

pro tem

NOTRE VOIX NOTRE HISTOIRE

le journal bilingue de Glendon | Glendon's bilingual newspaper

Issue Five - Volume 54 - December 7, 2015

In This Issue:

Vie étudiante: des critiques du bilinguisme à Glendon

Arts and Entertainment: reviews of Adele, The Good Dinosaur, and queer erotica

Metropolis: making Toronto more accessible

Issues and Ideas: a Summit summary, and stock market suggestions

Health and Wellness: a spotlight on the GAC's personal trainers

Expressions: des poèmes et des histoires courtes en anglais et français!

Le prochaine date limite:
le 8 janvier, 2016

Pro Tem's Writing Contest Deadline:
January 4th, 2016
for more information, please visit our Facebook page



NOTRE VOIX
NOTRE HISTOIRE



50 ans de bilinguisme de façade au Collège Glendon

Éric Desrochers
Contributeur

La semaine dernière, François Bergeron signait une entrevue avec Donald Ipperciel, principal du Collège universitaire Glendon, où l'administrateur en chef de l'institution soulignait que les francophones du Centre-Sud-Ouest n'ont pas besoin d'une nouvelle université franco-ontarienne, car Glendon répondait déjà à leurs besoins. Étant moi-même étudiant à ce campus, je crois qu'il est essentiel d'apporter quelques corrections aux propos du principal, qui peint un portrait linguistique beaucoup plus rose que ce que nous vivons réellement sur le terrain.

Si je salue les bonnes intentions de M. Ipperciel, qui dit vouloir augmenter l'offre de cours et de programmes en français à Glendon, il faut cependant noter que les bonnes intentions ne suffisent pas à elles seules à contrer l'assimilation qui a lieu sur ce campus universitaires dit « bilingue ».

Depuis un demi-siècle, Glendon a eu pleine-

ment le temps de se réformer pour mieux répondre aux besoins des francophones, mais en vain. Chaque quelques années, on nous fait des promesses comme quoi le campus fera mieux, mais il faut se rendre à une évidence : les problèmes d'assimilation des étudiants francophones, de vie étudiante unilingue anglaise, de cours en français annulés, de corps professoraux majoritairement anglophones, d'absence de gouvernance par et pour les francophones sont des problèmes structureaux auxquels les universités bilingues sont incapables de répondre et dont nous ne ferions pas face si nous avions NOTRE université de langue française.

Si M. Ipperciel tient tant à vanter les mérites de Glendon, je lui rappellerai certaines choses. Même si nos jeunes sont souvent « des bilingues et des biculturels » comme il le dit, il faut se rappeler qu'ils ont fréquenté des institutions francophones de la maternelle à la 12^e année. Il est donc de toute importance que le système universitaire soit francophone si l'on

veut renverser les tendances de l'assimilation dans le Centre-Sud-Ouest.

Le vrai bilinguisme, comme le sait tout francophone, ce n'est pas le bilinguisme institutionnel qui se résume essentiellement à de l'anglais et du français mal traduit, ou encore, au « français de Glendon » qui constitue un bilinguisme de surface où l'on ajoute un « Bonjour » et un « Merci » et quelques mots en français ici et là, question de dire qu'on s'essaye, tout en évitant de faire peur aux anglophones.

Ce qui est clair c'est que les Franco-Ontariens, surtout dans le Centre-Sud-Ouest, sont bilingues au niveau individuel, même quand ils ne font que fréquenter des établissements francophones. En effet, ce sont ceux qui fréquentent les établissements francophones qui sont le plus bilingues et qui s'assimilent le moins. Les écoles et collèges bilingues étaient autrefois des foyers d'assimilation, raison pour laquelle on décida de mettre en place nos institutions francophones.

(Continuez le page 5)

Editor in Chief | Rédactrice en chef
Victoria Ramsay
editor@protemglendon.com

Assistant English Editor | Rédactrice adjointe (anglais)
Effie Barbalias
assistanteng@protemglendon.com

Assistant French Editor | Rédactrice adjointe (français)
Camille Slaght
assistantfr@protemglendon.com

Section Editors | Les rédactrices de sections

Campus Life | Vie étudiante
Inês Van Deuren
campuslife@protemglendon.com

Issues and Ideas | Actualité et opinions
Neya Abdi
issuesideas@protemglendon.com

Health and Wellness | Santé et bien-être
Amanda Merry
health@protemglendon.com

Metropolis | Métropole
Samantha Kacaba
metropolis@protemglendon.com

Arts and Entertainment | Arts et divertissement
Ashley Moniz
arts@protemglendon.com

Expressions
Kaitjin Fenton
expressions@protemglendon.com

Online Content | Contenu en ligne
Ela Gach
elaonline@gmail.com

Communications Officer | Agente de communications
Christian Lopez
comms@protemglendon.com

Photography Editor | Rédactrice de photographie
Madeline Della Mora
photography@protemglendon.com

Design and Layout | Maquettiste
Sienna Warecki

protem est le journal étudiant du collège
Glendon. Publié pour la première fois en 1962, c'est la
plus ancienne publication de l'Université York. We strive
to act as an agent of social change, and will not print
copy deemed racist, sexist, homophobic or otherwise
oppressive.

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

Contact us/ Contactez-nous:
protem@glendon.yorku.ca

The Pro Tem Office

D114 Hilliard Residence, Glendon College
2275 Bayview Avenue
North York, ON
M4N 3M6

The office is open by appointment only. Le bureau est
ouvert sur rendez-vous seulement.

Les lettres adressées au journal peuvent être éditées au
niveau de la clarté ou de contenu. All copy appearing in
Pro Tem is at the discretion of the editorial team.

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

Salut Glendon!

Written while feeling all the feels about Adele's
new album,

Congratulations are in order, Glendon; you've
made it through another semester! Whether this
Fall term was a breeze, or you ran into some
bumps along the way, completing another se-
mester is something that should be celebrated.

