

# The Scholar Practitioner Program

Newsletter - Fall 2015



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## TABLE OF CONTENTS

### LOOKING BACK

Note from graduated cohort three learner and student council	3
A morning with Mike DeGagne	4
Timeline photos from cohort three	5&6

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### STARTING OUT

Photo from cohort five inquiry	7
What nursing means to me (anon.)	8
Nursing tips (jannel fontz)	9&10

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### ENGAGING AS LEADERS NOW

The jail that binds us (kaireen mackinnon)	11
RNAO: more than meets the eye (christopher draenos)	12

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### FOOD!

Book spotlight: how not to die (jim barlen)	13
How to make hummus that is better than store bought (joshua gellis)	14
Cooking with Gabe (gabriel oh)	15

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### LAST NOTES

Faculty and Learner Academic Scholarship	16
Placement profile (elsa lam) and announcements (baiba zarins)	17-19

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## Note from graduated cohort three learner

A big hello to fellow SPP students! My name is Maggie, and I am a third cohort (2016) graduate from the program! I was part of the UHN group, with one placement at TPH and another at SickKids.

A quick update about life after SPP. It has been a whirlwind since graduating in August. I wrote my NCLEX in September... and passed! :) This October my journey as a RN begins with a position with the Nursing Resource Team (NRT) at UHN. This is where I did my consolidation as well.

One thing I wish I could tell myself when I was a nursing student: THINGS WILL WORK OUT. I promise!! I did not believe it when graduates told me, but it's true. Have faith in the program, in yourselves, and the APs. Continue being the great learners you all are, do not be afraid to ask questions, and to experience every opportunity available to you! Best of luck to everyone!

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## Note from the student council

Our fall newsletter reflects the diversity and richness of our learning journeys. Co-learners completing their time in the program and beginning a new journey as a Registered Nurse provide encouragement. Others who are in their second year offer advice and perspective to those that are beginning placements. This newsletter also contains discoveries and ideas that can help us transform nursing practice now and in the future. I am excited to see where the sharing of these great ideas and reflections take us!

Rachel Mathie (SPP cohort four)



## A morning with Mike DeGagne

On Thursday, September 22nd, the year one SPP learners and program faculty had the opportunity to meet with Nipissing's President and Vice Chancellor, Mike DeGagne.



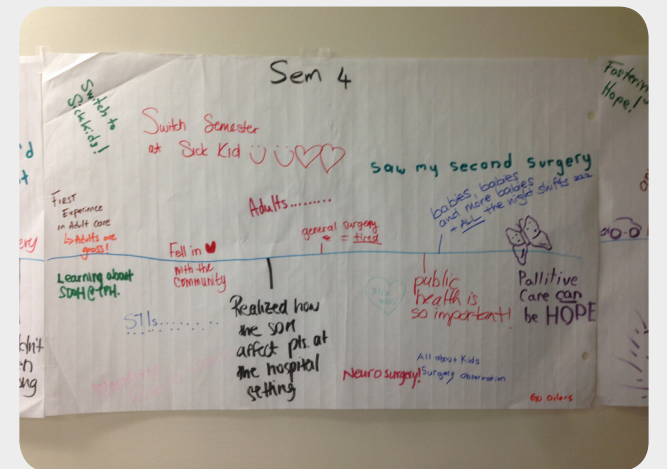
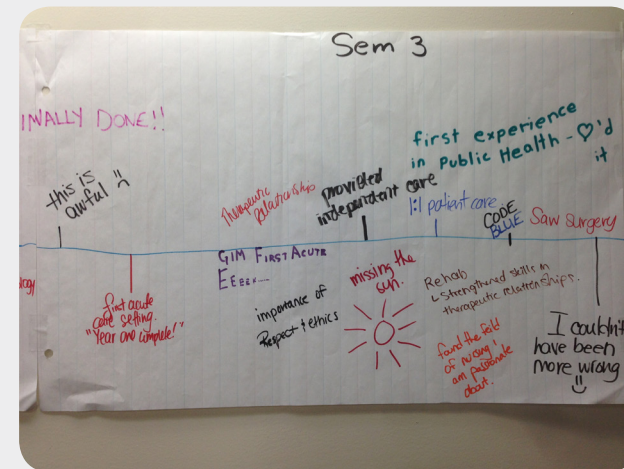
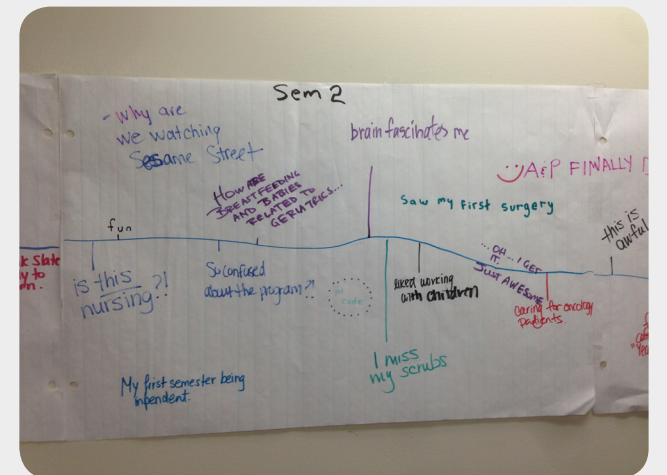
Mike is an avid supporter of the SPP and continually aims to meet with our program learners on an annual basis to provide us the opportunity to inquire and share in questions, comments and narratives.

