



Fall 2019

glue

THE OTTAWA STUDENT

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Nature calls

ARRANGED MARRIAGES

True love?

COLD AND LONELY?

It's cuffing season

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it while balancing life on the side?





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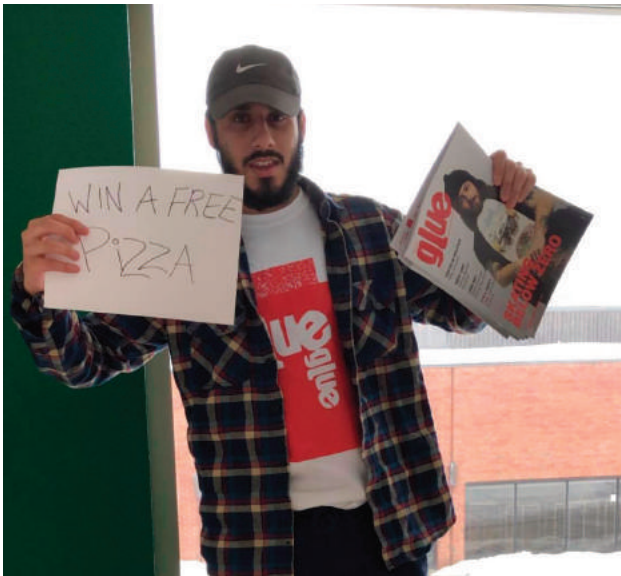
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Photos of *Glue* magazine's staff working tirelessly to promote, create, edit and design the perfect edition.



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Contributors



Writer

The best way to come up with a magazine headline is to sit down with a cup of tea and write down every idea that comes to mind. Natalie Oattes is serious when it comes to writing headlines for *Glue*. Natalie's determination for brainstorming comes from writing jokes for open-mic nights around Ottawa. She knows that for every 1000 ideas, there's got to be one good one that works!



Design & Photographer

Tyrell James is our design guru and photographer extraordinaire. Tyrell has loved photography ever since he was little but only started doing it seriously in 2011. His photos are inspired by his general mood and his eye for detail. Tyrell jumped to the front line when *Glue* needed help with design and by using his natural skills, he got the job done. If you liked our cover photo, you can thank Tyrell for that too!



Illustrator

Kave Amini has been working with *Glue* magazine for a few years now. Originally from Iran, Kave started writing when he was a child and his biggest motivator was his mother. His art is mainly abstract, some people have even compared his work to Picasso. Kave is our go-to-guy when we need a quick, well done illustration. His attention to detail and passion for art makes him a valuable member of the *Glue* team.



Advertising

Stephanie Hengyeoh is the account manager and copywriter on the *Glue* team. She helps with writing ads and managing the sales department. Stephanie is a direct-entry student and her favourite part of this experience was working collaboratively with her classmates.



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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

By Cameron Keighley

In many ways, this letter comes as a goodbye. It's a goodbye to Algonquin as our team graduates, it's a goodbye to *Glue* as we relinquish our positions and for me personally, this is a goodbye to my mum, Liz. As I write this it has been 24 hours since my mum lost her five-year battle with cancer and it only seems fitting to wave goodbye to all of these things together.

Saying goodbye is different for everyone and can be hard but it's important to remember all the experiences you've had. There are so many good times to remember and that is what you'll take with you moving forward.

Coming into this program I knew no one and now I'm leaving with some of the closest friends I'll ever have. The people involved in this magazine are like family and I'll remember and cherish everything we did for a long time to come. This may have just been one part of my life but along with my colleagues, we are very grateful for it.

We got to write some fun stories like "Doom Mates" by Iliyana Shoushounova and "#MADNESS" by Asen Aleksandrov, which were two great pieces that we had a lot of laughs about through the whole process. Of course, there's our cover story too. "Behind the mask" by Trevor Oattes was something we knew we wanted to see on the cover the second he told us about it. Photographer Tyrell James was able to bring the story to life. For me, shooting the cover in our prof's basement was a wonderful experience that I won't soon forget.

We've just had a lot of fun together. Our wonderful staff, including my fantastic co-editor Kate Jenkins, are people I will keep close for a long time. Especially in a time like this, I'll need family like them as I leave behind so much. I just want to thank every reader and student for making this experience possible for us and say that this is more than goodbye. We're walking away with great memories and that is not something that comes with a sad ending and a goodbye. That comes with thanks and appreciation. It doesn't matter what we leave behind but what we take with us and we have so much joy to bring. Thank you for that. Thank you, Algonquin. Thank you, *Glue*. Thank you, mum.



Glue class of 2019



Warming up winter

Winter can feel lonely when the days are shorter and colder. Fret not, cuffing season is here so snuggle up

By Tyrell James

Cuffing season is upon us and believe it or not, there is actual science to back up why people tend to get together for the colder weather.

"During the winter it's very lonely and boring, especially when you're in the middle of nowhere in a small town," says Michaela Maloney, a second-year early childhood education student at Algonquin College. "It was definitely nice to have someone during the colder months and I was thankful summer was right around the corner when it ended."

Getting together with someone during the colder months beats out the loneliness of being inside all day as well as having someone to spend time with.

Cuffing season is the phenomenon where single people get together during the fall and winter months to cuddle for warmth, spend the holidays together, and those long, cold and dark nights.

Some relationships start out with the intent of having someone during the holiday seasons, but this wasn't the case for Roan MacWilliams, a first-year general arts and science student at Algonquin. It wasn't MacWilliams' goal to find someone for just the season, but to find somebody – period. He's still with that special somebody more than a year later.

According to Dr. Scott Carroll, a pediatric neuro-psychiatrist from Ayni Neuroscience Institute, psychologically, humans are primed to seek mates in the winter because we feel lonely during those months and seek a connection with another person.

A study by the Department of Psychology at Villanova University was conducted over five years and ended in 2013. The study showed trends of Google keyword searches for related topics including mate-seeking. The topics were consistent for a six-month hormone cycle which peaked most frequently during the winter and early summer.

Nada Sharyf, a licensed psychologist at the family care clinic and scan centre also said that it is more common in colder places, as it is more of a seasonal concept. "The theoretical perspective is that it's part of our survival instinct," says Sharyf.

Christmas, New Years and Valentine's Day all fall within cuffing season, which makes for a lot of social pressure to have a significant other to spend those days with.

Getting caught under a mistletoe, a midnight smooch on New Year's Day and having someone to fill your Valentine's Day is all the more reason not to be alone.

"When winter comes, the nights get longer. People don't hang outside enough and people like to cuddle up," says Jing Wen, a third-year commerce student at Carleton University. "It's a different style of relaxing and finding comfort. Summer is over and people are tired and want to settle down."

A report titled Tracking the Seasonality of Relationship Formation was prepared by data scientists Jackson Gorham and Andrew T. Fiore, from 2012 posted on Facebook, shows that the days around Valentine's Day and Christmas demonstrate the highest percentage of newfound love and relationships compared to any other time in the year.

According to their report, Feb. 14 sees 49 per cent of new relationships starting and Dec. 25 sees 34 per cent.

"If you ask me now [in October] if I want a relationship it's maybe a 60 per cent chance, but when you ask me in July, probably 30 per cent and in December, like 80 per cent chance I'd want a relationship," says Wen.

As for why people don't "cuff" during the summer months, Maloney says it could be that when summer comes around everyone comes home from school to work and visit friends and family.

"The support given by a partner can easily be replaced by support from friends," she says.

The rule of thumb is to spend the summer with your friends and when the colder weather starts creeping up is when you should start soul searching for your winter cuddle buddy.

If you are in need of a plus-one to a family dinner, or just need to get cozy with someone, think about hitting up Tinder or your local library to look into getting cuffed this holiday season.

Summer is over and people are tired and want to settle down



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DOOM MATES

Having trouble with a roommate? You're not alone. These students have had their fair share of horror stories

By Iliyana Shoushounova

As the new school year begins, many students are nervous, yet excited for what the semester will bring. Whether it is new teachers, a new school, a new town or new roommates.

Some students are thrilled when they meet their roommates, but others wish the nightmare would end.

Glue spoke to students and these were their stories:

Julia W*:

Sociology, University of Ottawa

Julia had lived in a house of four girls and one of them used to steal from everyone in her house but surprisingly, that wasn't the worst part.

"I was sleeping – I had to get up for work the next morning – and I woke up at five in the morning to pounding on the door and basically her friend came in and they started fist-fighting in our kitchen," Julia says. "I don't know which one of them did it but they sprayed makeup and foundation all over the couches that I bought and then the next day, she was gone and told our landlord that we were all drug dealers and that's why she had to move out."

Olivia B*:

NeuroScience and Mental Health, Carleton University

Olivia's roommate last semester had previously lived with a girl named Ashley.

Ashley had ordered a mini fridge when she was in residence but moved out early. She left the fridge behind for Olivia, who was moving into her old room.