As I finish the last of my final papers
and permanently move into the library for the
duration of the exam period, I find myself day-
dreaming of Christmas break. I catch myself de-
siring to be free of readings, and the excitement
of being able to get a full 8 hours of sleep a
night is better than any gift I could receive. Most
of all, my thoughts about the winter break re-
volve around being able to spend some quality
time with friends and family. When studying is
a daily necessity and stress becomes our nat-
ural state of being, it's easy to let the people
who matter most in our lives take a back seat.
It's easy to ignore the phone calls and never
respond to the texts because your plate is al-
ready overflowing with things that desperately
need attention. This isn't intentional, or mean

spirited, but it is a by-product of a student's life
at the end of the semester. I'm not immune and
even find myself lacking the time or desire to
invest in others when I personally feel like I am
being pulled in a million different directions at
the same time.

Over the break, as my to-do list
shrinks and life slows down for a bit, I hope to
catch up with the cheerleaders in my life. They
cheer me on during my best and worst days.
They are my constants, regardless of how of-
ten we've spoken. I am continually grateful for
these people even when I know that I have
been absent. I look forward to catching up over
warm holiday beverages, hiking in the moun-
tains and laughing until our stomachs ache.

Spend some time during the break
to take stock of your relationships and spend
some time giving them some time and care.
There is nothing better to recharge and reju-
venate a tired student than through genuine
human connection. Celebrate those that are
forever in your corner; they matter, and these
relationships need time and care to flourish.
Talk about the past, dream about the future, and
remember to thank them for their consistency
in your life. Hey, we really couldn't do all this

without them.

I hope that you enjoy the precious
moments with your friends and loved ones this
season as you consciously take time to invest
in them just like they have in you. However you
celebrate over the break, I want to extend warm
wishes for a safe and happy holiday season
from our (Pro Tem) family to yours. See you in
2016!

Much love,



Tori Ramsay
Editor in Chief

pro tem
Vous avez des opinions? Vous aimez écrire? Vous faites de la photographie? Vous adorez dessiner?
Pro Tem vous veut!
Envoyez-nous un courriel à editor@protemglendon.com
pour apprendre comment vous pouvez vous impliquer!



Kelly Lui

To Homeless Youth, With Love: On Behalf of GLmetowe and GCSU

Gabriella Giordan
Contributor

For the second consecutive year GLMetoWe has taken part in Eva's Initiatives; a clothing drive donation for Homeless Youth shelters in the GTA, only this time the committee has teamed up with the GCSU in an effort to make even more of a difference in homeless youth's lives.

The committees were looking for lightly worn hats, scarves, coats, mittens, and any other imaginable item of clothing- especially ones that would bring warmth to the youth and even aid them in finding professional opportunities. The donation boxes could be found in front of the GCSU office from Monday, November 16th, through Friday, November 20th, 2015. The result? Over five bags of clothing and many other brand new hats, gloves, and mittens, will be donated to the shelter with great joy sometime in the New Year.

Founded in 1994, Eva's Initiatives is a branch of shelters which help homeless youth aged 16-24 receive shelter, counselling services and access to a wide range of programs such as the Family Reconnect Program and the Training & Employment Program. Eva's Initiatives strongly encourages people of all ages to volunteer at the shelter, and the opportunities to do so are numerous: tutoring, non-perishable food drives, the list goes on. The founder of the shelter is Eva Smith, a community outreach worker and counsellor, who also helped found the North York Emergency Home for Youth. Eva's vision and initiative have positively

impacted millions of homeless youth, and her legacy lives on.

We will be donating the donations over Christmas break and thank everyone who donated! If you missed the donation dates and would still like to donate you can contact GLmetowe or GCSU through our Facebook pages for further information.

GLMetoWe a mis en oeuvre, pour la seconde année de suite, une collecte de vêtements pour les jeunes sans abri qui se trouvent dans le refuge Eva's Initiative For Homeless Youth. Sauf que cette fois-ci, le comité s'est uni à l'AÉCG. Le plus de soutien on récolte, le mieux c'est.

Les comités étaient à la recherche de chapeaux, foulards, manteaux, mitaines, ainsi que de tout autre type de vêtement possible, surtout ceux qui sont chauds et qui peuvent aider les jeunes à trouver un emploi. Les boîtes de don se trouvaient devant le bureau de l'AÉCG du lundi 16 novembre au vendredi 20 novembre 2015. Le résultat? Plus de 5 sacs de vêtements, ainsi que plusieurs chapeaux, gants et mitaines neufs vont être donnés aux sans-abri avec grand plaisir au début du Nouvel An.

Eva's Initiatives est un organisme qui a été fondé en 1994, et dont le but principal est de venir en aide aux sans-abri ayant entre 16 et 24 ans en leur offrant non seulement un refuge, mais également un éventail de services et de programmes de soutien, tel que le programme Family Reconnect et le programme Training & Employment. Cet organisme encourage fortement les gens de tout âge à faire du bénévolat, et ce, en faisant du tuteurat, en effectuant une collecte d'aliments non-périssables dans leur milieu, et la liste ne s'arrête pas là. Eva Smith, une thérapeute et travailleuse des services communautaires et sociaux, est la fondatrice de l'organisme. Elle a, en outre, aidé à fonder le North York Emergency Home for Youth. Sa vision et son initiative ont exercé une influence fort positive sur des milliers de sans-abri, et continuent de le faire.

