

Winter 2019

glue

THE OTTAWA STUDENT MAGAZINE

YOUTH IN POLITICS

Why not you?

KETO DIET

Going against
the grain

LESS SEX

Millennials not
hitting the sheets

IT'S A PARTY

Glue celebrates
15 years

SKATING BELOW ZERO





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LOUNGE

- 8 Things to toke about
- 10 Kicking into ketosis
- 12 More stress equals less sex
- 14 Study drugs
- 16 #TeamNoSleep
- 18 Love without a sound
- 21 Best foot forward



CHEATSHEET

34 Daylight cravings

Nearly 15 per cent of Canadians will experience a form of Seasonal Affective Disorder in their lifetime.

DECONSTRUCT

36 Plastic Earth

Recycling's viability has come into question. There are more and more ways to manage single-use plastics

BACK OF BOOK

38 Stay woke





FEATURES

22 Campaign for change

Cameron Rose Jette, 20, cares about accessibility, diversity and education issues. In fact, Jette cares so much, they ran for city councillor. While Jette didn't win, they're continuing to champion these issues in their life

26 15th anniversary

It's our birthday! To celebrate, we decided to check back in with some familiar faces from over the years

28 Defrosting the deck

Faced with losing a piece of their identity, local skaters found a home to keep their passion alive during winter

32 Scarred

Fiona Scrivens learned a hard lesson of love through a condition that left her permanently marked, this is her story

Photos of *Glue Magazine's* senior editors working tirelessly to create, edit and design the perfect edition.

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Contributors

Writer



Jaden Lee-Lincoln was one of *Glue* magazine's top writers and explored the ins and outs of the keto diet craze. Jaden's head was always full of ideas but sorting through them all to find the best content was a learning curve. Jaden gives credit to the editors of *Glue* and the rest of her class for aiding her in this process. The biggest lesson she learned writing for this publication was to stop and just ask the people around her for help.

Illustrator



Chris Libecap is a graphic design student at Algonquin College. He eagerly jumped at the opportunity to produce original artwork for *Glue* magazine illustrating the story #TeamNoSleep. The challenge he faces most often is finding the balance between a dynamic and engaging piece but staying true to a minimalist design. His contribution in this issue has encapsulated those values.

Advertising



Before Sydney Hill made the switch to become the promotions manager of *Glue*'s advertising team, she was part of the streeters team. Sydney was promoted to this new role part-way through the term. The role came with increased responsibility: suddenly she had classmates coming to her for answers. Sydney welcomed the challenge though. She gained skills on how bring everyone's ideas together.

Photographer



Tyrell James is one of *Glue* magazine's lead photographers. The most difficult part of his job is developing new creative concepts. Typically, he looks to other photographers for inspiration, he then generates his own concepts and builds on these ideas. He helped oversee photos for this issue and shot the cover for the next one.



Winter 2019

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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

Kate Jenkins

We often underestimate the impact we can have as individuals. The truth is, the actions of a single person or a small group can positively affect an entire community.

In early fall I interviewed Alma Keuhl, a 22-year-old Algonquin College graduate who was on her way to the arm-wrestling world championships in Turkey. The story, a piece for *Glue* online, focused on her journey in preparing for this competition and the struggles she has had to endure to get to this point. Although Keuhl is a star in the Ottawa arm-wrestling community, she is also dealing with mental illness and thriving. Telling her story showed me how strong an individual can be. We all make an impact on the people and the environment around us every day and we are capable of creating change ourselves. It is up to us to decide what kind of difference we want to make. This difference, whether big or small, comes in many different forms and that is reflected in the stories in this issue of *Glue*.

Cameron Rose Jette, a non-binary trans student at the University of Ottawa, ran in the 2018 municipal election. By advocating for accessibility, diversity and education, Jette is paving the way for the next generation – and changing the way we see politics. Read about Jette's journey in a story written by multimedia editor, Morgane Thery-Legrix.

With climate change becoming a more prevalent issue, local environmentalists and advocates are calling for action. In our new Deconstruct department, managing editor Fiona Scrivens sits down with some of the people in this movement.

And then there is our cover story. Ottawa skateboarders have struggled for years to find a place to go in the winter months. Recently, a small group of local advocates took matters into their own hands and have now started building the Yard, an indoor bike and skatepark located in Lebreton Flats. In the cover story written by my co-editor Cameron Keighley, we are able to meet some of the people who've worked to make this park a reality.

We hope that the words on these pages inspire you to advocate for what you want or to try something new. At the very least, we hope you enjoy reading what we have put together!



Back row, from left: Hamda Elmi, Kate Jenkins, Cameron Keighley, Connor Wilkie, Tyler Kidd
Front row, from left: René Torres, Fiona Scrivens, Morgane Thery-Legrix, Tyrell James, Lacy Horwood

Things to toké about

In 2018 post-secondary institutions announced their plans to curb use on campus. However, it's tough to find balance. Are smokers and non-smokers just along for the ride?

By Tyler Kidd



have
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Robyn Clost is living in residence at Carleton University while studying European, Russian and Eurasian Studies. She chose residence because she doesn't know Ottawa; it was easier than trying to find an affordable neighbourhood with good transit access to the campus.

As legalization became a reality, Clost, like nearly every other student, had an opinion. For her the issue is more nuanced as she lives in residence on campus. So the policies introduced by her school have a daily impact.

She doesn't, in fact, consume marijuana. It's not about the ethics or morality, the smell bothers her, as does the smoke – she's asthmatic. She prefers the idea of an outright ban on campus.

"It's not necessarily a fair policy," explains Clost. "But trying to balance student's rights to consume marijuana once it is legal with the rights of students who don't want to consume. Whether it infringes on the rights or the health and safety of those who don't, it's a tricky balance."

That balance means making sure that students on campus are able to have their rights respected.

Maclean's reports that 33 per cent of University of Ottawa students and 43 per cent of Carleton University students have used marijuana. Three per cent of students at uOttawa use daily, and two per cent at Carleton. Using numbers supplied by the universities themselves, we can deduce that there are over one thousand daily users in undergraduate studies at uOttawa and over five hundred at Carleton.

Even with a significant number of students who might be daily users, they are the minority. Certainly being the minority is no means for dismissal. But when it comes to drafting policy it is necessary to weigh the balance of options.

The government drafted legislation that doesn't address the many issues surrounding the legalization of cannabis in Canada. Legalization has been anticipated by Canadians since Justin Trudeau's Liberals first talked about legalization two years ago during the 2015 election campaign. The feeling that Canadians could spark up legally had many excited that when the time came marijuana would be mainstream, easily available and socially accepted.

The Cannabis Act is a work in progress. The first amendment is already passed but won't take effect for one year. This adds edibles to the list of legal products – a topic that is really not a part of the current discussion. So, as Canada deals with this new world of recreational cannabis there will inevitably be changes.

"An Act respecting cannabis and to amend the Controlled Drugs and Substances Act, the Criminal Code and other Acts," according to The Cannabis Act – it's the very first line. They have adjusted the legal framework of the Controlled Drugs and Substances Act.

If you doubt this assertion, then look no further than what

is known as "Schedule 3" in the Cannabis Act. It provides an equivalency chart for how to compare concentrates, fresh cannabis, even seeds to dried Cannabis.

So what are Ottawa's post-secondary campuses doing in response to the federal legislation? "You will not be able to consume cannabis on Carleton's campus as it is considered a public place and a workplace," as stated by Carleton University's website, the same reason is given for growing. "Online delivery of cannabis is not permitted on campus, as is the case with alcohol."

At the uOttawa, the story is fairly similar. Though not nearly as easy to find, Residence Agreement, Code of Conduct and Disciplinary Procedure 2017-2018 explains that "it is prohibited to smoke tobacco or other products in residence. Vaping and e-cigarettes are also prohibited." It also uses marijuana specifically while explaining that "finding drug traces, paraphernalia or the smell of prohibited substances" can lead to an investigation and even expulsion from residence.

Algonquin College has taken a different route, it has decided to ban all smoking on campus, marijuana and tobacco.


Deijanelle Simon, Algonquin Students' Association president, explained that the timing of the policy by the administration may have seemed like it was a reactionary policy, but in truth, it has been in discussion for a long time.

These limits set by each campus will address the current legal framework of the Cannabis Act. They will not, however, address the amendment not in force. This change will add edible marijuana products and concentrates to the list of products available to Canadians. It will force our campuses to re-evaluate, once again, what limits to apply.

"The SA owns the Ob, it's not our big cash cow," explains Karl Houlihan, a Students' Association director. "But the point of the bar is to be one of the centres for social life on campus. If we step back and look at its purpose that is why we have it here. We are also aware, as operators of the bar, that alcohol sales fall 15 per cent roughly. That seems to be the number that holds in other jurisdictions where legalization has happened. So that's what we can expect to see."

It's fair to say that the bars on each campus are social hubs, Algonquin has a single bar, uOttawa has two and Carleton three. But alcohol sales do produce revenue. In Algonquin's case, they admittedly could lose revenue meaning they need new initiatives to replace the lost funding or cut services.

