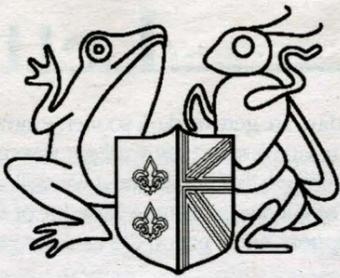


PRO TEM



le journal bilingue de Glendon | Glendon's bilingual newspaper

Issue Four - Volume 52 - December 3rd, 2013



Guest speaker Nichola (Nicki) Ward, award-winning writer, performer and poet. Photograph by Kelly Lui.

Trans*Form the Night Glendon Observes Trans Day of Remembrance

Natasha Farooqh
Editor in Chief

At 7:00 p.m. on November 20th there were candles lit, buttons laid out, pamphlets for information, coffee, cake, and a sense of warm anticipation in the air at Lunik. Everybody knew that we would remember the lives lost to transphobia that night, but perhaps not everyone had predicted what a hopeful direction the night would eventually take us in.

The Glendon Women and Trans Centre (GWTC) as well as Glendon's Queer Community (GLgbt*) hosted the event Trans*formation Night and invited guest speaker Nichola (Nicki) Ward, award-winning writer, performer and poet.

Nicki was born in London, England but now lives in Toronto. She has been instrumental in pushing for trans rights in Canada, and has attended almost every Trans Day of Remembrance in Toronto since its inception. Nicki discussed the challenges that trans people face every day, such as being referred to by your preferred pronouns, using the washroom of your gender identity, and having people call you by your chosen name. Trans people have often been invisible, or seen as exotic, and the problem today is that being a "successful" trans person means disappearing into society.

Nicki discussed the depressingly high homicide rate of trans people, reminding us of the extreme hate that exists in our society. Furthermore, according to Nicki, many trans people are murdered without being recognized as trans, and therefore are not included in related statistics. Finally, suicide is prevalent in the trans community with the under 25 population being most at risk. However, as Nicki reminded us "suicide is not a solitary act...oppression, violence, they are like a slow bullet shot 10 years before". The problems facing trans people are enormous, and Nicki

reminded us that systematic change needs to happen for trans people to feel safe.

Nicki also included humour in her presentation even as she was reminding us that society has been historically sexist; for example, gender is required on drivers' licenses and library cards because women were once not allowed to drive or sign out certain books from the library. This is a carry-over into today's still sexist and transphobic society. "You don't drive with your vagina, do you? So why is your gender on your license?" Nicki posed rhetorically to a member of the audience.

Nicki ended with a beautiful rant that reminded us of the struggles that so many people face, and the pain that so many people go through. Her pain, anger, and rage came through making it a powerful performance that will stay with everyone that attended the event.

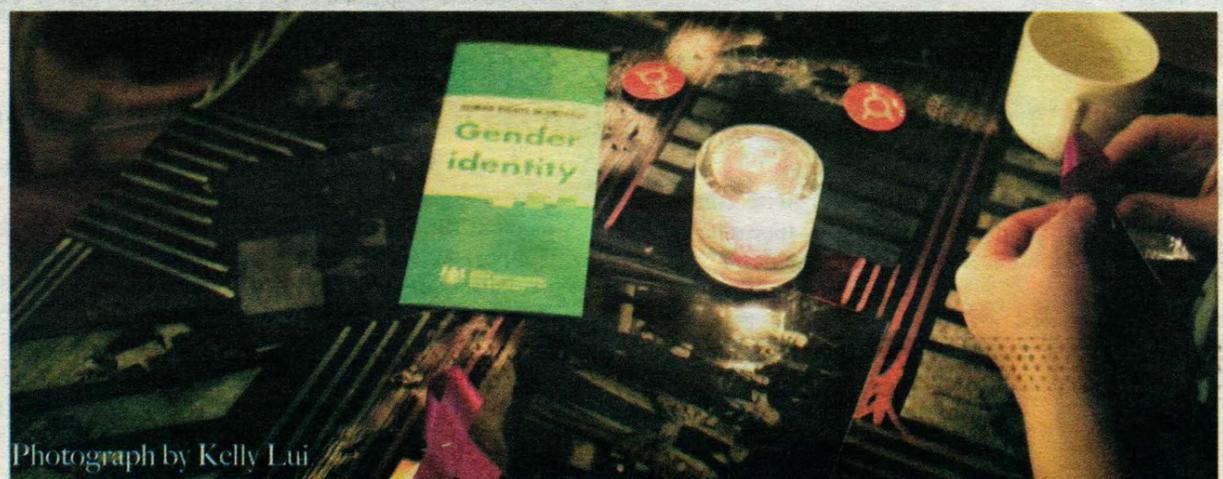
Nicki reminded us of the battles that have been fought, are being fought, and need to continue being fought for trans rights. She reminded us of the struggles faced and the challenges to surmount. She talked of the small victories. The Glendon community was much privileged to have the opportunity to hear her speak. Through her, we were able to

remember the lives lost, the work still to be done.

Then, Glendon student, Robin Haworth got on stage. He reminded us of the positive changes that have been made and of the good experience he has had as coming out as a trans man. He said, "after coming out, people noticed I smile more genuinely", and that, if nothing else, reminds us that there is hope for a better future for the trans community. Robin read the book *Backwards Day* by S. Bear Bergman which was poignant, touching, and sweet. It showed us how simple it can be to learn to accept trans people and their new gender identity.

Trans*Formation ended with a recording of Valentine Thompson's poetry as well as a minute of silence. Attendees were quiet and reflective, and felt bonded by the shared experience of the night's performances. See Valentine's poem "Broken Fuses and Bathtubs" in the Expressions section.

This event was inspirational in so many ways, and was a real eye-opener to the struggles trans people face and the small steps that can be taken to help mitigate some of those challenges. Start by not assuming another person's gender identity. Start by asking people their name and their preferred pronouns. Simple steps taken by you can make our community at Glendon a safer space.



Photograph by Kelly Lui

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Please respond to what you read in the pages of Pro Tem/ n'hésitez pas à réagir à ce que vous avez lu dans Pro Tem.

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Opinions published in Pro Tem are the thoughts of individual writers, and not the publication as a whole.

It's cold, the days are getting dark sooner, exams are starting and some of us aren't sure how we'll get through it all. But we will get through it Glendonites, we will. All we need is a little bit of encouragement, a little bit of inspiration, a little bit of support, and a pat on the back for getting this far already.

We're all feeling the pressure, which is why this issue of Pro Tem is focusing on things that inspire, de-stress, and comfort us. Want to listen to some lovely music? Read "20 chansons exaltantes" in our Expressions section. Want to de-stress with yoga? Maybe follow it with some comfort food? Chilli anyone? Check out our feature spread.

In addition, this issue is also examining mental health issues that are so relevant to us as students, and are so often swept under the rug. In fact, if you examine the chart "Quelques chiffres" in our Issues and Ideas section, you'll realize that according to some studies, 27% of Ontario university students suffer from anxiety, and 14.5% from depression.

These numbers refer to us, and it's important to

remember that we should recognize and appreciate the struggles that we go through, and work together to rise above them. We are each others' best support.

Sometimes, you just need to talk and you're not sure where to turn. Good2Talk @ 1.866.925.5454 is a free, anonymous, bilingual professional phone counselling service dedicated to post-secondary students in Ontario. And it's available 24/7, 365 days in the year.

I hope that after reading this issue, you feel a little bit inspired, a little bit uplifted, and a little bit supported. Feel free to drop me a line, or two, or many about how you feel about this issue of Pro Tem, and what you'd like to see more of in our pages in the future.

Yours always,

Natasha Farooq
Editor in Chief
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Glendon student, Robin Haworth, reading Backwards Day by S. Bear Bergman at Trans*Formation Night. Photograph by Kelly Lui.



7 au 11 jan. / Jan. 7 to 11

PHOTOGRAPHIE MODERNE / MODERN PHOTOGRAPHY

Aurélien Muller & Grégory Palanque

Join us on at the Glendon Gallery on Jan. 7th, 2014 for the opening exhibition of Photographie Moderne/ Modern Photography. Aurélien Muller est un photographe dont le travail se concentre sur le portrait et le concept d'identité. Grégory Palanque is a French video editor working mainly with stop motion. Pendant un mois, ils ont créé une installation vidéo dans la Galerie Glendon. On vous attend!

You are cordially invited to attend the Glendon Gallery Opening reception of the Glendon Students Visual Arts Competition, Tuesday, January 21st at 5:00pm. Top 5 artwork will be awarded cash prizes. Don't miss this opportunity to support your fellow Glendonites!

The Human Library / La bibliothèque vivante

Borrow a Person and
Have a Conversation

Julianna Drexler
Associate Librarian
Bibliothèque Leslie Frost Library

Have you ever wondered what it is like to spend your whole life in a wheelchair? What do you think about when you see a classmate wearing a niqab? Connaissez-vous des femmes circoncises? Are you comfortable if a gay couple is embracing next to you in a public place? Avez-vous déjà parlé à un(e) réfugié(e) politique de son passé? Have you ever spoken to your professors about how and why they chose the specializations they are currently pursuing? Et si vous considérez une année d'études à l'étranger, ne serait-il pas une bonne idée de vous renseigner auprès de quelqu'un qui a déjà une expérience personnelle dans le pays de votre destination?

Sure, you can read an article or a book on these and many other current or controversial topics. Mais c'est beaucoup plus intéressant, stimulant, et informatif si vous discutez avec quelqu'un de sa situation personnelle.

And that is what the "Human Library" program is all about. Instead of borrowing a book from the library, you will be able to "borrow" a person and have a conversation. You will be able to ask questions, get to know them and their particular situation and, more importantly, confront your own prejudices.

Êtes-vous "différent"? Have you experienced discrimination? Seriez-vous prêt(e) à être "emprunté(e)" pour 20 minutes et discuter de votre situation personnelle? Si oui, contactez Alex Symons au plus tard le 24 janvier 2013 à symons@yorku.ca, au 416 487-6729, ou à la bibliothèque Frost. She will be pleased to hear from you.

The event will take place on Wednesday, February 5th in the Frost library. Refreshments will be available. You can find more information about the Human Library program at www.humanlibrary.org.

Catch Me If You Can Lion's Den Events

Ayelen Barrios Ruiz Pagano
Editor of Arts & Entertainment

Have you noticed students walking around campus showing off some clothespins? Do you have a clue why? The Lion's Den has hosted a campus wide game entitled Catch Me If You Can, where each student involved with the game is assigned to find another student within the game. They are provided with the student's picture and class schedule, and that's it. Players have the opportunity to play the game in-between classes on their spare time.

The grand prize is a \$25 gift card; however the participants involved are not solely interested in the money. This campus wide game is being used as a de-stressing mechanism as well as a way to get involved and to meet new people in the Glendon community (you know by catching them when they aren't expecting it).

About fifty people signed up to play the game and at the moment of writing the article there are only 31 people still in play after two weeks. All 31 wish to be the last Glendonite standing! Not only for the gift card but for the title.

This is just one of the events that the Lion's Den has and will be hosting throughout the year. In honour of Movember the Lion's Den held a popcorn drive raising money for the cause in collaboration with GLVC. From the start of December until the 11th you can drop off toys and gently used clothes for refugee children from Latin America.

In the new year we will also have Glendon's Leadership Conference like the one hosted last year. Once again we will have a brilliant speaker to inspire everyone in attendance. We will also be having leadership workshops similar to the ones the Lion's Den hosted this past semester. Be on the lookout for all things Lion's Den and do not be afraid to come by and have a chat or ask a question! We've always got answers.

GCSU Presents the GL Card

What's that? A student discount program built within our local community.

Is there a cost? Non! C'est gratuit.

How can I get one? Go to the the GSCU office and get a Richard sticker put on your student card.

Here are the discounts:

Subway (3295 Yonge St)
Boisson gratuite avec un sandwich

The Uptown (660 Eglinton St.)
15% Déduits

Hero Burger (3250 Yonge St.)
10% Déduits

The Unicorn (175 Eglinton St.E)
10% Déduits des entrées

Menchie's (3204 Yonge St.)
10% Déduits

Mars Diner (2363 Yonge St.)
10% Déduits

California Roll (1634 Bayview Ave)
10% Déduits (cash ou interact) Seulement sur place, non compatibles avec les autres réductions.

Boston Pizza (40 Eglinton St.E)
10% Déduits

Philthy McNasty's (130 Eglinton St. E)
15% Déduits

Le Gourmet Shawarma (3221 Yonge st.)
Boisson gratuite avec un sandwich

Plus de rabais à annoncer

More deals to be announced

VALID ONLY WITH YU CARD and STICKER

PRO TEM

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Updates from GCSU: Your Student Council is Here for You

Mikhaela Gray
GCSU President

Hey Glendonites! I am so encouraged by the community I am a part of. From levy organizations, to clubs, to recruitment, academic and student services- Glendon is supportive, uplifting and engaging. As a student who is branded by involvement, I encourage you to join a club, attend events, promote a campaign or hang out in "Richard's Room," the GCSU's new lounge. I can ensure you that your life will be significantly changed and your university experience enhanced by taking the step towards further engagement in student life.

Want to get involved with the GCSU? Here's what's new!

1) Rejoignez un comité: vous serez les bienvenus dans l'un des 9 comités dans notre union étudiante! Chaque membre exécutif et sénateur fait partie d'un comité. Passez à notre bureau ou envoyez-nous un courriel pour en savoir plus sur cette formidable opportunité!