"I guess Ashley ordered it so it was technically under her name, but the roommate made a big deal about how Ashley had to come and get her fridge out of our room," says Olivia. "So, we didn't have a fridge for the four months that we lived together because she forced Ashley to take it."

Olivia explains that she could only have granola bars for snacks and had to switch from drinking her favourite black tea with milk to a red herbal tea because she couldn't keep milk in her apartment without a fridge.

Lilly R*:

Child and Youth Care, Algonquin College

Lilly recently moved in with three roommates and got along with two of them. The third was not what she was hoping for.

"He was messy. We [she and her roommates] would ask him to clean. At first, he would come down and do them," says

Lilly. "[But] his dishes kept piling, and I would message him to clean. He would just leave me on read. Sometimes he would leave his door open and the stench would come out."

Lilly explains that her roommate had actually used all of his dishes and left them in the sink. Instead of cleaning them, he took hers and started using them and not only did he use them, but he also left them in his room.

"He refused to give them back when I had asked and he said no," says Lilly. "I was mad because he denied having them and he would not give me back my dishes so when he was gone, I went in and grabbed them because I was fed up."

* Names have been changed



Tyrell James Photo

Beyond the veil

Muslim women in Canada don't always feel safe wearing their hijabs.
A head garment shouldn't see people treated differently

By Haiqa Khattak

Zahraa Abdul Karim, a 24-year-old tourism and travel student at Algonquin College, was travelling to the college on a public bus in 2013 when she calmly asked an older lady to move to the side so she could sit down too. The lady looked at her angrily. "You Muslim women think that you can do whatever you want," she said.

Karim was polite to her, but the woman's negative reaction shocked her. This led her to feel uneasy. In fact, Karim apologized to her. "It's okay if you don't want to move," she said to her. "My apologies if I said something offensive. I didn't want to create a big problem."

Quebec's National Assembly adopted Bill 62 last year to ban Muslim women from wearing the burqa or niqab (veil over the face) while using public services in the province. Prime Minister Justin Trudeau responded: "The Charter of Rights and Freedoms is there to protect our rights and freedoms, obviously. The state should not tell a woman what she can or cannot wear."

Heated discussions on this topic have affected Canada's Muslim population. This can lead to Islamophobia and other challenges for female muslim students in Ottawa.

Radya Mohamed Djibril, an 18-year-old specialized education technician student at La Cité Collégiale, is one of them. "People look at us strangely, and sometimes there are people who attack us saying that we're terrorists," she says. "People presume that we're oppressed, but that is the complete opposite of the truth. It is entirely up to the person to either wear the hijab or not."

For Karim, she thinks that the ongoing terrorism in the world has made people more xenophobic. "People should start noticing and accepting cultural diversities," she says. "People need to start accepting each other and start treating each other equally."

Mariam Jheran, a 22-year-old former Algonquin journalism student, has dealt with comments and stares in the past, but she opts not to victimize herself in such situations. "Even though I've been faced with ignorant people and Islamophobic comments, I chose not to let that turn me into a victim who seeks sympathy," Jheran says.

Some Muslim women are made strong by the negative glances of people. They realize the importance of religion in their life because they realize the importance of light in the dark.

Other women start questioning their faith. Jheran was in such a situation once but she got through it. She chose not to

dwel on the ignorance of others.

"I've had many phases in my life where I've lost sight of my faith and I let the influences around me assimilate me. Not seeing girls who look like me being properly represented in popular media growing up took the biggest hit on my self-esteem," she says. "I don't ever want someone to look at me and feel that I'm oppressed or unhappy being a Muslim woman, and unfortunately that's really all we see in movies and TV shows that have Muslim (hijabi) women. We're often portrayed as timid and obedient individuals who don't have the freedom to speak their mind. So I think it's incredibly vital that the Muslim women of this generation speak out and take the reigns on representing ourselves rather than letting people assume they know everything about Muslim women."

Wiam, a mechanical engineering student at Carleton University, was born in Morocco. She carries both her Canadian and her Muslim identity with pride. The latter, however, has been used against her in the past.

"My hijab was a big problem for other beliefs. A man told me once that I'm going in the wrong way and my prophet didn't tell me the truth," says Wiam. "He tried to convince me that there is nothing called Islam. He did that for at least four months."

Her cousin in Bordeaux, France had to remove her hijab to be accepted into her dream job; she was forced to take it off.

"I think all hijab women face the same problem everywhere and anytime," says Wiam. "I chose Canada over other countries because I was certain that I wouldn't be rejected because of my hijab."

Cultural diversity makes Canada a beautiful country.

"When I was younger, I was scared to chase my dreams of wanting to be on TV or radio because there weren't any hijabi women on news channels," Jheran says. "But now, I think the doors have really opened up for us in a big way, and people want to see diversity. They want to see different types of people represented in western media. So I actually think that my hijab and being a Muslim woman is a great tool that can actually help me reach these goals rather than holding me back."

After all, the freedom of expression is the right of all.

Malala Yousafzai, the youngest Nobel Peace Prize winner, told the Guardian: "I believe it's a woman's right to decide what she wants to wear, and if a woman can go to the beach and wear nothing, then why can't she also wear everything?"



Zahraa Abdul Karim, a tourism and travel student at Algonquin College, enjoys joining other women at the campus's Spiritual Centre for afternoon prayers.



Toddlers & textbooks

Juggling schoolwork and parenthood is the reality for many students in Ottawa.
Time becomes hard to find while trying to raise a child and finish homework

by Natalie Oattes



Being a parent to a young child is exhausting. Actually, that's an understatement. Try adding schoolwork on top of that and things get a little tougher.

Juggling parenthood, schoolwork and childcare is the reality for some.

Taylor Malloy, a 21-year-old veterinary assistant student at Algonquin College, was going to school right up until she had her son.

"The hardest part about having a young baby and going to school is that you're very tired all the time," Malloy says. "It's hard to put time and effort into studying while watching a newborn."

Malloy suggests Algonquin make timetables in advance so student-parents can plan when they need a babysitter on days with classes. Unless they have someone at home to take care of their child, the only other option is all-day daycare, which isn't necessary if the student only has one or two classes a week.

Another struggle of being a student-parent is not being able to graduate on time.

Raman Sidhu is a student-parent who won't be graduating with her classmates. She is in the bachelors of science in nursing program and had to extend her program by one year.

Sidhu suggests offering summer courses to those who want to graduate on time. "I could have saved a year," Sidhu says. Students like her want to start working as soon as possible to start earning for their new families.

As for pregnant students, they not only have to deal with the physical and mental stress of school along with their classmates, but they also have to deal with the physical exhaustion of caring for a child.

Laura-Lee Grant, a second-year community and justice ser-

vices student at Algonquin likes the idea of being able to catch up with classmates by taking courses in the summer. Grant had to extend her program by one year as well.

Grant is on a waiting list for the daycare at Algonquin.

She suggests the idea of bringing children into class. "I think it would be kind of cool if you could bring your baby to class because on some days it's difficult to leave them behind," Grant says.

Grant knows the physical exhaustion of being pregnant. Her professors supported her during her pregnancy at Algonquin. "My professors gave me a lot of flexibility with coming to classes because I had really bad morning sickness when I was pregnant," she says.


Grant didn't seek out or know of any other services at the college. However, the counselling centre at Algonquin is a place to start.

Doug Stringer, manager of the counselling centre at Algonquin, says students with young kids ask for guidance with juggling parenthood and school. "If a student were pregnant and coming to the centre, the first question would be, 'What would their needs be?'" Stringer says.

The centre offers support by referring students to whatever resources they need that will help them thrive as a student.

Stringer and other counsellors understand the amount of stress student-parents must feel and want to help them. "I think pregnancy is by definition, stress," Stringer says. "Then you add school on top of that."

Student-parents have the same busy schedule of studying, completing projects and part-time jobs as other students. But on top of that add caring, loving and giving attention to another human being.

Schools should be more aware of students who are pregnant or who have young children, and reach out to them to offer more support. 

*It's hard to put time
and effort into
studying when
watching a newborn*



Tracy Lacroix



Aditi Sivakumar



Kayla Spagnoli

SILENT NO MORE

Many women in Canada will likely experience some form of physical or emotional abuse in their lifetime. Here, three Ottawa women speak out and share their stories

By Kate Jenkins

It was the last day of 13 years of emotional abuse and control.

Tracy Lacroix's now ex-boyfriend grabbed her and pinned her against the couch, seeking drug money that she wouldn't provide. As her 14-year-old daughter looked on, she realized it was time to reclaim her life. She finally got the courage to ask him to leave for the last time and he did.

Lacroix, now 45-years-old, had found herself in violent situations with men beginning in her early teens.

She isn't alone.

According to the Canadian Women's Foundation, half of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 16.

In a mid-2018 report created by the Canadian Femicide Observatory for Justice and Accountability, at least 57 women have been killed in Canada this year. They have been killed primarily by men, with the largest risk coming from former or current partners.

