

PRO TEM

le journal bilingue de Glendon | Glendon's bilingual newspaper

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Spotted at Glendon

Amrita Singh
Contributor

Unless you have been living under a rock, you have probably heard about Spotted at Glendon (SAG), or any of the Spotted pages that have recently been popping up on major social media sites such as Facebook. It seems that university students have found a new way of anonymously communicating with one another and are creating these wonderful Spotted pages. There's one for almost every university, including the big Toronto universities such as Ryerson, University of Toronto and of course, ours truly, Spotted at Glendon. Who created this page? That's the question that most of the student body has asked themselves at one point or another and at least at Glendon that mystery remains to be solved. But let's look at the page itself. Run by an anonymous student or group of students, the page currently has over a thousand likes, impressive considering Glendon campus has a small student body of only two thousand or so students, meaning that the site has a following of almost half of the entire student body. The concept is simple: students send messages to the page and the administrator(s) post the message on SAG, keeping the

anonymity of the original writer. For a variety of reasons SAG has taken hold of the Glendon student body, as mass messages are released daily on a variety of topics including secret crushes, current Glendon events, lost and found items on campus and other randomly trending topics. The current trend seems to be about the fast food Mexican chain Chipotle, with almost every other post having something to do with students craving the Mexican-ish dishes. If Chipotle CEOs are somewhere patting themselves on the back for their jobs well done, SAG is surely missing out on some of that acknowledgement for all the free publicity they have been providing.

While it is unclear if SAG is here to stay or if it is just a fad of our time, one thing is sure, while other so-called gossip pages have crashed and burned, SAG seems to be going strong, and still has students guessing who is behind the empire. As you can imagine, there has been widespread controversy about the page throughout campus, especially regarding the sometimes crude messages. While some students happily read the posts, laugh and comment, others find the site disgusting and a cesspool for horny university students.

"Shoutout to the lovely ladies im going to meet to-

night on my drunken Glendon escapades..... btw chipotle is the bomb"

"Just an average white girl looking for a hot latino, can never have too much latin spice, can anyone help me out?"

So here is my personal opinion about SAG. For those who don't know me I am currently the head coordinator for the GWTC and I take a strong stance on issues including Feminism, personal conduct and sexual behaviour. Yet you may be shocked to know that I find SAG to be a brilliant and important forum for students on the Glendon Campus. Firstly, yes I can't tell you how many posts I've read about the incredibly sexual things that students are thinking about doing to one another, yet coming from a previous educational background in mental health, I really see no harm in the posts that contain extreme sexual contents. Moreover, I am absolutely against shaming students for their sexual impulses, or desires. Do you really want to play with anal beads? Great! Are you lonely and looking for a random hook-up? Ok, do you! I would hope that while expressing these sexual desires, these students are actually doing so in a safe and mature way. But, are their impulses wrong, immoral or disgusting? No. (Continued on page 3)

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

Dear Glendonites,

This issue of Pro Tem hits stands on Remembrance Day. Today, we honour all the people who gave up their lives in WWI and afterward, the veterans who live on, and all the people who serve in our country and elsewhere in an attempt to keep peace. On Remembrance Day, we remember all the lives lost to war, and furthermore, all the moments that define us as Canadians, as people, as citizens of the world.

Remembrance Day reminds us of our history, but it also reminds us that individual people, groups, and even students, can influence that history. It reminds us that our current choices and actions will influence what will be history tomorrow.

What are you working on currently and how will it impact your future or others? How will Glendon's expansion in services and student groups be regarded in the future? Will the recent thefts from student groups like Lunik CoOp and GWTC change the course of history in how Glendon is perceived as a campus, or will the solidar-

ity shown by student groups be remembered? Will the resurgence of several levy groups on campus during this time of expansion be marked as historical? How will Canada's reactions, both in media and in policy, be considered by historians in the future? How will Stephen Harper, or even Rob Ford, be remembered? Perhaps Toronto's recent mayoral election, with the highest turnout in five years, shows that people want to engage with this future.

While we remember, we also look forward. Do we call changes "progress" or do we caution and consider that the effects of all actions are clearer in retrospect? Either way, I encourage you to remember our history this Remembrance Day, locally and globally. And I encourage you to look forward and think about the history we are making today.

Yours truly,



Natasha Farough
editor@protemglendon.com



LIGHT UP THE NIGHT!

ILLUMINER LA NUIT!

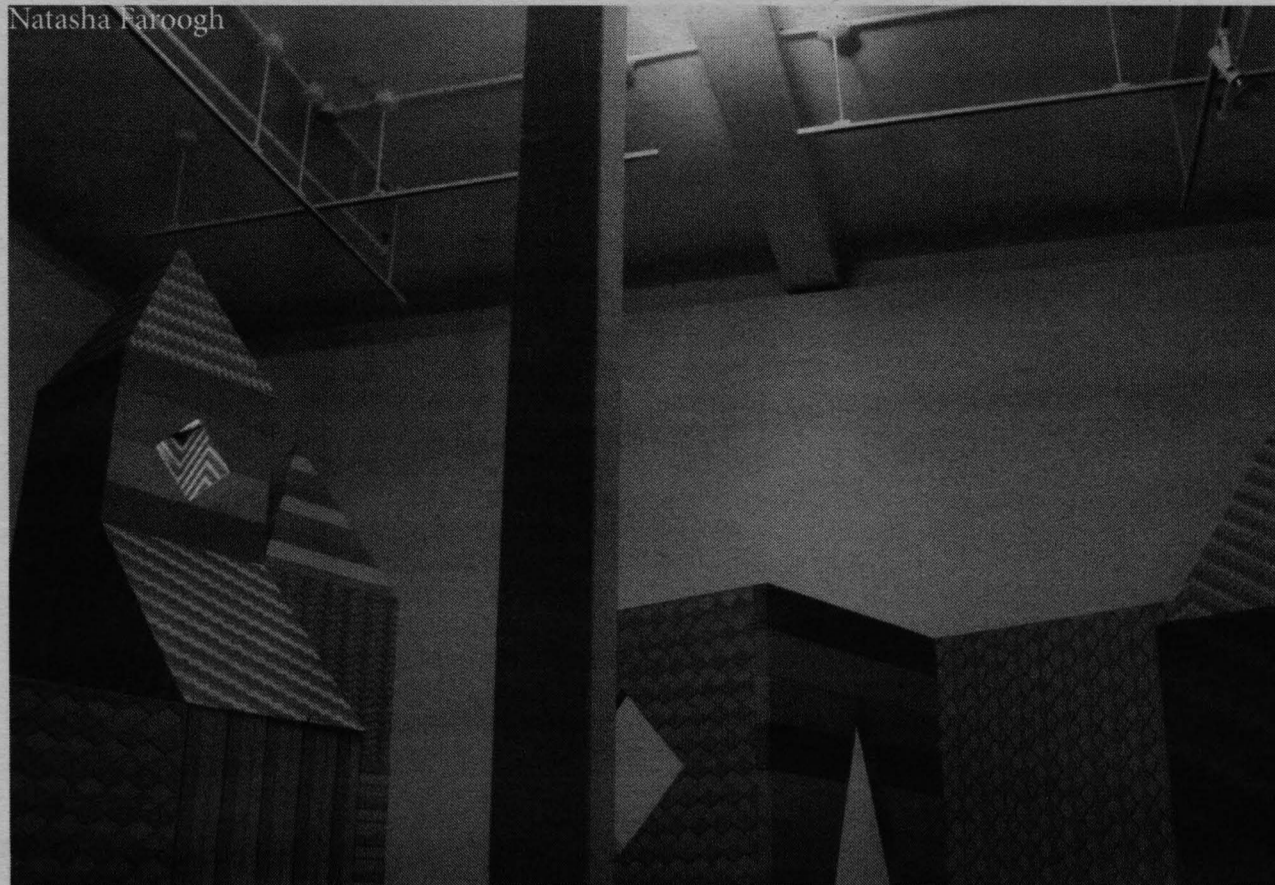
YGLgig presents/présent;
Philthy McNasty's

3\$ pre-sales

5\$ at door

Will be sold **NOVEMBER**
10,11,12 at Caf.