None of the administrations from any campus can predict the effect of legal weed in Canada nor their policies effectiveness in deterring use on campus. The stances of each campus will no doubt be challenged by their own clients – more commonly referred to as students. If the customer is always right and the student is the customer we can expect to see this not as the end of the debate but simply the next chapter.



Campus administrations can't predict what legal weed will mean. Will their policies deter use on campus?



Kicking into ketosis

A new trend is challenging the traditional diet: losing weight by eating fat. Is keto here to stay or is it just another fad?

By Jaden Lee-Lincoln

It's dinner time. A chicken breast stuffed with cheese and wrapped in slices of thick-cut bacon sizzles in a searing hot pan. The smell of bacon fills the kitchen as the smoke rises from the pan. Served with a heaping side of roasted broccoli in garlic butter, it's time to chow down. After a deliciously indulgent meal, what's for dessert? Nothing.

There's always a new diet fad that emerges every few years, from going vegan, to intermittent fasting and even juice cleanses. Recently, I have noticed a major shift towards people doing the ketogenic diet, so I wanted to explore it more.

The ketogenic diet is a “high fat, very low-carb, moderate protein diet,” explains Dr. Kandis Lock, a naturopath, in an email. With the absence of carbs and sugar, your body eventually kicks into ketosis, which makes your body more efficient at burning its own fat for energy.

“The ketogenic diet started becoming a topic of interest to my client base around two years ago,” says Andrea Bartels, a registered nutritional therapist. She says that a major use for the diet is weight loss, but it has also been used to help their clients with cancer, type 2 diabetes and brain-related conditions.

So, what can you eat? For starters: protein, vegetables low in sugar like greens, healthy fats such as avocados, olive oil and nuts are necessities. All food high in carbs such as pasta, legumes and root vegetables are off limits. Even fruits, with the exception of some berries, are discouraged. I decided to put myself on the keto diet to see how it felt. I also talked to two Carleton University student roommates who “went keto” together

Jaden Lee-Lincoln Photo



It is normal during this time to experience "keto flu," where you have mood swings, fatigue, strong carb cravings, insomnia, bad breath and skin eruptions. This happens as your body realizes it needs to change and is adjusting to the new primary fuel source

back in February 2018. After watching a TED talk, the roommates made a pact to support each other on a new lifestyle journey and they've never looked back.

Psychology student Jonny Brown is a fan of the diet. "I lost 30 pounds in just about two months," he says. Then he gained 10 pounds in muscle when mixing this diet with a regular fitness routine.

His roommate, Adam Brunelle, a communications student, agrees. "I was able to cut down from 210 pounds to 185 pounds in a little under three months while virtually performing no exercise whatsoever," he says.

Though the diet is extremely successful in weight loss, it isn't a walk in the park. One of the hardest parts about the diet is the first few days of adjustment.

"It is normal during this time to experience 'keto flu,' where you have mood swings, fatigue, strong carb cravings, insomnia, bad breath and skin eruptions," says Bartels. "This is happening as your body is realizing it needs to change programs and is adjusting to the new primary fuel source." This is why, in part, the diet shouldn't be seen as a temporary fix but as a more permanent lifestyle choice, she says.

"It was dreadful," says Brown. "It was really hard because I was always craving sugar and I also loved potatoes. I felt like I was going crazy but after a week, it started to balance out."

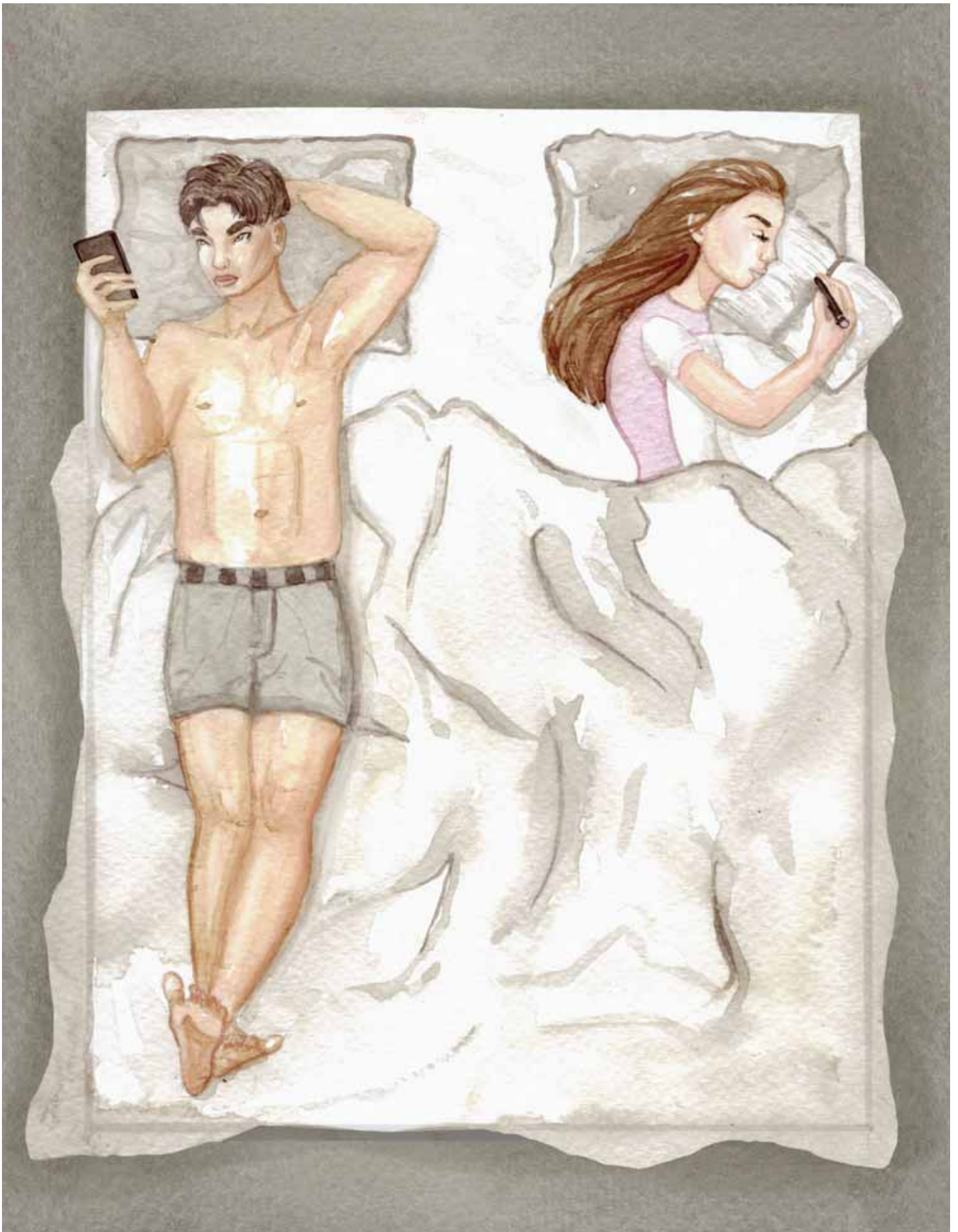
Another big curve to this diet was the price of food. I spent an extra \$30 more than I normally do on my bi-weekly grocery shopping because now I was purchasing things like steak and salmon rather than beans and lentils. This is where

Brunelle struggles as well. "It's tough not only in practice but on the wallet as well" he says. "You have to buy enough meat and vegetables to fill up at a meal without any of the cheaper filler foods like rice and potatoes to supplement." As someone who eats out about three times a week, his options of fast food to fit his lifestyle have dwindled.

For Brown, the diet hits his wallet hardest when going out to eat. Because he can't grab a cheap burger and fries or plate of pasta, he has to opt for an all-protein dish like steak or ribs which are usually the pricier dishes on the menu. "Every establishment will fill half your plate with a carb just to fill you up and for them to cut costs," he says.

A week and a half in, I was feeling good but when it came time for Thanksgiving, I had gone home for a family feast. Apart from plain turkey and broccoli, there was nothing else I was allowed to eat, so I cheated. The stuffing, potatoes and pumpkin pie were delicious, but I felt a difference in my body over the next couple of days. There was a bloated, heavy feeling and my body didn't know what to do with the food I had put into it.

Cheating throws your body out of ketosis, making keto ineffective which is why the diet is so strict. However, there is no doubt that it can be effective in weight loss and its medical benefits when done correctly. Brown and Brunelle have recommended the lifestyle switch to friends and family who have also seen results. After losing three pounds in the first six days of the keto diet myself, I would also recommend switching lifestyles and will try to continue on with mine or at the very least cut down my sugar and carb intake.



More stress equals less sex

Millennials find themselves juggling travel, school and work. The result? They don't have one-on-one time for their partners

By Keenan Smith-Soro

The expression, “sex sells” is not to be taken as satire or some sort of bizarre economic joke. However, recent statistics show that we, the millennials, are having less sex.

Alexander Maryniuk, a third-year political science major at Carleton University thinks that millennials like sex but might have prioritized work and school higher.

