

# PRO TEM

*Daenerys*  
ON LIFE, LOVE,  
(AND THE DOTHRAKI)

HOW TO  
TREAT  
YOUR  
**DRAGONS**  
ON VALENTINE'S  
DAY!

HOW CLOSE  
IS TOO  
CLOSE?  
JAMIE LANNISTER  
SPEAKS OUT!

**WE TALK WINE!**  
RED... WHITE...  
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WHEN IT COMES TO LOVE!

# Letter from the Editor

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Hello again my fellow Glendonites,

February is here and that means...only two more months until the end of the school year! I bet you all thought I was going to say Valentine's Day. There's also that but we at *Pro Tem* have decided that instead of focusing on that one day that celebrates love and romance, our whole theme for this month is relationships of all kinds!

You can read about relationships between your favorite TV couples (mine's BBC's Sherlock and Watson) and your relationship with your academic career. We also tackle more serious types of relationships in articles on Idle No More, Bill 115 and the conflict in the Middle East.

Additionally this issue contains a recurring segment in our Expressions section where we publish the personal narratives of students from SOSC 4505 6.0 Professional Communication and Field Experience. This segment will continue in the next two months.

Whether we're talking about a relationship between siblings, exercising with a loved one or where to go out on a date, *Pro Tem* has got you covered. Take this month to express your appreciation for the people closest to you. Meanwhile, *Pro Tem* wishes to continue its relationship with the students of Glendon for years to come!



Re-bonjour mes Cœurs de Lions!

Le mois de février est arrivé et cela veut dire...seulement deux mois avant la fin de l'année scolaire! Vous pensez que j'allais dire le jour de la Saint-Valentin. C'est vrai mais nous à *Pro Tem* avons décidé qu'à la place, nous célébrons les différentes relations existant entre tout le monde.

Vous pouvez donc lire des articles sur les relations entre vos couples de télé favoris et votre relation avec votre carrière académique. Nous parlons aussi des relations plus sérieuses dans les articles sur Idle No More, le projet de loi 115 et le conflit au Moyen-Orient.

De plus, cette publication contient un segment récurrent dans la section Expressions qui publie les récits des étudiants de SOSC 4505 6.0 Communication professionnelle et expérience pratique. Ce segment continuera dans les deux prochains mois.

Dans nos pages, vous trouverez l'histoire entre un frère et une sœur, faire de l'exercice avec votre bien-aimé et où aller pour une date. Prenez ce mois-ci pour exprimer votre appréciation pour les gens qui sont proches de vous. Pendant ce temps, *Pro Tem* souhaitera continuer sa relation avec les étudiants de Glendon dans les années à venir!

## WHAT'S A FRIDGE?

FRIDGE FESTIVAL: GLENDON'S STUDENT THEATRE TRADITION

BY ROSEMARY RICHINGS EXPRESSIONS SECTION EDITOR

January 14th was when audition notices and sign-up sheets began appearing online and on the Glendon campus from the seven selected Fridge Festival playwrights and directors. This was the beginning of an annual Theatre Glendon tradition: Fridge Festival recruitment season. Though it usually occurs in April, this year the Fridge Festival is occurring in March. It is a student run festival of short plays written, performed, and directed by students. These plays happen back-to-back with something called "freezers" in between the plays while, behind the curtains, backstage crew and actors take set pieces on and off stage and prepare for the next play. "Freezers" are sketches either in the form of music, improv, or mini pre-prepared skits with the purpose of entertaining and distracting the audience with a conclusion that introduces the play that the audience is about to see.

In the meeting amongst fellow Fridge Festival playwrights and directors there was talk of changing the freezers from improv comedy routines and skits to a venue of student talent in between the plays where students who sing or write poetry could have short timeslots to perform for the audience. Through such Glendon events as Café

Chantant and the Open Mic Nights at Lunik Co-op during Frost Week one thing was certain: Glendon is a place that's got talent and lots of it. The intention, as expressed by the head of this year's Fridge Festival, Graham Dalgleish was to provide yet another place to display that talent.

What people don't realize about Fridge is that it's a supportive environment where people have plenty of room to experiment and try new things. Participants in the festival have the chance to try anything they want and learn from both their mistakes and accomplishments in a supportive environment. It's a place of bonding where people of all levels of experience and all majors work together to put together a creative product and make it into something complete while making friends in an environment that's a load of fun to be part of.

With the deadline for finalized casting occurring on January 26th, this year the festival will take place from March 6th to 9th. The 2013 festival will feature seven student written plays: "Waiting" by Rosemary Richings, "Nought At the Opera" by Adrien Benson, "The Vicissitudes of Julia" by Ginette Tremblay-Twinem, "Teeth" by Ashton Smith, "Mr. B. Goode" by Dominic Di Iorio,



COURTESY LIONHEART PRODUCTIONS

"Beware the Superman" by Stephen Johnson, and "Richard" (an adaptation of Richard III) envisioned by Kitti Laki. For more information on the festival check out the Facebook group for the 2013 Fridge festival: (<https://www.facebook.com/groups/102939186551162/>) and the student run drama club: Lionheart productions / Coeur De Lion facebook group: (<https://www.facebook.com/groups/lionheartproductionscoeurdelion/>).

## LOVE IT OR LEAVE IT WHY DORM LIFE IS THE BEST LIFE

BY ALEXA POSLIFF CAMPUS LIFE SECTION EDITOR

Moving away from home to a new city may seem like a frightening prospect, but for many students who chose to study at Glendon, it is a necessity. The scariness of this situation is slightly increased when you factor something in that is often depicted inaccurately in films: dorm life. Pop culture often portrays dorm life as a constant party, and though that can be true, it can also be a very relaxing atmosphere.

According to the Glendon website, our campus' two residences — Hilliard and Wood — house 25% of the student population. In each building there are four floors, including the basement, which contain houses named after the letters of the alphabet. For example, F-House in Hilliard is on the third floor. Most houses are co-ed, but there are a few that are single-sex. In addition to having neighbors, there is also a don in each house, who acts as a resident's support system and link to other Glendon resources.

There are approximately forty people who live in each house, which means that a resident must share both a common room and bathroom with all of their neighbors. Being respectful of

your neighbors is one of the most important aspects of living in residence. Though there is a cleaning staff that regularly comes in, it is obviously essential that everyone work together to keep the floor clean. Ensuring that any noise a resident makes is not excessively loud is also very important; it's possible that if you are too loud you will not only disturb the neighbors on your own floor, but also other residents who live either above or below you.

Choosing to live in residence allows you to quickly become accustomed to Glendon, as it becomes not only a school but also a home. Residents also have the ability to effortlessly take on an on-campus job, such as being a night porter. The experience's rewards are especially apparent when it comes to taking early morning classes — it is incredibly easy to get to class on time without having to factor in a commute.

Though living with so many people can be a bit of a shock, it is also easily the best way to meet new people and to get involved on campus. Rachel McLean, a third year student, can confirm this. Though she now lives off-campus, her roommates are friends

she made while living in residence during her first two years at Glendon. "I met three of my closest friends within the first two weeks of being at Glendon," she says. Living in residence not only allows you to meet people more easily, but also enables you to effortlessly to maintain friendships. McLean remembers going to dinner in the cafeteria with her friends while living in residence, and says of her current roommates, "I can't imagine life without them now."

This kind of experience seems to be the norm in Glendon residences. It's clear, then, why so many people choose to live on-campus, not just for their first year, but until they finish their degree. Glendon received an A in the Globe and Mail's university rankings in the category "Sense of Community on Campus", and experiences like Rachel McLean's make it very clear that this ranking was completely accurate. If making lifelong friends is not enough to persuade you, then just remember that the website that you most likely visit daily was created in a dorm room. The next Mark Zuckerberg may be living in one of Glendon's residences right now!



## KEEP THE BOND

LOVE ISN'T ONLY ROMANTIC. HELPING A STRANGER IS MORE POWERFUL THAN YOU CAN IMAGINE

BY UNICEF GLENDON CONTRIBUTOR

Have you ever felt that heart wrenching feeling wash over you when you hear of a father who was slain in front of his son? Or do you remember that scene in *Sophie's Choice*, where a mother has to pick between two children? The bond between families, needless of biological connection, is naturally the strongest bond of human emotion. Love ties people together. And tragedies infringe on this love.

Disease is the top killer in this world. Some tragedies can't be stopped yet, but there are some we can stop. HIV/AIDS is the 6th leading cause of death in this world. The AIDS pandemic strikes hard. Suffering parents cannot work; children need to find alternatives to keep the family from starving and orphans are left to fend for themselves. In a country where medical needs are sometimes not as evidently met, the impact is most widespread and plagues families and friends. Over 16 million children in the developing world have lost one or both parents to AIDS. However, with some simple steps, we can move towards a serious decline in the impact of this disease. As one of the millennium goals, UNICEF works towards halting and reversing the spread of HIV/AIDS. UNICEF wants to keep mothers, fathers, sons, daughters and friends away from harm and allow them to take care of each other. UNICEF Canada has dedicated countless hours to streamline the availability and lower the cost of treatment for people in need. With some work, a child's cost of treatment has been cut from \$700 to \$100 since 2006. With love and care, we can keep strong loving bonds from being damaged.

You can save a child from being orphaned or from being torn away from life before his years have run its due course. Ever feel better after helping another person out? Didn't it give you that extra bounce in your step? Visit [www.unicef.ca](http://www.unicef.ca) to see how you can help in the combat. Purchase a survival gift and pass it on to a person in need. Support a child that has lost his or her parents, or help in promoting the cause. Keep your heart open by releasing your passion and reaching out to those who are in need of support. And this Valentine's Day, honour your cherished ones and take an extra step for love towards others. You can gain peace of mind realizing you've saved a life.



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# Vie de Campus

## ÊTRE ICI PAR AMOUR PORTRAIT DE NOTRE RELATION ACADÉMIQUE

PAR NATHALIE BOUDREAU RÉDACTRICE ASSISTANTE

Chers étudiants, vous êtes-vous parfois demandé pourquoi vous êtes ici, à l'université ? Pour certains, ce choix académique est une union arrangée sous la pression des parents et des conseillers pédagogiques. Pour d'autres, c'est l'attrait et l'intrigue d'une certaine discipline. Dans le fond, c'est un parcours qui nous mène parfois à une carrière exceptionnelle, qui nous introduit parfois à de nouveaux intérêts ou qui nous mène parfois à un cul-de-sac. Voyons comment votre relation avec la discipline de votre choix peut être aussi tumultueuse que n'importe quelle relation dans votre vie. Et, soyons honnêtes, le système post-secondaire canadien peut nous apporter autant de joies que de peines. Néanmoins, nous vivons tous une relation unique avec notre programme universitaire, qu'il soit à Glendon ou à une autre institution, et notre choix de carrière.

Premièrement, le premier semestre universitaire est une période de première connaissance où nous apprenons à connaître l'autre autant que nous-mêmes. Nous commençons tout juste à nous adapter à notre nouvelle vie en compagnie de nos études universitaires. D'habitude nous choisissons une discipline qui nous a fait l'œil. Un certain programme d'étude qui nous a incité à le découvrir. Il nous séduit et nous cherchons à le plaire. Pour les premiers mois, c'est souvent le coup de foudre. Tout est bien, nous apprenons plein de nouvelles choses dans le domaine qui nous intéresse. Tout est bien, nous n'avons pas encore vécu le stress et le fardeau qu'apportent les travaux et les examens. Ce n'est pas avant environ mi-octobre ou la fin d'octobre, qu'on rencontre notre première embûche : la période d'examens mi-trimestre.

Par décembre ou avril de la première année, vous savez généralement si vous aimeriez continuer cette relation ou la laisser pour une autre. Juste être

à l'université et dans ce cas, Glendon, vous pouvez facilement rencontrer d'autres matières qui suscitent davantage votre intérêt. Si c'est le cas, nous nous arrangeons pour faire la transition. À la fin de cette première année, certains d'entre nous tentent de déterminer si notre niveau d'intérêt pour notre programme vaut le temps et l'argent nécessaire pour poursuivre notre engagement. Certains continueront le trajet qu'ils ont commencé, d'autres changeront de route et quelques-uns laisseront le système universitaire complètement de côté. D'ailleurs, cette rupture peut prendre place à n'importe quel moment dans notre carrière universitaire. Dans le fond, il faut être sûr et certain que nous aimions ce que nous faisons pour continuer à foncer. Sinon, nous gaspillons notre temps et notre argent. Deux choses dans la vie que nous devons certainement économiser.

Comme dans n'importe quelle relation, il faut aussi faire attention de ne pas trop s'investir au point de nous perdre dans nos études, d'oublier de nous prendre soin et d'oublier les autres relations dans notre vie. Il faut trouver un équilibre entre nos études et notre travail et nos autres besoins individuels et sociaux. Vous en serez reconnaissant dans vingt ans d'ici. D'ailleurs, les individus qui passent toute leur vie en compagnie de leur premier amoureux sont très rares. La plupart d'entre nous devront passer d'un domaine à un autre avant de trouver notre âme sœur académique ou professionnelle.

Peu importe les circonstances, tout au long de cet engagement, nous n'hésitons pas à penser au futur. Ce futur qui nous semble beaucoup moins loin lorsque nous sommes rendus en notre troisième et en notre quatrième année universitaire. Ce futur peut nous sembler autant angoissant que ravissant. Malgré que dans les conditions présentes du marché du travail, c'est plutôt angoissant que

rien d'autre (voire l'article *The New Underclass* récemment publié sur le site Macleans). Mais souvent où il y a de la passion, il y a de l'espoir. Et si vous aimez ce que vous faites, vous trouverez un moyen de rassasier votre passion tout en assurant vos besoins économiques. Parfois, il faut être prêt à s'éloigner de notre zone de confort afin de retrouver cet équilibre. Parfois, il faut être innovateur et créer cet équilibre nous-mêmes.

D'une autre part, si vous ne ressentez plus le même intérêt auprès de votre discipline académique, c'est peut-être le temps de considérer un changement? Toute relation ne peut durer sans de passion. En fait, c'est tout à fait acceptable de rompre avec son programme académique non complété. Vaut mieux dépenser son énergie et son argent sur quelque chose qui nous remplit de désir. Alors, si vous avez perdu tout intérêt auprès de votre discipline, n'ayez pas peur de le chercher ailleurs, que ce soit chez dans un autre domaine ou à un différent endroit.

Finalement, que vous soyez éperdument amoureux du monde académique ou de votre discipline ou que vous en soyez découragé, il faut prendre en charge son futur et il faut prendre en charge ses passions. Un individu actif c'est quelqu'un qui cherche concrètement sa passion et quand il la trouve, il cherche toutes les opportunités possibles pour l'épanouir et renforcer cette relation professionnelle. Donc, pensez-y chers collègues, avez-vous trouvé votre passion? Si oui, avez-vous pris celle-ci en charge et avez-vous cherché activement des moyens pour la rassasier? Si vous cherchez toujours votre passion, ne perdez pas courage. La passion de vos rêves vous attend. Il suffit d'ouvrir son cœur et ses yeux et vous la trouveriez. C'est vrai que l'épanouissement de nos passions semble plus facile qu'il ne l'est vraiment. Alors, peu importe votre situation, bon courage!

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*Voyons comment votre relation avec la discipline de votre choix peut être aussi tumultueuse que n'importe quelle relation dans votre vie. Et, soyons honnêtes, le système post-secondaire canadien peut nous apporter autant de joies que de peines.*

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## GET INVOLVED! THE 18TH ANNUAL INTERNATIONAL STUDIES SYMPOSIUM IS ALMOST HERE

BY MONIQUE PLESSAS CONTRIBUTOR

The Korea Symposium team would like to invite the entire Glendon community to join us on our journey to explore the richness and wonders that the Korean Peninsula has to offer. It's true, the Symposium is challenging, and yes, it takes dedicated work, but we are certain that it will all be worth it for the many experiences we will have gained. We cannot wait for April 6th when we can finally see the fruits of our labour.

And for those of you who ask, "What exactly do you do in the Symposium course?" allow me to give you a small glimpse into our journey. As

we learned from week to week about the rich history of people who live ten thousand kilometres away, we became increasingly enamoured with a culture most of us knew very little about before we undertook this challenge. We are privileged to have a professor who shared personal vignettes of her childhood in Korea that brings to life the topics that we read and discuss in our seminars. Aside from our weekly seminars, our days are filled with running around Toronto trying to find sponsors, panellists, and other important people who will help to make this Symposium the best one yet. We are

well aware that we must live up to the standards made by the seventeen well-reputed preceding teams.

The International Studies symposium has become a Glendon tradition of excellence. Although there are six team members diligently working on achieving this time-honoured goal, we realize that Glendonites are a very resourceful bunch, and putting those good resources to use would result in an even richer Symposium. We would like to collaborate with anyone who is willing to share their time and skills with our team and invite any student or professor to volunteer with us.

There is so much to do and we are sure that anyone who volunteers will also gain valuable experience while also enriching our own. For any additional information, or if you are interested in volunteering in any capacity, please contact us at [info@koreasymposium.com](mailto:info@koreasymposium.com). Follow us on twitter at @koreasymposium and visit our website for up to date information: [www.koreasymposium.com](http://www.koreasymposium.com). Please note the Symposium date is April 6, 2013 and not March 30th as noted in the previous issue. Save the date and stay tuned as our official project launch is fast approaching!



