of three little ones under the age of 10. However, more can be said of Samantha Armstrong who manages not only her children but also her multi-discipline studio, Iron North Fitness.

Iron North is centered around the concepts of run, pedal, lift and stretch. With this foundation, Armstrong has built a boutique fitness studio with her partner Jenna Ladd in the heart of Hintonburg that is focused on providing quality, customized classes and workshops. Iron North opened its doors in 2015 after Armstrong dedicated herself to finding a way to blend her love of fitness training with wanting to be her own boss, in order to raise her daughter the way she wanted.

The small, beautifully-decorated studio, which Armstrong designed herself, is the home base for outdoor runs, community activities and high-energy training classes. Armstrong works with anyone, from beginners to pros, but says the focus of the studio is to promote a healthy lifestyle.

This is something Armstrong has worked toward since she was 15 years old. Armstrong is an example of a woman who is both physically and mentally strong, having faced adversity throughout her teenage years. After being unable to continue in competitive sports while working towards overcoming an eating disorder, Armstrong turned to other forms of physical training that would appease her inner athlete.

That’s when yoga came into her life. Introduced to the practice of yoga through Mountain Goat Yoga founder, Heather Moore, Armstrong attributes much of her success to her friend and mentor. “I needed to find a way that I could control my focus,” says Armstrong.

As someone who was living with ADHD at the same time, Armstrong took to yoga as a way to maintain control and focus by turning to a physical activity – something she was already used to doing in sports.

Five years later, at the age of 20, Armstrong became pregnant with her daughter, which she says helped guide her towards recovery. “One of my biggest changes was realizing that someone else was getting involved in this, and I couldn’t allow that to affect her. She probably saved my life,” she says.

Nearly ten years later, Armstrong is a successful entrepreneur and trainer at a studio that has been growing steadily with no signs of slowing down. She also owns North and Nash, an interior design company and blog, a passion that led her to study with the New York Institute of Art and Design through online classes. While Armstrong admits she still has a problem with sticking to one goal at a time, she has now learned to harness her drive and put it towards impacting the community.



LYNXI MYTKOLLI

OCCUPATION: Full-time student, fourth-year biopharmaceutical sciences, honours with a specialization in genomics, president of actions for healthcare

PASSION: Volunteering, student opportunities, medicine, pediatrics, coffee

SHE SAYS: “I think meeting small goals is just as successful as meeting big ones.”

There aren't enough hours in the day for Linxi Mytkolli. She goes to bed at 3 a.m. and gives herself five hours for recharging – or what humans refer to as sleep – in order to fit in studying, classes, working on her thesis and organizing student-focused discussions and conferences. And she is perfectly happy doing so.

In 2016 the Actions for Healthcare initiative had a powerful commitment – to make their annual conference panel 50:50.

“I don't think I've ever been to a conference that had more female speakers than male, except for a female conference that was geared specifically towards women,” says Mytkolli. This is something that was a non-negotiable for Actions as Mytkolli and her colleagues recognized the important contributions that women have made in science throughout history.

The theme for the 2016 conference was Fact or Fiction, which aimed to debunk common misconceptions about the medical industry and raise money for the Sens Foundation. The first opportunity Mytkolli had to be a part of the expansion of Actions for Healthcare in her two years as president was in 2015. She spent that summer in Toronto where she trained a new team to take on the organization of a Toronto-based branch. Her colleague, Bianca Ichim, praised Mytkolli for her involvement in spearheading the expansion, and her leadership as a whole.

“Linxi is a phenomenal leader. She's very organized, supportive and checks up with everyone to make sure everything is running smoothly,” says Ichim. Since Ichim joined Actions for Healthcare in 2013, she's seen four presidents come and go, “all of which have been phenomenal and inspiring leaders,” she says. As the director of marketing and multimedia, Ichim works closely with Mytkolli on a daily basis.

Leadership may come naturally to Mytkolli, but there was a short time in 2015 where she



felt like she was falling behind. “I was placed on academic probation at one point. I was almost going to get kicked out of my program. I was spreading myself too thin.”