Natasha Farooq



Lumière concrète de Philippe Blanchard

Caroline Cir
Contributrice

Mardi 21 octobre 2014, c'est avec plaisir que j'ai assisté à l'exposition intitulée Lumière concrète à la Galerie d'Art de Glendon, présentée par l'artiste Philippe Blanchard. Ayant plusieurs années d'expérience en animation, il a décidé de créer l'illusion de mouvements dans ses modules en utilisant du papier imprimé sérigraphique, des prototypes variés, des couleurs primaires pures; bleu, rouge et vert ainsi qu'un jeu de lumière pour donner pleinement l'illusion voulue.

L'artiste mentionne que la composition de ses matériaux varie constamment et que les détails dans ses oeuvres sont des éléments très importants; par exemple, la grosseur de ses bandes. Il y en a des grosses d'autres sont plus petites pour réussir à créer un effet de profondeur.

Il aime aussi que le téléspectateur se perde dans ses oeuvres et qu'ils deviennent presque hypnotisés par tous les mouvements qui s'animent lorsque ses oeuvres sont exposés à l'obscurité et à un jeu de lumière incroyable. Je recommande fortement à tous les Glendonien(ne)s d'aller jeter un coup d'œil aux oeuvres de l'artiste Philippe Blanchard présentées à la Galerie d'Art de Glendon jusqu'au 22 novembre inclus, cela vaut vraiment le détour!

(Spotted at Glendon - Continued from Cover)

Sexuality is human nature and there is no right way to have sex, so go forth little ones, and be safe!

Interestingly enough, I have only one problem with the page, and that is with the users rather than the administrators. Young students often send in their messages from their own Facebook page. I urge these students to not forget that there is someone or a group of people behind this page seeing and hearing all. I feel this is often overlooked when students are sending in their wild crazy fantasies about the hunky guy at pub night. Someone knows who you are and what you are writing! So, be careful because if social media has taught us anything thus far, it is that what we do with our electronic toys often comes back to bite us in the ass at some point. The page itself stands for nothing, it is neither good nor bad as it is just a Facebook page. It is what we as Glendon students bring to the page that is important. If you judge the page based on what it intends to do, that is, it intends to repost messages anonymously, then the page itself is actually hugely successful.

I know many would disagree with my stance towards this issue, but I think it is also important to look at the ways SAG has been beneficial to Glendon. Firstly because of its massive following, the page has allowed students and student run organizations/clubs to have a free and effective way of publicizing themselves and their events. Secondly, the page has helped numerous students, including myself, find resources and support on campus. Thirdly, the page has helped Glendon to define itself as its own entity and keeps students in the loop with current topics on campus by creating an online community. The recent rash of theft and vandalism that hit organizations on Campus such as the GWTC and Lunik gained enormous support after messages were released on SAG. It reminded students of "The Glendon Way" and helped to reinstate moral code and conduct on campus and allowed for student activism and collaboration. I doubt whether any sort of media outlet since the invention of Facebook itself has had this kind of impact or persuasion over the climate of a university campus. It is because of this that I find the phenomena of SAG so interesting.

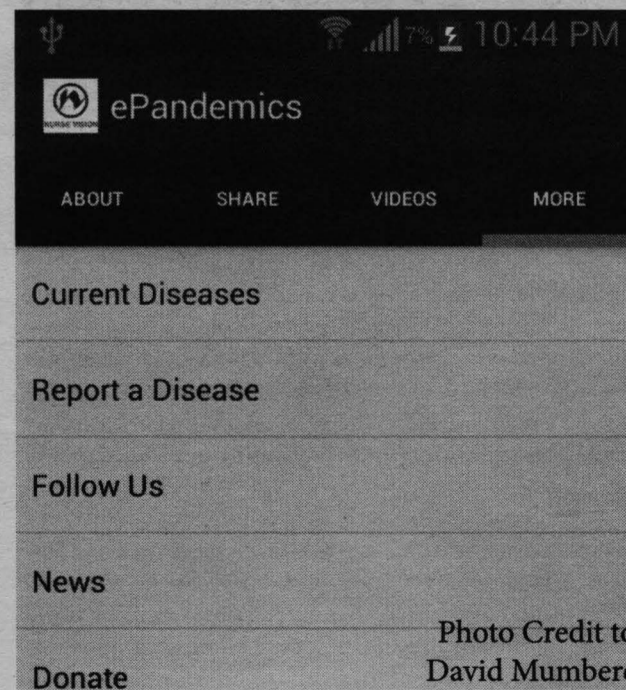
Maybe, one day, all of the Spotted pages will be a thing of the past which we look back on fondly, but for the time being SAG is here, so hate it or love it, SAG seems to be on top. Good Luck SAG! -A fellow supporter!

Mastermind Club Updates

David Mumbere
Contributor

The Mastermind Club at Glendon works to generate a platform where students can debate about the challenging issues of our society. Our club discusses medical, political, as well as working to deliver solutions to the world's problems. On Thursday, November 13th, 2014, we will be hosting a debate here at Glendon campus about the war in Iraq and ISIS. We encourage anyone who is interested to attend It will be held in YH 245.

Two months ago, when the world started learning more about the Ebola pandemic, I created ePandemics app, which you can get from the Google store, to help educate the community about Ebola and other pandemics. The application can locate your country and send you health notices in real time. The Mastermind club inspired me and contributed to the effort of publishing the app. Our future goal is to transform the ePandemics project into a humanitarian organization on a global scale. Everything is possible, if we believe in it and work for it.



Progress for Music at Glendon

Hanna DeRoche and Ashley Moniz
Contributor and A&E Editor

The Glendon Musical Ensemble (L'Ensemble Musical de Glendon) is celebrating its 15th anniversary this year. As stated in an earlier issue, we planned on improving the quality of our club and our presence on campus. With a completely new and expanded executive team, the GME has made a lot of progress and changes.

Our main space, the attic of Glendon Hall, was thoroughly cleaned for the first time in five years. Improvements made include scrubbing and sanitizing the floor of our office, vacuuming the carpet in our rehearsal space, and setting up an air purifier. In our newly organized music system, old sheet music was cleaned out, sorted and electronically catalogued for easy future reference. We also have a new computer and printer along with various other office supplies. Our instruments have also been upgraded this year, as our broken drum set was replaced and an additional, more portable keyboard was purchased.

This year, we have focused on advertising and spreading awareness about our club. We had performers representing us at the 50th Anniversary of the GAC, the GCSU's first Café Chantant of the year and the Glendon College Business Economics Society's Meet & Greet. We also collaborated with Glendon's Volunteer Club to host a successful Thanksgiving Pub Night! Other clubs and levied organizations have approached us as well about collaborating over the next few months. We are looking forward to having more collaborations in the future.

