

WINTER 2021

glue

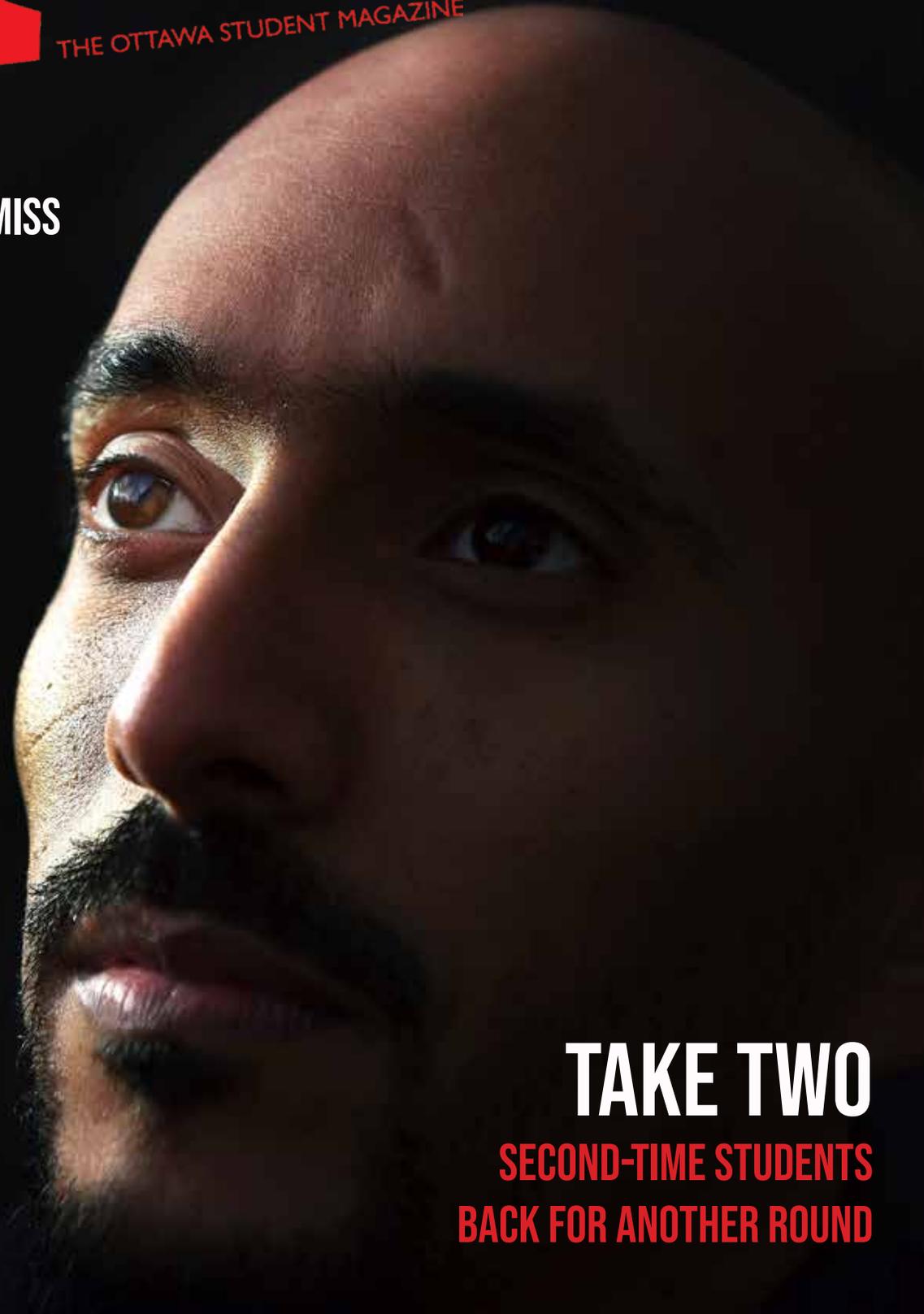
THE OTTAWA STUDENT MAGAZINE

2020: A CRITICAL MISS

TABLETOP GAMING
DURING THE PANDEMIC

BRAIN-DEAD

WHY ONLINE LEARNING
CAN FEEL SO DRAINING



TAKE TWO

SECOND-TIME STUDENTS
BACK FOR ANOTHER ROUND



Algonquin
Students'
ASSOCIATION



Algonquin Commons Theatre

Clubs & Communities

Observatory

Athletics

Health & Dental Plan

Study Spaces

Starbucks

Wellness and Equity Centre

Events

Fitness Zone

Food Cupboard

Impact Zone

Coming soon – Athletics and Recreation Centre

**Our mission is to create an environment
that inspires a passion for student success.**

www.AlgonquinSA.com



glue

THE OTTAWA STUDENT MAGAZINE

FOR
ABOUT
BY **STUDENTS**

Visit Glueottawa.com

and follow us on:



LOUNGE

- 8 **There's No Place Like Residence**
- 10 **Verse For The Virtual Age**
- 11 **Perfect Match**
- 12 **Omni Aura**
- 14 **Quarantined Creators**
- 16 **Holes of Glory**
- 18 **Pandemic Parties Persist**



CHEATSHEET

- 26 **Think Globally, Buy Locally**
Where to order locally-sourced food in Ottawa and Perth.
- 28 **Facing Your Zoom Doppelgänger**
How Zoom adds to your psychological workload and distances you from your peers.
- 30 **Pandemic Passengers**
How to be responsible while riding public transit.
- 33 **Make the Most of Your Staycation**
Take some time off to enjoy some Ottawa sightseeing and tourism - even if you live here.
- 36 **How To Stay Informed and Develop an Inclusive Society**
Four key learning pillars for students to use to educate themselves on systemic racism.



FEATURES

20 Back To The Books

Mature students are returning to school for second and third degrees amidst the pandemic.

24 Knights Of The Round Table

How the RPG community is facing the pandemic while jumping into alternative realities.



BACK OF BOOK

38 2020: Google It



Cover Photo: Our team felt like the subject reflected how we are feeling about this year perfectly. We are all looking for the light, but still very much in the dark.

Contents Page Photos: On Nov. 20, student journalists from Algonquin College had their only in-person class for the fall 2020 semester in downtown Ottawa.

Contributors



Writer

Hello! I'm Zainab Al-Mehdar and this year, I had the pleasure of writing for *Glue*. For me, writing comes from a place of curiosity. I enjoy exploring cultural and social issues and capturing unique stories. Reporting remotely has taught me to take on new challenges and adapt to shaping journalism around the different mediums used today. My goal is for my writing to resonate with folks and allow people to connect and relate to it.



Illustrator

Hi guys! My name is Tri. No, not Try, it's not Tree either. More like Tre? (with a question tone). I'm from Vietnam and this is my second year in Canada. Let me tell you, I love it here! I have so many hobbies, but my two favourite things are soccer and graphic design. I also love to illustrate, that's why I'm grateful to have been given this opportunity to do some illustrations for *Glue*. It was a great experience!



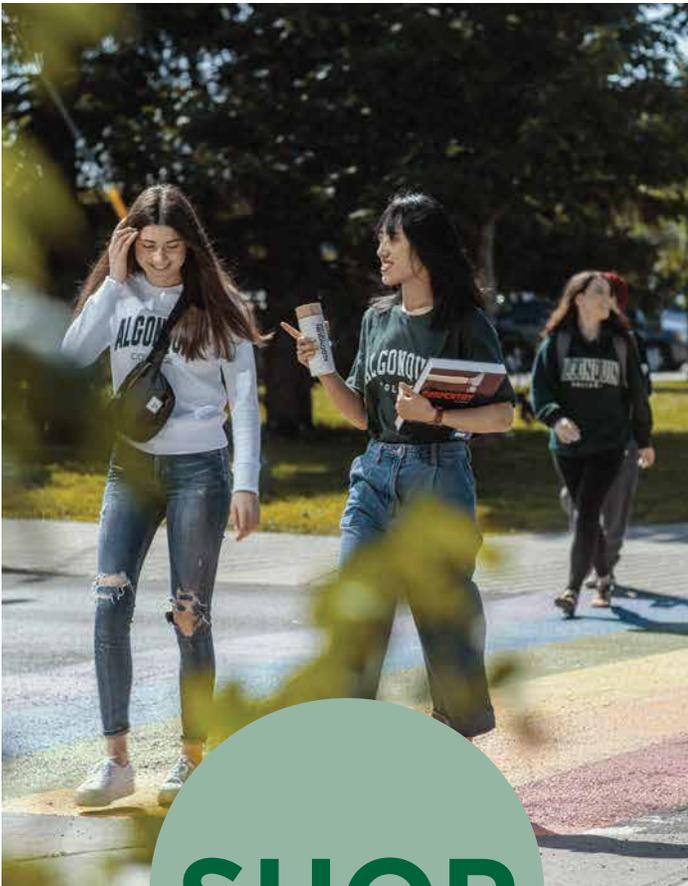
Advertising

Hi there, my name is Meagan Penman and I'm a video content creator for the *Glue* team. I have a strong passion for business and the creative aspects that accompany it. Born with an obsession with branding, photography, videography and all things design, having the opportunity to work for *Glue* has been a wonderful way to hone my abilities by putting them into practice.



Design Editor

Hey all you cool cats and kittens! My name is Jocelyn, your design editor for *Glue*. I hope you enjoy this issue as much as we have enjoyed making it. I am so proud of what we have accomplished after all this hard work and long hours. A pandemic has really pushed me to get creative and work outside my comfort zones. As a mom of two and full-time journalism student, I have learned to embrace the chaos and channel my eye for design.



SHOP

#ACSpirit
online 24/7 at
thecampusstore.ca



winter 2021

A LETTER FROM THE EDITOR

Kristy Jones

The class who put together this *Glue* edition is an unusual one. Unlike our predecessors, we are publishing *Glue* remotely during a worldwide pandemic. Instead of gathering in a newsroom, as we normally would, *Glue* was made over long email threads, in half a dozen running Google documents, over Zoom calls, over Slack messages and through texts.