In 2017, the Globe and Mail reporter, Robyn Doolittle, released a series of articles called "Unfounded." In this investigation, they found that one in five sexual assault allegations in this country are dismissed as unfounded.

In Ottawa, it was found that the five-year unfounded sexual-assault rate is at 28 per cent. This means that 726 of 2,557 allegations of sexual assault were dismissed because the investigator did not indicate a criminal offence was attempted or took place.

This series forced law-enforcement agencies in Canada to review thousands of cases as they pledged to re-evaluate their approach to policing sexual violence.

The project demonstrates that progress is possible, but society is still nowhere close to reaching the end of the road on the problem of violence against women.

In the wake of the #MeToo movement, where people are continuously coming forward with their stories of assault, the world is seeing an increase in activism.

In September 2018, protesters in Ottawa participated in the 40th annual Take Back the Night rally, an event designed to fight back against sexual and gender-based violence. This marks one of many events that occur in Ottawa each year to shed a light on this issue.

Tracy Lacroix, Kayla Spagnoli and Aditi Sivakumar are all advocates for women's rights and participants in events like these, as they aim to have the voices of women who experience violence heard.

These Ottawa women are hoping to raise awareness and create change.

Tracy Lacroix

Lacroix, an Algonquin graduate and a casual relief staff member at the adult day program at the college, always felt strongly about women's rights due to her personal experiences with abuse.

Following her relationship with her ex-boyfriend seven years ago, she was encouraged by a friend to seek counselling for domestic violence. At first, she didn't understand why this is something she would need. "He never once laid a hand on me but controlled me in other ways," she says. "The abuse was verbal and emotional and I think that's why it didn't occur to me that it could count as violence."

After several sessions with a counsellor, Lacroix was able to realize that violence against women can come in many forms and it's what she was experiencing. Since then, she knew that she wanted to take what she had experienced and use it to help other women.

When she became a peer support worker with the Western Ottawa Community Resource Centre three years ago, her advocacy really began to take off.

As a peer support worker, she was matched with women in the area who have or who are currently experiencing violence. In this role, Lacroix acts in a support role as opposed to a counsellor, someone for the women to count on. Even though she deals with PTSD from what she has gone through, she feels compelled to do this work.

In addition to this, Lacroix can be found on the frontline of many protests and events in Ottawa that are working to combat this issue, an issue that she refuses to be silent on. "It's about being heard," she says. "This is a real problem that we are facing nationwide and we need to let women know that they have a voice."

I definitely think Ottawa's platform has gotten stronger over the years, but I don't think that the issue is as known as it should be

According to her, more resources need to be made available, politicians need to do more and police need to be more sensitive towards survivors.

She has seen officers and politicians show up at events in the city and has heard them declare that they are in support of fighting for this cause, but she doesn't feel like it has been enough. "Actions speak louder than words," she says. "I want to see what they have done and what they plan on doing in the future to really address this problem."

Lacroix hopes that in the future, abusers will be held accountable for their actions and that more people will begin advocating for women who have gone through similar situations to her. "I am tired of being quiet, I am tired of living in fear and it is time to break the silence," she says. "I am never going to stop standing up for myself or for other women who experience abuse."

Kayla Spagnoli

Kayla Spagnoli hasn't always identified as a feminist.

Approximately 10 years ago, she was living in Toronto and working as a funeral director. While at a bar for a going-away party, she was sexually assaulted by her co-worker and that is when her entire perspective changed.

At the time, her twin sister Jenna, who is now in the process of completing her master's in social work at Carleton University, was studying psychology and reading a lot of feminist literature. As they had discussions about what she was learning, Spagnoli came to realize that what she experienced happens to more people than she thought. "This was really my wake-up call to feminism," Spagnoli says. "It wasn't as popular 10 years ago as it is now."

Roughly six years ago, the sisters created Feminist Twins, dedicated to sharing and creating feminist events and detailing volunteer opportunities in the Ottawa area. As a pair, they attend various rallies and protests in the city and give support in any way they can.

Spagnoli graduated from the public relations program at Algonquin in 2017. Following graduation, she went a different route and is currently working in anti-human trafficking for The Minwaashin Lodge. In her role, she works with people across the province to look at how to conquer human trafficking.

She and her sister are both a part of the Ottawa Coalition to End Violence Against Women as the Feminist Twins, fundraising for them and supporting them at events.

According to her, violence against women continues to be a prevalent issue because of how society views women. "We grow up believing that girls have to be quiet and sit still and as they get older, they are unable to speak out about their assault because the blame could be put back on them," she says.

In her view, discussions about the different types of violence

against women need to start at a young age, especially discussions on consent. In addition to this, she feels that Canada needs to do more research and work in restorative justice, allowing survivors of abuse to have a say in what happens to their abuser.

Spagnoli acknowledges that women in different circumstances will have different experiences when it comes to violence and because of this, people should never jump to assumptions when trying to help someone. "We need to listen to these women and let them lead," she says. "We need to ask them what they want and make sure their immediate needs are being met before we help them find the right resources for their specific situation."

While she believes progress is being made to combat this issue, there is still a long way to go. In order for the advocacy to continue with strength, groups will have to band together. "Find the people that feel the same way as you do and figure out what you can do in your capacity to overcome it," she says. "We can't expect to move mountains overnight, but by having these important conversations, we are on the right track."

Aditi Sivakumar

In July, 2018, former part-time student at Carleton and recent Queen's University graduate, Aditi Sivakumar, sat down for her first day of training for the peer support program at the Western Ottawa Community Resource Centre.

Simply looking for opportunities to volunteer and give back to her community, she was unsure how the six-week course on violence against women was going to unfold. Little did she know that this program was going to make an incredibly positive impact on her life.

During this time, she learned of the different resources available to women in the area who are facing abuse and is now qualified to give support. In interacting with these women, she discovered that she has a passion for the topic and wishes it was more widely addressed.

"I definitely think Ottawa's platform has gotten stronger over the years, but I don't think that the issue is as known as it should be," she says. "I think that most people know that violence against women does exist, but they may not know the gravity of the situation or how common it is."

Sivakumar believes that the right steps are being made for progress but there is still a long way to go. While there is a lot of talk about ending this violence, most people don't know where to start when it comes to putting in the work. "Rome wasn't built in a day," she says. "This problem has been around for decades and a lot still needs to be done to address it properly."

She hopes that people are able to see the positivity of their advocacy thus far and use it to motivate them to continue their good work. "Change might not be immediate," she says, "but if we give up now, the future doesn't have much hope for ending this issue."



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BALANCE YOUR FIGHT

By day, these wrestlers look like regular people dressed in regular work clothes. By night, they suit up to enter the ring and wrestle their way to the top

By Trevor Oattes



Ottawa's Sheldon Jean considers his wrestling talent a "dormant superpower."





Wrestlers like these ones need to know what they're doing at an event like Animal House, which was held at Algonquin College in October 2018. This demands months of training and hard work

Riley Maillet lives a double life. By day, the 23-year-old walks the halls of Algonquin College with images of computer code dancing through his head. By night, he swaps the hoodie and the backpack for a spandex costume and athletic boots. Instead of college classrooms, he travels through rows of cheering fans, through the ropes and into the creaking ring. He even changes his name: the mild mannered Maillet becomes the fearsome Alexander Kable, the fan-favourite rookie with everything to prove.

In the early hours of the morning, as Kable fades back into Maillet, he and a few of his brothers-in-arms drive home, banged up and bruised from the brutal showing of athleticism and showmanship. He stumbles into his bed with the sun peaking over the horizon in order to catch a few sweet hours of sleep before the images of computer coding reclaim his thoughts.

This is the life of an independent professional wrestler.

While the Ottawa wrestling scene is still small, it is slowly growing, with hundreds of people coming to watch promotions like Capital City Championship Combat and Acclaim Pro Wrestling. The wrestlers perform in conference halls and gymnasiums, risking their health for gas money and a pat on the back.

While it may seem devoid of glamour, Maillet wouldn't have it any other way.

The Ottawa local has been a wrestling fan for close to a decade. While most young fans dream of stepping into the ring in front of adoring fans, Maillet decided to try and make that ambition a reality.

"I fell in love with wrestling later than most people. A lot of people that are fans of wrestling have been so since they were children," says Maillet. "A lot of the kids who grow up watching wrestling have

the dream to be a wrestler when they grow up, but they kind of grow out of it as they get older. I was at a point in my life where I knew I could work towards it and I could do it. I think it would've been silly of me to not do it and then spend the rest of my life wondering what could have been."

Maillet began his wrestling training three years ago. He ended up training at Torture Chamber Pro Wrestling Dojo in Montreal, where he went through months of gruelling physical and mental exertion. He learned the fundamentals of the trade, including flashy moves, how to fall safely and most importantly, how to put on an entertaining show without hurting his opponent.