“I think millennials are becoming disillusioned with traditional relationships, settling down and marrying early,” he says. “We have a system of disposable market-labour, rental housing and less property ownership.”

“This might encourage more work-oriented lifestyles and less emphasis on sex and relationships. The market is competitive so millennials spend more time trying to find entry into a labour force that wants increasingly higher education and experience, while they spend less on developing relationships and having sex.”

This information has been discussed in a research journal published in the *Archives of Sexual Behaviour* in early 2017 by Dr. Ryne Sherman and his colleagues. In the general social survey, of 26,707 adults, 15 per cent of millennials have admitted to having no sexual partners since the age of 18. In comparison, this number is six per cent for generation X.

According to Dr. Lucia O'Sullivan, professor of psychology

at the University of New Brunswick, this is not something to be feared. As a psychologist, she is more than familiar with the study and had much to say on the matter.

“It’s part of a bigger picture. Millennials right now have a much more conservative sexual health record than their parents and their grandparents,” she says. “We’ve found that they tend to start later, have fewer partners and less unwanted conceptions.”

Not only is there is less interest in sex, there is also less satisfaction with their sexual lives because, ultimately, they are stressed.

“It’s probably dependant on the people, but I feel people are busier with school work and responsibilities and have less time for sex,” says first-year Algonquin biotechnologies student, Ryan Aldrich.

A hailstorm of pressure and work doesn’t help to generate sex drive. While there are benefits as a result of the outcome such as less unwanted conceptions and a greater desire for success in our society – it apparently comes with a pound of flesh.

A balanced life can be extremely difficult to achieve if someone’s environment doesn’t allow for said balance. Like an ecosystem, there will be factors that determine whether or not certain behaviours will occur. More stress equals less sex.

Study drugs

When responsibilities pile up, they can cause stress and slow down the production process. Some students turn to drugs to cope with school work

By Jordan Gowling

It was March. That familiar time of year for Charles* when his work and school commitments started to pile up. It is the plight of every student when final papers and assignments are all due at the same time. While many students are able to mitigate this stressful time without the use of stimulant drugs, there are some students who choose not to.

"I took a study drug called Vyvanse during my third year," says Charles, a fourth-year Carleton University student. "I was talking to a co-worker, I worked in a pub in downtown Montreal, and asked him where I can get some, and he said he had a friend who had a prescription. Within a couple of days, I had a few tablets."

The options you are faced with consist of different types of medical stimulants which are designed to help those who are diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). The first one Charles took is called Vyvanse also known as Lisdexamfetamine, which is a stimulant of the central nervous system. The others are Adderall, which is the brand name for Amphetamine, and Ritalin also called Methylphenidate. While you can only legally get your hands on these drugs with a prescription, the ease of circulation of these drugs among college students and its low cost often means that legality is just a formality.

In David's* case, the first-year Algonquin College student

wanted to get off of his prescription for health reasons and to prove to himself that he could complete his work and succeed without the help of stimulant drugs.

"I think everyone who has a publicly known diagnosis will be approached by other students for the use of studying," says David. "In my experience, 85 per cent of the people I have known to take it were taking it to gain an academic competitive edge."

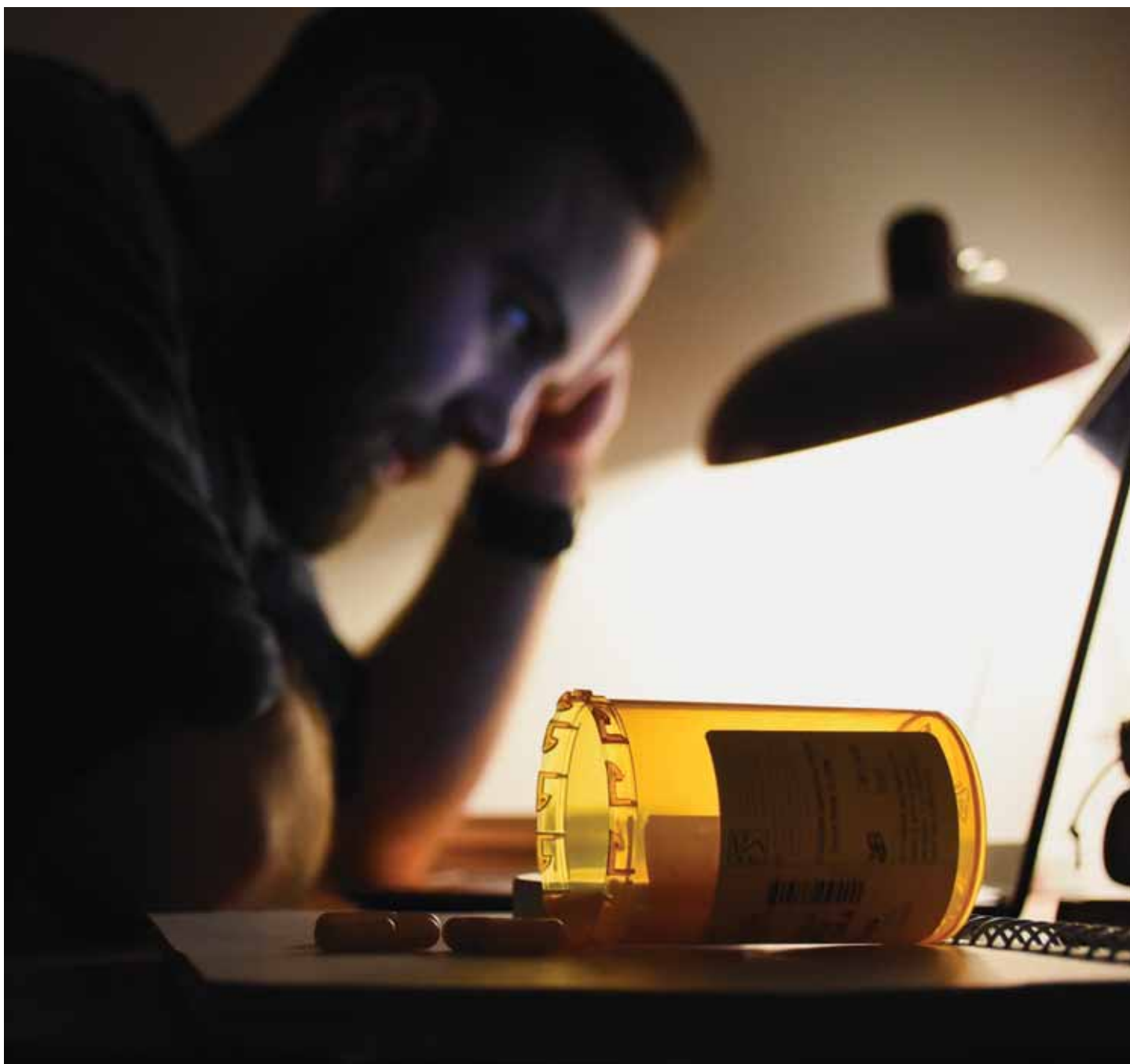
Another factor that may lead to taking study drugs is a student being overcommitted to their obligations and need help

in maximizing productive time periods for final papers and exams. "I worked at a pub and it was a busy time and I was getting a lot of hours, and final papers were starting then," says Charles. "I would crunch a final paper, go to work and repeat."

According to a topic summary published last April by the Canadian Centre on Substance Use Abuse and Addiction (CCSA), there has been a 67 per cent increase in non-prescription Adderall use in young adults aged 18-25 between 2006 and 2011.

All students in Canadian focus groups in a 2017 study, according to the CCSA, reported that using stimulants non-medically during stressful periods in school. Many students were driven to take the drug over a fear of failure or to compensate for a lack of academic preparedness.

In my experience, 85 per cent of the people I have known to take it were taking it to gain an academic competitive edge



“It’s really helpful and any edge you can get in school is an edge you have,” says David. “It is really advantageous to someone who can’t focus, which can mean many things like not being interested in what you’re doing.”

Although there are still no complete statistics on how many Canadian university or college students are misusing these drugs, the question remains why institutions have not caught on or addressed this rather common illegal practice.

“A lot of people have prescriptions, and institutions don’t want to get involved with what people are taking as far as medication,” says Charles. “As someone who just buys it illegally, you might be getting it from a dealer who has some kind of

prescription. I don’t know. I think institutions don’t want to mess in that kind of realm of legality.”

It is worth noting these drugs are fairly new to the market with Adderall introduced in 1996.

“No, I don’t think universities or colleges are aware of the problem,” says David. “There might be some who are aware of it due to having kids. There could be a response in the next generation because it is mainly our generation who grew up on them and it’s a relatively new series of drugs.”

**Names have been changed to protect the privacy of the individuals in this article.*

#TeamNoSleep

One in every three students aren't getting the recommended seven to nine hours of sleep every night. Here's why

By Taylor Young

As the sky turned from the blue of twilight to the orange of the rising sun, I felt the heaviness of my eyes and an intense feeling of dread.

