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LE JOURNAL ÉTUDIANT DE GLENDON / GLENDON'S STUDENT NEWSPAPER



Pro Tem

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Letter from the Editor

Hello Glendonites! Bonjour Glendonites!

To start off, let me introduce myself. For those of you who don't know me, my name is Cheryl Kane and I am a 4th year student studying political science and history at Glendon. I also happen to be your new Editor in Chief of ProTem for the 2011-2012 year.

La plupart d'entre vous se demandent probablement pourquoi ProTem n'a pas été autour pendant un petit moment, il y avait quelques problèmes de l'an dernier, ce qui fait en sorte que ProTem a été incapable de se mettre en place pour toute l'année dernière.

It has been a struggle to get everything in order after such a long hiatus, but I am happy to say that with the fantastic team we have working on the newspaper this year, that things have shaped up quite nicely, and that we are back on track to deliver you articles that will certainly provoke discussion, educate and entertain. In this issue, myself and the team decided to base it around a central theme of the « new » Glendon, and in a way this coincides nicely with our hopes of ProTem for this year, being reborn, and with a new look to go with it.

Tout ce qui concerne ProTem cette année est tout simplement différent. Sortie de l'équipe éditoriale, je suis le seul étudiant de retour, après avoir édité la section Vie sur le campus de l'année précédente que ProTem est entré dans la clandestinité. Chaque autre éditeur est nouveau, que je crois est une grande chose, car à partir de ce moment, nous pouvons vraiment construire ProTem d'être ce que vous les lecteurs veulent qu'il soit. Nous allons augmenter la quantité de visuels, et aussi faire des choses différentes sur le côté design. Ce que je voudrais voir est pour ProTem de vraiment commencer à obtenir des réactions des gens qui le lis et l'apprécie, mais voudraient améliorer certains aspects. J'aimerais des éditoriaux d'être soumis et de trouver une place pour eux dans la publication.

If I'm honest, I was rather upset at ProTem's state of affairs last year. I went away on exchange, and upon my return inquired into getting involved once more on the ProTem team. To my delight I was awarded the position, only to discover the sheer challenges that would await. Perhaps the most disappointing, is that only a handful of students seemed to genuinely care that ProTem was not in existence. For a college that prides itself on its students being actively involved in student life both in and outside of the college, this both shocked and irritated me. It is my passion for this paper, and the great people I now work with, that drives me to ensure that such a thing never happens again. Never in the history of ProTem's publication, has it ever been in a state of hiatus, and as a history major, I am a strong believer in when it is avoidable, for history not to repeat itself.

So I ask of you, my fellow students at Glendon, to help me make this year of ProTem a strong one, and ensure that ProTem is able to endure the test of time.

Thank you and I look forward to hearing from you. Throughout the issue, the contact email will be placed around, so if you would like to write for us, or have any suggestions and/or questions for the team, send us a line!

Cheryl Kane

PROGRESS REPORT ON GLENDON'S EXPANSION

À L'INTÉRIEUR DU SITE DE CONSTRUCTION

PAR PAOLA PAULINO

FRENCH ASSISTANT EDITOR

Two years ago, I wrote an article about the new wing that Glendon is going to have thanks to \$20 million from the Ontario government naming our school the Centre of Excellence for Frenchlanguage and Bilingual Postsecondary Education. Now, as we near the end of fall semester and see the new building rise, I was lucky enough to be given a private tour of the construction site by Gilles Fortin, Glendon's Executive Officer and the architect. I also later spoke with Principal Kenneth McRoberts about the new wing.

Outfitted with construction gear, I honestly didn't know what I was signing up for during my Remembrance Day tour. I was apprehensive to find out if they were building something that was truly for students or if it was all just a bunch of office space.

The first thing I noticed when I stepped in was the amount of light that was streaming in. Weird, since the lighting wasn't installed, but it was the natural light that was streaming in from all the glass windows. This was my first concern addressed. I thought the design wouldn't fit in with Glendon's picturesque Manor and old-world feel, but the point of the glass was to be able to see Glendon all around you. Principal McRoberts said that the architect Renée Daoust visited our campus and based her design on transforming the campus while still being harmonious with Glendon's natural beauty.

I visited all three floors and the basement. And at the end of the visit, I got the answer to my most important question: Will there be more student space?

And the answer is a loud YES. There will be no new offices in this new wing except for a relocation of the Office of Extended Learning. But, and the principal confirmed this, everything else is being built with students' need for space in mind.

There will be an elevator that provides accessibility to every floor. And on all four floors, brand new bathrooms as well as student space. There will also be classrooms on every floor. The largest can hold up to 70. Some of them have floor to ceiling glass windows.



KARALEIGH HAYES

In the basement, there will be a bigger art studio than the one in Wood Residence, a space where more lockers can go and a place for students to sit and hang out that is bigger than the Breezeway.

On the first, second and third floors, there will be couches that overlook the entrance so students can wait for the shuttle or their ride from inside. The third floor has an outside terrace that can host outdoor events overlooking the grounds.

But the biggest addition is of course the auditorium that can hold up to 250 students. In the back of this prominent room, there will be a booth for students to practice live translation in.

In January 2012, A-Wing classrooms will be available for use again and construction should be finished in spring of that year. The new classrooms will be available for use during summer and everything should be ready for September 2012.

Personally, the most exciting part for me is the Tim Hortons that will be built right next to our brand new official entrance! I've seen where it's going and I can already imagine myself lining up for my caffeine fix.

Il y a deux ans, j'ai écrit un article sur la nouvelle aile que Glendon aura, grâce à 20 millions de dollars du gouvernement de l'Ontario qui a nommé notre école le Centre d'excellence pour les études postsecondaires en français et bilingues dans le sud de l'Ontario. Maintenant, comme la fin de semestre s'approche et le nouveau bâtiment continue d'être construit, j'ai été assez chanceuse d'avoir une visite privée du chantier par Gilles Fortin, le directeur général de Glendon, et de l'architecte. J'ai aussi parlé plus tard avec le Principal Kenneth McRoberts au sujet de la nouvelle aile.

Équipée avec un casque, une veste et des bottes de construction, je ne savais pas a quoi s'attendre lors de la visite qui a eu lieu le Jour du Souvenir. J'avais peur que l'espace sera réservé aux bureaux et non pas aux étudiants.

La première chose que j'ai remarquée quand je suis entrée est la lumière. Bizarre, car l'éclairage n'était pas encore installé, mais c'était la lumière naturelle qui rentrait à partir de toutes les fenêtres en verre. Ma première peur est disparue. Je pensais que le style du bâtiment n'allait pas bien avec le Manoir pittoresque de Glendon, mais le but du verre était de pouvoir voir tout autour. Le principal McRoberts a déclaré que l'architecte Renée Daoust a visité notre campus et a basé son plan sur la transformation du campus tout en harmonisant l'édifice avec la beauté naturelle de Glendon.

J'ai visité les trois étages et le soussol en tout. Et à la fin de la visite, j'ai obtenu la réponse à ma question la plus importante: est-ce qu'il y aura plus d'espace étudiant?

Et la réponse est OUI. Il n'y aura pas de nouveaux bureaux dans l'aile, sauf pour une relocalisation du Bureau de Formation continue. Le principal a

bien. Cette structure de trois étages

confirmé que tout le reste est construit en gardant les besoins des étudiants en tête.

Il y aura un ascenseur qui permettra l'accessibilité à tous les étages. Chaque étage aura des salles de bains ainsi que de l'espace étudiant. Il y aura également des salles de classe à chaque étage. La plus grande peut accueillir jusqu'à 70. Certaines d'entre eux ont de grandes baies vitrées.

Dans le sous-sol, il y aura un studio d'art plus grand que celui dans la résidence Wood, un espace pour plus de casiers et un endroit plus grand que le Breezeway pour les étudiants à s'asseoir.

Sur le premier, deuxième et troisième étage, il y aura des chaises en face des fenêtres pour voir l'entrée afin que les élèves puissent attendre la navette ou leur lift de l'intérieur. Le troisième étage aura une terrasse extérieure pouvant accueillir des événements en plein air.

Mais l'addition la plus majeure est bien sûr l'auditorium qui peut accueillir jusqu'à 250 étudiants. Dans le fond de cette pièce importante, il y aura une petite chambre pour que les étudiants puissent pratiquer la traduction en directe.

En janvier 2012, les salles de classe de l'aile A peuvent être utilisé à nouveau et la construction devrait être terminée au printemps de cette année. Les nouvelles salles de classe seront disponibles pendant l'été et tout devrait être prêt en septembre 2012.

Personnellement, la partie la plus excitante pour moi est le Tim Hortons, qui sera construit à côté de notre nouvelle entrée officielle! J'ai vu avec mes propres yeux l'espace qu'il occupera et je peux déjà m'imaginer en file pour ma dose de caféine.

If you want to find more on the project, visit: http://www.glendon.yorku.ca/centreofexcellence/english.

Si vous voulez en savoir plus sur le projet, visitez: http://www.glendon. yorku.ca/centreofexcellence/francais/ index.php

CONTACTEZ-NOUS: PROTEM@GLENDON.YORKU.CA

FROM THE PRINCIPAL – MESSAGE DU PRINCIPAL

Dear students and members of the Glendon community, chers avides lecteurs de Protem:

Now that we have all settled into a new academic year, let me share some news about Glendon.

We are off to a good start with more students than ever in our history. And, as many of you know, admission standards are high at Glendon—we have been joined by a strong entering class. Indeed, the entering grades of students at Glendon are among the very highest in the University as a whole.

At the same time, we are pursuing a variety of initiatives to strengthen

further your experience as a student. Some of you will have participated in this summer's first ever JumpStart program, designed to ensure a successful transition to university. Also, you may have heard of ongoing plans to revise how French as a Second Language is offered to students who are not French majors. I believe that the new program, which is to come into effect next September, will be of real benefit. And, of course, you are already aware of the transformed servery in the Dining Hall.

Comme vous le savez, la construction de l'expansion du Pavillon York avance

comprendra de nouvelles salles de classe et de séminaire, un auditorium de 250 places et davantage d'espace pour étudier et socialiser. Ce projet visant à transformer Glendon en Centre d'excellence pour l'enseignement postsecondaire bilingue et en français du sud de l'Ontario a bénéficié d'une subvention de 20 millions \$ de notre gouvernement provincial. Le tout sera complété en mars 2012 et aura comme effet, j'en suis sûr, de revitaliser le campus. Vous pouvez trouver plus de détails sur cette initiative dans la section "Construire l'excellence" sur le

site web de Glendon.

In sum, these are exciting times at Glendon. If you have thoughts about these or other topics, why not share them with me at principal@glendon. yorku.ca? Maybe you have suggestions of issues I might address in future columns. N'hésitez pas à me rejoindre à l'adresse courriel ci-inclus pour partager vos idées ou pour vos suggestions.

Cordialement,

Kenneth McRoberts, Principal

Campus Life

SEE THE RESULTS

WUSC GLENDON IS HELPING TO CHANGE THE WORLD

BY LAURA STANLEY

CONTRIBUTOR

As part of the diverse group of clubs and committees offered at Glendon, our chapter of The World University Service of Canada (WUSC) is determined to get its causes heard on campus.

Although still developing, Glendon's WUSC is helping to make changes on an international scale and reaching out to causes especially important to the students of Glendon.