"We'd get in usually around 7:30," says Maillet. "We'd start with a warm-up, then we'd do five to 10 minutes of jump rope, some more intense cardio and then we'd get on to some kind of lessons for the evening. Whether that'd be practicing parts of matches or learning certain moves, practicing character work, stuff like that."

As professional wrestling is not actual combat, the wrestlers must learn how to make their movements look as realistic as possible, a concept which is called "selling" within the industry. A wrestler would "sell" a kick to the gut by doubling over and falling to their knees, a look of faux-pain scrawled across their face.

While the entertainers aren't truly fighting one another, the high-risk moves they perform pose real physical threats. Many pro wrestlers have been seriously injured, with some becoming crippled or even dying in the ring. Truly talented wrestlers spend as much time protecting their opponents as they do making their own moves look good.

When Maillet graduated from his training and made his in-ring debut, he got a taste of what it was like to be put in that life or death situation. But to his surprise, it was far easier than he expected.

"Immediately beforehand, when you're standing behind the cur-



tain and your music is playing and waiting for the announcer to call your name, it's the most nerve-wracking thing in the world," says Maillet. "But as soon as the match begins, the training kicks in and we can enjoy the moment. We're out there for six to 10 minutes at a time but it passes by like it's 30 seconds."

Since his debut, Maillet has tried to submerge himself in as much of the wrestling industry as possible. He attends local shows, helping the promoters tear down the ring. He wrestles whenever he gets the chance and constantly watches old tapes. And he lets those around him know about it.

"I like to talk about it. Anybody that knows me on more than an acquaintance level knows about it and my family was all about it," says Maillet. "I kept it kinda quiet while I was training just in case I didn't make it, because I didn't want to have a bunch of people excited for my first match in case it never came."

While Maillet wears his wrestling life on his sleeve, there are others in the industry who prefer to keep their cards close to the chest. Standing at six foot two with the build of a basketball player, 23-year-old Ottawa local Sheldon Jean looks every part the pro athlete. While he has been competing for years now, including a prestigious tour with the Japanese promotion Pro Wrestling NOAH, he does his best to keep his double life to himself.

"Everybody in my life knows about my career because it's out there on my social media, but it's not something I tell people when I first meet them," says Jean. "I don't keep it a secret, but I don't advertise it. If somebody asked me what I did for a living, I just tell them that I work part-time at my gym. I never mention wrestling unless they mention it."

According to Jean, anybody who has ever performed as a wrestler has been heckled and spoken down to at some point. He never takes it personally, insisting that wrestling isn't for everybody. While Jean

may be modest when it comes to speaking about his career, he is anything but modest when it comes to his personal career ambitions.

"I want to be in the WWE. I want to be the champ, I want to be the top guy," says Jean. "I want to be a legend there, it doesn't matter how many years it takes for me to get there, but when I leave, I want to be talked about as if I was one of the best."

With the way Jean's career has been building since he started training two years ago, his dreams of superstardom do not seem particularly farfetched. Alongside his time in NOAH, he has already performed for Impact Wrestling, the second biggest company in North America. At 23 years old, the sky is the limit.

Perhaps one day he and Maillet will be a part of the extravagance that is the WWE, and all the money and fame that comes with it. Maybe one or both of them will become the next John Cena, Steve Austin or the next Hulk Hogan. In a business as volatile and crazy as professional wrestling, literally anything can happen.

For now, they keep their heads down, living the double life as best as they can. They pay their dues in the ring whenever they can before heading back to the real world, one as a student and the other as a gym attendant. They work hard and put literal blood, sweat and tears into their work; driving for hours down open roads between random towns, battered and bruised and with payment that sometimes barely even covers gas. The double life of an independent pro wrestler is not a glamorous one.

But for those who choose to walk that path, it's a dream come true. "It still feels crazy to me sometimes. I'll be sitting down over there and I'll remember, 'I'm a wrestler.' None of these people know that I nearly died diving over a barricade last night, you know? It's like a dormant superpower. It still catches me off guard," says Jean. **g**

Strangers to soulmates

Arranged marriages have been part of some cultures for generations. To outsiders it may seem odd to marry a stranger, but for some it works out perfectly

By Saira Qureshi

Ever since I can remember, I have believed in love after marriage. It's difficult for the mind to think any other way when one grows up in a family where arranged marriages are the norm and dating is non-existent.

Being raised in a Pakistani-Canadian household, I had to learn early that the general Canadian mindset towards relationships and marriage worked quite differently than marriage in my own culture. On one hand, I would watch my friends and classmates date for several years without ever mentioning marriage, and on the other hand, I witnessed single girls from my community sending wedding invitations a few months later.

This concept, which is perhaps odd and outdated, is still prevalent in South Asian and Middle Eastern communities, where children trust their parents to find them a partner, while they have the choice of refusing the proposal or agreeing with it. Although there are no clear figures on how many Canadians are currently in arranged marriages, according to a study done by Statistic Brain in 2018, 53.25 per cent of the world's marriages are arranged. Still, as many young Canadians struggle to get their head around the concept of marriage in general – marriage rates have dropped by 4.7 per cent since 2001 according to a 2016 Statistics Canada report – understanding how a traditional form of marriage like this works can be insightful.

"We have always grown up with the fact that whatever our parents are doing, they know best," says a fourth-year Carleton student in commerce with a concentration in finance, who would like to go by the pseudonym Bushra. "They know how to guide us so whatever they say, that is what is best for you."

Being Pakistani herself, a culture wherein arranged marriages occur very often, she expressed that she was always open to the concept. "It's a norm," Bushra says. "You don't have separate views or strong views on a norm."

She had always told her mom that if a proposal came her way, she would consider it. When the proposal for her husband came last May, her initial reaction was to refuse it. "I did not even know what year of university he was in, if he graduated, what he was studying, if he had a job, so he was that much of a stranger for me," she reveals.

One night, Bushra says she was very nervous about the

entire situation. Her heart was racing so fast to the point that she had difficulty breathing. She asked God to calm down her heart if this proposal was right for her. Immediately after making her prayer, her heartbeat went back to normal.

She "took that as a sign" and accepted the proposal. This past July, Bushra and her husband got married in Sri Lanka and the undergraduate is now in the process of sponsoring him from Pakistan. She is a Muslim and much like other religions, Islam does not support premarital sex. For this reason, she agreed that it makes sense to have an arranged marriage.

"You're not actively looking for love," she admits. "You don't go for the whole boyfriend or girlfriend situation. I think that plays a huge role in the fact that we still have arranged marriages and the fact that arranged marriages work out."

For her, the only downside at the moment is the long-distance relationship as she patiently waits for her husband to come to Canada. Otherwise, Bushra is very content and claims that her experience has been good.

A master's student in the human kinetics program at the University of Ottawa who would like to be called Sarah, cannot say the same about her own experience. "It could be a good thing for a lot of people but for me personally, from my own experiences, I don't like it," she says.

She got engaged to her fiancé, who is now her ex, back in September 2016. His mother was a family friend and approached her and the couple got engaged after two months of talking on Facebook. "Arranged marriage is like Match.com, where basically parents are like Tinder," explains Sarah.

She added that the concept still exists because families want to stay within their own circle. People from her church have told her that they are going to church simply because they want their children to grow up with people of similar values and mentality. "You want to make sure you are securing a future for your children," she says.

Due to family interference and incompatible views, the wedding was called off in April 2018, approximately a year and a half after getting engaged. Although an arranged marriage is now out of the question, she considered it as her only option in the past. "I wasn't considering anything other than 'dad is going to bring me somebody and I am going to fall in



love with him,” she admits.

Her parents had always guarded her. She had a curfew and the undergraduate student was heavily focused on her studies to the point that she did not have a social life. But things have changed as Sarah is now open to dating and believes that love exists before marriage.

“I’m not going to set anyone against a category,” she reveals.

Aisha, who would like to keep her real name private, disagrees with the concept of arranged marriage as well. She is a graduate from the University of Ottawa, and is now in the process of entering an arranged marriage.

It’s easy to say communication is key, but communicating is very hard

Although she has agreed to go through with it, she has objections on the way it works. “I think the concept of your family finding a partner for you is kind of outdated,” she states. “They are also looking for what best fits into the family, into the dynamic, and that may not necessarily be the same person for you.”

The graduate explained that some individuals from the Pakistani-Canadian generation have cultural identity problems and that their parents may not entirely know of their children’s real views. “We need to have a better system,” Aisha admits in regards to her statement of the concept being outdated.

Within the culture and the Islamic religion, men and women don’t mingle which makes it difficult for an individual to

seek out a partner for themselves. Within her community in particular, the line between religion and culture is blurred. “We are often told we cannot mix with the opposite sex but we go to work with men, we go to school with men and our guards are mostly Muslims and brown men,” Aisha says. She believes that something needs to change because at the end of the day “we have to go marry a Muslim man.”