Interesting facts about Mike obtained from a previous visit include:

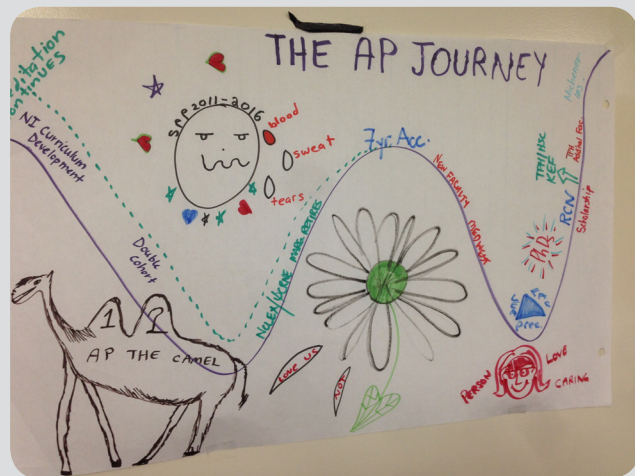
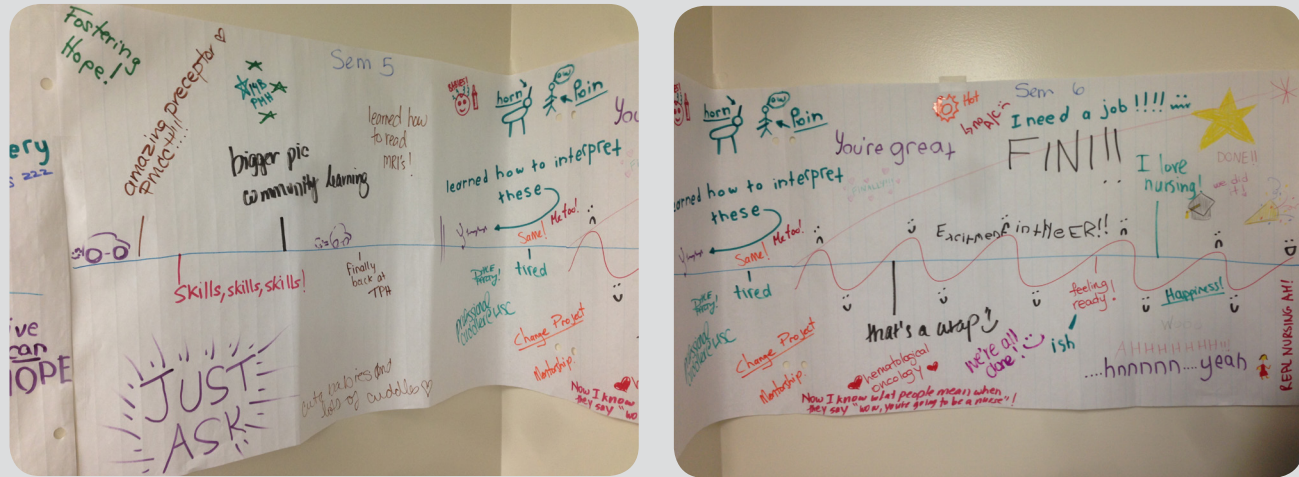
- He converses with his mother, a registered nurse, every day to start his morning. Such a meaningful routine!
- Mike is well adorned with multiple awards of recognition, such as the Order of Ontario in January 2010, Queen's Diamond Jubilee Award in June 2012 and a recipient of the Order of Canada in 2015. Congratulations on the prestigious acknowledgement of his leadership!