2) Attend a Meeting: Our student union meets every three weeks in the senate chamber at 4:00 pm. We would love if you could come and join us! Here is a list of our meetings for the rest of the year: January 10th 2014, January 31st 2014, February 21st 2014, March 14t, 2014, April 4th 2014.

3) Rejoignez un club! Avec plus de 40 clubs sur le campus, il y a de nombreuses possibilités de vous impliquer. Quelle que soit votre passion, je suis sûre que vous trouverez un club correspondant à vos intérêts.

4) Go to an event! January 13th-17th is GCSU's annual Frost Week. Stay tuned for a week of winter fun!

5) YU Charity Ball will take place at Casa Loma on January 16th. Buy your tickets at yucharitball.com starting on December 2nd!

I'd also like to take this opportunity to welcome new members on council:

Félicitations à notre VP Social, Myron Khan.

Félicitations à nos Représentants de Première Année: Mathieu Young Tie Yang and Robyn LeLacheur

Félicitations à tous nos Conseillers: James Dickenson, Bryan Hansraj, Christina Cardelus, Anthony Brum, et Nicole Doray.

Et enfin, félicitations à Amy Ludwig pour sa nomination au poste de Conseillère par le Président près la démission du Conseiller Moldovan.

Kind regards,

Mikhaela Gray
President/Présidente

YU CHARITY BALL 2014

Campus Clubs

Angels in Disguise

"Deedz is not a charity, it's a movement..."

Michelle Breeze
Contributor

They gather together every Friday. They embrace the cold winter nights - even when it hits 25 below - and they spend their evenings warming the hearts of those whose hearts are broken. My inspiration is Deedz.

Co-founded by former York student John Knight in 2005, Deedz is a group of individuals who meet every Friday night to give out hot chocolate and sandwiches outside of various men's shelters in downtown Toronto. Students from York University, Glendon College, Ryerson University and the University of Toronto spend their time talking with the homeless men who live there and sharing a cup of hot cocoa while they share their daily struggles with volunteers.

My first experience with Deedz is one that I will never forget. I gathered with other Glendon students in the cafeteria to prepare ham sandwiches that would later be distributed outside of the Salvation Army's Maxwell Meighen Centre, a men's homeless shelter located downtown at Queen and Sherbourne. When we reached the men's shelter, I found myself feeling a) extremely shy and b) scared for my life. I was not used to talking to complete strangers and I was most definitely not comfortable being in one of the most dangerous areas of Toronto. However, these feelings quickly subsided once I began a conversation with a man who goes by the name of "Big Daddy". Big Daddy and I instantly hit it off and throughout the course of the night I got to hear his story - how he became homeless and how he feels about his situation. As he was telling me his story, I could feel my heart bleeding for him. I felt an overwhelming sadness and empathy for this man whom I had met less than an hour ago. I was a complete stranger to him, and yet he told me everything. I wanted to continue my conversation with Big Daddy, but eventually our time for the evening was up. As I told him that I had to go, Big Daddy left me with some encouraging words. He told me that before meeting me, he had never believed in angels. He thought they were fictitious and just something stupid that religious people had made up. However, he told me that the moment I began talking to him and really listening to his struggles, he believed that I was an angel standing in his presence. I do not believe that I am an angel, but I do believe that those who participate in Deedz are angelic in their own way. They reach out to those who are lost and who feel completely broken, and that is the work of something purely divine.

Instead of spending a Friday night partying and celebrating youth, participants of Deedz spend their time with the homeless and make them realize that they are worth something. They share winter nights and friendly fellowship with those who live on the streets. Although your toes are numb and your face has lost feeling by the end of the night, knowing that you have made someone's week lessens the bite of the cold.

Deedz inspires me to take action within my community, and it gives me hope that there are still good people in this world. These people are everyday heroes, but to many of those who have lost hope, they are angels dressed in a disguise that shares a cup of hot cocoa and warms chilly hearts.

If you would like to participate in Deedz, feel free to join us one night. We gather every Friday at 6:00 p.m. in the Glendon cafeteria. For more information, check us out at deedz.ca.

Seeing Eye to Eye on Sustainability

G.R.A.S. and Environmental Action Committee

Tia McNeil
Cho-chair of Glendon Roots & Shoots

Introduction

Glendon Roots & Shoots (G.R.A.S.) had a chance to speak with Andrew Plunkett, the Sustainability Coordinator of York University, about sustainability and its implications at York. This discussion took place at Glendon's very first Environmental Action Committee (E.A.C.) meeting. These meetings are run on Thursday afternoons by the Manager of Student Affairs at Glendon, Aaron Doupe. Aaron Doupe invited G.R.A.S. to check it out and see what we could do to contribute. G.R.A.S. is a student-run organization, affiliated with Jane Goodall Institute, which advocates for healthy communities, whether it is the environmental community or the human community. Many concerns about sustainability on campus were shared. The need to create an E.A.C. arose over the past summer, prior to the 2013-2014 school year. A summer team from Student Affairs sought to find environmental initiatives with the goal of improving Glendon's ecological footprint. A website was created in order to share projects and to make a difference on campus. The initiatives that were initially supported by the team during the summer are now being taken a step further by the E.A.C. The E.A.C.'s goal is to find out how green Glendon really is and to work on achieving an all-around sustainable standard through person to person interaction. It may not seem like it, but students have a voice, and that voice is as powerful as Richard the Lion's roar.

Sustainability

Sustainability is built through an arraignment of the economy, society and the environment. The economy is created by us and we make the financial choices that affect sustainability. Since economy was built by us, it is by means a social construct. It fits within our society. Last, but not least, the environment drives our very existence, but we live within a finite environment and need sustainability to ensure our existence. To me, sustainability is using resources in a way that will allow generations to come to benefit from those same resources. In other words, taking care of the environment and what gives us life so that our descendants may have the same life as us or even better for that matter. It means a lot to some students that their University pushes for sustainable action because they share those same values. It is true that nature can exist without us, Andrew Plunkett mentions that we are the ones that affect, "the ability of the planet to sustain healthy lifestyles".

Five reasons to want Sustainability at York

- 1) Leadership: We are educated about sustainability but the information is not being practiced outside the classroom. We need to "walk the talk" as Andrew puts it.
- 2) Community Values: Having a clean environment and doing your part is a very important value to many students and staff at York.
- 3) Global Perspective: Sustainability does not just extend to your own backyard. The university is signatory to the commitment of taking sustainability very seriously
- 4) Student recruitment: For students who have an interest in studying the environment, allowing them to enjoy coming to a University that cares about Sustainable practices.
- 5) Resources: Sustainability re-allocates resources. For example, using less energy and saving money can go into educational programs.

What does York do to be sustainable?

Research; SEI; Schulich, SEDA, Fine Arts, Osgoode Hall, IRIS

YorkW!se: an Energy management program since the '60s, '70s retrofitting, auditing and updating lighting, more efficient HVAC and more light source from windows
Green buildings and renovations, specifically the Pond residence and the Lassonde building.

"LEAD certification" Buildings that are energy efficient, have daylight-passive solar lighting, Hvac systems, a green roof and water conservation or "low flow plumbing"

Waste: Recycling, compost, water stations, phase out for plastic water bottles in 2015, Freestuff/ "reYUse site"(York's Craigs list)

Transportation: shuttle services, public Transit, Smart Commute, Cycling, Car sharing, Zip cars/ Car rental, Car 2 go and Greening the Fleet: security on foot or golf carts to reduce vehicles

Food: local and organic grown (about 25%), cage free eggs, las nubes fair trade coffee, Lunik co-op, Eco-takeout program, lug-a-mug, Maloca garden/Orchard and Farmer's Market

Results

25% reduction in energy use
~63% waste diversion rate
Over 80% of York's population using alternative transit
Over 500 courses relating to the environment and sustainability

Recognition

Top 10% of schools in UI Green Metric Ranking on University Sustainability
2012 Smart Commute Regional Employer of the year

Issues of Importance

Water Bottles (More re-usable ones)
Waste Contamination (ex. Putting trash in the recycling)
Waste Signage (Better idea of where things go)
Cigarette Butt Litter
More educational opportunities

What we can do?

Community Engagement
Pledges
Green office program
Sustainability ambassador
Green clubs
Green campus events
Eco teams

Contact

York/sustainability: sustainability@yorku.ca
G.R.A.S.: glendon.roots.and.shoots@gmail.com

January 21 to 31

**GLENDON STUDENTS
VISUAL ARTS COMPETITION
EXHIBITION**

21 au 31 janvier

**EXPOSITION DE LA
COMPÉTITION EN ARTS
VISUELS DES ÉTUDIANTS**

Perspectives internationales

Qu'est-ce que la santé mentale ?

Gervanne Bourquin
Rédactrice adjointe (français)

La parution du Manuel diagnostique et statistique des troubles mentaux V (DSM-5) en mai 2013 a causé de nombreux débats sur la place de la science dans la définition de la santé mentale. Si celle-ci est de plus en plus largement reconnue comme relevant du domaine de la santé, au même titre que la santé « physique », son statut reste ambigu, à la frontière entre science et culture. Les variations dans la réception des différents systèmes de santé mentale d'un pays à l'autre sont révélatrices de la complexité des notions-mêmes de santé et maladies mentales.

Considérons le cas de la psychiatrie en France et en Amérique du Nord, deux cultures occidentales a priori relativement similaires: tandis que les psychiatres nord-américains s'appuient majoritairement sur le DSM (Manuel diagnostique et statistique des troubles mentaux), basé sur une liste de critères permettant de reconnaître les différents troubles mentaux, pour formuler leurs diagnostics, la France préfère le CIM (Classification internationale des maladies), proposant des catégories moins pharmaceutiques. De même, les diagnostics sont moins rapides en France qu'aux États-Unis[1]. Les Français seraient-ils plus difficiles à diagnostiquer? La raison de cette différence n'est pas médicale mais plutôt économique, le remboursement du traitement aux États-Unis n'étant possible qu'à la condition d'un diagnostic, non requis par la Sécurité sociale française. Un diagnostic n'est donc pas uniquement le résultat d'une analyse scientifique, mais aussi de différentes pressions culturelles et économiques, qui en font un outil à manier avec précaution.

La question des thérapies proposées est en effet elle aussi révélatrice de la difficulté de définir une « santé mentale » uniforme, qui puisse représenter un objectif clair à atteindre, avec des méthodes scientifiquement prouvées (les fameuses evidence-based therapies): peut-on réellement définir une manière d'aller mieux, valable pour tous, que ce soit le traitement médicamenteux, la psychanalyse ou les thérapies comportementalistes? Serge Ginger dans « L'évolution de la psychothérapie en Europe »[2] pointe les différences entre les différents pays et surtout l'importance de l'inspiration psychanalytique en France (30% des thérapies et place dans l'enseignement de la psychiatrie[3]), l'un des plus forts pourcentages d'Europe) et la faiblesse du courant comportementaliste (qui vise plus particulièrement à la réduction des symptômes par la pratique d'exercices), par comparaison au Royaume-Uni où les thérapies cognitives et comportementalistes (TCC/CBT), sont remboursées par le NHS.

Une telle variation est observable au Canada, avec la présence de nombreuses « écoles » thérapeutiques: comportementalistes, mais aussi humanistes, holistiques, Gestalt... à la représentation plus large qu'en France où elles restent souvent marginales. Un exemple de cette différence peut se trouver dans le traitement de l'autisme: si le Canada a reconnu l'efficacité des approches cognitives et comportementalistes la France continue d'offrir une approche psychanalytique, qui cause de nombreuses protestations chez les parents.[4] De même la pratique du counselling, qui n'a pas de traduction en français, révèle une approche différente de la santé mentale, fondée sur d'autres principes que l'exploration de l'individu et de son passé.

Dès lors, qu'est-ce que « prendre soin de sa santé mentale »? Analyser des rêves pour connaître votre inconscient et si oui ou non vous vouliez coucher avec votre père/mère (Freud)? Repérer les « schémas dysfonctionnels » de vos pensées pour les modifier (CBT)? Parler à des chaises vides pour prendre conscience de l'intégralité d'une expérience (Gestalt)? Prendre des antidépresseurs (psychiatrie)? Voir ses expériences validées par une personne (Carl Rogers)? Les variations existant d'un pays à l'autre invitent à une vision plus nuancée de la santé mentale, non pas uniquement comme un phénomène scientifique, mais aussi comme culturel et individuel, dans lequel chacun est invité à prendre part et à se montrer acteur dans la construction de son propre itinéraire.

[1] Une ou deux visites chez le psychiatre suffisent, contre plus de trois en France (Nouvel Obs, Frances Allen)

[2] Serge Ginger, « L'évolution de la psychothérapie en Europe », 2006

[3] Daniel Widlöcher « Psychanalyse et psychiatrie française », Topique 3/2004 (no 88), p. 7-16.

[4] Michel Grollier « Enjeux des offres thérapeutiques autour de l'autisme », Psychothérapies 4/2008 (Vol. 28), p. 261-268.

Panic Attacks; Why You're Not Crazy

Erika Desjardins
Editor of Expressions in French

Have you ever had the feeling that everything in your head all of a sudden gets extremely loud, fast, and intense? You are not alone. I have been having these episodes since I was a child and I used to think I was crazy. That was until I did some research and found many other people having the same symptoms and also thinking they were crazy.