Online teamwork can be difficult, but as proved by this edition, it is completely possible. Everyone had to be on top of their own work, but we also had to trust our teammates and the editing team. By supporting each other, we were lessening our own load. Each member of the class edited someone else's work, suggested fixes, and checked facts for them. Madalyn Howitt even went out of her way to suggest farms and grocery stores for my locally-sourced grocers article.

This semester, the writers were really removed from their comfort zones and their abilities were tested. Gone are the days of walking up to an Algonquin student or into a counselling office, and hours were spent in the pursuit of relevant sources. Sometimes a potential interview dropped out or great photos just seemed impossible. Having to adjust to these changes led to enormous growth.

The theme of this edition was originally "surviving the pandemic", but like everyone living in 2020, we had to adapt according to the obstacles we faced. In this edition, you'll find articles about everything to do with 2020 and how people have coped with their circumstances, as well as stories on tackling racism, Magic the Gathering, and returning to school.

To all the writers and the collaborators of *Glue*, I give my sincere thanks.

A huge thanks also goes out to Julien St-Jean, the managing editor and the real hero of this *Glue* issue. He worked tirelessly on *Glue* and his organization, his editing, and his keen eye for detail really kept the whole magazine on track.

I also have to thank the rest of the senior editor team, Kate Belliveau, Jocelyn Galloway, and Akira Halmi-Cooper, who took on the roles of Visual Editor, Design Editor, and Social Editor despite their already full school schedules.

Thank you also to professors Julie McCann and Joseph Mathieu, who were our guides as we built this issue.

Editor: Kristy Jones

Managing Editor: Julien St. Jean

Social Media and Multimedia Editor: Akira Halmi-Cooper

Design Editor: Jocelyn Galloway

Visuals Editor: Katelin Belliveau

Contributing Editors: Alfred Carreon, Baylee Clark, Breanna St-Jean, Brenden Laframboise, Camryn Majuary, Chanelle Pinard, Charlotte Riethman, Cody Byrne, Douglas Boyle, Frankie Benvenuti, Hritika Jimmy, Jorge Maria, Kavya Pramod Nair, Kened Sadiku, Madalyn Howitt, Meara Belanger, Moiz Adil, Phaedra Hamer, Sam McGowan, Alvin Tsang, Zainab Al-Mehdar

Account Executives: Fulu Xu, Haris Karaga

Creative Designer & Production Coordinator: Haylea Burant-Roque

Creative Designer: Christine MacCharles

Social Media Strategist: Mateo Belanger

Website & Social Media Coordinator: Kaity Mallion

Website Coordinator & Research Specialist: Kelton Emdin

Digital Designer & Social Media Specialist: Sam Boothe

Social Media Coordinators: Charlotte Bigaouette, Julia Duhme

Video Content Creators: Christy Deeb, Daniel Gallant, Meagan Penman, Danni Xue

Illustrators: Huutri Nguyen, Laura Salisbury, Vanshita Gandhi, Chris Ciliberto

Advertising Instructor: Barbara McDougall

Journalism Instructors: Julie McCann, Joseph Mathieu

Photography Instructor: Ralph Plath

Multimedia Instructor: Patrick Smith

Cover Photo: Katelin Belliveau Photo, Hassan Al-Mehdar

For Advertising Information: 613-727-4723 ext. 7732

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

School of Media & Design
Algonquin College, Woodroffe Campus
1385 Woodroffe Avenue, Ottawa, Ontario, K2G 1V8
www.glueottawa.com
@GlueMagazine



Glue team of winter 2021



Hannah Velle, second-year global and international studies student at Carleton University, is helping bring her community closer as a Residence Fellow.

There's No Place Like Residence

Residence staff don't wear capes – but you can call them heroes.

By Phaedra Hamer

We're probably a bit misty-eyed when it comes to remembering a time where we all sat comfortably beside strangers without a mask on.

Jonah Eng, an international business student at Carleton University, having previously lived on campus, remembers what residence was like during pre-COVID times.

"Me and my floormates used to spend most of our weekends hanging out in the common room," Eng says. "Before COVID-19, there were never restrictions on how many people were allowed to be in a common room."

For those choosing to move into on-campus living, being able to mingle with other students is a necessity. That's part of why campus residence staff stress all those boring icebreakers that you roll your eyes at.

Consider this: having just moved from a small town – heck, even a whole different country – where your sense of direction is skewed and you don't know anyone, you're bound to feel lost, confused, lonely and scared.

Moving into residence can help bring you closer to campus and offer a sense of community.

When thinking about living in residence, some highlights that may come to mind are being closer to your campus, opportunities to meet new people, and residence-specific activities. But most importantly, parties, eating whatever you want, when you want and no parents.

If we pull back the curtain, we'll see the heroes of residence – residence assistants. Monitoring student activity, being on-call to support students and planning activities are just a few of their duties.

Carleton University's Housing and Residence Life Services defines their Residence Fellow (RF) as a, "role model, resource person, helper, community developer and leader for the students on their floor."

They are also responsible for supporting students by creating a community that is "conducive to learning, academic success, personal growth and development."

Eng got involved in the residence community by working as an office administrator this summer.

"I was in contact with students on the daily," Eng says. "We are the first point of contact when there are questions or concerns about residence."

With new social norms due to COVID-19, people fear one another. Our ability to socialize is barricaded by medical masks, hand sanitizer and social distancing guidelines.

To follow provincial policies and maintain safety amongst students, Carleton University reduced residence population to 30 per cent capacity.

Hannah Velle, a global and international studies student at Carleton, decided to become a residence fellow after living in residence during her first year.

"Free living expenses wasn't really a huge part of it," she says.

"I had such a good experience in my year at residence, and I wanted to share that with other students who are just starting out at university."

Interaction between students is another huge part of the residence experience. Each RF has the opportunity to paint a banner on their floor. Making an effort to help students feel connected, Velle painted a cactus with the words "Let's grow together" written across it.

Little things like eating with other students in the cafeteria is not something students will be able to experience this year. So, it's important that residence staff encourage safe interaction between students.

Velle hosted a paint night in the larger lounge in the Stormont house. Four of her eight students attended, each wearing a mask and social distancing.

She wants her students to finish their year in residence and take something important away from it like she did. She wants them to feel a sense of community and belonging. "When you see students making friends, gaining an understanding of who they are, growing, it's rewarding," Velle says. "I'm proud of all my students even though this year has been tough."

"I'm proud of all my students, even though this year has been tough."

Verse for a virtual age

By Cody Byrne

The written word has limitless potential. It can share ideas, pass down knowledge and maintain our scope of history. Yet long before recorded text, poetry was a verbal art that accomplished these feats by employing rhythm and structure to help us retain information.

To this day, the desire to tell our story is vital to the craft of prose and poetry. As a subjective art form, its style has adapted to suit the taste of each generation.

Robert Frost once said, "Poetry is when an emotion has found its thought and the thought has found words." We harness this powerful interpretative tool to create a road map of our experiences and lay bare the depths of our souls.

In our digital age of instant gratification and short attention spans, poetry has become more dynamic, colourful and organic. There is little room for subtlety or apology with the youth of today and their words reflect that. The verse of our time carries the pulse of the day-to-day, reflecting the beauty and hardship of our modern world.

Short, punctuated and powerful pieces are both eye-catching and digestible to today's audience. Social media platforms with limited characters – like Instagram, Twitter and Tumblr – have effectively changed the length and cadence of poems.

In an article by The Atlantic, Rupi Kaur is hailed for her best selling collection *Milk and*

Honey in this trend-setting style of "instapoetry" that has defined a generation.

"Some (writers) take issue with short and sweet poems," said professional writing student Peyton Scott. "Just because something is short doesn't mean it has lesser value. You can say a lot with a few words."

However, contemporary poetry is not confined to the page. The popular form has returned to its spoken word roots, as an expressive voice offers a deeper, more personal experience. Tone, inflection and emotion add undeniable intensity to the message we convey through our work.

"I feel like I read poetry a lot in my spare time, it's always had this kind of vibrancy," said Linda Deslauriers, second-year professional writing student at Algonquin College. "The classics are very concrete, but new poetry is freedom in a couple of pages."

Individualism and originality are vital to art, and the more we learn about ourselves, the more we have to offer. Though some innate connections to our world are lost to progress, we now have more time to look inward and share our own truths.

"You can be so creative and speak in a way that matters more to you than it does to your reader – you're speaking to yourself from the heart," said Deslauriers. "Things change with time because they have to change, and so do we. That's what's beautiful about human nature."

*When your breath shatters and you're in your dreams.
It's early Sunday and I'm on my knees.
Believing in a God that won't believe in me.
I pray into your absence so I can finally breathe.*
- Linda Deslauriers



Perfect Match

Whether it's through a Tinder match or a local matchmaker, there's no wrong way to find your second half.



A little part of us wishes our next trip to the grocery store will be the one where we bump into the love of our life and recreate every rom-com we have ever watched with Matthew McConaughey.

Although it may not sound romantic, in the Middle East (most often) your fairy tale prince can be found through a middle-aged auntie who has dedicated her life to set people up with the intention of marriage.

"I don't like to take a specific path," says Ghofran Elsayed, a chemical engineering student at the University of Ottawa. "I don't have a specific preference on the way that I will meet someone, as long as the person I get to meet is somebody I want to end up with. It's the end result that matters to me the most."

Marriage is never clear-cut, finding love can mean different things in every culture.

In Arab culture, it is common for people to be set up with the intention of marriage. It's a process that is consensual and, contrary to popular belief, it is not forced.

"There is always this idea that we don't have enough space to make the decision," said Elsayed— a common misconception.

The issue is popular culture takes certain ethnic practices out of context, which paints them in a certain light and then ostracizes people for following traditions. A local matchmaker, who wishes to remain anonymous due to her line of work, says her services has grown in popularity since the pandemic.

"It's easy to say, 'oh my god you come from a tradition of arranged marriage', [but] who doesn't come from a tradition of arranged marriages," says the matchmaker.

While it's common, people still resort to matchmaking as a last option.