The glow from the screen of my laptop burned into my heavy eyes. I rubbed them in a vain attempt to get the grittiness from them, but it only seemed to make my discomfort worse. With a sigh, I looked down at the screen again. A half-finished story was open, the words blending together into a mess that my tired eyes couldn't read.

Inadequate amount of sleep is a common occurrence in today's society, especially for students in post-secondary education. The recommended duration of sleep for people aged 18 and older is seven to nine hours per night, unfortunately, many don't meet this.

"Obviously there are some people who can manage with five or six and they're very lucky, but there are other people who absolutely need nine or 10 hours," says Dr. Barbara Joe, a family physician in the Health Services department at Algonquin College.

According to Dr. Joe, there are numerous long-term and short-term health issues that can arise from sleep deprivation. The most prevalent among these are chronic illnesses such as diabetes, heart disease, arthritis and Attention Deficit Disorder. It can also heavily affect a person's mood with increased risk of anxiety, depression and even, in severe cases, cause mania or psychosis.

According to data collected by Statistics Canada from 2007 to 2013, the average amount of sleep each person reported was 7.12 hours per night. Out of the population surveyed 3.3 per cent achieved more than is recommended, 64.8 per cent meet the

recommended amount and 31.9 per cent have shorter sleeps than is recommended.

"I would say most people who pull all-nighters are doing so in relation to their work, be it for school or a job," says Karim Ghannoum, a third-year communications student at the University of Ottawa. "Technology, and the undertakings it

enables us to access, play a major role in our everyday life. People struggle to put down whatever tech they have and will stay up to watch one more YouTube video, like an Instagram picture or post a tweet."

A study by the Department of Public Health Services at the University of Alberta suggests that this issue is not just prevalent in the working population, but is learned at an early age. According to their results, 64 per cent of the parents surveyed admit that their child has access to at least one electronic device in their bedroom.

"We're at an age where everything is done online through a screen and the easier it is to work from home,

the more the line is blurred between when it's time to clock in and when it's time to shut everything off and get some proper sleep," says Alejandro Manzano, an Algonquin animation graduate. "Kids now have access to things we didn't, like an iPhone or a laptop, something that could give them hours of endless content, which is great for learning purposes, but can also seriously affect their sleep schedule if they aren't taught how to manage their time a little better and not overly indulge themselves in it," he says. "Too much of anything isn't good."

The easier it is to work from home, the more the line is blurred between when it's time to clock in and when it's time to shut everything off



Love without sound

I always thought that having hearing loss would be terrifying. Then I met the person who changed my outlook on life

By René Torres



I met my now-girlfriend, Phaedra Hamer, this summer at camp. We were both camp counsellors at Golden Lake Camp, near Renfrew, and I remember one of the first things she asked me about, during one of our breaks, was what music I liked.

I showed her the albums I have saved on my phone. She was quite amused that I had only one 1975 album, “I Like It When You Sleep, for You Are So Beautiful Yet So Unaware of It.” The 1975 is one of her favourite bands so she showed me the rest of their music. I remember how happy and joyful she looked when we listened to music. She would shake her head repeatedly and her hair would eventually hit me on the face. We became close friends almost instantly.

Sometimes at night we would sneak out and talk for hours about anything. Our chats would start casual but they would get really serious and I remember sometimes we weren’t able to finish the talks because her battery would die...

... I forgot to mention, Hamer has a

severe hearing loss. She has a cochlear implant and she depends on a battery to hear. The first time her battery died, I was nervous. I didn’t know how to react or what to do. But as time went by, I learned we could still communicate without sounds. It was a great bonding experience.

But I still have a lot to learn about supporting and loving a person with a hearing impairment. I wondered how are other Ottawa students in relationships similar to mine doing? I’d like to learn from them. Importantly, I’d like to learn how we all can learn to better support the members of our community with hearing problems.

Amy Knox, a psychology student at Carleton University, has struggled all her life with hearing problems in her right ear. It started when she was a baby and continues today. The doctors do not know what affects her hearing. When she was in grade school her parents needed to go every day to take her out of class and apply some treatment that the doctors thought would help, but it didn’t.



Amy Knox and Ryan Schmitt are psychology students at Carleton University. They learned American Sign Language concerned Knox would lose her hearing.

"They couldn't figure out why my hearing was bad because I don't have any nerve damage and the doctor thought I had a bone disease," says Knox. "They thought my bones weren't connected so I went to see a surgeon. In May, I had surgery for that. I saw the guy in September for my hearing test. Four months after and it's not better. My hearing of speaking tones is worse now."

Because they can't find the source of the problem, she's now being counselled to get hearing aids. But for someone who has an idea of what the world looks like without any kind of hearing aids, the thought of having one in her ears is scary.

Whenever she is not wearing her battery, I try to be empathic and pause my music, stop speaking and I put myself in her shoes

Mostly because it is stigmatized, people fear the unknown and discriminate against people. There is a huge lack of information about hearing impediment and its treatments, not only in Canada but in the entire world.

The Carleton Sign Society tries to help end the stigma. The group is meant for students interested, learning or fluent in ASL to socialize as well as to give people a better understanding of hearing impediments.

At school, some students face problems with the acoustics in the classrooms or teachers who do not understand how they can help students with hearing challenges do better at school. But there are also problems they face in the workforce.

"Some doctors say that my hearing loss would make it hard for me on the field because 'psychologists need to listen well so they can help the people' and with my hearing problems I might struggle," says Knox. "But I don't know."

Moments like these make it hard for the person to keep motivated and work towards their goals. This is when family and friends come into play. When they suggested Knox get hearing aids, her mom told her she was going to see if her insurance could cover it. "Mom was like: 'Whatever you have to do. Don't worry about money. I'll help you pay for it,'" says Knox. "Dad lives in another province but he is super nice about everything."

Knox also has Ryan Schmitt, her boyfriend, who is also a psychology and history student at Carleton, who is there for her. Through Knox's hearing problems, they always love to share laughs and smiles with almost everyone they meet. One of the most common stories Schmitt mentions is about how confusing it gets to talk to Knox.

"We walk through the canal every day to go to school," he says. "One day I was talking to Amy and she was even nodding and saying 'mm' to what I was saying. But, like, five minutes into the conversation she stops and says that she wasn't listening."

Still, Schmitt went to most of Knox's appointments before her surgery in May and was there for her after the surgery.

In my personal experience, I've always tried to be there for Hamer. I learned to speak loudly and try to be on her right side where she has her implant. Whenever she is not wearing her battery I try to be empathic and pause my music, stop speaking and put myself in her shoes. It's not bad, it's just a different perspective on life where you have to be more aware and mostly trust your other senses. One thing that everyone, not only the hearing-impaired community, implements in their lives is ASL. Neither Hamer nor I speak it, but Knox and Schmitt do. Not because Knox needs it, they learned it just in case. So far they speak it because of the richness of speaking another language.

"I started taking it as a joke because I would say that my hearing was already bad and I would go deaf someday so I might just start learning ASL now," Knox says. Instead, she found out she really likes it. "It really works because a deaf person came into work and he had his own interpreter so I could kind of interact with him and it was cool."

The idea of not being able to listen sounds tough but in reality it is not that bad. Technology is helping reduce the challenges people face when it comes to hearing loss. Students do face problems but, with effort and support, they can make



GLUE IS NOT A DUTY. BUT A JOY.

On Oct. 17 2018, we hosted a food drive to raise funds and collect food for the Algonquin Food Cupboard. Thank you for your support!

glue



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Best foot forward

Anyone who has felt the wrath of Ottawa's four seasons knows the need for durable footwear for any occasion. At work, at school or out with friends, the right pair of boots will fulfill your every desire

By Connor Wilkie



Boots are a tool as much as they are an accessory. Over time they become an extension of yourself. You can form an extremely real emotional attachment to them as your feet mould and shape the sole.

More recently, expensive, luxury-brand boots have begun to take back the spotlight from lower-end, one season boots. Items that were once looked at as something only older folks and tradespeople wore has come back into the realm of fashion and everyday use.

Kareem Awad, a mechanical engineering student at the University of Ottawa, prefers Blundstones; an Australian made boot which has skyrocketed in popularity over the past couple of years. "They were about \$250, considering the kind of weather we have in Ottawa, I feel these boots are a combination of style and effectiveness," Awad says. "They protect you and keep you warm. They're easy to put on. I think that was a big thing that made a difference in whether or not I would buy them compared to boots like Timberlands which I think a lot of people buy as well, mainly because they're a brand."

One thing boots like Blundstones have over your run of the mill boot is durability. "Their durability is a big part of their sales pitch," says Awad. "Just like when you buy a winter jacket, you're looking for something you can keep, something that won't be worn out and you can wear for a couple of seasons. Chelsea boots have always kind of been a staple in men's fashion wear. Their ability to still be fashionable and effective in this weather plays a big part in why they're tempting for consumers."

Blundstones aren't the only boot seeing their popularity grow.

Brands like Red Wings and Chippewa have been making leather boots in America for over a century. But they don't come cheap: a new pair of Blundstones or Chippewas can run you \$300 and Red Wings \$400 according to their official websites.