"It's a great way for post-secondary students to get involved in real NGO work on campus while they're doing their degree," says current president of WUSC Glendon Andrea Cordoba.

Based in Ottawa, WUSC works through committees on various campuses across Canada, allowing the individual committees to choose to work on one of the many projects offered by WUSC.

"Their main philosophy is, 'Education changes the world.' When I first joined, I thought that was very hard-hitting, especially being a student myself and knowing that to advance in this world you have to have certain basics in education," Cordoba says about her personal experience with WUSC.

According to Cordoba, "One of their [WUSC] major campaigns is the student refugee program," She explained how WUSC operates this program. "What they do is [have] a committee at a university sponsor a student from a refugee camp in Sub-Saharan Africa, We sponsor them to come over, they are fully funded for their education for a year, their residence, their meal plan, and their tuition."

After starting in 2006, Glendon's WUSC briefly disbanded in 2009 when the strike happened, resulting in some problems. "The committee itself has faced challenges because it is a grassroots organization here at Glendon. Sparking interests and getting our levee set up, [there] was a lot of obstacles that they had to face and overcome," she says. "There wasn't really transition from the older members to the newer members."

To support the student refugee program, WUSC is currently looking to increase its funds. They are hoping

that can happen at the referendum vote in March so the sponsorship of refugee students can become more frequent.

"As it stands right now, every student who's enrolled at Glendon is paying ten cents a credit. If it's a full course load, you are paying three dollars a year," explains Cordoba. "What we're asking is to increase that levee amount from ten cents a credit to sixteen cents a credit and that way Glendon can sponsor more frequently because as it stands, we're sponsoring every three years. We have to get a ten percent support of the student population at Glendon. What we were doing this past month was collecting signatures from people and students across Glendon and asking them to the vote in March."

In addition to the student refugee program, WUSC Glendon is looking to take part in the "Shine a Light" campaign next semester and as Cordoba says, "It's a campaign that we all agreed was important and it peaked our interest." Cordoba explained the campaign, "Girls in countries like Africa are expected to do field work and chore work in the day time so they can't attend classes when they're normally held. So the "Shine a Light" campaign is to provide solar lamps to girls who want to continue their education but can only do so by night."

Along with the positive global causes the organization helps with, WUSC Glendon has personal importance for a lot of the students involved, making it a truly significant cause for the student body to be aware of. "I think it's particularly important for Glendon students to get involved because we are the Liberal Arts campus and these are real world issues. I myself come from a family of refugees and a lot of our committee members were refugees," Cordoba says. "A lot of committees, I find, talk the talk but they don't walk the walk. WUSC is actually on campus, we have our students here, and you see the results."

For more information and to contact WUSC Glendon, "Like" WUSC Glendon on Facebook.



KARALEIGH HAYES

SALON FRANCOPHONE DE GLENDON

COME PRACTICE AND IMPROVE YOUR FRENCH!

BY ERIC LUTALADIO

CONTRIBUTOR

Bonjour tous, nous sommes l'équipe 2011 du salon Francophone de Glendon et nous sommes moniteurs et monitrices de la langue française au Salon Francophone. On vous écrit pour vous faire part du mandat du Salon Francophone; il s'agit d'un lieu où francophones et francophiles peuvent échanger sur la langue française. Si vous apprenez le français, vous pouvez venir y pratiquer autant votre français écrit que parlé.

De plus, tout au long de l'année, nous organiserons quelques activités, dont les lundis « Francociné »! Trois fois par mois, les lundis, nous projetterons des films à partir de 18 : 30. Le premier « Francociné » a commencé le 14 novembre avec le visionnement de notre premier film « Les choristes ».

Le salon francophone organisera également un Pub Night francophone en partenariat avec le Glendon Francophone Union. Pour de plus amples informations concernant le pub night, joignez-vous au groupe Facebook Glendon Francophone Union (GFU). Au plaisir de vous voir bientôt!

Toute l'équipe du Salon Francophone (B-111),

Eric, Thierry, Bastien, Caroline, Yannick, Marie-France, Umika, Nathalie, Marilou, Elcy, Angélique, David, Geneviève et Mathieu

Hi everybody, we are the 2011 Salon Francophone team. We are writing you a brief note in order to tell you our mandate; the Salon Francophone is a place where you can practice your French, hang out and get help with your homework. You can come practice your written as well as spoken French.

Throughout the year, we will organize a few activities such as the "Francociné" Mondays! Three times a month every Monday, the Salon Francophone will present a movie in French with English subtitles at 6:30 pm. The first "Francociné" started on November 14th with the movie "The Choir".

Also, the Salon Francophone together with "Glendon Francophone Union" will organize a Francophone Pub Night. For more information, join the Facebook group Glendon Francophone Union (GFU). Looking forward to seeing you soon! The entire Salon Francophone team (B-111),

Eric, Thierry, Bastien, Ĉaroline, Yannick, Marie-France, Umika, Nathalie, Marilou, Elcy, Angélique, David, Geneviève and Mathieu

TRICK OR EAT! HELPING THOSE IN NEED AND HAVING FUN BY SARAH CAMPEAU CONTRIBUTOR

Glendon students took some initiative to fight against hunger. On Halloween Day, 12 students assisted in the first campus- wide Trick-or-Eat event. They walked down Lawrence and surrounding streets collecting canned goods for the North York Harvest food bank. In the short span of only two hours (7:00-9:00pm) they managed to gather 566 non-perishable food items!

Two of Glendon's clubs, Roots & Shoots and Yes!+ created and participated in the event. The co-chair of Roots & Shoots, Colvin Chan stated, "We decided to map out the routes and [make] posters together." The route consisted of Cheltenham Avenue, Buckingham Avenue, Bayview Wood, Rodchester Avenue, Lawrence Avenue East, Wanless Crescent and Dinnick Crescent. Other preparations included the distribution of flyers to the houses along these streets, making the neighborhood aware of the collection. The handout asked homeowners to consider making a donation either in person when the students came to their door, or by placing the contribution in a bag on their porch.

Posters were also distributed and displayed around the school and residence buildings, to attract volunteers for the event. Benedicte Pelletier, became a volunteer because she saw one of the posters. "Quand j'ai vu les affiches aux résidences,

j'ai tout de suite pensé: il faut que je le fasse. C'est une idée extraordinaire!"

Monday night, at 6:30pm, the Breezeway was taken over by students dressed in costumes such as Mario, a clown, a chef, a princess and little red riding hood. The group left the campus just before 7pm and started down Lawrence carrying reusable grocery bags, hauling suitcases and steering a shopping cart. They broke into groups of two or three and the trick-or-eating began.

The evening passed quickly. The volunteers walked from one door to another successfully gathering food. The generosity of the neighborhood was impressive. By the end of the night the tired, but pleased volunteers returned to Glendon and were amazed by the amount of food that had been collected.

Adriana Alfano, a long time Roots & Shoots member, commented on the event: "This is the first time we've done this and the response was amazing. So I'm sure this will become a long-standing tradition at Glendon."

The event was enjoyable and served as a great kickoff to Glendon's November food drive.

Trick- or - Eat was a great success and will be an annual event at Glendon as of this year, so mark it down in your calendars: October 31st 2012 – Trick or Eat!

Vie de Campus

LUNIK CAFÉ



KARALEIGH HAYES

PROFILING LUNIK'S LEADERSHIP

BY VICKY BROOK

CONTRIBUTOR

What's that smell of fair trade coffee and vegan treats coming from the basement of the Manor? None other than the Lunik Co-operative, a café that offers students an aesthetically pleasing and environmentally friendly space to study, snack and socialize.

The Lunik Co-op began its initial operations this year, serving fair trade coffee, tea, organic produce and a variety of other vegan goodies at student friendly prices—it doesn't get better than a 50¢ minimum donation for beverages!

Since 2008, each student has paid a 90¢ levy per credit to fund the Lunik project. However, it hasn't been until this year that Kaela Greenstein and Amanda Hardman have made this dream a reality, wanting to finally give fellow students the chance to enjoy the space that they had been paying towards for the past few years.

Greenstein took over as Project Coordinator over the summer. With a fresh paint job, comfy armchairs and umbrella lights, the basement was transformed into an eclectic student space, complete with a cozy independent coffee shop vibe. Among Greenstein's future goals for Lunik is to expand the kitchen and the current menu to dishes to include crepes and paninis. However, she admits that there is some difficulty in managing the red tape of York University administration to allow such a renovation. "The issue was that they were wary about students having control of this sort of operationfear of embezzlement and funds not being appropriated properly," says Greenstein.

There was also the question of approving the food service itself. As every Glendonite knows, Aramark currently has a monopoly as the sole food service provider on the bilingual campus. Simply put, many students want an alternative.

"I like the fact that it's is a student run co-operative," says Connie Passas, a regular at Lunik. "It offers cheaper options to students and isn't run by a corporation."

Discussing how the café is run, Greenstein emphasizes that Lunik is based on a co-operative business model. "This is truly a café run by students," she says. "Every student has a right to a part in Lunik; every student has a say in its affairs."

General meetings are held every Thursday and attendants can discuss and vote on issues revolving around Lunik. All revenues gained by Lunik goes straight back into covering costs and developing it as a student space; no personal profit is netted by any individual member.

In addition, Greenstein hopes that Lunik will help foster a sense of Glendon community. "I want this to be a manifestation of Glendon ideas, a forum for students to meet, discuss, debate and feel free to make alternative choices." She adds that it's essential to have such a space present on the Glendon campus, instead of students heading over to the bigger and seemingly more lively Keele campus. Greenstein aims to make Lunik a popular venue for student events, from poetry readings to movie nights to art exhibits.

On its artistic potential, Lunik volunteer Michelle Sciuk comments: "I get to be my creative self here. [Lunik] is great place to draw or listen, a little niche that didn't exist before."

With its commitment to sustainability (there are no take-away cups; patrons are encouraged to bring thermoses) and its stylish charm, it's no wonder that Lunik is already popular with the Glendon community. Lunik has pages on Facebook and Twitter.

STUDENTS HELPING FELLOW STUDENTS

BY JUAN GARRIDO

CONTRIBUTOR

One of the most common complaints among the student community at Glendon is the cafeteria. Problems vary from the prices, the lack of variety and the busy atmosphere. Fear not, Glendonites for Lunik Café is becoming the answer to all those problems.

The idea for Lunik was conceived a few years ago by a group of students who felt the need for a co-operative student-run café that promoted sustainability and community. After a review by the Space Committee at the Keele campus, the basement of the Glendon Manor was chosen for this project. Thus, this marked the date when Lunik was born.

A project that has taken years to get off the ground - to the point that some students never thought it would see the light of day - Lunik opened it's doors this September. Lunik has attracted a small group of committed students, who have volunteered to help get it off the ground. When a student enters Lunik, they should expect the "Superintendent General", who is a student that has volunteered to run the counter and oversee transactions, to greet them.

In the two months since it has opened, Lunik has become a popular student hangout and there has been growing interest from others to learn more about its' services. Due to the work of those committed students and Director General, Kaela Greenstein, the idea of a student co-operative has taken flight.