Misconceptions often arise about arranged marriages and she says that she has heard individuals say that arranged marriages last longer and people are much happier. Aisha disagrees with this statement.

“The reason why arranged marriages last longer is because I think a lot of people compromise and decide this is it,” she reveals. “With arranged marriages, you also have a lot of third parties involved like your parents and the guy’s parents who are mediating between the couple and offering counselling.”

Her number one piece of advice for those choosing to go through with an arranged marriage, like herself, is patience and communication.

“It’s easy to say communication is key but communicating is very hard. It’s very hard to open up to somebody, to be vulnerable in front of somebody, to accept somebody else’s help when you may not know them as much,” explains Aisha.

This system which has been passed down from my ancestors to my grandparents, to my parents and now to me, is an integral part of my South Asian culture and the most convenient route for marriage within the Islamic religion. But as times are changing and more and more individuals are choosing love over religion or culture, I would personally like to see a progressive version of this concept which would create an environment that would allow individuals to fall in love before marriage. **g**



ADHD & Me

One of our *Glue* writer's knows all about what it's like to have ADHD. Here's her story about how she has learned to embrace it

By Hamda Elmi

Two summers ago, I remember sitting in a white room that I had been in many times before. I was fidgeting nervously as my doctor looked over a paper I had filled out. I knew what was coming next, but a big part of me was hoping that I was wrong.

I was right.

She told me that I had attention deficit hyperactivity disorder. I don't remember what she said after that, but what I do remember is a strong feeling of panic.

I was 18 at the time and what I knew about ADHD was limited to the basic stereotypes that I couldn't necessarily relate to. I'm not hyperactive, I'm not constantly bouncing off the walls, I'm not disruptive and I'm certainly not a boy.

When I tuned back into the conversation, my doctor started talking to me about the possibility of going on medication. The idea of taking medication scared me more than the diagnosis itself. I told her I'd think about it and we left it at that for a few weeks.

I finally worked up the courage to discuss this new diagnosis with my parents who were initially upset and confused about the whole situation. I was expecting some sort of negative reaction, but I was still left feeling hurt and misunderstood.

I figured that if I ignored it, everything would be fine. I wanted to convince myself that my doctor had made a mistake.

I convinced myself that I couldn't possibly have ADHD.

At the time, I had just graduated high school and was working full-time. As the summer went on, I started to reflect on my time in high school.

Thinking back, I realized I found it harder to concentrate and I eventually started reading less. It wasn't because of a lack of interest, I just couldn't finish a book for the life of me. Something I had once adored, suddenly became a lot more difficult to do.

I felt like I had to work ten times harder just to pass, while my classmates seemed to have no problem at all. I thought I wasn't as smart as my friends and I could tell that my parents weren't impressed with my grades.

I felt as though years of my life were wasted. Why didn't somebody notice? Why hadn't I noticed? I convinced myself that I was the problem.

I didn't want to waste any more time so I booked an appoint-

ment with my doctor. She gave me a prescription for Concerta and I was excited to start this journey. I was convinced this tiny bottle of pink pills would solve all of my problems.

Unfortunately, Concerta wasn't a good match for me and my ADHD. The medication made me feel anxious, dizzy and I wasn't sleeping anymore. I was very discouraged by these results but I kept trying until I eventually figured something out. With the help of my doctor, we tried a few different types of medications and dosages. It took months before finally getting the right one.

According to Dr. Joanna Pozzulo, professor and chair of the department of psychology at Carleton University, the common characteristics of ADHD are seen more in males than in females. She explains that it's more difficult to picture adults suffering from ADHD and that they are less likely to seek medical attention.

When it comes to diagnosing people, Pozzulo explains that there is a list of criteria to consider.

"Being impulsive and hyperactive, these are things that would have to be prevalent at school and at home. They would have to be present for several months," says Pozzulo.

At first, I didn't tell anyone besides my family. I felt embarrassed that I needed medication to function. I was afraid they would think I was using ADHD as an excuse. That it's just a myth and I'm only being lazy. I didn't want anyone to think any less of me because of it.

Fiona Reilly is a 23-year-old visual arts student at the University of Ottawa and she got diagnosed with ADHD in 2017. After a few sessions with her psychiatrist she was diagnosed. She always kind of knew that she had ADHD and she felt good about the diagnosis.

"When I got diagnosed I had a lot of conflicting feelings," Riley says. "I was really glad that it finally happened, but I was kind of upset about the time I felt I had lost and [that] I could have used better."

Eventually I realized that I'm not the only person with ADHD that felt confused and isolated. I read blogs about other people who have ADHD, people who also nervously bounce their leg and have twitchy hands. I learned that my forgetfulness and hyperfixations are a direct result of having ADHD.

But most importantly, I learned to embrace it.





Conquering my addiction

Alcoholism hits closer to home for more people than we think. One of our *Glue* writers opens up about his struggles with alcohol and how he overcame his addiction

By Jon Mulvihill

I was 19, fresh into my first year at the University of Ottawa, when I had my first taste of alcohol. A friend from high school, who also attended the same university as me, was a heavy drinker. Unfortunately for me, he was also one of the only people I knew when I first came to Ottawa from my hometown of Renfrew. Nearly everyone we associated ourselves with were drinking heavily, and I could not help but join them when I finally came of age.

One drink turned into 10, and the hangover the next day was almost unbearable. Still, I enjoyed the feeling I got whenever I consumed alcohol and I just wanted to fit in with my friends.

The outings became more and more frequent. While more disciplined students were studying for midterms, I was at the bar taking shot after shot, trying to relax and ease the tension school had brought me.

Eventually, my grades started to suffer, but that didn't stop me. I was also running out of money, but drinking helped with that too: it would help me forget. My depression and anxiety went through the roof, but I still turned to alcohol to ease the pain. Blackouts became more common. My throat throbbed from all of the vomiting.

I couldn't live without it, but I couldn't live with it either. It got to the point where I had to drop out of school after two years.

That was then. Now after two years and many hardships, I finally feel ready to share my story. There has been a question that has lingered in the back of my mind for the past couple years: why do so many students like me feel the need to consume alcohol in extreme amounts, despite the possible consequences?

I am one of approximately 5.8 million Canadians aged 12 and over who reported alcohol abuse and classified themselves as heavy drinkers, according to a 2016 study by Statistics Canada.

The Ottawa Public Health department estimates that in 2013-14, about 304,000 adults aged 19 and over were considered to be at moderate to high risk of alcohol-related harm. In the same period, 22 per cent of adults had exceeded the weekly consumption limits, increasing long-term alcohol-related health risks.

I know first-hand that quitting isn't easy. However, I also know there is hope for anyone looking to quit. The first step is admitting we have an addiction. The next one - the tougher one - is to actively try and change our lifestyle for the better.

As I continued to strengthen my sobriety, I wanted to understand myself - and other students like me - better. I needed to understand this because I have watched numerous friends who have consumed alcohol eventually be consumed by it. I also wanted to better understand the reasoning behind my own demons.

After coming clean to my parents, I took a year off school to work while they helped me with my issues. The next year, I registered at Algonquin College. At first, things were going great for me: a new program, better friends than the toxic ones at my previous school and amazing professors. I felt like I could handle school while going out for drinks occasionally.

Before long though, the old demons started resurfacing. I started to fall back into old habits, where I let one drink turn into too many. After a few months of this, I took a hard look at myself: I was out of money and my social life was on thin ice. My head was a complete mess.

With this epiphany and with the support from my friends and family, I decided to stop drinking altogether. After three and a half years of drinking, all it left me was bad memories - at least what I could remember - and mental health issues I am dealing with to this day.

In Ontario, the legal age for purchasing and consuming alcohol is 19. However, depending on circumstances, they may start earlier. This was the case with Algonquin student Emily Hicks, who was 17 when she first tasted alcohol. "I moved to four different schools when I was five due to bullying. I also lost a couple friends in car accidents as well as cancer," Hicks says. "I always had a rough life, and I got to a point where I just couldn't do it anymore, so I turned to alcohol and partying."

Hicks continued to abuse alcohol for the next four years. When feeling down, she would drink a copious amount to numb the pain. Since her alcohol tolerance became strong over time, she would consume six to eight drinks a night, depending on the size. If she was drinking cans of beer, she would have around 20. She followed this routine four nights a week, if not more.

She eventually realized the amount she was drinking was not good for her and vowed to restrain herself. However, it took a tragedy for her to finally get serious. "One night, my friend had gotten really drunk and fell from a two-story balcony that led to her death," she says. "I knew then that it was a serious thing and I had to stop drinking, as hard as my life was."

At the time of writing this article, it has been eight months since Hicks changed her relationship with alcohol. She doesn't drink like she used to, but whenever there is a family occasion, she finds the desire to get drunk still looming over her. "I find it's very hard for me to only have one," she says. "But with the support that I have, I can end at one even though it's difficult."

In my case, the main reason I got addicted in the first place

was because all my friends at the time drank, and I just wanted to fit in.