At age 20, Mytkolli reassessed what was important to her in life and what she wanted for her career – to be a pediatrician.

A year later she found her balance and was achieving greatness once again.

Originally from Albania, Mytkolli is writing her own history being the only member of her family to go into the sciences rather than finance or business. She moved to Canada when she

was almost seven and attributes much of her success to her parents making that decision. “I'm really grateful to be given the opportunity not only to learn English and French, but this never would have happened had I never come here,” says Mytkolli.

As a 2015 finalist in the Spirit of the Capital Youth Awards for Service and Caring, Mytkolli has been volunteering her time since she was 14. Whether it is in hospitals, with the University of Ottawa, the YMCA or abroad teaching English, donating her time is something that is weaved into everything Mytkolli does.



EVA VON JAGOW

OCCUPATION: Full-time student, student in environmental science and sustainability with minor in Indigenous studies, founder of two non-profit initiatives

PASSION: Indigenous initiatives, environment and climate change, ending child hunger in Canada's North, believer in the gap year

SHE SAYS: "I have a really hard time being a passive citizen."



Supplied Photo

One of Jagow's proudest moments was seeing the tangible results of her efforts over the previous three years make its way to her doorstep from Coral Harbour, Nunavut. A box shipped from First Air holding the artwork of a class from Sakku School was the first time she was able to see the important contributions the organization she co-founded was making in the North.

Jagow set up an art show to fund a breakfast program in the northern community through All That Glam. She contacted the principal of Sakku School to see if the students would want to partner with her. "I thought, if I was in their shoes, I wouldn't want to feel like a charity case. I wouldn't want to think there's people who have to help me pay for my food and help my parents," says Jagow. All the proceeds from the sale went to funding their own breakfast program.

Due North wouldn't have been able to exist without All that Glam, says Jagow. The fundraiser was launched in 2013 when Jagow was in eleventh grade at Sacred Heart High School in Stittsville, Ont. The initiative sells gently-used jewelry to support making breakfast accessible to Coral Harbour students. Working to find a long-term way to sustain an impact in the North, Jagow founded Due North. Putting these two initiatives together Jagow hopes to one day eradicate child hunger in the North. While the organization is expanding and more people are becoming involved, Jagow says her goal is to be out of a job. "To me a good organization is one where eventually you don't have to exist," she says. Jagow notes that this is not possible without partnerships.

Working together is a central theme to the

One Young World summit in which Jagow attended both this past year in Bogotá, Colombia and last year in Ottawa. "It was amazing. You're surrounded by so many people doing amazing things that you couldn't even imagine." To Jagow, it's difficult to sit back and watch while she knows the troubles that are impacting children in Canada's North. She says she can attribute this desire to help to an interesting trait of hers. "Someone once told me that it was my force of innocence that has driven me to do everything," says Jagow. Not considering her limitations and the logistics that would go into something like starting a non-profit has allowed her to do just that, without fear of what could go wrong.

SARAH GARLOUGH

OCCUPATION: Full-time student, third-year computer systems engineering

PASSION: STEM, robotics, getting that iron ring

SHE SAYS: "Even if you're the only girl in the room, it doesn't mean you don't belong there."



Lara Vornick Photos

Garlough is dedicated to exposing youth to science, technology, engineering and math through Virtual Ventures, the Carleton University member of Actua, a national non-profit organization headquartered in Ottawa. In a male-dominated field, Garlough recognizes that she is often the only female representative at conferences.

"It's definitely getting better but there are still some people who are a little more close-minded. And then you kind of have to make that extra step to be like, 'yes, I know what I'm doing.'"

But that's not the only reason she's a unicorn. She is also an extrovert, a people person and an articulate 21-year-old who is, by all accounts, a genius. Her involvement in numerous campus communities makes her a familiar face to many, especially in the engineering faculty. In 2015,

Garlough was recognized by Carleton engineering as the most involved second-year student. "Being involved in the engineering community, people definitely come up to me and say, 'hey, saw all this stuff you're doing, can I do that?'"