By reaching out and looking for answers I came up with a few possibilities that helped me begin to define what was happening to me, although it wasn't until I finally spoke with my beloved maman that I got some actual answers. The first possibility for what I was experiencing was that it was a symptom of ADHD. The second was that it could be a panic attack or even possibly a seizure (WildFan16). Since I was completely calm during these episodes I wasn't so convinced it was a panic attack. I had been tested for epilepsy so that ruled out that possibility as well. Finally, after much effort and digging into my symptoms I found out I have Tourette's Syndrome. There are so many other disorders associated with Tourettes that a diagnosis means that they will investigate and test you for a whole battery of other things. Finally my mom provided some further confirmation while speaking to her about it, I am also borderline ADHD; meaning that while I don't carry the ADHD diagnosis, I still have its symptoms.

You do not have to suffer in silence or believe that you are crazy if you are having episodes similar to mine. If you ever feel this way I would highly recommend visiting your family doctor. The CMHA estimates that 1 in 5 adults

in Canada are affected with mental health issues (Mental Illness in Canada). Remember that if you ever feel you're the only one experiencing your symptoms. You are never alone. There is always help and often a solution.

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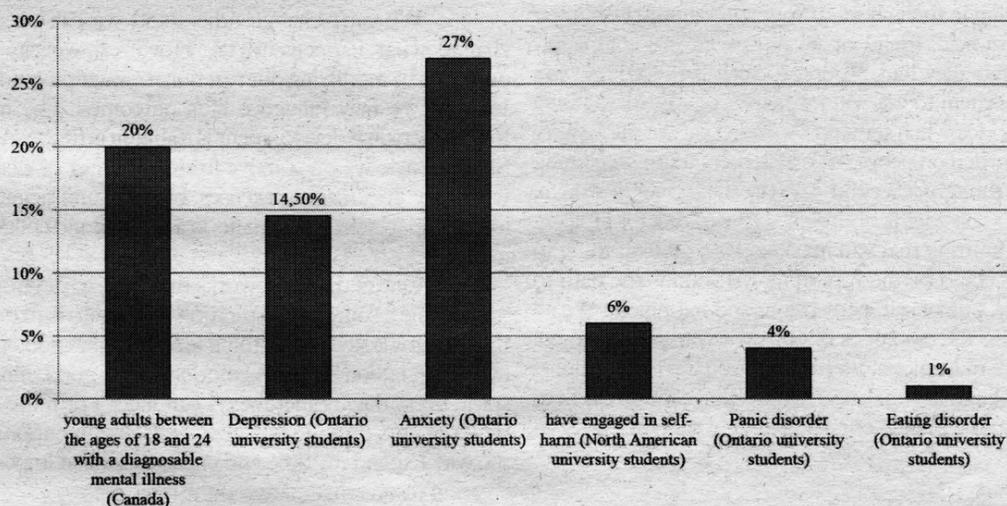
Blurb Quelques chiffres

Gervanne Bourquin
Rédactrice adjointe (français)

Les études réalisées auprès d'étudiants nord-américains montrent que 20% des personnes de 18 à 24 ans souffrent d'une maladie mentale qui peut être diagnostiquée. Il s'agit principalement de troubles anxieux et dépressifs. L'un des aspects de ces troubles est aussi l'automutilation. Ces chiffres peuvent montrer aux personnes qui en douteraient que la santé mentale est un aspect majeur de la vie des étudiants et qu'il est nécessaire de pouvoir en discuter pour dépasser les clichés et la stigmatisation.

It is also important to see how those figures can't exactly reflect reality. Many people are not recorded in these figures if they self-harm or are depressed and out of shame or simple lack of the information do not recognize and talk about it.

Quelques chiffres



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Chart compiled by Gervanne Bourquin

Calling all Glendon artists!
Are you looking for a way to get your work out there?
C'est difficile, nous savons!
Well you're in luck, because Lunik wants YOUR art.

Send us an email at lunik.cooperative@gmail.com with a description or picture of your artwork and you could find your work on display for the whole Glendon community to see!

- Caroline Kamm, External Communications Coordinator @ Lunik

Winning The War: Why Asking for Help is So Important

Lindsey Drury
Co-editor of Issues and Ideas

We are socialized from a young age to be independent, self-sufficient, and mature; plagued with the idea that asking for help is as a sign of weakness. Sometimes, when faced with struggles that go beyond us, we may be unaware that looking for solace in others is okay. In fact, it may just be asking for help that makes the difference between life and death. Suicide is not a choice, it is the tragic consequence of a person's pain outweighing their coping mechanisms to regulate it. If receiving help from others can bring about stronger, healthier coping mechanisms, that a person could employ by themselves, than I think it's important we start asking for it.

There are many options available for those whose daily struggles become seemingly unbearable, but in many cases we do not talk about them openly. One option is talk therapy. This particular resource carries a heavy stigma, labeling those who use it as crazy, or seriously mentally ill. This is simply not true. According to Dr. Dana Gionta, Ph.D., the majority of people who attend counseling simply "have serious life challenges or are going through difficult life-cycle transitions that may be taxing their current ability to cope. This, in turn, may be adversely affecting their well-being and ability to function as well as they would like."

For me, this is exactly what it was. In my experience, having someone listen to the things I had trouble telling anyone else was a burden lifted from my shoulders. In many cases, your place of employment or learning institution will likely help cover costs, or even provide the service for free. Gionta puts it well when she says that, "ultimately, it is an invaluable investment in your emotional, physical and mental health, an act of courage not weakness, and a gift to those whose lives you touch." (Stigma of Therapy).

If professional help doesn't work for you (and sometimes it doesn't), then asking for help from your friends and family is something I would wholly recommend. Imagine being in their shoes. If your son/daughter, mother/father, aunt/uncle, friend or lover was feeling completely alone and felt they had no one to turn to, of course you would want them to ask you for help. Tony Bernard, J.D., mirrors this idea when she says, "it's odd that we think we're placing a burden on people if we ask them to do something for us even though, if we did the very same thing for them, we wouldn't consider it a burden" (How to Ask for Help).

Admitting that you need help is a difficult thing to do, but this could be the very thing that builds the path to full recovery, one of self, perception, and happiness. We all are mourning the casualties of our own wars, we all know what it's like to be alone. So please, if you are feeling alone, ask for the help that you deserve. We all have the strength to win this war—if we allow ourselves to fight together.

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leadership. When she asked me what my parting message for the readers was, I responded with: "Excellence is a choice... Investing in your personal development is a choice. Are you in or are you out?" Think of this article as the explanation behind that statement.

Where do I draw my energy from? What keeps me going, happy, and productive? The answer is personal development. My ultimate source of inspiration is people, content, and spaces that promote personal development.

Lors d'une formation en leadership à laquelle j'ai participé en 11e année, j'ai découvert qu'une de mes valeurs les plus profondes était la croissance personnelle. Thus, as of that day, I made a conscious decision to practice being intentional about where I spent my time and energy. This has been the single most important decision that I've ever made.

That small decision in grade 11 unlocked some massive gains in the years to come. A commitment to personal development involves a constant process of learning, sharing, and leadership – cycled with rigorous and authentic self-assessment and collaboration with others.

The outcomes of personal development are twofold. Not only do you acquire a wide variety of specialized skills to master your craft but you also achieve congruence/alignment, mental resilience, and a sense of internally validated self-confidence. The latter set of outcomes are what the world's game changing social leaders have in common! And, everyone can achieve them!

Think about your last 24 hours: how did you invest that time? With whom? For what purpose? Was your time spent furthering your top 5 life goals? What are your top 5 life goals? Was your time and energy spent on pursuits that generate inspiration for you? Or, were they committed to stagnating or soul shredding activities?

In my humble opinion, the best thing one can do for self and society is to work on improving one's mindset, to reflect on one's experiences and passions, and to contribute to the world through a craft that is in line with those passions that resonate with you most deeply.

Wouldn't the world be happier, healthier and more inspired if everyone was able to contribute in their own unique way to the greater good? To operate at such a caliber, we must "sweep our own doorstep". I interpret this concept as a reminder that we must check ourselves, know ourselves, and create opportunities for personal development and transformation.

We can't change others and we can't necessarily change what happens to us. However, we can change ourselves by modifying our reaction to situations and people. In turn, we may influence life's outcomes. The first step toward personal development is a shift in attitude. As Robin Sharma says, we must move from a mindset of victimhood which involves making excuses, blaming and negativity; to leadership which drives results in a positive and collaborative manner.

One of the frameworks that I use to develop myself (to become a source of inspiration for myself) is to do 1 good thing for my body, 1 good thing for my mind, 1 good thing for my career, 1 good thing my emotions, and 1 good thing for my spirit, every day. Sometimes, I can meet 2 or more of these requirements through one activity. Being intentional about the way I spend my time and energy has been imperative to creating results that matter in the long run.

Does this sound like common sense? Then why is it so uncommon? I'd like to leave you with some avenues for personal development. Tap into these sources of inspiration if you want to make 2014 your best year:

Invest in a life coach and/or other therapists (this was one

of the best things I've done for myself when I was going through a particularly rough time)

Develop a daily habit of self-reflection and journaling (What you grateful for? What assumptions about yourself and others do you hold that you can challenge?)

Sharpen your ability to honestly self-reflect (if you think you're already "there:", then you've already lost)

Learn to meditate and to be mindful (game changing skills)
Participate in leadership and personal development programs, like the Glendon Leadership Development Program (a wise use of your time in school)

Have faith and/or connect with yourself on a spiritual level (reconnects you to you)

Consume books, blogs, audio-books, documentaries, and films in the self-help and wisdom section of stores and websites (in an equal or greater amount than the amount of negative distractions that we face on a daily basis)

Connect with mentors and mentees (university is the perfect environment to nurture these relationships)

Follow inspiring people on Twitter and unfollow negative sources of information (a small change which yields big results)

Achieve the highest levels of your hobby or craft (the highest levels in sports, arts, sciences, and other domains share these common prerequisites: focus, dedication and hard work)

Nurture a group of close friends that push each other to be better in an honest, loving and respectful manner ("You are the average of the 5 people you spend most time with" – Jim Rohn... so choose wisely)

Attend the Glendon Leadership Conference at the end of January 2014! See the Lion's Den for more details. (Investing in leadership education is investing in a life that matters)

Act now. Take a risk. Pick one of these tips and commit to it for the next 30 days.

Which tip will you pick? Need any advice on any of these tips? Want to share any other tips? Want to chat? Connect with me via le Twitter: @davidipyam

What's my parting message this time around? Be the best you can be, at any given moment and in all areas of life. It's your duty to be the most inspirational person you know – it's OUR responsibility to be the most inspirational people we know.

"Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power." – Tao Te Ching

Yours in personal transformation,
David Ip Yam (@DavidIpYam)

Become Your Own Source of Inspiration

David Ip Yam
Student Affairs Leadership Educator
Martial Arts Instructor
and Relationship Zen Blogger

Cet article est dédié aux étudiants(es) qui cherchent à trouver l'inspiration et profiter de la vie.

Thank you to ProTem for the opportunity to share my thoughts on "What inspires me". The work your team has done this year has, in fact, been a source of inspiration for me.

6 Recently, I had the honour of being interviewed by a student leader from York U on the topic of

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Confirmez votre présence SVP, et nous dites si vous avez des besoins alimentaires ou des autres besoins. Les choix végétaliens et végétariens seront envisagés.

- Vicky Brook, Volunteer and Events Coordinator @ Lunik

Remembrance Day and What it Means History...

Our Past but Hopefully Not Our Future

Karissa Barbro
Contributor

These days it seems, as per usual, that history is being forgotten once again. When I first began my university career, I planned on my main major being International Studies and my secondary major being History. I had always regarded the concept of how history repeats itself, so rather than repeat the same mistakes as those who came before you, why not try to learn from them and accept all the lessons history has to offer? Unfortunately, history does not seem to be respected - those who died before us are no longer honoured or even remembered.

Every year at the beginning of November, I truly see how many people forget, take for granted, and repeat past mistakes due to ignorance. November 11th, this year in particular, was a controversial day. With the news articles regarding the 'white poppy for peace', we can see very clearly how our history, and the true meaning of things, can be so easily lost.

When I think of Remembrance Day and what it means, I think of my great-grandfather, my grandfather, my father and even my current career in the military. I remember two amazing brothers in arms who are no longer with us. I remember why I am here and why I love being in the military. I realize how amazing it is that my generation does not have to endure conscription for themselves or loved ones. I realize how amazing it is that we do not have to suffer through the scourges of war. I realize how amazing it is that Canada came to be its own country - to have its own international

standing during World War II on the battlefield called Vimy. On that Ridge, Canada rose from being Britain's baby, to growing into its own entity. I remember all of those who fought to secure a safer world for all of us, who fought to ensure we did not need to, and who fought to give their lives to protect all that they loved and cared for.

In spite of all of this, the week prior to Remembrance Day I spoke to my friends and mentioned, "Hey, where is your poppy?" only to hear a response that truly hurt - that they forgot about Remembrance Day. They then shrugged and went back to their day.

The red poppy, and Remembrance Day as a whole, is and never has been a day to celebrate war. Soldiers do not love war - they do what needs to be done so that others do not have to fight. If there is anyone who wants peace the most, it is usually soldiers, and even more so, the families they must leave behind when they go on tours of duty. The red poppy is a symbol of remembrance for those who lost their lives to ensure we could have freedom of speech, freedom of expression, and all the other freedoms granted to us by those who have died fighting. It's for those who lost their lives so that people could choose to wear a white poppy - they fought and won that right for us. The red poppy reminds us of the cost of war, how excruciatingly dreadful it is, but also how it brought us our freedom that we so callously take for granted.

An amazing explanation for why we wear poppies for remembrance can be seen in Lynn Johnston's 'For Better or For Worse' comic from November 09, 1997, seen below:

It is a blessing that most of us do not know what war is as it was during World Wars I and II. Those veterans are still around though, and this is why we should remember their sacrifices, and the phrase "Lest We Forget".