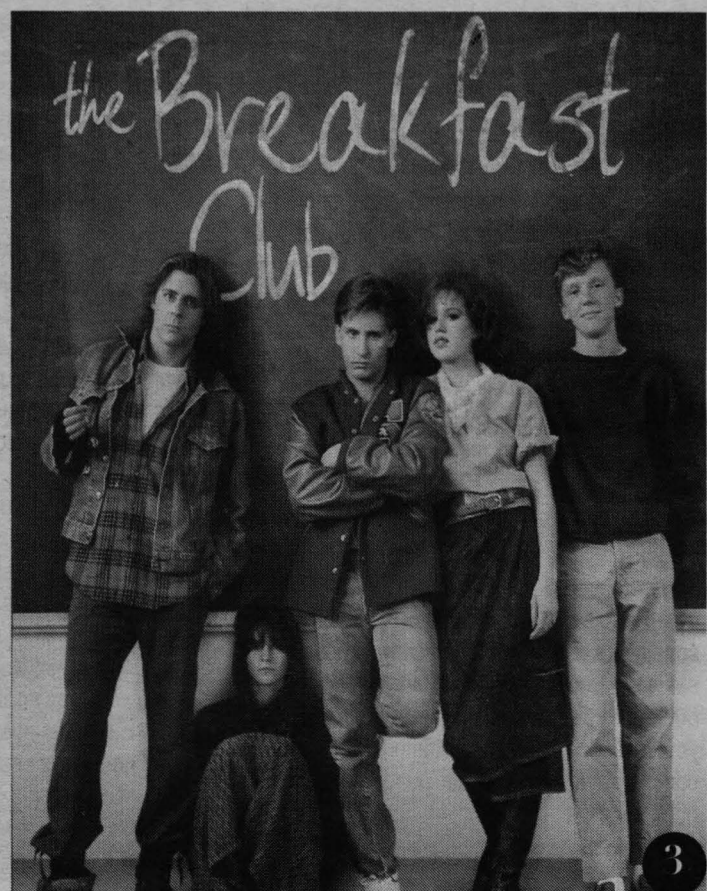


The Breakfast Club Comes to Glendon

Lionheart Productions

*"... And these children
that you spit on
as they try to change their worlds
are immune to your consultations.
They're quite aware
of what they're going through..."*
-David Bowie

Lionheart Productions is excited to announce that their mainstage production in the 2015-2016 season will be *The Breakfast Club*. The show is an adaptation of the cult-classic movie of the same name, and follows the lives of 5 diverse students as they are forced to go to detention on a Saturday in 1980's America. The show, which will be running from January 20th to the 23rd, is a non-for-profit tribute to the late John Hughes. The show will be held in Theater Glendon. Don't miss your chance to watch this classic movie come to life on stage!



Madalena Della Mora

Making Your Commute Worth the Wait

Gulsvart Dela Cruz
Contributor

While some students might have the luxury of living near Glendon or in res, most students, like myself, commute quite a distance to get to our classes. We know the horrors of missing the bus that almost never comes, riding a very delayed subway train, or the quite normal, but still stress-inducing traffic along Toronto's congested streets. A 50 minute commute can turn into an hour and a half in the least expected moments. Moreover, I can only imagine the struggle of those students commuting to and from outside of Toronto, having to deal with the even less frequent Viva/MiWay/GO buses, multiple transfers, and the necessity of multiple backup plans. While we cannot avoid the realities and uncertainties of public transportation, we can most certainly find ways to turn our traffic-induced incarceration into a productive, even fun, time. Here are some ways to make your commute more rewarding.

1. Read a book

Fiction or non-fiction, you WILL notice how fast time passes by while you read your favourite book. Actually, you could even do those readings you promised to get on last week.

2. Listen to a podcast

If reading on a moving vehicle isn't really your thing, you could always try listening to podcasts instead. There's a ton of online material and genres that might interest you. Documentaries, storytelling, sports updates, daily news and creepypastas (Look it up). My favourite is listening to the BBC World Service. 30 minutes of world news reported by professionally voiced reporters with British accents. I cannot and will not complain.

3. Plan ahead

Instead of just sitting inside your choice of public transportation passively waiting for your fate, take it into your own hands by planning ahead! You have a never ending number of tests, assignments, presentations, deadlines, work shifts, social outings, appointments and birthdays on the go. What better time to sort out the rest of your day or week than when you're not actively doing anything else?

4. Pratique ton français

You can even do all of these things in French, ou en Anglais aussi, si tu veux l'améliorer. Personally, it's difficult to constantly expose yourself to a foreign language, so any small time put into this can totally help you out. Challenge yourself. Try reading, listening, or planning completely in français pendant ta navette quotidienne.

5. Fill your belly

If you're the type to commute early in the morning or late at night, it might do you well to use this time to get food into your stomach. Of course, you can't bring everything to the bus or train; soups are obviously never a good idea. Sandwiches and small items snacks like granola bars and fruits are totally acceptable choices. Bring some coffee or tea along if you need that extra kick in your day.

6. Reflect

Realise that your commute time gives you, living in the constant rush of city and university life, one important thing you might lack: a time to slow down. Put some thought into how you really are. Are you eating and sleeping well? What changes do you need to make to your daily lifestyle? Also, take time to notice the small, important things you might have missed throughout the week. Think about your priorities in life and reflect on what's happening around you and in the world.

Whatever your choice, make your commute worth your time (and your fare) the best way you can. Or you can always just take a snooze. That totally works too.

120 Days Later... Une réflexion sur le semestre d'automne

David Ip Yam
Bureau des affaires étudiantes/Office of Student Affairs

L'année scolaire 2015-16 a commencé avec force par une brillante semaine d'orientation. Depuis le mois de septembre nous avons accueilli 120 glendonniens et glendonniennes pour « JumpStart : Successful Transition to University », formé les « dons » des résidences et les mentors du Salon cœur de lion, déjeuné avec une centaine de « frosh leaders », et souhaité la bienvenue aux 600-700 nouveaux étudiants lors de Découvrez Glendon.

120 jours plus tard, nous voici arrivés à la fin (ou presque) du premier semestre de l'année 2015-2016. Ah! Le fameux semestre universitaire... d'une part, c'est une période de stress intense et d'autre part, c'est une occasion pour vous développer personnellement et intellectuellement.

Think about the hours that you've spent grappling with knowledge, the number of words or formulas that you've written, the plethora of texts or reports that you've read, and the amount of time that you've spent preparing for and taking exams, tests and quizzes.

Prenez également le temps de penser à ce que vous avez appris sur vous-même, sur vos nouveaux et anciens amis, sur votre famille, ainsi que sur la communauté de Glendon. Il ne vous a fallu que 120 jours pour réaliser tout cela!



Madeline Della Mora



Madeline Della Mora

Hopefully you'll use a portion of the upcoming and hard earned break to reflect on the successes and lessons learned this year, both academically and personally. Remember, failure can reveal progress and heartbreak can deliver strength.

Use this reflection to make a plan for the winter term. Try writing out a plan for next semester, because you're more likely to achieve what you've committed to on paper. This technique helped me a lot during my own undergraduate degree.

What might you do with the rest of your time this holiday season? Treat your heart

by caring for your loved ones, treat your soul by clarifying what's important to you, and treat your mind and body by resting and recovering.