**BEYOND BORDERS: INSPIRING GLOBAL DIALOGUE IN THE 21ST CENTURY**  
**THE KOREAN PENINSULA**

18TH ANNUAL INTERNATIONAL STUDIES SYMPOSIUM  
GLENDON COLLEGE

KOREA SYMPOSIUM 2013



COURTESY WIKIPEDIA

## WISH YOU WERE HERE

HOW TO HAVE A LONG-DISTANCE RELATIONSHIP WHILE AWAY AT UNIVERSITY **BY KRISTA MCNAMARA** CONTRIBUTOR

When I met my girlfriend in August, I thought I was a logical person and that there was no way I'd get into a long-distance relationship with someone. My life was in Toronto; long distance wouldn't work out. I thought it would be a short summer fling and then I'd go back to Toronto and back to my "real" life. But, you know what they say about the best-laid plans...

We're lucky, because we only live two hours away from each other. However, we're both broke and busy with our lives — so we only get to see each other when we have the time and money to do so. It can be really challenging, but there are some things that can make it easier.

Patience is a virtue, and it's also incredibly important. It's easy to get frustrated when you're waiting for a phone call, or to get mad when your partner has had a bad day and you think they're taking it out on you. Talk it out and ask questions. When you're communicating mostly through text messages, broken Skype calls, or over the phone, it's easy to misinterpret what's going on. Though it can be impossible for some couples, it's worth it to spend both the time and money to take time off to visit one another for special occasions. However, it is important to still communicate with the people who are around you. Neither

one of you will be fulfilling your engagements if you're constantly texting each other. It's also important to maintain all of your relationships — not just your long-distance one.

Sometimes it's easy to resent what your partner is doing; after all, it's keeping them away from you! Remember that you're also doing your own thing and you want your partner to be proud of you, too. Support them as best you can and give them words of encouragement.

Trusting one another can be really challenging, because you never *really* know what your partner is up to, who they're with or what they're doing. But you have to trust them. Not only with their whereabouts, but you also should assume that your partner isn't actively looking to hurt you or be selfish. If you really think they're up to no good, maybe you should reconsider the commitment you made to them. On the difficult days, remember the reasons why you're with them.

If your partner is worth it, don't give up! Even though my girlfriend and I are great when we're together, it's hard when we're apart, but I'm committed to her and to making it work. Although I sometimes get stressed out, she's worth it and I plan on being with her for as long as she can put up with me.



COURTESY WIKIPEDIA

## HOW TO DEAL

HAVING YOUR SIGNIFICANT OTHER AWAY AT SCHOOL

**BY KAROLINA BEDNAREK** CONTRIBUTOR

I have been going out with my boyfriend for over a year and a half and nothing was harder for me than him going away to school while I continued to stay at home and commute to Glendon. The combination of him enjoying his first year and having new independence while I was already fixed in the routine of commuting caused a lot of unnecessary fights between us. I was jealous about all of the amazing opportunities he was able to take advantage of, how easy it was for him to meet new people, get to class, and have many resources readily available to him. What I forgot was that I was surrounded by opportunities as well. I could escape school at the end of the day, surround myself with family at home, easily meet up with all my friends who didn't go away to school, and continue my job at the local swimming pool. I had to wrap my head around the fact that his life was not always perfect and that it was up to me to make the most of my own experience without comparing it to his. Going forward, I still cry occasionally when saying goodbye and I still get occasionally jealous when I hear about his life at school. What is important, however, is the progress we have made and continue to make with our relationship. I started making time to go to the gym more, to meet up with friends at our favourite Starbucks, and to spend more quality time with my family. Now, taking into account my personal experiences, I am able to share some tips and advice that has really helped us so far, and can help others' long-distance relationships.

Share both positive and negative experiences. This may sound obvious, but sometimes we forget to share things that are going on in our lives and how they affect us. Be it a bad mark on an assignment, karaoke night at school, or even how we missed our bus this morning, these little things can make us really happy or upset and sharing them helps our partner feel emotionally closer to us.

Always be supportive. Remember the little things your partner tells you

about; keep those in mind if you feel confrontational or upset with him or her. Save it for when you know your partner will have your full attention and will not get more stressed about what you want to say. At the same time, make sure your role as a "personal cheerleader" is fulfilled. "Good luck today, baby!" can really boost his or her confidence.

Try to have a half hour phone call every day. This may sound a bit extreme but if you feel like you are losing your connection to your partner, then this structured activity can help explore complicated feelings or just give you both something to count on and look forward to at the end of the day. Regardless of how you arrange this, it is important to make time for just you and your partner.

Make sure to be a part of each other's lives. Visit each other's schools whenever you can, and make an effort to meet both new and old friends together. This way there is no uncertainty towards their peers, and a lot of jealousy or resentment you may be feeling disappears once you know how your partner interacts with others.

It is important to stop comparing your relationship to others. Accepting the fact that every relationship works differently helps you feel more secure in your own. What may work for some people does not always work for others and that is perfectly fine.

Embrace your circumstance. Long-distance relationships present the opportunity to have some space from your relationship and develop your own group of friends, as well as to work on yourself. You also get a chance to really miss your partner and appreciate the time spent together.

Have a TV show you watch together. This can be substituted for a book you both read or a sports team you both enjoy watching. It's automatically something you both have in common and discuss.

No relationship is perfect, but as long as both people are willing to work hard for it, there will always be hope.

AVEZ-VOUS UNE OPINION?  
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# Enjeux et Idées

## #IDLENO MORE THE IDLE NO MORE MOVEMENT AND WHY WE SHOULDN'T BE IDLE ANY MORE

BY CHRISTOPHER LONG CONTRIBUTOR

The Idle No More movement has been the cause of much discussion since its inception in November. The issue has been expressed through academic writing, newspaper columns, Twitter hashtags, megaphone wielding protesters outside parliament hill and the rabble of university cafeterias. The movement has garnered support from all federal political parties (except that one kind of important one), politicians of note such as former PM Paul Martin, Toronto's literary soul Margaret Atwood, and thousands of students across Canada and the United States whose collective voice is growing louder.

Attawapiskat chief Teresa Spence at the time of this writing has been on a hunger strike for over a month. Prime Minister Harper continues to refuse meeting with her, which is her only request. Protestors have shut down major highways and railways across Canada, with solidarity protests popping up in other countries across the world. A recent poll suggests that public opinion is falling out of favor for the movement—I worry what the state of the movement will be by the time you read this. Has Canadian apathy and self-interest beat out democracy and ethics to win the day?

The situation for Aboriginal people living in this country is dire and growing worse. In communities like Attawapiskat, ongoing housing crises has left many in a situation comparable to what can be seen in the Third World. Access to clean drinking water is a constant challenge for many communities. Improperly treated health issues such as diabetes and tuberculosis is a daily



COURTESY WIKIPEDIA

reality. Education is poor. Opportunity for social mobility is non-existent. The horrific legacy of the residential school system, the last of which closed only in 1996, rings loudly today in thousands of Aboriginal people's clinical depression – leading in too many cases to alcoholism and violent behaviour. Suicide is appallingly frequent on First Nations reserves, especially among youth.

Add to these tragedies the various dimensions of the Harper government's detestable omnibus Bill C-45 and you have the frustrations and desperation that spark reactions like Idle No More. The 450 page bill will, among 200 other things ranging from cutting MPs pensions to grain quotas, ease Native control over reservation land

and resources in the name of "economic development". The bill also overhauls the Navigable Waters Protection Act, which had protected 30,000 lakes and rivers, now reduced to a pathetic 97. On top of everything else, the building of the Keystone XL pipeline over Native land in BC and the underreported Line 4 pipeline here in Ontario, has further undermined Native land rights and pushed the First Nations to the margins of our political landscape.

All of this of course was done unilaterally. There was no discussion, no dialogue, and no opportunity for discourse of any kind. The Conservative majority of the House means a speedy and painless process in our nation's legislature. Native leaders could not vote to stop

the bill. They could not go to a higher court and say that their treaties we're being violated. They couldn't do anything. So they protested, like so many other great defenders of 'what is right' before them.

And for what it's worth, we should protest too.

This month's issue of *Pro Tem* is about relationships; Idle No More is a relationship crisis, the relationship that we as citizens of Canada have with our government. In a democracy we are endowed with certain rights. Foremost of these rights, that any contract that we make with our government will not be violated. Prime Minister Harper has violated Canada's contract with the First Nations. In a democracy the greatest power is in the individual, whose power is what legitimizes the government's power. Prime Minister Harper has marginalized that voice; he has marginalized the individual.

Hunger strikes and disruptions do not happen naturally. They are responses to things unnatural and unfair.

When democracy is discouraged, we must become emboldened. When our rights are being forgotten, we must make them heard. When our treaties are broken, we must mend them. The price of democracy is vigilance. So be vigilant, and be idle no more.

To learn more visit [idlenomore.ca](http://idlenomore.ca). And those looking for a book recommendation check out critically acclaimed Canadian author Thomas King's latest book, *The Inconvenient Indian: A Curious Account of Native People in North America*.

## A STEP TOWARDS PEACE THE CONFLICT IN THE MIDDLE EAST AND A "PRO-PEACE" MOVEMENT

BY DAGNY PAWLAK CONTRIBUTOR

In the entirety of its complexity, the Middle East finds itself at the center of the world's attention. It is discouraging to see the conversation surrounding the topic here on campus become reduced to such a meaningless perpetuation of falsities, simply stemming from a lack of balanced perspective, hidden behind the haze of media bias. With the multitude of resources on the topic made available to the vast majority, it is frighteningly easy to mistake quantity for quality when seeking to make sense of the issues at hand. In fact, for the average individual on the quest for truth, it is virtually impossible to forge an accurate image of the infinite amount of factors that come into play. However, as is the case for any issue of a political and cultural nature, what is relevant may be cast-aside to make room for a far more captivating and stimulating element instead.

The world has never seen an instance so profoundly steeped in controversy where religion, culture, statehood and identity are all woven so tightly into a delicate fabric, of which even the slightest mishandling risks fraying it entirely. So how can we

approach one issue without inflaming another? How can we consolidate the needs, demands, beliefs of the conflicting ideologies, identities, languages and histories into a mere legal document composed by international entities who's indifference to the cultural depth of the situation does it no justice? How can we decide to blindly radicalize our views without striving to open our minds to different perspectives? We now live in a tragically myopic era where the immediate-answer-upon-demand mentality of the Google generation reduces every possible scenario to a state of constrictive simplicity. We satiate our hunger for excitement with provocative statements deprived of the depth necessary for the accurate comprehension of the issues at hand. Its is a shame to watch how cheap campus discourse in many cases has degraded the Palestinian/Israeli conflict to a simple popularity contest where instead of searching for answers and working towards a solution, we center our narrow-minded focus on deliberating the validity of either nation's claims in an effort to determine which is right and which is wrong.

We must understand that when approaching such fragile topics of statehood and identity it is difficult, if not impossible, to find truth in the sea of second-hand information. It is impossible to truly comprehend the controversial claims of Israelis and Palestinians without a profound understanding of the cultural, historical, and religious psyche of both nations.

How can we fairly contextualize and approach a claim of an Arab from Jerusalem, living within the internationally recognized borders of the Israeli state, while simultaneously identifying as a Palestinian, attending an Israeli university alongside Jewish peers and practicing Islam?

You may never be able to imagine stepping out of a Church in Jerusalem where a priest's voice carries out onto the street and meets the ring of the Islamic prayer call through the city while Jews simultaneously flood the streets as they make their way towards the Western wall in celebration of Shabbat.

It is a powerful display of passion, dedication, and capability of peaceful coexistence that is unfortunately kept from the western society, lest it tarnish

our exciting vision of constant warfare.

So is it fair to say that the Jews are the disenfranchised factions who have suffered a history of consistent oppression, with no other land to call their own, surrounded by the Goliath of hostile Arab states with a constant existential threat looming over their heads? Or is the Palestinian minority the David who suffers oppression at the hands of an infinitely stronger Goliath that is the Israeli state, suffering from limited resources and territorial constraints? Which is the David, and which is the Goliath in this torrential relationship? Which is right?

They both are.

So let's look past our simplistic tendencies of striving to determine what is right and what is wrong. Let's abandon the prohibitively limiting and divisive terminology that stands in the way of harmony. Let's erase "Pro-Israel" and "Pro-Palestine" from our vocabulary. Instead, let us adopt a spirit of empathy and consideration for all sides, and work in unity towards a movement with a common goal that we can call Pro-Peace.

## BLAME THE TEACHERS

A RELATIONSHIP IN PERIL

BY NATASHA FAROOGH ENGLISH ASSISTANT EDITOR

Parents, blame the teachers. Go ahead.

It's really unfortunate that when things get tough our society has decided to automatically blame the people who are most vulnerable.

Currently teachers are not in striking position, but have withdrawn their services from voluntary activities. That's right, voluntary activities. And everybody is upset. Voluntary activities that they do on their own time, time which they don't have. They take on these activities, whether it be choir, sports teams, band, manga club, reading club, after-school homework clubs, library services, newspaper/magazine/ or yearbook clubs, charity clubs, youth-empowerment clubs, the list goes on and on, because they care. They take on these activities because they know how important it is for students to have these kinds of experiences. They know how important it is for the growth of a child. They know, they care, and so they act generously. And nobody would pay teachers for these activities because they know that teachers are caring enough people that they will volunteer anyway.

However, when a government chooses to impose unjust contract restrictions, when a government chooses to devalue the people who are already generous with their time and hearts – generosity which would never be expected on a normative basis in any other profession – teachers have to stand up and show that they will not be taken advantage of. It's as simple as that.

Are the students hurt in the process? Of course they are. As a student I was in every single after-school club I could manage. I would not be the same person I am today if I did not have the opportunity to have that kind of experience. I agree; it is completely unfair to the students. The students have little voice even when they are the most affected.

Maybe you might ask, well then, if teachers were such caring people, why would they let their students suffer on

“their” account?

It's not the teachers' fault that the students are suffering through the withdrawal of their services. Bill 115 and the Ontario government are just as much to blame. Consider this: if you undervalue a person, they have to prove their value to you to prove their worth. Since teachers have become so undervalued to fall victim to Bill 115, they simply have to demonstrate how valuable they are, to the students, to the parents, to society as a whole for helping raise the next generation as well rounded people. This is the only protective measure teachers have left before they are taken advantage of completely.

And let's not forget – teachers are doing their jobs. They are doing exactly what they are paid to do. It's the withdrawal of services that they are not paid to do, which is getting everybody tied up in knots. Why? People are upset because they know that those extra-curricular activities are just as important learning experiences as the teaching that takes place in the classroom. Parents are upset because they have lost free baby-sitting after school. Students are upset because they completely miss out on the part that makes school “fun”.

Although the students may be most affected by Bill 115, the most vulnerable people, however, are the teachers. It's easy to take advantage of their generosity, and send biting remarks their way, simply because it's easier to target them than a government that seems unyielding to common sense and is willing to engage in unethical action simply to get their way.

Bill 115 is a consequence of a rocky relationship between the Ontario government and teacher unions. And like any relationship that works, both sides need to know how to respect one another. Stop blaming the teachers, and start thinking about how undervaluing a relationship is a cause for extreme action to create change.



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## A LOOK AT BILL 155 AN OPINION PIECE

BY ABIGAIL MURTA CONTRIBUTOR

The Provincial McGuinty government recently passed Bill 115 that gives power to impose collective agreements on Board of Education employees, including teachers and support staff. With contracts having expired for workers on August 31st 2012 in almost all public sector unions in Ontario, counter threats and fulmination have erupted from all sides of the Ontario educational system. The established legislation has had an impact on all workers affiliated with The Elementary Teacher's Federation of Ontario (ETFO) and The Ontario Secondary School Teacher's Federation (OSSTF).

After a recently completed series of one-day strikes in Ontario's thirty-one, public, English schools manifested by the ETFO and striking votes completed by OSSTF a ‘working rule’ has been established amongst the OSSTF, a form of striking action in which has affected our youth and children this past fall. The consequences of the ‘working rule’ include withdrawal from volunteering in after-school activities and cancellation of field trips or any kind of excursions but no detailed comments will be written in the report. Bill 115 has also threatened Canada's largest youth-led conference, *Count Me In* that encourages all acts of volunteerism among youth on a local and global scale where its goal is to create social change while enabling social growth for teenagers. Shane Feldman, founder of *Count Me In* said Bill 115 “has completely messed up registration for this year's major student spring conference in Toronto.” Students who view *Count Me In* as the highlight of their year have been stressing over the fact that they may not have the chance to attend this spring's conference due to teachers boycotting extra-curricular activities in protest of Bill 115. Some teachers complain over wage freezes and a couple of unpaid sick days they will never get but, what they don't realize is that children from all over Ontario are going to be missing out on activities that play an enormous part in attaining their social skills, fundamentals for their emotional growth and intelligence, boosting their self-esteem in a positive and supportive environment. As a result of our

generation being in school past school hours, all workers from public sectors have had their lacks of fun these past few days. The legislation of Bill 115 not only affects teachers, but support staff as well. Custodians, secretaries, library technicians, administrative staff, and early childhood educators who are represented by CUPE (Canadian Union of Public Employers) have announced that they will be subjected to one-day protests around the New Year. Support staff has become victims of wage freezes in the past two years and their right to collective bargaining or striking was taken away along with their banked sick days.