Inquiring minds who enter Lunik will learn that its' financial operations are straightforward. For each credit that a student takes at Glendon, 90¢ of that will be given to Lunik Café. With this money, Lunik was able to renovate its' space into a much appealing hang-

out and provide weekly supplies of David's Tea, Ethical Coffee, and Sweets of the Earth. To further alleviate costs, Lunik also asks for a minimum 50¢ donation for coffee and tea and a \$1.25 to \$3 donation for pastries and baked goods (all of which are vegan). All these donations are enough to cover the costs of these items. Any additional donations will be directed towards improving Lunik's services. Future plans for Lunik include accepting YU-Cards and adding a completely new kitchen and food-service area, which will help Lunik become a fully working café and restaurant.

However, Lunik is more than just a place to get cheap coffee or tea. It's a student space. As students pay into Lunik, they are given the right to use the space for what they choose. It is not rare to see students meeting with each other to study, catch up, or even take a nap on the bean bag chairs. Clubs are booking the space for meetings and events, and even individuals have started using Lunik for their own purposes. Lunik also plans to have open mic nights, poetry slams, movie nights and other exciting events.

With all the progress that has been accomplished in the last few months, Lunik has become a student favourite. It captures the spirit and community feel of Glendon. Lunik embodies the principle of students working hard to enrich their community and emphasizing that even a little co-operation from peers can go a long way in this world.

Want to get involved and volunteer at Lunik? Want to book the space for an event? Got a question about Lunik or co-operatives? Find them on Facebook, follow them on Twitter @ lunikcoop, email lunikcafe@gmail.com or come on in!



KARALEIGH HAYES

Campus Life

GLENDONITE ON EXCHANGE

THE REWARDING AND OVERWHELMING EXPERIENCE OF STUDYING OVERSEAS

BY NELTA WILLIE

CONTRIBUTOR



COURTESY OF NELTA WILLIE

Welcome back returning students! I am coming to you from the Université Libre de Bruxelles in Brussels, Belgium. I am currently on exchange for the rest of the academic year. The exchange experience thus far has been an interesting one. Starting with the 'lettre de motivation', sleepless nights wondering if you'll be accepted, and elation when you do, sadness when you realize that you probably can't afford it, OSAP, visa, insurance, etc. Then landing on the continent brought its own issues: jetlag, confusion, culture/language shock and the crux of the matter: more school.

The experience in Brussels itself started off a bit rocky. We had difficulty with not only finding an apartment but the hostel we booked wasn't exactly what we expected. In hindsight, the hunt for an apartment would have been made easier if early on we had a means of communication with potential landlords (email is not the quickest way to communicate in Brussels). In our case, it took 5 days to find a place. This may seem like a short time but considering you have to register with the authorities within 8 days of your arrival with your new address, we cut it close.

The first month was definitely the most difficult with most issues I came across being due to age. Being over 25 in Europe definitely puts you at a disadvantage even if you're still a student, so that's something to keep in mind if your deciding when to go on exchange. I had trouble opening a bank account, I have to pay more to get a metro pass, and I will miss out on travel discounts offered to other students. This therefore means my expenses will exceed that of other exchange students.

Now that I mentioned banking, I should probably say that it's not a good idea to bring traveler's cheques to Europe if you don't already have an account there. The banks refused to cash them. Based on my experience, your ATM card from your home bank and cash will be indispensable throughout those months away from home.

Granted the experience started with a mixture of frustration, confusion and homesickness, I have to say it has taken a turn for the better. So far I've been to Amsterdam, Brugge and London and have plans to go to Italy, Luxembourg and back to London by the end of the year. I've met friends from Argentina, Brazil, Dubai, France, Ireland, Italy, Portugal and Spain and that's just within the first two months! It is definitely a juggling act to be on exchange, however, the key is balance.

I will be documenting my adventure on a blog: STUDENTONEX-CHANGE.TUMBLR.COM and I will also be keeping you updated with regular articles to Protem.

Getting ready to go on exchange may seem overwhelming to some of you, but you can ask me any questions or advice on my experience using the 'What would you like to know?' section of the blog and I will provide you with as much information as possible. Until next time Glendonites, study hard!

THE EXCHANGE EXPOSED

REASONS WHY YOU SHOULD CONSIDER GOING ON EXCHANGE

BY ADRIANNA KOPCZYNSKA

CONTRIBUTOR

"I wish I could do something better than whatever I'm doing now." That's a phrase that I'm certain all of us have thought at least once on exchange. As students, our biggest responsibility is our education. Most of us don't have families to take care of; mortgages, careers or other obligations that make it difficult for us to leave for a long period of time. Thus, as students, there will likely never be a better opportunity to leave behind the comforts of Tim Horton's and your home to go on an exchange program.

When considering such an important decision, there are 5 general issues that most of us need to consider:

1. My girlfriend/boyfriend/friends: Unless there is a major environmental catastrophe that wipes out the region (highly improbable in Toronto), I guarantee you that your friends will be here a year a later, still perfectly happy to be your friends. It's true that distance creates a strain on most relationships, but if both sides are dedicated, you will last through this "difficult" time of "separation." Furthermore, being away will give you a perspective on the little bubble that you've been living in, and perhaps realize flaws or areas of improvements in your life and relationships.

2. My grades: Exchange programs have minimum grade admission levels, but even if you don't meet those but you have a strong resume or a legitimate reason for lower grades you may still be admitted. As for your exchange grades – they only appear as a pass or fail on your York transcript. If you are planning on applying for post-graduate education you will need to send in your exchange transcript, but universities understand that marking schemes differ from country to country

3. My home: Even the most comfortloving homey crab can be perfectly happy during an exchange (like me, for example). While the prospect of leaving the comfort and love of your home is scary, the technological advances of the 21st century really have made staying in touch incredibly easy (Skype,



COURTESY OF NELTA WILLIE

anyone?). If you really think you won't last an entire academic year, you may go for a semester abroad.

4. Language and other require*ments*: In my opinion, this is the most legitimate cause of concern. If you are debating going to a foreign-speaking country, chances are you will be faced with difficulties. Keep in mind, though, that you will most likely be looking for shampoo bottles or visa appointments, and not saving the world from some evil power. And more importantly, if you are reading this article, then you understand English, the most popular language in the world. But by being at Glendon, you also probably know at least a bit of French. Through sheer statistics, you are bound to find someone willing to help and under-

5. My finances: Going away is not as expensive as you may think. Many exchange programs offer scholarships, and the government too offers grants for students studying abroad. Furthermore, rent and food costs may very well be lower than prices in Toronto.

The opportunity to fully experience another culture by living in it is rare as time goes on. My advice to Glendonites: Do it. You'll love every moment of it. And once you've done reading this, turn on your computer, go on http://international.yorku.ca/, or http://www.glendon.yorku.ca/english/ futurestudents/programs/exchanges. html pick a program and apply for the biggest adventure of your life thus far: an International exchange abroad.

L'ORCHESTRE SYMPHONIQUE DE L'UNIVERSITÉ DE YORK EN VEDETTE

VENEZ ÉCOUTER DE LA MUSIQUE FORMIDABLE! PAR NATHALIE BOUDREAU CONTRIBUTRICE

Aimez-vous la musique? Vos réponses à cette question seront probablement un oui unanime. Mais, si la question était si vous aimez la musique classique, vos réponses seraient plutôt variées.

Mais ce merveilleux style de musique est l'ancêtre de votre chère musique rock. Ce sont ces riches mélodies et ces rythmes complexes qui ont servi de modèles pour la musique populaire d'aujourd'hui. Vous ne le croyez pas? Il s'agissait d'avoir témoigné de ce bel art au concert de l'orchestre symphonique de l'Université de York, le jeudi 24 novembre. Cet ensemble de musiciens talentueux a consacré des dizaines d'heures, sous la direction du violoniste et chef d'orchestre renommé, Jacques Israelievitch, à préparer un excellent répertoire pour vous, la communauté de York.

La première pièce au programme était la symphonie la plus populaire et la plus jouée du génial compositeur, Mozart. Vous avez sans doute reconnu le thème principal de son premier mouvement. En fait, cette œuvre est une compilation de quatre mouvements exquis qui ont été composés en moins de deux mois. C'est dommage que Mozart n'ait jamais pu entendre jouer cette beauté pendant sa vie.

Si le génie musical de Mozart ne vous intéressait pas, peut-être que la majestueuse ouverture d'un opéra italien, Semiramide, a réussi à éveiller vos passions. Cette unique ouverture composée par Rossini présente un superbe échange de la mélodie entre les instruments à vent et les instruments à cordes.

Pour ceux qui préfèrent la musique contemporaine, les instruments à cordes vous ont offerts une pièce à cinq parties du compositeur allemand, Paul Hindemith. Malgré ses mélodies complexes et parfois obscures, cette œuvre est pleine d'émotions. Cet avant-gardiste tente peut-être d'évoquer l'émotion de son pays natale sous l'oppression Nazi? Si vous imaginez ce contexte en écoutant cette pièce, vous la comprendrez peut-être davantage.

Finalement, l'ensemble a fini avec une ouverture dynamique d'un opéra composé par Wagner. Heureusement, ce n'est que l'ouverture qui est jouée, car l'opéra en entier se classe parmi les plus longs des opéras encore joués aujourd'hui, durant près de quatre heures et demie.

Le concert même n'a pas duré plus de deux heures. Mais si vous l'avez manqué et vous avez le goût d'apprécier un peu d'art et de culture, venez au concert de l'orchestre symphonique de l'Université de York en mars 2012 qui promet d'être divertissant pour tous. Les détails viendront bientôt. C'est une expérience musicale à ne pas manguer qui s'offre chez vous. Au plaisir de vous voir l'an prochain!

BUDGETING THE GC\$U

OÙ VA VOTRE ARGENT?

BY LUCAS DIXON

EDITOR OF ISSUES AND IDEAS

Softball jerseys, business cards and a Council Retreat are just some of the expenses you might not expect to find in the Glendon College Student Union's nearly \$120,000 operating budget for the 2011/2012 school year. In fact, beyond Frosh Week, the average Glendon student has virtually no idea how the \$2.46 per credit they give to the GSCU is spent. This isn't helped by the fact that the budget itself is hard to find - inquiring students won't find copies waiting for pick up at the GCSU office or available for download online. So just where does all of that money go?

Frosh Week activities are naturally Council's largest expense – this year's festivities cost over \$68,000, of which \$15,000 was subsidised by the GCSU. By the end of Frosh Week, Council spent \$5,945.71 more than it had budgeted, mostly due to a revenue short fall. Only weeks later, Council then spent \$1036.73 more than it had budgeted for Semaine GL. The total cost for all social events run by the GCSU this year – including Snowball, Boat Cruise and Frosh Week – is expected to amount to about \$32,000.

Une autre partie importante du budget est allouée pour les honoraires des postes d'élus du Conseil. Les viceprésidents gagnent 1200\$ par session élus, et les sénateurs, les conseillers et les représentants de première année font 400\$, 200\$ et 200\$ par trimestre élus, respectivement. Le président gagne 4000 \$ par trimestre, en hausse de 3500 \$ il y a deux ans; le montant a été soulevé l'an dernier à la demande de l'ancien président Oscar Mera-Burbano, un changement qui a été confirmé lors de l'assemblée générale l'an dernier.

This year, Vice President of Finance Tariq Albury and the rest of Council have worked hard to eliminate or reduce many extraneous budget items. Down from an egregious \$4,000 last year, this year's Council Retreat is budgeted only to cost \$1,000, while Pub Night costs have dropped 80%. Boat Cruise came in significantly under budget, helping to balance out the Frosh Week loss, and smaller adjustments from last year's budget reflect a laudable focus on core student services. Of particular note is the increase in resources for bilingual initiatives – up to \$1000 from \$200 last year - which is a welcome sign that Council is serious about upholding its commitment to Glendon's two official languages.