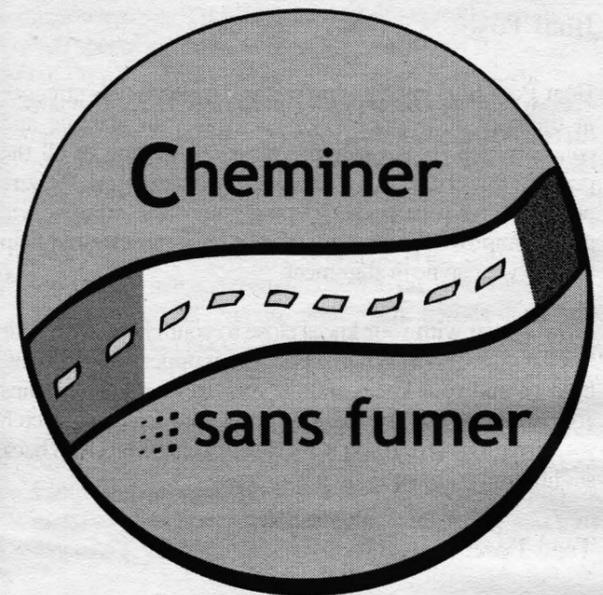
I hope that this past November 11th you were able to take the time to attend a ceremony in remembrance. Specifically at Glendon, there was a Remembrance Day Ceremony at the front of the school by the flag pole starting at 10:45am. If you were in class, there was always an option to ask your professor to have a moment of silence at 11am. If you were off campus, there were various ceremonies that could be

attended around the GTA on Sunday and Monday. If you were unavailable to attend a memorial event, I hope that you could take a moment to remember, and if not, I hope that you choose to do so now. Veterans are inspirational in what they do for us - they are willing to give their lives for the freedoms we enjoy and work towards providing freedoms for others. Although there is one day designated for remembering them, this does not mean we should forget them for the rest of the year. Let us not forget them, let us not allow our fellow citizens to forget them, and let us not allow the government to forget about them and their needs, after all, they have generously given us so much.

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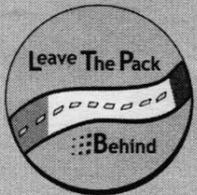
Johnston, Lynn. And That, I Think, Is The Best Reason Of All. For Better or For Worse. 09

November, 1997. Web. 06 November 2013.



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Health and Wellness

Yoga 101: Beginner's Poses to Uplift and Unwind

Sienna Warecki
Assistant English Editor

Yoga can help to stretch our bodies and de-stress our minds as we face the pressures of exam period. Even five minutes between study sessions can be enough to boost your mood and energy levels and leave you refreshed and ready for the next challenge of the day. These poses were chosen for their level of difficulty which is easy-peasy: someone who has never even heard the word 'yoga' can do them. You don't even need a mat. These poses reflect the cornerstones of yoga—and of a healthy body in general—strength, balance, and flexibility. Hold each pose for somewhere between ten and thirty seconds, but if you are particularly comfortable, a minute is the typical maximum length of time to hold any one pose. Namaste!

Boat Pose

Boat Pose is an invigorating posture which builds strength in the core and upper thighs; it tests your stamina and concentration. It is easily the most challenging of all the poses in this article, so included are two variations. Be sure not to round your back—keeping your torso straight will greatly improve the strength of your back muscles and help to keep your spine in alignment.

How-To: sit with your knees close to your chest, with your feet flat on the floor. While keeping your upper body straight, hold behind your knees and lift your feet up so your shins are parallel to the ground. Let go of your legs and stretch your arms forward. If you want an extra challenge, lean back slightly and try to straighten your legs!

Tree Pose

Tree pose is a personal favourite; typically I'll get into it after standing still while talking to someone. It is a solid introduction to balancing poses and you can do it anywhere where you have enough room to stand. I have included three variations: start from the bottom and work your way up as you improve!

How-To: stand straight and tall with your feet hip-width apart. Make sure your chosen foot is pressed firmly into the ground before shifting your weight onto one leg, bringing your other foot either to above your ankle, above your knee (never on the knee itself!), or into half-lotus position at the top of the thigh. I press my palms together at my heart, but you can also reach your arms up—and if you feel particularly balanced, you can wave your arms back and forth and sway like a tree in the breeze.

Reclined Twist

I was once told by a teacher at a yoga studio that the Reclined Twist is an all-in-one pose for energy levels: it will revitalize you if you are feeling drained, but it can calm you down if you feel too twitchy and hyperactive. It wrings out all the tension along the spine, massaging all the internal organs, and helps improve the flexibility of the torso by bending in a way we hunched-over students rarely take the time to bend.

How-To: lie on your back and open your arms to the sides, you can straighten them, or bend them at the elbow like I do. Draw both knees to your chest and then, without allowing your shoulder to lose contact with the ground, drop both knees to one side. The closer you bring your knees to your armpit, the more intense the stretch; try your best to stack your knees and ankles, but remember that keeping the shoulder down is more important.





Photograph by Krizia Tehrani

Child's Pose

A classic posture and a favourite amongst all yoga-lovers, Child's Pose is a great way to end a practice, or just to take a minute away from a stressful situation and have space to recollect yourself. In addition to being a calming, soothing pose, it is a gentle hip opener, which is especially nice for the female portion of our readers, as women tend to carry their tension in the hips.

How-To: start on your hands and knees - your knees can be apart or together though I find apart feels better. Untuck your toes and lower your hips back to rest on your ankles. Allow your upper body to lie on your thighs and rest your forehead on the floor. You can stretch your arms out in front of you, as in the photo, or you can reach them behind you for an extra shoulder release. **Additional Fun Fact:** rolling your head from side to side will give you a nice forehead massage, which is a great way to stave off stress-induced headaches!

Easy Vegan Chili Recipe

Kelly Lui
Contributor

What better's than relaxing to a bowl of home-made chili? A "free" bowl of home-made chili! The Food Bank on campus (located in the GWTC) is an accessible resource to all, so please do yourself a favor, trek to Hilliard for a visit...and you can get a free bowl (or more like a pot) of chili out of it.

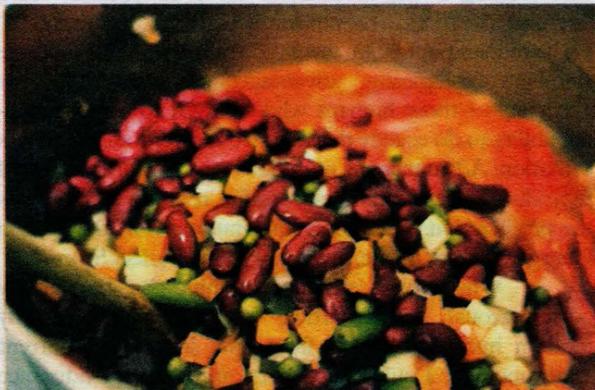
Easy Vegan Chili Recipe: This recipe is easily improvised... to be honest, it was created 100% on improvisation...so do what feels right...or good to you.

Ingredients:

- 1 can of stewed tomatoes
- 1 can of mixed vegetables
- 1 can of kidney beans
- 1 onion
- Some kind of cooking oil
- Whatever else you have on hand (I had a red pepper to use, feel free to improvise: carrots, corn, other types of beans, various minced meats)
- spices: chili, bay leaves, cumin, salt & pepper (for tasting)
- *again feel free to improvise...I also like to add tobasco or red chili pepper flakes for a bit of a kick



Step 1: Dice up your onion & whatever else you have on hand. Drain the canned ingredients in a strainer - make sure to rinse it well.



Step 2: On medium heat, pour a decent amount of oil (1-2 tbsp). Once heated, add the onions and sauté until they are fragrant. Add "whatever you have on hand" (in my case, red peppers) and let it soften. At this point, add pepper and "whatever else" (I added some garlic salt since I didn't have fresh garlic).



Step 3: Once the onions and "whatever else" has softened, open the can of stewed tomatoes and add it to the pot. Stir. Cover the pot until it boils.

Step 4: Once it boils, add your drained beans and vegetables.

Step 4.5: Add your chili spices (you can buy "Chili spice" or just add a few bay leaves and cumin). Let boil and simmer.

Step 5: After some time (maybe 10-15min or so), check up on your chili. Stir it and taste for flavor. Add whatever it needs until you are satisfied. Let it simmer for another 10-15 min so the flavor can deepen.

Step 6: Once you deem it ready, spoon it into a bowl and enjoy while watching some Adventure Time.

BONUS STEPS/ALTERNATE REALITY

*Step 7: As I said, improvisation is the main rule of the game - I've added cooked quinoa for some added protein and texture. Do this during Step 6.

Step 8: Bon appétit!

Ten Techniques for Surviving Winter

Sharon Tarshis, M.Ed.
Counsellor
Counselling, Career, and Disability Services

It's easy to fall into the dreaded winter blues, but what can you do to break out of it? Here are some ideas to keep up your spirits as the days get shorter and the nights get colder.

Bundle up! Don't forgo warmth for style. Try dressing in layers, keep your hands and feet warm and don't forget a hat. Keep active. Fight the tendency to hibernate. Exercise helps relieve stress, gives you energy throughout the day, maintains or elevates your fitness level.

Get some sun. Sunlight exposure releases neurotransmitters in the brain that affect mood. Try to spend time outside. Keep your blinds up during the day to let more light in. Sit near windows. Try changing the light bulbs in your home to "full spectrum" bulbs.

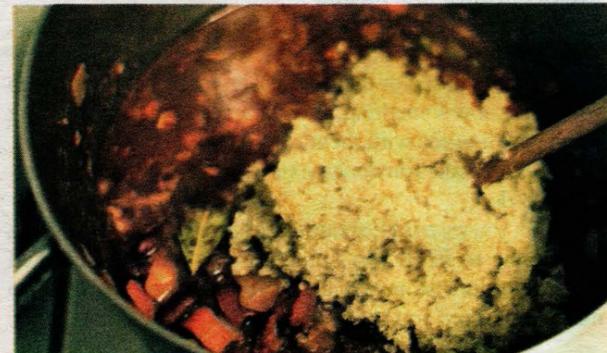
Eat well. What you eat has a great effect on your mood and energy. Try foods with complex carbohydrates such as whole grain breads, fruit, vegetables, brown rice. Avoid fatty foods which will make you feel sluggish and sleepy.

Stay hydrated. Drinking lots of fluid is good for your body, especially when it is cold outside and often, too warm inside. Stay connected. Spend time with friends and family. Socializing is a good way to beat the winter "blahs". Engage in outdoor activities, cook a meal together, celebrate every day triumphs.

Start a new project or hobby, paint a room, declutter a closet. Limit alcohol and caffeine intake. Both may temporarily make you feel better, but can aggravate anxiety and muscle tension. Try substituting it with herbal or green tea.

Pamper yourself. Relax by soaking in a warm bath with Epsom salts.

Wear bright colours. They stimulate the mind and encourage optimism.



Toxic Relationships: How to Recognize Them and Why to Release Them

Sienna Warecki
Assistant English Editor

Who do you think of when you read the words "toxic relationship"? An ugly truth: whoever it is, they're probably not all that good or healthy for you.

We seem to be entering an age that is obsessed with never burning its bridges; your six hundred Facebook friends can attest to that. We are constantly told that if we break a connection, we close a door, lose an opportunity. This is a whole issue in and of itself, as it forces us to try and stretch our time and attention much further than is natural (according to Dunbar's number, we are in fact only psychologically capable of keeping track of about 150 people at a time). But it engenders another issue, one which I think is much more destructive: a lot of people have become blind, willingly or unwittingly, to the toxicity of some of their relationships.

What is a toxic relationship? (From here on out 'relationship' means any relationship between two people, be they coworkers or friends or significant others.) In simple terms, it is a relationship where the total frustration and sadness and pain outweigh the happiness and joy. Do you have that one friend that you keep talking to and hanging out with even though spending time with them always leaves you feeling a little emptier? Are you staying with your significant other for no other reason than it being convenient? If these questions are making you think of someone, don't feel ashamed—it's normal. It is normal for relationships to run their course.

So how do you know when a relationship has gone toxic? I've put together a short list of things which signal it's time to think about parting ways:

1. Talking to them and spending time with them makes you anxious. You avoid it in little ways, like waiting days to reply to their texts or messages (or else in big ways, like faking sickness in order to get out of going out with them).
2. You don't feel like you can be yourself around them. You hold back opinions and beliefs—or in extreme cases, hopes and dreams—because they feel unaccepted. You feel judged before you open your mouth.
3. Problems within the relationship are always your fault. Always. Even when they aren't.
4. You are belittled or made to feel ignorant or stupid when you don't know something, and made to feel just plain wrong when you disagree with them.
5. They can make you doubt your worth as a human being—and they do.
6. When you try to talk about the relationship, about ending it or trying to fix it, you get dismissed, shut down, yelled over, or otherwise invalidated. Nothing ever changes, no matter how hard you try.

The first five are signs that you need to sit down and have a serious discussion about the future of the relationship, but not necessarily to drop it like a hot coal. I can say from personal experience that once in a while, it pays to hold on and try one last time. But if you're in a situation where number six applies, I think it's time to go. It's going to be hard, and painful, and scary—after all, human beings hate change on principle, and we'd take the horrible known over the unknown any day of the week if we didn't have the willpower to choose otherwise.