The GME Christmas Concert is on December 4 in Lunik at 7 PM. We won't reveal our entire set list, but here's a sneak peek: the instrumentalists will be performing Josh Groban's "Believe" from The Polar Express, and the choir will be performing "Carol of the Bells" as arranged by Pentatonix. Looking forward to seeing you there!



Jennifer Coté

Tulip Tales! I Want to Ride my Bicycle

Jennifer Coté
Contributor

Biking is a way of life here in Holland. Half the people I know don't even have a driver's licence because you don't need one; you can bike as soon as you can walk! Maybe even before that!

The Dutch take biking to a whole other level; there are actually more bikes in the Netherlands than there are people. They get the right of way over everyone—ven pedestrians. It's taken a bit of time getting used to looking both ways for cars, and then again when you walk over the bike lanes.

Bike lanes here are intense. Between the road and the sidewalk, you have a mini bike road, with lines and everything. Sometimes they run on the side of the road, and other times you have these separate paths.

Much like we jazz up our cars and rooms, the Dutch jazz up their bikes: baskets of all shapes and sizes, saddle bags with designs, fake flowers and lights wrapped around your handlebars. Now, when I say "bike", I mean 400 euro—\$600 Canadian—for a bike. They come in all kinds of colours, and people sometimes paint their bikes to make them unique. In Middelburg alone, there are over four bike shops.

Instead of having parking garages, Amsterdam has bike garages: literally a structure for you to park your bike in. They have also adapted their bikes so that some have these wooden boxes in the front that you can put your children in to bike them around. The Dutch have invented seats that go either on the back of your bike, or up by your handle bars. If you want to stick your child on the handles of your bike, you can also buy a little windshield so that your baby doesn't get any bugs in their face.

Don't have any kids? Why not take your pets for a ride? Just the other day, I saw two little dogs sitting in a bike basket outside of the grocery store. They



Photo Credit to Suzanne Coté

were waiting for their owner to come out of the store.

The Netherlands is the perfect place to live a biking lifestyle; their land is flat, and it doesn't get too cold here. Last winter, they had no snow. Not one flake. (Quite different from our winters.) I personally would never bike in Toronto because of the drivers. Yet, I think a major part of it is mentality; children here are taught that bikers come first. Meanwhile, Mr. Ford was painting over bike lanes in Toronto.

I encourage you, though, to hop on your bike this fall and maybe go for a bike ride through the park or a forest, or even around your neighbourhood. Go enjoy the feel of the wind on your face, the way the tires crunch autumn leaves, and maybe experience a little bit of what it's like to be in Holland.



Jennifer Coté

My Battle With Misogyny

Anonymous
Contributor

A weekend of fun and sex lead to an uncomfortable encounter at a walk-in, and it opened my eyes to the stigmatization of women's sexuality.

It's the usual story: boy meets girl and they fall in love. They have a long, healthy relationship full of communication, understanding and affection. After two and a half years of dating, they decide to have sex: both for the first time. They practice safe sex, and life is good. But all of this untangles with a broken condom and a late period. Everything changes with the fear of being so young, so unprepared, with a baby on the way.

This is my story. I reviewed the dates when my period last ended, when I was supposed to be ovulating, and when my period was due. Then I looked in horror at the actual date: two weeks late. I realized the condom broke during my probable ovulation. I sat down with my boyfriend and explained the situation. I'm lucky, as he was supportive, and understood that it was my body and my decision. Not everyone gets that choice—my mother for instance, who became pregnant at a very young age. She wanted an abortion, but my biological father forbade it, forcing her to carry the baby to term—and that baby was me.

My boyfriend and I discussed our options. We want kids, but not today, and not in 9 months. I decided that I would, if needed, get an abortion. He agreed with me, knowing it would be best for us.

A day later, I went to Keele campus and entered the walk-in clinic. I knew I had to make plans soon. There are two major kinds of abortions: medical, and surgical. Medical abortions involve a little pill that evacuates the uterus. The two major kinds of surgical are dilation and curettage, and dilation and evacuation. Both of these use local or general anesthesia, and involve dilating the cervix for ease of removal. In curettage, doctors use a surgical tool to either scrape off or vacuum up the uterine lining and fertilized egg. Dilation and evacuation is typically performed in the second trimester, and uses a combination of scraping and vacuuming, along with the use of forceps to remove the larger pieces of tissue and fertilized egg.

I waited for an hour, worrying about the results. When I was called in, a sympathetic female nurse quietly discussed the testing procedure with me. I appreciated this, as even though it was behind closed doors, it felt more private. My doctor was not so gentle. He was an older man who scrutinized me from head to toe. I lost my voice. I was no longer comfortable asking this man to get me pills or an IUD. I asked for a recommendation to another clinic that specialized in birth control. He obliged, though I detected subtle hints of judgment. I wanted to run away. I felt like this was some punishment: to be judged for being promiscuous. He thrust a urine sample container at me and opened the door. As I walked down the hall, I watched him bristle past me into the lobby area. I heard him yell to the quiet nurse, "This girl needs a pregnancy test. Test her urine, and send her home if it comes up negative". I had never heard any room become so quiet before. I wanted to tell him that I wasn't a girl, I was a woman well beyond the legal age. I wanted to yell at him that I had rights of confidentiality. Before any of this left my mouth, I saw a young man look up at me and say something—four little letters with a huge impact. He nudged his buddies, and gave me a new name: slut. His friends laughed at me, safe in their little group and encouraged by our misogynistic society. I stepped into the washroom and shut the door. I felt safe from this ridicule in a washroom, of all places.

I won't leave anyone hanging. The nurse came back with a smile and said I was not pregnant. I should've

been elated, but I was met with the sinking feeling of defeat and shame. The boys were still there, laughing at me as I left. I wanted to tell them my story. I wanted to tell them what I told you. I wanted to tell them that I made a mistake, I should've never done it, and I was sorry. I was halfway to the shuttle, though, when this shame was replaced with unadulterated rage.

I should never have to justify my sexuality to others, and neither should anyone. It should not matter if I sleep with one person, or one hundred. I wanted to go back and tell him I'm not a slut, I'm a person with a name. Regardless of what I do between the sheets, I'm a human being. Even with female sexual assault cases, society still encourages blaming the victim, telling her that she is at fault due to her clothing, intoxication level, and body language. Us women are to blame, too. Every time a woman looks at another, and considers her a whore because she dresses scantily; every time a woman uses a sexually charged derogatory term to belittle another; every time a woman shames another for their sexual activities, this is slut shaming.

These are standards society has constructed that we must dismantle. This cannot happen with people sitting aside making ignorant remarks. I know there will be more incidents like this, but I also know that York brands itself as being an inclusive, influential and progressive environment. I know if we all make a conscious effort, we can stop the misogynistic attitudes that we were all steeped in.

Unfortunately, that day is not today. Misogyny makes me afraid. It makes me afraid to publish this under my name. For my own comfort and safety, this will be published with the author's name as 'Anonymous'. Even our sweet Glendon bears these attitudes, and I fear that I, too, will be stigmatized. All of my achievements, grades, personality, and even my life would be rendered trivial if I become known as the girl who had sex, and almost got pregnant.

Keep Warm And Kind This Winter

Natalia Szatoba
Contributor

Winter's chill is already here, and with it comes a parade of jackets, boots, gloves, and winter necessities. In the past few years, however, fur-lined boots and fur-trimmed jackets from companies such as Canada Goose have become very popular among young adults. Most buyers do not stop to think about where the fur has come from, the pain the animal went through, and how unnecessary the product really is. If you're thinking about buying that popular Canada Goose jacket or those trendy Uggs, read on and think carefully before making that purchase.