With an intention to appeal to millennials and the demographic who use online platforms, a UK-based Muslim matchmaking app—Ameli—was co-created out of a need to create better experiences for people who wanted a less traditional route.

"We are trying to change that mentality around, look if you are on an app that means you're desperate, because that's not what it is," says Sohaib Imtiaz, co-founder of the app Ameli. "It's essentially just putting that same personality that exists in the physical world into [the] digital world."

During the pandemic, the co-founders Imtiaz and Hannan Imran saw a demand for a platform that was data-driven to help folks find a good match.

"People feel it's embarrassing to come out and say that I am at a point in my life where I want to meet someone," says Elsayed. "It's okay to seek someone and tell them do you know anybody. They need to stop thinking that it's like a weakness or that I'm desperate."

Whether you find your partner on an app, through a matchmaker or at the grocery store, the end goal is what matters. Look for love, respect, compatibility and not just the story.



Omni Aura,

What brings a college student to this place is the search for a holistic alternative to what they would normally get from a rave: full body hypersensitivity to touch and sound, psychedelic hallucinations, immersion into music, disconnection from student life and a deep connection with other people.

All these elements can be found here, only the deep connection is within yourself.

Omni Aura was founded by Shahbaz Mansoori, 46. Mansoori lived in Mumbai, India, where he worked as a musician from 2006 to 2016. He then became deeply involved in meditation and pursued education in wellness. What he learned, he brought back to Canada and founded Omni Aura in 2019, to introduce a new, holistic alternative to rave culture to people throughout our city.

The Lucia light is a meditative light machine created and developed in Austria by Dr. Engelbert Winkler, psychiatrist and psychologist; Dr. Dirk Proeckl, medical neurologist and psychologist; and Jury Locker, engineer. The Lucia light is not a medical treatment, it is a meditation tool.

This light is the main device in the service Mansoori offers:

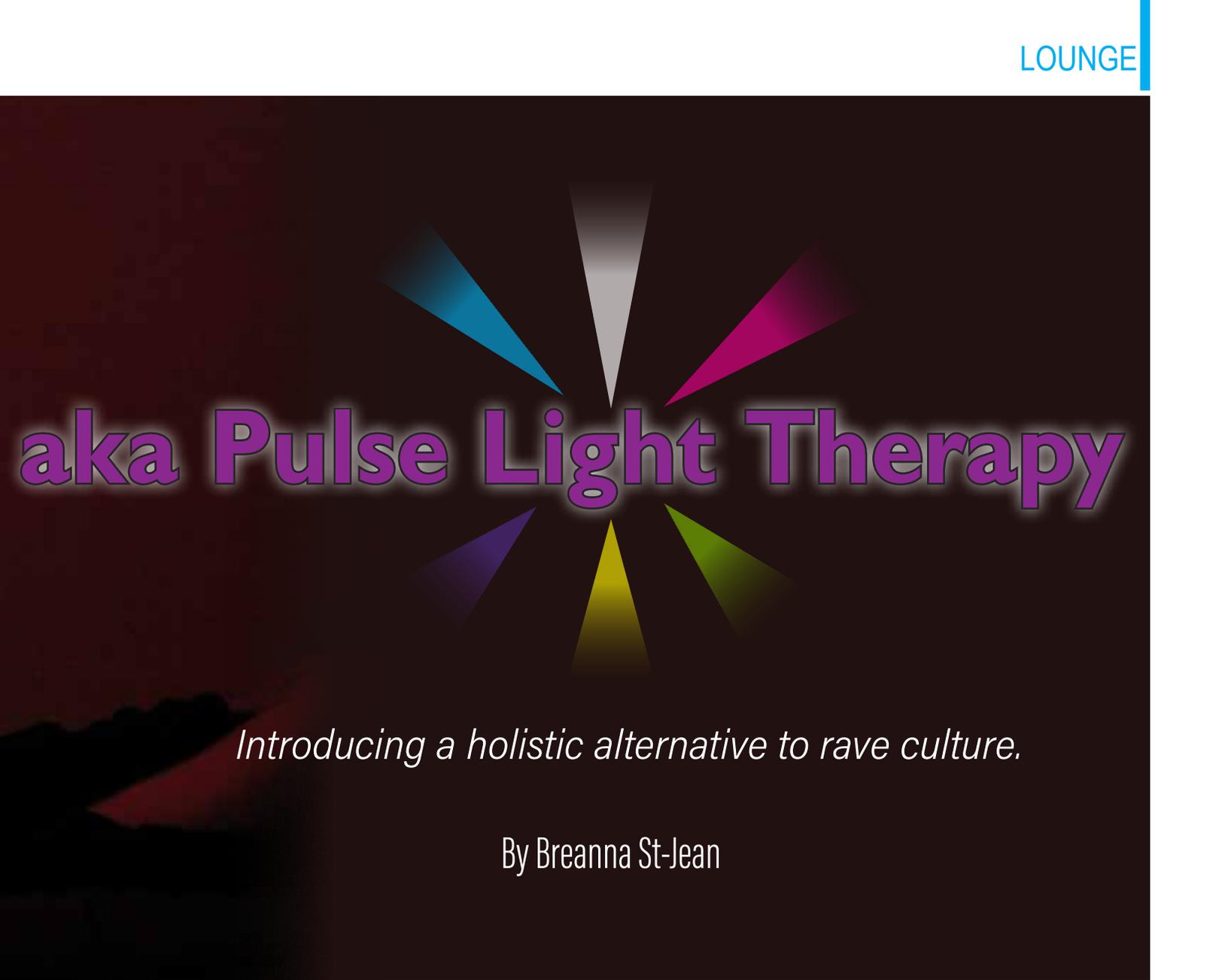
Pulse Light Therapy. The ideal candidate for this light's power is not only individuals looking to deepen their meditations but young adults who want a socially-distanced, healthy alternative to raving.

"This is a drug-free, hangover-free, psychedelic-like experience that is enhanced with deep muscle relaxation and music," Mansoori says.

First, you lay on a hydro massage bed. Then, you put headphones on. Mansoori plays original tracks he created made up of different tones, tempos, binaural beats and waves. The Lucia lamp is turned towards your face, about six inches above your forehead. With your eyes closed, you are to remain still, focus on your breath and relax as you would during a meditation session.

The light flickers over your closed eyes. This causes geometrical illusions and colourful patterns to appear in the pitch black of your closed eyelids, similar to the visual hallucinations of psychedelic drugs.

"Only you're not on drugs. You are meditating. You are in a healthy, happy environment experiencing a higher state of consciousness and you will be able to drive home when this is done, go to work, go to class and be productive," Mansoori says.



aka Pulse Light Therapy

Introducing a holistic alternative to rave culture.

By Breanna St-Jean

Similarly to rave culture, where music, environment and psychedelics put people into a state of trance and euphoria, pulse light therapy creates these elements without the discomfort of packed crowds, busy music festivals, bad weather conditions and dangers of overdose.

“Clients have reported improvement with focus, sleep, reduced stress, better mood and an overall feeling of wellbeing after deep relaxation,” Mansoori explains.

“This is a completely drug-free, non-prescription, affordable, alternative solution to chemicals and pharmaceuticals without the negative side effects.”

Alexandre Le Voguer, Algonquin College graduate of the police foundations program, experienced light pulse therapy at the Omni Aura meditation studio in Orleans.

“I’m always open to trying new relaxation methods in general and this was one that I was curious about,” Le Voguer says. “So when the opportunity presented itself I had to give it a try.”

“This is a drug-free, hangover-free, psychedelic-like experience that is enhanced with deep muscle relaxation and music.”

Le Voguer went into his session with no expectations, only curiosity for this holistic practice he had never heard of before.

“Overall, it was a really good experience,” Le Voguer says. “A little bizarre at first but I quickly found myself easing up and drifting into a different mind space as I just watched this spectacle of

colours and lights being naturally produced behind my eyelids.”

Though there are not many studies on pulse light therapy, mindfulness practices are becoming more mainstream in Western culture.

You can find out more about Omni Aura at www.omniaura.ca.

Quarantined Creators

In the gloom of a global pandemic, art can give life colour and help you express yourself.

By Kavya Nair



Madeleine Merritt gets the artistic streak from her dad, who is also a painter.

Kavya Nair Photo

When the world was crumbling and the economy stumbling, some people turned to art as a ray of hope. This whirlwind of a year helped us realize how art has the power to heal from the uncertainties and harshness of mere existence.

“Art gives us a different perspective; an insight into feelings that might have existed, the ones we didn’t even know about,” explains Jennifer Finestone, a registered psychotherapist and drama therapist. “It helps people to express, open up their minds and use the creative side of the brain.”

Finestone describes anxiety as the fear of ‘what might happen,’ a panic of all the ‘what ifs.’

2020 has been filled with uncertainties, and problems like stress and anxiety have only increased. According to Statistics Canada, 52 per cent of people indicate that their mental health has worsened due to the pandemic.

Madeleine Merritt, a fine arts student from the University of Ottawa, cannot think of a time she wasn’t painting or sketching. For her, art is a form of self-expression. The beginning of quarantine was a disappointment for Merritt. “I was having fun at college and suddenly, everything shut down. There was no place to go and work on my art,” she says. “I miss the darkroom where I used to develop films.”

Merritt was stressed about her university shutting down. Rather than letting her stress beat her down, she took control of it. Kicking her brother to the basement and turning his room into a studio, she decided to use her time productively. Or maybe it was just sibling rivalry, who knows! But the outcomes are beautiful paintings.

“This time feels like a blessing now; I have tried to take advantage and just create,” says Merritt.

A study conducted by Girija Kaimal, Kendra Ray, and Juan Muniz revealed 75 per cent of people had lower cortisol levels, also called stress hormones, after making art.