Garlough would perhaps be most recognizable for her contribution to the team that Carleton entered into the University Mars Rover Challenge in Utah last year. She was responsible for the communications of the rover her team created to ensure the ability it had to connect wirelessly to the base. Despite her achievements, Garlough would have passed by the engineering world if it wasn't for a bet she made with her cousin in the tenth grade to take a computer science class.

"Originally I wanted to go into biology," says Garlough. "Then I took that bet and fell in love."

With her sights set on a future career in robotics, Garlough is looking to explore the ocean in the narrow field of underwater unmanned aerial vehicles. But first she is most excited to graduate. "It's really a reminder that what you do is impactful and that you need to take the proper steps and be careful of what you're doing," says Garlough.

Laura Kidd dazzles head-to-toe in her vintage ensemble.



NEW ERA OLD FASHIONS

We often borrow from the past to stir up new trends. Repurposing vintage clothes is a way to both tell old stories and create new ones

By Alina Pradzhapati

My first encounter with vintage happened when I was seven. It was a beautiful, fitted sleeveless dress from the 1950s that was part of my grandmother's collection. For many years she had been carefully keeping her collection in the depths of her closet to pass on to me and my cousin one day. I clearly remember its creamy-beige colour with bright pink peonies on it. I touched the fabric and felt its light silk. It was love at first sight.

A few years later, when 90s-styled jeans fever made a comeback into fashion, I would raid my mother's closet in search of that high-waisted vintage pair of Levi's that she wore as a student. I remember feeling exceptional for owning the original 20-year-old model that probably couldn't be found anywhere else at that time.

All of these helped me to develop a strong affection for all things vintage. And even though my relationship with it has not always been consistent, one thing has remained the same. My vintage pieces have always been by my side, like old friends, ready to support and comfort me when other options failed. They are far more than just old clothes – they were part of my mother's and grandmother's history and now they are part of my life too.

Modern clothing, however, rarely leaves room for nostalgia. With tons of plastic, disposable and often low-quality replicas being produced every day, not only are we losing our connection to history and tradition, but also to our true identities.

In an era where clothes have lost their former quality, and fast fashion is taking over, I choose

to slow down. And so do many young Ottawans who strive to be unique and want more from their clothes than just short-term satisfaction. They refer to vintage as something that has a soul, that is part of their history and that goes beyond the boundaries of time and trends.

Despite the fact that many choose vintage to stand out and highlight their originality, all vintage lovers share similar characteristics. Whether it's the same attitude to life or a sincere interest in people and their stories, there's always something that binds them into one tacit community. And it can be surprising at times how much in common they may have.

Just like me, Laura Kidd, an Algonquin grad and the digital media coordinator at the Royal Ottawa Health Care Group, was first introduced





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to vintage through her grandmothers. “Both of my grandmothers were into fashion. They always bought second-hand clothes and were always different,” says Kidd. “They inspired me a lot.”

When one of her grandmothers passed away about three years ago, Kidd inherited a lot of her necklaces, dresses and belts that bring sweet memories and nostalgia every time she gets to wear them, even though it took time to accept and appreciate her thrifted pieces. “I always thrift shopped as a kid and I was always embarrassed of it, because we couldn’t really afford model clothes,” says Kidd. “But as I got older, I started embracing it and wanting to wear things that were different.”

Years later, Kidd’s affection for vintage and thrifted clothing has grown into a lifestyle and even inspired her to create a fashion blog, The Fashion Kidd, where she documents her vintage looks just as she wears them from day to day. Whether it’s rocking a colourful vintage dress to work or dyeing her hair blue, she likes to stretch the limits wherever she goes.

For a lot of vintage aficionados, the most valuable thing about their passion is the opportunity to escape routine, sameness and highlight their personalities through clothing. Emma Inns, owner of the Adorit boutique and a long-time vintage lover, says it all started for her with a Mexican hand-sewn wedding dress that she wore for her seventh grade graduation. Ever since, her wardrobe has been filled with rare and unique pieces and bright “big crazy skirts and crinolines” that she prefers to wear every day.