Canada Goose jackets are trendy. They are recognizable. In fact, many of us young adults feel that in order to be part of the so-called 'in crowd' in society, or even in our own school, we must own one of these highly overpriced jackets (prices currently range from \$600-\$800). These jackets are made of real feathers of geese, as well as real coyote fur around the hood. By buying these jackets, yes, we may feel fashionable, but we are also making a powerful statement. Every time the jacket is worn we are stating that we are OK with—or rather, that we support—the suffering that these animals have had to endure, and the cruel ways in which they were trapped and killed.

The leg-hold trap is still legal in Canada and is a widely used method of trapping wild animals for fur, despite being banned in over 80 countries. Animals caught in these cruel traps suffer in unrelenting pain for hours, days, or even weeks, with many chewing off their own limbs to break free. In addition, traps are not selective, placing other animals (and people) at risk. Often, non-target animals such as dogs, cats, birds, deer, and many endangered species are trapped.

More than 75% of Canada's fur comes from fur farms where wild animals such as mink and foxes are confined to tiny wire cages. These animals suffer greatly. At the end of their miserable lives, they are electrocuted, poisoned, or gassed, as recommended by Agriculture Canada. According to Statistics Canada, about 7.6 million animals are killed on fur farms each year. Breeding animals and setting traps to capture, injure, and kill animals for the sake of fashion is ethically wrong.

Canada Goose is a good example to use because it is so popular with our age group. Canada Goose claims in the "Our Materials" section of their website that their use of fur is "ethical and responsible," and that they only use fur to prevent frostbite. Yet, in today's world there are numerous alternative materials better suited to keep us warm and dry. Faux-fur is a popular alternative as it provides adequate warmth, and it means that no animal was killed for the sake of fashion. For example, most Arctia jackets are made with faux-fur trim and are in style, as well. Therefore, purchasing jackets with real fur is unnecessary.

Fur is also more environmentally damaging than any other fabric, requiring up to 20x more energy to produce and process. Furthermore, it has been proven that less than 2% of Canada's indigenous population is engaged in the commercial fur trade, yet there is still a misconception that the indigenous community relies on selling furs to make a living.

A trapped animal does not have many options. It can try to escape by mutilating its own body, bleed, freeze, or starve to death. Or it can wait to be 'dispatched' by the trapper. We, on the other hand, have two choices—we can either support companies such as Canada Goose, or we can refuse to wear such products, and make a more ethical purchase. What will you do this winter season?

Pro Tem

Vous aimez écrire?

Vous prenez des photos ou souhaitez pouvoir exprimer votre créativité?

Vous avez une opinion sur ?

Ecrivez-nous à editor@protemglendon.com

pour plus d'informations.

Spirit Week

SHOW YOUR #YUSPIRIT!

On November 13th come out and show your pride for York University!

- Check out what's happening on Glendon Campus:
- 25% off on Red & White sale in the Bookstore
 - Food Trucks on campus
 - FREE water bottle handouts at the GCSU Office
 - YU photobooth
 - Button Making
 - FREE snow cones and popcorn in the Breezeway
 - Prizes being handed out during the day

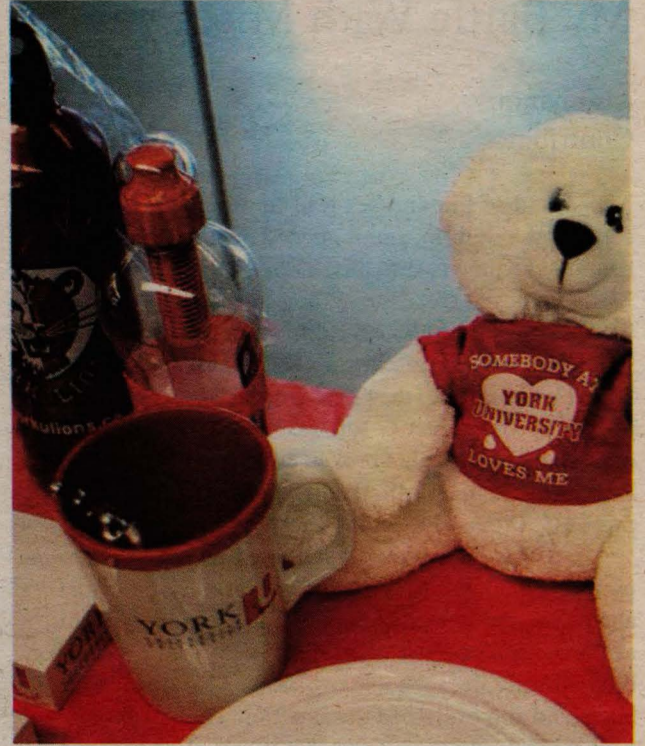
Photographs Courtesy of GCSU (for page 6)



- Also if you are at Keele Campus for the day there will be:
- Food Trucks
 - Spirit Rally @ 12pm in the student center
 - Give aways
 - #yuspirit photo printing and pick up station in Vari Hall

Make sure to wear your Red & White and show your Lion's pride in order to win some amazing prizes!

Also be sure to look out for our roaming council members who will be swapping swag for stories on why our students love York University!



Frexpo!



Erika Desjardins
Éditrice de la section Vie de campus

Wood and Hilliard residence dwellers, Glendon ResLife presents FREXPO! Rendez-vous au manoir le mercredi 19 novembre de 20h à 22h pour participer à un exposé à propos de plusieurs cultures francophones fort intéressantes! It is completely free and there will be scrumptious food, yummy drinks and super fun activities. Residents only, please.

Glendon's New Study Space

Jodie Thomas



Jodie Thomas



Bienvenue à Notre Nouveau Study Space

Ines Van Deuren,
President of the Glendon College Student Union

Our Council would like to announce the opening of our new study space on campus. This study space is located in the basement of the A Wing, in the Center of Excellence.

Our goal with this project is to ensure that our students have a safe and quiet area when at school to study and stay focused. This space will include comfy armchairs, power bars to allow more access to outlets, a "give a book, take a book" library, French-English and Spanish-English dictionaries, and a refreshment station to replenish energy from long hours spent studying.

We would like to give a big thanks to Pro Tem, who has donated the funds to renovate the space. Without this partnership, these type of renovations would not be possible.

Ebola in North America Epidemic or moral panic?



Lindsey Drury
Issues and Ideas Editor

It would be hard to have missed the discussion in the last few weeks regarding the Ebola virus. What may have been easier to miss, is the varying degrees of truth which have been revealed by different parties relating to its history, communicability, and severity. Are we being fully informed? Should we be concerned? It is imperative to look for answers outside of the hearsay that has been rippling across North America—it may save your life.

The Ebola virus is a unique disease which is transmitted to humans from wild animals, and then spread between humans. The first outbreaks of the disease, as described in Fact Sheet No 103 provided by the World Health Organization, occurred in Central Africa in 1976. One of the first outbreaks occurred in the Democratic Republic of the Congo near a village situated by the Ebola river—this is how the disease got its name. It is thought that fruit bats are natural hosts of the Ebola virus, but chimpanzees, gorillas, and monkeys have experienced outbreaks in Africa as well. Furthermore, there have been 24 outbreaks in Africa since the initial outbreak in 1976, as stated in the Australian Department of Health's Ebolavirus information sheet.