En 2016, vous pouvez vous attendre à de nombreuses activités intéressantes, dont la conférence sur le leadership le 29 janvier, les séries d'ateliers sur le leadership dès le 5 février, et le retour de la campagne #SantéGL en février. Tous les lundis, le bulletin étudiant vous informera de plusieurs autres activités qui auront lieu à Glendon.

Nous vous souhaitons de très joyeuses fêtes de fin d'année. Tous nos vœux de bonheur et de succès pour 2016.

50 ans de bilinguisme de façade au Collège Glendon (continuez de la couverture)

Soyons donc clairs et inspirons-nous de nos expériences passées : être « bilingues » et « biculturels » dans une institution bilingue, ça mène à l'assimilation.

Par ailleurs, même les anglophones et francophiles à Glendon sont malmenés. Le programme d'apprentissage du français comme langue seconde est considéré par la plupart des anglophones comme un aspect négatif de leurs études à Glendon, car ils ne réussissent pas à atteindre un bilinguisme de haut niveau. La majorité de mes collègues ne veulent que s'en débarrasser le plus rapidement possible pour avoir leur certificat de bilinguisme. Même ceux ayant fréquenté l'immersion française se plaignent que leur français s'est empiré depuis qu'ils fréquentent Glendon.

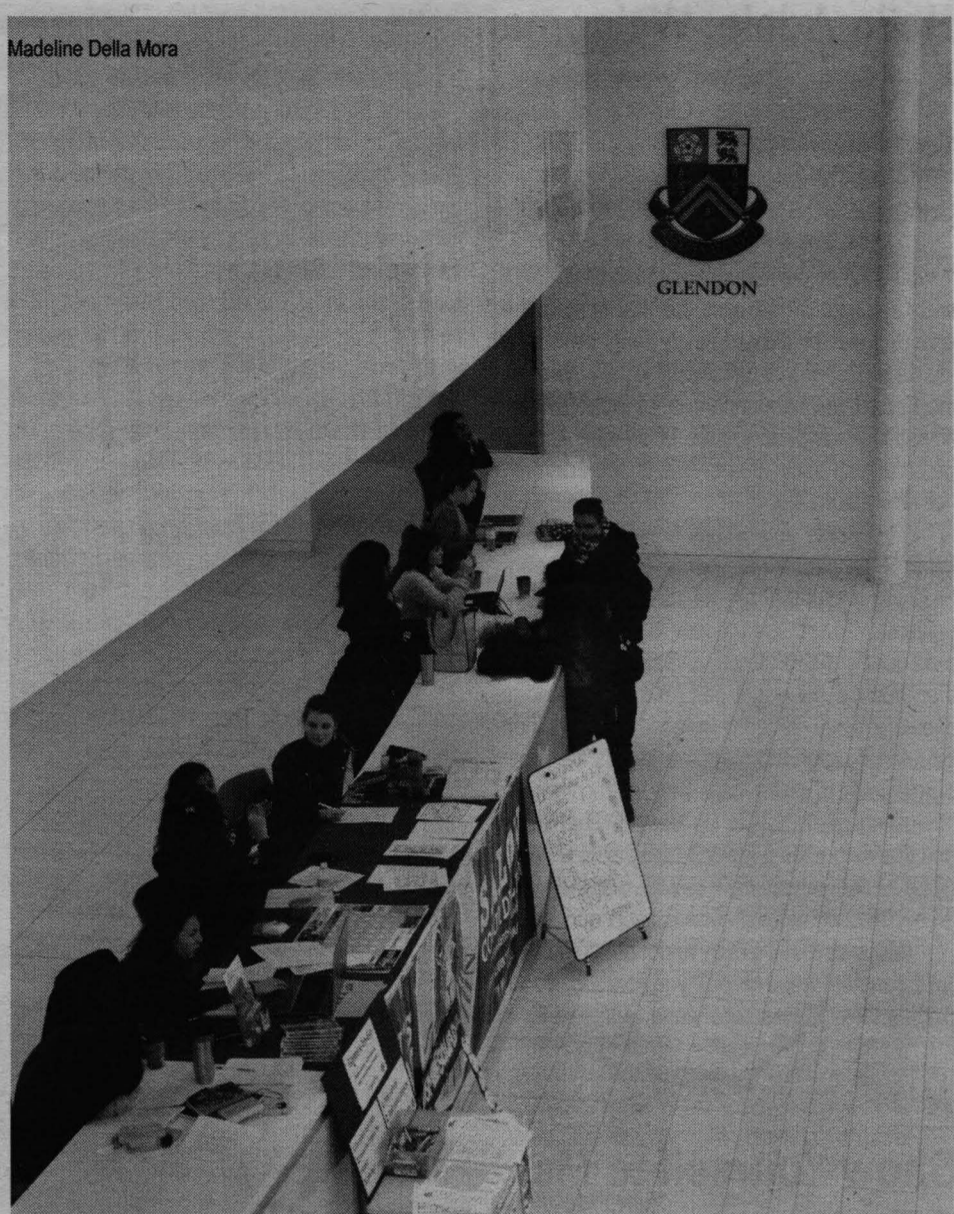
M. Ipperciel dit ne pas voir « comment on peut penser créer une université franco-ontarienne sans l'appui enthousiaste du milieu universitaire franco-ontarien [sic] actuel ». Je lui répondrais toutefois que ce n'est pas à la communauté d'obtenir l'appui d'institutions anglo-dominantes qu'elle ne gouverne pas pour légitimer ce grand projet de société, mais bien à ces institutions de voir en quoi elles pourraient appuyer l'établissement de cette institution francophone légitime et souhaitable pour le développement et l'épanouissement à long

terme de notre communauté.

Si ce n'est pas chez eux qu'on peut trouver appui, cela en dit long à quel point ces institutions sont déconnectées de nos milieux et comprennent mal les réalités des francophones vivant en milieu minoritaire. D'ailleurs, s'ils nous connaissaient, ils nous sauraient un peuple qui sait se battre pour ses institutions, et qui, tôt ou tard, aura son université.

Si M. Ipperciel et ses administrateurs s'opposent si farouchement à ce projet, ce n'est pas parce qu'ils croient réellement que les étudiants et les professeurs ne participeraient pas à la construction d'une nouvelle université ou que cette institution ne pourrait pas être le pôle de rayonnement de la francophonie torontoise, ontarienne et internationale. C'est que Glendon, comme plusieurs universités, a adopté une logique marchande de l'éducation et souhaite protéger ses intérêts économiques, ses subventions et ses effectifs et voit en toute nouvelle institution une menace à sa marge de profit.