According to Ontario's Ministry of Finance, the Public Sector Disclosure for 2012 says that support staff working in the province's school boards estimate a tiny salary of \$28,000 to \$35,000 a year: wages nowhere near those of teachers. Taking away support worker's rights perturbs children's schooling as these members ensure they are in a clean, safe-learning environment. Currently there is little to no agreements amongst teachers and support staff and this makes our future generation's education very unpromising at this point. To resolve the situation teachers have taken Bill 115 to court. The Canadian Supreme Court's process is very slow therefore it is a problem of reciprocity. Elementary students might even have the time to graduate before an actual judgment is set upon the Ontario Law.

If a collective agreement among teachers doesn't happen the McGuinty government is keen to use its powers under the Bill to impose a two-year contract by December 31st. The consequence would be that Ontario's next leader would have to deal with labour turmoil and pick up after the mess Dalton McGuinty has left in our education system. With support from the NDP the liberals could extend the legislation that possesses a rigid foundation for new deals while moving toward collective agreements: an option that can satisfy the teacher's unions and restore hope among the thousands of parents who are concerned for their children's education in upcoming years.



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# Enjeux et Idées

## ONLINE DATING: THE STIGMA

THE SOCIAL STIGMA ATTACHED TO ONLINE DATING AND WHY WE SHOULD BE MORE OPEN

BY SARAH ZASLOV CONTRIBUTOR

One day my friend approached me at work and greeted me with “Sarah, I have stooped to the lowest of the low.” What had she done now? I turned to face her as she leaned over my work table, face planted in a pile of clothes. “Out with it” I said. She groaned as she folded back up then ever so quietly stated “I made an online dating account”. A customer shopping next to us started laughing. We both looked at the woman who then said “I wish you best of luck” and continued to chuckle. The next ten minutes were spent trying to convince my friend it wasn’t a bad idea, but the whole ordeal left me perplexed.

Online dating is something spoken about so little and when it is brought up, is usually recited with a negative connotation followed by a joke about commercial ads for dating websites. With the popularity of social media one ought to wonder, why all this negativity surrounding the topic of online dating? In 2009, one in eight newly married couples in the United States met online. As of 2012, in a study done by Rochester University, one in every four couples meets online. Meeting online came second to meeting through friends. Every year it is used more and more as a clearly effective way of meeting your significant other. I sat down with my friend and discussed why the stigma attached to online dating is so strong.

Katherine has created two online dating profiles, one on Plenty of Fish and one on eHarmony. In between creating profiles she had a relationship of one year to someone she was ready to build a life with. eHarmony, her first account, was set up before this relationship,



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immediately after she got out of a prior relationship. She sat alone watching TV and drinking a glass of wine thinking about the lack of prospective gentlemen in her life when all of a sudden an eHarmony commercial featuring happily married couples flashed on the screen. She grabbed her laptop and ventured to check out the site. Luckily, eHarmony was having a special, \$100.00 for the entire year, so Katherine excitedly created the account and filled out the 400 question survey. The site lead Katherine to go on approximately 20 dates, two of which she dated for a while only after she ran into them again by chance. The second account she set up on Plenty of Fish was created after her most recent break up previously mentioned. But Plenty of Fish, she says, is cheesy compared to sites like eHarmony, “its people only looking for hookups and those not ready to commit to paying, I fall into the latter.”

Twenty seems like a pretty large number of dates to have gone on and not have any relationships out of. Katherine says it’s hard to commit online. There

is so much selection that it makes you more judgmental. But the variety is also a perk to online dating; “You can broaden your horizons outside your circle of friends and with a wider range of people.” It’s good when there’s a lack of opportunities in your immediate surroundings. “I can’t hit on my customers, dating person at work is not the best option, and my friends are all women, so that leaves bars and grocery stores.” Online dating also, “takes most of the guess work out of it, you know stuff you normally wouldn’t find out till date three.” But knowing so much causes you to nit-pick, “it becomes hard to commit because you’re always looking for the next best thing.”

If it wasn’t successful the first time, why go back? Hope. “I hope it will be more successful, now that I’m in a place where I know what I want even more. It’s also easier than coming home after work and doing my hair and makeup to prepare for a hot date. I can look and respond according to my own schedule.” She finds it easier because she’s behind the screen; it takes the anxiety out of

approaching guys in a social setting.

The appeal of online dating is evident and helps out with lots of common dating problems, so why aren’t we open about it? Katherine brings up the stereotypes, “it’s for the socially awkward updateable who end up lying about themselves.” But the online dating industry would not be raking in 1.049 billion dollars a year if this was true, so what’s the real issue? It’s embarrassing. “I don’t tell people I make accounts because I don’t want to have to tell them I’m not finding anyone. The only reason I tell a very select few is because I’d like them to know where I am just in case I go missing.” We don’t want to tell people about our failures especially with the looming pressure to find someone and settle down. “I want to have kids one day and I’d like to have them with the love of my life.”

Time is running out, so she puts herself out there with warning signs about her chronic lateness, poor navigation skills, and how guarded she is. The truth is if someone wants you they’ll want you for your flaws also, whether they find out in person or by reading it on your profile. eHarmony says “Free your heart”, Katherine says free your mind. “We’re programmed to think real love is meeting someone when you least expect it and that we shouldn’t look for it, but this just doesn’t always happen so people need to be more open to the idea of online dating and just admitting that they are interested in meeting someone. I don’t believe my single friends when they say they don’t want to meet anyone, they’re more scared than anything and calling online daters pathetic or desperate is a cop out.”

## A FEW THOUGHTS ON ONLINE DATING FROM SOMEONE WHO’S DONE IT

OR ‘ONE OF MY BEST DECISIONS’ BY CAITLIN BATTAGLIA ASSOCIATE EDITOR OF METROPOLIS

The thought of online dating can evoke a variety of thoughts and feelings. Some find it uncomfortable, unsure about the thought of meeting someone for the first time in the “virtual” world and only later (if it gets that far) getting to see them in person: what if they’re not who they say they are? For others it’s a much more pleasant idea—someplace new to look, where more and more people are finding luck and success. It’s another place to go when it seems hard to find someone (especially at a place like Glendon).

As someone who is in a relationship that started online, I have my own biases of course: I think it’s great. Sometimes it’s difficult; you have a completely different set of problems to deal with that “traditional” couples don’t necessarily have to face. In a lot of cases, online means distance, which can be lonely and frustrating. But personally I wouldn’t trade it for the world.

While some people might go to sites specifically meant for dating—you know the ones, with tag lines like “meet sexy singles”—there are more ways to do it. My own girlfriend and I met through online communities, and started out a simple friendship based on liking the same shows and movies. As a few years went by, we found more and more reasons to keep talking and eventually a friendship became something more. Eventually it just sort of evolved—and we never paid a dime for a dating service. Honestly, neither of us went into it expecting it to happen, but it did.

When a relationship is worth it, the distance ends up being something to overcome but it’s hardly insurmountable. You find ways to make it work—and you have an excuse to take vacations. It’s a whole other dimension that can also add something a little different, a little fun. Of course, not all couples that meet online are going to be far

apart—if you’re looking specifically for that purpose, you can keep distance in mind.

And when distance is killer, programs like Skype suddenly become your best friend. Plus, you learn more and more about the best ways to beat postal charges and the best ways to save on travelling (a bus to Buffalo can save you a hundred dollars on a flight, and you don’t even need a passport if you have the right ID). Look at it this way: you have an excuse to travel, and sometimes you can meet halfway; you don’t always have to be going to where they are, or vice versa, you can see new places and make it an adventure for the both of you to explore together.

So long as you’re safe—we all know the basic internet safety tips—there’s nothing to worry about, if you think it can work for you. The first meet up place can make a huge difference to your confidence and your safety, and exchange-

ing phone calls and video chats can ease up a little bit of the tension. Stage a first meeting in a coffee shop or at a bus terminal, where you can have that romantic first meeting you might dream of. To an extent, you can control it a little more—you don’t have to roll the dice in some aspects, you can find something that truly works for you, with a little work on your part, too.

The internet offers us a lot of opportunities that we didn’t necessarily have before. It can be hard to meet new people, sometimes, in such a large city, where crowds can be intimidating. Sometimes the internet seems a little more welcoming as walls are broken down, and we can communicate with more people than ever before. Is it really that different to meet someone on a forum or webpage and strike up a conversation than it is to meet someone at a club or a bar? As long as you play it safe—sometimes you have to take a chance.

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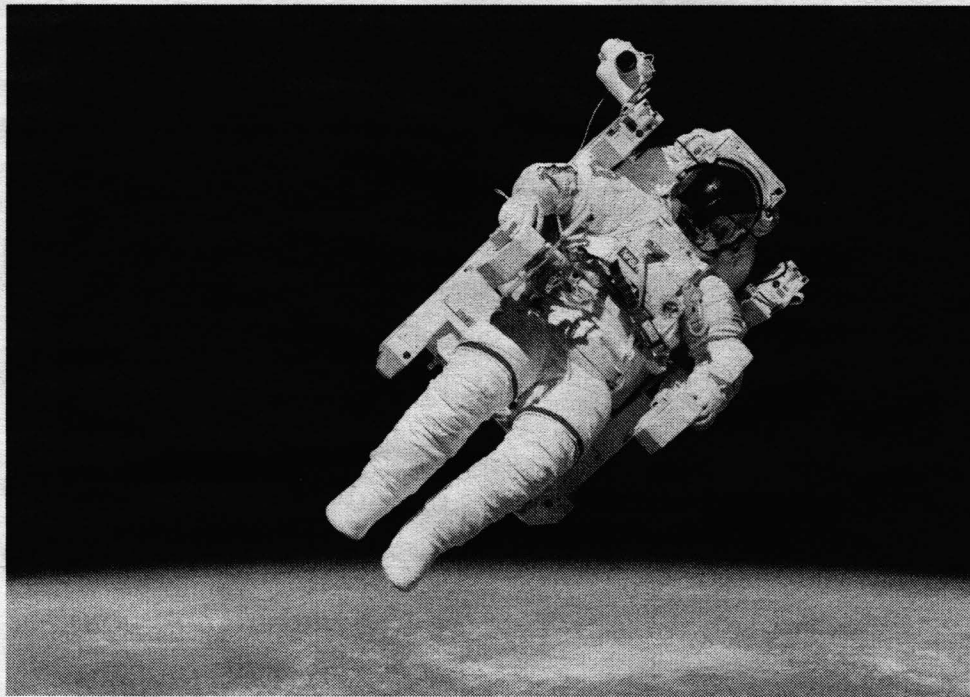
## SPACE: THE FINAL FRONTIER FOR NATURAL RESOURCES?

THE FUTURE OF SPACE EXPLORATION BY OTTÓ FALUDI CONTRIBUTOR

All told, the earth is home to some seven billion people, and the United Nations has predicted that number to grow to 8.9 billion by 2050; the same report estimates that our planet could be home to more than 36 billion human beings by the year 2300. Humanity's rapid growth and dependence on natural resources has put the future of our species' survival in peril, with our resource dependence and competition acting as a leading cause of war, famine, poverty, disease, hunger and other global ills – as it has been throughout human history.

To get a sense of the immense inequality in human society, an estimated three billion people around the world subsist on less than \$2.50 per day, while the richest 20% of the world's population represent three-quarters of the world's entire GDP. Resource competition has contributed greatly to the sad phenomenon of poverty, which itself is a direct proponent of hunger, disease, and famine. It goes without saying that the widening gap in income equality and living standards has generated countless resource wars affecting municipal, regional, national, and international factors, and that resource competition always hits already struggling communities and individuals the hardest.

While legions of scholars and policymakers have sought to answer questions of resource dependence and continue to struggle in developing mechanisms to address global inequalities, it is becoming increasingly clear that the Earth is struggling to keep up with humanity's ever-increasing consumption demands emanating from its rapid population growth. Indeed, even as governments work to quell bloody insurrections and conflicts stemming from resource competition – or conversely position themselves to ensure



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their access to strategic regions rich in precious mineral and energy supplies – the more forward-thinking individuals among our ranks have focused their eyes on a goal more distant than any known oil field or gold mine: space – "the final frontier" – and home to infinite resources spanning billions of star systems and limitless galaxies.

It is with great interest that I have noted over the years, a growing number of articles in scientific journals dedicated to humanity's quest to seek out planets which possess suitable characteristics for possible human habitation. Discussions about "earth-like" planets located many light-years (and life-times) away from our own have become something more than just fodder for science fiction enthusiasts, the erstwhile Gene Roddenberys and George Lucases of the world. In fact, it seems to me that NASA has made a concerted effort over the past

decade to identify planets which possess favourable conditions for the existence of life, and the Kepler mission is a perfect example of this exercise. The recent discovery of KOI-172.02, a "super-earth" located near a star not unlike our sun, has caused excitement about the possibility of finding a perfect twin to our planet – "it is no longer a question of if we will find a true Earth analogue, but a question of when," said Steve Howell, a Kepler mission project scientist.

Thanks to the dedication and research of scientists like Steve Howell, unmanned space exploration missions have confirmed rich resource deposits within our own solar system and beyond, which will undoubtedly be in reach of future generations once adequate technology is developed to permit deep-space travel (and resource extraction). Take for example Saturn's moon Titan; thanks to experi-

ments undertaken by NASA's Cassini spacecraft, we now know that this lunar body has "hundreds of times more natural gas and other liquid hydrocarbons than all the known oil and natural gas reserves on Earth." Moreover, the most important resource for human and animal life – water – has been detected in relatively close-by locations such as the Moon, Mars, and even Mercury, as well as many other far-flung places beyond our own Solar System.

Given all we know about the potential for life on seemingly not-so-distant planets, and in light of the vast wealth of resources located within reach of our increasingly advanced unmanned spacecraft, it seems logical that the next step is to focus on developing and perfecting the technology and means which will allow people to expand human civilization past its current earthly boundaries. The unstoppable multiplication of human populations, combined with resource dependence, scarcity, and competition, will only serve to increase environmental pollution, coupled with the disparity suffered by billions in poor, starving, and war-torn countries.

To follow Steve Howell's line of reasoning, I believe that it is no longer a question of whether we are capable of reaching distant habitable planets or resource-rich locations such as Titan – it is just a matter of when; in my opinion, it is also a matter of necessity for future generations. In today's increasingly interdependent and globalized world, scholars enjoy talking about the end of the nation-state; in future generations, they may well discuss the birth of planetary states which are abundant in resources, and devoid of the resource competition that is successively starving humanity and destroying our planet.

## CHANGING PLACES

A DISCUSSION ON FAMILY RELATIONSHIPS AND HOW THEY CAN CHANGE IN THE FACE OF ILLNESS

BY MIRANDA MINAWI STAFF WRITER

Growing up, you will meet many different people. Some will touch your life only tangentially, staying for a short time, while others will become fixtures around whom you will base your conceptions of home, love and life. Frequently, the people who are anchored in your life are those most closely related to you: mothers, fathers, aunts, uncles or grandparents. For some, it is long-time friends that provide the foundations; but for me, my grandparents have been the pillars around which the rest of my life has been built. There comes a time however, when you may be dealt unexpected cards and dynamics have to change. One of those unexpected cards is illness, and it forces everyone involved to redefine the ways in which they relate to each other.

My grandparents have been married for 60 years but have known each other for 74 years, or since they were about

12 years old. Myself having known them for 21 years is then a relatively short period of time. In this fraction of their lives, my grandparents have cemented themselves as examples of hard working people who are infinitely kind and caring to each other, family, and others. I recognize that I am incredibly fortunate to have a relationship with my grandparent that allows me to rely on their guidance, comforting words, and the occasional round of tough love – whichever has been appropriate to the situation. Both my grandmother and grandfather have been fiercely independent in their own ways and it has made their relationship work because they complement each other.

Gradually, however, my grandmother has lost herself. It started out slowly, having trouble recalling insignificant details, but the memory loss has progressed to forgetting the anecdotes

and family history that the grandkids have heard a hundred times. She even started forgetting the names of her four daughters and eight grandchildren. A long time teacher and painter, my grandmother has lost the ability to focus on her art or even find the words to ask for a cup of tea. Most heart wrenching is trying to comfort my teary-eyed grandmother who only wants to keep taking care of us as she always has, after every skinned knee and broken heart. As I held her to my chest as she had held me hundreds of times was the moment I realised that nothing, least of all a relationship, is static.

My grandfather now cares for her as he helped her care for their four daughters and eight grandchildren. He is more patient with her than I ever thought humanly possible, encouraging her to do small tasks for herself but always keeping a watchful eye on her.

Their relationship changed drastically in a few short years. Illness, especially dementia, does that. Nothing has stayed the same, except for the love they have for each other.