L'AÉCG Conseil de sports et loisirs envisage de dépenser environ 11 000\$ pour couvrir ses dépenses diverses, qui comprennent 1 500\$ pour les maillots de softball, un autre 400\$ pour «autres maillots» et les subventions pour le voyage annuel à Montréal et le voyage de ski. Le financement des clubs représente environ 21 000\$ du budget, tandis qu'un autre 9 500\$ est versé à la Fédération canadienne des étudiants et étudiantes. Le budget contient également de nombreux petits articles, dont 300\$ pour les cartes d'affaires pour les membres du Conseil, 400\$ pour payer deux scrutateurs pour surveiller les élections et de 50\$ alloué pour l'affranchissement.

Whether all of this money, or any of it, is well spent is up to each individual Glendonite. Council has a duty to respond to its electorate and to allocate its resources according to the needs of the population it represents. Similarly, students have a duty to engage with Council on issues and to care about how its resources are being allocated. When both students and their elected officials work in tandem, there is a genuine opportunity for dialogue and change. It all begins with the budget – that is, if you can find it.

LE BON SIDE OF BIGGER

THE PERILS OF PUSHING PETIT

BY MELISSA CEDERQVIST

CONTRIBUTOR

Asking a Glendon student why they came to Glendon will produce a number of responses, including the atmosphere, the beautiful campus, and the languages. But most answers will include one word: small.

With only 2600 full-time students, Glendon truly is a small campus. Class sizes average 20 students and very few Glendonites can say that they're in a class with over a hundred others. However, with the new Centre of Excellence for French-language and Bilingual Postsecondary Education, which is expected to increase enrolment, there has been increasing worry from students that Glendon's small size might change. This has tongues wagging and even teeth gnashing at the idea that some classes may see an increase in size. This brings into question, when is being small a strength and when does pursuing petiteness actually divert us from our real objectives?

To answer this question, let's use an analogy. "I would love to win a million dollars," says one friend to another. But does anyone want to be rich for the sake of being rich? Not really. They want the things money can buy: the freedom, the security and, put simply, the stuff. They never want the money in and of itself, as the old saying goes. So when students cite size as a reason for studying at Glendon, perhaps what they mean to say are the things smallness imply: a more personal undergraduate experience, a more interactive and enriched class structure and a kind of community feeling that one often loses at large commuter campuses.

With that in mind, and with the idea of larger class sizes looming in the imaginations of many Glendonites, maybe it would be worthwhile to confront the issue head on. Whether class sizes increase by a small or large degree, perhaps what we really should be talking about is how to protect the personal university experience through in-class interactivity and community building. We could maintain the small feel of Glendon by still having discussion-based, tutorial-like classes instead of the old-fashioned lecture-and-essay model, and by supporting more campus community building initiatives like the new Lunik Café.

The trouble with tying ourselves to tininess is that we sometimes forget what the size was supposed to be for in the first place. If there were ten more people in your French class, would you really feel that your experience had been significantly altered for the worse? Maybe being bigger isn't such a bad thing. In reassessing our views, we may find that being bigger is a much smaller problem.

LA GUERRE ÉCONOMIQUE SUR DES AUTOMOBILES PAR THIERRY DUMAIS CONTRIBUTEUR

COMMENT MODERNISER NOTRE SYSTÈME DE TRANSPORT

Pour plusieurs raisons, l'automobile est difficilement critiquable puisque autant le mythe de son efficacité dans le système actuel et son enracinement dans la culture populaire touchent les cordes sensibles de la population. En d'autres mots, les gens sont attachés à leurs voitures et ils sont prêts à accepter leurs défauts. Cependant, nous devons comprendre qu'elles sont inefficaces et donc coûteuses économiquement, écologiquement et socialement.

À long terme, il paraît évident que la voiture n'est pas un modèle de transport soutenable. Toutefois, il est impensable d'attaquer les libertés individuelles en limitant son utilisation par des lois. De plus, cela serait un suicide politique, il est donc peu probable qu'un gouvernement adopte un tel mécanisme. Puis, les mécanismes économiques dans un système libéral seraient capables, naturellement, de réduire son utilisation. Il faut comprendre que l'automobile a un coût d'utilisation très élevé. Que cela soit le coût en temps perdu dans le trafic ou simplement son coût physique!

Le problème actuellement c'est que les automobilistes ne payent qu'indirectement le vrai coût de son utilisation, ce qui affecte le comportement naturel. Au Québec, le gouvernement a dépensé plus de 30 milliards en 5 ans en entretien de routes et de viaducs. Le comportement économique naturel est donc altéré par plusieurs subventions en infrastructure. Le même type de subventions qui feraient rager le plus oisif des conservateurs si appliqués aux transports en commun,

mais qui ne dérangeraient pas le moindre des libéraux les plus actifs, lorsque appliquées aux voitures. Cette dernière n'est plus une liberté économique, mais bien un droit subventionné. Cette subvention payée par tous, mais qui ne profite qu'à ceux qui conduisent.

Toute la subtilité du problème se trouve dans l'exagération. Il est dur de définir la zone où un investissement en infrastructure subventionne l'étalement urbain au lieu de promouvoir le développement économique sain. Il est donc très compliqué, voire impensable, de terminer si une certaine route doit être privatisé puisqu'elle ne répond plus à ce critère. La transcanadienne est un investissement sage puisqu'elle favorise la croissance de l'économie. Toutefois, les 14 voies de la 401 à Toronto sont manifestement une subvention pour les banlieusards l'utilisant. En conséquence, le gouvernement se doit de privatiser le système autoroutier dans les villes là où c'est possible, d'instaurer des zones à péages (comme à Londres) et de ne plus investir dans de nouvelles infrastructures ou dans l'expansion de celles qui demeureraient publiques.

Pour réduire ses dépenses et assurer un développement durable, l'État devrait donc favoriser l'investissement le plus efficace et le moins coûteux. Le modèle du transport public étant naturellement le moins cher par usager et le plus soutenable devrait donc être subventionné. En transférant les subventions de l'automobile au transport collectif le gouvernement se doit de réduire les impôts sur le revenu

proportionnellement aux économies engendrées.

Dans la mise en œuvre d'une telle politique publique, les gouvernements doivent agir de façon progressive et s'attarder aux régions assez populeuses § pour prendre avantage d'un système efficace de transport en commun. De plus pour ne pas prendre la population et l'économie en otage durant ce changement de paradigme, les gouvernements doivent massivement augmenter son offre de transports tout en réduisant graduellement les subventions envers l'automobile. En transformant des infrastructures autrefois réservées aux voitures en axes réservés de transport en commun, le gouvernement déplace une subvention autrefois allouée aux automobilistes vers le système de transport collectif. A long terme, le coût par usager du transport en commun étant inférieur à ceux de l'automobile, autant les États que ses nouveaux usagers pourraient réduire leurs dépenses et engendrer des économies.

On n'attaque aucunement les libertés économiques. Les gens ont toujours le droit de conduire des voitures et d'habiter les banlieues, mais ils doivent maintenant payer directement le coût du système d'infrastructure. Ainsi, les autobus nouvellement plus subventionnés deviennent beaucoup plus intéressants économiquement pour une famille qu'une voiture et la banlieue, autrefois indirectement financée par les subventions des infrastructures routières, se retrouve elle aussi un peu moins compétitive que la ville.

Issues and Ideas



STICKS AND STONES MAY BREAK **BONES, BUT WORDS DO HURT!**

CAMPAIGN POSTERS VANDALIZED WITH HATE SPEECH

BY PAOLA PAULINO

FRENCH ASSISTANT EDITOR

It is so refreshing to see so many candidates run for the GCSU Fall Elections! It makes one proud to be a Glendonite. This is why what happened on November 7th is extremely shocking, sad and disappointing. What was supposed to be an exciting, positive campaign period has been tarnished by ignorance and cruelty.

Sara Locente, who has been at Glendon for 5 years, tells Pro Tem "When I arrived at Glendon on November 7th, I noticed that one candidate's poster had been defaced with homophobic slurs. As I continued to walk through the B-Wing, I realized that all of this candidate's posters had been affected-- ONLY these posters, and not those of any other candidate. I'd never seen anything like that on

After Sara got to class, she realized that she had no idea who to report this issue to, "Nobody has ever sat me down and said If you notice an injustice on campus, you can go here and tell these people and they will look into it."

How can it be that in a place like Glendon, where the LGBT community is quite central, an incident like this happens and students do not know where to turn? Sara ended up reporting the incident to the GCSU since the slurs were on campaign posters.

They issued the following statement: "This type of behavior is in no way condoned by the Council, and we are sure it is not representative of the attitudes of our union members and community. The incident was reported both to the Office of Student Affairs and Glendon's Security office. The Chief Returning Officer of the Fall General Elections has also issued a public statement regarding the incident as well. If any member of our community has any information about the recent events, please share it with any member of the Council, the CRO Tamaisha Eytle, or Aaron Doupe".

According to Sarah Byrnes, executive member of GLgbt* (formerly called Positive Space), the group was only made aware of the issue only because coincidentally two of their members, herself included, happen to be members of the GCSU as well. Sarah says that GLgbt* may be doing an awareness campaign after the elections. She also said that, "For any hate attacks go to the GCSU or go to Aaron Doupe, Director of Student Affairs. For any problems related to LGBT issues, go to the GLgbt* club." They do not have an office but students can message execs through their page on Facebook. There is also a new service being offered by Glendon Counseling Service called Glendon Queer Support, based in the Manor, where they meet frequently to talk about LGBT issues at Glendon.

Clearly there is work to be done, both in terms of promoting acceptance and in taking the right actions when these unacceptable things happen.

On that note, Sara Locente echoes what many of us feel: "We're a small campus, so most of us know each other. There's not a lot of separation between us, and you have to think that the person you're insulting is probably a friend of a friend. If you don't believe in a candidate's politics, don't vote for them. If you have a problem with who they are, educate yourself. Don't spread your hate around."

PARLEZ-VOUS LEGALESE?

SHOULD GOVERNMENT OFFICIALS HAVE TO BE BILINGUAL?

BY LUCAS DIXON

EDITOR OF ISSUES AND IDEAS

In mid-October, Prime Minister Stephen Harper nominated two new Justices to the Supreme Court of Canada. As part of the Conservative government's attempt at making the nomination process more transparent, both judges were submitted to rounds of questioning from the Ad Hoc Committee on the Appointment of Supreme Court of Canada Justices. In typical Canadian fashion, the subject of one's French proficiency became a hot topic when one of the appointees, Justice Michael Moldaver, confessed his inability to speak the language. The New Democratic Party was particularly incensed at this appointment, given that NDP MP Yvon Godin introduced a bill to mandate bilingualism for all Supreme Court Justices earlier in the vear. Justice Moldaver has since vowed to improve his French, but the broader question still remains: what level of bilingualism should Canadians expect from their top government officials?

As Canadians, we've built ourselves a romantic vision of government that expects more from its leaders than from the general citizenry. As a consequence, Canadians expect a higher language standard for those in government. Thus, for this reason, federal parties almost never choose unilingual leaders, and a unilingual Prime Minister would probably be a national embarrassment.