Amanda Neilson, the harm reduction consultant from Algonquin, says that social interaction is one of the main factors that can lead to alcohol abuse. "One of the common reasons students turn to alcohol is because it makes them feel better about themselves, it makes it easier to socialize, and easier to connect," Neilson says. "All of a sudden, you have something in common in the form of a socially acceptable practice."

Alcohol is all around us too. "We live in a culture that loves alcohol and that really contradicts what we have been told when we are younger, saying 'Drugs are bad, just say no, don't do drugs,'" she says. "There's a huge clash between the world we live in and the message we are sending young people."

"Substance use and abuse meet fundamental human needs. When we look past food, shelter and clothing, we take things we need to feel the best we can be, like love, acceptance, belonging, freedom from pain and identity," she says. "All of those things can be solved temporarily with alcohol and other drugs."

Neilson is also a member of the Umbrella Project at the college, which strives to create a safer space for students on campus to talk about substance abuse. "We approach this issue from a harm reduction approach, which we use all the time," she says. "Harm reduction could be tying your shoelaces or putting up stop signs. Essentially we are taking a high-risk activity and making it less risky."

All my friends at the time drank, and I just wanted to fit in

In August 2018, there was a study conducted by *The Lancet*, an online medical journal, suggesting the safest level amount of alcohol to consume is none. Heavy drinkers have an increased risk of health issues later in life.

Leta Bourque, a counsellor from Carleton University, believes it's not about eliminating alcohol or other substances completely, and more about how frequently people turn to them. "Each person's limit is very individualized and it's based on the consequences they experience," Bourque says. "For some people, they might drink heavily, but for them it's leading to stronger social connections, which is more valuable to them. It all depends on how you define what those consequences or health issues would be for them."

Bourque, who worked at a residential treatment facility for many years, found that in a lot of cases, alcohol can be just as dangerous, if not even more dangerous, than the harder drugs depending on the usage. "I would say the danger is not just about the substance that someone is using but the consequences for that particular substance for that person. This can be quite individualized depending on biological, psychological and social factors," she says.

At the time of writing this, it will be almost two years since I turned my back on alcohol. Right now, I don't plan on going back anytime soon. Some people have asked why I've made this decision. That answer is simple.

I've never felt better.





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Furry financing

Owning a pet is a big responsibility. A tough truth: Your wallet and your schedule may not be able to support it if you're busy with work, school or a family.

By Karine Beaulieu

Caitlin Kidd, a Carleton University graduate, knows too well where a rash decision can lead you. After moving in with her boyfriend at the time, she became lonely. After deciding to get a puppy, her boyfriend brought one home named Dex.

"He thought we should get a dog because I was depressed," she says. Dex ate a pair of underwear when he was 15 weeks old and needed his first surgery. Kidd doesn't remember the exact cost, but it was around \$3,000. Then the relationship ended. She was left on her own with the puppy and with the hefty bill.

Not only that, Kidd had to move in with roommates. Now there wasn't just the mounting costs, but there was no place for her dog. Dex had to be adopted out to another family.

According to the Canadian Veterinarian Medical Association, in 2017, owning a puppy costs about \$3,700 a year while an adult dog is \$3,200. A kitten can run you \$2,300 and an adult cat can run you \$2,000. These costs – along with the logistics of a student's living situation – are the reality of pet ownership, and one students should seriously consider before bringing home something cute and furry.

Michelle Delibasic has been involved in dog rescues for 17 years. She knows too well the reality of not being prepared for

the lifetime commitment of pet ownership.

"More than half of the pets adopted by students from places that don't conduct interviews are returned to us," she says.

According to her, the biggest reason students end up giving up a pet is behavioral issues.

"Dogs that are left alone too long become anxious and start destroying things," she says. "They start barking and they get complaints so they have to move or get rid of their pet."

This is especially a problem for students living in apartments with pets.

Delibasic really wants students to think of the welfare of the pet before acquiring one, and how they will fit into their life.

"If you don't end up liking your course and decide to go into something else, where is that going to take you?" she asks. "And if you can't answer that, how is that fair to your pet?"

Kidd also suggests other students should stay clear of pets while in school because of unpredictable schedules.

"I was a full-time student at Carleton and also worked two jobs," she says. "You can't leave a young dog at home alone for more than a few hours. It's not kind. Between school, work, dating and wanting to go out, you really limit yourself a lot. Not to mention the financial impact as well."



Karine Beaulieu Photo



Riches to Rags

Students are taught to be smart with their money, especially with OSAP. But instead of restricting yourself, go for the best and boujee products

By Stuart Benson

The cliché of the poor college student can seem inescapable. Every year around September, college and university students begin to count the money they've saved over the summer and start to think about how best to budget their savings and OSAP, stretching every penny as far as possible.

Unfortunately, most of these strategies are destined to fail. The implicit secret is you don't have enough money, to begin with. Your best option, therefore, is to live like a monk for four months, hoping you run out of money as late in the semester as possible.

Screw that. Why not consider other options?

Trevor Spik did. The former heritage masonry student at Algonquin's Perth campus spent a year on a \$50-a-week budget. However, he did this after spending \$2,500 on a whitewater kayak, helmet, paddle and dry-suit. "I was on beans and rice for a year," he says. "The only thing I could do was slowly try and build up a spice rack to make it tolerable."

What single purchase embodies the ideals of a splurge more than buying a boat? Student loans and bursaries are the cheapest and lowest-interest chunks of money most students will see for a long time. So instead of living a life of intense frugality, spend that money like a French monarch in the 1700s and let fate sort out the semester's budget.

THE BASICS:

Once you get your OSAP money, assuming rent and tuition haven't already drained you dry, your first question will obviously be: what should I buy first?

Back-to-school shoes, obviously. Algonquin College justice studies student Ali Abashar recommends a pair of Yeezy's, which will only set you back about \$500. (NOTE: All prices in this article were accurate at the time of writing. They may have changed.)

And as new shoes demand a new bag, you'll need one of those too. Why not pick up the Hershel Little America backpack for \$130. Both Carleton University and uOttawa's cam-

pus stores offer the Swiss Army branded backpacks featuring their respective school's logo. Both offer an identical option at \$64, but only uOttawa offers a \$70 version that comes in black and has more pockets.

And what better stuff to put in those pockets than some sweet, high-end school supplies. You're not in high school anymore, so that means no more trips to Walmart for fantastic deals. You are a post-secondary student, so you shop at the college or university store.

As a student, it's important to pay attention in class and take plenty of notes, which you can do on your new \$30 Blackwing Slate Notebook with your \$15 Algonquin branded architect pen set with a key ring and light. However, if you prefer the feel of leather while you take notes, pick up the Fabrizio Junior Portfolio with a laser etched Algonquin logo for \$30.

While you're there, get yourself a new Algonquin sweater for \$40 to show your school pride, or you can get a personalized sweater for \$80. School sweaters at uOttawa and Carleton go for \$60 because if your education is more expensive, so too should be your school pride.

TECH:

It's the 21st century and today's modern student is nothing without good tech. For many students, a good laptop is compulsory. As we are not here to save money, we don't need to talk about entry-level laptop options.

Connections at Algonquin offers the ASUS ROG Strix GL503 with Windows 10 Pro, the latest 8th Generation Intel Core i7 processors, and NVIDIA GeForce GTX 10-Series graphics. The rig itself will run you \$2,000. If you're an architectural science and building science student, this type of machine is mandatory. For the rest of you: why not consider all of this costly power too?

You're also going to want to get the right accessories to get the most out of your nice new gaming laptop. Connections stocks Razer branded gear, including \$130 Naga-Trini mouse, the \$90, 13"x10" Firefly mousepad, and the \$209.99 Huntsman keyboard. All that's left is a \$330 pair of Beats Solo 3's and a 1TB, triple interface, Lacie USB storage device for \$130.

Once you get OSAP money, assuming rent and tuition haven't already drained you dry, your first question will obviously be: what should I buy first?



Though if you're looking for a good time playing games, Simranjit Singh an employee of Algonquin's Connections store, would direct you to a significantly lower-tech option. "Our most popular items are the board games," he says. "People would rather buy that than the VR headset."

Sounds good. But since our concept here is to treat ourselves, choose the \$80 Pandemic: Legacy board game, because it's nearly \$20 more expensive than everything else.

MUNCHIES:

A good student needs fuel, and by fuel I mean coffee. Most money-saving strategies will usually start with coffee. As in, forgo your daily \$5 cup and you can save a ton over time. Frankly, \$5 coffees are child's play.

Be a fancy grown up and purchase a venti triple mocha from the campus Starbucks for \$5.95 plus tax. You've got OSAP money to blow and 8:30 a.m. classes. What better way to deal with both problems than spending nearly \$35 a week on chocolate-flavoured bean juice?