Nobody has to deal with illness on their own, even if they don't have an extended family network. The Alzheimer Society – Toronto is an excellent resource that facilitates access to education, support groups, and respite care not just to the individuals suffering from Alzheimer's and related illnesses but to the family members who need to find new ways to care for their loved ones. Organizations in support of many other illnesses also provide similar support to families.

People change, relationships change, but the love built by two people and their family can withstand a little restructuring even if it means changing places with your grandmother.

## CHOCOLAT POUR MOI! MAIS POURQUOI?

LES AVANTAGES CACHÉS DU CHOCOLAT PAR ANNA-KAY RUSSELL ASSOCIATE EDITOR

Une fois de plus, le fameux jour d'amour est arrivé, c'est à dire le jour de la Saint-Valentin. Et en ce beau jour de février, le cadeau par excellence c'est le chocolat. Mais pourquoi cette tradition de donner une friandise délicieuse en ce jour de fête? Est-ce que ce produit à base de cacao est vraiment romantique?

Selon le site web luxist.com, l'idée de donner et de recevoir du chocolat est venue d'un chocolatier. La première chocolaterie, Cadbury, a ouvert ses portes en 1860 et Monsieur Cadbury a décidé d'introduire cette tradition de donner ce petit délice en cadeau. Depuis ce geste commencé par M. Cadbury, c'est tout à fait normal de recevoir du chocolat en cadeau, que ce soit pour la St-Valentin ou une autre célébration.

Nous voilà dans une ère qui recommande les produits bio et les produits qui sont sains pour la santé. Malgré que le chocolat est souvent perçu comme une friandise, vous n'avez pas besoin de rejeter cette gourmandise, particulièrement le chocolat noir, car elle comporte plein d'avantages.

En fait, voici quelques avantages qui proviennent du chocolat qui vont peut-être vous surprendre.

• *Le chocolat est bon pour le cœur.* Les chercheurs ont découvert

que le chocolat contient beaucoup d'antioxydants qui empêchent certaines maladies du cœur comme l'hypertension, la formation de la plaque et qui améliorent la circulation sanguine.

• *Le chocolat est bon pour le sang.* Comme décrit ci-haut, le chocolat peut améliorer le fonctionnement du cœur. Le chocolat noir, particulièrement, contient un minimum du sucre, environ le même montant que la farine d'avoine. Donc, c'est assez sucré, sans en être trop.

• *Le chocolat est bon pour le cerveau.* Pourquoi le chocolat a-t-il le pouvoir d'améliorer notre humeur? Il y a certains facteurs qui contribuent à ce sentiment, mais leur origine se trouve dans le cerveau, grâce au chocolat. Il contient quelques stimulants (ex. : de la caféine ou de la théobromine) et des endorphines (ex. : de la phényléthylamine (ou PEA)) qui créent ces bons sentiments.

Alors, dans le fond, le chocolat est bon pour le corps. Il aide le cœur, améliore le sang, hausse l'humeur et apporte des antioxydants qui protègent les cellules de notre corps. Donc, la prochaine fois que quelqu'un vous offre du chocolat, n'hésitez pas d'en prendre! Mais souvenez-vous, comme toute bonne chose, ces avantages se limitent à la consommation en modération.



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*Le chocolat est bon pour le corps. Il aide le cœur, améliore le sang, hausse l'humeur et apporte des antioxydants qui protègent les cellules de notre corps.*

## KEEPING IT SAFE

TIPS AND REMINDERS TO KEEP IT SAFE ON VALENTINE'S DAY AND BEYOND

BY ALEX CRITCH CONTRIBUTOR

February, a season of chocolate, flowers, and love. Valentine's day is always a special time for everyone, whether you're single, in a relationship, or in one of those "it's complicated" predicaments. Perhaps you'll enjoy a nice dinner, go see a movie, or just spend some quality time with your significant other. Whatever you choose to do, keep in mind the beneficial precautions to take when getting caught up in the moment with all the love in the air. You already know how to prepare for the date part of the night, getting ready and choosing the perfect place to go, but how can you prepare yourself for a sexual encounter? (Especially if it's a new partner?) Here are a couple of tips, that you can start using now and not just on Valentine's Day.

• *Keep condoms and contraceptives nearby.* Wallets and handbags are NOT safe places for condoms, as they need to be kept in a cool, dry place at ALL times. You may think a couple hours in your purse or pocket is no big deal, but once a condom has heated up, the chances of breakage have already increased. And don't forget to check that expiration date!

• *If you're taking the pill, keep on track!* Skipping one pill can actually make the difference between a fun night and a real pregnancy scare. Be consistent with your choices.

• *Try out something new.* If you're not ready to try anything too drastic, there are a variety of products designed to spice up your sex life. Make sure to read directions carefully and don't try anything that you're not comfortable with.

Don't forget – you can still have a great time without sex, so don't be afraid to say no, and stay safe! If you're short on time or cash, you can pick up free condoms at the Health Education booth outside the Glendon cafeteria every Wednesday, or drop by the Peer Room (S172 Ross Building) at Keele for even more info and freebies!

## TAKE YOUR RELATIONSHIP TO THE GYM!

THE BENEFITS OF EXERCISING AS A COUPLE

BY VICTORIA RAMSAY EDITOR OF HEALTH AND WELLNESS

It's important for couples to have separate likes, dislikes and interests outside of their relationship but sometimes your interests and goals can become in sync with your significant other's goals. As the New Year came to be, a feeling of motivation and a new lease on life became apparent in my relationship. This particular season of change translated into a new routine that involved trying something new together, working out as a couple. It started as committing to finding a place where we could both enjoy working out. We decided to take time to attend yoga, spinning and core training classes together. All fun, energetic, motivating and challenging, the newfound routine of attending exercise classes together became a special time of the week that we could actually look forward to.

Though this idea may not be for every person or every couple, don't rule it out just yet, or at least until you've tried it. Spending time going to a gym together can be a positive, strengthening activity. There are a number of benefits and things to keep in mind:

• *Try something new!* Getting out of the comfort of the day-to-day routine and obligations by doing something completely different for the both of you brings new excitement to the relationship. In order to grow in a relationship you need to create the opportunity to learn new things about each other. Changing the atmosphere that you interact in by attending a yoga class that

challenges you both could be a great way of achieving this. There are new things to discuss with each other and you can begin to form mutual opinions or separate likes and dislikes. Get out of the same old relationship routine and be different.

• *Have some "Us" time.* Life is exceptionally busy and combining two things that you love can have a great outcome. It is time together that is well spent. You receive the benefit of working out as well as having some special time together. Also, healthy living and fitness are lifelong journeys so it is something that you can enjoy doing together long term; make a habit of it.

• *Be happier, de-stress.* After a great workout you can't help but feel like you're on top of the world. You're awake, feeling accomplished and life is good. It is proven that exercise creates endorphins that are chemicals made by the brain that make us feel happy. Exercise is also an amazing way to step away from the books for a while de-stress. Now thinking about the benefits of working out and imagine the positive influence it could have on your relationship. Better conversations, less frustrations and you both can get the most out of your day overall.

• *Learn to motivate each other.* While working out at the gym or attending a class, motivation is key. Sometimes falling out of the gym routine can be easy. When another person is involved, especially your significant

other, it makes it easier to stay committed; you can help each other. Also while pushing yourself to finish that last set of push-ups or run for an extra five minutes you can motivate each other. Learn to use more words of encouragement, and entice each other to do better. You can lead each other to success.

• *Celebrate Achievement.* As your new routine continues on you will begin to see personal improvement as well as improvement in your partner. This can be in the form in physical physique, or breaking personal records and achieving a more healthy routine and lifestyle in general. Make sure to take time outside of the gym to celebrate these achievements whether they are big or small. Go and grab a yummy smoothie after an intense workout; enjoy a special date night out or go away for the weekend. You can even make these celebration plans ahead of time as something to look forward to. Make sure you recognize the good things frequently to keep the two of you on track and motivated.

While building your physical endurance you can also better the foundation of your relationship. While making better choices and living healthier lives you can increase the happiness in your relationship. Remember that your lifestyle change can affect not only you but also the people around you. Do something different, challenge yourself and improve your relationship this year!



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# WASHING ASHORE 2013



*"A new and exciting chapter in the ongoing saga of Kill Shakespeare. There are few better gifts in this renewed world than to find such splendid new worlds to explore."*

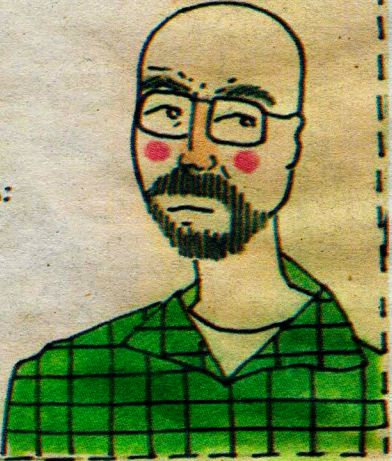
*-Bill Willingham*

**KILL SHAKESPEARE.**  
*The Tide of Blood*

# Valentines

ROSES ARE RED  
MY METH IS BLUE  
I RESPECT THE CHEMISTRY  
AND I LIKE YOU

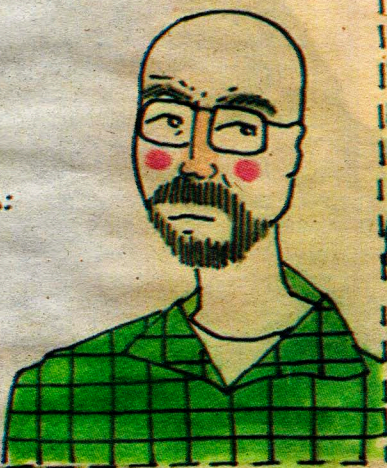
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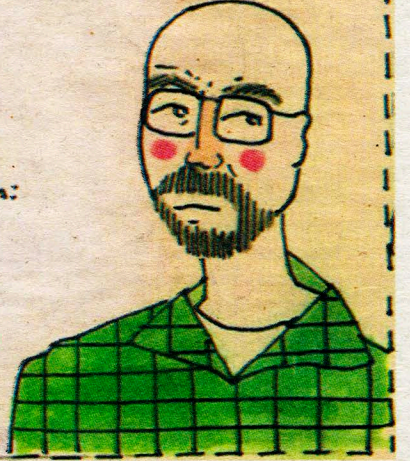
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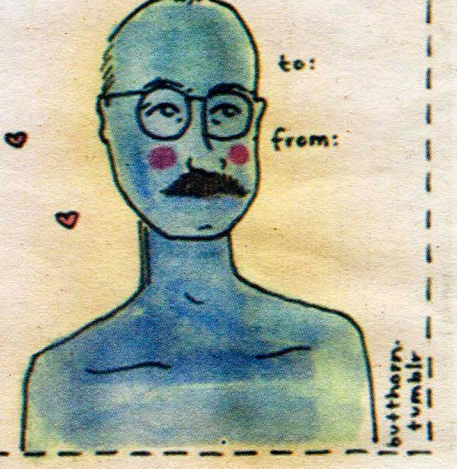
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BE THE JIM TO MY PAM  
(OR THE PAM TO MY JIM)

to:  
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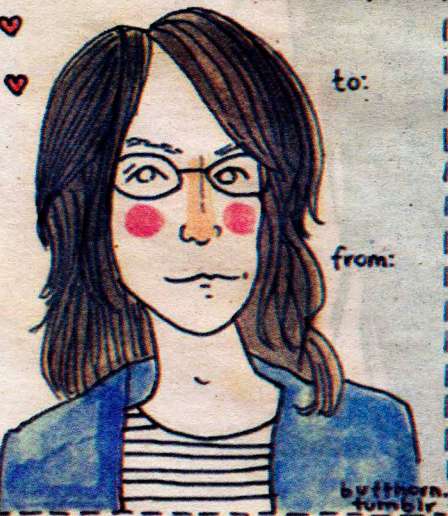
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HAPPY ANNA  
HOWARD SHAW DAY!