Les institutions bilingues sont désuètes, les reliques d'une époque où nous n'avions pas nos écoles, nos conseils scolaires et nos collèges, d'une époque où on nous disait encore « Speak White ». Il nous faut désormais la complétude institutionnelle, et nous l'aurons. Vers la fin de son article, François Bergeron parle de l'abolition du poste de coordination culturelle pour des raisons budgétaires. Cela en dit beaucoup sur les priorités des institutions bilingues et sert d'excellent constat : dans une institution bilingue, « cash is king », pis le reste est secondaire, même si ça veut dire être « bilingual » plutôt que bilingue.



Madeline Della Mora

What if Glendon Loved Bilinguals as much as Bilingualism?

Agathe Maillard
Contributor

Glendon is advertised as an institution that welcomes diversity and our student body exemplifies this but do we as a community really embrace this diversity?

Glendon's community is very diverse; it includes all kinds of ethnicities, religions, cultures and students who speak different languages. Naturally, our two most predominant languages on campus are French and English but there is a surprisingly small community of polyglots: bilingual students English-French.

The reason you may feel like you don't know any polyglots on campus is because they are truly a small percentage of the Glendon population. In our community, we are often asked to identify with only one language, one culture, and one nation for practicality's sake. It's so others can categorize you, relate to you, and understand you as a person, but they never will, not until they experience it themselves.

This identity crisis is the story of life.

Home has too many meanings and for those who have grown up with multiple cultures in their lives, the term home can be associated with different places all at the same time. I'll always be a foreigner to the culture I think of as mine and I'll never communicate and be understood like someone who only speaks one language. The people who identify with my nation, also identify against me. I'll never have that sense of belonging and I've grown to accept this. All it means is I haven't found my role in society, but maybe our ever-transitioning world doesn't have a role for me yet. Our world will slowly evolve to accept myself and other fellow polyglots just as we are.

When I came to Glendon, part of me subconsciously sought to find my place and my role in society because it really does make your life easier. It makes the whole world easier to be able to answer the simple question, "Where are you from?" but unfortunately, I was wrong. If anything, it was harder because the Francophones and the Anglophones have very few friends in common, which I suppose you could blame on the language barrier. For polyglots, we are stuck between two social spheres. The others will choose to pick a side and choose a language to identify with. My only fear is that it causes the non-understanding of the majority of individuals in our society, even outside of the Glendon community. It challenges the idea of migration, and globalization, as well as concepts such as nation, citizenship, language, cul-

ture; concepts which unfortunately we don't all agree on the meaning, depending on language, culture, and academic background. For example, first language and première langue don't mean the same thing to some as it does to others. To some one means the language you first learn and the other the language you speak the most or are most comfortable in.

What I did not expect, when I came to Glendon was to be academically discriminated against. As a new Glendon student, a student profile is created for you; a student profile, which includes your first language (they need you to declare a first language for the bilingual requirement). Except that at no point while applying, accepting my offer, or attending my enrolling appointment, was I asked what my first language was. They assumed that my mother tongue was French because I'm a French citizen. It is wrong to make that assumption based on my nationality because I feel that nationality and language being two very distinct concepts. I feel disadvantaged, because first of all the bilingual requirement does not even mention the eventuality in which a Glendon student could be already bilingual starting in first year. Secondly, I have been enrolled in international schools since 6th grade, where the primary language of teaching is English, therefore I'm not academically as capable to communicate and articulate my ideas in French, as most Francophones. Furthermore, it is wrong to assume someone's first language and identity as one or the other.

An academic system of a post-secondary education institution, which claims to be bilingual, should be ready to accommodate bilinguals.

The world is bound to become more and more diverse, with individuals who are increasingly more unique and dynamic in their cultural make up. Glendon seems ready to welcome these changes, but this needs to happen on all levels, academically and linguistically. We need to stop discriminating against students who are truly bilingual and more generally assume one's identity in hopes that they assimilate, because no one but that individual can declare their first language or any aspect of their identity. Let individuals define themselves.

Soyons inclusifs! Célébrons l'individualité! I would like to invite Glendon, the students, staff and faculty members to embrace its bilingualism whole heartedly. That entails changing our academic system, and the bilingual requirement, to become impartial towards bilingual students.

Hello Adele, Welcome Back

Brittany Thomson
Contributor

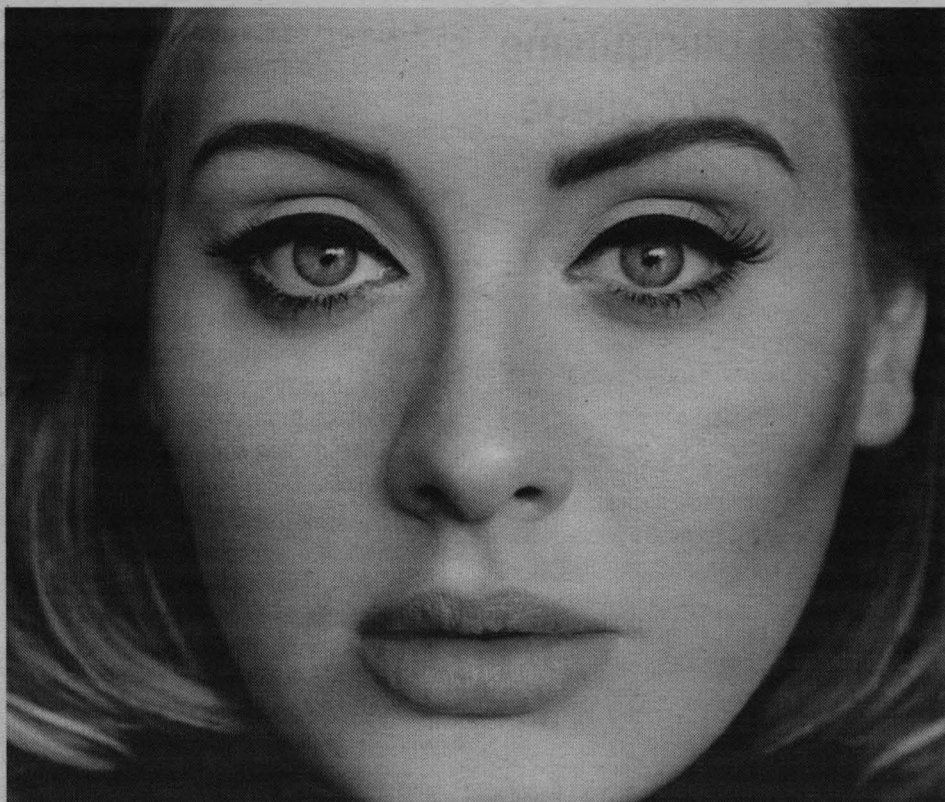
It would seem as though at the end of 2015 there's a light in the distance that signals the end to a list of excruciatingly long waits: the self-lacing shoes promised to us by *Back to the Future*; the announcement of the much-anticipated *Finding Dory*; and, of course, Adele's graceful leap back into our hearts and ears with her new album, *25*.