“Everything is one of a kind,” she says. “That’s one of the reasons why I love vintage.”

In recent years, the popularity of vintage has been closely associated with the fact that it doesn’t contribute to the pollution of our planet. After mining and agriculture, fashion is the third most polluting industry in the world, according to the 2016 documentary *Slowing Down Fast Fashion*. When tons of environmentally unfriendly disposable clothes are produced on a daily basis, vintage has become a solution to slow down the epidemic of disposable culture described in the documentary. And even though it is not the main reason to love vintage, it may

come as a nice bonus. “Vintage wearers can rest easy and shop guilt-free knowing that they are not contributing to the environmental pollution that today’s disposable fashion dumps onto the planet,” says Jaime McLeod, owner of the shop Darling Vintage.



Rolly Belanger shows off his vintage attire at the 2016 Ottawa Antique and Vintage Market. This year the event will be held in the Fieldhouse at Carleton University on the first weekend in November.

When former public relations student Kayla Spagnoli, discovered vintage through pin-up in high school, she immediately got hooked. “Colouring my hair bright, wearing fishnets or really high heels was my way to stand out and mark my individuality,” says Spagnoli.

Later on, she took it one step further, when she decided to take burlesque-inspired dance classes as her hobby that not only gave her the

opportunity to dress up, but also to feel herself a part of that era. Spagnoli says that vintage for her is “anything that is nostalgic and gives you a blast from the past.”

Not keeping up with the times is a characteristic that appeals to many vintage lovers. For Kidd, vintage has always been the reflection of her true identity. At 25, she calls herself an “old soul” whose biggest inspiration is a 95-year-old eccentric fashionista from New York named Iris Apfel. Just like Apfel, Kidd likes her outfits to be wild or “at least exciting” to uplift people’s day and thus make her feel better. “I feel like everything bores me and if I go to a mall, I’m so bored that it makes me sick. Everything looks the same.”

Anne-Marie Bergeron, who has been running a vintage store since 1993, is sure that young people today, overwhelmed by a huge amount of the same clothes, come to her store to find pieces that haven’t been mass produced. “Anybody can walk into Forever21 and buy a top for \$20,” says Bergeron. “In vintage, girls want to find pieces that are not only of a better quality, but also they are unique pieces that nobody else is wearing.”

According to Bergeron, vintage has changed over the years, but as a trend it never went away. “When I started, people wanted vintage from the 40s, 50s and 60s,” says Bergeron. “Nowadays, they want more stuff from the 80s and 90s.”

Indeed, it feels like vintage has always been around, entrenching itself on the catwalks and store shelves. Brands from high-end to mass market have been constantly echoing and re-thinking trends from the past in their recent collections.

Effortless and playful patterns from the 60s, bohemian hippy chic of the 70s, and grungy spirit of the 90s – it’s been a common practice among the fashion brands to appeal to a sweet nostalgia for a bygone era. And while many

“My vintage pieces have always been by my side, as if they were old friends, ready to support and comfort me when other options failed.”

people are willing to settle for an homage presented in the millions of copies, genuine vintage lovers have courage to go for raw authenticity.

Despite the fact that vintage has been trendy and original for a while, there are so many reasons why people become attached to it. For true vintage lovers, finding a piece that previously belonged to someone else means discovering a person behind that piece. Most people who buy vintage, don't just buy an outfit. They buy a story behind it. In the end, it all comes down to people. "I look at my clothes and I wonder who wore this and owned this before. They tell their own story and I get to be a part of it," says Kidd. "The woman who wore this dress was probably an at-home mom who had dinner parties and that was before social media."

Learning stories behind the clothes has been one of the favourite aspects of Inns' work routine. Whenever she receives a new portion of clothes, she always asks about its previous owner. But if the story is unknown, she prefers to imagine it. One of her favourite stories features a sleeveless black velvet dress, which hangs on the wall of her store. "This dress here came from a 92-year-old woman who had lived in the same house for her whole life. She had gone all over the world shopping and when she was moving to an old-age home, her niece brought us her whole wardrobe. She brought dresses that she bought in France in the 1940s," says Inns. "If they fit me, I would have bought them, but I was enormously pregnant in that time," she says with a laugh.