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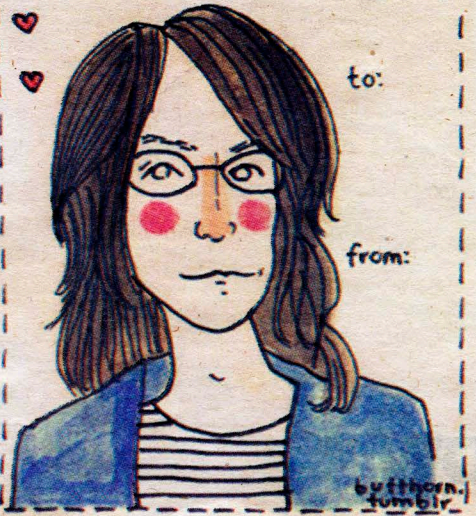
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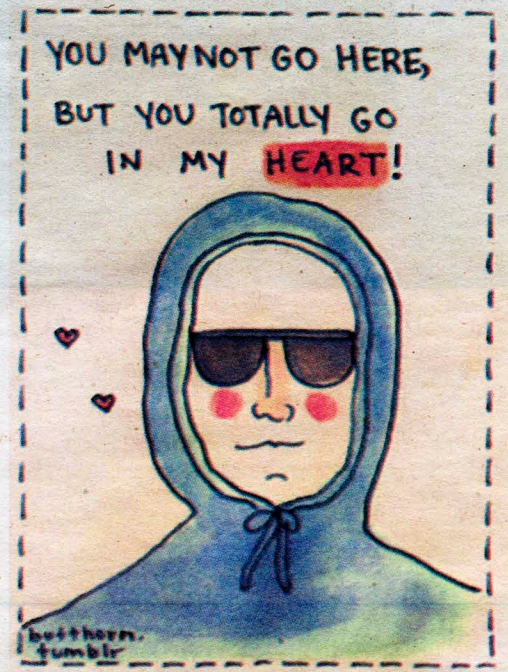
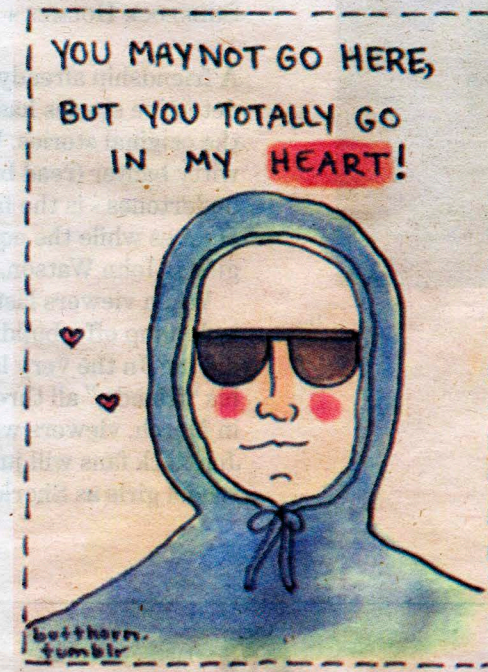
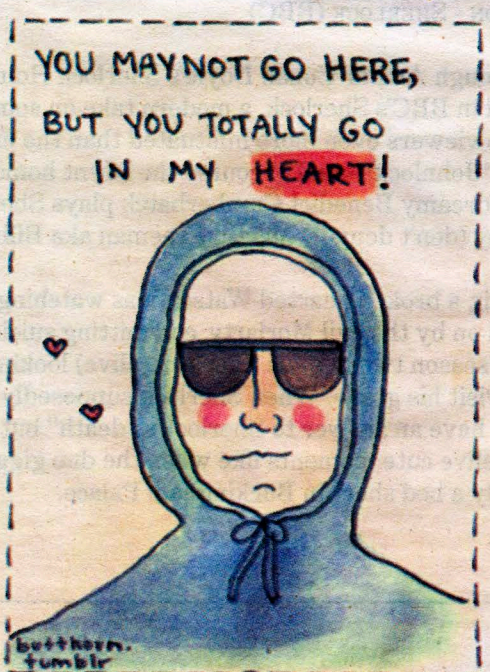
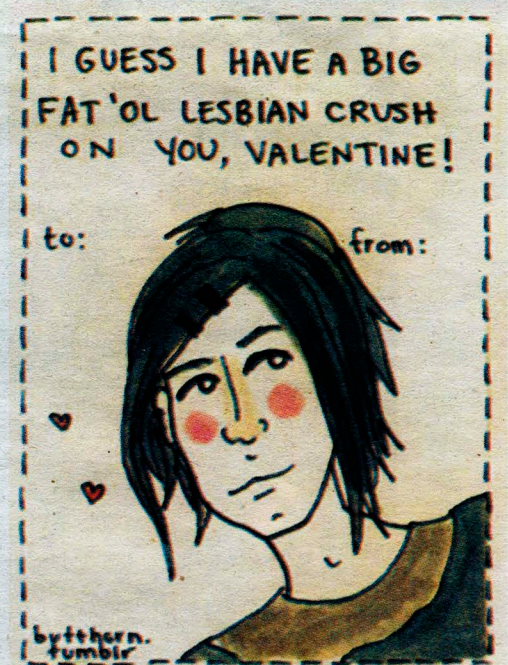
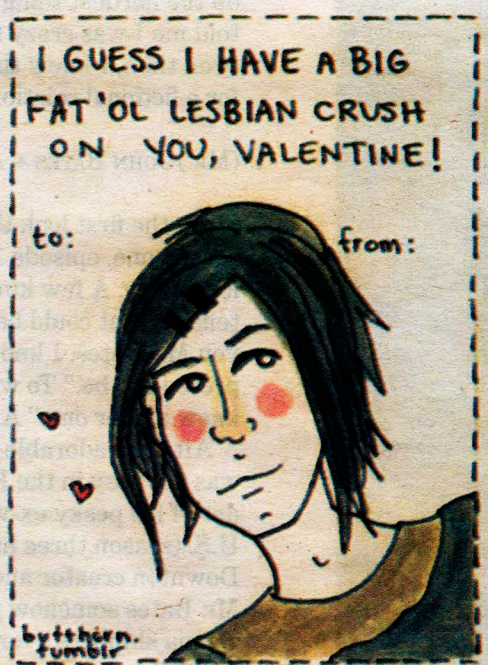
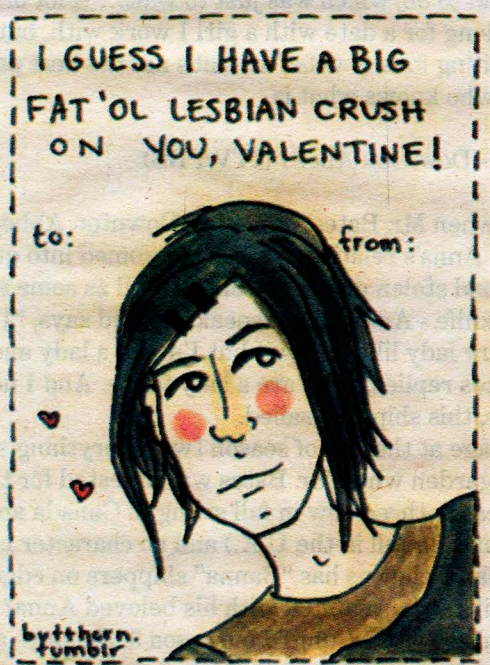
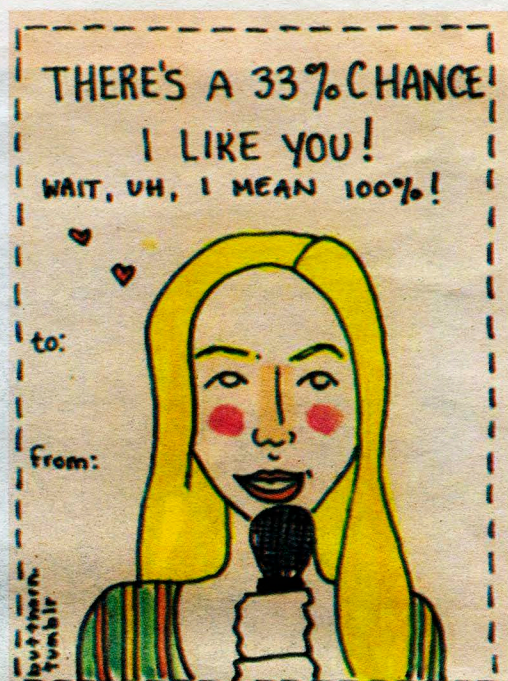
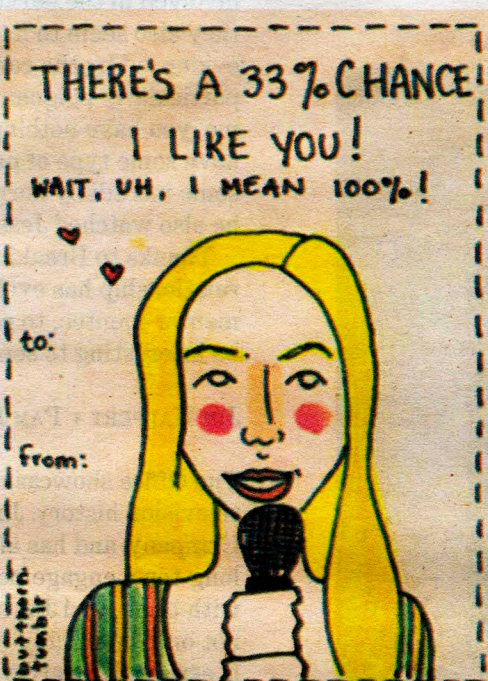
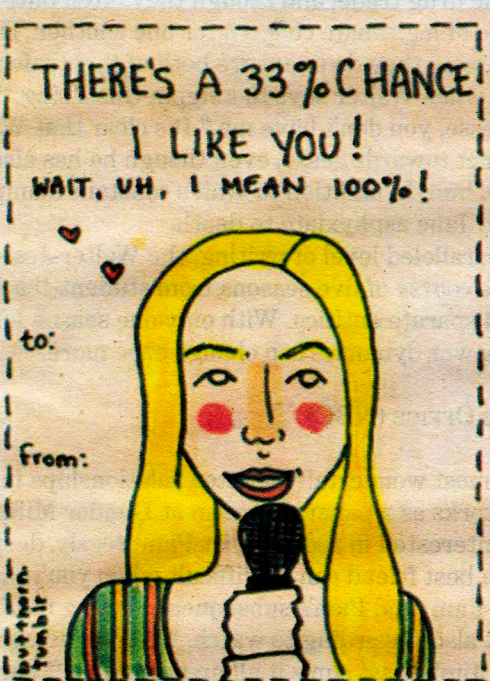
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# Valentines

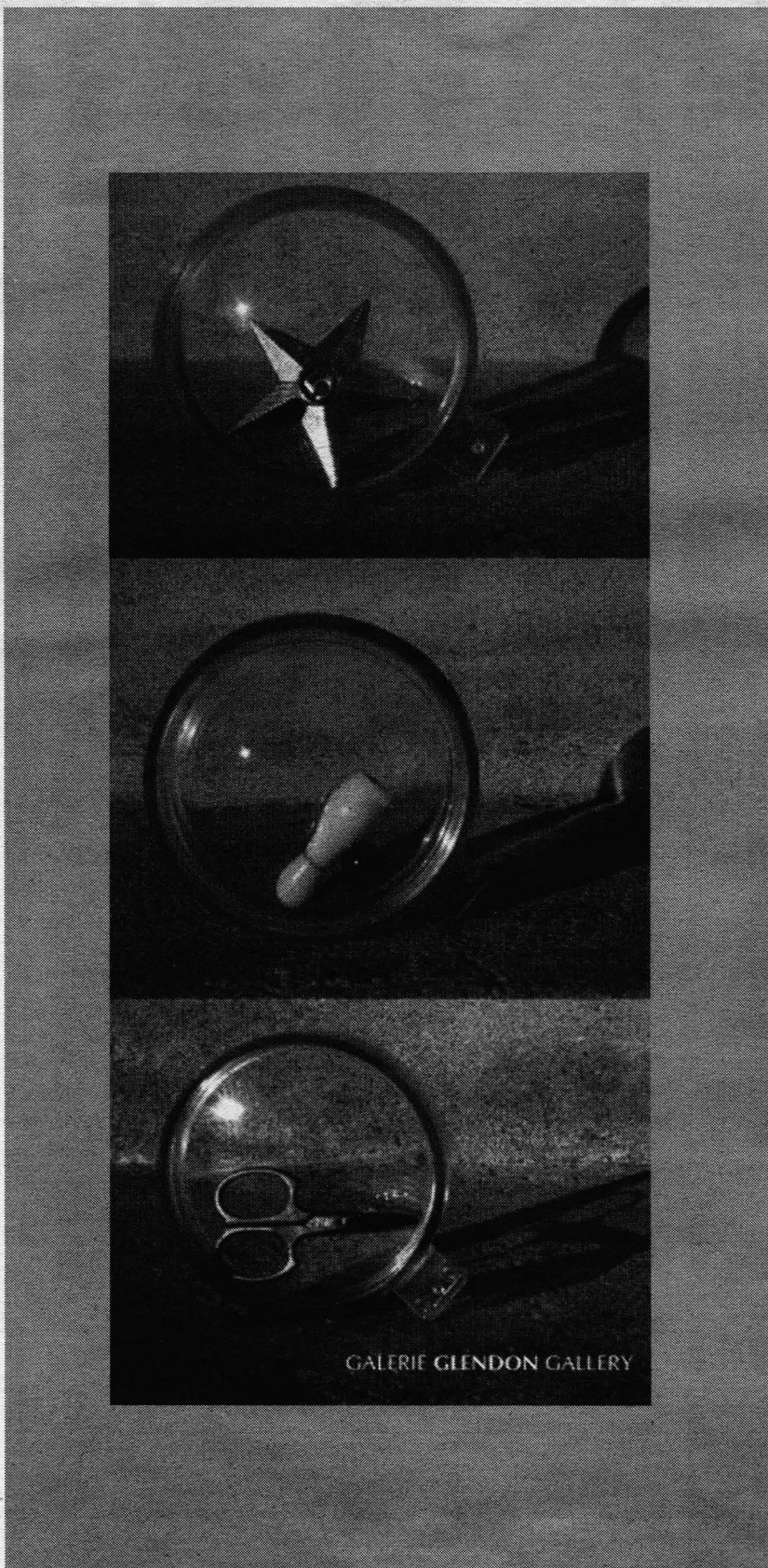


## MINUTE DE VIE

ENJOYING THE SMALL THINGS IN LIFE  
CONTRIBUTOR

From February 5th to March 8th, the Glendon Gallery is presenting an installation of objects, titled *Minute de vie / Small things of life* by Laurent Vaillancourt. The exhibition kicks off with the artist's talk on Tuesday, February 5th at 5:00 p.m. and will continue until 8:00 p.m. A guided visit by curator Marc Audette will also be included.

La Galerie Glendon présente, du 5 février au 8 mars, une installation de Laurent Vaillancourt intitulée *Minute de vie / Small things of life*, une installation composée d'objets divers serrés entre des lentilles, comme des bulles d'air métamorphosées en capsules de temps. Le vernissage sera le mardi 5 février à 17 h. Celle-ci commencera par une causerie donnée par l'artiste et se poursuivra jusqu'à 20 h. Il y aura aussi une visite guidée par le commissaire de la galerie, Marc Audette.



## THIS SHIP HAS SAILED

A LOOK INTO TV RELATIONSHIPS CAPTURING HEARTS  
BY ALEXA POSLIFF & LAURA STANLEY  
EDITOR OF CAMPUS LIFE &  
ASSOCIATE EDITOR OF ARTS & ENTERTAINMENT

If you're anything like us, you get a little too involved in the television shows you watch. With your addiction to shows as a whole comes your obsession with specific characters and their relationships. As the illustrious Urban Dictionary defines it, "to ship" is to endorse a romantic (though it doesn't have to be) relationship. Whether you're bawling over your favourite couple finally confessing their love for one another or yelling "awww!" at the TV because your two favourites are spending some quality time together making meth, you too probably ship a TV couple. Below are a few of our favourites:

JESSE PINKMAN + WALTER WHITE - BREAKING BAD (AMC)

One of the most interesting and complex relationships currently on television is that of Walter White and Jesse Pinkman on *Breaking Bad*. Walter - or Mr. White according to Jesse - decides to pair up with his former high school chemistry student to cook meth after being diagnosed with cancer, in hopes that the drug money will provide a cushion for his family after he's gone. Unfortunately, the two get involved in the darkest side of the drug trade, and though they often butt heads, they also seem to have some type of legitimate concern for one another. This is evidenced by the constant bargaining they do to ensure both of their safety. A particularly poignant moment is when Walter says to kingpin Gus Fring, "You kill me, you have nothing. You kill Jesse, you don't have me." It's clear that Walt does have some type of paternal instinct towards Jesse, even though he has also done some incredibly horrific things to him. In addition to Walt's constant manipulation, he also watched Jesse's girlfriend Jane asphyxiate to death.

Thanks to *Breaking Bad*'s unparalleled level of writing, the Walter-Jesse relationship has evolved over the course of five seasons from student-teacher, to mentor-mentee, to partners, to disparate entities. With only one season left, it will be interesting to see how their power dynamics can change once more.

JIM HALPERT + PAM BEESLY - THE OFFICE (NBC)

*The Office* showcases one of the most wonderfully written relationships in recent television history. Jim Halpert works as a paper salesman at Dunder Mifflin Paper Company, and has always been interested in receptionist Pam Beesly, despite her long-term engagement. Having a best friend can be difficult when you're in love with them, and Jim's longing for Pam (and Pam's subsequent longing for Jim) is not only incredibly relatable, but also rewarding to watch. Their wedding episode is especially heart warming, and Jim's toast sums it all up perfectly: "Four years ago, I was just a guy who had a crush on a girl who had a boyfriend. And I had to do the hardest thing I've ever had to do, which was just to wait... A lot of people told me I was crazy to wait this long for a date with a girl I work with, but I think, even then, I knew that I was waiting for my wife." If that's not the best pay-off for a fictional relationship, then who knows what is.

(MR.) JOHN BATES + ANNA SMITH - DOWNTON ABBEY (ITV/PBS)

Since the first look they shared when Mr. Bates arrived to *Downton Abbey* in season one, episode 1, Bates and Anna's relationship has blossomed into quite the love story. A few kind gestures and stolen glances later - as well as some sexual tension that could be cut with a knife - Anna finally speaks up and says, "I love you Mr. Bates. I know it's not very lady like to say it but I'm not a lady and I don't pretend to be." To which Mr. Bates replies, "You are a lady to me. And I never knew a finer one." And with that, this ship was sailed.

After an adorable quick marriage at the end of season two, everything suddenly was not rosy in the Bates/Anna garden when Mr. Bates was arrested for the murder of his pesky ex-wife. With season three now in full swing in Canada and the U.S. (season three has already aired in full in the U.K.) and no character is safe. *Downton* creator and writer Julian Fellowes has "Banna" shippers on edge. Will Mr. Bates somehow get out of jail and be reunited with his beloved Anna? Will Banna shippers even last that long? Watch it unfold in season 3, Sundays at 9 PM on PBS.

SHERLOCK HOLMES + JOHN WATSON - SHERLOCK (BBC)

A friendship already famous through Arthur Conan Doyle's *Sherlock Holmes* detective stories has reappeared in BBC's *Sherlock*, a modern take on some of the original stories. What makes viewers even more infatuated than the endless witty banter (read bickering) of "Johnlock" - and of course the latent homosexual undertones - is the fact that the dreamy Benedict Cumberbatch plays *Sherlock Holmes* while the equally dreamy (don't deny it) Martin Freeman aka *Bilbo Baggins* is John Watson.

When viewers last saw the pair, a broken hearted Watson was watching *Sherlock* jump off a building, spurred on by the evil Moriarty, committing suicide...or did he? In the very last scene of season two, we see *Sherlock* (alive) looking on as his "friends," all three of them, visit his grave. When *Sherlock* supposedly returns in March, viewers will hopefully have an answer to *Sherlock*'s "death" but for now Johnlock fans will just have to relive cute moments like when the duo giggled like school girls as *Sherlock* wore only a bed sheet in Buckingham Palace.

## THE DARK HORSES OF CINEMA: GREAT FILMS LOST IN TIME

BY ASHLEY MONIZ CONTRIBUTOR

### Fiddler on the Roof (1971)

Directed by: Norman Jewison

Written by: Joseph Stein (screenplay and stageplay adapted from the stories by Sholom Aleichem)

Starring: Topol, Norma Crane, Leonard Frey

Building relationships of all types are a part of growing up and being human. Sometimes, however, these new relationships can jeopardize existing ones, and if conflict ensues, the choices made can deeply affect not only those within the relationship, but everyone around them as well.

*Fiddler on the Roof* is a musical that tells the story of Tevye (Topol), the poor milkman in the Czarist Russian village of Anatevka. In his small Jewish community, the people live in constant fear of eviction by the czar, and believe that God keeps them safe as long as they follow their traditions and maintain the lifestyle that they know which has kept their families thriving for generations. The fragility of their livelihood becomes progressively more prevalent as the daughters of Tevye and his wife, Golde (Norma Crane), begin to seek out husbands on their own, defying traditional methods and seeking companionship outside their parents' range of approval. The village is also inhabited by many colourful and quirky characters, such as Motel (Leonard Frey), the tailor who yearns for the heart of Tevye's eldest daughter, Tzeitel (Rosalind Harris); Lazar Wolf (Paul Mann), the older butcher to whom Tzeitel is betrothed; Yente (Molly Picon), the matchmaker, who spends the film looking for husbands for Tevye's daughters; and the Rabbi (Zvee Scooler), who the town goes to for advice and blessings.