## Timeline photos from cohort three

These timelines are a visual representation of our achievements so far and our expectations of what is to come. Below are few of the many timelines from cohort three.



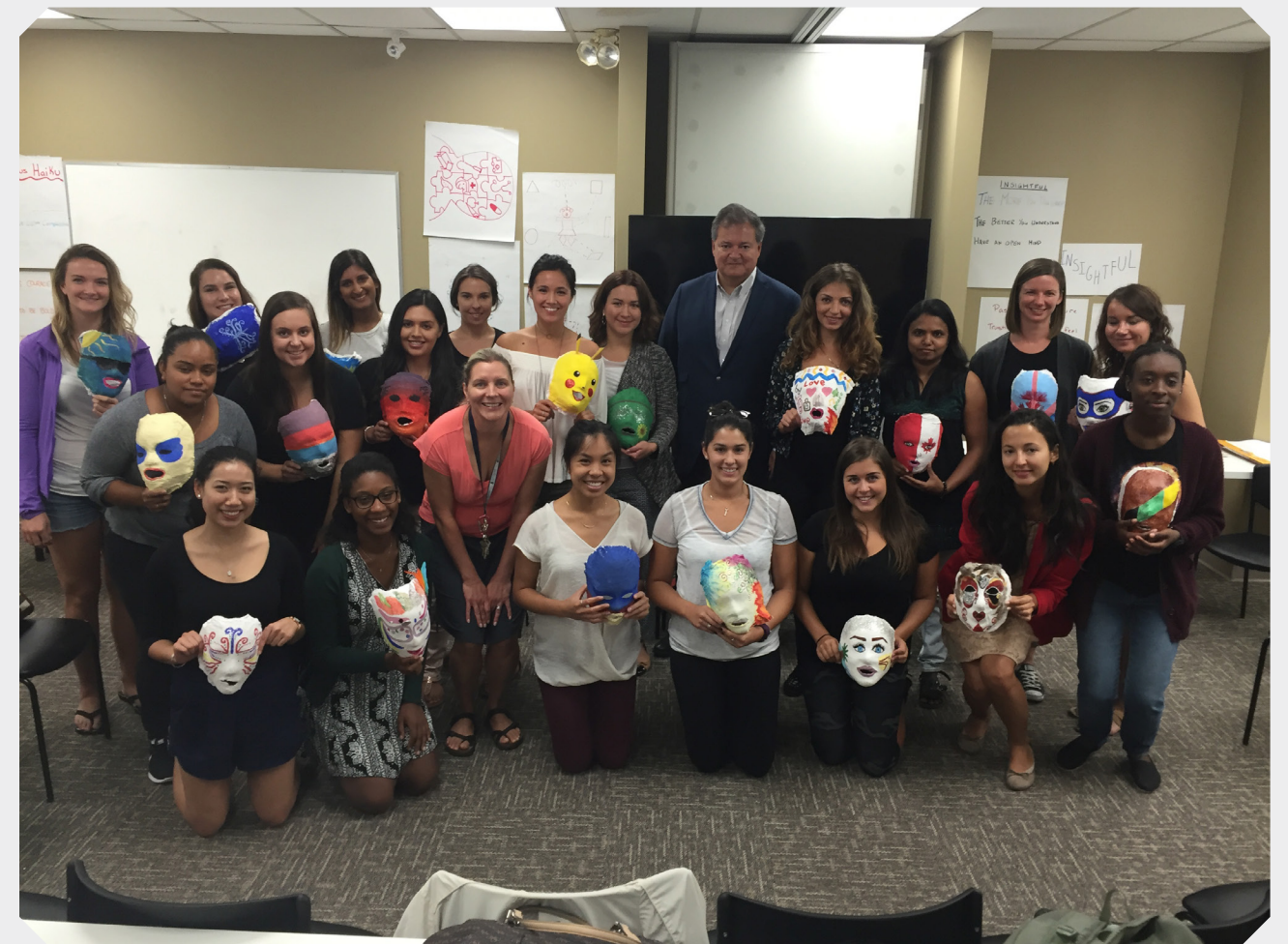





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## Mask making activity from Cohort 5

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# What nursing means to me

## Anonymous Submission

One year after beginning my journey in the scholar practitioner program, I reflect back on the many experiences I have had the pleasure, pain, and privilege to live through. The nursing profession is a unique position. I have learned more than I could have imagined in a single calendar year. Yet, the most valuable lesson I have learned is that the knowledge to complete tasks, or carry out specific nursing skills and interventions is always secondary to the individual you are able to interact with. It seems obvious, but this fact became so clear to me after I experienced my first code blue.