These boots are all over Instagram and spawned a huge community of boot enthusiasts.

Among enthusiasts, Brian Hawkins is one of the most passionate. Hawkins, who lives in San Diego, runs an Instagram account called Boothunter and a blog of the same title. Currently, Hawkins has 24,000 followers on his Instagram. The page is composed completely of pictures of handmade leather boots.

Hawkins' interest in boots goes back to his grandfather, who was the fire chief of Chicago. "Retired by the time I was a child, I do remember his uniform and the boots, in particular, they represented the challenges and heroism of his work," says Hawkins. "I remember marvelling at the details and the worn elements and being fascinated with the story each nick told."

Hawkins outlines some of the reasons he feels young adults should make the jump to higher end boots.

"After several months to a year, a boot becomes part of us and they become comfortable and useful in many activities from exploring to going out," says Hawkins. "A few more years and our boots, with proper care, express who we are and what we do. Over time, few products tell our story better than our best lived in boots."

Boots are practical, fashionable and if nothing else, boots tell a story. Like anything worthwhile, high-end boots are an investment.



Cameron Rose Jette, a third-year human rights student and faculty councillor with the Carleton University Students' Association, took their community engagement to the next level by running in October's municipal election.



Campaign for change

Cameron Rose Jette, 20, cares about accessibility, diversity and education issues. In fact, Jette cares so much, they ran for city councillor. While Jette didn't win, they're continuing to champion these issues in their life

By Morgane Thery-Legrix

It's 7 a.m. While the city is slowly getting up, Cameron Rose Jette is already heading to class, patiently waiting at the bus stop for the Para Transpo vehicle to pick them up. Five minutes pass, the bus is running late. Ten minutes pass, still no bus to be seen but Jette is still patiently waiting. Fifteen minutes pass and they know that they will soon be late to their morning class. The clock is ticking, it's time for Jette to order an Uber.

This personal, yet public issue is one of many that pushed the third-year human rights student to run for city council in the October municipal election in the Cumberland ward. Jette might have been the youngest candidate who ran this year, but their experience and outlook as a non-binary trans student, including their choice to use the pronoun "they" instead of he or she, has its importance.

In order for their voice to resonate, the 20-year-old used a totally different platform than the one young adults use to express themselves nowadays. Instead of writing a post on their social platforms, they created their own campaign. Jette's political platform addressed issues that are particularly affecting our generation such as accessibility, diversity and education. Because young people are directly impacted by every level of government, Jette believes their voices need to be lifted-up. For this to happen there needs to be more youth involvement in politics. Although they didn't win, they came second with 5.88 per cent of the votes in ward 19, Cameron Rose Jette's engagement paves the road for our generation to follow their path.

"As a young kid I remember being really involved in political campaigns because my dad was really involved in politics," says Jette, feeling nostalgic. "When I was as young as eight years-old, I remember stopping people on the street to ask them if they had voted."

Jette's dad never ran as a politician but he was friends with all the politicians in the city and helped them with campaigns. Looking back at this period of their life, Jette believes this early approach to politics had a positive impact in their life. They feel like it gave them a chance to see the meaning behind an election by getting the chance to get to know politicians on a personal level.

"Today, when I decide whether or not to vote for someone," says Jette. "I ask myself if I connected with this candidate on a personal level because budget plans are one thing but if I don't think you have a good heart and if we don't agree on certain things, such as the way people should be treated or things that are impacting me and my community, then I am not going to vote for them."

Youth are the ones who have the views that are going to shake things up. They are going to be around for a long time, so if things get better now, they might have a chance to have a really great life at some point

In Jette's opinion, youth political engagement in Ottawa is very low today. From their perspective, a lot of people who are currently in power don't realize the importance of having youth in power and working alongside with them. Therefore, youth are not empowered to even participate in changing the way politics currently operates.

"In four years from now, I will still technically be a youth but, there will also be more youth that will be in tune with the youth perspective, that will need opportunities to speak and have their voice heard, so we need to start working on that now," says Jette. "Youth are the ones who have the views that are going to shake things up. They are going to be around for a long time, so if things get better now, they might have a chance to have a really great life at some point. But if we keep waiting, then it's not going to be our generation of youth that's going to change things, we'll have to put it on the next generation and it's just going to push things forward. It's never going to get better if we don't shake things now."



*[Campaigning is] not for winning or losing,
it's for changing the way we see politics in our community*

Shaking up the way municipal politics operate in Ottawa, bringing our generation forward by paving the road is what Jette is aiming for in this municipal election. Since the beginning of the campaign, their voice has resonated with many youths across the city. From inside and outside of their community, the Cumberland ward candidate has received constant youth support.

“Even just them running for council has shaken things up by attracting public attention,” says Rachel Campbell, Carleton student and Faculty of Public Affairs councillor. “Cameron is a visionary, for someone so young, they have a good sense of what is important.”

Advocating for equality and inclusivity has always been important to Jette. By putting their name in the running, it became their mission to pave the path for marginalized people.

Danielle Lanouette shares Jette’s interests and concerns. The two young adults have been friends since they participated in the Canadian Roots Exchange volunteer program four years ago. Lanouette strongly believes Jette has their place in municipal politics. “I have never seen a politician addressing all the topics and concerns regarding accessibility, LGBTQ+ communities in the way Cameron has been,” says Lanouette.

“Something in their campaign they’ve been trying to promote are the issues related to marginalized groups. Being out there and telling the audience, there’s other people out there,” says Jacquie Jette. “The fact that Cameron is out there exposing themselves to the City of Ottawa and saying ‘we’re here and I want to be the voice of my group,’ I think is very inspiring.”

When Jette announced to their mom they were going to run for councillor of their ward, Jacquie was surprised their child was

willing to take that next step. If the 20-year-old has been advocating for their beliefs and opinions in the past, the willingness to expose themselves on the municipal scene was unexpected.

According to Jacquie, the age factor and the lack of experience discourages youth to put themselves out there, but it’s important to understand that it’s by exposing themselves to their community that they will get the experience.

“When they took this on it was a challenge for them and I think they really took the bull by the horns,” said Jacquie. “Whatever the outcome is, I hope they come out of it knowing that they’ve really worked hard and it’s still a win for them.”

One thing that motivated Jette to run for council was to represent the new generation of voters who often don’t have confidence in older candidates. They knew there was a need in the City of Ottawa, for youth to be able to resonate with a younger voice in the race, a community leader who is experiencing the same struggles as they are.

“I’ve heard from youth that they feel inspired and hopefully in the next election they will be in my spot, or they will take on more of a leadership role, or even in their life they will be more involved in different things they thought they couldn’t do in the past because they are a young person,” says Jette.

The election results landed Jette in second place in Cumberland ward with 741 votes in their favour.

For the Cumberland candidate, the experience of running in the municipal election was a win by itself. Their purpose was to inspire youth and pave the road for them to step up.

“It’s not for winning or losing,” concludes Jette. “It’s for changing the way we see politics in our community and if I can do that, then I’ve done my job here.”



Ottawa's New Music

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IT'S OUR BIRTHDAY!

To celebrate, we decided to check back in with some familiar *Glue* faces from over the years

By Hamda Elmi

We are celebrating 15 years of students sharing stories and creativity, 15 years of hard work, 15 years of community and 15 years of being Ottawa's first and only student magazine. While we couldn't talk with everyone, here's a sample of what we learned from players in *Glue*'s past.

A former editor:
Devon Babin
2005



Devon Babin was one of *Glue*'s very first editors back in 2005. Babin was there when *Glue* was still developing as a magazine. "For me as an editor, what stuck out was how to deal with people, deal with the staff and interacting with

different personalities," he says. "That was probably the toughest because no two people are the same."

For Babin, *Glue* was a hectic and fun introduction to magazine publishing. He worked as a journalist for 10 years after *Glue*, freelancing for Canadian and international publications. He wrote for a community newspaper, a business magazine and even a funeral magazine.

Today, Babin is working as a communication and marketing manager for Advanced Symbolics in Ottawa, a company that uses Artificial Intelligence to predict human behaviour.

"I was much more of a cocky individual, maybe more of a loud mouth, so I think I've matured quite a bit," he says with a laugh. "I don't drink as much as I did in college."

A past photographer:
Jennifer Berthiaume
2005



Jennifer Berthiaume was a photographer for a story about Ottawa naturists, "No shirts, no shoes, no problem" written by her classmate, Mike Haymes, for the spring 2005 edition of *Glue*.

"I forgot about it until you reminded me," Berthiaume

says. "It's one of those things you think you wouldn't forget because it was so weird."

Berthiaume explained that she had already agreed to do the assignment before she realized she was expected to be naked with one of her classmates in order to do the story.

"I think that I would probably care less now that I'm in my thirties and I'm a mom and I've had a few babies," she says. "But I was in my twenties and with my classmate so it was super awkward and embarrassing."

Today, Berthiaume lives in Montreal with her two kids, she teaches yoga and just released a book called *A Yogi Mama's Guide to Yoga, Ayurveda and Your Child*. She spent a few years as a freelance journalist, but changed her career path after her second child was born.