Adele establishes herself as a storyteller of the people with her latest set of heart-breaking tracks that are as stirring as they are universal. To witness the raw, honest, multilayered quality of this album, one need look no further than the song that has rang through dorm showers since its early release; *Hello*. Upon listening through the first time, it tells the story of the sorts of drunk calls that we're all guilty of making after staying up past our bedtimes and throwing back a few too many apple juices. Upon further reflection, it seems that the song is more about regrets over missed opportunities, telling us that it's okay to not be alright with life's constant need to pull you forward, especially when you need the world to freeze for a

moment, or even for the length of a phone call. It's just the sort of twentysomething anthem that resonates with all of us, regardless of age.

The unsung hero of the album, however, is *Million Years Ago*; especially given its status as one of the few Adele songs that average human being, with non-diva lungs, can sing without transposing or screeching. The major draw to this song is undoubtedly its stripped down and honest feeling, with little more than the British diva's voice and an acoustic guitar, which feels like a far cry from *Rolling In The Deep*. This song also encompasses how quickly time seems to fly away from us and leave us in stunned shock, wondering where the years went. It truly drives home the fact that some of us can count the individual seconds between Sherlock episodes and yet still feel shocked that September was two months ago.

It's quite exciting that the artistic success of *25* is paralleled by its success on the charts, with *Hello* breaking Vevo viewer records, and the whole album being the fastest selling album of all time in the UK, according to NME. All of this is, of course, overshadowed by her appearance in a television show featuring Adele impersonators, disguised as an Adele impersonator, in order to sing Adele in front of said Adele impersonators. The prank is as heartwarming to watch unfold as it is surreal to put in words. Her response to the prank's reception brings to light that while her talent and



stage mononym certainly earn her diva status for life, it does not stand in the way of her being down-to-earth and a true artist.

The success of *25* proves that absolutely nothing can stand in Adele's way, given her struggle with vocal nodules that could very well have ended her career. *25* is her Julie An-

draws-esque resurgence in a blaze of much-anticipated glory, proving that British arts icons are just about completely unstoppable and quite possibly immortal. In Adele's *25*, we have found a voice for our generation, with the added bonus of a British accent.