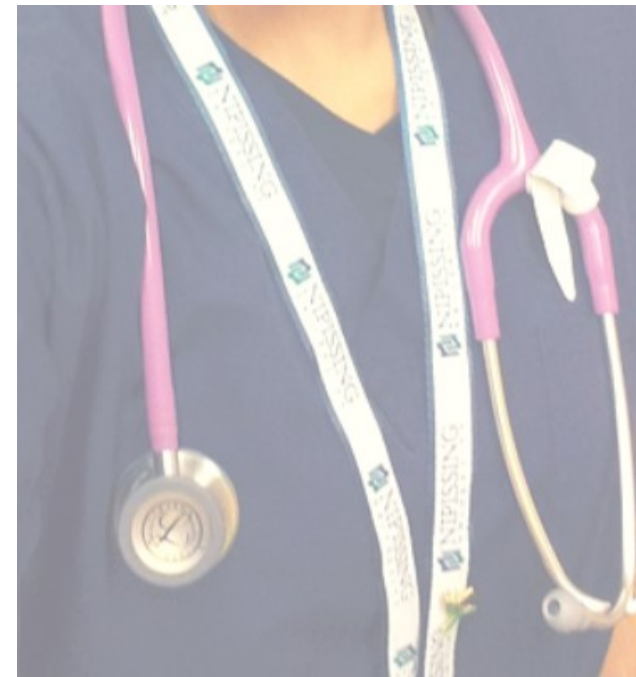
After the code was called, there were about forty people surrounding the hospital room and bed. Once the patient was stabilized and transported out of the unit into the ICU, the room had completely cleared. The forty odd people once observing and offering help and support had disappeared in an instant. All that remained was the nurse caring for the patient, and the three family members of the patient.

A grandmother, a mother, and a granddaughter were all were standing in the hall, hugging and crying. The grandmother and mother followed the patient and team, and had asked the granddaughter to collect the grandfather's things. She was quietly crying and packing his things into a duffel bag, when I noticed that nobody had offered to step in or help her. Given my role as both a nurse and a human being, I immediately offered my help emptying the bedside table drawers. She was so thankful, and it was the smallest thing I could have done.

Nursing to me is doing the right thing. Nursing requires a lot of knowledge and developed critical thinking skills, but above all, it requires compassion, and recognizing each client as a fellow human being.

The scholar practitioner program is an incredibly innovative curriculum. To be a part of an educational system that emphasizes the importance of independent learning, and encourages students to complete their schoolwork in a way that is conducive to each learner's preferences is very enriching. Additionally, the ability to gain practical experience in the heart of Toronto's hospitals is a wonderful bonus. The program's focus on providing care using concepts like narrative inquiry, as opposed to a more task oriented focus, has enabled me to combine my nursing knowledge with experiences to provide the best care that I can, both now and in the future.

## NURSING TIPS



## PREPARING AND SURVIVING YOUR CLINICAL PLACEMENT 101

Written by: Jannel Fontz, Cohort 4 Yr 2

Whether it is our first or fourth hospital and/or community placement, that queasy, gut-wrenching feeling is still there (Dimenhydrinate, STAT!).

### SELF-CARE

is one of the most important

facet of nursing, we, nurses advocate for, and yet, often neglect to apply to ourselves. It is imperative that we continue to take care of ourselves, in order to continue to care for others (Blum, 2014).

So here are some tips found to be effective (tested and proven by yours truly) in preparing and surviving nursing clinical placements.

## EIGHT TIPS TO PREPARE & SURVIVE NURSING PLACEMENTS

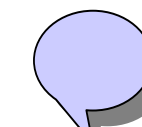
### ➔ G-O-O-G-L-E



Once your placement is confirmed, do some research. You can't know everything on your first day, but knowing a bit of information will help ease the anxiety.

Remember: knowledge is power. Use it to motivate you, not instill fear in you.

### ➔ Meet your preceptor, face-to-face



Make the effort of meeting your preceptor in person: introduce yourself, our program, and your goals. It is also the best time to look into your clinical schedule.