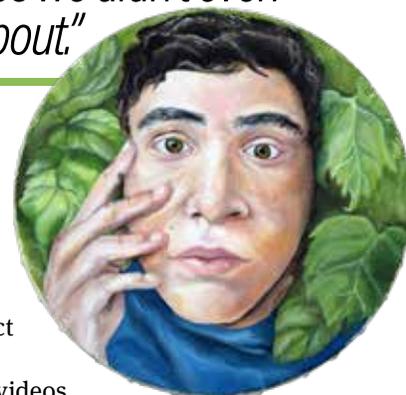
Brianne Godsman, a graduate of the journalism program from Carleton University, composes music and is a part of a band called ‘the Monotypes.’ She describes composing lyrics and

making music as a way of survival. “It is a way to move through life positively and express complicated feelings,” she says.

Godsman, instead of sitting and worrying about the right chord or melody, has impromptu jamming sessions with her roommates in their basements. “It brought back the excitement of playing live that I had been missing,” says Godsman.

Aradhita Sudhir, a biotech student from Algonquin College, is dancing her way through quarantine. “Every time I was home alone, anxiety and homesickness kicked in,” she says.

“Art gives us a different perspective; an insight into feelings that might have existed, the ones we didn’t even know about.”



A Bharatanatyam (an Indian classical dance form) exponent, she was disconnected from the artform due to studies. “I’ve learnt Bharatanatyam for eight years. While quarantining, my friends and I decided to reconnect with dance,” says Sudhir.

“I started watching YouTube videos while quarantining, beginning from the basics. It helped me both, physically and mentally,” she says.

Opening up your creative sides and expressing those mixed complicated feelings via art can be a cathartic experience. It can offer people the space to play or be a ray of sunshine when the dark clouds of reality take over.

But what’s most important is to give yourself that much-deserved break and let art do the healing.

Summerhays Grill

Great Food
Super Price

Open at 8am daily
Take out * Skip * Uber

1971 Baseline Road, Ottawa.
On the corner of
Woodroffe & Baseline
613-228-6049
Summerhaysgrill.ca



HOLLES OF GLORY

Sexual deviancy in the pandemic.

By Alvin Tsang

Here's a disclaimer. This story is about glory holes. It's about putting glory hole play into perspective of the pandemic. So if you're going to read the following tale, only to be offended and mortified by its contents, then well... maybe you shouldn't read this.

But if you've gotten this far, if you're purposely choosing to stay on this page, it's clear that your libidinous psyche is drawn to a depraved and perverse story of a sexual nature. So take a moment to lock your door and to turn your screen away from prying eyes, and let's begin.

The following true accounts began with Dr. Theresa Tam, Canada's chief public health officer, who said on July 22, 2020 at the federal government's daily briefing on the COVID-19 response, that glory holes are a safe way for strangers to avoid the virus but still engage in casual sex.

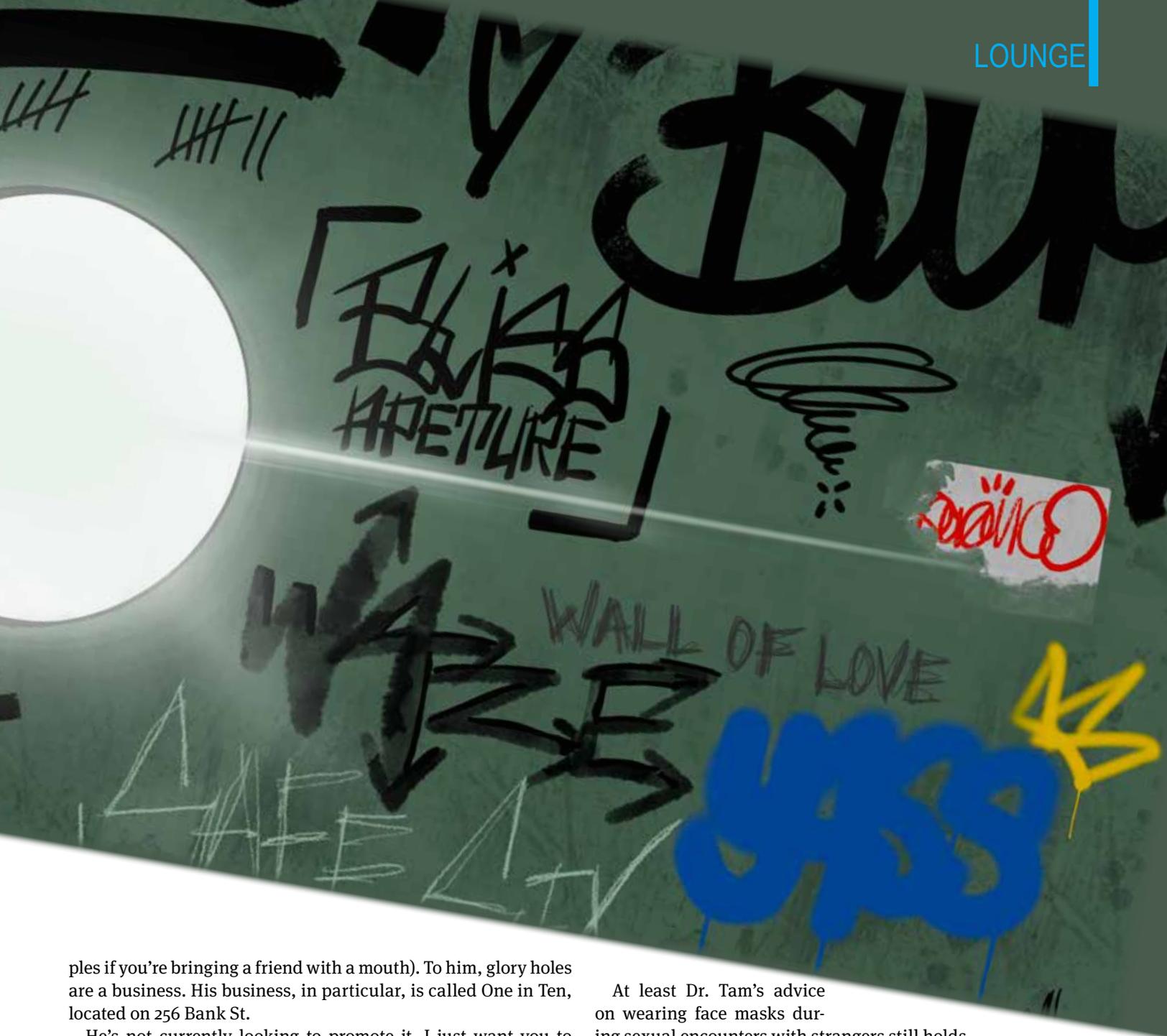
In the first week of October, I set out to find the most heavi-

ly-trafficked glory hole in Ottawa, and to find people willing to talk about it.

"Glory holes are only useful for meeting someone – to bring them home," said Jacques, 23, a student at Algonquin College who wishes to remain anonymous about his program of study and last name. Other personal information he's willing to disclose is that he's a Pisces, a wine connoisseur, and that he isn't totally disgusted by the idea of picking someone up at a glory hole.

"It's sexy being naked in bed wearing a face mask. At a glory hole? No. Nothing sexy about that," he said. "Glory holes are just cruising spots. You do the fun part at home."

The next person I talked to would disagree with his sentiment. Tommy Ramsey is a sex shop owner who has an indoor glory hole room at the back of his shop. The room fits at least over 20 people at any time, and he charges a \$15 entry fee (\$20 for cou-



ples if you're bringing a friend with a mouth). To him, glory holes are a business. His business, in particular, is called One in Ten, located on 256 Bank St.

He's not currently looking to promote it. I just want you to know that it's there.

"Our backroom opened on Monday, Sept. 28, but the government ordered another shutdown on places such as ours," Ramsey said. "We will be monitoring the situation. We will consider reopening again once cases drop."

As of Sept. 26, Ramsey's XXX store remains "excluded business" in the province, deemed unsafe to open in Stage 3.

A lot has changed since Dr. Tam said what she said back in July. Indoor glory holes, it would seem, are out.

A former career college clerk who has been off work since March 2020 named Mike Duval, 37, hates the idea of glory holes. "I'm only comfortable with phone sex, exchanging nudes and handjobs nowadays. I always wear a face mask. That's life in 2020," Duval said.

"It's sexy being naked in bed wearing a face mask. At a glory hole? No. Nothing sexy about that,"

At least Dr. Tam's advice on wearing face masks during sexual encounters with strangers still holds strong.

A University of Ottawa student named Jose Soares-Da Silverira, 19, hopes to practice safe casual sex by sticking with one partner.

"I'm hella bored all the time," said Soares-Da Silverira. "At the moment, I'm looking for a friends-with-benefits thing. Maybe more. But as for meeting people, it can be tricky. Because of COVID-19, there's a bigger risk about meeting in person."

Anyway you look at it, whether you're a lonely student or a working man who wants to flip your tie over your shoulder after work at a glory hole, it would seem these places aren't getting much action in this pandemic.

And oddly enough perhaps, not one person I talked to associated glory hole play with pandemic safety.

Pandemic Parties Persist

Students continue to host gatherings despite strict fines.

By Akira Halmaj-Cooper

For many post-secondary students, the desire to party is strong. Partying is almost necessary for them to make it through the semester.

The party scene will always be a part of the post-secondary experience, but what happens when you throw a pandemic in the mix?

It seems like a few students still indulge in a little partying now and then. However, many think hosting a party is too much of a risk — not for actually spreading the virus but for the potential fine.

With partygoers, party hosts and some outsiders attending parties and gatherings, it's safe to say pandemic party culture is still an ongoing problem.

Daniel O'Sullivan, a second-year biomedical science student at the University of Ottawa, lives in the Sandy Hill area, where many uOttawa students call home during their term.

"I've seen a handful [of parties] since schools started," says O'Sullivan. "Recently, there haven't been too many but what I do see are groups of university students walking by, on their way to bars or back home, and the ByWard Market is so much worse. They will be waiting to get inside a bar or restaurant but totally not socially distanced or wearing masks until they go inside."

Nash Hall, a first-year uOttawa psychology student who lives in the Sandy Hill area, had his share of hosting pandemic parties back in early October. "I did not plan on having that many people over but it was before the new rules were set," says Hall. "Looking back on it now, it might have been a bit stupid, but I trust that everyone was safe since I knew the majority of the people there. I was comfortable enough."