Much like Inns, for Jaime McLeod, the most special items usually come with a story, whether it's somebody's grandmother's wedding dress, a love letter found in a purse or some well-worn boots that have been walking for 40 years. "I think all vintage lovers are very nostalgic," says McLeod. "We have a happy association with the past that makes us feel connected to history."

Another commonality inherent to vintage lovers is the ability to appreciate simple things. Before the Internet took over the world, life had a slower pace and quite often simpler form that seems attractive for many vintage lovers. "Everything has become so complicated and I think for a lot of people, vintage is simple, it makes sense and reminds them of what really matters," says Kidd.

Vintage is in trend, the pieces are of higher quality, it has unique styles and, on top of it



Unique styles are showcased at the Ottawa Antique and Vintage Show each year. Michelle Leonard and Emma Jones both attended the 2016 event wearing pieces they've collected throughout their travels.

all, it is eco-friendly. You may ask: "what else do we need?" With so many positive aspects, it looks like vintage can satisfy the needs of nearly everyone. Yet there are people who face some problems when considering buying a vintage piece. First and foremost is the fact that vintage is second-hand.

"One time we had someone come in the shop and he freaked out because we had second-hand clothing," says Inns. Yes, second-hand is not for everyone, but neither is vintage. Sometimes things look shabby. Some have stains and abrasions. All of these things may easily scare people away, but for the most dedicated vintage fans it has never been an issue. "Some people never like vintage. They think 'I can't wear that, that's for poor

people,'" says Bergeron. "Some people are like that. It's their choice. People who love it, they know it's second-hand and they don't have a problem with it. You either love it or you don't."

With 70 vendors listed for the Ottawa Antique and Vintage market and a vintage fashion show that takes place twice a year, it is safe to say that Ottawa's vintage scene is thriving.

Today, vintage is so much more than just clothes. Over the years, it has turned into a lifestyle, bringing together people with the same passion and common interests. "When I meet a person passionate about vintage, I realize it right away," says Bergeron. "We start talking about where we like to go or what are our latest finds," she says. "We become friends over the years."

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BUILDING YOUR BRAND

A new generation of media moguls are working to excel in the digital market through blogging. Here are their tips for making it in the digital age

By Alina Pradzhapati



Ottawa based blogger Rosemary Waugh is the writer behind *Secondhand Rose*.

Like many 20-somethings, Marie Ernst likes to dress up. But while most people dress for themselves, Ernst shares her looks and her fashion adventures with her 40,000 followers around the world. Having started her personal blog, *Marie's Bazaar*, as a creative outlet about two years ago, she is now one of the few fashionistas in Ottawa who have been able to turn a passion into a full-time career.

But contrary to popular belief, Ernst's work is far more than just taking pretty pictures and posting them on her blog. She represents a new generation of entrepreneurs – young, passionate, motivated and quite often self-made professionals,

whose skills include but are not limited to styling, taking quality pictures, web design, advertising and marketing their own brand.

These modern day influencers have turned their lifestyle into a full-time job. Their experience and opinions are often more valuable for brands than the opinion of professional stylists, editors and advertisers.

When fashion blogs first started appearing on the Internet in 2002, very few could actually foresee that just over a decade later, some of these people would be standing on par with worldwide celebrities, singers and actors, making millions out of their hobbies and even landing

themselves on the cover of *Vogue*.

Today, fashion bloggers shape public opinion through their social media accounts and help increase sales for the brands that they collaborate with. "Bloggers represent a large amount of people who aren't shown in mainstream media," says Rosemary Waugh, the author of *Secondhand Rose*. "People tend to trust their opinions and recommendations more because bloggers are often seen as more human and approachable than traditional celebrities."

Not only are these people changing the fashion industry, they are also changing our world. And there's a thing or two we can all learn from them.