P.S. Don't be shy to ask if you can get a tour of the unit/setting where you'll be spending the next 9-weeks of practicum. It pays off to be a bit familiar with your new home.

### ➔ Visual, Kinesthetic, or Auditory?



Figure out the best way YOU absorb, process, and retain information. Incorporate your learning style into your clinical placement by discussing it with your preceptor. Study smarter, not harder.



**NURSING TIPS**

➔ **A pen, a notepad, and comfy shoes**



A pen (several pieces in different colours) and a notepad will be your primary weapon as you embark on your journey. You'll hear and see so many things, you'll want to write them down! Trust me. You'll have so

many questions, you'll want to write them down too. Also, 8-12 hours of standing and walking is a lot of stress on our feet. So make sure you get yourself an affordable and comfy pair of kicks, you'll be saving yourself time and money by avoiding a visit to your chiropractor. Oh, did I also mention compression socks?

➔ **Get 'em zzzzss**



Sleep is a vital contributor of our health. Getting adequate sleep boosts our mood, increases energy, enhances concentration, and improves our learning. Nobody wants a grumpy and irritable nurse. So get your sleep on!

**DID YOU KNOW?** Sleep deprivation is a widely known method of torture and interrogation technique, so don't torture your body!

➔ **Eat right!**



"[Our] first wealth is health"  
- Ralph Waldo Emerson

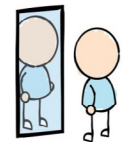
Another way to ensure that we are taking care of our self is to eat balanced, healthy, and enjoyable meals. Satisfy your emotional needs, not just your physical needs! Explore new foods and get creative.

➔ **Sweating is good!**



'Good things come to those who SWEAT.' Exercise releases our 'happy chemicals' called endorphins, creating feelings of happiness and euphoria. Hence, it is one of the most effective ways to de-stress and clear our minds! So allot some time everyday to do your favourite physical activity whether it'd be running, yoga, biking, swimming, or dance. Remember: the only bad workout, is the one that never happened.

➔ **Relax and Reflect**



Finally, don't forget to put the book down and turn off that computer. Take your time, put up your feet, and just RELAX. Relaxing will give you the opportunity to reflect. Reflecting will help you find your strengths and weaknesses. It's also a time you learn about yourself. Don't be afraid to explore your mind for self-awareness makes a better person and a better nurse.

*"Self-awareness ... is crucial to health and well being... self-esteem and therapeutic efficiency, of the practitioner." (Freshwater, 2002)*

These are just pointers and guidelines to help you prepare for your clinical placement. What works for you may not work for others, so explore!

**NURSING** is learning about your **SELF** and your needs, so that you may learn to understand the needs of others. Caring for yourself is your way of caring and protecting others.

Enjoy your role as a nursing student because it will go by fast. Monopolize on opportunities that are available to you. Participate and ask a lot of questions.

And most importantly, smile. Your smile has a multitude effect on your work and your relationship with your clients and colleagues.

*Welcome to the Scholar Practitioner Program 2016-2017!*

**The jail that binds us**

By **Kaireen MacKinnon,**  
SPP Cohort 4

I see you there, trapped, lost, frustrated you will never escape.

I see you, I see you, the person.

The warm caring, tidy and orderly women, with two beautiful children.

You have a daughter whose smile could melt the coldest hearts, not unlike your radiating glow.

I see you trapped by the words that won't escape your mouth.

Words that with a bit of help can be understood and flow freely in conversation.

I see you choosing me.

You choose me, when other faltered to understand, rushing you.

You choose me in our warm conversation, with your smile, and with your patience.

You choose me to connect with, for that I am grateful.

I see you there, trapped, stuck and frustrated you will never escape.

I see you, the man with your kind embrace of a furry creature.

I see you, decisively independent, looking for a way home, a way out.

I see you trapped behind the walls begging to be let free, praying to me.

I wish I could, with all my desires, I wish I could answer your prayers.

Rules and laws and bars bind us.

They bind us through unspoken, word stopping pain.

Your images are burned in my brain, binding us even in my freedom.

## RNAO: More than meets the eye

Christopher Draenos, SN, NU: SPP Cohort 4, BSc



Recently I had the opportunity to participate in the Registered Nurses' Association of Ontario (RNAO) Board of Director's student placement. I spent four and half amazing days with nursing leadership from across Ontario. Prior to the student placement I knew very little about the RNAO except that they produce best practice guidelines which we are encouraged to use for academic papers or in our clinical practice. With the knowledge that I have gained from my time there, I can say that this incredible organization does so much more than produce best practice guidelines and even more importantly represents so much more.