Some news sources are attempting to assure the public that Ebola "is not highly contagious" as described in the article, "Largest ever Ebola outbreak is not a global threat" in the science journal titled Nature. This article explains that "to become infected in the first place, a person's mucous membranes, or an area of broken skin, must come into contact with the bodily fluids of an infected person, such as blood, urine, saliva, semen or stools, or materials contaminated with these fluids such as soiled clothing or bed linen". Of course, someone may read these 'bodily fluids' and assume that Ebola must be difficult to catch, similar to AIDS in its communicability. Notice though, that when giving examples, almost any media source you see will use the exact same examples, making sure to exclude both sweat and tears—also bodily fluids. Notice too, that they use the terms 'mucous membranes' and 'area of broken skin'. When broken down, as outlined in Q&As on Transmission under the Ebolavirus section of the Centers for Disease Control and Prevention website, this refers to "someone's eyes, nose, or mouth or an open cut, wound, or abrasion". This shows the reality of Ebolavirus transmission.

By reflecting on the SARS epidemic that occurred in 2003, we can see that downplaying epidemics is not unheard of. A bulletin by the World Health Organization entitled SARS: how a global epidemic was stopped, explains that "some of the affected countries did not acknowledge openly and squarely the presence of SARS, downplayed its extent, and attempted to prove that it was something else". Other sources are saying that Ebolavirus is far from a concern for a typical North American resident. Aashish Jha from the Harvard Global Health Institute can be quoted saying "your chances of being hit by lightning is far greater than your chances of being hit by Ebola".

Even so, the CDC estimates that "by January 20, 2015, there will be a total of approximately 550,000 Ebola cases in Liberia and Sierra Leone or 1.4 million if corrections for underreporting are made." They compiled these estimates off the basis that "in Sierra Leone and Liberia combined, reported cases are doubling approximately every 20 days". These numbers are nothing to scoff at.



This is far from a common Rhinovirus.

As sometimes under-informed Torontonians, it

may not be possible to get all the facts, or to know which source to listen to. It goes to show that it is up to you to be as informed as possible under your circumstances, and not to spread 'information' you may have no means of backing up. When it comes to the Ebolavirus, I'd recommend to play it safe. As usual, implement good hand-washing habits, keep your eyes peeled for biases and embellishments in media, and whatever you do—don't eat the fruit bats.

Toronto Votes: Tory beats Doug Ford in race for TO's top job



Neya Abdi
Metropolis Editor

Everyone had at least one ear turned towards the 2014 mayoral election and the numbers reflect this. On Monday a record 981,054 people ("Results for Mayor", City of Toronto) came out to cast their ballots, effectively electing John Tory as the new mayor of Toronto. Mayor-elect Tory received 40% of the vote while rival Doug Ford came in second with about 33%. Olivia Chow, who started the race as a favourite to win but lost steam towards the middle-end of the campaign came in third with 23% of the vote ("Results for Mayor", City of Toronto). A number of obvious factors can explain this surge in civic participation what with the drama of the last few years. Rob Ford's taped shenanigans, drug use, and stint in rehab served as news and comedic gold for the Canadian and international media.

In 2010, Ford swept into office on the promise of sticking up for the little guy and the common folk—the non-elites as it were. It worked, and still serves as his family's political engine, as demonstrated by the outpouring of support for himself and his brother who garnered over 300,000 of Monday's votes. Chat in your workplace or listen in on a conversation on the subway and it's clear that though pundits may say one thing, many still stuck by Rob Ford dismissing his antics because they believed he was "real".

There it is. Realness. Who to believe? Who to vote for? For some, voting is just picking the lesser of two evils, and it is beliefs like this that are the breeding ground for voter apathy. Although the increase in voter turnout can be attributed to what many in the media are calling "a referendum on the Ford years" (Toronto Star, National Post), there may be some other factors at play. Myer Siemiatycki, a politics professor at Ryerson University likened the typical elections with low voter turnouts of years past to "coronations". He told the National Post, "When you have an election where you have three interesting candidates like you had this time and especially when you have a very polarizing figure thrown into the mix, that [raises] voter turnout" (Leong, Melissa. "Toronto election sees high voter turnout", National Post).

Naturally, this dynamic made this an election of careful planning and measured decisions. Many who originally intended to vote for Chow planned to vote for Tory in order to guarantee an end to the Ford administration. This prompted Chow to advise voters to vote with hope, not fear ("Olivia Chow: Don't vote based on fear", Toronto Star). Alas, only one person can be mayor and a mixture of smart campaigning, fortunate timing, and strategic voting left us with York alum John Tory as our new mayor.

Arguably, Tory will prove something of a breather to what was clearly a very "turnt" last few years at City Hall. American late night talk shows will have to look elsewhere for material. Even our local Twitter satirist Richard Feren, famous online for his @TOMayorFrod account has acknowledged that he'll have to change direction when tackling the new mayor through the newly created @TOMayorTroy account. Instead he will look at Tory's "boringness" as a source for comedy (Simcoe, Luke. "Toronto twitter satirist takes aim at Mayor-elect John Tory", Metro Toronto).

But satire aside, being mayor is an important gig, and whether you voted for John, Doug, Olivia or teenager Morgan Baskin, it's safe to assume you want what's best for the city and your life here. Telling us in your victory speech that "together, like never before, we begin building Toronto the great" is a nice sentence to clap at but all I have to say to that is, "we'll see . . ." You've got your shot, Tory. The next four years are yours. Have at it.



You're cordially invited to
Glendon South Asian
Network's
**CHARITY
FASHION
EXTRAVAGANZA**

Glendon College Cafeteria
on

Wednesday, November 19th

Doors open at 6:30PM

Glendon Student: \$15

Non-Glendon attendees: \$17

Tickets on sale in the
Breezeway & Cafeteria

All proceeds go to RS Foundation.

The Great Canadian Night Owl



Samantha Kacaba
Health and Wellness Editor

I'm a night owl. I always have been and most likely always will be. Out of habit more than anything else I tend to keep late hours. Anyone who has had the bad luck of encountering me before an early morning class knows that in the morning I'm a grouch at best and a hostile beast at worst. Even as I write the rough draft of this article, the clock reads 2:17am. So of course, the transition to residence life for the night owl me has been rocky to say the least. Quiet hours and a shared room make it all but impossible for me to come and go as I please without repercussions.

This change in environment may be for the best despite its inconveniences, as it forces me to rest if only to keep from waking other people. As much as one claims that all-nighters are part of the quintessential university experience, lack of sleep can affect you in more ways than you think.

If you walk into any drug store anywhere in the city, you are bound to find no small amount of facial creams marketed to those looking to reduce the appearance of puffy eyes associated with a poor night's sleep. Lack of sleep can have an effect on skin beyond just temporary bags, as it begins to shift the hormonal balance of the body. Lack of sleep causes the body to release more cortisol, a stress hormone. In excess amounts, which one would associate with chronic sleep loss, cortisol can break down collagen in the skin (Houck, Jacob).

While we're on the topic of hormones, it can also be noted that lack of sleep has also been associated with the

hormone leptin, which alerts the brain when a sufficient amount of calories have been taken in. As lower levels of leptin are released when one is sleep deprived, one is more prone to overeating when tired. This could help account for the fact that those who sleep less than 6 hours a night are more likely to be obese than their well-rested counterparts. Higher levels of the biochemical ghrelin, which stimulates appetite, have also been correlated to sleeplessness (Wren et al.).