1. Know your value

Since fashion blogging is a fairly new profession, many people still have misconceptions about it. According to Ernst, everyone sees blogging as the perfect job, where you get paid to receive pretty clothes and products and are only required to take pictures of them. But what people don't realize is the amount of work that goes into making sure each post is done right. This includes styling, taking and editing photos, writing, promoting and sharing across several platforms. The whole process may take up to six hours, but some brands still assume bloggers can and will work for free.

In order to change the situation, Chantal Sarkisian, a fashion blogger from *Mode XLusive*, took the lead and started coaching brands and small businesses on how to work with fashion bloggers that now represent a new platform for marketing and promoting. "You can't pay your bills with free beauty products," says Sarkisian. "It's what we keep having to remind people."

2. Choose quality over quantity

Being consistent with your work is just as important as providing your readers with quality content. But today's competitive blogging world usually attracts those who prefer to rely on quality in the first place. Coralie Charles, the author of *Coralie's Closet* and a student at the University of Ottawa, is among those who think that people respond the most to good quality pictures and consistency. "Even as a blog reader," says Charles, "I love looking at beautiful images."

3. Support your competitors and learn from them

It may be hard to believe, but despite being competitors Ottawa bloggers make up a supportive community, where members are ready to share their knowledge and help each other succeed. "Every time we get together with other bloggers from Ottawa, I'm learning new things," says Charles. "If someone finds an article on how to take great pictures, we'll share that with each other."

"Being a blogger is kind of unknown. No one has done it before, and there aren't 'rules' you can follow to help find your way," says Ernst. "So to have a blogging community full of women who are helping each other out, sharing the way they do things, that really is incredible."

4. Hustle for your dream

Running a fashion blog as your business always requires a lot of dedication, skill and persistence. It may seem that fashion bloggers never rest and that would be true. It is more than a full-time job – it's a way of living. "You have to be a marketer, you have to be a writer, you have to be a photographer, a stylist, a make up artist, the more skills you have the better product you'll have," says Sarkisian.

"Being a blogger is being an entrepreneur. It is investing your time and money into a business that you create on your own and that provides value to your followers," says Ernst.



Fashion blogger Coralie Charles, writer at *Coralie's Closet*, is a student at uOttawa with thousands of online followers.

CHEAP THRILLS

Money is often a barrier for students who want to travel but are thousands of dollars in debt. Here are some tips to help you budget for a priceless experience

By Sarah Ferguson

When I went to Switzerland in May of 2012, we spent about five days in Zermatt under the shadow of the Matterhorn – the famous mountain featured on the Toblerone chocolate bar. One of the attractions in the little town was an open lift up the Alps to the top of one of the mountains behind the Matterhorn. The only catch: it was expensive, especially for what would be an afternoon excursion. We took the next day to determine if we wanted to fork over the money and came to a unanimous decision: it was worth it. I stood in awe above the clouds at the top of the Alps. It was one of the most memorable moments of my life, and worth every penny.

To make up for the cost, the rest of our time in Zermatt was spent on free adventures; hiking the mountain trails near our hotel, wandering

along the river that runs through town and window shopping. Balancing our activities this way ended up – excuse the pun – paying off.

Your twenties are supposed to be your time to experiment, adventure and explore. In the age of social media, there seems to be an overwhelming amount of images or lists telling millennials not to be afraid to spend their money on trips, vacations and adventures because the memories will last and you can always make more money. But do students really need to blow their hard-earned cash to see the world?

St. Lawrence College's hospitality and tourism management program co-ordinator and former travel agency owner Brad Greenwood doesn't think so. He says that with some planning and research, it is possible for students to travel on a smaller budget.

“If you love something, don't miss out on it because others might think it's waste of money. Choose your battles”

Set a realistic budget

Having unrealistic expectations about what can be achieved with a small budget is the surest way to set yourself up for disappointment. “If someone comes to me saying they want an all-inclusive trip on the beach, including their flights, for \$300 I'll probably have to say ‘you're dreaming,’” says Greenwood. “If it's somewhat realistic, there are lots of bargain opportunities.”