There are almost too many things that are impressive at the RNAO, however what stood out most to me is how the RNAO takes brave and bold stances for nurses and patients. The level and influence of political advocacy that the RNAO engages in is truly inspiring to me. It is not just a select group of nursing leaders that engage in this political advocacy, but it is directly driven by the RN, NP and student members. The RNAO has taken strong and at times controversial stances on important issues, such as healthcare system transformation, private healthcare, medical tourism, or supervised injections sites. These issues were driven by individual nurses in their communities who recognized an issue and brought it forward. The voice and advocacy of individual nurses has then been taken by the RNAO and used to influence and shape health policy in Ontario.

While I was at the board of director meeting, the Deputy Minister of Health, Robert Bell, addressed the board and explained how the Patients First Act was strongly influenced through the RNAO report Enhancing Community Care for Ontarians. Deputy Minister Bell also announced that the RNAO CEO, Doris Grinspun, has been invited to participate in an advisory committee to the Ontario Government on how to implement Patients First. As a last point, I alluded earlier that the RNAO does not shy away from controversial issues. I am encouraging everyone to read the recent RNAO publication, Mind the Safety Gap. This report was released from direct registered nurse concerns about RN replacement in all settings and is likely to influence Ontario's healthcare policy in the near future. The release of this report instigated the involuntary termination of the RNAO President, Vanessa Burkowski, from her role as Chief Nursing Executive at London Health Sciences. Vanessa Burkowski, and members of the RNAO, choose to speak out to the press and public about the importance of the content of the report rather than shy away from the controversy. The courage involved in that is tremendous, and it instills in me such a sense of pride in the work of nurses and their collective influence.



## Book spotlight: How not to die

Jim Barlen, SPP Cohort 4

I bought this book for my father for his 65th birthday. Perhaps death isn't the best thing to talk about on a loved one's birthday, but thankfully my father has a good sense of humour. He appreciated the gesture and was eagerly awaiting this book from Dr. Michael Gregor. I finally got around to reading this book myself, and I'm glad I did. This information was simply too important not to share with my friends and colleagues.

Dr. Gregor is a physician that specializes in clinical nutrition. Dr. Gregor recognized individuals were often presented with confusing and conflicting information about nutrition. To address this problem Dr. Gregor created the website [nutritionfacts.org](http://nutritionfacts.org) which he describes as a non-commercial science-based public service. The goal of this website is to provide up-to-date and peer-reviewed nutrition and health research so it's accessible to both health care providers and patients. Dr. Gregor's slogan is that he reads every English language journal on nutrition so you don't have to.

In *How Not To Die*, Dr. Gregor concludes that based on his extensive research, eating a whole food plant based diet is the single best way to prevent, treat, and in some cases even reverse the leading causes of death. Dr. Gregor is a proponent of lifestyle medicine and nutrition as a powerful clinical tool. *How Not To Die* is divided into two sections. In the first section, Dr. Gregor examines the relationship between nutrition and the most common diseases. Dr. Gregor offers astonishing examples of clinical studies where patients reversed the progression of heart disease and type 2 diabetes through dietary changes. This book has an extensive bibliography for those scholar practitioners who are interested in critically reviewing the methods and findings of specific nutritional studies. In the second section, Dr. Gregor provides more practical advice about his personal diet and the foods he regularly eats. This section does a good job at describing what a healthy, balanced, and tasty plant-based whole-food diet looks like. I'm inviting you to read this book and consider if adopting a whole-food plant-based diet makes sense for you and the people you care about.





## How to make hummus that is better than store bought

Joshua Gellis, SPP Cohort 4

### You will need:

- 1 (15-ounce) can chickpeas or 1 1/2 cups (250 grams) cooked chickpeas
- 1/4 cup (60 ml) fresh lemon juice (1 large lemon)
- 1/4 cup (60 ml) well-stirred tahini
- 1 small garlic clove, minced
- 2 tablespoons (30 ml) extra-virgin olive oil, plus more for serving
- 1/2 teaspoon ground cumin
- Salt to taste
- 2 to 3 tablespoons (30 to 45 ml) water
- Dash ground paprika, for serving

### Directions:

1. Prepare the Hummus: In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more.
  1. Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended.
  2. Add chickpeas: Open, drain and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.
  3. Create the Perfect Consistency: Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2 to 3 tablespoons of water until you reach the perfect consistency.