Embrace the unknown, the "so what now?" that follows—all that energy that you didn't know was being sunk into that train wreck of a relationship will suddenly return to you, free to be used for anything you want. (And if you feel bad, don't worry, because the same is true on their end.) And then you can finally start the search for something (or someone) truly worth your while. I'm rooting for you.

Staff, NPR. "Don't Believe Facebook, You Only Have 150 Friends." NPR. NPR, n.d. Web. 21 Nov. 2013.

Maybe You Were Born to Run

Dean Ray
Contributor

Have you ever heard the Springsteen song "Born to Run"? When I set my iPod to my running playlist — a 100 BPM safari through the 80s and 90s — the Boss belting in my ear is always encouragement. During my last race it was Bruce's working-class anthem about escape that pushed me across the finish line of the Pride and Remembrance Run.

As I floated across the finish — singing at the top of my lungs and dressed completely in drag minus my ruby red running shoes — I asked myself: maybe we were born to run? The adrenaline, crowd, and connection to my fellow runners felt natural. As a man of the social sciences I reject biological determinism, but I've never felt as in-tune with my biology as during a road race. Excluding the biology of running from my world view seems like a glaring omission in my understanding of the human condition.

Anthropologists have long speculated about the origins of the human brain. More specifically, how our ancestors would have met the caloric requirements of our big heads. Some theorize that our big brains come from a unique ability to run long distances, something we do that is uniquely human. If our big brains are connected to our fancy footwork, then maybe we were born to run.

It's not a new concept. But in the running world, plagued by the debate between natural or supportive footwear, there appears to be little space for an argument that running is the root of our forebrain success. It's a straightforward idea: the random accumulation of variations in the human population favoured traits that made distance running biologically advantageous, permitting our ancestors — those humans who survived to reproduce — the ability to do exactly that, survive and reproduce. This is evolution. Advantageous mutations permit more successful reproduction and more successful reproduction equals the proliferation of advantageous mutations. If this were a George Clooney movie, it would be *The Perfect Storm*.

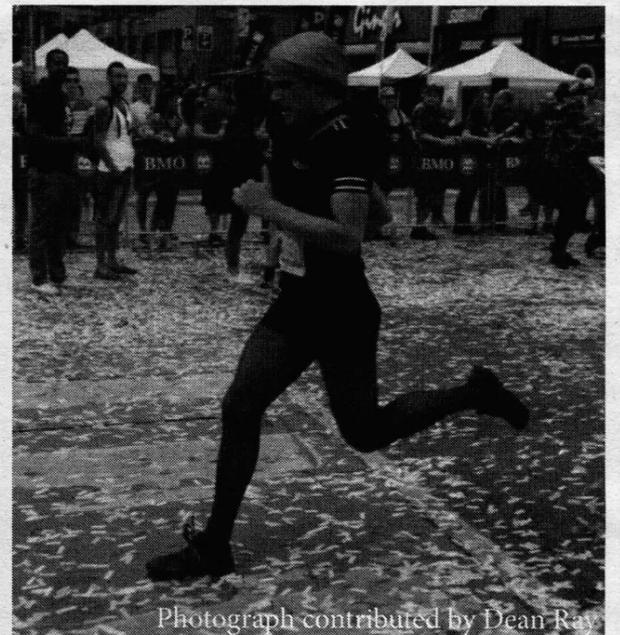
Why would distance running be biologically advantageous? In his article "Persistence hunting by modern hunter-gatherers" from *The Journal of Current Anthropology*, Louis Liebenberg argues that endurance running "may have been instrumental in the evolution of the human body form," as it allowed humans to engage in persistence hunting. Persistence hunting, according to Liebenberg, involves packs of humans chasing and tracking prey to exhaustion during the hottest parts of the day (as sunlight would have been necessary for this endeavour).

What about humans predisposes us to excellence in persistence hunting? Liebenberg offers that our sweat glands, the largest of any species on the planet, grace us with a remarkable capacity to sweat. Heat reduction, achieved in most mammals through panting, is accomplished in humans via sweating. In the midday heat of the African Savannah our antelope prey would have succumbed to exhaustion after just a short bout of extended running, however our human ancestors would have 'persisted' well beyond most conventional mammals. Even bipedalism — our ability to walk on two legs — often attacked as an unnatural form of locomotion, provided us with a linearity that meant less direct sun exposure and less need for water. That combined with our spring-like achilles tendon, large knee and hip joints, as well as our huge butt and thigh muscles, meant an unparalleled ability to run long distances for extended periods of time.

If the biology is ingrained perhaps there is something else that I am missing. Running for me has always been a deep meditative experience. It's my one chance to feel human, and surprisingly I'm not alone. My last marathon I got to 33km and I was about to give up when a woman came up behind me, put her hand on my shoulder and said, "you can do this". She was right. That feeling of compassion and closeness, of camaraderie rather than competition, was what pushed me across the finish line. Something about running feels natural, but something about smiling and caring about another human running, that feels natural too. So perhaps we were born to run, but maybe we were born to run together.

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Photograph contributed by Dean Ray

A Foodie's Dilemma: Dealing with the Dreaded Allergy

Teshini Harrison
Communications Officer

Luscious beet mousse and julienned poached potatoes sit in a pristine transparent crystal glass. With another glance, this delicious layered appetizer is ruined by an intricately scattered mess of what looks like morsels of mashed peas. These sprinkled bits consist of delicious — or so I've been told — pistachios. For me, however, pistachios are the bane of my existence. This smooth shelled monster whipped into a smooth and delicious cold cream allowed me within ten minutes of ingestion to discover that I was indeed allergic. It was a sad day.

This is a situation that many, food lovers included, find themselves in: a nut allergy here or lactose intolerance there, the list goes on. So what do you do? Well, with the advent of "traces" of ingredients floating around in many dishes and prepackaged foods, I was pushed to start my own food endeavors. While in Europe, I had three allergic reactions, one of which included the owner of the restaurant proclaiming — as if he was an expert — that an allergic reaction should begin after 24 hours; so nice to know that the person having the allergic right in front of you has no say. I still have yet to get over that. But as a consequence, I started cooking more. Ensuring that I knew where my food came from and knowing that my hands have nurtured it.

Sometimes, there are those moments where allergies take out the fun and enjoyment of food. The dread in having to ask about what is in a dish when it just looks scrumptious. But that is life and this is the basket of genetic apples some have been dealt. What matters more is the way one deals with an allergy. As mentioned prior, I cook a lot. I have been doing it since I was about eight years old and when I have the time, I will dedicate hours to making intricate desserts or going to events with a rainbow of flavours. But these flavours sometimes come with consequences one of which is food contamination with nuts and/or other ingredients.

For my fellow comrades suffering the plight of allergies, I empathize. It sometimes seems that there are limited options in dealing with an allergy. But in my experience allergies have permitted me to discover the array of substitute foods that exist, many of which are healthy too. From making my own homemade granola packed with delicious seeds and dried fruit, to discovering that I could whip the hell out of maple syrup to end up with luscious and sweet maple butter. The options are endless; it's just finding ways to get creative. So to my fellow allergy ridden foodies, I challenge you to get creative and check out the list of my favourite bloggers that get artistic with their meals.

1. Hey Fran Hey <http://heyfranhey.com/>
Fran gives you tidbits on everything from making your own homemade deodorants and hair conditioners to innovative vegetarian and vegan treats.
2. Urban Bush Babes <http://urbanbushbabes.com/>
From hair tips to music features, the authors of Urban Bush Babes give you a little taste of everything.
3. Chicken Tuna <http://chickentuna.tumblr.com/>
Somewhat of a health blog, this girl gives you everything and more, not to mention exercise challenges and pretty interesting food substitutes like a quinoa oatmeal breakfast bowl, which is delicious!

Crack, Kittens and Controversy

The soap opera saga that is Rob Ford

Victoria Ramsay
Editor of Metropolis

Catchy phrases splashed across newspapers are in great abundance in Toronto these days. Among these literary gems are The Toronto Sun's headlines "Foul Meowth. Ford drops P-Bomb, city council has kittens" and "Global Stuporstar". Various other news sources including the Globe and Mail, the National Post and the Toronto Star headlines have included key words such as crack, embarrassment and denial. What on earth is going on in Toronto?

One more thoughtless comment in an interview, video leak and headline after another and this is where we find ourselves as Torontonians. The accusations of our mayor being a public embarrassment have become an understatement. On a grander scale: is this issue affecting Canada's image as a whole? It isn't clear if this is merely an opinion or factually true, but publications globally have been reporting and commenting on Ford's embarrassing actions. Even late night American television shows hosted by Jon Stewart, Stephen Colbert and Jimmy Kimmel have joined in the conversation, not only commenting on Rob Ford himself in a comical way but also on Canada as a country. Is Ford he having a negative effect on Canada's overall reputation?

All of that being said lets face it, this situation is very unique for a number of reasons. But it also isn't the first time that someone in the public eye has endured a scandal. There are many individuals, whether celebrities, athletes or politicians, that have, simply put, messed up. There are numerous scandals, always including incriminating evidence and a variety of nobodies ready and willing to comment and divulge even more details about the accused. Some of these people are able to regain their reputation and others are not but the fact is these things happen. This isn't to excuse bad behaviour and poor choices made by our mayor or his extreme lack of self-awareness and tact when addressing the media but it is merely a fact to put all of this into perspective. It is indeed true that people make mistakes, even leaders, even our mayor. The difference between this situation and other celebrities is that this whirlwind of controversy surrounding Rob Ford hits exceptionally close to home. The mayor of our city did what? He admitted it? He said that in an interview? Questions like these have resounded loudly in many Torontonians minds especially over the past few weeks. The more important questions that we should now be asking ourselves are: What happens next? Does he resign, take a leave of absence or get professional help? Is redemption in reputation ever possible for Mr. Ford?

The actions that the mayor has taken whether far in the past or more recently are, in a word, unacceptable. There is not getting around that simple fact. When you accept a prestigious role such as mayor of Toronto, one of the largest cities in North America, it should be understood that your image needs to be as close to spotless as possible. If you are in a leadership position and do make a mistake, like Ford, the last thing you should do is deny it and lie about it for months on end. I have heard arguments pro Rob Ford and against him, interviews defending his reputation and others shamelessly ripping him to shreds. Opinions and outrage aside, I think something we should take from this situation is that we need to continue to expect more from our leaders. Leadership roles are set in place to make decisions, even when unpopular, and to lead people. Lead people by setting an example. We are so fortunate to live in a democratic country that is peaceful. We all have a voice to share our unique opinions with others and a right to vote in elections. This is a privilege that should never be taken for granted.

We have decision power to elect individuals into office that share our values and desires for the future. Rob Ford, at this point in time does not fulfill the basic requirements that the public seeks in a leader or in a mayor. Our standards as a community shouldn't be set at Rob Ford's current level, we should expect more from those that are creating our future and leading our country. Leaders deserve respect and support from us as citizens but we also require something in return. We need action, we need honesty and we need someone in charge that we can be proud of.

The Valley A Review

Ayelen Barrios Ruiz Pagano
Editor of Arts and Entertainment

If you're looking for something to do in Toronto, you should go see *The Valley* playing in Tarragon Theatre. *The Valley* written by Canadian Joan MacLeod and directed by Richard Rose, delves into the issue of mental health. You may know that the playwright Joan MacLeod visited Glendon on November 11. She talked a bit about the play and her experience as a playwright.

Connor, a freshman of college, played by Colin Mercer, comes home although he had been excited about going to college and decides in not going back. His mother, played by acclaimed Susan Coyle, is surprised and worried that her son has had such a sudden change in heart about university. Soon it becomes clear that there is something bothering Connor, he is severely depressed. As university students, we have all witnessed peers struggle with the pressure of University. We've all heard of the sad stories of students taking their lives in the face of pressure. As a fellow university student, this theme hits close to home. Schools across the nation and the world have had campaigns to open the discussion about mental health. Glendon recently tackled this issue with Mental Health Month, having different programs designed to de-stress students on campus. Glendon also celebrated World Mental Health Day and promoted awareness about mental health. The question arises however, is enough being done?

In the midst of this happening in Connor's home, we are also introduced to a different family: Constable Dan and his wife Janie played by Ian Lake and Michelle Monteith. The couple have recently had their first child. This discusses another type of mental illness, postpartum depression. Although at the beginning it does not seem to be severe, Janie's condition goes untreated and she progressively gets worse. Although the couple love each other, which is clear throughout the performance, the husband doesn't seem to want to or know how to listen to her.

The first lines of the play indicate that these two family's paths will intersect. They do just before the end of the first half, when Connor's depression goes to another level on the SkyTrain, the police are called to solve the "disturbance." Conner is violently apprehended by Constable Dan.