When lunch or dinner rolls around, you have a few options as a student. You could go and find an option in the cafeteria like a peasant, or you could dine in luxury at Algonquin's Res-

taurant International. A mere \$17.99 will get you three courses: an appetizer, a main and dessert.

The obvious question then becomes: "What wine pairs best with my rainbow trout meunière, or my braised beef guignon?"

James Waller, a professor of hotel and restaurant management - the program in charge of FOH operations for International - recommends the G. Marquis Chardonnay, at \$31 a bottle, with the fish, and the Daniel Lenko Merlot, at \$40, with the beef. "Every wine on the menu is a fantastic local wine," he says. "But if I had to pick a favourite, it would be the Cave Spring Dolomite Reisling."

TREAT YOURSELF:

Now some of you may be thinking this kind of advice may be irresponsible. Advocating that students frivolously spend money they've been given by the government without any thought to a budget or how they will pay back.

However, due to rising sea levels and the threat of global climate disaster within the next 20 years, there's always a hope society will descend into some sort of Kevin Costner-esque Water World before any of us even get a chance to put a dent in our repayments. **g**

Disconnect to reconnect

People are becoming victims to their own devices in a generation that is always looking down. There is a whole world out there to explore - all we have to do is look up

By Erin Jackson



Sam Weichel, a first-year student in Algonquin's environmental management and assessment program, lives for chances to escape into the outdoors with his camera in tow. "There's less going on, you don't have your cellphone going off, you're not driving in traffic," he says. "You don't have to worry about getting groceries or doing laundry or dishes. You know, the life things you have to do. It all kinda just melts away."

Despite a growing body of evidence cautioning against our incessant use of technology and increasing disconnect from the natural world, our lifestyles remain the same. Andrea Prazmowski, a certified forest therapy guide, is seeing it too. "When I see people walking down the street with their heads down focusing on the screen in front of them and not noticing

where they are - not noticing the birds flying by or the changing leaves - that concerns me," she says.

Like Weichel, Prazmowski is a big fan of the great outdoors. "I find that going out among the trees is an engagement with the reality around us," she says, "and not the virtual reality."

But for many, unplugging is unnatural, illogical and seemingly impossible. However, cutting the cord doesn't mean you have to delete social media and live in a van down by the Rideau River. There are ways you can power down and experience Mother Nature's medicine by setting aside a few minutes each day.

Keep the blue light out of the bedroom and treat yourself to freedom for the first hour of every day. Make your coffee and drink it on the porch. Walk down the street for a juicy

Egg McMuffin or roll out your yoga mat and do a couple sun salutations in the living room; whatever your pleasure, but try to keep the screens out of it.

Christina Crook, author of *The Joy of Missing Out*, calls this time the holy hours and urges people to rethink how they spend them as they set the intention for the rest of the day.

SET BOUNDARIES.

"Hours could pass and I'd still be chasing rabbit holes on Facebook," says Prazmowski, who was introduced to technology later in life and noticed the effect it was having on her life.

Technology was created as a tool, a way for us to communicate with one another; to share and access information, but it has become a lifestyle; A bad habit we just can't kick. We need to remember the reasons why we use our devices in order to set boundaries and limit the unwanted effects on our lives.

Laurel Ralston has done just that. Ralston plays in multiple bands, works a part-time job and is completing her PhD at Carleton University. Her time is valuable and she says that without her phone or Wi-Fi, she "can see something though from beginning to end without distractions."

Ralston has a few tips and tricks.

For one, buy a watch to check the time without seeing your pending notifications. Silence the notifications - take back control and check your phone on your own time, not when it tells you to. Use your cellphone like a landline - leave it charging in another room so you don't get distracted, but turn the ringer on so you don't miss important calls.

Weichel also adjusts his notification settings so he can fully enjoy his time outdoors. "Sometimes I just put mine on airplane mode so I can still take pictures with it," he says.

WALK, HIKE OR BIKE.

"Technology can pull us away from doing the things that we know are actually better for us," says Prazmowski. "Even though we know going outdoors feels good, we underestimate how great we will feel. The first step is just going out and trying it."

We live in a city where that's easy to do. "You're never very far from green space in Ottawa," says Ralston. "We're super lucky here." With bike paths, parks, waterways framed by pathways and quick access to beautiful Gatineau Park, there is nothing stopping you - except maybe rush-hour traffic - from getting out there.

Prazmowski suggests starting by picking a different route to school or across campus. It might be a longer walk through a park or just a detour through the trees, along a stream or just somewhere you can hear the birds. By doing so a few times a week we can begin to form a new habit. "It's a reward system because it feels good so then you seek it out more," says Prazmowski.

Ralston suggests picking up the Ottawa-Gatineau cycling map put out by the National Capital Commission even if you're not a cyclist. "That'll tell you where the green spaces are," Ralston says. The Ottawa-Gatineau maps can be picked up at various locations throughout Ottawa-Gatineau or can be accessed on the National Capital Commission website along with route suggestions from the 800 km of cycling trails in the region.

Weichel suggests hopping on your bike, or renting one, and riding 20 km through Gatineau Park to Chelsea, Que. Quench



your thirst with a brew at the Chelsea pub or buy a treat at Une Boulangerie dans un Village; energy for the ride home.


If you don't have a car or the enthusiasm to make the trek by bike, Gatineau Park can seem out of reach. Although not easy to find, there is a way via STO, Gatineau's transit system. Ralston suggests STO routes 31, 33 or 37, which pass through downtown Ottawa before arriving less than an hour later at Trail 26 just beyond Cégep de l'Outaouais, Campus Gabrielle-Roy.

CAMP.

When was the last time you fell asleep looking up at something other than your phone, TV or that water stain on the ceiling of your rented room?

Going camping on your own can be daunting and expensive, but with a little bit of gear, a few skills or an outdoor savvy friend, you can escape with ease.

"One of the big things is lack of access to gear or a car," says Natalie York, vice president internal at CUSA and an executive on the Carleton Outdoors Club. One of the larger clubs at Carleton, the outdoors club organizes events and trips to help students get outdoors and learn outdoor skills, prioritizing fun and creating community. York says that experience is not necessary and most gear is provided to participants who attend club events like camping or kayaking trips. She clarified that even though the events are directed at Carleton students, they are not closed to students from other schools.

For those looking to camp on their own but are missing some gear, Mountain Equipment Co-op offers affordable rentals of tents, packs, sleeping bags and sleeping pads. Even canoes and kayaks or skis and snowshoes can be rented so you can get out there no matter the weather. 



#MADNESS

Social media has changed the way people communicate with each other. There is speculation on whether this has had a negative or positive impact on society. Take this Q and A to find out how social media has affected you

By Asen Aleksandrov

In 2009, a People.com reporter asked actor Bruce Willis if he would be joining Twitter and got a negative response complete with a warning: “That way lies madness.” Willis was referring to all of social media, expressing a concern that its widespread use would redefine social norms – and not in a good way.

Ten years have passed. The world keeps turning, Willis is still not on Twitter and social media is embedded into every facet of our lives are people worse because of it? I challenge you to answer this question for yourself.

There are questions scattered throughout this article – be truthful and see what your score says about you at the bottom of the page!

DO YOU SOMETIMES USE SOCIAL MEDIA TO SPY ON PEOPLE? Y/N

“I had a friend going on a blind date,” recalled Leah Coyne, Carleton University international marketing student. “Before she even met him she knew anything she would need to know about him: birthday, where he vacationed, what he studies, how many siblings he had.”

Coyne has two years of experience in social media marketing and communicates with many people in her personal and professional life primarily online.

“Social media stalking much like any other form of stalking is an addiction. Online platforms make it infinitely easier,” she explains. “It has become more normalized. People who found issue with it before have become more numb to it as more people do it.”

DO YOU APPRECIATE BEING SPIED ON? Y/N

In a 2017 Superdrug study, more than 70 per cent of participants admitted to a variety of invasive online behaviours towards those they are attracted to – be they from their past or their imagined future.

“If you are making no contact with [someone] and they are unaware of it, it’s still quite predatory behaviour,” says psychologist Dr. Emma Short in a 2015 Newsbeat interview. From a

psychological perspective online stalking is no different from the real-world version, she explained, framing it “dangerous.”

The Superdrug study also discovered that people don’t really consider tracking someone’s location and “accidentally” bumping into them to be a particularly disturbing behaviour. That scenario was rated only a six out of 10 in terms of how “creepy” participants found it.

“I have had issues where I tell someone I can’t go out that night and they use location apps to know... that I am out



somewhere else,” says Coyne.

DO YOU SOMETIMES IGNORE MESSAGES FOR NO REASON? Y/N

“People who know certain people that they are in contact with may not have anything important to say may disregard their message. People organize their priorities and people accordingly,” says Coyne.

“Prioritizing communication based upon the importance of relationships is absolutely normal, especially when taking into account the number of connections people often have over social media,” confirms Serena Weatherhead, uOttawa graduate of psychology, whose 2016 thesis outlines a correlation between social media use and a plethora of behavioral and psychological issues in adolescents.