Serving and Storing: Taste for salt and adjust as needed. Serve hummus with a drizzle of olive oil and dash of paprika. This recipe makes about 1 1/2 cups of hummus. Store homemade hummus in an airtight container and refrigerate up to one week.

## Cooking with Gabe

Gabriel Oh, SPP Cohort 4

Here are two of my favourite original recipes to satisfy your hunger after a 12 or an 8 hour shift.

### Recipe 1: Pan seared halibut with green bean puree and vegetables

#### Ingredients

- Halibut – 2 fillets per person
- Dill – fresh, chopped, 1/4 cup
- Green peas – 1/2 cup per person
- Vegetables – 1/2 cup per person
- Butter – teaspoon
- Olive oil
- Salt and pepper

#### Directions

1. Fillets: Season halibut fillets with salt and pepper. Place pan on high heat with a table spoon of olive oil until it starts to bubble. Place halibut fillets flat-side down, sear for 5 minutes. Flip and sear for additional 5 minutes. Turn off the heat and let the fillets rest. Tip: Previously frozen fish will leak moisture after searing, make sure to rest your fillets by placing it on a piece of paper towel to keep it crispy.
2. Green pea puree: Place green peas in boiling water, cook until water starts to boil again. Immediately place green peas in a blender; add butter, dill, salt and pepper and blitz until it reaches the consistency of a milkshake. Set it aside.
3. Veggies: Broil, boil or pan fry veggies. Season with salt and pepper.
4. Garnish with dill and serve.



### Recipe 1: Scallop risotto with orange puree

#### Ingredients

- Arborio rice – 1 cup OR ratio of 4/1 (liquid/rice)
- Low sodium chicken/vegetable stock – 2 cups
- Cream – 1 cup
- Milk – 1/4 cup
- Honey – 1/4 cup
- Optional: white wine (cheaper the better) – 1 cup.
- Rosemary and chives – 1/4 cup each
- Scallops – 1 per serving
- Garlic – 3 cloves
- Orange juice – 1/2 cup
- Olive oil – 1 table spoon
- Radish – 1 root
- Salt and pepper

#### Directions

1. Scallops: Pre-heat a skillet in high heat for 5 minutes. Pour in olive oil until it starts to bubble. Season and place scallops in pan and let it fry until golden brown. Pour in wine and reduce until scallops are pale white. Set aside to cool.
2. Orange puree: boil orange juice in high heat until reduced to 1/4 cup. Pour in honey and milk. Vigorously stir until golden orange. Set aside to cool.
3. Risotto: Add olive oil, garlic, and Arborio rice to a saucepan and place on medium heat until each grain of rice is slightly translucent and golden brown (saturated with oil). Pour 1/2 cup of chicken/vegetable stock and stir constantly until stock is fully absorbed. Slowly pour another 1/2 cup of stock while stirring every. Repeat the process every 5 minutes until rest of the stock is absorbed. Pour in optional wine and season with salt and pepper. Drop a tablespoon of butter and let it simmer in low heat for 10 minutes. Pour in cold cream and stir until creamy white, cold cream prevents overcooking. Add chopped rosemary, stir and keep on low heat (prevents settling). Your risotto should be right in between "soft but still with a bite".
4. Garnish with chives and orange puree and serve.





## Faculty and learner academic scholarship

Stephanie Chu, Valini Geer and Krysia Theriault presented the NU SPP curriculum within their presentation titled Innovation in Nursing Education earlier this year. This invited presentation was graciously sponsored by the Hospital of Sick Children and broadcasted via Web-cast throughout Ontario.

Katalin Pere's work was a feature article published in Clinical Nurse Specialist. Interprofessional Quality Improvement Project to Reduce Hospital-Acquired Pressure Ulcers is an excellent example of her collaborative commitment to the scholar-practitioner philosophy of our program. The purpose of this clinical nurse specialist led interprofessional quality improvement project was to reduce hospital-acquired pressure ulcers (HAPUs) using evidence-based practice. Krysia Theriault is embarking on an intensive "Emerging Leaders" Leadership Development program at UHN. This highly competitive 10-month program is focused on leadership skills for high performing individuals.