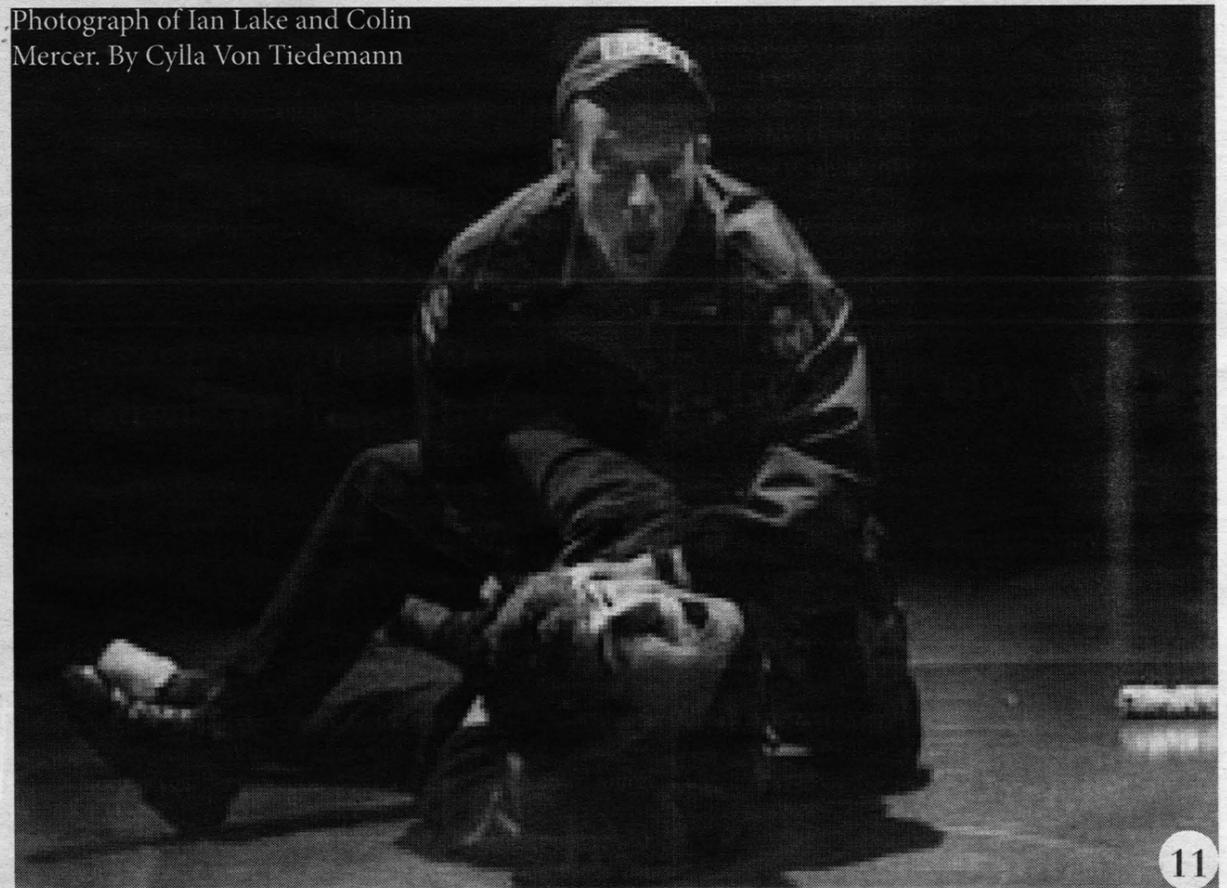
The actors did a very good job of portraying these flawed and intriguing characters. No character overshadows another. These actors understand that one person cannot shine over the other, which seems rare in show business. This is Colin Mercer's first time at Tarragon but he shines like a pro on that stage. The stage is set up so that the stage is on ground level and on either side of it are the risers where the seating is, almost like a Valley itself.

If you'd like to see this Canadian Masterpiece you can visit tarragontheatre.com. Student prices are available and there is also \$13 rush tickets Fridays and Sundays.

Michelle Monteith and Ian Lake



Photograph of Ian Lake and Colin Mercer. By Cylla Von Tiedemann



Jesse Cook at Flato Markham Theatre A Concert to Remember

Natasha Farough
Editor in Chief

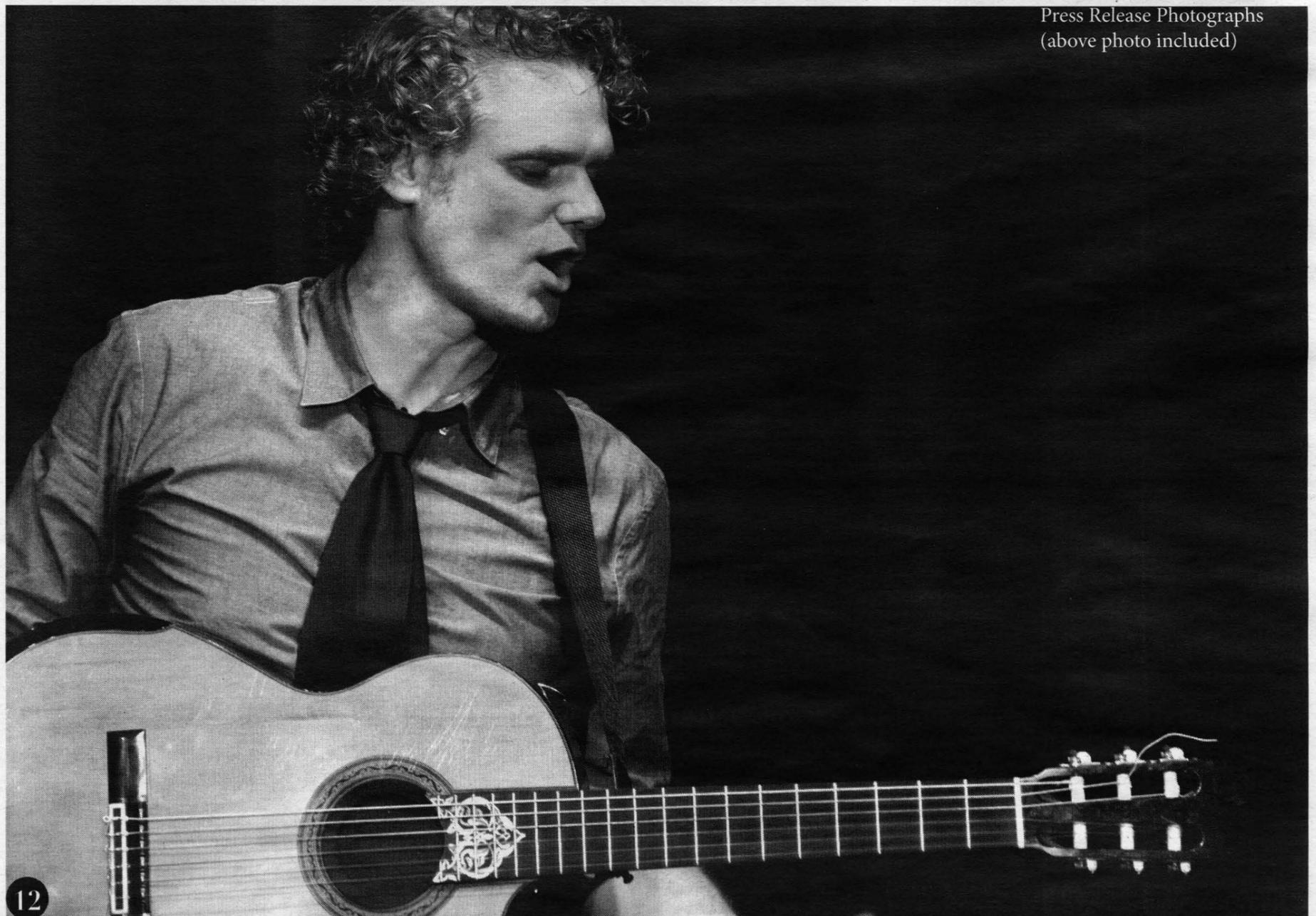
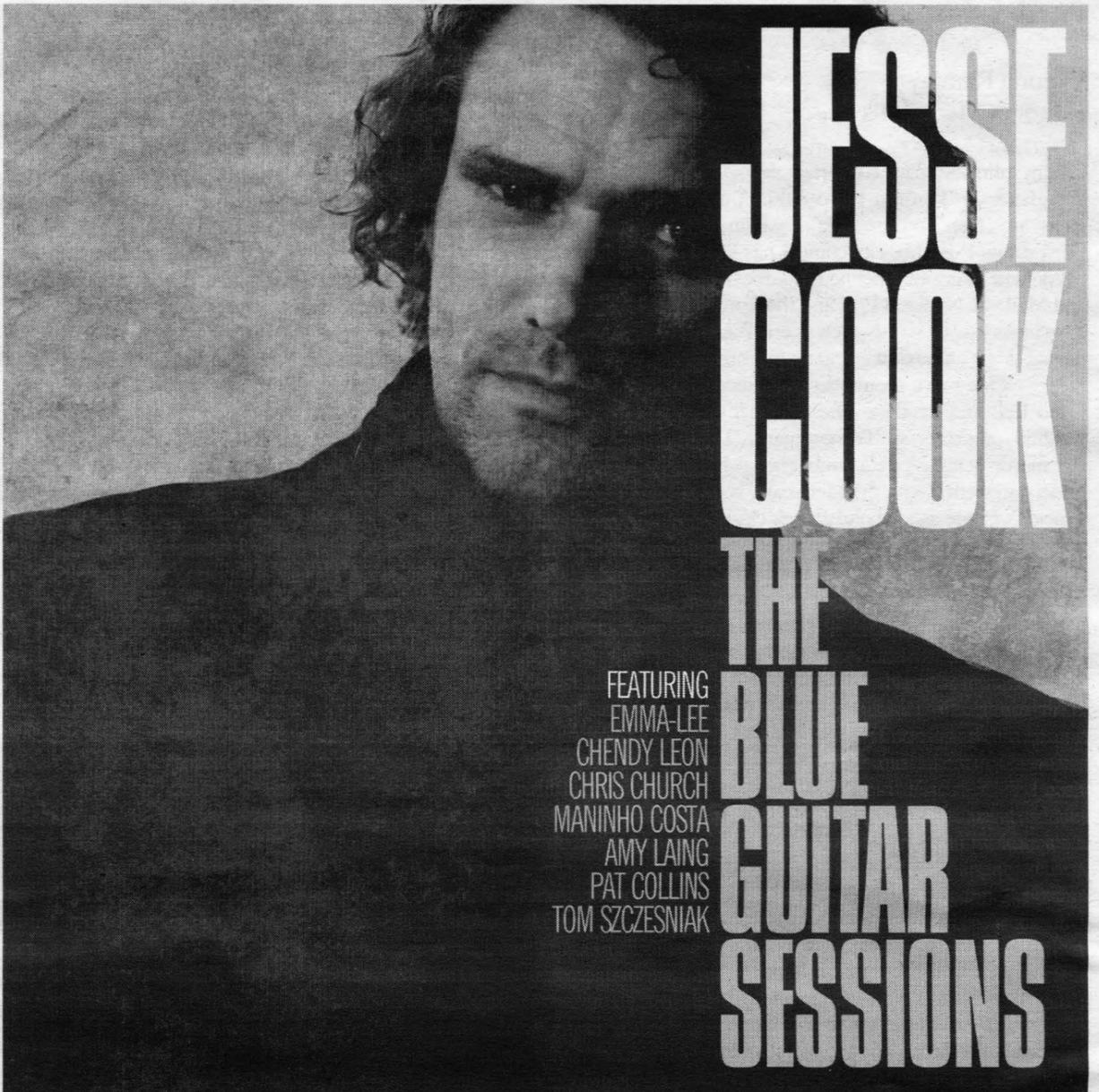
Jesse Cook, a Paris-born Canadian rumba flamenco guitarist is a Juno award winner and an international performer. On November 7th he came to Flato Markham Theatre as part of his Ontario and Quebec tour for his new album *The Blue Guitar Sessions*.

The concert was sometimes soul-chilling and sometimes heart-warming. Along with his usual rumba and nouveau-flamenco guitar pieces, Jesse Cook introduced songs from his new album *The Blue Guitar Sessions*. These pieces focus on appreciating space in a piece, and feature solo performances from different members of the band. The relationships between the instruments tell a story of love and loss. According to Jesse Cook these new pieces were inspired by the album Adele's 21 and Adele's ability to fill space on various tracks with only a piano and her voice. Jesse Cook attempted the same on this album by ensuring his compositions allowed different members of his ensemble to shine. The songs would allow the instruments to have a moment in the piece all to their own. These pieces "will make you cry" as Jesse Cook explained before launching into songs like "Broken Moon" and "Fields of Blue". Indeed, these pieces were soul-chilling demonstrated by shivers of pain and pleasure that ran through the audience. However, his concert was not all sad. He mitigated his new album with old favourites and heart-warming pieces like "Baghdad", "Tempest", and "Fall at Your Feet" the last one featuring violinist Chris Church's vocals.

Jesse Cook's humble attitude and connection to the audience made the experience of hearing him live especially heart-warming. At one point he asked the audience to get on their feet and dance if they wanted to. The entire audience rose to its feet to enjoy his rumba pieces. Listening to Jesse Cook live was an altogether different experience than listening to his albums. Each note rung through the audience and the reaction from the audience was half of the piece.

If you enjoy music, especially guitar music, Jesse

Cook is an artist you won't want to miss. His music will lift you and let you fall and lift you again. His latest album *The Blue Guitar Sessions* is available on iTunes. For tour dates, check out his website jessecook.com.



Press Release Photographs
(above photo included)

Cinema for the stressed and tired Soul

Ashley Moniz
Contributor

It's that time of year again, time for essays, presentations, assignments, and exams. By the time this month is over, the only thing that anyone has the energy to do is sleep for a month before the process starts all over again. Finals have become synonymous with an overall poor frame of mind and can be very overwhelming for students. It's important to remember that even in the busiest of times, it's good to take some time off for a little R&R. The perfect way to do that is to sit back and let the mind get lost in the world of film. Whether it's an inspiring feel-good favourite, an escapist comedy or action flick, or even a guilty pleasure or a favourite franchise, the perfect movie can calm nerves and boost morale, helping face the challenges ahead.