One of his attendees, Aiden Glave, a first-year psychology and linguistics student at uOttawa, also lives near Sandy Hill.

"I felt comfortable knowing that I did my own research for the area and that COVID-19 is a threat that can be avoided with some common sense, social distancing, not sharing anything, washing your hands and wearing masks," says Glave.

Ottawa Public Health put out a page for all things related to social gatherings and COVID-19 earlier this fall season.

The page covers holidays and celebrations, hosting and attending gatherings and the winter season, with new changes being made to accommodate Ontario's release of new information on virus regulations. They recommend being 'social wise' which stands for:

- W** - Wearing a mask where required or when you cannot keep a physical distance of two metres.
I - Isolating yourself from others when you are sick and getting tested if you have symptoms.
S - Staying two metres apart from those outside your household or chosen support person.
E - Exercising appropriate hand hygiene by washing your hands regularly or using hand sanitizers, especially before touching your face.

Students choosing to party risk fines of up to \$750 for attending parties, and upwards of \$10,000 for hosting gatherings with more than 10 people.

As the year comes to an end and COVID-19 continues to surge through Ottawa, the post-secondary party life looks a little different. The question is, how long will it stay that way?

LISTEN
LIVE



AM 1700
ALL HIT RADIO

algonquinair.com



BACK TO THE BOOKS: ALUMNI BECOME STUDENTS

Mature students are returning to school for second and third degrees amidst the pandemic.

By Madalyn Howitt





Sammy J. Lewis, 30, says it's the right time to return to school.
He's now studying film and media production.



Julian Bate-Vergette, 28, joined the music industry arts program at Algonquin after he was laid off from his job during the pandemic.

Sammy J. Lewis has been around the college block a few times.

Fresh out of high school in 2008, he joined what was then Algonquin’s pre-music program, but didn’t feel that it clicked for him. He took a stab at the college’s television broadcasting program a few years later but dropped out after the first year. “It wasn’t really what I was looking for,” he says of both programs.

Instead he began working in construction, but this started to take a toll as he entered the last years of his twenties. “Construction is very physically-demanding,” says Lewis. “Approaching my thirtieth birthday I decided I wanted to get away from that.”

Lewis is now one of the first students to be accepted into Algonquin’s new film and media production program, deciding that it was time to turn his filmmaking hobby into a career. “Ultimately the decision [to return to school] came from feeling like I had hit a ceiling. I was making decent money, but I really wanted to study something I was passionate about.”

Still, he admits that taking that step wasn’t easy. “I feel there’s a bit of a social stigma about returning to school as an older person. It feels like a risk to start something brand new. It’s a bit scary.”

It can feel particularly scary when that return to school is during a global health crisis. It’s a feeling that Lewis and I both

shared. In fact, I suppose you could say my return to school this September was a case of “pandemic panic.”

In March 2020 I was leisurely looking for my next job after finishing a three-year stint teaching English in Japan. With a BA and an MA in English Literature under my belt and consistent work experience throughout my twenties, I could afford to take my time and be a little choosy, right?

A certain novel coronavirus, of course, proved me wrong.

When Ottawa officially went into a lockdown on March 13, my optimistic outlook on the year ahead was replaced with palpable anxiety. With no job secured, dwindling savings, and no new adventures to look forward to, I realized that I needed to rethink my plans for 2020.

The next thing I knew I had enrolled in journalism at Algonquin College, shifting my focus towards a school and a program that I hoped would equip me for a career during COVID-19. In an effort to make sense of the unraveling world around me, school felt like the safest place to be.

It’s also where I discovered that I’m not alone in my decision to go back to school during such strange times. Along with Lewis, I’m part of a group of mature students with prior post-secondary education who have decided to return to school this year during the pandemic.

“The pandemic really pushed me towards going back to

"I'm coming at it with a different mindset this time. When I was younger I was just interested in the social aspect of school. Now, I see a clear path to a career."

school, actually," says Josh Way, 24, a student in Algonquin's human resource management program. Way graduated from Carleton University in February with a degree in criminal law. He began looking for work in human resources soon after, but quickly realized he'd need to do more to break into the field. "A lot of the interviews I went to said they required more education in that area. Especially with COVID-19 going on, I didn't really want to work full-time and not push myself towards something."

Julian Bate-Vergette, 28, says the pandemic launched him into school as well. "I was laid off work [as a line cook] when the pandemic hit," explains Bate-Vergette. "I thought, I have lots of time now. Better make the most of it."

Like his friend Lewis, Bate-Vergette was also briefly a student of television broadcasting at Algonquin 10 years ago, but it didn't stick.

"I only stayed for one semester. I wasn't mature, and I had a lot to learn. I needed to gain some life skills." He's now studying music industry arts at the college, and says he appreciates that he can now expand his music hobby into a career. "I want to be self-employed, work as a composer or sound editor. I love the program. It's everything I envisioned and more. All around it's been great."

According to a recent article from University Affairs, challenging times, like recessions, have historically led to higher enrolment rates in colleges and universities. A Statistics Canada report found that four out of 10 university and college graduates chose to pursue further postsecondary education in 2009-2010 during the recession.

It's too soon to tell, but the global pandemic could yield similar results.

According to Algonquin's registrar's office, 1,344 students are enrolled in a post-graduate program as of Fall 2020, numbers which have risen slightly from last year's numbers of 1,236. And that's not including all of the veteran students like myself, Lewis and Bate-Vergette, who are enrolled in diploma and degree programs. "People are concerned about employment and are looking for particular competencies to help," says University of Calgary continuing education director Sheila LeBlanc in the article. "They are looking for a way to take control of their future."

Lewis certainly is. "I'm coming at it with a different mindset this time. When I was younger I was just interested in the social aspect of school. Now I see a clear path to a career." There are of course advantages to being a mature student. Lewis has found he's been able to apply the skills he learned in construction to his studies. "I learned lessons about work ethic and organizing my time," he says.

"There's a slight disconnect [in age], but it's refreshing to learn from younger classmates," adds Bate-Vergette.

He does, however, have some wisdom to share with his class-

mates who are experiencing post-secondary education for the first time.

"My advice is to come with an open mind and go with the flow," says Lewis. "Even our professors are figuring it out. Take it as it comes."

"Don't take any class for granted," adds Bate-Vergette. You're paying lots of money. I wasted it when I was younger. Really put your effort into it."

My anxieties about finding meaningful work in a global pandemic were the driving force behind my decision to return to school this fall. Now that I'm here though, I'm reminded of how reassuring it is to develop new skills and ways of thinking when it feels like the world is crumbling around you.

Lewis agrees. "In a way, it's kind of the perfect time to be getting an education. It's super rewarding. I made the right choice. I encourage others to go for it." **g**



Josh Way, 24, is studying human resources management. He says the pandemic pushed him towards going back to school.



Knights of the Round Table

How the RPG community is facing the pandemic while jumping into alternative realities.

By Douglas Boyle

Weekends have always been the time to let loose, grab your friends and hit the town, leaving nothing but a trail of red paint and empty bottles in your wake. Not many of us think of competing in a tournament or going on an epic fantasy adventure.

For millions of people across the globe, however, that is their reality. Despite what their weeks look like, from students to career professionals, when the weekend hits, shit gets serious.

I am talking of course about tabletop games. You know the ones – *Dungeons and Dragons*, *Warhammer* and my personal favourite, *Magic: The Gathering*.

There are people who would scoff at the idea of playing role-playing games on Friday night instead of hitting a bar or club. As if it is an admission that you have no life and are insulted in an '80s style rhetoric where the words nerd or geek are used as an insult rather than the mantle of a mainstream culture.

I assure you how these “geeks” would feel walking into a crowded nightclub is exactly how the un-initiated would feel walking into your local game shop in the throes of a *Magic* tournament or the chaos of a *D&D*

night. We all feel lost when we walk through the door of a venue alone, but eventually, you get a feel for the climate and find your niche.

I have not personally played *Magic: The Gathering* or *D&D* since 2012. Somewhere along the way, these hobbies just fell by the wayside for me. Now, looking back at those raucous nights of strategy and competition through the lens of COVID-19, I miss them.

Across the world, there are an estimated 70 million *Magic* players, and *D&D* is a cultural phenomenon and has been since the early 1970s. It is hard to fathom or quantify how many people enjoy tabletop gaming as their hobby.

Thanks to a pandemic, the likes of which our time has never seen, we have all lost touch with our communities. Of course, we

think of restaurant owners on the brink of collapse, the social butterflies who no longer have social circles to grace and flutter away from, and the religious, whose hymns have fallen silent in holy places.

It is understandable that gamers do not come to mind right away, but for the first time in 20 years, there are no Friday Night *Magic* tournaments. With Ontario asking citizens to refrain from visiting households and non-essential businesses, the environment for *D&D* is now restricted. In only a couple months, millions of people lost their community.

Friday Night *Magic* is always a fun time. With individual game shops deciding which rules or formats to use based on the preference of the customer. You could stroll in, meet new people and bond over the theme of the night – *Magic Cards*. It didn't matter if you won or lost, at the end of the game you shake your opponent's hand and thank them for the game.

Magic tournaments at your local game shop are always casual, until pro season rolled around. With the prospect of traveling the world to compete under the banner of your country's flag on the line, a tension fills the air.

The *Magic Pro Tour* is a place where players have a chance to compete with the latest released card sets. As if sitting close to a stranger and shaking their hand is not foreign enough these days, the Pro Tour gathers the best players from around the world for an

invite only tournament of the best-of-the-best in a chosen host city.

Participating in pro is the dream of many competitive players. An international competition might feel like it is a world away and only for the best, but the gatekeeper to that staggering \$50,000 prize pot is your local game shop.

Every year there are qualifier tournaments held across the world and local game shops became a battleground for those top spots. Sanctioned judges mediate conflicts of rules, and the shop owners would register players on an official server.

“It is understandable that gamers do not come to mind right away, but for the first time in 20 years, there are no Friday Night *Magic* tournaments.”