Unfortunately, it seems that Canadians are apt to confuse what the term "bilingual" really means in reference to our nation. In a strictly legal (and basic) sense, it means that the Canadian government recognizes and must provide services in both French and English. Yet for most Canadians, being a "bilingual" country goes beyond legality; along with its cultural implications, it creates an expectation that every single Canadian citizen has a certain level of bilingualism. It's a laudable expectation – and one that Glendon does more for than perhaps any other

school in Canada – but it's also unfair.

The idea of our official languages is to provide choices for Canadians and not limit their opportunities. Yet, mandating bilingualism is a flagrant violation of that spirit. Enforcing bilingualism limits opportunities to those who were fortunate enough to have learned both languages. Consider that most Anglophones graduate high school with only the most basic understanding of French, and that Francophones fare only slightly better in their second language, and the pools of potential candidates for many positions shrink very quickly.

There's little arguing to be done about positions where translators aren't provided – for example, it would be more cost and time efficient to hire a bilingual Auditor General than a unilingual candidate and a translator. An otherwise more qualified unilingual candidate would still not be suitable since the position would require extensive reading, writing and speaking in both languages, an amount of work no translator could do. But what of positions where translators aren't just de rigueur but actually required by law? Since sittings in Parliament and the Supreme Court have to be accessible for all citizens of Canada, simultaneous translators are in use whether MPs and Justices require them or not. To allow citizens the option of experiencing democracy in only one language, while simultaneously demanding that those who carry out the democracy do it fluently in two languages, is hypocritical.

It's folly to argue that bilingualism isn't, and shouldn't continue to be, an asset for those who possess it. But neither should unilingualism be a liability for any Canadian citizen. Canadians deserve the most qualified candidates at each post, and as such, we should be careful not to conflate bilingualism with other qualifications. Doing so is limiting and unfair, and ultimately impedes the progress of Canada as a nation.

SUBURBAN HOMELESSNESS IS INVISIBLE HOMELESSNESS

HOW ONE AGENCY IS PROVIDING HOPE FOR HALTON FAMILIES BY AMY ANASTASOPOULOS EDITOR OF HEALTH AND WELLNESS

In Canada, suburban homelessness is growing much faster than it is in urban housing comes after emergency areas. Halton Region is one of the most affluent communities in Canada, earning a higher average income than anywhere else in the country. But the reality is that more than 1,200 people become homeless in Halton every year. The problem in Halton is that since it has no obvious low-income neighbourhoods and few homeless on its streets, poverty is considered "invisible" because it is not readily seen.

Home Suite Hope (HSH) is a charitable organization, which provides a holistic approach to helping low-income families in the Halton Region. "HSH," says its Executive Director Janice Moro, "is the only agency in Halton that is providing a comprehensive transitional housing program to

single parent families." Transitional housing, which only lasts 90 days, and since families facing homelessness cannot solve all of their issues within that limiting time period, this is where HSH steps in. They provide families with a home for an extra 24 months, as well as what Moro calls "a holistic and highly individualized family service plan for each family in [the] program, to help identify the critical issues that each family has to address to move toward stability." They do this by helping with food and nutrition needs, assisting with access to community support systems, providing help in securing gainful employment, providing opportunities for social engagement, and support for physical and emotional needs. In order to raise awareness about

invisible homelessness in Halton, HSH holds several annual fundraisers, their largest and most important being Empty Bowls. In a nutshell, participants purchase a ticket, attend the event, choose a hand-made soup bowl of their choice, which they get to keep (handcrafted, painted and donated by local artisans, schools, community groups, and volunteers), and sample soups from top local chefs. This year's 5th Annual Empty Bowls was held at St. Mildred's-Lightbourn School in Oakville on Sunday, October 16th, 2011. A record 19 soup providers, including Longo's, Cora's, and Campbell's, generously donated their time, efforts, and soups to be sampled by all who attended. HSH raised a total of \$70,000, which is one of the highest amounts raised in the event's history. Each

year, over 1,000 people are involved in making Empty Bowls happen, and this says Moro, provides "an opportunity to create awareness about the issues of suburban homelessness and [...] what HSH does."

People need to be reminded that one of the dangers of suburban homelessness is that it often lacks media exposure. By creating awareness of this problem, we can help families in need move toward a more stable and secure future. Next year's 6th Annual Empty Bowls will take place on Sunday, October 14th, 2012. For more info about invisible homelessness in Halton, and about HSH, visit: http://homesuitehope.org/.

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Health and Wellness » Bien-Être et Santé

BEATING THE WINTER BLUES

EASY DE-STRESSING REMEDIES

BY IKSHAA PAI

CONTRIBUTOR

It's that time of year again, when your pile of work starts looking more like a mountain and less like a hill. When essays, tests, and assignments are all due on the same day...when work, studies, and other personal problems become alarmingly overwhelming...when everything just becomes too much. As university students, November is probably one of the most stressful months in the school year. And if my classes are any indication, November is also the time of year when class sizes start shrinking. And to make matters worse, due to Daylight Savings Time, the amount of sunlight keeps decreasing each day, making us feel all the more depressed and cranky. So before you rush off and stress about the next assignment due, here are some remedies that I use to de-stress.

Treat yourself to some fun time:
Sometimes the act of treating yourself helps with high levels of what I like to call "heavy-freak-out-moments".
Whether it's having a girls/guys night out, having a warm bubble bath, or just enjoying that Twix chocolate bar, taking a little time out of the day to make yourself feel better goes a long way.

Venting. When stress and life begin to weigh you down like an anchor, it's important to take that load off by calling a friend and "venting". Venting is when you express your anger or discontent that builds up to stress. By releasing this stress and anger, you're able to be mentally and physically more sound. In addition, getting support

from a close friend or family member is very important because we need them to help us through the more tedious parts of our lives.

Laughter. Laughter is truly the best medicine and does tremendous things to the body. Having a hearty laugh once in a while helps reduce stress levels, cleanses us both physically and emotionally, and helps us produce a stronger immune system. So go on YouTube and watch whatever gives you the giggles; chances are it will leave you feeling pretty damn good. (My recommendation: Whose Line Is It Anyway? It always does the trick!)

Exercise. I know, I know...when is there ever time in your already busy schedule to go exercise? Frustrating, yet not impossible. Even something as simple as going for a quick walk helps you recharge your batteries and gives you a change of scene for a while.

B-R-E-A-T-H-E! This may be a simple thing, but as university students, nothing could be harder. We are so busy worrying and trying to organize our lives that in the end, it just leaves our minds frazzled and our bodies exhausted. By taking slow breaths, we are letting our body and mind calm down for a bit, before charging head first into our hectic world.

If you're ever stressed, try these remedies, they may just be the thing to re-energize yourself, allowing you to tackle your problems one step at a time.



KARALEIGH HAYES

ÉTUDIER AVEC LA MALBOUFFE ET LES BOISSONS ÉNERGISANTES

WHY IT'S NOT A GOOD IDEA AND SOME HEALTHY ALTERNATIVES

BY AMY ANASTASOPOULOS

EDITOR OF HEALTH AND WELLNESS

That time of year is coming up: exams! During this time, healthy eating and nutrition get tossed aside in favour of faster options, like fast food, caffeine, energy drinks, and junk foods such as chips, cookies, and candy. But good nutrition should be part of your study plan because it's going to help you ace those exams and keep your anxiety at a minimum. The better the fuel your brain gets, the better you can concentrate, and the better you can study.

Bien que beaucoup d'entre nous grignotent sur la malbouffe tout en étudiant, la réalité est que les ingrédients fournissent une poussée d'énergie courte, suivie par un "crash". Ils ne fournissent aucune substance nutritive et, en fait, utilisent certains de nos nutriments précieux pour leur digestion.

Instead, if you need to snack on something while studying, natural health practitioner Diane McLaren suggests these natural and low-cost alternatives: fresh fruit and vegetables, raw nuts and seeds (unsalted and not roasted), crackers and dry cereals from Kashi or Nature's Path, low-fat yogurt, natural pretzels and baked chips. It's also recommended to include 2 food groups into your snacks, such as apples and peanut butter, to balance nutrients and keep blood-sugar levels stable.

Les boissons énergisantes sont aussi mauvaises que la malbouffe. Généralement, elles travaillent en fournissant votre corps avec beaucoup de sucre et caféine. Elles donnent un élan considérable d'énergie, suivie par un "crash" après juste une demi heure. Plus ces boissons sont consommées, plus le "crash" devient intense. La consommation à long terme de ces types de boissons peut mener à une variété de problèmes de santé, y compris: la déshydratation, le rythme cardiaque irrégulier, l'insomnie, le diabète, des problèmes de digestion, et une diminution du métabolisme.

But if energy drinks are the way you study, McLaren instead recommends Solstic Energy, a healthy alternative to popular energy drinks. It provides a steady energy supply sustained for 4 to 5 hours, is not followed by an energy crash, and contains healthy nutrients and herbals. Like their slogan says "Red Bull gives you wings...SOLSTIC gives you an engine!!"

Need more study tips? Water, water, water! A liter of water is recommended for every 2 hours of studying. Eat at regular intervals and choose meals that are higher in protein than in carbohydrates to keep energy levels stable. Avoid dietary supplements such as Vitamin C tablets; they just don't provide all the minerals and nutrients you need. Limit caffeine. And finally, use non-food stress busters such as a walk or run outdoors, zone out with scented candles, trade a massage with a friend, or take 30 minutes for whatever it is you love to do, whether it's reading a book, playing computer games, or Googling fun recipes. Just don't forget to get back to studying afterwards!

for seniors!

GLENDON'S NIGHT OWLS

HOW TO MAKE IT IN AN EARLY BIRD WORLD

BY AMY ANASTASOPOULOS

 $EDITOR\ OF\ HEALTH\ AND\ WELLNESS$

Do you cringe every time the alarm goes off in the morning? Do you hit your stride in the evening? Does early morning sunshine make you want to curl up under the covers and sleep the day away until nightfall? If so, you're part of the 15% of the population who are considered "night owls." Being a night owl in an early bird world is not easy. Workdays from 9 am to 5 pm, morning classes, early appointments, not to mention stores closing early, it seems the world runs on an early bird schedule.

To all the night owls at Glendon, be careful because recent research has shown that they're more prone to depression, struggle with self-control, are thrill-seekers, suffer from daytime sleepiness despite copious amounts of caffeine and energy drinks, and struggle academically. But before this article causes night owls at Glendon to go into depression, it is worth noting that the same study shows night owls have exceptional creative thinking skills, a great sense of humour, and a better ability to adapt to difficult situations than early risers.

This recent study provides insightful information but it also begs the question: if you are a night owl, how are you supposed to make it in an early bird world? Put those adaptive skills to work and follow these simple tips:

Set bedtime/wake up goals: first, determine how much sleep you need in order to wake up feeling rested. Then, set a bedtime and wake up goal that will let you sleep as long as you need and wake up when you must. Keep to this schedule and do not deviate from it! Going to bed half an hour late or hitting snooze for 20 minutes can put you right back where you started. This process is difficult, but if you do it consistently your body will eventually get used to the routine.

Rise and shine: darkness kick-starts your body's melatonin, which helps you sleep. When you wake in the morning, melatonin stops and cortisol, which keeps you awake and alert, starts. Early birds have the advantage: they naturally wake up with more cortisol than night owls. Bright morning light gives cortisol a boost, to early birds and night owls alike. So, open those

blinds and let the sunshine in, or, better yet, take an early morning stroll!