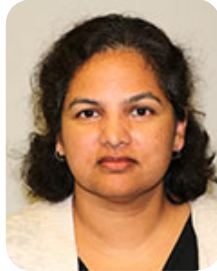
Louela Manankil-Rankin recently received a fellowship award from the Registered Nurses Association of Ontario in collaboration with the Associated Medical Services Phoenix project. The AMS/Fellowship Project is titled: Constructing the future of nursing practice through participatory conversations on moral obligations, relational, person-centred and compassionate nursing practice using arts-informed facilitation strategies.

Ping Zou's research article titled Relational Practice in Nursing: A Case Analysis was published in the journal Nursing and Health Care in early 2016. This paper reflects personal experience of nurse-patient interactions using relational practice to further analyze the interaction.

Congratulations to our entire program faculty on their support of our philosophy of lifelong learning through continued contributions to our broader academic community!



Stephanie Chu



Valini Geer



Katalin Pere



Dr. Louela Manankil-Rankin



Krysia Theriault



Dr. Ping Zou

## Placement profile

### Elsa Lam, SPP Cohort 4

Last semester I had an amazing learning experience at Toronto Western Hospital's Psychiatric Emergency Services Unit. I initially felt nervous about how to approach clients and how to present myself, but this apprehension quickly dissolved as I learned about each individual's personal story and my nursing role in facilitating recovery. Among many memorable learning experiences, I remember one client who adamantly advocated for her discharge after a suicide attempt and multiple flight attempts. Although I tried to de-escalate the situation, it honestly felt like I was doing the opposite. I was shaken and felt incredibly incompetent. When the client quietly thanked me later though, I realized that clients really do remember and appreciate small acts of kindness even after or during a crisis. Although a couple months have passed since my placement, I am surprised at how the experiences changed my perception of others' actions and behaviours. Even though we cannot fully understand what others are experiencing, we can always strive to be compassionate within and outside our nursing roles.

## Note from Baiba Zarins

Congratulations on the start of a new academic year in the NU SPP!

This edition of the NU SPP newsletter is filled with great ambition and activity as we commence our 5th year of the NU SPP. Five years is a very monumental achievement for our innovative nursing education program!

As a year one learner, you are embarking on the Generativity and Life semester theme as the genesis of your learning within a new curricular model while immersing yourself into the profession of nursing within the broader health care field. Please reach out for support and guidance in developing your self-directed learning journey. Our year two learners are well experienced in this journey as we witness their commitment to mentorship in support of your path and overall success in the program.

Congratulations to our year two learners as you are half way through the program! How quickly the year has passed, as we share your excitement and enthusiasm as you embark on the remaining semesters to your graduation in the summer of 2017! Your continued growth and deepened understanding of the intricacies of health care are commendable.

Best regards,  
Baiba.

"Coming together is a beginning; keeping together is progress; working together is success."

Henry Ford

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Baiba Zarins successfully defended her doctoral research to attain her PhD in July, 2016. Her research of the NU SPP titled Experiential Research: Assessing Narrative Inquiry Based Nursing Education Curriculum through the Reflective Journey of Program Students explores the journey of program graduates to share their narratives of influence and moments of insight throughout the two year experience.

Congratulations to our entire program faculty on their support of our philosophy of lifelong learning through continued contributions to our broader academic community!

## In recognition

Paula Suciu, a 2014 cohort graduate, was the recipient of the Registered Nurses of Ontario Foundation (RNFOO) scholarship award.



## Announcements

- A warm welcome is extended to Nicole LeBlanc, who will be the faculty mentor (Adjunct Professor) for the Hospital for Sick Children as of early October. Nicole will support HSC learners as Stephanie Chu embarks on her 6 month secondment within HSC in a program manager role. Stephanie's leadership role encompasses focused educational programs for care providers of pediatric patients in the home environment. Congratulations to Nicole and Stephanie!
- The NU SPP Journal club is seeking interested learners who like to engage in sharing, scholarly discussion and review of interesting publications. Please contact your colearner council members for further information and meeting schedule.
- Please be sure to keep connected with the SPP infrastructure through your colearner council representatives. The September meeting was very productive in setting the stage for an active academic year.

[Thank you to all the contributors of the fall spp newsletter:](#) Alla Pak, Maggie Lu, Jannel Fontz, Kaireen Mackinnon, Christopher Draenos, Jim Barlen, Joshua Gellis, Elsa Lam, Baiba Zarins.

[Editors:](#) Rachel Mathie and Gabriel Oh.

[Photos courtesy of:](#) Alla Pak, Jim Barlen, Joshua Gellis, Christopher Draenos and Gabriel Oh.