Sometimes, the best thing to do is to find something distracting perhaps a world that may not be the most artistically sound, but can be entertaining and calming for the mind. This is an art known as escapism, or the ability to leave a busy and stressful world and enter into another simpler and more fun one. Romantic comedies are one of the easiest genres to escape into. Maybe it's watching Julia Roberts going from roadside prostitute to upper class "plus one" in *Pretty Woman* (1990). Or perhaps it's Meg Ryan enthusiastically trying to prove a point to Billy Crystal in a café in *When Harry Met Sally* (1989). Or it could even be John Travolta and Olivia Newton-John proving their love through song in their senior year in *Grease* (1978). Whatever the story, the fun back and forth of "boy meets girl" has entertained for generations and will stick around for years to come. For those who don't find these very appealing (or, let's be honest, just have a fear of the loss of their masculinity), a good action movie could just as easily do the trick. There is something about watching stuff blow up or people firing machine guns at each other that calls for a good time. It could be a classic where Bruce Willis defeats Alan Rickman and his band of terrorists in *Die Hard* (1988) (or one of its sequels), or the more recent, less acclaimed, but still fun *White House Down* (2013), with its explosions and witty humour. De-stressing is as easy as popping in a movie and forgetting about the world; getting lost in playful pursuits or mindless action.

Everyone, admittedly, has that one movie or franchise that makes them go nuts. Much like escapism, people obsess over these guilty pleasures or film franchises because they invite them to forget the rest of the world and indulge in something that they love. A lot of these can take people to a new world, some of the more famous of these being *Middle Earth* (The Lord of the Rings Trilogy, 2001-03), the wizarding world (The Harry Potter Series, 2001-2011), *Starship Enterprise* (The Star Trek Movies, 1979-2013), *Pandora* (Avatar, 2009) or even a galaxy far, far away (The Star Wars Series, 1997-2005). Wherever it may be, these adventures transport viewers to new worlds far away from the stressful ones they live in and allow their fans to proudly call themselves "nerds".

Sometimes, the biggest form of motivation can come from watching characters fight the enemy, defeat the odds or go from zero to hero. The heroes that motivate on screen can push viewers to overcome obstacles in their lives. Upset by a poor mark on an essay? Tom Hanks fought against his former employers when they laid him off upon discovering that he had AIDS in *Philadelphia* (1993). Julia Roberts fought back when companies were illegally dumping cancer-causing chemicals in the water supply for a small town in *Erin Brockovich* (2000). The Impossible (2012) showed Naomi Watts, Ewan MacGregor and their children fighting the odds to reunite their family after being separated and lost in the devastation of the Southeast Asian tsunami. Suraj Sharma finds himself lost on a lifeboat lost at sea with a Bengal tiger in *Life of Pi* (2012). Sylvester Stallone fights his way from total obscurity to stardom in *Rocky* (1976). Maybe there's a special someone to rely on and seek support from in times that seem hopeless, like the characters played by Christoph Waltz in *Django Unchained* (2012), Sandra Bullock in *The Blind Side* (2009), Tom Hanks in *Saving Private Ryan* (1998), Ken Watanabe in *Memoirs of a Geisha* (2005) or Omar Sy in *The Intouchables* (2011).

The world of film can be a great way to find that extra bit of strength to get through the hardest of times, or at least release enough steam to avoid going crazy. But as far as which is the perfect medium to indulge in, if none of the above suggestions are the right fit, then an old favourite would do just as well. At the end of the day, it's best to pick

something enjoyable a personal preference. There was a soldier who watched *The Sound of Music* (1965) 127 times during the Vietnam War as a means of escaping to a free world. If the film industry could bring joy in such a dire circumstance, than it can surely give some comfort to the life of a stressed out student.

Reflektor Review Opinions on Arcade Fire's New Album

Stephanie Settle
Editor of Campus Life

My favourite thing about Arcade Fire has always been their lyrics. More specifically, they have a way of telling stories with only a few lines. Such as the opening of "City with No Children" (The Suburbs, 2010): "The summer that I broke my arm / I waited for your letter. / I have no feeling for you now / now that I know you better." Those words bring to mind a powerful childhood crush, and a falling-out between the two long-time friends in their teenage years. They give just a few details about something that happened, allowing the listener to imagine it vividly and speculate about the rest of the story. So when I heard that a new Arcade Fire album had been released, I looked forward to more poetic brilliance. I was sadly disappointed.

The new album, *Reflektor*, isn't bad. The experimental nature of some of the instrumentals takes a bit of getting used to, but it grew on me. Some of the songs are very catchy, and I enjoyed the frequent mixture of English and French. But, it is hard to simply judge the album on its own merit when it comes after *Funeral*, *Neon Bible*, and *The Suburbs*, and fails to live up to the high standards those previous works set. *Funeral* and *The Suburbs* both explore themes of childhood and coming of age from several different angles, and in between the two, *Neon Bible* puts forth some compelling social criticism. In contrast, the first disc of the two-part *Reflektor* feels rather disjointed, and the second disc unimaginatively follows the break-up of a couple, saying nothing original on the subject.

I thought the album was going somewhere interesting towards the end of the first disc. With lines like "The missionaries, they tell us we will be left behind" (Here Comes the Night Time) and "They take their tea at two, all the normal people... You dream in English now, in proper English," (Normal Person) seeming to begin a story about one culture being assimilated into that of England. However, none of the other songs reference that idea at all. The second disc had a promising start with "Awful Sound (Oh Eurydice)" and "It's Never Over (Hey Orpheus)". I was intrigued by the application of the myth of Orpheus and Eurydice, which I have always enjoyed, to modern-day relationship problems. I soon lost interest when absolutely every song following them was also about a couple breaking up, with no new developments in the meager story. It was repetitive, boring, and unoriginal, the opposite of what I have come to expect of Arcade Fire.

I do not mean to say that there is anything wrong with an album that is not tied together with a unifying theme, or one that does not place much emphasis on meaningful lyrics. But, the fact that Arcade Fire used to do those things was what originally drew me to their music, and their abandonment of those techniques on *Reflektor* left me unsatisfied. It's not a bad album, but it's not nearly as good as I know they can be.

ARCADE FIRE



REFLEKTOR TOUR

What inspires you?

Mathilde Dufresne
Contributor

The answer to this question would deserve a whole book in my case. Movies, music, places... A beautiful piece can launch me on a new path, inspiration, dream... but since this is no diary, I will give you a simple, though interesting, movie review.

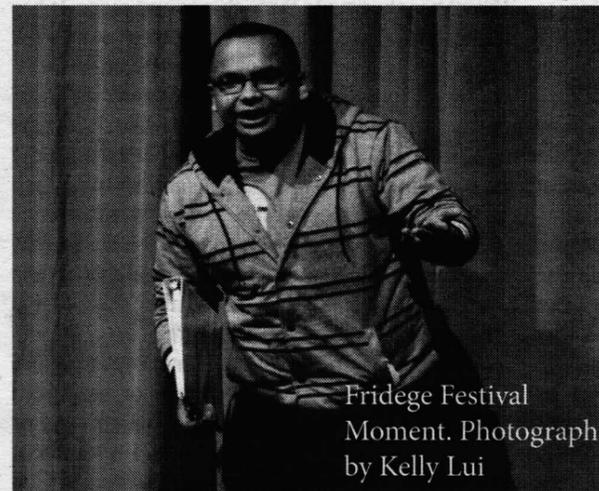
The Dallas Buyers Club, an independent movie directed by the Canadian filmmaker from Quebec, Jean Marc Valée (*C.R.A.Z.Y.*, *Café de Flore...*), takes us through the true-life story of Ron Woodroof. He is a Texas homophobic womanizer, rodeo aficionado, cocaine addict, electrician diagnosed with HIV in 1985. When he is given 30 days left to live, his life is turned upside down. Unable to treat himself he turns to people he then despises. The homosexual and transsexual communities still largely disavowed at the time, are embodied by the vibrant character of Rayon. The unlikely couple builds up a buyers' club in order to bypass FDA regulation by importing foreign, and more effective, drugs to the United States and giving them for "free" to the club members. 30 days turned into 7 years of battle against the government, for life and for rights.

The evolution of Woodroof from rough cowboy to AIDS activist is genuinely played by Mathew MacConaughy in the most groundbreaking role of his career. The physical transformation through which the actor went is astonishing on the screen. Not to mention, the absence of sentimentality throughout the film gives his character a resonant truth that will stick with you for a few days.

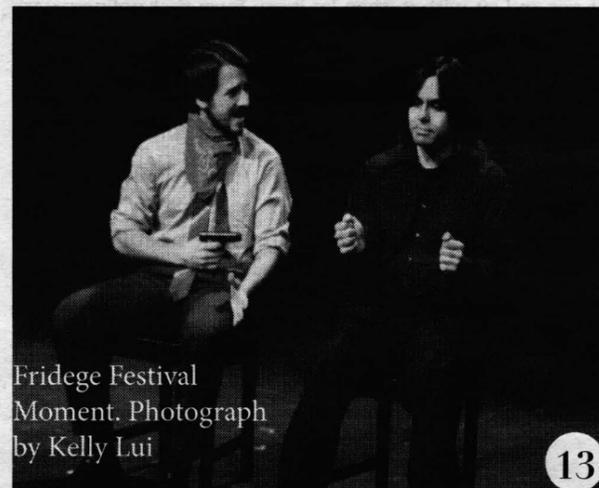
Jared Leto, playing the role of the colorful Rayon, is just as illuminating as MacConaughy. His bony figure is a ray of light throughout the film, showing strength and determination, life and heart. Never has the media talked so much about Leto as right now in the middle of an Oscar buzz. Adept of demanding movies (*Requiem for a Dream*, *Chapter 27*, *Mr Nobody...*), the actor just won the Hollywood Breakthrough Award for this movie, the first award of his acting career. Rayon is the "role of a lifetime" to him.

I saw the movie in Toronto the day after its release, November 1st. I was surprised that so many people showed up at a 1 pm screening on a Saturday to see a small independent movie shot in only three weeks, but magic happened for a reason. This movie inspired me, and from what I heard while exiting the theatre, I was not the only one. It is inspiring because it shows us that very different people can unite and fight together, make a statement and change the world. It inspired me to fight for what I believe in and to dare to live.

Dallas Buyers Club is playing at the Cineplex Odeon on 55 Bloor Street in Toronto, screening times are available on the Cineplex website.



Fridge Festival Moment. Photograph by Kelly Lui



Fridge Festival Moment. Photograph by Kelly Lui

The End

Dillon Baker
Co-Editor of Issues and Ideas

Beckoning me back from the fringes of my adventurous paths, I would welcome back the city and its splendours, while resting my travel weariness inside her, as she breathed new life into me with her chaos and indifference. We filled to the brim with each other and got lost in the fluttering golden light. We were marvels in our own right, ones of evolution, progress, and fusion.

It takes a certain amount of daring to scrape the sky with the earth, to house and cast away the hordes of life's refugees crushing themselves at your ports for a glimpse of your cold and marbled groves of luminescent pines. It takes a certain amount of daring to be so impetuous, moving through the world like a whisper, sweeping in and out; inevitably just another discarded footprint on time's relentless march. The city has always been both a fascination and a terror. It breeds a deep duality within me of both excitement and expression as well as oppression and obscurity, lending itself to hope and indifference in a single instant.

In many ways I knew it was the end of an era, as Sydney and I sat side by side, examining each other's existence. It had been three years of travel, three years since my last footprint fell on home soil and I had got myself dirty with the places of the world. And now? I'm not sure just how I should feel, with so much finality. I'm mostly afraid. I'm afraid that it will all fade: the lessons, the love, and the newness. I fear that I'll be nothing but the nostalgic shadow of just another woman.

I am afraid I won't remember how to hear the sounds of a soft shoe scuffle, the parade of leather souls down cracked and beaten paths. I'm also afraid that I won't remember how to see the stars, as I have again and again, as if for the first time or how to free my eyes, when the time comes, from those perspectives that do not serve me.

Remember that we are creators of all magic and directors of dreams. That I can breathe life into the narratives that I have lived: narratives of strength, endurance and perseverance, of kindness, insight, and a quest for commonality.

Remember that home is a place we carry in our heart and not a destination. To be kind to ourselves in our moments of weakness, they are fleeting and necessary.

Remember to be open to the possibility of all things and all people.

To not be afraid. To never, ever let fear rob us of curiosity. That all fear is a creation of the mind.

Will I remember that we are not just a summation of 'proof', of things you can put down on paper, awards you can hold, or deeds you can count? Freedom is a mechanism of choice, not about having choices. We don't have freedom, we choose it, in the deepest parts of us.

Travel has shown me these things and more. It has infused them in my being, in each breath taken 'out there'. In each memory there is so much joy and so much sadness. It's as if they wish to come to life, infusing even the most banal moments with significance. Travel has also shown me loneliness. Shown me the pocket of silence that exists in the long stretches of time between departure and arrival, when attention is spare and suspect and the world's indifference crushing. There will be times when you are lonely: utterly, despairingly, lonely. This is where it starts, this is the beginning what you really are. Every step after this point is victory. This is where you begin to live by choice.

Not all travel is running but sometimes it is and you must recognize the difference. You cannot hide from those feelings or things about yourself you feel are ugly or unwanted. Denying those feelings feeds deep resentment so root it out. Understand what haunts you and face it. Call it out and sit with it, then let it go: burn that ugliness with the light of conscious awareness. You are infinite both in weakness and in strength.

No one has any answers, though many have some very interesting things to say. Listen first and don't force yourself on others. If they're worth the time they will ask.

Your greatest attribute is the beauty, joy and persistence that comes from doing those things you are truly passionate about. For God's sake: try everything once. You'll never believe all the things there are out there that you don't already know.