So what salvation can be found for my fellow night owls and I? There is no one key to a good night's rest, but there are steps you can take to improve your odds. Limiting artificial light at night can aid in the production of the hormone melatonin, which regulates the body's sleep cycle. Establishing a sleep schedule can also help with sleep regulation. Though it's natural to want to sleep in on weekends and days off, getting up at a regular hour is the better choice health-wise. Dietary supplements, such as Valerian, an herb that has a mild sedative effect, or melatonin tablets, can also aid in a good night's sleep, but only pursue these routes after discussing it with a physician. You can also try keeping a sleep diary, including the times you went to bed and woke, as well as total hours slept and types of food consumed before bed. Examining these seemingly benign details can help to reveal any habits that might be keeping you from sleeping properly. For some, it might be something as simple as putting your phone away before bed instead of texting as you're lying down to sleep. Whatever the case may be, I hope that sleep finds you soon
Glendon!

Houck, J. C., and R. A. Jacob. "Connective Tissue VII. Factors Inhibiting the Dermal Chemical Response to Cortisol." *Experimental Biology and Medicine* (1963): 692-94.

Wren, A. M et al. "Ghrelin Enhances Appetite and Increases Food Intake in Humans." *The Journal of Clinical Endocrinology & Metabolism* (2001): 5992-5995.

Dear Amrita,



"How do I use protection when my partner and I are engaging in oral sex?"

This is an awesome question. Every time you engage in any sexual activity you should always use protection. This is especially important because some people don't realize that they still need to use protection when they engage in oral sex. STI's can be transmitted through the genital area (i.e. the penis, vulva, vagina, anus, and the area between the penis and anus/vulva and anus) and the mouth area. They are transmitted by exchanging bodily fluids and through skin contact. Dental dams/Glyde Dams can be purchased in most drug stores and are placed over the genital region before you engage in oral sex, such as cunnilingus and rimming. They are not reusable, but are pretty inexpensive. Non-lubricated condoms can be used for fellatio and are also readily available at most drug stores, convenience stores or gas stations. They come in a variety of sizes and many brands have flavoured options as well that can help with oral sex. Please be advised that condoms only protect against STI's where they cover. If an individual has open sores due to diseases such as genital herpes, it can still be transmitted to their partner if they come in contact with the open sores, even while using protection. For more information, speak with your doctor before engaging any sexual practices, or speak with a school advisor. Always be sure to read and follow the instructions on these products carefully as their effectiveness is dependant on proper use.

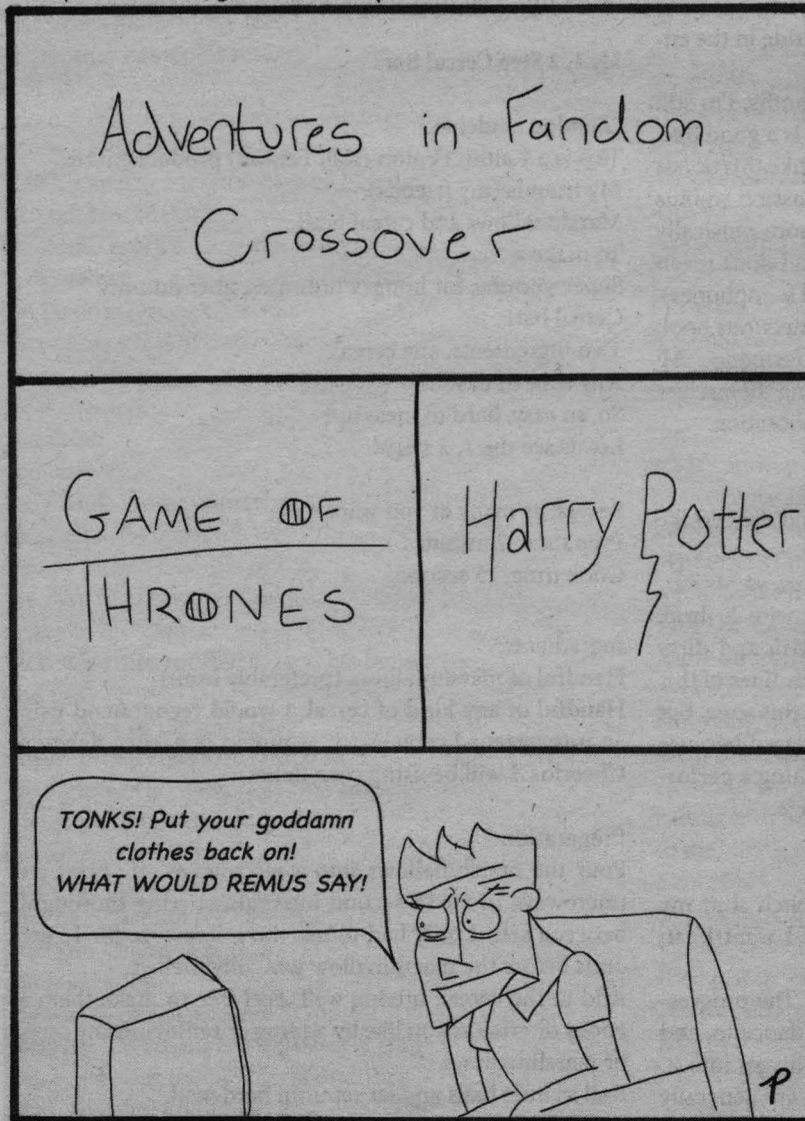
Some fun terms to know: Fellatio: Licking a penis | Cunnilingus: Licking of the vagina/vulva area | Rimming: Licking the anus

Have questions about sex? Write in to strictlysex.gl@gmail.com.

Disclaimer: By writing into Strictly Sex, you are giving Pro Tem permission to publish your question in print and various other publication forms. Questions are chosen by Amrita, hence there is no guarantee all questions will be answered. Advice administered in Strictly Sex should not replace any professional, medical, or legal advice given to you otherwise. Responses are the expressed opinions of Amrita and are not intended to diagnose or to be used as treatment. By writing in, you agree to use her advice at your own discretion while taking complete personal responsibility for whatever consequences ensue.

AWKWARD and AWFUL

Christopher Parnell
awkwardandawful.com



Have
opinions?
Like to write?
Like to take
pictures?
Like to draw
comics?

Email us:
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Five Guiltiest of Pleasures on the Radio



Ashley Moniz
Arts & Entertainment Editor

It feels as though the pop industry relies more on catchy tunes that people enjoy rather than artistic, thought-out numbers that generations will admire for years to come. As a classically trained musician and the Instrumental Director of our campus' musical ensemble, I feel as though my tastes and preferences should be above the simple, overproduced and unoriginal junk on radio, but unfortunately, I am just as susceptible to enjoying these infectious hits as the average person. In particular, there are a few songs right now which, despite not being the most musically impressive, I have grown to love and sing along to all the same. Here are five songs that I hate to admit that I like, but will admit offer something of their own merit.

All About That Bass - Meghan Trainor

"Cause I got that boom boom that all the boys chase/And all the right junk in all the right places"

For some it's an anthem, for others it's body shaming. Some are amused, others are annoyed. Meghan Trainor's polarizing breakthrough single has enough "talk-singing" (nay, talking) that I probably would have hated it outright a few years ago. There's also the flawed musical metaphor and the whole "shake it like I'm supposed to do" which I'm not sure how some may feel about. But I enjoy the 60s vibe that makes it sound like it comes off the soundtrack for Grease. And despite some negativity, the song's message has reached a large group that does appreciate it. And the YouTube covers, specifically those by Home Free and Avi Kaplan, are priceless.