Cover photo: Jessica Rose

For former *Glue* design editor and writer Maryam Mirza, a story that stayed with her over the years was a piece called “Proud or Prejudiced.” The story is about Muslim students and the divide between perception and culture in the post 9/11 era.

“I feel like when it comes to talking about issues that affect marginalized communities, there aren’t always stories on those topics,” she says. “So as a woman, a Muslim woman, as someone who comes from a marginalized

A former writer: Maryam Mirza 2013

community, I thought that it was really important to do that story.”

She explained how important it was to have that voice in the community heard and how important it is to start that conversation.

When she graduated from Algonquin journalism, Mirza found it hard to find a job in Ottawa. She decided to move to Toronto and is currently working for the *Brampton Guardian*.

“To be completely honest, when I was in school I think I was kind of afraid of speaking up,” Mirza says. “I feel like the last few years I really came into my own, I don’t think that’s something to apologize for. As women of colour, if we don’t grab a seat at the table and tell our stories, then nobody else will.”

A past promoter: Dani Giammaria 2014

Dani Giammaria was head of the promo department for *Glue Magazine* back in 2014 when he was in the advertising program. He was responsible for leading meetings every week and uploading and managing the *Glue* website.

“Working at *Glue* was a really rich experience,” Giammaria says. “It was really valuable because we got to deal with an actual magazine. It was a really good framework for real life.”

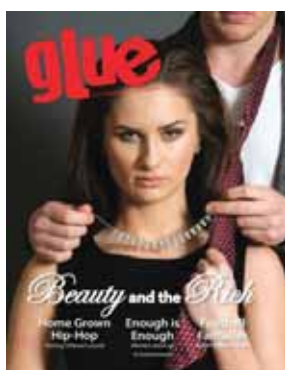
Today Giammaria is a communications adviser for the advertising and marketing department for Immigra-

tion, Refugees and Citizenship Canada. He is currently working on three global campaigns.

“I got a lot out of the *Glue* experience and the program,” he says. “I still talk to the teachers today. I wouldn’t be where I am now, where I love my job, if it hadn’t been for that program and all the opportunities it provides.”



Cover photo: Aarakh Siwakoti



Cover photo: Arielle Follett

Idris Lawal was a marketing student at the University of Ottawa when he was featured in the fall 2015 edition of *Glue*.

The story written by *Glue* writer Dan Taccone followed the lives of local Ottawa

A previous profile subject: Idris Lawal 2015

rappers. “I released an EP last year after my experience with *Glue magazine*,” Lawal says. “It inspired me to attend the Algonquin College music industry arts program.”

That experience allowed him to meet a group of guys he later formed a band with. He used assignments from his classes to create his EP “omo,” which means child in Yoruba. Today, Lawal is still making music as well as working for an advertising agency in Toronto.

Defrosting the deck



Faced with losing a piece of their identity, local skaters found a home to keep their passion alive during winter

By Cameron Keighley

A group of local skaters gather at an underground parking lot at 8:30 p.m. on a Sunday in minus 25-degree weather. Soon enough, they are going to get kicked out, as it's the middle of winter and have nowhere else to go.

"Winter is torture for skateboarders and I think especially for those in Ottawa," says Derek Roberts, Algonquin bachelor of hospitality management graduate and local skateboarder. "Winter here in the city doesn't offer really any chance to get outside and skate. There's On Deck's indoor mini ramp, you could drive two hours to Montreal, or risk it by skating in places like parking garages or abandoned buildings where you could encounter security or even police. For something about to debut in the upcoming summer Olympics, how can there not be some sort of better option?"

It's a harsh reality. Every year skateboarders end up places they aren't supposed to be or nowhere at all. For those who love skateboarding it's almost impossible to give up so they find their fix where they can.

"I've been kicked out of countless indoor and covered spots downtown in the winter," says Roberts. "You just walk away and don't push it. I know I shouldn't be there but where else can I go? Encounters with the police are pretty rare but they usually understand more than security guards why we end up in these places in the middle of January."

With limited options, these encounters are worth it, but for some people, there's no choice at all and they have to give up what they love for a large portion of the year or go to extreme lengths and distances to skate, and with growing numbers the demand only grows with it.



It takes months for the park to thaw out so we would all bring shovels and dig out the park for hours just to uncover a single obstacle

one thing in common: the love for a small wooden toy. It gives you camaraderie, determination, a sense of community, self-worth and confidence. And right now, Ottawa skateboarders have to give up all of this for four to five months of the year.

"You lose a piece of your identity," says Jordan Wells, program coordinator for The Yard and a locally sponsored skater who is involved with the Ottawa Skateboard Association and For Pivots Sake. "I know that when I'm skating well and I'm landing all my tricks my self-confidence is peaking and if I haven't been skating enough or been bailing a lot you just don't feel good about yourself." You don't just give up the activity but often you give up your friends too. Without a space to meet you go those same months without seeing your friends and those friends and experiences you have with them can be so important.

"I met a lot of people that I became friends with and learned a lot about skateboarding and even a lot about life in general," says Hamilton.

Even after the waiting is done and the winter is over skaters face another problem: parks take months to thaw out after snow builds up for so long.

"In the winter, many of the regular skaters would come together to uncover the park after the harsh months had passed," says Roberts. "It takes months for the park to thaw out so we would all bring shovels and dig out the park for hours just to uncover a single obstacle. I've even seen blowtorches used to melt away ice or dry up the water."

As strong as the will to skate is you can't dig out a park every snowfall. If you're lucky, you know someone with an indoor ramp but those are few and far between. Maybe you've found a covered spot that isn't a bust, but if not, you're left leaving the city to find somewhere to skate. Some skate shops try to help in this sense.

"Obviously there's a ton of people that skate," says Eric Dionne, owner of Top of The World skate shop. "People need to go somewhere. Being realistic over the last couple years everybody has been going to spin park, going to taz. Travelling that two hours to go to those parks."

Those distances are unrealistic for most, especially for kids. For some, it's hard enough convincing your parents to drive you to the local park, let alone Montreal. A big part of your life disappears and that is especially devastating when that's all you want to do.

"For me, when I was young you didn't really skate anymore," says Spencer Hamilton, a professional skateboarder from Ottawa. "There's no [indoor] skatepark here and there's no point in even thinking I'm going to drive to Montreal every couple of days."

Skateboarding is a community of different people who have

Birling, an Ottawa skate shop, organizes trips to Montreal over the winter that gives 48 kids the opportunity to skate an indoor park for the day. Even then, it's just one day.

"We do the best we can," says Aaron Cayer, co-owner of Birling and founder/director of the Ottawa Skateboard Association. "We're trying to bring people together and leverage that to show the municipality that there is a need, there is a demand for these types of things."

A local indoor park is what the city needs, especially since it will be an Olympic sport soon, but Ottawa has never had one that lasts more than a few years. Sometimes the business sense is there, but the passion and quality aren't so the park goes unused. Other times the passion and quality are there but the business sense isn't so it's forced to close. It's difficult to find a balance between making a profit and making something for the community.

"There's been [indoor skateparks] over the last 20 years that have come and gone but none have worked," says Hamilton.

An indoor space is a necessity, not only for the individual skaters but community programs like For Pivots Sake.



"Bombing the pump track, our cover model, Jordan Wells, breaks in the newly completed 9 footer with a frontside 5-0."

The program mentors and engages youth through skateboarding with recycled skateboard components and fundraising. They have nowhere to go during winter and have to come up with creative ways to keep kids engaged and active.

"In the winters there is no indoor space but I still wanted to keep bringing the influence of the culture," says Wells. "So, I would bring in a skateboarder who is an artist to show that discipline and then another skater that worked in the food industry, so whether they're a chef or something like that. We would do an art group for an hour and then we got into the kitchen and we all cooked together and learn those techniques of the meal. Then we'd sit and eat together. That was an effort to keep bringing that creative culture to these kids that have been hanging out with skaters all summer."

The entire community has spoken out for the need of a functional space for

them to use and the city hasn't provided any help so they made it happen themselves. A Kickstarter in April 2018 in order to raise money in hopes of being able to open an indoor facility was their answer. Multiple communities banded together to get this project off the ground; skateboarders, BMX riders, scooter riders and in-line skaters all need this space and so they made it happen. A total of \$103,623 was raised to open The Yard, Ottawa's indoor bike and skatepark.

"The community has been really good," says Anthony Bereznaï, owner and organizer of The Yard. "People were super supportive of the Kickstarter. Since then, we've had a lot of people reaching out saying they want to help with the build. We've had really good partners like the guys from Birling. They've been involved with giving us a lot of input into the design and helping run events to gain support. It's been really really good."

Cameron Keighley Photos



The park needs to be different than what we've seen in order to be successful. Many parks have tried and failed, but this one may be different.

"What makes this park different is the collaboration and the genuine intentions of the people behind it," says Wells. "We've had a few parks throughout the years but they weren't run properly. I think through the co-operation we've had throughout the community - the bikers, the scooterers, the skateboarders and the community builders - all these people put their heads together and there's no other way to be successful."