I have experienced seeing my name paired against others on a big flat screen TV. I have entered these tournaments with big dreams of wearing my country's flag on the world stage. I have also had those dreams dashed.

I do not doubt for a second that when the COVID-19 pandemic takes its place in history alongside the Spanish flu and smallpox, this little community will come roaring back into the limelight of tabletop gaming. Tournaments will resume, and game shops will once again be a place for gathering and losing track of your weekend hours.

I did not feel this way until I spoke with Brandon Carkner, a library and information technician student at Algonquin College. As the leader of Algonquin's tabletop RPG club, he and the co-leader have been running games of *Dungeons & Dragons* since August over Zoom. The Students' Association has supported their club by supplying them with a subscription to Zoom.

It might not be gathering around the table for a Saturday night of gaming, but Algonquin's *D&D* players did not miss a beat when it came to pivoting to an online format. "During the summer semester we had a slow and constant drip of members coming into the club," says Carkner. "When the fall semester rolled around, we did get a quick burst of members leading up to October but that has slowed as of now."

Not only are our local tabletop players continuing to enjoy the games they love, students are continuing to join their club. Carkner has made efforts to build bridges between Algonquin's and other campuses, to increase the player pool for the groups to draw from.

"In the last couple of weeks I have reached out to other university and college clubs that are of the same type as our club, TTRPG and similar clubs, in the hopes of introducing various clubs together so that members could possibly organize more activity between themselves," says Carkner.

Speaking with Brandon makes me question why I'm so pessimistic. It is reasonable that during a trying time, our thoughts can be influenced by negativity, but under the looming shadow of COVID-19, life is not stopping.

The TTRPG club at Algonquin College has been the recipient of the Wizards of the

Coast digital support program. The creators of these varied tabletop games supply codes for online resources like rulebooks for *Dungeons & Dragons* and digital cards for the newly released *Magic: the Gathering Arena*.

Dungeons & Dragons players have valuable resources online like Discord and Zoom for communication, Roll20 to help visualize the game table and email for scheduling.

With the release of their online game *Magic: The Gathering Arena*, there is now a modern and virtual substitute for the card game. The publisher of *Magic*, Wizards of the Coast, are still releasing their sets of physical *Magic* cards.

"In only a couple months, millions of people lost their community."

I see now that *Magic: The Gathering* and all the other tabletops from prolific to indie are not dead because of the pandemic. These are giants in our culture, and giants always wake up from their naps.

This community is ready to fill hallowed halls once more. The sound of dice clattering against tables is a memory right now, but it will not be for long. We are waiting to talk, trade and battle.

If every action has an equal and opposite reaction, when the game shops open their doors to us once more, I believe we will see a resurgence unlike any other in gaming. That flakey friend will show up to your *D&D* campaign, the saltiest of players will be happy to lose a match or two of *Warhammer* and the sound of *Magic* cards being shuffled will signal the start of tournaments. I have a feeling the retired and cynical players of the old guard will show their hands again.

I will be there.

Will you? **g**



Think Globally, Buy Locally

Where to order locally-sourced food in Ottawa and Perth.

By Kristy Jones

You've probably heard your friends or family talking about it. Support the Canadian economy. Buy local.

That's easy to say, but much harder to do when it comes to buying food. Many of the locally sourced grocers in Ottawa are 30 minutes to an hour away from university and college campuses by bus.

However, during the pandemic, these local businesses have suffered, and they need support from their community in order to keep their doors open.



Huuri Nguyen Illustration

And really, you might be wondering why this matters all that much. After all, there are other options for buying food. But it's not just the livelihoods of other people – the Canadian economy relies on small businesses to thrive. In 2015 – according to The Balance Small Business, which provides business statistics for Canadian businesses – there were 1.14 million small businesses across Canada, making up 97.9 per cent of all employer businesses. Medium-sized businesses made up 1.8 per cent and large businesses made up 0.3 per cent.

It can be argued that it falls on everyone to make sure the Canadian economy keeps going. *Glue* has compiled a list of farms and locally sourced grocers in Ottawa that deliver directly to your home, so you don't have to spend time on the bus or risk exposure during the pandemic.

Farmscore

Farmscore is a farm located in Beacon Hill, but you order ahead through their website. You may think that a farm would be limited to produce, dairy and meat, but they also have expanded their products to condiments, seafood and toiletries. The site indicates that they are working on a pet section and garden section.

However, there is a stipulation if you want delivery. You have to put in an order of at least \$50 and delivery costs an extra five dollars. Delivery is only available on Saturdays from 9 a.m. to 6 p.m., so be prepared to set aside a day from your weekend.

Ottawa Organics

Ottawa Organics sells guaranteed organic food that can be delivered on a weekly basis, like a subscription, to your home. Their produce boxes are filled with fresh fruit and vegetables from over a dozen local Ottawa and Gatineau farms. Their website is easy to navigate and their prices are reasonable.

They deliver to neighbourhoods near the University of Ottawa and Carleton University on Thursdays and Saturdays. Neighbourhoods near Algonquin College receive delivery on Wednesdays and Saturdays.

Planet Coffee

Located in the Byward Market, just a stone's throw from the University of Ottawa, Planet Coffee used to be just another cute coffeehouse. Since the pandemic began, they have updated their website and are now in the business of selling and delivering groceries.

Their vegetables and fruits are locally sourced and their baked goods are made in-store. You can order staples off their website, from wheat and butter, to yeast, yogurt, seafood and pasta. This is one place you may not have looked at when you were starting your baking journeys last spring, but if you're looking to get back into it as the winter sets in, it's worth checking out.

Kardish

In Ottawa, there are eight Kardish locations offering delivery and curbside pick-up. The Westgate location is about 30 minutes by bus from uOttawa, Carleton and Algonquin College. For those at Algonquin College, they can cut 10 minutes off a bus trip by going to the Merivale store.

Kardish is cost-friendly, with coupons and sales to help shoppers save on their groceries. The store offers a rewards program for frequent customers. You can access their flyer online, but there are no aisles to browse through, which means you'll have to search for specific items.

Kardish delivers to homes within a 10km radius from their stores. Your order must be a minimum of \$25 to receive delivery.

Rainbow Foods

Located in Britannia Village, Rainbow Foods first opened its doors in 1978 with the main goal of providing healthier food options to the population. The store has just recently updated their website so you can order online and have your food delivered.

All of their products are available online to browse through and it is an easy-to-use website. There is no delivery fee but there is a minimum order of \$25.00 to qualify for delivery. Deliveries are on Mondays, Thursdays and Saturdays between 10 a.m. and 4 p.m.

Jacobsons

Located in Vanier, Jacobsons is a 20-minute bus ride from the University of Ottawa and has everything you want to make dinners easy, including premade soups and salads, frozen foods and ethnic dishes.

A read through their website will tell you everything you need to know about each product before you add it to your cart. Jacobsons delivers both in Ottawa and Canada-wide.

The Perth Cheese Shop

For those attending Algonquin College from the Perth Campus who feel like they deserve a treat, the Perth Cheese Shop has a wide range of products worth browsing through on their website. Most proudly on their front page are the Seed to Sausage salami, which is made in Kingston; Back Forty, which is a selection of artisanal cheeses from rural Ontario; and Hummingbird Chocolate, which is made in Almonte, Ont.

There is something for everyone, from frozen foods to wine and cheese pairings. Delivery is five dollars and is exclusive for those living in Perth.

This is for the student who is willing to break the bank a little for that special something. **g**



Facing Your ZOOM Doppelgänger

How Zoom adds to your psychological workload and distances you from your peers.

By Katelin Belliveau

Five minutes until showtime, the lights come on and the stage is being set.

Even if you have played this role before, you feel butterflies as you step into character. Before you know it, you are center stage. The curtains come up and all eyes are on you. Another Zoom lecture begins.

Okay, that was a little dramatic - but not totally inaccurate. The feelings students get from online classes aren't so different from getting ready to step on a stage. They must keep an unbroken focus and stay in a certain character.

The feeling of exhaustion that comes when the show is over may sound familiar too. It's called Zoom fatigue - it's a thing. Well, it's a 2020 thing. It's the feeling of mental, emotional and physical exhaustion after a long day of Zoom classes.

Laurence St-Denis, a communication and management student at the University of Ottawa, knows all about it. St-Denis has video conferences on Microsoft Teams for work and calls on Zoom for school.

She adds that, like many, at the end of the day she, "feels more brain-dead." If you've been feeling like St-Denis, it might be because Zoom is demanding new things from your brain. Things that face-to-face interactions don't.

Why is this happening to me?

TED ideas' website outlines the reasons that Zoom fatigue might kick in.

Where's the non-verbal?

On Zoom, we miss all kinds of non-verbal communication. We don't realize just how much we depend on things like facial expressions, gestures and tone of voice to connect.

That can't happen as easily on-screen, especially when the person you're trying to see is in a one-inch box.

St-Denis says Zoom calls make her feel like she is losing that one-on-one connection with her professors. "Even if my camera is on, I know he's not necessarily talking to me directly even if I asked the question because he has all the cameras on."

Paying extra attention for some sort of personal connection consumes a lot of our energy, making us feel like we need to go the extra mile to simply interact.

Is that really how I look?

Research about human emotion shows we respond more to emotion in our own reflection than we do in the emotions of others. Having to be 'on' for a long time is tough enough. But seeing your reflection being played back to you makes you aware of yourself and your emotions.

St-Denis says she can't help it. "I look at my teacher and then I'm like 'Oh, do I look okay?' or 'Oh gosh, I'm eating on the screen, should I do that?'," she says. That self-awareness adds to the list of things your brain must take on.

When can I catch my breath?

TED Ideas also points to our tendency to blend our work and meetings together, forgetting to take breaks.

In person, we walk down the school hallway, take a left and stop at the café. We talk to new people. All the while, our brain takes a break.

At home, there's no café, definitely no new people and often no breaks.

It's easy to jump into the next thing when everything looks the same.

How can I avoid Zoom fatigue?