Eat breakfast: it really is the most important meal of the day! Once you've gotten your sunshine, breakfast will provide you with more energy and allow you to be alert and better able to concentrate.

Plan your day around your strengths: So 9 am is not your finest hour? Well, fill the morning with small tasks and leave the important stuff for

the time of day when you feel sharpest. *Don't nap:* napping will break your sleep pattern and prevent you from

getting the proper sleep you need.

Night owls should wait until they get older: when people hit their teen years, many of them become temporary night owls, but as they get older, most of them turn into early risers. Maybe this explains all the bleary-eyed students in 9am classes, and "early bird specials"

Arts and Entertainment

TORONTO STUDENT SAVER 101

HELPFUL HINTS TO HAVE FUN AND SAVE MONEY ON A STUDENT BUDGET

BY VENDREDI MOUNSEY

ARTS AND ENTERTAINMENT EDITOR

Getting a university degree is expensive and stressful. Every student is looking for ways to save money. Would you like to know how to save money as a student? Here is a list of cheap eats, drinks and events happening around the city to suit the tastes of all. As the holiday season is just around the corner, there are also a few places to visit for unique gift ideas for loved ones.

Events in the GTA

Toronto's Christmas Market running from December 2-18, 2011 captures all the charm of Christmas while showcasing hundred of local handcrafted products. Centered in the heart of the Distillery District, this event offers fun holiday entertainment, shopping, specialty beer and wine. The restaurants in this area are a bit pricey, but well worth it.

The atre

If you are ever interested in going to a play visit www.toronto-theatre.org. It offers a plethora of information. With a few clicks you can enter the world of entertainment which including a seating chart to all theatres to see where seats are located, a link to cheap eats in the area and how to get there by car or public transport.

If attending the Opera tickles your fancy the Canadian Opera Company offers \$22 tickets for students who are under 30. Tickets may be purchased by visiting www.coc.ca (by entering the promo code IAMUNDER30.) or in person at the box office at 145 Queen St. W (Osgoode Subway Station).

Cheap Eats

Looking to grab a few drinks or some grub with friends to take the stress off classes? For many students in Toronto this list of places are popular. Not only for cheap eats but to mix and mingle with fellow college and university students as well

Betty's (240 King St. E.) Offering a variety of pub fare and drinks, visit this King Street bar for cheap beer and meals for less than \$10 (and yes this is for both).

Village Idiot Pub and Grill (126 McCaul St.) Located across from the AGO, this

venue is popular amongst visitors and arts students as the majority of the menu is \$15 or less.

Imperial Pub and Tavern (54 Dundas St. E.) Cheap beer and wine (\$6 or less), cheap grub (between 10 and 15 bucks) with a side of jazz. Located right around the corner from Ryerson U.

7 West Café (7 Charles St. W.)

When exam time hits, or after a hard night of partying, this all-night café and restaurant comes to the rescue with real food rather than your greasy McDonalds run at 3:00 a m

Kathy's Corner (139 Dundas St. E) This is the perfect spot to enjoy comfort food. With simple décor, this fast, friendly restaurant is popular for chicken loving students. Why? For most meals less than \$10, it's usually enough for two.

Nightlife

The Annex Wreck Room (794 Bathurst St.) Open from Thursday-Saturday, this massive venue has pool tables, arcade games, live rock bands and alternative, dance and hip-hop club nights. \$5.00 or less for bar rail and beer.

Hey Lucy (295 King St. W.)

If you're in the King West area on Wednesday's enjoy \$3.99 martinis all night with a group of friends.

Eat My Martini (648 College St.) The majority of martinis sell for \$6.00 or less.

Gift Giving Made Easy

Get shopping done early and support a great cause. Visit the CBC Atrium on Wednesday, Nov. 30, 2011 from 8:30 a.m. to 5:30 p.m., and enjoy free admission to enjoy a variety of vendors' crafts while honouring the upcoming World Aids Day on December 1. All proceeds from go directly to UNICEF and their initiatives.

Looking to spruce up the house (or dorm room) with decorations? Or maybe looking for creative gift ideas? Check out the One of a Kind Christmas Show and Sale running on Thursday Nov. 24 to Sunday Dec. 4, 2011 at the Direct Energy Centre. There is a \$14 entrance fee, but students can browse a huge selection of unique gift and decorating ideas created by Canadian artists and craftspeople.

While not Christmas-themed, City of Craft is held around the holiday season to suit the needs of all. On Saturday Dec. 10 & Sunday Dec. 11, students can support community arts organizers and support local crafty activities. It will be at Theatre Centre, 1087 Queen Street West 11 a.m. to 6 p.m. on Saturday and Sunday 11 a.m. to 5 p.m.

CLEARING YOUR MIND AMONGST THE

A REVIEW OF THE GLENDON GALLERY EXHIBIT BY FEATURED ARTIST GUILLAUME CLERMONT

BY MICHELLE DEHERIAN

CONTRIBUTOR

Upon walking into the Glendon Art Gallery students might be overwhelmed with a feeling of awe with Guillaume Clermont's art piece titled "Warehouse (Les Jardins)". Montreal artist Guillaume Clermont had created his masterpiece using simple and universal items such as: cardboard boxes, water, plastic flowers, motors, sheets of cloth and finally some rope. The art piece was constructed in a cluttered manner, without any specific scheme or pattern. It seemed chaotic, but stepping closer into the painting was the only way to appreciate and collect meaning about what the artist was trying to convey.

At first glance, viewers would be startled to see the quantity of boxes. The fact that there was no standard colour or shape amongst the boxes was rather overwhelming. This was extremely distracting, however upon getting closer to the piece and mentally deconstructing it, I added meaning where it was intended.

After the visual shock effect had



KARALEIGH HAYES

subsided, the sound of the water was rather soothing, and the floating water lilies added to the serenity of the art piece. It was interesting that you could not only see the art piece, but hear it as well. The added element of sound intensified the work of art and made it more appealing.

The scattered canvases displaying the images of the skull but with different designs seemed out of place, almost making the piece seem surreal. Also adding to the surrealist effect were the clouds created with boxes and cloth hanging from the walls and ceiling. The art piece on a whole was very interactive and thought provoking.

As no two people see art the same, I thought the intended meaning of the art piece that the artist was trying to show is how consumerism has infiltrated our society. It has become a landscape, which Clermont created with cardboard boxes that were once used to house materialistic items. Also, the flowing water may have been used to symbolize the precious amount of this resource we waste in our everyday lives.

The effects of sustainability and recycling on the environment may be the message that the artist is trying to project. The fact that there is still living plants scattered amongst the boxes could symbolize that there is still hope for natural growth amongst all the fabricated waste, thus leaving a positive message. The skulls give the entire piece a Shakespearean feel of "to be or not to be", asking the audience whether we should we be taking active steps to change the fate of our planet earth or not.

Arts et Divertissement

FEIST'S METALS: A SOULFUL GEM

AN ALBUM REVIEW

BY ROSEMARY MAY **RICHINGS**

CONTRIBUTOR

Back in early October Leslie Feist released her latest album, Metals, which stirred up hype amongst her fans and casual listeners with online trailers depicting short clips from the album recording process and small snippets of songs that are featured on Feist's latest album. It's been four years since the release of The Reminder and after non-stop touring, a period of rest, four Grammy nominations, six Juno wins, an appearance on Sesame Street, and an appearance in an iPod commercial, it was time for something new.

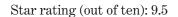
Metals is a soulful gem; a work of brilliance, in which Feist shines brighter than ever before. The album takes you up and down like a rollercoaster: one moment soft and atmospheric; the next moment something that is quite the opposite, music that is intense and full of life. In part, this is what makes Metals a pleasurable listen, and the constant shifts make it a thrilling album. The songs on this album show when Feist's music depicts tension, her voice is at its strongest. Most of the songs are so deeply vibrant and soulful that there are hints of one of Feist's soulful influences, Nina Simone.

A highlight of Metals is Feist's back-up band, which includes members of the indie group, Mountain Men. Their sound is an important contribution to Feist's album because it adds variety and power to her

music. The album includes the best of both worlds: passionate moments when the choir increases in intensity and in the softer atmospheric songs. The back-up is a subtle but necessary addition to Feist's repertoire. The best usage of the back-up singers is in the song "A Commotion" where a bunch of male voices bark the word "commotion" several times throughout the song and soprano voices sing back-up softly in the background. There is a lot going on in this song. It's the perfect blend of singers and instruments of multiple ranges and sounds, and Feist and her collaborators have managed to successfully work together to build a conclusion that ends

The best, soft, atmospheric songs on Metals are the ones that are raw and are packed with an intimate level of vulnerability. This comes across perfectly in the songs: "Anti-Pioneer" and "Caught a Long Wind" when the music slows down and there's nothing but Feist's voice and simple acoustic instruments. These songs remain mellow, but the raw pathos of the music is omnipresent. On the album there are also upbeat pop songs that make great background music. It took a while for them to grow on me because they didn't quite belong with the rest of the album and are endlessly sliding melodies.

Sometimes a great album is released and is forever remembered as a musician's milestone: Metals is that album.





BY AYELEN BARRIOS RUIZ PAGANO

CONTRIBUTOR

Some of you may know that Regis Philbin, co-host of the daytime show Live! with Regis and Kelly will be leaving the job at the end of November. Since this was announced, earlier this year, speculation has started as to who will replace him after 24 seasons. TV audiences have long since forgotten about Kathie Lee Gifford, who was replaced by Kelly Ripa in 2001. This begs the question, is replacing Regis that big of a deal? Will anyone even remember he was a part of the show in a couple of years?

The short answer is yes, it does matter. The important issue here is that Regis is one of the few people who have been relevant in television for so long. He started out on camera almost 50 years ago and has hosted many shows, and game shows since. His most famous one being Who Wants to Be a Millionaire. Even in recent years he has remained to be prevalent, guest-starring in many popular sitcoms such as, Seinfeld and How I Met Your Mother. He even had a voice job in Shrek the Third and Shrek Forever After. Famous comedians, like Jimmy Fallon have even made his impersonation famous.

Since he's announced he's 'moving on' from the show, speculation has begun as to who will replace him. Tons of high profile names have been thrown in association to the job. Early favourites included Ryan Seacrest, Andy Cohen, and Mark Consuelos. The problem with Ryan Seacrest is that his career is based in Los Angeles where American Idol is filmed and his other projects (such as his produing job in Keeping Up With the Kardashians). Another favourite Andy Cohen, may also be out of the picture because of his early relationship with NBC (Regis and Kelly is an ABC show). Finally Mark Consuelos is Kelly Ripa's husband, and although him co-hosting every now and then is entertaining, this reporter is not sure if a married couple can work together every morning. The fun part of Live! with Regis and Kelly is when the hosts chat about their lives; but can a married couple really tell interesting stories to each other when they live and work together? Wouldn't they already know each other's stories, and if so they'd just be telling us, that doesn't seem like a fun show.

The general public have also offered some names, one of my personal favourites being Ralph Macchio (The Karate Kid and The Outsiders). After his long run in Dancing With The Stars this past year the public is well aware of him, besides he's no stranger to the camera. He's worked with superstars like Tom Cruise and Marisa Tomei, and already lives with his family in New York. On the other hand, recently it has been reported that Jerry Seinfeld will be the first of the possible co-hosts to sit beside Kelly Ripa after Regis' departure. Jerry Seinfeld would be another good replacement option; he too lives in New York and has a family. He is (as we all know) a comic genius, and will make any interview with a celebrity hilarious.