More people will love you, respect you, and do right by you than those that let you down.

Let it go and move on.

Sleep when you're tired.
Eat when you're hungry.
Be here now and enjoy.

So goodbye Sydney, goodbye roadside cafe,
goodbye Moleskin notebook forever in my
pocket, goodbye long endless road that has
carried me for so long, and so long love. Once
again I've got to go and follow my heart into the
world again in order to know I still haven't given
up:
to quest on,
roll on,
feel on,
to go - all the way.

A Rant on Strength

Rosemary Richings
Editor of Expressions in English

People always tell me I'm strong; I'm not strong, in fact I don't think anyone is. We all have our breaking points and the people who are truly strong are the ones who know how to face those emotions. The real problem with labels regarding strength is that we often confuse what strength really is in the same way no one can agree on the true definition of 'beauty', or 'love', or 'good', or 'bad', or 'success'.

A good example of how strength is misconceived is the gendered notion of 'manning up'. This notion assumes that it's not okay to cry or express feelings or be open about emotions but that's not really true because sometimes you've got to cry and the average person faces so many complex emotions on a daily basis that if we don't admit to the existence of these emotions they'll eat us up inside. Letting these emotions eat you up inside makes you weaker because you're not finding a way to handle, face, and overcome these emotions.

But what do I mean by overcoming those emotions? The reality of strength is that it's really self-awareness in disguise, which is a self-awareness of one's emotions, what makes them happen, how long they last, and what makes them stop. For how not to be self-aware see one of my most anger inducing moments in movies: when Twilight's Bella Swan locks herself in a dark room and does nothing but stay in her room and mope in a corner after Edward leaves her. Is this really the message we want to send to young girls, that we should let our most extreme emotions disable us from moving in a forward rather than backwards direction in our lives? Not exactly.

One of my favorite lines ever on AMC's The Walking Dead depicted the best possible way to handle these emotions: "No matter what, we just gotta focus on the fact that we all have a job to do." Long before I watched that show I was living my life that way. How I interpret that line is the following: no matter what - life goes on: the world won't stop because of pain, death, or any other hardship or anything good that happens so why should you? Everybody's got something that's their everyday responsibility, that makes them a contribution to this always changing world and no matter what that's the one thing we always got to fight for. The more we fight to overcome, face and be open about our emotions, the stronger we get.

Vaudeville Valentine

Sienna Warecki
Assistant English Editor

To the rich, dark thing sprawled in
silk and skeleton keys, cloaked in cabaret:
there is a potency in you
that shakes the sky.
Fluttering, luscious wildling
with your open palms and corsets
and your ghosts—
you are the taste of the open road,
its wood and wind and embers
there is an afterlife in you, somewhere.
I want textbooks on your phoenix nest
your raw fists and amethyst
on how to make my windowsills
smell like New Orleans.
Brave thing,
teach me to find rhythm in
the roll of my thin thin wrists,
my sandbar hips, my dusty sunset heels—
will you tell me how to get Egypt
on my side?
I want to sketch the silhouette of
voodoo in your lungs.
Wayward, wandering thing,
fingers steeped in ancestry—
girls like you make girls like me
quake
for a temple of our own, wreathed in
sandalwood and fire; for a
haven of snakes and swans
we lick our lips, soul-starved,
and you look at us like all the claret
all the crushed carnations in the world
are ours to keep.

The Day You Appreciate All Of The Things That Your Mother Did Right

Lindsey Drury
Co-Editor of Issues and Ideas

Make me a fighter.
Cry me a frozen river and force me to figure skate
until my legs scream.
Sell me a hot air balloon and burst it when I
play the wrong notes.
Teach me to be appreciative.
Sew me a religion, and let me decide if I want to
wear it.
Everything I've tried on so far has been
uncomfortable and ugly
and thank you for understanding.
A is for atheist—my handwriting is sloppy
but you taught me how to spell,
and well.
Tell me a story of witches and princes and
sex and never lie to me.
Tie a cloud to my wrist and let me hold the
scissors.
Give me the power to make all of the shadows go
away.
Kiss me a memory,
hug me a promise,
make me a fighter.

Hope in Grace

Mikhaela Gray
Contributor

Heavenly heights unreached by the commoner.
Who's hopes takes flight at the sight of the Father.
Spirits reign in a blessed technique of raging wars
that implement a hesitant word of speech.
Silence soaks wisdom and challenges pride,
sentenced to intelligence of worldly skies.
Elegance sought in His abounding grace.
The only one who has the skill to erase,
flaws from the skin and chambered memories,
in tales too deep to swim in a pure remedy.
But by His blood and His love alone,
he that sins escapes the stone.
For forgiveness seeps out battle wound
and peace replaces those hands left pruned.
Restoring hope in a lost foundation,
Heavenly home build sanctification.

Broken Fuses and Bathtubs

Valentina Thompson
Contributor

I knew a boy who loved
poetry almost as much as those
skinny jeans he wore with that tight
blue sweater every friday and we were
great friends. We showed each other every
letter on paper we were too afraid to let
the world hear and we promised after high
school we'd never stop writing to each other.

It's been a year since I've heard from
her. I had a feeling she was trapped in another
body and wrapped in a different storyline than the
one that echoed in her mind and i was ready to listen.
But she never showed me that poem. I wondered when
I stopped being her safety, until the text from the hospital
reminded me maybe I can't save everybody.

I've interrupted four "what a fucking faggot"s
and two "look, dyke"s. I've been the last one
standing and the defender of Christ, because I
may not pray on my knees every Sunday but I'll swear
to God someday you'll see that your phobic choir is
only tolerable because

our ignorance level is higher
than a little concept called common sense.

Because we try to
resist change, because if we aren't
the same then one of us must be lesser, then
one of us can't make the cut into the fabric of
a society that's main pattern is stitched to the
bleeding definition of normal after being stabbed
by so many people trying to sew their names into
acceptance.

I used to play basketball with a girl named
Kacy who wore long sleeves in 80 degrees until
the day she rolled them up accidentally and I
saw each scar that had never been tended to.

I've stopped one "kill yourself, freak," which
equates to seven attempts at plugging a portion of the
leak of hatred they speak that flows out of their lips so
freely.
Kacy said to me "I'm sorry." She said
she's sorry.

This is for the girl at home with the short hair and
boy's underwear, this is for the boy at
lunch finding a hall to hide out in for a few more
minutes because food will never taste as good as refuge.
For the ones trying to split their skin to drain their sin or
down their failure with five pills and a letter. For each,
"Dear Mom,
I never meant to hurt you."

This is for the ones fighting the shock of indecency in

response to the simple spark of electricity we get from
kissing someone of the same sex, or for getting the best
of both worlds, for the ones who haven't had sex yet
and for the ones who aren't their sex yet, for the ones
who don't want a definition but still want recognition
as a human being

I see you.

Gus, MB, Hannah, Kayley,
Ellie, Madison, Joey, Laura, Katy,
Kacy, Xochitl, Ivy, Alex, Randell, Jaden,
Missy, Emily, Leah, Laurence, Ken, Kohen,
Malarie — me. I see you up close in all
your vibrance and beauty and bravery,

to be yourself in a world where so many people
are trying to find the cords whose colored ends
coordinate with their upbringing to plug in to
the narrow-mindedness and fuel their focus
into the one channel they've already memorized
all the commercials for.

I am 19 years old and I know
over a hundred people who have
been caught in these cables, cables
that teach and preach

to resist how we're wired.

And yeah, you know what?
Maybe I can't save everybody.
But I'll never stop trying.

Need some great French music in your life?

Try these: 20 chansons françaises
exaltantes

Erika Desjardins
Rédactrices des expressions en français

Amène-toi chez vous de Wilfred Lebouthilier
Perdue sans toi de Ocean Drive
Non, je ne regrette rien d'Édith Piaf
La vie en rose d'Édith Piaf
Elle me dit de MIKA
Ta douleur de Camille
Toi + moi de Star Académie
Toucher le ciel de Mixmania
Sous le vent de Garou et Céline Dion
Destin de Céline Dion
Kraft Dinner de Lisa Leblanc
Les filles des forges d'Amélie les crayons
Combien de Kawarka
Montréal -40° de Malajube
Le solstice de Kawarka
Célébration de Jamal Debouze et 113
Le p'tit bonheur de Félix Leclerc
Les étoiles filantes des Cowboys Fringants
À la vie à la mort d'Ève
One Day de Swing

Fridge Festival
Moment. Photograph
by Kelly Lui



Fridge Festival
Moment. Photograph
by Kelly Lui



Binge on this!

Erika Desjardins

Rédactrice des expressions en français

Lorsque nous sommes malheureux, nous cherchons le réconfort dans la nourriture. Bien que ce soit une réaction naturelle, ce n'est pas vraiment la meilleure idée pour la santé. Il y a plusieurs choses que l'on peut remplacer par de la nourriture saine. On trouve notre bonheur dans la malbouffe, comme la crème glacée, le chocolat, les boissons gazeuses, l'alcool, les croustilles et il y a beaucoup plus de choix que ça. Aujourd'hui, je vais vous présenter plusieurs alternatives pour ces aliments mauvais pour votre santé.

Commençons avec la crème glacée, elle est très facile à remplacer et je pense que vous savez déjà ce que je vais vous suggérer comme remplacement : le yogourt glacé! Le yogourt glacé est maintenant extrêmement populaire et bien meilleur pour la santé que la crème glacée! Il a exactement le même goût que la crème glacée et il est disponible dans plusieurs saveurs délicieuses. Faites un tour à Menchie's ou à Qoola sur le campus Keele et vous découvrirez les merveilles du yogourt glacé!

Que faire avec le chocolat? En mon opinion, cet aliment merveilleux est impossible à remplacer! Par contre, si vous ne mangez que du chocolat au lait, essayez le chocolat noir! Il contient beaucoup plus d'antioxydants que le chocolat au lait et a moins de sucre.

Ah, les boissons gazeuses! On en boit quasiment tous. Moi, j'aime les boissons gazeuses parce qu'elles sont pétillantes, donc pour les personnes comme moi, il y a une solution très simple : le jus ou l'eau pétillante. Si vous avez le goût pour l'eau pétillante, c'est merveilleux. Moi, je la déteste donc je remplace les boissons gazeuses avec du jus aux fruits pétillant. Il a moins de sucre dans celui-ci que dans les boissons gazeuses et ça, ça fait mon affaire!

L'alcool peut aisément se remplacer avec n'importe quelle autre boisson. Une petite mise en garde : ne buvez JAMAIS de l'alcool lorsque vous n'êtes pas heureux, c'est une horrible idée qui pourrait devenir problématique un jour: si vous vous fiez à l'alcool pour vous rendre heureux, vous risquez de devenir accro à celui-ci.

Enfin, les croustilles! Remplacez-les par des croustilles de bananes plantains ou avez des croustilles de pommes. Assurez-vous qu'elles soient cuites au four et non frites avant de les acheter car si elles sont frites, il vaut mieux acheter des croustilles normales tant qu'à y être.

Bref, c'est facile et délicieux de remplacer tous ces aliments malsains avec des alternatives plus santé!

The Healing Power of Hugs

Natasha Farooq

Editor in Chief

We forget how wonderful hugs are. I'm lucky because I have friends who love hugs and kisses. Hugging people makes my day better.

But why do I hug people? Sure hugging people makes everyone feel good with all the extra oxytocin produced, a hormone that can reduce stress, calm anxiety, and make people feel connected. But that isn't why I hug people. I hug people to feel connected to people. Even in conversation, I feel like I have to touch them in some way. Why? Good question.

Think about it: The majority of your life you stand apart from others, completely alone. Words may reach across spaces, but a touch on the shoulder can communicate so much more support than a hundred words can. A shoulder to bury your head in can be a source of greater comfort than a listening ear, which despite how caring may not truly understand. A smack on the cheek communicates "I'm happy to see you" without the words. Even simply having your hand on another person's arm while they're talking to you communicates that you're physically there and listening to them.

Faire la bise, a French thing, or a French-wannabe-thing, (also a Spanish and Persian and many other cultures

thing), embracing and air-kissing/kissing people on the cheeks when you greet and part makes you automatically feel closer to other people. The Pro Tem team now has faire la bise down to an art form, and it has made me feel closer to the entire team.

Sometimes I'll give hugs to random people. I'll see a person looking really shitty and ask them if they want a hug. A hug? they ask me. Yeah, a hug. You look like you need a hug. Yeah, I need a hug. We hug and then I ask their name. Why not? after all, when I notice other people in pain, I feel sad - not really for them since I don't know them - but as a human reaction. I just feel a bit of their pain. It's like babies crying: one baby cries and then they all start. It has nothing to do with the noise. It relates to the fact that the human is made to feel other people's pain and starts feeling pain itself. As adults we try to regulate this emotion but babies can't and occasionally we can't either. It's why I'll try to help lift a stranger's shitty mood in some small way at least because it affects my mood. It's a selfishly kind act that allows me to recognize our humanity, our interconnectedness as humans. Noticing other people, even in the smallest of ways can make the world seem a slightly smaller place. Not only for the person who needs a hug, but for the hugger as well.

So hug strangers, though mind, only in a safe space (like Glendon). And only if the other person wants a hug. Forcing a hug on another person can make them feel violated so please don't do that! And hug your friends. Kiss them if you know they don't mind. However, if you particularly like a friend then ask permission and don't take advantage of the des bises ritual - ask for consent!

This is my way of saying: want a hug? I could use one, I can always use a hug.



Photograph by Krizia Tehrani



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