“I believe people are more inclined to delay communication over social media simply because they have the ability to. Even with text messages and different social networking sites giving read receipts and user activity [updates], people feel less obligated to respond because it is not face-to-face communication.”

DO YOU ENJOY BEING IGNORED? Y/N

Ignoring someone or buffering your communication with them through technology has no immediate empathetic feedback. It's as easy as looking away from your phone.

“If I know I am going to get a text from someone that I won't like the response of, I may be more inclined to ignore it because I am avoiding the situation or conversation,” says Coyne. “In person you are confronted with the situation, no avoidance.”

HAVE YOU EVER LIED TO, INSULTED OR HARASSED SOMEONE IN PERSON? Y/N

“I harassed my ex-boyfriend's girlfriend for a solid week online,” says one Algonquin student in a recent survey, prompted to recall a moment she regrets.

She's not alone. 30 per cent of people who answered the survey confessed to social media sins like harassment and identity theft. Without exception, they expressed shame and remorse, some saying they had never done anything like this “in real life.”

People are much more inclined to lie when communicating online rather than in person, determined a University of British Columbia study from 2011 which ran participants through a gauntlet of messaging and social media apps. These results have been replicated in many other studies since, pointing at a new reality of honesty as a matter of proximity.


“Reality requires raw, unfiltered responses and actions in real time,” says Weatherhead. “Communicating through social media allows us to tailor and modify our responses in ways we would not otherwise be able to in face-to-face interaction.”

Unbound from the immediacy of personal interaction, we easily let go of the values and principles it calls for. We navigate the social media landscape with opportunistic, consequence-free abandon. After all, emoji feelings are not real feelings.

TEST RESULTS

Add up the number of questions you answered with a YES then multiply the total by 25 – then forget it. It doesn't matter.

Nothing will make Bruce Willis join Twitter.




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LET'S GET PHYSICAL

Algonquin, Carleton and uOttawa offer different gym experiences at varying prices. We decided to compare the three schools to figure out the best workout for your wallet

By Connor Wilkie

Maintaining a healthy lifestyle during post-secondary education may be difficult, but it is still possible. Brent Boland, a personal trainer at Movati Athletics, was able to make the Algonquin College gym work during his time at the college.

Boland is a graduate of both the pre-health and the fitness and health promotion programs at Algonquin. Throughout it all, Boland was able to maintain a healthy lifestyle by using the on-campus gym.

Although these gyms vary from institution to institution, if students commit to using them, they can be extremely beneficial.

A big factor in their favour: they're right there. "Accessibility is one of the most important things for students working out at an on-campus gym," Boland says. "It's easier if you can get there between classes or whenever your schedule will allow."

A downside to their great location: a lot of people are in on the secret. One issue with on-campus gyms seems to be how high traffic they can be. This can make the availability of equipment a problem. The trick to managing this: don't go when everyone else does.

"Peak times are typically in the evenings," says Priya Narine, assistant manager of fitness programs at the University of Ottawa, who works out of the Minto Sportsplex. "We actually record our traffic. We record it every half hour; typically for this gym, 5:30 p.m. and 7:30 p.m. has the highest traffic." Their other gym, Monpetit Hall, is busiest between 4:30 p.m. and 7 p.m. Algonquin and Carleton University recorded similar data for their peak times.

One way to avoid these high traffic times is to go in the morning. The morning tends to be the time of day with the least amount of traffic. Working out in the morning also has unique benefits.

"A lot of the people who work out in the morning tend to see better results because it puts you at a jump start for the


rest of the day. It sets the tone and leaves you feeling good for the rest of the day," says Boland. "It can relieve stress, especially come exam time. Working out also releases a lot of positive hormones and endorphins. It's also a good way to take a break from studying. It's good for your health, especially when you're a student eating a ton of garbage."

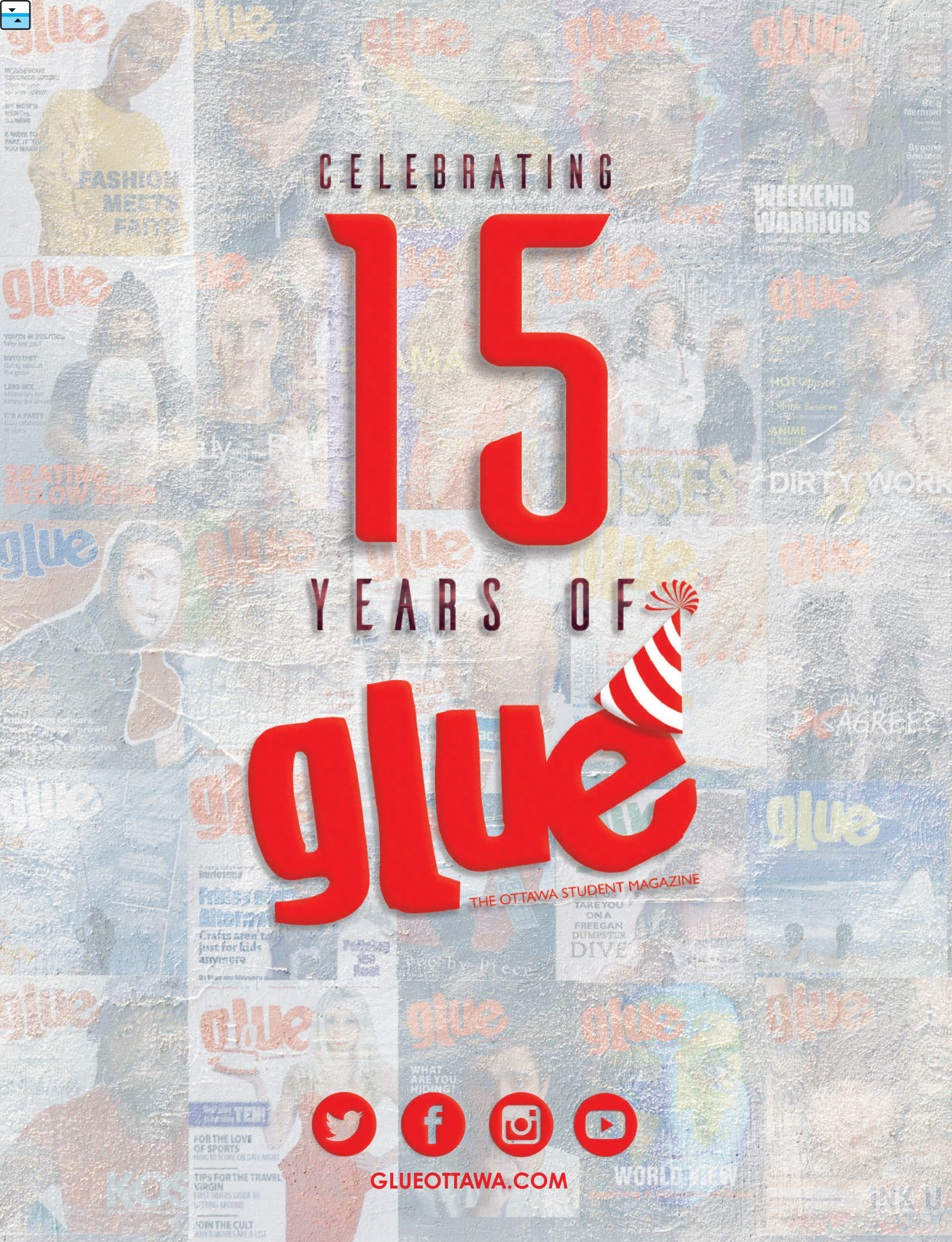
In some cases, off-campus gyms are just not affordable for students. Zach Rochefort, a uOttawa student who uses the Minto Sportsplex on-campus gym, explains how he used to use an off-campus gym before switching.

"Gyms are a pretty big expense if you do pay for a membership," says Rochefort. "I used to pay for one. It was a fairly small gym downtown and it was still costing me a fair bit of my paycheque. It's included in your tuition so if you're gonna come to a gym and you're tight on cash but you're paying for tuition anyways, you might as well use the school gym. It's free for you."

For uOttawa and Carleton students, membership is included in the tuition. Even though Algonquin does not include their membership in tuition, it is still relatively affordable for a student. Membership rates for Algonquin range from \$140 for four months and \$300 for a full-year. That breaks down to \$35 a month for the four-month membership and \$25 a month for a full year.

As for equipment, it varies at each campus. Out of the three gyms, uOttawa has the largest and most robust fitness scene. Students can work out at both the Montpetit Hall gym and the Minto Sportsplex gym.

That being said, Carleton and Algonquin both have their own unique perks. Algonquin leads in the number of cardio machines and also allows students access to a sauna and a plethora of free classes, ranging from pilates and Zumba to yoga. The Carleton gym, in addition to having the same sort of classes, is open later than both Algonquin and uOttawa gyms. 



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