The romantic relationships in this film go far beyond your typical "boy meets girl" rom-com or musical. There are four major couples in the movie, each with their own story and adversities. Tevye and Golde met on their wedding day and although they were certainly not in at first, they grew to love each other in time. Then there is Tzeitel and Motel, who were in love and made a pledge of marriage to each other a year before she was arranged to marry Lazar Wolf. Hodel (Michele Marsh), Tevye's second daughter, and Perchik (Michael Glaser), a Marxist from outside the village, fall in love and want to wed before he leaves to participate in a revolution. Finally, there is Chava (Neva Small), Tevye's youngest daughter, and Fyedka (Raymond Lovelock), a Christian boy, who run away from home to be together after Tevye refuses to allow his daughter to marry a non-Jew. Each of these couples faces their own difficulties, and though they all grow stronger over the course of the film, each must learn to face how their villagers see them in light of the decisions they have made.

One of the most integral and memorable aspects of this movie, much like most musicals, is its soundtrack. The songs in the movie go far beyond cheesy expressions of love and narrations that would be much better suited to spoken word. They tell stories: stories of lifestyle, culture, celebration, and above all, emotion. While the show does include its token love songs and ballads, the music of *Fiddler on the Roof* teaches audiences just as much as it entertains. The music is also set apart in thanks to its unique Jewish style and complex solos and arrangements. Some songs, like "Tradition" and "To Life", are more upbeat and likely to ring on in viewers' heads long after the movie is finished; others, like "Sunrise, Sunset" and "Anatevka", give viewers a deeper understanding of the lives of the people in the village. A soundtrack this special can only be made better when the job of adapting the score to film has been taken on by John Williams, composer of some of the most recognizable movie themes, such as *Jaws*, *Star Wars*, *Indiana Jones* and *Harry Potter*. As well, many of the songs have been embedded in modern pop culture unbeknownst to younger audiences. Television shows like *The Big Bang Theory* and the children's program *Bill Nye the Science Guy* have featured or adapted some of these songs, and Gwen Stefani sampled "If I Were a Rich Man" in one of her hits.

The unique characters in this film are brought to life by the talented actors who portray them. Topol's performance as Tevye is memorable and truly brilliant. He does a fantastic job of connecting with the audience and truly encompasses the role of the father struggling to maintain his patriarchal authority in his family. While Topol is the standout performer among the main cast, the dynamic and memorable traits of many of the supporting characters add to the pleasurable viewing experience. Among them is Molly Picon, whose ability to allow humour to shine through her sunken and often sour expression ensures memorable and funny moments throughout the film. Also noteworthy is Ruth Madoc's number as Fruma-Sarah, ex-wife of Lazar Wolf, and although she is only in one scene of the movie, her time is made memorable by her chilling screams and ghastly expressions, which add to the enchantment of Tevye's storytelling.

*Fiddler on the Roof* is a timeless classic worthy of the 3 hours it takes to watch it. While the film centres on the conflict between arranged marriages and finding true love, the story conveys that all relationships, no matter how strong, are important in one's lifetime. Whether it is family, friends, a significant other, or even the familiar faces in the neighbourhood every day, it is important to never take these people for granted, or be willing to completely break hold and abandon strong relationships with older loved ones in favour of new ones. While most people may never be at risk of having their entire village evacuated on the orders of an insensitive tyrant, people should still realize that the decisions they make and those they choose to cherish in their lives can strongly affect their surroundings, even if just perceptively. *Fiddler on the Roof* teaches audiences that it is good to try new things and meet new people, but to never forget the past, and to honour and cherish their memories for a lifetime.

For more reviews or to make recommendations for future ones, please visit my Facebook page, "Ashley Moniz's Movie Reviews."

## CELEB CRUSHES: HOW FAR IS TOO FAR?

WHEN A CRUSH BECOMES AN OBSESSION

BY DANIELLE DIAS STAFF WRITER, ARTS AND ENTERTAINMENT

In the 60's, singer John Lennon caused a commotion when he announced that the Beatles were "more popular than Jesus now". While these words seem scandalous and blasphemous, they contain a grain of truth. We have put celebrities on such a high pedestal they seem like gods. From stalking their idol to believing they're secretly married to their favourite celebrity. Some people have taken celebrity admiration to a whole new level: celebrity obsession.

While the term Celebrity Worship Syndrome was only recently coined, celebrity obsession has been present for centuries. According to evolutionary biologists it is a part of natural human development to find a person to admire. This admiration can lead a person to create positive changes in their life and inspire them to move forward if it stems from a good role model. For many people this is the role celebrities play in their life. However, for an increasing number of people celebrities have taken up an integral role in their lives. Herein lays the line between being a fan and being a "celebrity worshipper".

For some people, celebrities have become their life. They replace relationships with fantasies and a need to know everything about their favourite star. According to studies, people who have Celebrity Worship Syndrome are already susceptible to developing mental health issues. People with Celebrity Worship Syndrome also often suffer from depression, anxiety and social dysfunction. The fact that these people turn to idolizing celebrities is simply an expression of a more deeply ingrained pathology.

We may be hardwired to admire celebrities, but the media also plays an important role in sustaining this admiration. There are dozens of television shows and magazines devoted to celebrity news and gossip. Social media has furthermore intensified celebrity obsession as people now receive up to the minute news personally delivered by their favourite celebrity. The good, the bad and the ugly are all portrayed. The "private" lives of celebrities are the topic of every day discussion.

In today's culture, we are constantly bombarded with celebrity-related news. We feel like we *know* celebrities. It is easy to become enthralled with the glamorous portrayal of stars. However, while we may wish to live the lifestyle of the rich and famous, it is also important to focus on our everyday life and relationships.

## RELATIONSHIP QUESTIONS ANSWERED!

BY AN EXPERT BY AYELEN BARRIOS RUIZ PAGANO EDITOR FOR METROPOLIS

Toronto is a huge city; it has thousands of people running in and out of it each day. Yet even with the many universities in and around the area, and the large number of single people around, how many of us have relationship difficulties? It may not be hard to find a person; the trouble for a lot of us is finding the right person. So in an attempt to help some of my fellow Glendonites I've reached out to Jenn Clark, relationship advice expert, dating coach and author of the book *How to Be a Goddess (A Step-by-Step Guide to Becoming the Woman Men Dream About...)*. I've gathered ten questions that Glendon students may have about relationships and had Jenn Clark answer them for us:

1) WHERE IS BEST PLACE TO MEET SOMEONE FOR A RELATIONSHIP IN THE CITY RATHER THAN A HOOK-UP?

The best places to meet someone are the places where you normally go: Coffee houses such as Starbucks, dog parks, and grocery stores are usually fertile ground. The great thing about being single is that you truly can meet a new person anywhere you go! Just be sure to look your best and smile, smile, smile. Appearing friendly and approachable is key to meeting people. If you're looking for more than a hook-up, pass on the club and bar scene. Very few lasting relationships begin with house music and grinding on a dance floor.

2) WHAT TIME OF YEAR IS BEST TO START A RELATIONSHIP FOR STUDENTS?

While there's no rule about this, I think it's probably easier to meet someone toward the beginning of a school year. A new influx of students translates into more single people (which means more options) and you have the best chance of incorporating a relationship into your studies when classes are first starting up. It's a lot easier to start dating when your workload is light, as opposed to when you're cramming for finals.

3) HOW DO I BALANCE MY STUDIES, SOCIAL LIFE AND MY RELATIONSHIP?

It's all about time management and boundaries! You don't want to let your studies suffer because of your relationship and you can't cultivate a relationship if all you're doing is studying. Think of it as a good thing if you need to concentrate on your classes a couple of nights a week. It's not healthy to spend every night with your boyfriend or girlfriend and taking time to write a paper or study for an exam is a great reason to have some time apart. If you're especially busy with school one week, however, make some time for your beloved when you get a break. We all need to feel like we're an important part of our partner's life.

4) CAN A LONG-DISTANCE RELATIONSHIP WORK WHILE I'M FOCUSED ON MY STUDIES? IF SO HOW?

Long-distance relationships are tough no matter what your situation and they can be especially difficult to maintain in a college atmosphere when other options are often readily available. But they are like anything else in relationships - if both people want to make it work, it can. It helps if both of you have a way to take turns traveling to each other and have serious plans to be together once you are finished with school.

5) IS IT POSSIBLE TO START A ROMANTIC RELATIONSHIP WITH A FRIEND WITHOUT RUINING THE FRIENDSHIP?

Absolutely, if *both* people want to turn things romantic. Those situations often turn out to become solid relationships! Problems occur when one person isn't interested in the other in that way. Feelings can get hurt and it may be difficult to continue the friendship.

## STACK: THE NEW SMOKEHOUSE ON THE BLOCK

BY SARAH LITTISHA JANSEN CONTRIBUTOR

A mere stone's throw away from Glendon campus, at 3265 Yonge Street just north of Lawrence Station, is a new restaurant that is rapidly gaining a loyal clientele base and a reputation for quality Southern-style food. *Stack Restaurant's* doors have only been open since early spring and Urbanspoon has already named them the 'Most Popular New Restaurant' for 2012. Clearly devoted to their product, staff will eagerly point out the restaurant's prized 1200-pound Southern Pride smoker as customers walk in the door. Accordingly, the menu features an impressive list of smokehouse items. Smoked meat, brisket, and pulled pork are offered in a variety of options and their best-selling smoked ribs crown the smokehouse options. Co-owners Todd Savage and Bill Panos originally envisaged creating a trendy gourmet burger restaurant and although there is still an impressive array of customizable burgers, the concept evolved into one with a much more diverse menu. True BBQ lovers will surely appreciate it, and that's not all they have! Anyone searching for vegetarian or gluten-free options can also dine at this restaurant. At *Stack*, meat lovers can indulge in traditional smokehouse items without feeling guilty for restricting the options of those that would prefer fish or vegetarian meals, since those individuals will be pleased with such items as the pear and prosciutto salad, black bean burger, and blackened catfish. Uniting friends and family with different tastes and dietary needs under one roof can

be challenging when planning an outing and *Stack* clearly took this into consideration when planning their menu.

Furthermore, this restaurant truly makes a commitment to doing things properly. Quality meats are selected for slow cooking treatment to lock in tenderness. As many organic and local products as feasible are used. Fries are cut in house and most sauces are made



PHOTO FACEBOOK

from scratch, which allows *Stack* to provide more extensive gluten-free options. Attention to cleanliness and high customer service standards is evident. The bar offers an array of local Ontario Craft beer on tap, including a rotating guest tap so that there is always some novelty. The most popular non-smokehouse item on the menu is the fish tacos, which are made with delectable

catfish. Hungry tables can try a little bit of all the *Stack* favourites with the Ultimate Platter and adventurous individuals can try and race the clock to beat the Stack Challenge. Kids at heart can enjoy signature doughnuts, made fresh, with topping choices such as Old Fashioned cinnamon sugar, Oreo, S'mores, and Strawberry! Creamy milkshakes, with innovative feature

shakes, are another fun item. They can even be given an adult alcoholic twist for those guests 19 years and older.

All these tempting menu items can be enjoyed at home by means of take-out or by dining in. *Stack* creates a cozy and relaxed atmosphere in its two-story venue. The floor

plan features a bar and two dining rooms, one on the main level and one on the upper level. Both levels offer a view of bustling Yonge Street through impressive floor to ceiling glass doors; the lower ones open onto a small patio in warmer months. The downstairs booths are popular with families since this uptown smokehouse markets itself as family oriented. It offers change

tables in both male and female washrooms, highchairs and booster seats, colouring packs for restless toddlers, and child-sized versions of some signature dishes that come with kid's doughnuts and a visit to the toy box before heading home. The upstairs dining room features a fireplace and some great spots for dates (perhaps a Valentine's Day date?). It is also available as a space for private parties, for which set menus can be customized at different price points on request.

Torontonians embrace the diversity of lifestyles in this city and *Stack* aims to mirror this. They do this by having an inclusive menu, despite an overriding theme, which gives the location its sense of identity. *Stack* offers flexible eating options, from take-out and drinks at the bar to leisurely sit-down dinners on the patio or in the dining room. Prices are reasonably affordable, \$11-\$30 per individual, and credit cards are accepted. *Stack* opens every day at 11:30 for lunch and accepts reservations (recommended for groups larger than four, especially on weekend evenings). Call (647)-346-1416 to make a reservation and visit the website for further information:

[www.stackrestaurant.ca](http://www.stackrestaurant.ca)



6) CAN YOU OFFER A SUGGESTION FOR A GOOD FIRST DATE? (MOVIE AND A DINNER IS SORT OF OVER-DONE)

Dinner may be an over-done first date idea, but that's because having a conversation over food is the best way to get to know someone. If you want to add a post-dinner activity, try to do something where you are still interacting with each other - miniature golf, for example. Movies or concerts are tough because you aren't really relating with the other person. Personally, I'm a big fan of it when a guy takes you to a Friday or Saturday night dinner on a first date. It shows he's interested in you to the point that he's willing to invest an evening (and part of his weekend) in getting to know you. And by spending a Friday or Saturday night with him, you demonstrate that you feel the same way about him. It sets the right tone if you are looking for a serious relationship. The most important first date rule, however, is to only accept if he asks you out in advance. Agreeing to hang with a guy at 9 pm when he asked you at 8:45 pm is not a date (and a really bad idea unless all you want is a casual hook up).

7) HOW DO YOU KNOW WHEN YOU'RE ACTUALLY IN A RELATIONSHIP AND NOT JUST SEEING EACH OTHER?

It's a committed relationship *only* when you've verbally agreed it's a committed relationship. No matter how it may seem, if he hasn't asked you to be his girlfriend, you aren't his girlfriend. Women, especially, get hurt by this all the time. We think if a guy hangs out with us a lot and sleeps with us, things must be official. Usually, the guy is on a completely different page.

8) HOW DO YOU DETERMINE IF SOMETHING IS A DEAL BREAKER?

It's a deal breaker if it is something you cannot live with. The mistake most women make is we try to change things that we don't like instead of realizing that maybe we need to change guys. You shouldn't be overly picky, but if he or she does something that hurts you or deeply upsets you - and it's a regular pattern of who they actually are - you should find someone better suited to you. Universal "deal breaker behaviors" are character flaws such as dishonesty, infidelity, selfishness, and narcissism. No one should have to put up with those things!

9) HOW DOES ONE AVOID THE "FRIEND-ZONE"? HOW DO YOU LET SOMEONE DOWN GENTLY WHEN THEY ARE YOUR FRIEND?

As a woman, you avoid the "friend zone" by not acting buddy-buddy with him or as though you're "one of the guys." It's okay to be a cool girl to hang out with, but you always want to be feminine and a little bit (just a little bit!) flirty with a guy you like. Guys can stay out of the "friend zone" by not being overly eager or coming off as desperate. I think the best way to let someone down gently is to be honest yet kind. If you aren't feeling it, you need to let them know, but you should be compassionate about it. No matter what you do, people's feelings will get hurt to a certain degree. But it's a lot better to be honest than to blow someone off or start avoiding them.

10) CAN YOU FORGIVE SOMEONE WHO CHEATED ON YOU? IS IT GOOD TO?

If someone cheats on you, especially early on in a relationship, I say you should break up with them. If you take them back, they're much more likely to do it again and they often lose respect for you because they see you as someone who will tolerate bad behavior. In addition, you'll most likely have issues trusting them again, which will ultimately destroy your relationship.

Hopefully, this answers some of your questions Glendon! We're lucky to be in a school so close to a large city we should take advantage of it! Relationships can be tough, however I hope that clarity can be found as we start on heavier studying months. You can find more advice by Jenn Clark on her facebook page [www.facebook.com/jennx30somethingandsingle](http://www.facebook.com/jennx30somethingandsingle) you can also read her articles on AVID Magazine, and Examiner.com. She also is a featured writer on Girlguideto.com, and a contributor on fitrichandfun.com.

## A NIGHT (OR TWO) ON THE TOWN

SOMETIMES THE HARD PART IS FIGURING OUT WHERE TO GO  
BY CAITLIN BATTAGLIA ASSOCIATE EDITOR OF METROPOLIS

Whether you're out with friends or with a significant other, sometimes the hardest thing isn't meeting the people or making the time, but deciding what to do next or deciding where to meet. This is even harder if you're showing the city to people who aren't from the Toronto area or who haven't visited it much. It can be a struggle to decide where to stop and what things to see—and it's even worse if you're not from Toronto yourself. There are the obvious classics, of course, like the C.N. Tower, and any concerts, festivals or particular events going on at the time (see the article on current events for more ideas!). Yet, how about something new? Having recently been on a week-long date with an out-of-town partner, we spent most of the week trying to find as many fun and silly things to do in the city. We may not have accomplished them all, but it means there are a lot of options out there if you want to try something new.

Un musée peut sembler enfantin, mais c'est parfois amusant d'explorer des souvenirs d'enfance, d'apprendre de nouvelles informations et de visiter le passé que ce soit avec les dinosaures, les momies ou les tableaux des grands peintres de la Renaissance. En tout cas, c'est moins froid que de rester dehors et on peut voir une variété d'exhibitions intéressantes qui sont souvent accompagnées d'activités interactives pour les adultes autant que pour les enfants. Si le frais d'admission vous gêne un peu, la bibliothèque

municipale offre heureusement le « Museum Arts Pass » qui vous accorde une admission gratuite au R.O.M. ou au Ontario Science Centre, bien que les quantités soient limitées.