This project needs that community support if it's going to be done right. The Kickstarter got people involved in the project and those who backed the park are the same ones who are going to use it. The space is made using input from the community and by doing this gives the park the best chance it has to work. These tactics are different from parks in the past and that comes down to the business sense and community involvement of Bereznai. His approach may be the balance that makes this park work.

"Not anybody can handle such a big facility and be able to run programs out of it," says Dionne. "He's obviously going after the BMX and the scooter world too, and the mountain bike guys also. If it brings everybody, I think it's one way to make it successful."

This ground level community approach is what a local park needs, but you can't forget that it's a business and needs to make a profit to survive. Many parks have failed because they can't make it a viable business. This park could make it because of these differences and the community recognizes that.

"The indoor skate and bike park that will be The Yard I think is our best opportunity to have an indoor space," says Cayer. "The owner, Anthony, brought a number of communities together, he actually approached us. He brought a key group of people to talk and figure out the optimal de-



Starting his involvement in skateboard advocacy at age 16, Aaron Cayer is now co-owner of Birling, a local skate shop, the founder of For Pivots Sake and a supporter of the The Yard. Also pictured bottom left.

What makes this park different is the collaboration and the genuine intentions of the people behind it

sign and got as much consultation as he could to make sure this is going to work and it's never been done like that." There's no way to tell if the park has been done right yet but for now, there is something that meets the demand and already has the community

involved. "This facility has all the mechanisms lined up and because they've approached us, we're willing to back them," says Cayer. "This is going to be a really interesting winter where we actually have somewhere to go."





Scarred

Fiona Scrivens learned a hard lesson of love through a condition that left her permanently marked. This is her story

I turned off the light and slowly ran my hand up my shirt to peel it over my head. I unbuckled my jeans as they dropped to the floor. Goosebumps ran across my body because my room was always cold. Naked, I sat down against the wall and slowly started to run my hands all over my body. I had to hold my breath because if I was too loud, my mom knew what I was doing and then I would get in trouble.

With my muscles tensed, toes curled and fingers wet, I jabbed my tiny fingers deeper into my raw, red, swollen cuts. I loved watching the blood bubble under the scab and then ripping it off fast. It was a full body experience, almost orgasmic. But I was eight and had no idea what an orgasm was, I was just glad a piece of happiness finally found me.

Picking wasn't like sex with someone I loved. It was more of a one-night stand or a tequila shot I wish I never took. It was happiness for five seconds then crawling back under my blanket of shame and waking up the next morning with regret.

Like many others who suffer from body-focused repetitive behaviour (BFRB), no one could understand me. Picking and scanning my body for bumps consumed hours of my day.

Tyrell James Photo

Angela Hartlin, the author of *Forever Marked: A Dermatillomania Diary*, has been struggling with picking since she was a child. She remembers locking herself in the bathroom and her family banging on the bathroom door because they wanted her to come out, wanted her to stop picking, but most of all wanted her to be okay.

Everyone has their own reasons for hurting themselves, but what should be known about someone who lives with BFRB is that it's not like self-harm where we actively and willingly try to hurt ourselves. Even though BFRB falls into the category of self-harm, it is in large part obsessive compulsive disorder.

BFRB is hard to diagnose and affects more people than we realize, because self-grooming like picking, hair-pulling or nail-biting is considered just a bad habit for the majority of people. That doesn't mean just because someone pulls at their hair, they have BFRB though. Physiologists have yet to define it as either a compulsive or impulsive disorder.

"When it is a bad habit, the patient realizes what they are doing and knows it's bad," says Dr. Clare Gray, a child and adolescent psychologist at CHEO. "But when it is self-harm it's really in the context of being used as a coping skill and even though they might realize it is not a good coping skill, they still may think what they are doing is helpful."

It started when I was in grade four. My parents were going through a divorce. The pain that lived inside my throat was too hard to swallow, so I just let it rot inside until I imploded. Loneliness attacked me every second of being alive.

Have you ever screamed so loud your bones shook? I have. When the all-consuming sadness and anger had finally rotted out my insides, I would take my mother's steak knives and slash the walls. Shaking the paintings, I yelled and yelled hoping someone would hear me. But all they ever heard was a misbehaving child.

At this point, I didn't care if my mom caught me picking. In fact, most days I would run downstairs and say "watch" as blood dripped from my limbs.

The radical behaviour landed me in the hospital, where I stared at white walls. The doctors would ask me how I was feeling and what the problem was, but I never liked to answer.

Every day was a roller coaster. I had lost complete control over my life. My family was getting ripped apart and by the time I hit middle school, kids were telling me I didn't deserve to be alive. All anyone could do was feel sorry. But I didn't want sorry, I wanted someone to listen and understand. I needed someone to hold my hand and for one second stop telling me to stop, because I mentally couldn't.

"When you are stuck in any behaviour you can't break then there is something not registering right in your brain that for some reason can't turn off," says Hartlin.

I turned to picking time and time again because it grounded me. It was the side of me no one ever saw, the side that kept all my fears, all my losses, all my regrets and memories buried. With every scab I ripped off it was a relief, like I had done

at least one good thing that day. The feeling was addictive; it was my tool to regulate negative emotions.

"There's a lot of endorphins released, it's relatable to a runner's high. You want to keep running because it feels so good," Dr. Gray says.

But there is a lot of shame experienced with this high because picking isn't like running, scars are left behind.

"I was making sure I was wearing shirts that had high necks. Even in grade five and six, in my school pictures I was wearing the same turtleneck because I didn't want any of the marks from my chest, shoulders or upper back to be seen by peers," says Hartlin.

Like many others who suffer from body-focused repetitive behaviour, no one could understand me. Picking and scanning my body for bumps consumed hours of my day

I was the same as Hartlin, always covering myself. I stand in the mirror and can see more scars than skin. It has been that way my whole life, but I have learned to live with it.

My scars used to be bright red and I looked physically sick. I hated myself but that was the problem. So, I started looking in the mirror more and instead of crying, I forced myself to smile.

The scars are now white, except for my left arm, they turned black but that's okay. And my friends still like to comment on how I look like a drug user every time I wear a tank top, but I know not to internalize it.

Am I recovered? No, not fully. Not yet but my body no longer aches with anger. I still pick at the age of 21, but nothing like before. Every day I scan my face and even thinking about ripping a scab makes my whole body have a heartbeat. I have learned to calm myself down though and just distract my mind to get through the day.

Recovery isn't linear. There is no light at the end of the tunnel, but I choose to have a relationship with myself like a romantic novel instead of a one-night stand and that makes my world better.

"One thing about recovery I don't think a lot of people really focus on is that recovery isn't an end goal. It's something that once you get there and everything is good, you have to keep maintaining it or you will keep going back to the old vices," says Hartlin. "It gets ingrained into who you are."

Daylight Cravings

Nearly 15 per cent of Canadians will experience a form of Seasonal Affective Disorder in their lifetime

By Mideline Bony

For students like Tonino David, as the days grow darker, it becomes increasingly harder for him to focus on his studies.

"I have this weird thing where when it gets dark I get anxiety because I see the day as already having ended," says David, a returning student in the music industry arts program at Algonquin College. "So even though it's only four, it's already dark, I'll feel as though it's 7 p.m."

The lack of daylight plays with his mind, he says. "It's like the day is done and I have to prep for the next day but I haven't even done anything yet."

If you're experiencing an unusual drop in mood and productivity when the days are shorter, you might need to ask yourself if you're feeling the effects of Seasonal Affective Disorder (SAD).

Also known as seasonal depression, occurs during the winter and fall months and is the result of changes in sunlight exposure. Its symptoms include low energy, irregular eating habits and feelings of sadness and hopelessness. According to the Canadian Mental Health Association, 15 per cent of Canadians will experience a mild form of the disorder in their lifetime.

Kesha Mukobelwa, a second-year student in Algonquin College's social service worker program, agrees. "I definitely think my mood changes," she says. "I wouldn't say I have seasonal depression, but I think my mood changes when it's not light out. It's hard for me to get excited about things because it's so dark.

I also find it makes me feel drowsy."

Light changes can throw off a person's biological clock, disturbing their sleep pattern. In David's case, his coping strategies include making time to unwind.

"I would give myself the whole weekend off," he says. "I wouldn't do anything. Just rest. Watch movies. Just do things I enjoyed so that when the following week started, I'd be mentally prepared and could say, 'Okay, from the start to the end of the week, I have all these things to do, so make sure they get done.' And slowly but surely, things started to improve."

Doug Stringer is a registered psychotherapist and the manager for the AC Hub's counselling services and the spiritual centre. He has some advice for what students can do to ward off the winter blues.

"Sleep, exercise, good positive social interaction and a proper diet," he says. "Those are four basic things. Another is to pay attention to what's going on. It can be very slow and gradual and suddenly, a person thinks, 'Well how did I get here?' Try to be aware of what's going on by developing a sort of early alarm system to check in with your body," he says.