Bang Bang - Jessie J, Ariana Grande & Nicki Minaj

"Kitten so good/It's dripping on wood/Get a ride in the engine that could"

Having listened to this song for months, I'm still neither sure of what the meaning is, nor if it is a good one. Furthermore, I never understood why songs like this or last year's Blurred Lines only have bass and percussion sounds when they would be so much richer and more musically satisfying with more upper brass as well (and I don't mean from a synthesizer, I mean real trumpets and saxophones). But like Blurred Lines, it has an extremely infectious hook and a powerful, but not excessive vocal performance. All three ladies adding vocals to this number flung themselves (back) onto the scene with this massive collaboration.

Fireball - Pitbull ft John Ryan

"We gon' boogie oogie oogie, jiggle wiggle and dance/Like the roof on fire"

Pitbull is the king of guilty pleasures, as his singles are completely formulaic: dance beats with a drop, yelling nicknames, random phrases in Spanish and dirty lyrics that border disrespectful. After about six lines of this one, you realize how much you shouldn't like this song, but you get into it anyways. Perhaps I am just biased because the first time that I heard this song was watching a performance of it appealing to my love of the jazz age.

Pop 101 - Marianas Trench ft. Anami Vice

"I can pitch shift my voice if I want/I can pitch shift my voice if I want/I can pitch shift my voice if I want/I can make my voice low"

Musically, this song offers nothing. The progression is boring, the beats are not even fun to dance to, and the flow changes way too much to really get into it.

10 On top of this, Josh Ramsey's vocals are generally

inconsistent. But it's only when you listen closely to the lyrics that you realize that these guys are actually brilliant. They describe not only the formula that virtually every pop song ever has used, but also the cheap tricks employed that "artists" will throw in to try and sound different. These guys wrote a pop song about how to write a pop song, showing examples along the way. Perhaps this song is like an inside joke specifically for musicians who listen to pop music.

Shake It Off - Taylor Swift

"My ex-man brought his new girlfriend/She's like "Oh, my god!" but I'm just gonna shake./And to the fellow over there with the hell good hair/Won't you come on over, baby? We can shake, shake, shake"

While technically not one of her best songs, you must give this girl credit for throwing every criticism that people have of her into one song. Anyone who criticises this song only validates it even more. In fact, people spent so much time insulting it when it first came out that they didn't even realize that Taylor Swift wrote a song that wasn't all about a boy. She just dances the hate away and gives her fans a forum to do the same. Leave it to good ol' T-Swizzle to just play all of the hate in her favour.

Snack Attack: A Trio of Tasty Treats

Kaitlin Fenton
Contributor

Today, we'll learn how to make an appetite curbing mug cake, ridiculously easy cereal bars, and some ways to make ordinary microwave popcorn gourmet all in the comfort of your common room. It's important to note that some of these recipes have no precise measurements. I used my hands to chuck stuff in bowls without any measuring cups or spoons. Use your own tastebuds and preferences!

My 1, 2 Step Cereal Bars

Glendon students,
This is a Kaitlin Fenton (Kait Fenton) productshizzle,
My friends (my friends),
Marshmallows and cereal is all,
To make a
Super yummy, for hungry tummies, uber nummy
Cereal bar!
Two ingredients, any cereal,
Any time of day.
So, so easy, hard to mess up!
Let us see the 1, 2 steps!

Serves: as many as you want
Prep time: 2 minutes
Cook time: 15 seconds

Ingredients:
Handful of marshmallows (preferably mini)
Handful of any kind of cereal. I would recommend using an unsweetened cereal such as puffed rice, corn flakes, or Cheerios. I will be using corn flakes.

Preparation:
Pour the marshmallows into a microwave safe bowl and microwave in 10-15 second intervals, stirring thoroughly between sets. I only had to use the microwave for 15 seconds before the marshmallow was fully melted.
Add in the cereal, mixing well. Feel free to make them as gooey or crisp as you like by adding or removing any cereal or marshmallows.
Roll in little balls and let set until hardened.

Results:

An ooey, gooey treat. It's sweet, but not overwhelming. The marshmallows mix very well with the cereal and reminds me of Rice Krispie treats, probably due to the similar recipes.

In Retrospect:

So. Much. Mess. It took ten minutes to scrub off all the marshmallow from my hands, my shirt, my hair, and arms, the cutlery, and even the sink faucet. Next time, I think it would be wise to rub some butter, margarine or cooking spray on the bowl, the plate where they harden, and maybe even my hands.

No-Mope Mug Cake

It's hard to be sad with chocolate. It's also very hard to be sad with cake, and nearly impossible to be sad with anything miniature. This recipe is therefore the key to happiness and everlasting joy: a chocolate cake made in a mug.

Serves: 1-2
Prep time: 5 minutes
Cook time: 1 minute

Ingredients:
4 tbsp of flour
½ cup of Nutella or a chocolate spread
3 tbsp of milk (I used vanilla almond)
1 tbsp of peanut butter (can be omitted)

Preparation:

Mix all ingredients in a large mug.
Microwave for 60 seconds. It is normal for the cake to inflate, then shrink down to normal size.
Stick a toothpick inside. If it comes out clean, the cake is done. If not, microwave in ten second intervals. Ensure the total cooking time is no more than 2 minutes.
Let cool.

Results:

My guinea pig adored this. I was a bit more iffy. It was so, so sweet, but the first few bites were very good. Be sure to mix very well, or else you'll have random bites of mystery food instead of a cake. I had the misfortune of getting globs of flour in my cake because I didn't mix well enough. Watching the cake cook was equal parts terrifying and fascinating. I had my back turned as it cooked, so when I looked back I was faced with an ever expanding cake. I did not expect this. It's a normal occurrence in the cooking process, so keep an eye on your cake so it doesn't overflow. It was also really dense, more like a brownie than a cake. Finally, I didn't listen to step four and neither did my friend. She burned her hand by grabbing the mug, and I burned my mouth.

In Retrospect:

The original recipe calls for ¼ tsp of baking powder. This helps it rise and be more fluffy, which we did not use. As a result, we had a very dense cake that filled us right up.

Le Maïs Soufflé d'Elegance

The French language is known for being an elegant and sophisticated, much like these popcorn ideas. Here are some simple ways to make your popcorn really pop! I have tried all of these recipes, but today I prepared the chocolate variety.

Au chocolat:

Melt butter and mix with cocoa powder, drizzling over prepared popcorn. It's rather rich and sweet, and I use it as a

once-in-awhile treat. It is a dessert but can be very messy.

Au sauce Frank's Red:

Melt butter and mix with equal parts Frank's Red Hot sauce, or any other spicy sauce, and drizzle over prepared popcorn. I've only ever used Frank's, as it gives it a buffalo wing flavour. However, the liquid overload makes this treat messy and soggy if not eaten quickly enough. This is my favourite.

Au fromage:

Sprinkle some parmesan cheese and butter on top of prepared popcorn. An easy, peasy, cheesy delight.

Closing Remarks:

I went down to my common room hungry and craving something sweet, salty, and gooey. I'll be leaving completely full with all of these cravings satisfied. Each of these recipes offer a very different taste, but are all delicious. I would make these again in a heartbeat. Feel free to give these a try, and let me know what you think!