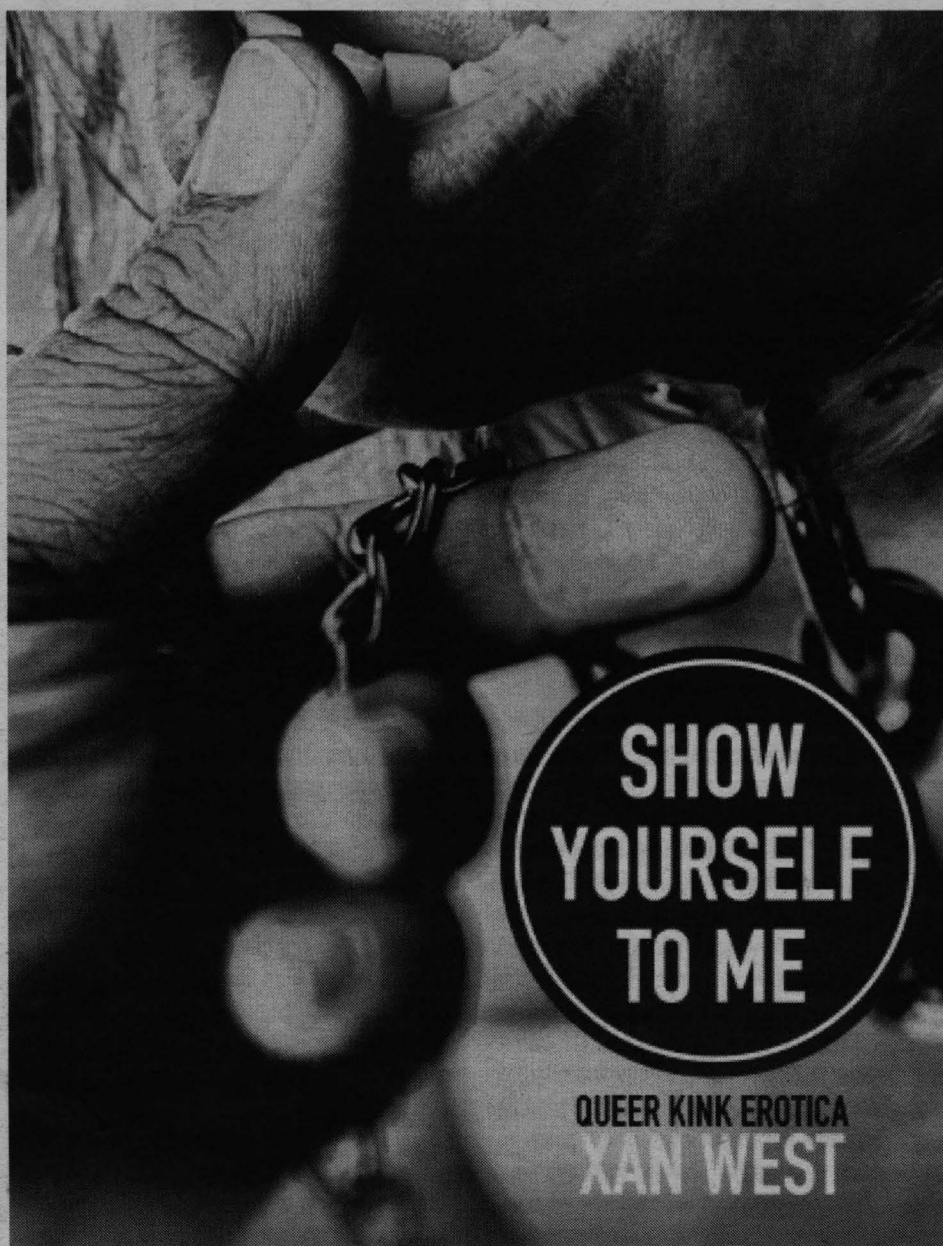
Show Yourself to Me: A Review

Matt Turner
Contributor

I recently had the pleasure of reading *Show Yourself to Me*, a collection of queer kink (BDSM) erotica, written by Xan West. I had discovered the book after a friend of mine wrote a review of it on her blog. After reading it, I recognized what I have always missed in the erotic fiction that I have read. While many of these stories weren't for me, they were often written in a relatable and realistic way. The stories in the book, while works of fiction, are presented in ways that make them plausible; and this is what I had been missing.

While much has been made about the lack of reality and violence in both pornography and, to an extent, in erotica, this wasn't the case here. Many of the stories, including *The Test*, *My Precious Whore*, and *Nervous Boy*, featured characters who have feelings beyond mere arousal; experiences that both those I've met in my travels and I have had while acting upon our sexuality. If you've ever read a work of erotica, these experiences are often left out of the stories, and this makes it hard to see yourself in them.

In several stories, the characters are trans men, whose experiences are often left out of "mainstream" works of literature and in other forms of art. In the descriptions of their characters and demonstrations of their masculinity, it was hard to read them as trans men, as they often could have been read as cisgender men who are hyper masculine. This



is important for queer folk who are often left out of works of erotica and pornography and, when they're included, are fetishized and unrealistic.

The story *Missing Daddy* speaks to a journey that some of us have in our sexuality; one where we have to leave behind our desires for good because of negative experiences. One line that struck me was this: "The secret truth of it is this: many of us that moved to the other side of the whip did it to approximate what we had longed for and rarely received." Reading that resonated with me as this is a theme that I've heard from friends who have had to walk away from their preferred method of sexuality because of negative experiences. This theme is echoed both in the introduction and throughout the book.

Lastly, the one thing that I really enjoyed about this collection was how much of a focus on safety there was; from the organization of stories based on themes and triggers at the beginning, to the constant inclusion and normalization of condoms throughout the stories. While this book and its contents may not be for everyone, I think it can largely speak to the experiences that we share or may have happen over time. While many of us are damaged mentally by our experiences, this book can help us to liberate and normalize those experiences by giving a voice to those thoughts which we dare not speak of in polite company or have the safer space to share them.

The Good Dinosaur: Pixar's Darkest Feature Yet



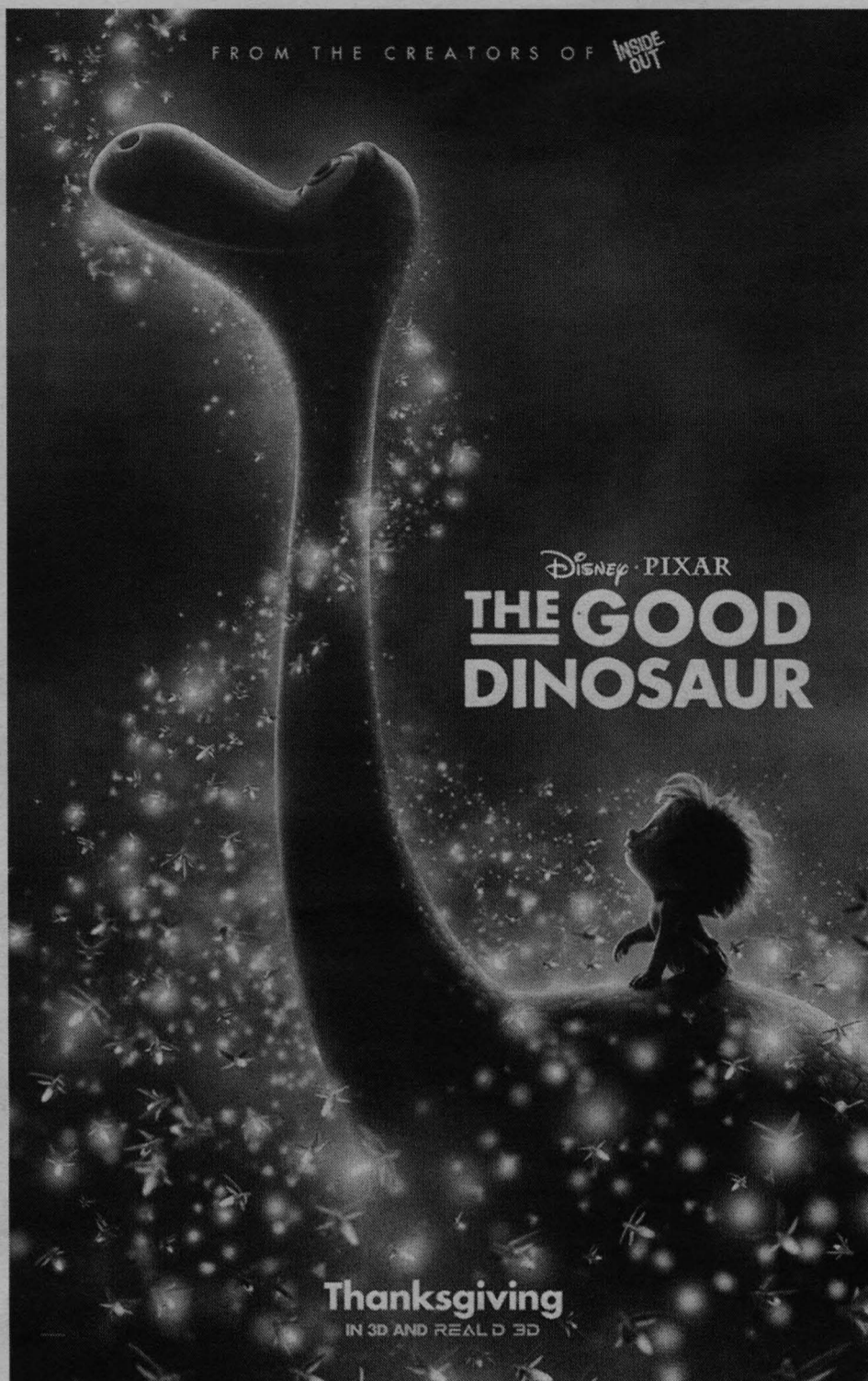
Ashley Moniz
Arts & Entertainment
Section Journalist