No matter who the replacement will be it is clear that no one can replace Regis Philbin. He's been in Television for 50 years successfully. It's no secret that whoever takes over his spot will have big shoes to fill.

A TV LEGEND: REGIS PHILBIN BABY, YOU CAN DRIVE MY CAR

A REVIEW OF THE FILM DRIVE

BY ALEXA POSLIFF

CONTRIBUTOR

Drive cruises through many different genres on it's way to its violent climax: action, suspense, and of course, romance. The star of the film, Ryan Gosling, plays a stunt driver moonlighting as a getaway driver. Though the plot sounds a bit campy, the movie delivers surprisingly well. With a fantastic supporting cast consisting of Carey Mulligan, Albert Brooks, Oscar Isaac, Bryan Cranston, and Ron Perlman, it's no wonder that this movie is meeting so much success.

Ryan Gosling is The Driver. During the day he works in a mechanic shop for Bryan Cranston's character Shannon. At night he doubles as the ever-mysterious getaway stunt driver. He follows three simple rules: he remains anonymous, never works for the same people more than once, and he only allots them five minutes of time for tasks. Shannon convinces The Driver to enter a race with the backing of two mobsters: Bernie Rose (Brooks) and Nino (Perlman). Simultaneously, the Driver meets his new neighbor Irene (Mulligan) and her son, along with her recently out of prison ex-con husband Standard (Isaac). The Driver, who is obviously fond of Irene, offers to help Standard out with something that has followed him out of prison; only for their seemingly flawless plan to blow up in everyone's faces – and sometimes quite literally.

An important aspect of the movie is The Driver's iconic jacket. It's nostalgic of the fifties, white with a hint of silver made of satin, with a golden scorpion on the back. It sounds about as campy as the movie's plot, but once again the movie makes it work. Though the jacket seems like it should be inconsequential, as the movie progresses (and therefore as more violence occurs) the jacket becomes splattered with blood because The Driver is rarely without it. Even though it may seem like a silly piece of wardrobe, it's actually a fresh way to show the progress that the plot is making.

There are so many aspects of the film besides the obvious violence that it is far from a typical action movie. There are other genres that are used to develop plot so the violence does not seem distracting from the storyline. One memorable scene occurs between The Driver, Irene, and another man, who The Driver notices is carrying a gun. The Driver carefully slides Irene behind him, gives her an intense kiss, and then proceeds to brutally attack the unnamed man while Irene watches on from the corner. The fact that this all happens in a confined elevator shaft only adds to the intensity of this scene.

Though Drive borrows from many different genres, the movie is in fact quite unique. Combined with the stunning cinematography and the hypnotic soundtrack, Drive is a must-see for all moviegoers. The cinematic quality of the film is an experience to have at the theatre, for the powerful blend of music and shots of Los Angeles make it unforgettable.

Metropolis

"IF THESE PLAQUES COULD TALK..."

LA VALEUR DES PLAQUES HISTORIQUES QUE PRESQUE TOUT LE MONDE NÉGLIGE

BY MELISSA CRISAFULLI

 $METROPOLIS\ EDITOR$

Every time I commute to Glendon, I pass through York Mills Station. Chaque fois, j'entre le métro par la même porte, je sors toujours un jeton de mon portefeuille juste avant de quitter l'escalier mécanique, je passe toujours le tourniquet à la gauche, et je continue à traverser le quai jusqu'à l'autre côté.

On days when time is on my side, however, I deviate from the monotony of my daily trip. Passers-by will see me looking carefully at something on the wall in the middle of the platform and must think, What's she looking at?

A notice of the reduction of train service? Le plan du métro? Une annonce?

No, it's one of those historical plaques. And upon that realization, those curious enough to have slowed down and craned their necks to see what's on the wall quickly draw back in indifference, sometimes even in mild disappointment. Plaques like that one are everywhere in Toronto—il y en a 828 dans la ville—yet they seem to go unnoticed.

C'est vraiment dommage. They're actually a very positive, intriguing element of city life, and a valuable one at that. Toronto, compared to other cities, has relatively few of its old buildings still standing. Its history is not very obvious, et en fait, c'est souvent une histoire cachée. If not for a plaque on King Street East, for example, no one (other than a student of local history) would guess that the site where the famous King Edward Hotel now stands was once home to Toronto's first jail and hanging yard.

Despite their modest and ordinary appearance, the plaques invite us into the past and tell us about the city that was—or, in some cases, like that of the Spadina Expressway, the city that never was or that could have been.

At the very least, they offer a brief, welcome interruption to a hectic or dreary day; at their enlightening and creative best, they can change the way you see the city.

Take the plaque on the platform of York Mills Station, for instance.

A quick read of it will tell you that it wasn't just by coincidence that growth and progress came to be in that area: starting in 1804, there were three important mills (a cider-mill, a saw-mill, and a flour-mill) located in the vicinity, hence the station's name. Now, when I ride the bus from the highway to the station at Yonge St. and York Mills Rd.—une carrefour qui est située dans une cuvette, Hoggs Hollow—I can almost picture those mills at the top of the hill, instead of the many condos and business high-rises that stand there today.

But the plaques can sometimes have a much deeper effect. I will never forget the first time I came across one of the others in the same area, whose story is also told through a quilt on display inside the station. The two commemorative pieces revealed a tragic accident, known as the Hoggs Hollow Disaster, that occurred there in 1960: cinq ouvriers immigrés italiens sont devenus piégés sous terre et ont été tués dans une explosion pendant la construction d'un tunnel. I had rushed into the station that morning with

nothing on my mind but the three-hour mid-term I had to write that day; leaving the station, my thoughts were elsewhere.

Ces plaques ne sont pas faites exprès pour des historiens ou pour des touristes. They're also

meant for the people of Toronto, as useful reminders of the city's identity. In fact, after the release of the city's Core Service Review this past August, which proposed cuts to heritage agencies and programs, a local historian, David Wencer, started a project on Twitter designed to raise awareness. His initiative relied on none other than these plaques, involved in a type of city-wide scavenger hunt. Tweets about the discovered plaques told of the interesting and sometimes surprising stories of the city's past.

So, the next time you make your way to Glendon or travel somewhere else within the city and you notice a plaque, pause and take a look. I think you'll like what you see.



"PHOTO USED WITH PERMISSION OF WWW.TORONTOPLAQUES.COM"

YRT STRIKE

HEY GLENDON, THE STRIKE AFFECTS YOU TOO!

BY ELSA ASCENCIO

ENGLISH ASSISTANT EDITOR

Commuting to York just got a bit more stressful. On Monday, October 24, 2011, the York Region Transit (YRT) and Viva buses went on strike, causing many York commuters to scramble in an effort to arrange last minute travel arrangements. This strike particularly affects the York community, including Glendon, because it is estimated that around 85% of all York students are commuters. Students are being advised to be up-to-date with the delay and better understand the strike.

The strike was initiated when bus drivers from Miller Transit and First Student Canada voted to reject their contract offer. Miller Transit and First Student Canada are private companies that provide the bus drivers for YRT buses. The affected regions of the strike vary from Vaughan to Markham. Ray Doyle, president of The Amalgamated Transit Union (ATU) Local 1587, which represents Miller Transit and First Student Canada drivers, argues the strike is justified because, "If you look at the overall scale, bus drivers all over York Region are driving a bus for up to 40 per cent less than all other transit systems in the GTA."

At York University, YRT/Viva buses make up an estimated 3,224 daily boardings. Currently, York students who rely on the YRT/Viva buses have been redirected to visit www.yrt.ca for any updates concerning the labour dispute and alternative routes.

Even though the strike has a direct effect on the Keele campus, Glendon students will also face nightmarish commutes from the strike.

Many Glendon students live in the affected regions and rely on the YRT/Viva to get them to York University. From the main campus, Glendon students will then take the Keele - Glendon Shuttle bus, which is free service that will take them to Glendon.

Kristina Dejak, a YRT rider and 3rd year Political Science student at Glendon, says her commute to Glendon has been taking longer than usual. "The past couple of days have been hectic. Luckily my [YRT] route hasn't been affected but I've been noticing that more Glendon and York students are taking my route. It has been getting more crowded and my bus is required to stop more frequently in order to accommodate the extra riders."

There's no end in sight to when this strike will be resolved. To alleviate this travel burden, it is recommended that Glendon students take other routes, drive to a nearby subway station and then go to Lawrence Station or carpool with a friend. These are all temporary solutions, but YRT riders are looking for a permanent end to this problem. For now, check the YRT website constantly for any updates and leave the house earlier to avoid a stressful commute.

MY TOP 5 FAVES FOR FELLOW FOODIES

FAITES-VOUS PLAISIR AVEC QUELQUE CHOSE DE DÉLICIEUX AUTOUR DE LA VILLE!

BY PAOLA PAULINO

 $FRENCH \, ASSISTANT \, EDITOR$

You guys are lucky. Vraiment chanceux. I never do this. Ever. Why would I make a list of the top five places that serve amazing food and then share it with everyone? Si je vous dis mes cinq restaurants préférés, peut-être que vous allez voler ma place la prochaine fois que j'y viendrai. But it is Pro Tem's re-launch issue and I want you all to experience something special. Whether you're new to Toronto or born and bred, my top five food stops are guaranteed to please. Cette liste est pour tout le monde!

Si vous voulez le meilleur pad thaï... Salad King (340 Yonge Street) is the restaurant to visit. This is a notso-secret place for locals, especially students, to get good Thai food. The place is almost always packed—a sign that they're doing something right but their turnover is quick. The menu's vegetarian-friendly and their prices fit a student's budget.

Si vous voulez quelque chose de santé...

Organic Oven (3189 Yonge Street) serves all-organic, gluten-free sandwiches, cakes, pies, cookies, lactose-free smoothies, and more. Their chicken sandwich is phenomenal, and you'll actually feel great for having it. While the pricing may be comparable to Glendon's caf, the quality you're getting is well worth it.

Si vous avez juste envie de manger de la viande...

The Stockyards (699 St. Clair Ave. West) serves BBQ like no other place in Toronto. They have their own smoker where they cook the most flavourpacked ribs in the city. Did I mention that they only serve it three days a week, only after 5 pm, and sell out before the clock strikes six? Yeah, that good. Their fried chicken would put Colonel Sanders to shame. Oh, and try their pulled pork sandwich as well!

Si vous aimez les fruits de mer... Chippy's Fish and Chips (893 Queen St. West) does it right. They've perfected the art of made-to-order fish and chips. You can choose from cod, haddock, salmon, and halibut, my favourite, which is then dipped in the most amazing batter and fried to golden, crispy perfection right in front of you. And their chips? Fresh-cut and double-blanched to achieve that salty, can't-stop-eating goodness. Do keep in mind that the joint only has seating for four, so get it to go!

Et finalement, il ne faut pas oublier le dessert.

Dlish Cupcakes (833 Queen St. West) is cupcake heaven. They taste homemade but look sophisticated. The cake is perfectly moist and the frosting is so luscious. Some flavours are available daily—vanilla, dark chocolate, and my absolute addiction, red velvet. Others, like chocolate marshmallow, coconut macaroon, and cookies and cream, are rotated on a daily basis. I dare you to eat just one!