The Harvard Business Review outlines helpful tips in this article from April 2020.

Don't bite off more than you can chew

It's always tempting to try to finish that assignment or reply to that notification while you're in class. But according to the article, "because you have to turn certain parts of your brain off and on for different types of work, switching between tasks can cost you as much as 40 per cent of your productive time."

An easy way to beat the urge to take on another task is to minimize windows that aren't relevant to the lecture. And put your phone away. You'll be doing yourself a favour.

Gimme a break

You don't have to wait until the meeting is over to take a break. A break can mean downsizing the meeting window for a few seconds or averting your eyes from your computer completely.

Don't lose focus, just lose contact with the vortex that is your screen.

Change your view

Fatigue is about the number of stimuli we let in. So, let's tone it down. Since you're busy worrying about what you look like on screen, hide yourself from your own view. Focus on what you need to see and hide yourself, from yourself.

If you're still feeling overwhelmed, adjust your view settings.



Whatever your feelings are toward Zoom, it's not going away just yet. So, find ways to make your experience better. Get creative.

For St-Denis, setting goals helps. "This week... I gave myself the goal that I have to be one of the first ones to answer the question in the chat box," she explains.

Remember, as a student, you're simply in the audience. You bought a ticket to learn. So, sit back and make it work.

**\$4 Off Cake
with
Student Card**



**Valid at
Barrhaven
Menchie's
only**

menchie's
frozen yogurt

cakes!

**& ready to go!
made to order!**

for all occasions!

**Offer Expires:
November
2021**

**Cannot be combined
with any other offers**

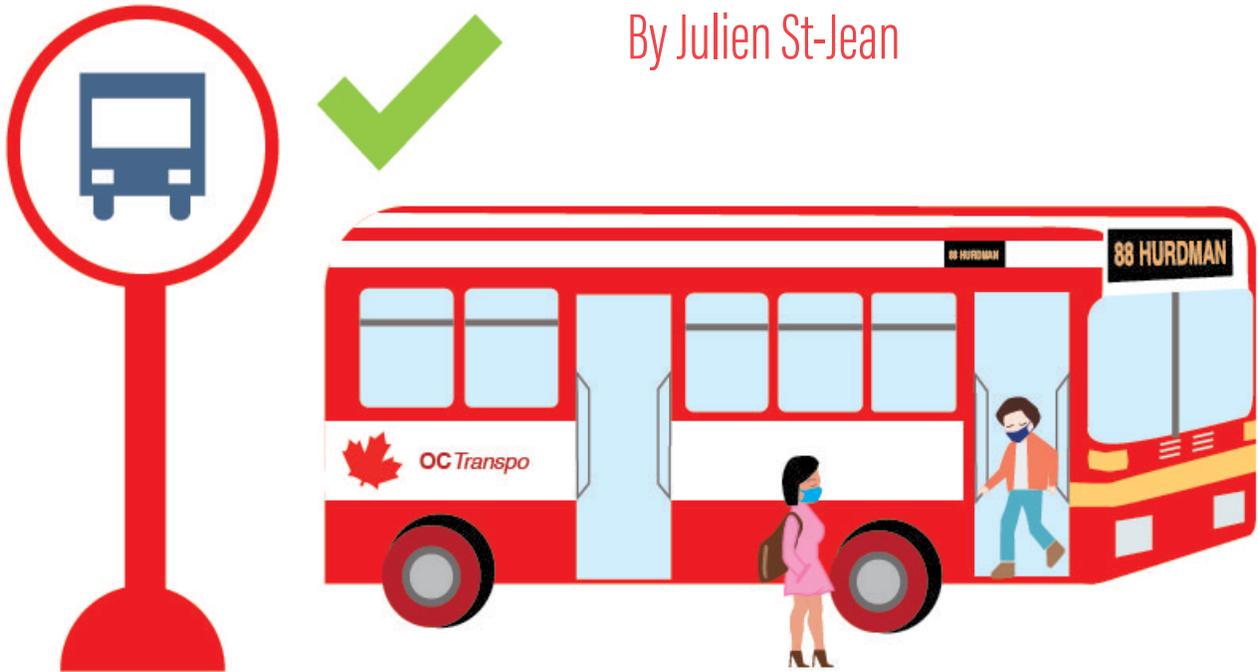
menchie's
frozen yogurt

@menchieSBarrhaven

Pandemic Passengers

How to be responsible while riding public transit.

By Julien St-Jean



People in Ottawa are being encouraged not to go out unless it's essential and to social distance from others. But at the same time, many in Ottawa have to rely on public transport to get to school or work. Social distancing and staying safe can feel difficult when you're on a bus with strangers.

Glue has put together some tips for how to keep yourself and others safer while riding OC Transpo.

1. Let people off before boarding

OC Transpo's website asks passengers to "allow other riders to exit the vehicle before you board." This is something that some in Ottawa have struggled with since before the pandemic, but is now even more important in order to social distance.

Allowing people to exit before boarding creates more room on the bus. This allows for easier social distancing. It also means people boarding won't bump into those exiting the bus.

And come on, the last thing anyone wants is to exit into a crowd of strangers at 7 a.m. when they're trying to get to class. Rather than jumping onto the bus as soon as the doors open, wait a few moments and let people exit.

2. Wear your mask

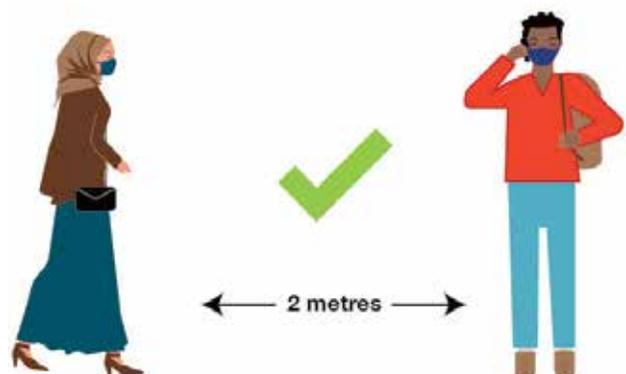
Wear your mask properly. Whether you're on the bus, in a

station or at a stop, just wear it. That means don't fiddle with it, don't put it under your nose, don't take it off when nobody's looking.

Just because you're in a shelter by yourself, it doesn't mean that you aren't spreading your germs.

Masks have been made mandatory on transit since June 15. As of Oct. 9, passengers may be fined for refusing to wear a mask without a valid reason.

"OC Transpo Special Constables will now issue a fine of \$260 to those customers not wearing a mask under the City's mandatory mask policy and the Transit By-Law," says John Manconi, Ottawa's general manager of transportation services in a recent memo to city council. "Customers who do not wear a mask and do not have any medical or other restrictions will be advised that they are not able to enter the system."





**OTTAWA'S NEW MUSIC
LISTEN LIVE**

**HAVE QUESTIONS FOR US?
REACH OUT**





3. Keep your distance

OC Transpo is asking passengers to “practice physical distancing as much as possible.”

They also ask passengers not to “crowd the fare gates, ticket machines, or other amenities” in order to prevent the spread of germs and make it easier to social distance.

For the most part, transit riders seem to be fairly respectful of each other’s social distance at stops and stations. However, this can prove more difficult during rush hour when busses are busier.

To help passengers physical distance, OC Transpo has reduced the maximum number of passengers allowed on a bus. They also encourage customers to try arriving a little earlier to allow for the possibility of waiting for a bus with less people.

“Everyone sits far apart, but I imagine that would be impossible if the bus is crowded,” says 19-year-old Simon Xarchos, a global and international studies student at Carleton University. “Passengers sometimes sit too close to me when there’s a lot more space on the bus. That can be annoying.”

Try to leave two metres of space near the doors to give passengers room to exit the bus without coming within close contact with others.

“Everyone sits far apart, but I imagine that would be impossible if the bus is crowded.”

4. Keep your hands to yourself

To help prevent the spread of germs, do your best to refrain from touching things needlessly and be sure to sanitize your hands often.

You can use your U-Pass without making physical contact with the card reader or fare gate. Swipe it and leave some distance between the card and machine. OC Transpo asks customers to put this into practice saying, “no need to tap your card, just hold it next to the card reader to pay your fare.”

5. Exit at the back

OC Transpo reinstated front-door boarding on June 15. This was done to encourage passengers to enter at the front of the bus and exit at the rear. This creates an even flow of people and prevents too many people from boarding at once.

Riding the bus isn’t exactly a complicated procedure, but that doesn’t mean it isn’t important to stay safe while doing it. Following the rules and being courteous to other passengers helps make transit safe for yourself and others. So please, do your part. **g**



Make the Most of Your *Staycation*

Take time off to enjoy some Ottawa sightseeing and tourism - even if you live here.

By Phaedra Hamer



Winter in Ottawa is a beautiful sight to see. Between skating on the Rideau Canal, the twinkling of holiday lights and a fresh Beavertail with hot cocoa in hand, it's a season you just can't miss.

Here are some ways you can find your own winter wonderland while following public health measures.

Skating in the Capital

Rideau Canal Skateway

As winter approaches each year, the famous Rideau Canal is transformed into the Rideau Canal Skateway – the world's largest skating rink.

According to the National Capital Commission's website, their team is working to ensure that the necessary health and safety measures will be put in place for this year's 51st skating season.

Sens Rink of Dreams

The Rink of Dreams is located in front of City Hall on Marion Dewar Plaza. Huts near the rink – Beavertails, Final Pass Skate Pro and the skate-changing facilities – are closed due to COVID-19 restrictions.

Cultural Institutions

National Gallery of Canada

The National Gallery of Canada has been featuring art since 1880. Admission to the Gallery's national collection is free of charge from the hours of 5 p.m. until 8 p.m. on Thursday evenings. Their newest addition to the Gallery is an exhibition called *Moirá Davey: The Faithful*, and is open until Jan. 3, 2021. It features varying images and films of Davey's family, friends and daily life.

Canadian War Museum

The Canadian War Museum is deemed the country's national museum of military history. Their art collection is comprised of over 3 million artifacts, specimens, art works, documents and sound and visual recordings.