For a fast growing favourite, try the board game café Snakes & Lattes. For a measly five dollars you're welcome to a table inside for as long as you'd like, where you can play a huge variety of games—from classics like Clue to new discoveries—while you enjoy drinks and snacks from their menu. Bring a group of friends, or make it a double date, and you can spend hours laughing and competing with one another.

D'ailleurs, vous pouvez aussi essayer un nouveau resto. Une option classique et confortable qui offre un menu abordable et un décor inoubliable est le « Old Spaghetti Factory ». Si vous cherchez un endroit un peu plus simple, il y a le « Future », qui est abordable et offre des gâteaux qui sont aussi riches que chers.

In the end, the best advice one can get when looking for something fun in the city is to just go wild and have fun with it. Trying something new can be just as exciting as old favourites, and you never know—maybe you'll find something you love, or forge a new tradition. When it comes to enjoying yourself, sometimes it's best to just let go and see what happens.

## FROZEN IN TIME

A MAGICAL SHOWCASE OF WINTER ICE SCULPTURES

BY DANICA MOHAMED

STAFF WRITER FOR METROPOLIS

On February 23-24 2013, the Bloor-Yorkville neighbourhood will host their annual winter festival to showcase sculptures made out of 30,000 lbs. of ice. The Bloor-Yorkville IceFest, which is located in the Village of Yorkville Park and Cumberland Street, on Bellair and Old York Lane, will be making a return for its eighth year in a row. This is a free event open to the public, which runs from 12pm-5pm on Saturday and Sunday. Visitors can watch as blocks of ice are transformed into magnificent art during demonstrations by carvers. As well, expect street performances throughout the day, including a skating act by "Glisse on Ice".

This year, IceFest will feature its ice display entitled "Wonderful & Whimsical," filled with gnomes, fairies, and other charmed forest creatures in the "Enchanted Garden" centerpiece. Additionally, between Cumberland and Bellair streets, the 13th Annual Sassafras Ice Carving Competition will take place during the noon hour on Saturday. Spectators can vote for their favourite piece for the People's Choice Sculpture! Winners are announced later that day at 5:15pm.

From 1pm to 4pm on both days, visitors also have the option of getting their photo taken by photographer Henry Lin for a donation of \$5. Proceeds go towards the Heart and Stroke Foundation in celebration of Heart Month. Check out the official website for more info and pictures at

[www.bloor-yorkville.com/icefest](http://www.bloor-yorkville.com/icefest)

# Expressions

## A BEAUTIFUL MESS

YOU WILL ALWAYS BE  
BEAUTIFUL TO HIM

BY CHLOE DUMASAL

STAFF WRITER OF EXPRESSIONS

I was a mess:  
puffy red eyes  
used tissues in the trash  
wrinkled clothes all over the floor  
a sink of unwashed dishes  
a mountain of unopened letters  
dying roses on the coffee table  
and a sad,  
broken,  
crying,  
me: tangled in my unmade bed.  
But you still found me  
the most beautiful girl you have  
ever laid eyes on.

## A STORY OF A SIBLING RELATIONSHIP

A TRIBUTE TO SIBLING RELATIONSHIP

BY JENNIFER COTE CONTRIBUTOR

Growing up my brother, Michael and I got on each other's nerves like you wouldn't believe. We would fight, yell, take each other's things, and call one another names. I even put gum in his hair once for calling me a brat. We grew out of the petty fighting, but it wasn't until I joined him in high school that we really started to hang out. We would walk to school together, joke around and have a good laugh. We started to get a lot closer and I began to tag along when he went out with his friends. We started spending more quality time together, just the two of us, whether we went to Boston Pizza or played pool. We started acting like friends opposed to siblings who just put up with each other.

When Michael was 18, he signed up for the military. He put his signature on the dotted line and belonged to the Royal Canadian Navy for the next four years. The day we dropped him off at basic training it was like losing my brother and my best friend. There is a minimal amount of communication with family during that time: a phone call here, a quick text there. When he came home for his first weekend off we laughed for 48 hours straight until we dropped him off again.

Those three months flew by and after Christmas he got posted to CFB Esquimalt in Victoria, BC for his training. I went out to see him twice that year. Victoria is a beautiful city and we had more grand adventures. After his training, he FINALLY got posted to a ship: HMCS Toronto in Halifax. He was going through a lot of changes that first year, moving around Canada, and meeting new people. It's amazing how technology makes it easy to keep in touch: a text, a Skype conversation, and a phone call can go a long way when you haven't seen someone in a few months. I still talked to him about school and helped him out with his girl problems. I loved hearing about his days learning how to read light and the different parts of the ship.

After he got settled in Halifax, I bugged the hell out of my mom to let me go spend some time with him. After asking enough times, she agreed. I flew out the next week to spend ten wonderful days with my brother. We went to museums, the harbor front and the movies, went shopping, and played endless hours of football at the park. I had heard so much about his navy life and his new place out east so it was really special for me to get to be a part of that. It was incredibly hard to say goodbye after that trip. Last week I returned to Halifax with my mom to wave him off as he left on his first 8-month deployment. Standing on the dock, waving as the ship sailed away, I felt my heart swell with pride.

I am very proud and incredibly lucky that I have such a good relationship with my brother. A lot of people don't have brothers and not all of the ones that do are close with them. The term 'relationship' often references romance between couples. One thinks of friendships less often and siblings even less. I believe the relationship I have with my brother is rare and I am very lucky to have a sibling that I can joke around with like I can with him. Boyfriends may come and go and friends can become estranged but family will always be by your side. I know Mike always will be there - ready to crack some jokes or make me smile when I'm down.

## LONG-DISTANCE LOVE

A PEEK AT MY TRANSATLANTIC ROMANCE

BY SIENNA WARECKI CONTRIBUTOR

"Distance makes the heart grow fonder."

Well, that's what they all say.

I knew what that meant before I found my other half three thousand miles away. I knew it intellectually, as words on a page or sounds on a tongue. It was often stated as an idea, a concept, a question with a motivation of sympathy: "whatever doesn't kill you will only make you stronger... right?"

It wasn't until I found you that I knew it as a substance while the atmosphere around me, almost tangible, effused into every aspect of my life. Then I found out why we have that saying—why it's always been so appropriate, so applicable, so true. It's because human beings aren't meant to stretch their deepest affections across an ocean. It's because of people like you and me that this sentence exists, a mantra, something to keep us going because that separation is like having some essential life-line constantly yanked from your heart and then plugged back in. It's for every couple who has ever, like we have, sat back one day and taken in the entirety of their far-flung feelings, and looked to each other, and gone, slowly:

"It really is quite far, isn't it?"

The saying has held true to a fault: the heart can only grow so fond until that fondness starts to crush the tender, fragile body bearing it. We are fragile, you and I: we are flesh and blood and stubborn willpower, and we are dying from our kindness, our compassion, our long-distance love.

But you know, I would gladly sandpaper ten years off my life if it meant I could spend its remainders with you.

I look at you and I and that third presence we call "we" not simply as an act of love, but as an act of resolve. As something with unwavering, fist-clenching, jaw-jutting determination. To wake up every morning knowing there's no chance I will see you today, to feel the bare ache on the inside of my arms, where they should be wrapped around you. To know that at any moment, your life or mine, could be brutally cut off, and we would never even get the chance to say goodbye. Despite all this we wake up anyway, shrug the feeling off, move forward and live without a crippling fear of ending up alone.... incredible!

You tell me I'm the miracle storm that swept into your life and mixed it all up, that I'm your inspiration, your motivation, your little pixie girl. Well, my darling, you're my inspiration, too. You're in the thunderstorms, and evening cups of tea, and the tree outside my cul-de-sac; you're my favorite bunch of stardust. You have taught me patience, and gratefulness, and how to delay gratification past the point I used to think was the limit of my ability as a human being: such endurance, such strength!

One day, it'll all pay off: I promise.

## MY RELATIONSHIP WITH AN INANIMATE OBJECT

MY FIRST LOVE AT GLENDON, DEATH STAIRS  
BY NATASHA FAROOGH ASSISTANT ENGLISH EDITOR

When I first came to Glendon,  
I met him,  
Death Stairs.

Death Stairs, resides between the upper and lower lots of Glendon Campus  
He is the primary route for commuters parking in the F Lot

When I first met Death Stairs, he didn't seem so bad...  
His flagstone steps were even cute –  
Perhaps I was a little dreamy-eyed...

But then – but then – reality hit me.

I realized that everything was an uphill battle with him,  
And after finally reaching the end of a battle,  
There was the descent down again. After which,  
Another uphill battle would have to take place.

But I was stuck, hooked, obsessed even:  
There was no way for me to end it with him.  
I knew I was at Glendon for at least another 4 years –  
Death Stairs and I were already committed for the time being.

So like every other woman who has gotten herself  
Stuck with a man she doesn't know how to appreciate –  
I sought to change him.  
The amount of prose and poetry  
I've written about Death Stairs for *Pro Tem* is proof.

But change he has! Death Stairs has emerged a new man in 2013.

I'll admit: he probably hasn't changed because of me,  
Glendon probably had a long-term plan to overhaul those steps.  
But like any woman would, when stuck with a man who has finally,  
Finally, finally changed for the better,  
I will take all the credit.

Although the real credit is due to the friendly construction workers  
Who worked through the cold to refine Death Stairs.  
As well as to the people at Glendon who gave the go-ahead  
To have those stairs (finally!) replaced.

2013 – and Death Stairs has straightened up a bit, widened out a bit,  
And although the changes do make him initially less attractive,  
I feel so much more secure around him. He has, in other words,  
Matured.

Please visit my first love at Glendon: Stairs.  
I have decided to drop "Death" from his name.

## JOIN ME

A SONNET ON DESIRE BY LISA CHEN CONTRIBUTOR

Her gaze, her eyes see at the darkest time,  
She's standing at the corner, shadows grow  
See silver circles under night; a sign  
She's staring, wanting to create a woe.

She doesn't talk or grumble; only cries  
The echoes, thumping on the walls, so cold  
The room is shaking, pulsing where I lie  
Her breathing, chilling skin. A shiver holds.

Her fingers, pale and stretching from the dark  
Her skin is white; a bloodless body prowls  
The cracked and broken nails leave a mark  
She's clawing, join us, into something foul...

She always visits, but I would have wished  
Her spirit could see how her lover's missed.

## THE ENDING OF A SUMMER DREAM

THE DESIRE POEM: PEOPLE WHO ARE SUMMER DREAMS  
DON'T ALWAYS CAUSE HAPPY ENDINGS  
BY ROSEMARY RICHINGS EXPRESSIONS SECTION EDITOR

These were nights  
Of endless calling,  
Endless calling.  
No reply.

Calling  
For things left wanted  
But never quite received.

Some things  
You want so badly  
You're blind to present truth...  
And wanting, caring, loving:  
All you really got.

There was a time  
When it all was so certain:  
What happened to the days  
When we made each other smile...

When there wasn't  
A broken ending  
To pleasant, summer, dreams?

There was a time,  
I remember,  
When it was more...  
When it was more...  
Now nothing at all.

Time passes  
With endless calling  
Words unspoken:  
Nothing left to say.

Calling  
Without receiving...  
No longer sunshine's summer dreams.

## YOU'RE A FATHER...WHAT!?!

COPING WITH BREAKUPS  
BY ERIKA DESJARDIN  
ASSOCIATE EXPRESSIONS EDITOR

When I was about 15 I started dating this 20 year old. Thinking back on it, I think that our age difference was odd, and I wonder how my mother felt about it (anyway that doesn't matter anymore). His name was Zach and I thought he was the one (absurd for a 15 year old, I know). I was so convinced that we'd get married (how naive of me) and I thought I wouldn't be able to live without him if we ever broke up. That day came when I was about 16 and he dumped me because I had found his Facebook profile. We were a long distance couple, together for about 7 months. One day, he had made the mistake of emailing me from a different email address, and me being as curious as I am, googled that address. I had always thought something wasn't right about him but I always denied it. I found his Facebook profile and on it was a picture of him hugging some blonde woman. I was hurt at first and was thinking more and more about it so I decided to email him back, and ask him what that was about. I was hoping he'd tell me it was his sister or something but turns out it was his fiancé. He had lied about everything down to the gender of his siblings and his last name. He had a son (a beautiful child, by the way). I was furious but he was the one who dumped me for not being stupid enough to never find out his secret. He got married a few months ago, which is great. I never message his fiancé but she will probably find out soon enough, and I didn't want to jeopardize a relationship that had been going on for a few years, and I certainly didn't want to be a home wrecker. Honestly, good for him for getting married, and I hope that for his fiancé's sake that he never cheats on her again. I was very upset about this for almost a year, going through all the phases of a breakup. It took me some time to come to terms with the fact that I was no longer in a relationship. I was in a jealous and hateful phase, which eventually passed. It is said that it takes around the same time span you were in the relationship for you to completely get over it: from my experience, this was true.

The moral of the story is that when you are newly single, it hurts a lot and you probably don't believe anyone when they tell you you'll get over it, but I promise you that you will. It does take a substantial amount of time but you feel so good the day you find that you just don't care about that person anymore; that all that pain and suffering was worth the wait, worth waiting to feel true and complete happiness one again. It's also important to remember that people go through this each and every day and that you are never alone. DO NOT mope around and stay in bed. Pull yourself together and keep your mind occupied. Cut ALL ties (yes, it hurts but cut each and every one of them) and you'll find that it will make getting over your ex much easier. If you do not cut all ties, you will find yourself creeping a Facebook profile seeing what your ex is up to and chance are you won't like what you find and you'll be even more upset about it than you were before. CRY! Crying feels amazing! Just cry like a big baby, and you'll see after you'll feel so good, so much lighter than you were before. TALK! Talk to people. Don't eat your feelings; going to the gym feels much better than eating a lot and feeling like a slob for it after. Hot showers do wonders when you're upset, and that's the gospel truth. Also, when they say 'what doesn't kill you makes you stronger,' they actually mean it. It's true and you'll see that your first breakup hurts a lot more than any other will because you're stronger after getting through every hardship. This is honestly the best advice I can give anyone for breakups. Remember that you will laugh about a breakup in a few years. I know I'm laughing about this whole situation and thinking to myself 'Damn, was I ever a naive idiot back then!'

## ODE D'UNE FRANCO-ONTARIENNE

PAR NATHALIE BOUDREAU *RÉDACTRICE ASSISTANTE*

TOI HOMME PERDU QUI RÊVE  
ET ME VOIT SUR LE TROTTOIR  
TU DORS BIEN TON ÉCHINE TRAVERSANT MON CORPS

MOI JE CHERCHE LE PAS DES GUERRIÈRES  
DISPARUES SOUS LE PONT SÉDUCTEUR  
DE TON REFRAIN  
DE TA VOIX SANS RANCEUR

PARFOIS LE VOISIN AU CRÂNE EXPLOITÉ  
ME RACONTE SA VIE COMME UN GANT TROUÉ  
JE ME TROUVE ALORS DANS SES FOSSÉS  
COUVERTE D'UNE BOUE  
QUI EST SENSÉE ME RAPATRIER

PARFOIS JE VAIS DANS LES RUELLES  
RECUEILLIR LE MONDE  
LE PUZZLE QUE FONT NOS ANCÊTRES  
EN BUVANT DU VIN OUTRE-TOMBE

PARFOIS UNE GRAPPE DE POÈMES  
ME DÉSHABILLE LA POITRINE  
ET ME REMPLIT DE DÉSIR MAIS JAMAIS À SATIÉTÉ

PARFOIS JE CRIE ET JE CRIE  
POUR UN LENDEMAIN SUCRÉ  
UN PEUT-ÊTRE QUE JE GOÛTERAI

POUR LE MOMENT MON SILENCE ME TRAHIT  
COMME UN CENDRIER RENVERSÉ

HOMME PERDU  
JE SUIS DANS UN PASSÉ QUI N'A JAMAIS EXISTÉ

TU T'ACCOUPLES À MOI QUE POUR NIAISER  
ET MOI LA NIAISEUSE  
JE COURS CHAQUE FOIS DANS L'EXTASE  
PARCE QUE DES FOIS ÇA ME FAIT DU BIEN

MAIS APRÈS JE M'ASSOIS TOUJOURS AU PIED DU LIT  
EN ATTENDANT LE DÉSIR DE TOUT VOIR  
POUR QUE JE PUISSE ENFIN UN JOUR

REGAGNER  
MON BORD

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# PROFESSIONAL COMMUNICATION AND PERSONAL NARRATIVE

BY JENNIFER SIPOS-SMITH COURSE DIRECTOR, PROFESSIONAL COMMUNICATION AND DIRECTOR, CENTRE FOR ACADEMIC WRITING SUPPORT

When students perceive a safe, supportive place for their authentic selves, their learning accelerates. These personal narratives were produced by students in SOSC 4505 6.0 Professional Communication and Field Experience/ Communication professionnelle et expérience pratique. In this course, students study a diverse range of professional communication theory and skill, and in the first term, learn to assess the effectiveness of written prose and apply the editorial changes necessary to improve it by producing five personal narratives: three in their first language and two in their second language.