If you are willing to sacrifice some of the amenities and services for the sake of experience, there are great travel opportunities available. The “up and coming” countries whose tourism infrastructures aren't as well established tend to have to provide good incentives to convince people to visit. Central American countries such as Belize and Costa Rica are good examples. The volatility of the region may discourage a majority of travellers, but there are bargains available for those looking for adventure over luxury.

Research, research, research

“Look at forums for your own age groups,” recommends Greenwood. “A travel agent might have a different view of what is a bargain basic trip.” Travel blogs, such as Nomadic Matt, are a great place to look because they offer the real experiences of someone who has been there. Matt will even offer personalized advice based on where you want to go. Greenwood cautions against basing a trip solely off of Trip Advisor reviews because typically the people who are leaving the reviews are either disgruntled or just always give great reviews. Preparation will prevent surprises in terms of hidden costs, lack of availability and accessibility.

Jonathan Baggs, a former Algonquin College student who travelled to Peru during the summer of 2016, didn't realize that Machu Picchu wasn't as reachable on a budget as he thought it would be. “We took a sketchy local shuttle service and we didn't know that we needed permits to actually go,” he explains. “Just because you're on a budget, doesn't mean you can't pre-book things.”

Book flights in advance

It's never too early to begin looking at air fare and comparing prices. "You have to experiment with plane ticket prices," says Baggs. "I went through a lot of resources online to get a good deal."

These resources can include apps such as Hopper – which analyzes fares to help predict the way they will change so you can plan to book the cheapest date, time and flight – and Skyscanner, which allows you to compare prices as well as find hotels and car rentals.

There are also numerous websites that you can use to compare different dates, hours and times of the year on different airlines to find the lowest prices. He adds that one of the best ways to avoid plowing through your budget is to make sure that you make it on to your flights or you will incur hefty penalties and potentially have to pay for another flight as well.

Pros and cons of your cellphone

The smartphone has changed the world of travelling. There is now so much information at your fingertips. Greenwood recommends downloading a currency conversion app to help you keep track of what you are actually paying for anything you buy while you're travelling. It can be easy to justify a purchase in a foreign currency, but when you actually see how much it would cost you at home, you may be motivated to stick closer to your budget.

Sign up for an Airbnb account and check out the prices to rent a room in comparison to hotels and hostels. It can help you find a local corner of your destination that you may never have ventured into otherwise, and there is a huge variety in the types and prices of accommodations listed. For example, we at *Glue* looked into the costs of a place to stay for two people for two nights in San Francisco a month in advance using Booking.com, Trip Advisor, Expedia.ca and Airbnb. The lowest price we could find through the hotel sites was \$70 (Canadian) per night – and prices lower than \$100 for a hotel or hostel room were few and far between. With Airbnb however, if you are willing to stay in a shared room for a cheaper price, there are a number of listings under \$100. From bunk beds to pull out couches, dorm rooms to apartments, there are options for any budget. A word of caution regarding using your phone while you're travelling: keep a close eye on your data usage. It is incredibly easy to quickly rack up a large roaming bill. If keeping up to date on social media is important to you or you really need your Google Maps available when you're out and about, consider purchasing an international data plan or a sim card that you can use with an unlocked phone for the duration of your trip.

Look into group tours


Group tours are available in a huge range of options. It could be a day trip to a location a couple of hours from your main destination, a walking tour of the city, a four-day hiking trip or even the full itinerary of your travels. An established local group tour will usually have prices that you won't be able to beat if you try to organize all the aspects individually – and will save you the headache. Carleton graduate student Lana Borenstein travelled to Israel in 2016 through Birthright – an organization that essentially provides an all-inclusive trip to Israel for Jewish young adults aged 18-26. "Visiting Israel in an organized capacity, one might feel tired or burnt out, because there is so much to see and some trips have itineraries that are jam-packed," she says. "At the same time, you will never be or feel bored, because there is so much to do. When travelling in a group, I think it's important to be both organized and flexible."

What are you willing to give up?

One of the best ways to save yourself money when you're travelling is to know exactly what thing you aren't willing to miss out on – and what you are okay with skipping. Each traveller is different and what works for one person isn't going to work for another.