The CWM's newest exhibition, *Forever Changed*, is open as of Dec. 4, 2020. The display ties together compelling stories with many artifacts to help showcase personal experiences in Canada and around the world during WWII.



Ottawa Art Gallery

The Ottawa Art Gallery is a not-for-profit, charitable organization that was formed by local Ottawa artists in 1988.

Director and CEO of the art gallery Alexandra Badzak says that the gallery represents a coming of age for the city's art scene in her director's message.

One of their highlighted exhibitions is one that was originally featured in South Korea and Japan. *RythmScape*, created by multiple artists, is a series of contemporary pieces that reflect on the pulse of life, society and work. The exhibition will be open until Jan. 3, 2021.

Fun for the Family (Bring a Car)

Magic of Lights Ottawa

The Magic of Lights Ottawa event has returned for its fifth year

in a row. The drive-by light show, hosted in Wesley Clover Parks, is a fun, festive holiday experience the whole family can enjoy.

One price per carload sits at a \$20 value and all proceeds from the event go to the CHEO Foundation.

Taffy Lane

Each winter, residents of Taffy Lane in Orléans, Ont. decorate their houses for the holidays. But not just ordinary decorations – large blow-ups of festive characters and lights coming from every which way.

Samantha Smiley-Johnson, a resident in Orléans, does the drive-by every year to start the holiday season. She has been doing the drive every year since she was little.

"We would pile into the car, stop at [Tim Hortons] for hot chocolate," says Smiley-Johnson. "It always meant that Christmas was coming. Now, I take my husband every year to start the season."



OTTAWA SHOWBOX

WWW.OTTAWASHOWBOX.COM



MUSIC REVIEWS, INTERVIEWS, AND MUCH MORE

@OTTAWASHOWBOX



HOW TO STAY INFORMED AND DEVELOP AN INCLUSIVE SOCIETY

Four learning pillars for students to use to educate themselves on systemic racism.

By Jocelyn Galloway

The viral video of a Minneapolis police officer killing George Floyd on May 25 changed the world. Protests against systemic racism and injustice toward Black people took place on every continent.

The peaceful protests downtown Ottawa on June 5 echoed the message that it was time for change.

For students at the University of Ottawa, the conversation is still ongoing with the recent heated debate over a part-time professor using the N-word as part of a teaching lesson on Sept. 23, as reported in the Fulcrum.

As students, we have the ability to make a difference in our community. We are all being called to change and look at what we can do to become better and more active in our community. So, where do we begin?

This how-to article is not a checklist, but a guide to help those searching to strive for better.

LISTEN & LEARN

Babacar Faye, president of the University of Ottawa Students' Union, says the best place to start is listening to the marginalized community's perspective and uplifting them in any way we can. "When talking to students the feedback we get mostly is that it's a constant conversation that we have. So, when it comes

Jocelyn Galloway Photo



**“FEAR COMES
IN A WAY OF
IGNORANCE.”**

to inclusivity, we're always trying to do better and try to include more students," he says. "One thing we've realized and recognized is that our institutions are very not inclusive."

Without listening and learning, he says we will always face opposition.

"It [fear] comes in a way of ignorance," says Faye. "Not in a bad way of course, but just ignorance in the way that when you don't have that information, you don't know."

The University of Ottawa Students' Union website is a great place to start getting educated on the Black community's struggle against systemic racism and discrimination. They supply links to resources for Black students such as mental health services, as well as resources for all students to get educated such as links to books, podcasts and videos.

EMBRACE CONNECTION

Even once we have listened and learned, there can still be a fear of messing up. The false pressure of perfection can overwhelm people and can create a barrier to prevent change from happening. No one is asking people to be perfect; they're asking people to be fair and empathetic.

Change is not something that happens without discomfort.

"I think rather than being like, I can't do something because I don't know everything, it's like I don't know everything," says Quinn Blue, Algonquin College's Wellness and Equity Centre coordinator. "I'm never going to know everything. What am I going to do? And what do I do if I mess up? Because I probably will. We all do."

Blue suggests approaching situations with humbleness.

We are human and we are going to make mistakes, but it is how we choose to correct those mistakes that make the difference.

When confronted with an error, Blue says to ensure we don't react with defensiveness.

Instead, thank the person for correcting you. It takes a lot of courage to correct someone and should be looked at as a gift. By whoever is giving you the correction, you now have the opportunity to do better in the future.

ACTION

Now that we have embraced listening, learning and putting our fear aside, what does action look like?

Action looks different for everyone. It is versatile and all of it is valuable.

The book *So You Want to Talk About Race* by Ijeoma Oluo gives a great starting point to action. Although it is

written for Americans, a lot can apply to us as Canadians.

Vote at your local election. Your voice and vote matters. Oluo says to demand racial justice as a priority of your politicians and city councillors if they want to receive your vote. Also, help put people of colour into these roles so they can advocate diversity and inclusion in the community.

Witness and maintain accountability. "If you are a white person and you see a person of colour being stopped by police, if you see a person of colour being harassed in a store: bear witness and offer help, when it is safe to do so," says Oluo. By doing this, you are creating accountability and potentially force thought before action.

Support your local businesses owned by people of colour.

Students and parents of students can request diversity from universities and colleges from educational content to staff.

Ask the city and mayor what they are doing about police reform. Everyone should feel safe in their community.

"Ask a lot of questions," says Faye. "It helps your institution to understand what's missing and what they need to do."

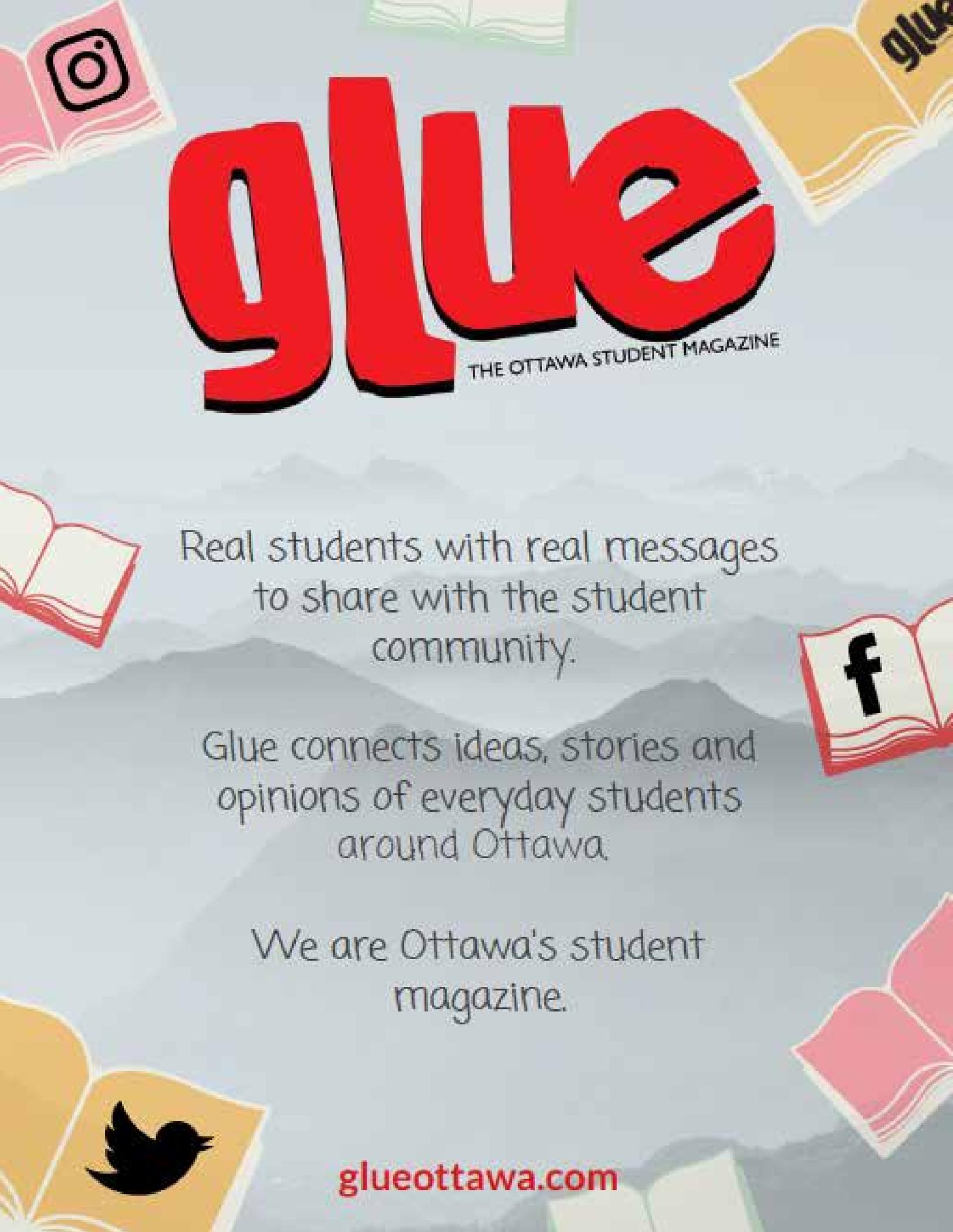
To have students actively engaging with their student union is valuable, says Faye.

REPEAT

The beauty of inner change is that it is constantly evolving. Change is constant. It is not a one-step process.

We need to continue to push our understanding of issues surrounding race and culture, and take up opportunities of action, big or small.

Together as students, we have the ability to make a difference in our community.



glue

THE OTTAWA STUDENT MAGAZINE

Real students with real messages
to share with the student
community.

Glue connects ideas, stories and
opinions of everyday students
around Ottawa.

We are Ottawa's student
magazine.

glueottawa.com



50+ Graduate Certificates

Fast track your career

Changing Futures

Joey

— Graduate Certificate, Grad

As a post-secondary graduate, expand your skillset fast.
Get a career edge with a high-demand specialization.

algonquincollege.com/gradcerts

ALGONQUIN
COLLEGE