Peach



Lindsey Drury
Issues and Ideas Editor

He sits in a worn out beige recliner
complaining that he feels fatigued.
When I come by unexpectedly,
he is offended to be
caught in his PJ's—
86 years old.
They don't make them like this
anymore.
Only the cream of the crop
get named after juicy fruit;
I thought his real name was 'Peach'
until I turned 13 and
realized—
he really isn't all that sweet.
He finds the sour in everything,
glowering at anything that isn't
exactly how he intended it to be,
never letting the past rest
or his happiness last—
I think he is scared.
I mean
even with the mention of
something as unemotional as
Joe Trombly's Auto Repair
he says under his breath—
"Her dad used to go there".
It must be tiring
to have every location in your hometown
tainted by your
dead baby boy.
We dread to visit.
He is waiting to die,
I can see it in his eyes,
though he barely looks at me—
I know I resemble his son.
My curly hair.
My cocked gun.
Shooting sarcasm through
the hearts of my family.
Blowing off the dust and dripping
wet satirical comments
under my breath
which has only gotten heavier.
I am not sure
that I want to have a child sometimes—



Lindsey Drury

my punctured heart could not take the
punch of maggots and their
drill bit exteriors
fighting through the fetus
that sleeps beneath my feet.
My mother has a plot reserved
at St. James cemetery.
I do not tell her how much this bothers me.
I do not tell my grandfather
how his apathy makes it hard to breathe.
I do tell him that if he walked around
the house every once and a while
his knee may not be so damned useless,
but he does not listen to me.
He does not feel like anywhere is
worth going to.
He is bruised,
and tasteless,
and chewy.
But he used to be orange.
He used to be sunset,
freshly picked Georgia peach,
the man of everyone's dreams.
Had a best friend named cookie.
Picked turnips for free to feed his family,
and now
he's creator of the man who
never turned sixty.
He regrets every yesterday that comes.
I wish that I could restore
his fuzzy potential—
all of the juicy possibilities
that he refuses to see.
He is no longer in season.
He is vacancy.
He was cut from his branch too early.
His wife has attempted to preserve him
since 2010 but the process is draining.
Their lives are ending.
It is easy to see.

I hope he knows how much
I am going to miss my Grandpa Peach
and I wish he was aware of his capabilities.
To recover.
To be happy.
My grandfather
is a pit of what he used to be.
I have never taken this lightly.
After all
it is painfully obvious that
with all of his
problems, he is very much
like me.
I hear my father when he speaks.
It would not surprise me
to lose my mind when he loses
his coherency with
time.
He is running down my chin like
he is twenty again.
I am at odds with the human experience.
My father's father is breaking my heart.
As we broke his
with our foolish existence.
There are rows and rows
of peach trees
blooming a pink cadence over our
every emotion,
clouding our judgments with beauty,
calling him home
to die.
I am ready
to pick him up
whenever he falls loose.
If he just let me.
But he will never
let me.

Ashpond Chapter 3



Stephanie Settle
English Assistant Editor

Gwen ran deeper into enemy territory, hoping to gain some speed by descending the hill before doubling back. But as she turned her head to check on her pursuer's progress, a glint of red in the cornfield caught her eye—the flag! Would she be able to capture it without endangering her escape? With this thought foremost in her mind, she sprinted down the hill on the far side of the jail shack and then back up again on the other. Unfortunately for Gwen, Amber had foreseen this maneuver, and was now guarding the flag as closely as the rules would allow her. Gwen spun around again and dashed toward her side of the playing field.

"I... know... where the flag is!" she exclaimed as she stumbled to a halt in front of Jenny. "We can go... get it... when I catch... my breath."

"You'll never get it!" Paul shouted from his perch on the back of the truck. "Amber has the longest legs of all of us. She'll catch you."

"She didn't just now!" said Jenny.

"That's 'cause she was guarding the flag, silly," was

Paul's immediate retort. "If you try to get past her to get the flag, she'll catch you!"

"Well she can't catch both of us at once," Gwen said, beckoning to her cousin to sit on the ground next to her. Careful to obscure her actions by remaining with her back to Paul, Gwen began to sketch out a map of Ashpond in the dirt with a stick. Paul made a few fruitless attempts to crane his neck far enough to figure out what they were doing before resigning himself to folding his arms and pouting. That is, until he felt a hand clamp over his mouth. For Gwen and Jenny had been so consumed in their planning that they hadn't noticed Amber sneaking around behind. Paul slid off the other side of the truck as quietly as he could, but couldn't help making a crunching sound when he landed in the gravel.

"Hey!" yelled Gwen as she leapt to her feet. "They're getting away!"

Amber and Paul had the disadvantage that they could not split up to aid in their escape; a jailbreak was unsuccessful unless the former prisoner was escorted all the way back to their side of the field by their teammate. If Amber let go of Paul's hand, he would immediately be obligated to return to the truck. However, they had a head start, and Paul was so overjoyed to be freed from the boredom of jail that he barely noticed the pain in his legs as his cousin dragged him past the house at top speed.

The playing field levelled, and all four out of breath, the pairs stared each other down across the border.

"They have a secret plan to get the flag!" Paul whispered to Amber. "They were drawing something on the ground."

"That doesn't matter when they can't get to our side without being caught!" Amber replied.

"Oh yeah?" Gwen placed her hands on her hips. "Well, we'll see about that!"

"You don't even know where our flag is!" added Jenny.

"Says who?" asked Paul.

"Says the fact that it's obvious."

"Well maybe you just don't know anything!" Paul shouted, stomping his foot.

"Maybe you don't!"

"Oh yeah?"

"Yeah!"

At this point it became unclear who was trespassing on whose territory, and who was after whom, as the four children began to chase each other in every which way. When their grandmother called them in for dinner a few minutes later, she found them covered in grass stains and dirt, their hair adorned with twigs and leaves and their shins covered in bruises. The debate over which team was winning when the epic game came to its inconclusive end continues to this day.

All fashion photos by
Wendi Yuan



Fashion on Campus

Column by Wendi Yuan

www.youtube.com/WenWearWhat

Inès V. D. On her fashion favourites: "I'm very into knitted things. Sometimes people say I look like a grandma, but I don't care. Knitted things are so warm and they look cute! Especially when you wear a collared shirt underneath. During the summer though I love maxi dresses."

Wendi says: Knitwear is one of the biggest trends this season; seen on the runways by Alexander Wang, Marc Jacobs, Michael Kors, and Rag & Bone, etc. Try out chunky sweaters, long scarves, and jumper dresses—if you're bold enough, go for head to toe knits.

Kirsty M. On the styles that attract her the most: "I think I've always like vintage just because I really feel strongly about reusing things and I'm totally against the fast fashion movement. I really think it's terrible for the environment, and you're not getting quality. And at the end of the day it doesn't even look that classy because it just looks cheap."

Wendi says: As an avid thrift store shopper myself, I agree with Kirsty 100%. Hit up your local Salvation Army thrift stores or Value Villages, or one of the hundreds of vintage thrift stores downtown. My personal favourites are Black Market Vintage on Queen (EVERYTHING FOR \$10!), and Sub Rosa Vintage in Kensington Market.

Sur le hijab et son style: "J'ai commencé à porter le hijab quand j'avais 12 ans. J'ai l'impression que le hijab fait partie de ma définition et ce que je porte. J'essaie d'assortir mes tenues avec mes hijabs. C'est difficile parfois, mais j'essaie de marier les couleurs. Mes couleurs favorites sont le mauve et le noir."

Wendi dit: Les couleurs à la mode pour automne/hiver 14-15 sont le gris, l'or (ou les couleurs métalliques), le rouge, et le bleu. J'aime jouer avec les couleurs neutres et ajouter quelque chose très coloré. Mais honnêtement, j'ai vu les mêmes couleurs sur les podiums durant les trois dernières années, donc choisissez les couleurs qui vous conviennent et mélangez-les!