Don't feel obligated to spend money on something – a museum, an excursion, a restaurant – just because people tell you that it's something that you should be doing. Especially if you KNOW it's something you don't enjoy. If you love something, don't miss out on it because others might think it's a waste of money. Choose your battles.

I went on a spring break trip to Punta Cana in the Dominican Republic with two friends in 2013. We booked a ziplining excursion before we left because it was something that we all thought would be an amazing experience. The location was in a deeply forested area where – we were told on the long, bumpy jeep ride – some of the landscape scenes of Jurassic Park were filmed. I loved the entire experience, from the car ride to the scenery, the adrenaline of flying down the lines to the bits of hiking we had to do between stations. It was everything my adventurous spirit could have dreamt of.

However, my friend, Carleton student Kate Lines, was scared through the whole experience, and was miserable the entire day. She couldn't explain what it was about the activity she didn't enjoy but it was clear that she was not having a good time and would have rather stayed at the resort. For her, the money wasn't worth it and I'm sure she would never want to pay to go ziplining again. I, on the other hand, would book another ziplining adventure in a heartbeat. 

Paying to Work

Working for free is a sore subject for students. But many of us are willing to pay to volunteer if it means we get to travel and help others around the world

By Ellie Sabourin



A group of student volunteers work with children in the Dominican Republic on Algonquin College's Alternative Spring Break

Photo supplied by Merissa Reed

While some vacationers visiting Honduras spend their days relaxing on the beach, Audrey Brown, a master's student at Carleton University, was there for a cause.

You might think, why would anyone volunteer any of his or her valuable time to work for free? Even further, why would anyone pay thousands of dollars just to volunteer? Well, it turns out a lot of students are doing just that.

Brown volunteered at a medical clinic that served rural citizens who do not have access to any form of health care. Instead of going away on a typical spring break trip, Brown travelled abroad to spend her time volunteering. This type of travel is often described as "voluntourism."

Volunteering abroad has become increasingly popular over the last couple of years. Typically, students pay \$2,000 to \$4,000 to spend a portion of their spring break or summer volunteering in areas of the developing world.

In most cases, volunteers work in developing countries on international development programs with local partners that address basic needs such as education, health and sanitation. According to Brown, volunteering abroad will introduce you to a new culture, help you contribute to the economy, enhance your education and offer

you the opportunity to contribute your time and skills to noble and worthwhile projects.

"You always hear about poverty," says Brown, reflecting on her time abroad. "But it's a way different experience to actually witness it. It really changes you."

Brown says that volunteering abroad took her out of her comfort zone in a way that allowed her to see the world with a whole new perspective. As a result of her time abroad, she says that she makes an effort in her day-to-day life in Ottawa to make more conscious and sustainable choices.

Patrick Newell, who works at Algonquin



Volunteer Audrey Brown offering medical support at a clinic in Tegucigalpa, Honduras in 2013

College, is the trip advisor for the Alternative Spring Break trip, which takes place in the Dominican Republic or Nicaragua every February.

He says that a huge part of voluntourism

is personal growth. "I think people who go on trips like Alternative Spring Break as a volunteer are looking for a change, to help an organization, community or country, better themselves and grow," he says. "This trip changed my definition of happiness, it changed the way I live my life in our society and if that doesn't sell you on the experience I don't know what would."

Merissa Reed, an interior design student at Algonquin College, has gone on the Alternative Spring Break trip twice. She says that although she loved her time abroad, there is a right and a wrong way to go about voluntourism. "There are so many cases in which going abroad to volunteer can have a negative impact instead of the intended positive impact," she says. "I think it's important to find an organization which has a plan for sustainable social growth."

Reed says that the organization she travelled with, Outreach 360, was socially sustainable and respected within the community they worked in. "I think when all of that lines up, voluntourism is great because it allows you to learn about a different culture

while empowering a community to improve themselves," says Reed. "You learn a lot about yourself, the people you travel with and you gain a new perspective about the world." **g**

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