Stringer stresses the importance of checking-in and asking yourself questions every now and then. "'Am I fine? I don't feel like I'm getting enough sleep. Well okay, what's going on there? Am I procrastinating more than usual? Then something's up. What do I need to pay attention to?' Ask yourself these kinds of questions."

TIPS TO CURB YOUR WINTER WOES



SLEEP

try to squeeze in those eight hours



GET OUTSIDE

soak up that natural daylight



EAT WELL

feel good & boost your energy



SOCIALIZE

be around the people you love



KEEP WARM

put the kettle on & snuggle up



FIND A NEW HOBBY

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We've been told to recycle forever. But it may not be the best option for the planet. Turns out there are more and more ways to manage single-use plastics

By Fiona Scrivens



Lee-Ann McDougall, a professor at Algonquin College and eco-conscious citizen, watched images of a whale flickering through the TV. Her heart started to bleed for our natural world as the beached whale soon turned into a starving whale. As they cut open the animal's body, plastic started to fall out instead of organic guts. This was the moment McDougall knew something had to change.

McDougall and her daughter, Paige McSheffery, a student in environmental economics at the University of Ottawa, are both fanatics when it comes to reducing and reusing. These two women are just ordinary people, but are a part of a bigger picture of the growing number of Canadians who want to make a positive impact.

It can be easy for us to think "it is okay for me to use this single-use plastic because I'll be good and recycle it." But the fact is Canada recycles less than 11 per cent of its plastic waste, meaning almost every single piece of plastic ends up in our landfills and waterways.

"Reuse, reduce, not recycle," says McDougall. "I am not convinced recycling is that environmentally friendly. When plastic is melted down, if you are even able to in the first place, then you are consuming valuable resources to do it and putting emissions into the air."

According to the World Wildlife Federation website, the plastic industry is a huge contributor to carbon pollution. Just plastic water bottles alone produces 46 billion tonnes of carbon pollution.

Canada doesn't have a good pathway to bring the product to recycling plants that actually recycle it so it is not damaging the environment. Plastic is overflowing our landfills.

"You don't have to not use plastic, just get reusable plastic," says Kathryn Reilander, founding member of SEATS, an organization at Algonquin that brings awareness to environmental issues. "A piece of single-use plastic, you are literally using on average for 30 seconds and I think that's what people need to understand. You can still use plastic, but for example, I put my lunch into a Tupperware container, which is plastic but it is five years old."

McSheffery makes a point of shopping at no waste grocery stores as often as possible. She believes that there needs to be more businesses like it in Ottawa because it should be the future of food consumption. Instead of getting food wrap, she just brings Tupperware. As well, McSheffery tries to make her products such as deodorant and toothpaste in an effort to reduce.

No Easy Answers



As Vinay Reginald Kumar, professor at Algonquin and concerned citizen, places his six-month old's cloth diapers, soaked with pee and embedded faecal matter into the laundry machine to be washed several times, he is left asking the question, is this really any better than single-use diapers?

There is a trade-off that comes with everything. Especially when it comes to the environment. Sometimes when you try to use less plastic, you end up using more energy or water. Kumar knows this all too well.

He decided that using cloth diapers would be eco-friendly. But as he started to notice the amount of water and other resources being used to wash the diapers, he questioned just how eco-friendly he was being.

"Yeah there is a trade-off but water is at least a renewable resource. Even though you may be contaminating the water, it at least has the ability to be purified," says Reilander. "Even though you are using more water instead of plastic, the gain is so much bigger because you are eliminating the plastic entirely and then using water that can be filtered and reused."

How It Affects Us



In a big city like Ottawa that is so far away from the oceans, it is easy to think we have no part to play, but rivers lead to oceans and currents carry things.

Think of the earth as a human body. The oceans are the heart; they regulate temperatures, create weather patterns and produce half our oxygen. Lakes are the arteries; giving life and habitat to freshwater creatures as well a natural resource for humans. The rivers and streams are the veins; pumping back to the heart and connecting everything together.

We take water from the Ottawa River. It is not just about how plastic kills fish but also diminishes quality of the water we drink and bathe in.

"The quality of the water will not be the same if it is polluted by plastic," says Annie Gray, an environmental student at the University of Ottawa.

Organisms do play a role in the quality of water though and if we are polluting our waterways in Ottawa to the point of causing death to marine life, then there will be nothing to maintain that ecosystem.

"Organisms will consume the plastic and it will eventually kill them but once they die and decompose, the plastic actually

hasn't deposited yet and goes back into the waterways and can be consumed by other animals and the cycle continues," say Gray.

Everything is interconnected, what affects water will affect wildlife and soon affect humans. The problem is we don't feel the repercussions until the problems are already bad.

There are tiny pieces of plastic that are called microbeads. Fish and other organisms ingest these beads.

"The toxic materials from those beads can be magnified and as you go up the food chain it can be exemplified," explains Gray.

One fish can have a normal amount of microbeads but if a bear eats 20 fish in a day then they will have tons of those toxins in their body.

It is the same concept for humans. As we digest fish and other meat, we are slowly building up those toxins inside our own body and that is a scary thought.

"Plastic is becoming so much a part of what we consume in our daily lives, we're eating it, putting it into our bodies because we have nowhere to get rid of it. It is becoming part of our land, part of our water, part of our food," says Reilander.

What You Can Do



It can be overwhelming to look at climate change. It is such a huge concept with many moving parts. It feels like there is so much information being thrown at us and it's all sad statistics. There is hope and if each of us acts now, we can start turning back time to save our natural world.

It is important that you know your lifestyle doesn't have to drastically change to make a positive impact.

Even if all this seems minuscule, it matters, because if every person did these small changes then suddenly we would have a sustainable world.

Try this:

Stay active in your community, whether that be your school or your neighbourhood. Look out for or start initiatives that clean up the city. Local impact has a bigger effect than you may think. Use your voice and speak up for the environment.

Say no to single-use plastic. It is as simple as buying reusable water bottles and buying eco-friendly containers to put lunches in. Also bringing metal utensils and not using straws can go a long way.

Plastic wrap is easily interchangeable with a product called Bees Wrap; a product that recently came on the market that is basically reuseable, eco-friendly plastic wrap.

Start supporting clothing brands that make clothes out of recycled materials. Plastic can be broken down and turned into longer-lasting products such as shirts and sweaters.

But the biggest thing is education. Keeping yourself educated and informed about the issue so you can hopefully inform others would be the greatest asset. People only care about what they understand.



Stay **WOKE**

By Jenna Drover

What does it mean to be “woke?” Well, the past tense of “wake” is a clue.

Woke is seen as being awake and educated on current events and political issues – to be actively aware and involved with changing the world around you. This is often interpreted as a form of political slang. It refers to someone who has awoken to the progressive truths and according to the *Oxford English Dictionary*, is alert to injustices in society, especially racism.

The New York Times investigated back in April 2016 the origins of the word's current use in pop culture. They traced it to Erykah Badu's song “Master Teacher Medley,” released in 2008 with a similar meaning – staying aware of the continuous political struggles of African-Americans.

After a brief hibernation, the word experienced a popular internet come-back around 2012 following the birth of the Black Lives Matter movement. Even then, the word was tightly connected to a group of political objectives centered on police reform and acknowledging systemic racial oppression.

Around 2014, “woke” became a hashtag with #StayWoke and soon became a meme. Even if you disagreed with the ideology behind the original usage, the word was at least bound to subjects that required moral consideration. It was soon used to describe anyone or anything that challenged the problematic injustices in today's society, such as Childish Gambino's “This is America” did, according to an article released by The Guardian in May 2018.

If you are protesting at a women's march, you are probably woke. If you are explaining to your white friend on why they shouldn't get dreads, you are probably woke. But if you're handing out flyers for pro-life you don't get the woke label.

This is because the conditions of the woke term are, more-often-

than-not, tied to a liberal slant. This is backed with many issues such as supporting the pro-choice movement and promoting gun control, which are both progressive views.

Conservatives who contradict these liberal views are typically seen as not woke. Yet there are individuals who associate with the conservative viewpoint – who also consider themselves to be woke.


Ben Date, a University of Ottawa criminology student, is someone who considers himself to be a conservative with left-leaning ideology – as in someone who is mostly conservative with some liberal ideologies – belongs to the woke community.

“I think people who are woke are fighting for what they believe in,” says Date. “It usually stems from good intentions and they are really truly trying to achieve positive goals. Some need to understand that it's important to recognize where other people's views come from, even if you don't agree with it.”

Being conservative is not about being misinformed and liberalism is not about being woke. Both ideologies can have educated, passionate views on all sides of the issues.

An article from Forbes states that “we provide each other with an alternative portal through which to view certain issues.”

“It should be taken out of a political stance and be more of a social movement in general,” says Date. “It may also get more traction if it didn't limit itself to an exclusively liberal spectrum.”

Although the word has stemmed from the black community and their fight for racial equality has been primarily driven by liberals, the word is spreading and taking on a new reach. “Woke” is now an umbrella term for understanding the underlying truth on all sides of the political spectrum. 



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