Students draw their content from their own direct experience and observation and use informal language and style that is appropriate to their subjects. They receive only incident-based instruction from me for example: write about something you observed or experienced in a family relationship. They collaborate in small editing groups and master editing techniques that value writing economy, detail, directness and voice. Students learn to value expression, to give shape and meaning to their own words and to experience language as possibility. These students report positive changes not just in their writing, but in changes that extend beyond the material presented in the course such as increased self-knowledge and confidence.

The pedagogy comes in part from Guy Allen and from Roger Garrison before him: I see students making connections- between inner world and outer world, between self and other, between past and present- without interpretive direction; the teacher creates an environment where the student can make meaning or discover for themselves (Allen). I use Garrison's theory to reshape the traditional professor/student relationship: serving as expert/editor instead of authority/judge. I recommend edits during one-on-one appointments alongside the student's own editing work and the work of the editing groups, and each narrative undergoes several revisions throughout the term.

In the second term, students generate content for business and professional communication that is purposeful and results-oriented. They engage in audience analysis and consider the medium or channel for message transmission. Their knowledge of expressive writing theory and mastery of practice-based editorial techniques learned through personal narrative writing make them more skilled and confident professional communicators.

## PRIDE BY KATHERINE FOWLEY CONTRIBUTOR

July 2nd, 2012. My bedroom. The day after pride. Mom barges in my room. "Who is this?!? Who is this?!?" She hollers. Disoriented and still asleep "what is going on?! Where am i!?" I manage to mumble. My ears ring. "I cant believe you would lie to me!" She screams. I hope she goes away soon. The door slams. "Thank god she is gone." I utter.

I wake up. Its noon. I lick my lips. My mouth feels dry. "You look like shit" my brother jabs as he walks by. "I feel worse" i retort. I stumble downstairs. My stomach rumbles. "If the fridge isn't full i'm going back to bed" i joke as i enter the kitchen. My head pounds. My parents sit in their usual chairs around the island. "Read the newspaper katherine, i feel like you will find it of interest today. Your father and i do." Mom states. I pick up the newspaper and my jaw drops. The front page says yorl pride. I see my photo. I put the paper down. "You look like you had a great time, haven't seen you smile that big in a while. Why are your arms up so triumphantly?" Mom remarks. "Oh shit" i mutter. "Glad to see you keep good company katherine." Dad scoffs "my friends are great company dad. Mom it wasn't just about being gay, we were fighting for everyones rights." I lie. "Oh eamond! Good news! It wasn't just a gay thing! It was about everyones rights!" Mom squeals. "You are a fool shelley." Dad sneers as he heads upstairs. His shoulders slumped. His brow furrows. "I cant believe this. Do my parents know now? Am i out of the closet? Should we talk about this? How do i bring it up? I should let them bring it up. Will they ever?" I mutter to myself. "You have really upset your father. He is very worried about who you spend your time with at school. He thinks they might be a negative influence." Mom comments. "I am sorry, but that is not your decision to make. I have friends who support me." I defend. "Thats fine, as long as they don't encourage bad behaviour." Mom declares. "What do you mean by bad behaviour?" I inquire. "Do not play the fool katherine. You know very well what i mean." Mom warns. She walks away.

## THE WICKED TRUTH BY CHANTAL HUARD CONTRIBUTOR

The weather outside rages. Snow beats heavy on my house. "It's a snow day today!" Stephane jumps.

My older brother Stéphane chases me around the house and shouts "I'm going to get you!!! You'll be it!"

I bolt away from him. I swing around the railing upstairs, whizz in a circle around my mother. She cleans the mess of toast crumbs and empty dishes left from breakfast. I dash through the living room and soar onto my parents' bed. My anxiety builds. I turn from my stomach to my back and look in the direction of the door. No sound. I look away from the door frame.

"AHHHHHHHHH!" I belt.

Adrenaline pulses through me. My brother bounds through my parent's doorway, contracts his body, and ninja-kicks me in the face.

"HIIIIII-YAAA!" he shouts.

I recover and wipe the back of my left hand across my mouth. Something warm drizzles down my chin. I pull my hand away from my face and see red. I wail.

My mother comes around the corner from the living room into the bedroom.

"ALRIGHT, WHAT'S WRONG NOW" she yells. She examines the blood on my face and runs towards where I am sitting on the side of her bed beside the night table.

"STEPHANEEREEEEEE" she screams. My brother emerges from the closet. "WHAT DID YOU DO?" my mother demands. Stephane begins to cry.

"I'm so sorry Mama, we were just playing! I didn't mean it...I sw-wa-ware." he whimpers.

My mother inspects my mouth.

"OH MY GOD!" my mother squeals, "YOU LOST YOUR FIRST TOOTH!"

I stop crying.

"The tooth fairy is coming tonight!" I giggle.

That night I place the tooth under my pillow and fall fast asleep.

I awake and rub my sleepy eyes. I stretch out my arms. I stop. I launch my pillow across the room. The tooth sits still. I fling out of bed and bound to the kitchen. My dad reads the newspaper. My mom sips on her tea. My aunt sits beside her.

"Mamaaaa, Papaaa. The tooth fairy didn't come last night?" I wane.

My father looks up from his paper, across the table to my mother.

"Well maybe the tooth fairy was busy last night." Dad persuades.

"Yeah! I'm sure the tooth fairy will come tonight Chantal." Mom reassures.

"You should write the tooth fairy a note explaining how good and patient you've been." Aunty adds.

Before bed, I scribble a note to the Tooth Fairy.

"Deer Mrs. Toothe Fary. My name is Chantal and I lost my toothe. My mama and papa luvve me and I have been a goode girl! Can you please leeve me money? Merci!" I fold up the paper and place it under my pillow.

The next morning I wake up. I do not rub my eyes. I do not stretch. I shoot my right hand straight under my pillow and feel the ridges of a coin.

"A toonie!" I run to my parents' bedroom. They are asleep. I pause at their doorframe.

"Should I wake them up?" I turn my head to the left and ponder. I see the note I wrote to the Tooth Fairy.

## DINER CHEZ MES GRANDS-PARENTS PAR BASTIEN BOULAY *CONTRIBUTEUR*

Le 14 mars 2002, maison de mes grands-parents, Québec. Je dépose mes mains sur la grande table de bois. Je fixe le milieu de mon assiette vide. Je me tourne vers ma grand-mère. Elle me sourit puis avance vers la cuisine située au fond de la petite maison. Mon grand-père s'assoie dans son vieux fauteuil rouge habituel, tenant par la main un petit livret de couleur brunâtre. Il retire une ancienne photo en noir et blanc. Il ne parle pas. Il examine l'image en pliant ses paupières. Il insert la photo dans la petite poche de ses pantalons grisâtres, et referme l'album de photos. Un amas de poussière en sort et flotte dans l'air de la pièce.

« PAAM-KLING-BAM ». Des casseroles se fracassent, et je regarde ma grand-mère dans la cuisine. Elle ouvre la petite porte du four, puis la referme. Elle quitte la cuisine et y retourne. Elle tient des patates et des carottes dans les mains. Elle porte son tablier blanc qui semble usé par le temps. Je reconnais l'odeur appétissante de la cuisine de ma grand-mère. Mon ventre gargouille.

Mon grand-père se lève de son fauteuil, et ouvre la porte du sous-sol. Il ouvre les lumières, et descend les escaliers. Je m'assois par terre sur le tapis dans le salon, tout juste devant la télévision. Je prends ma boîte de jouets du coin de la pièce. J'en sors les figurines de soldats en plastiques et je les positionne par terre. Ma grand-mère vient me voir dans le salon en souriant.

— « Sait tu quoi? » énonce ma grand-mère.

— « Quoi? » je questionne.

— « J'ai une p'tite surprise pour toi! Attends une seconde! » elle me révèle.

Elle sort du salon, et entre dans la pièce adjacente. Elle revient me devant moi. Elle me montre deux palettes de chocolat. Une est de la marque « Caramilk » et l'autre est de la marque « Aero ». Un grand sourire apparaît sur mon visage.

— « yayyyyy!!! » je crie.

— « Tu peux en choisir une. » elle m'explique.

— « hummmm, la Caramilk! » je déclare.

— « Okay, tu vas pouvoir la manger plus tard, après le souper. » elle commente.

— « Okay, merci grand-maman! »

Mon grand-père revient du sous-sol. Il ferme les lumières, et referme la porte derrière lui. Il empoigne la télécommande de la vieille télévision des années 70. Ce meuble antique couvert de poussière comporte un petit écran et un large contour fait de bois franc. Une grande antenne surplombe la télévision et donne un air impressionnant. Une explosion de couleurs, de formes, de noir, de gris et de blanc apparaît sur l'écran flou du meuble. Une image apparaît mais aucun son ne se fait entendre. Un homme vêtu d'une longue tunique blanche qui s'adresse directement à des gens assis sur des bancs de bois apparaît sur l'écran. Je reconnais la cathédrale du Sacré Cœur de la basse ville de Québec. Mon grand-père examine ce qui se passe à l'écran. Il monte le son de la télévision.

— « Vas-tu te laver les mains mon p'tit Bastien? Le souper est prêt. » Exclame ma grand-mère.

— « Oui, grand-maman, j'arrive » je réponds.

Je me précipite vers la table à diner et je m'assoie sur une chaise grinçante. Mon grand-père arrive et s'assoit au bout de la table. Il porte sa chemise carottée de rouge et de blanc. Il me jette un regard avec ses grands yeux bleus et me caresse les cheveux.

— « Tu es content hein? La bonne cuisine à ta grand-maman! » déclare mon grand-père.

— « Oh oui! » j'affirme.

Je souris. Ma grand-mère arrive avec mes plats préférés. Elle dépose une assiette de saucisses, de ragout à la viande, de patates pilées, de pâtés à la viande, puis une casserole de soupe au poids. De la vapeur chaude s'échappe des grandes assiettes, des casseroles et des chaudrons. « ppprrrrvvvhhhhhh ». Mon ventre gargouille encore plus.

— « Ah et je t'ai fait ton dessert préféré, Bastien. Du gâteau aux carottes! » ajoute ma grand-mère.

Une vague de joie m'envahit. Mes yeux sont grand ouverts. L'odeur de toute cette nourriture me donne des frissons de bonheur. J'aperçois sur le comptoir de la cuisine, mon gâteau préféré, le gâteau aux carottes si gouteux, tendre, spécial, unique, et parfait de ma grand-mère.

— « Merci grand-maman et grand-papa! » j'exclame.

## THE PEACOCK BY NATHALINE PIEDRAHITA-BUDIMAN *CONTRIBUTOR*

August 1994, the Toronto Zoo. I stand in front of a peacock in full fan. The sun beats down. I wear colorful two-piece from Mom. We spend hours at the pavilions. My Mom, my aunt, and my cousin lounge on the only bench around and I chat with the peacock. I skip to the park. My cousin Jeffrey stumbled behind me. "Come on!" I boss. He speeds his stubby legs and swings his arms back and forth to catch up.

"Wait! Coming!" He pants. My Mom and my aunts stroll side-by-side observing the race.

There are deer, sheep, some birds, and other more people-friendly animals. Among those are peacocks. I stand beside a deer and crane my neck back to see its face.

I stumble upon a feed dispenser. I stick my hand in to grab some feed.

"Mom! Help!" I beckon.

Mom shoves her hand down her pocket and fishes for a quarter. The shiny coin drops into the slot and out comes some feed on to my tiny hand. Two sheep creep towards me. More sheep surround me. They tickle my fingers with their tongues. I stay still.

"Mom, look!" I squeal. "Holaaaaa!" I lean forward, my fingers poke through the fence.

Mom, my aunts and cousin sit on the bench, snacking and watching. Mom joins me when the sheep start to shove each other to get at my fingers. She leads me to the bird corner. Mom and I take one step towards them. They skitter away. The peacock stands firm. He is twice the size of the other birds, and three times when in full fan. He fans his tail. I turn around and see Mom, she stands around the corner, and her head pops out.

"Nati! Nati! Come here! Please!" I look back and beam at her. The pretty bird opens its fan to reveal a multi-coloured arrangement of feathers. I look down at my hand and see that I have no more feed. I shrug and turn. Mom peaks from the corner, her arms open.

## GOODBYE TEDDY BY CASSIDY DELEPLANQUE CONTRIBUTOR

I sink into my bedroom. The dark paint covers the walls. The hardwood floor cools my feet. My brother, Mitchell, sprawls across my bed. His shaggy brown hair covers his forehead. He glares at me with his emerald eyes. I stare at his "Thomas the Tank Engine" shirt. Mitch jolts his head toward the hamster cage. The white, metal cage balances on my wood dresser. Mitch smirks. I pivot my head and watch my hamster in his wheel. The small rodent sprints. His light, brown fur lifts in the wind. The wheel squeaks and bangs against the side of the cage.

I stammer over to the cage. I stand on my toes. I stretch. I peer into the cage and wave at my hamster. I giggle.

"Can I please hold Teddy?" Mitch whines.

"Not today, Mitch" I instruct.

"But Cass..." He begs.

"Not today," I shrill.

Mitch pounds his foot on the ground. He storms away from me, his head down. He whips his head back. His face turns red.

"You're so rude and selfish!" he screams.

"Get out of my room right, now," I demand.

"Mitchell Addison James Deleplanque" Mom hisses.

"I can't hear you Mom," my brother snarls.

"Mitchell, leave your sister alone! The hamster is not a toy!" She fumes.

I hear a slam. I peer at the door. Mitch is gone. I tilt my head to face the cage. Teddy races in his wheel.

"Bang", the wheel hits the side of the cage. The sound echoes in my room.

I glide to my door and open it. I don't notice anyone in the hall. Toys mask the ground and clothing hangs from the banister. I stride away from my room but hurl myself back toward the door to close it. I burst down the stairs and waddle into the kitchen. Mom grins. She grasps her crossword puzzle. I open the fridge and snatch an apple.

"Clank", forks and knives bang against each other.

"Let me cut that for you" Mom insists.

Mom dives the knife into an apple. She tosses the fruit slices in a blue bowl and drops it on the counter. I slouch in a chair in front of the kitchen table. I devour my snack. The sun creates a glare on the windows. The refrigerator hums.

"Bang", a loud noise masks the humming.

"eee" someone whimpers from upstairs.

"Uhhhhh", Mitch's voice echoes.

Then I hear the sound of footsteps.

"Can you go check on your brother, please?" Mom coos.

"Sure" I mumble. I slither to the foyer. I hop up the stairs one at a time.

I spy my brother. He bolts down the hallway and into his room.

"Smash". The door closes.

"Squeak". I hear the springs from Mitch's bed.

I shift my gaze to my bedroom. I notice the open door. I enter my room and analyze the furniture. I detect an indent in my bed sheets. A cool breeze comes through my windows.

"I wonder what he stole." I mutter.

I no longer hear the squeak of the hamster wheel.

I spin around to face my dresser. I peek at Teddy in his cage. His body slumps on a pile of woodchips. He does not move. I pound on the side of the cage. He does not react.

"What did you do to Teddy?" I howl.

My face burns. My chest tightens.

"Can I come in?" Mom whispers.

"I guess..." I sob.

Mom darts into the room. She lowers her eyebrow with concern. I notice wrinkles on her forehead. Her ponytail falls to her right shoulder.

"Is everything okay honey?" she probes.

"Maybe... he's... just... sleeping..." I stammer. I point to the hamster cage.

"Oh..." Mom sighs. She darts over and shakes her head. "I'm sorry Cass, but I don't think..."

"Noooo!" I wail.

"He can't be dead" I blubber.

She slips her arm around my shoulder and directs me out of the room. We amble down the stairs. Tears trickle down to my chin. My lower lip quivers. I collapse in a chair and I plunk my head on the table. The granite counter feels cold against my cheek. I take a slow breath.

"Clank", I hear cans smash against other cans.

Mom rummages under the sink.

"What are you doing Mom?" I moan.

"Looking for a box," she murmurs.

My head reposes on the table. My gaze drifts. The sound of Mom's movement fades so I lift my head. I no longer see her. I rock back and fourth in the chair.

"Creeeeak", I hear someone on the stairs.

Mom eases through the door and she paces towards me. Dad slinks into the room from a different door. He glides across the room and he staggers beside her. His head brushes the ceiling. His black hair covers his ears. He grasps a shovel. Mom clenches a shoebox in her right hand. Mom grips my wrist and eases me outside.

I squint my eyes. Wind strikes my cheek. I shudder. Mom hurls a jacket around my shoulder.

"Pick a nice tree for Teddy", she commands.

I sniffle. I scrape my nose on the sleeve of my sweater. I point to a tall Maple tree. Red and yellow leaves surround it. Dad saunters underneath the tree. He cuddles the box.

"Crunch. Crack. Crunch. Crack", I hear feet on the ground and I listen to the sound of leaves. I feel pressure on my back. I swivel my head to the side. My brother gazes at me with red eyes. He clasps his arms around my shoulders.

"I'm sorry", he whispers.

Dad lowers the box into a hole.

# MAX OVERACTS

I DON'T KNOW WHERE HINTERLAND IS. NO-ONE WILL GIVE ME A STRAIGHT ANSWER.