PAOLA PAULINO

Expressions

PREVENTING FALLING

BY NATASHA FAROOGH

EDITOR OF EXPRESSIONS

THE FLAGSTONE STAIRS
FROM THE PROCTOR FIELD HOUSE TO THE MANOR
ARE STRIKING TO SAY THE LEAST,
WINDING THEIR WAY UP A HILL
THROUGH A PRETTY CLUSTER OF TREES.

THE PATH UP THESE STAIRS, LOOKS LIKE A SECRET PASSAGEWAY TO PARADISE, OR MAYBE TO HOGWARTS, AND THEN COMING TO GLENDON SEEMS EVEN MORE MAGICAL THAN IT ALREADY IS.

OF COURSE, THIS PASSAGE ISN'T SO SECRET, IS IT? THE COMMUTERS PARKING IN THE "F" LOT CLIMB THESE STAIRS EVERY DAY. AND WE KNOW

THERE IS NOTHING MAGICAL ABOUT THEM.

THERE ARE EIGHTY-FIVE UNEVEN,
JAGGED,
TORTUROUS STEPS,

AND SOME CALL THEM ... THE DOOMSDAY STAIRS OTHERS ... THE STAIRS OF DEATH

AND I'M NOT MAKING THIS UP.
I'VE HAD THESE EXACT PHRASES
TOSSED AT ME SO MANY TIMES,
BY SO MANY PEOPLE,
THAT I NOW KNOW I'M NOT THE ONLY ONE
WHO SECRETLY LIKENS THE CLIMBING OF THESE STAIRS TO SCALING EVEREST.

AND THAT'S JUST WHEN THE STAIRS ARE DRY.

RAIN CAUSES A STREAM OF MUD AND WATER TO TRICKLE DOWN THE STAIRS, CAUSING US TO CAREFULLY PICK OUR WAY AROUND IT. IT'S LIKE A TIGHTROPE WALK UPHILL.

AND ICE? SNOW? LET'S NOT EVEN GO THERE.

YORK UNIVERSITY, AS WINTER IS APPROACHING, PLEASE MAKE SURE THAT YOU DON'T JUST SAND THOSE STAIRS, BUT SAND, SALT, AND SHOVEL THEM, AND DO SO DILIGENTLY.

NOBODY ELSE, SHOULD NEED TO FALL DOWN ANYTHING ELSE, BEFORE SAFETY MEASURES ARE TAKEN TO PREVENT ACCIDENTS, HERE AT YORK.



L'INSPIRATION

PAR ALEXIA POLITO

CONTRIBUTRICE

O quel funeste sentiment

Avoir même pas une once d'inspiration.

La seule image d'un ordinateur semble si ennuyante.

STAIRS

BY ANGELA WON

Entre mes rêves et mon esprit, il n'y a pas de connexion.

Je m'encroûte; avec moi-même toujours plus frustrée

Je ne veux pas y penser encore

Mais je vois la date fameuse s'approcher

Et une peur acharnée me dévore.

Tout d'un coup, une peuplade d'idées dansent dans ma tête

Elles me prennent otage.

Ce déplacement violent me vient comme une tempête

Comme l'illumination et le bombardement d'un orage,

Ô quelle merveille est l'effet d'une attaque de pression

Sur une jeune poète comme moi, qui n'a pas une once d'inspiration!

RIA O'PEUGH

BY GABRIEL PARAS

CONTRIBUTOR

RIA O'PEUGH,
THE SMILE ON HER FACE
SHEDS LIGHT ON THIS PLACE
WHERE CUPS CONTAIN DREAMS
AND APATHY, LAKES.
WHERE LOVE IS SHOT, IN TOO FEW TAKES,
AND OPPORTUNITY FLOWS DOWNSTREAM

YET ELATION FILLS HER DAY
IN SOLITUDE, WITH FRIENDS AND IN LAY
SO SEAMLESSLY SHE DOES TRANSCEND HAPPINESS.
AND IT'S MY HAND SHE HOLDS,
HER DEVOTION RINGS, BOLD, BUT HER FINGERS COLD.
I WORK TO KEEP HER BLISS.

HER ROOM, TOO SMALL, BLEAK AS THEM ALL, WHILE PICTURES OF TOMORROW FILLED WITH YESTERDAYS DOT HER WALL IN VARIOUS WAYS. AND HER SMILES WILL TURN TO TEARS.



Expressions

FOOTFALLS

BY MAHFARA BAKHT

CONTRIBUTOR

I can hear the footfalls.

Each a farther distance away.
And it dawns on me,
Collapses
On me,
A brick to the Red
Organ that says:
You are walking away.
And your steps, the
Heels of your shoes, they
Speak the unspoken farewell.

I can hear the footfalls.

I can hear death
In soundlessness, like
Steam, it fills the eardrums
As reticence reveals
A darker side to
Her face.

Echoed are words of Something remembered, as they Dissolve into the air That is left in your wake. Shall I ask the air? Why us? Why so? So easily lifted, so Effortlessly brushed away, Oh, do you hear the footfalls?

Mine?
Stumbling: not as graceful as yours,
Not as assured?
Do you hear them? Do you?
Is there sound in them?
Is there sound?
Is there sound?

I can hear your footfalls. Their rhythm, a clock That cackles, Makes clear that time, At least here, is done, Completed its course, Has moved along, has Moved Along.

MAPPING YOUR BACK

BY TOKS WEAH

CONTRIBUTOR

You always went to bed after I did. I quickly learned to turn off my bedside lamp and wait for you. Sometimes it took five minutes, and sometimes an hour, but soon enough I'd hear a sigh, and a click and pop as the light bulb went out. I didn't ask you why you needed those moments. I didn't want to have to ask. It was just you, with your back turned away from me and your head slightly bowed as if you were concentrating on a particularly difficult formula. I thought it was enough to love you and not ask why. After all, everyone has his or her peculiarities.

Six years, and I still didn't know what those silences meant. I could now map your back in the half-light of your desk lamp by memory: the small hills of your neck and spine, the elegant tilt of your head, the slightly curved road between two shoulder blades dusted with freckles, and the tightly wound, sloping suspension bridge of your shoulders. I idly wondered a couple of times if you knew how well I'd come to know your back. If you left me, everything else might fade but this, this, I would remember.

There was a casualness in our relationship that couldn't lend itself too well to permanence. I had the feeling, every once in a while, that you would leave me. No ring on my finger and no children after all. Separate bank accounts too. We both made enough money to live alone. And you were all alone for those moments when you sat at the end of the bed.

I was old enough to be scared of being alone, so I kept watching and never said a word.

I began to wonder, however, when we became a storm of clichés. We considered ourselves two freethinking young intellectuals who didn't have to play by society's rules. We were better than marriage, better than kids, better than monogamy, better than the cookiecutter futures of our peers. I was beginning to think we weren't. I was beginning to think we were wrong.

There's certainly more than one way to play the game, but I deceived myself into thinking that I wasn't playing the game myself. For all my disdain, I might as well have been his wife. For all his silences, I couldn't help the insecurities I thought I'd buried. For my being able to name every bone in his vertebral column, I couldn't name what the wall between us

"Michael, please come to bed. It's late," I said.

"Yes, dear," he replied automatically. A sigh. A click and a pop as the light bulb went out. The bed creaked slightly as he slipped under the covers, then silence.

PEACEFUL

BY KAITLYN D'EATHE

CONTRIBUTOR

I gaze up at the night sky There are so many dots of light

I'm sitting bathed in light that is hundreds of thousands of years old And the universe is beautiful and I wonder how people can go through

Their whole lives surrounded by something beautiful and not realize it

But mostly I wonder if you're up there and if it's really possible that anyone could be in that Nothingness

And if you can see me or am I a dot of light too And if that was a shooting star or a satellite

It's dark and peaceful

And I think that bothers me a little

The darkness around me is so perfect it seems solid And I wonder if something is hiding within it because Nothing

Can be that perfect without something to hide

And how can anyone call this solitude peaceful And is it possible that old wounds can scar the future forever

And I go inside telling myself it's because I'm cold



STARS IN THE SKY BY ANGELA WON

Comics

MAX OVERACTS

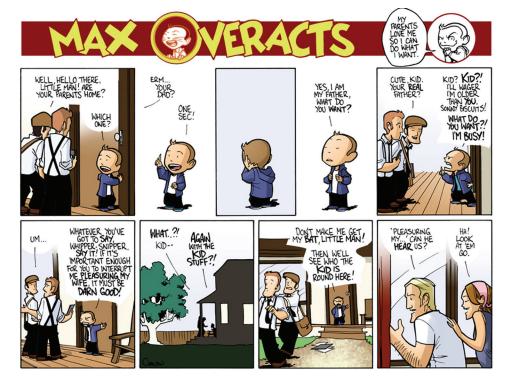
BY CAANAN GRALL

2011 EISNER AWARD NOMINEE



Max Overacts was originally written as a kid's book, I adapted this one to a comic format when I realised there was way more potential in keeping Max borderline psychotic, instead of teaching him humility.

The strip is about Max's unbridled optimism, and his quest to be the next greatest thespian. He wears his heart on his sleeve for his self-proclaimed leading lady, Janet, and lords his 'planned' status over his 'accidental' older sister, Andromeda. His best friend is Klaus, when his ventriloquist doll, Curio, isn't around.

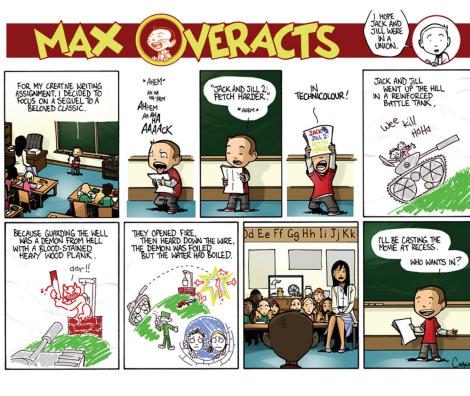




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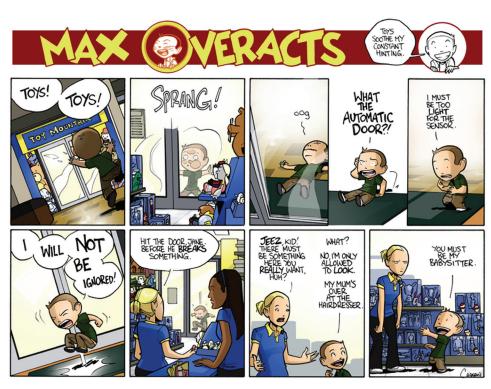
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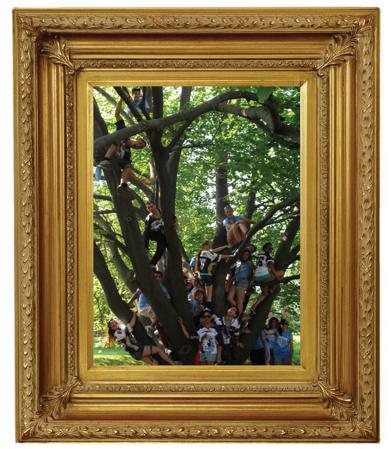








Colvin Chan



Michlyn Ward



Colvin Chan



Katie Butler



Katie Butler



Gillian Wassmansdorf