Pixar treated fans of their innovative and captivating work with two feature films this year. Audiences were so captivated by *Inside Out* that they missed the memo about a second 2015 Pixar film. *The Good Dinosaur* was announced a while ago, when Pixar revealed the concept of an alternate universe where the dinosaurs were not killed by an asteroid. While it is often irritating when children cry and talk during a film, this time, they could not be blamed, as this was much darker than anyone may have anticipated.

Not many plot points were divulged prior to release. In the film, Arlo is the runt of the litter in his family of agrarian dinosaurs. He wants to make his mark by doing something outstanding to make his family proud. Soon after a costly mistake, he is swept up by a local river and taken far away from his home and must find his way back with the assistance of a human boy who he has named Spot, the very boy who cost him earlier. As the two journey together, Arlo learns that there is more to life than fears and that facing them will bring out the best in him. These fears include scavengers, flash floods, stampedes and dangerous cliffs, just to name a few. Their desperation for food led them to fermented grapes, and the animators spared no expense on their intoxication. Needless to say, this went beyond just a children's movie.

Arlo and Spot's journey was made all the more captivating by the beautiful animation and scenery. From the detail in the leaves, to the stones beneath the river, to the corn fields and the mountains, some of the shots looked as real as photographs. Pixar has dabbled with this realism in the past, with the forests in *Brave* looking equally impressive at moments. In fact, *Finding Nemo* was originally reanimated to make the water look less real. This film's animation juxtaposes with *Inside Out's* beautifully imaginative world, showing their impressive range.

An interesting element of the film was its use of simultaneous anthropomorphism and zoomorphism. It is not uncommon in film for animals to don human traits or vice versa. This movie featured both dinosaurs acting like humans and humans acting like wild animals. But the interpretation here was radical in two ways. Firstly, animal-dominant movies often have a variety of animal species conscious and communicating. In contrast, all of the other animals here were portrayed in a natural, familiar sense. Secondly, the portrayal of Spot went beyond just animalistic: he seemed more like a classic canine sidekick, showing signs of consciousness, but not nearly as sophisticated as the dinosaurs. This decision added a new layer to the world of dinosaurs who survived and developed a sophisticated society. Perhaps, in this rewritten history, Arlo's interaction and partnership with Spot symbolizes a coinhabitation much



like humans and dogs, where humans can be domesticated because they can be trained and respond well to commands.

It would be impossible to talk about any Disney movie without the short film that preceded it. *Sanjay's Super Team* tells the "mostly true story" of director Sanjay Patel's journey to embracing his religious identity. When a young child is pulled away from his superhero cartoons, he reluctantly joins his devout Hindu father for prayer. Through his meditations with his father, he discovers the inherent similarities between the superheroes that he admires and the Hindu gods that he has been taught to worship. This short is worthy of praise for two reasons: for successfully presenting the idea that religion can be equally as exciting and fascinating as superheroes to a new generation; and for its non-tokenized and contemporary portrayal of Hinduism.

Despite its depth and beauty, *The Good Dinosaur* has so far received mixed reviews from critics. This is not surprising: a movie that focuses heavily on its characters' journey risks having a basic plot that is predictable and/or unoriginal. This particular story, despite its unique premise and concept, seemed to borrow many plot points from *The Lion King*. It was different enough for these to be unintentional, but the connections are far too striking to miss. Nevertheless, despite a barrage of sequels announced for *Finding Nemo*, *Toy Story*, *The Incredibles* and *Cars* over the next few years, 2015's two original concepts both prove that Pixar is still more than capable of producing unique and thought-provoking content for the years to come. Whether or not they will is a very different story.

pro tem

Do you have opinions? Do you love writing?
Do you love photography? Do you love illustration?

Pro Tem wants you!

Email us at
editor@protemglendon.com
 to find out how you can
 get involved!

Campus Photo Spread

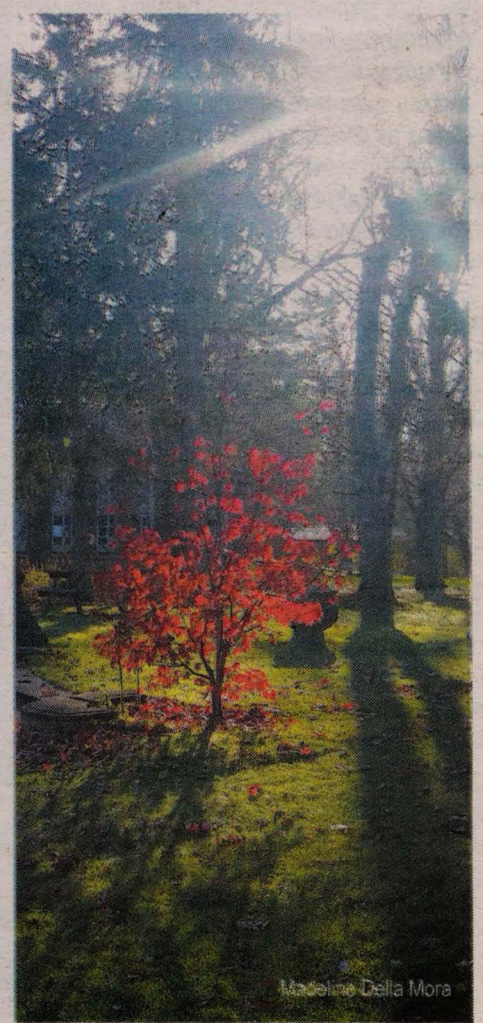


Madeline Della Mora



8

Madeline Della Mora

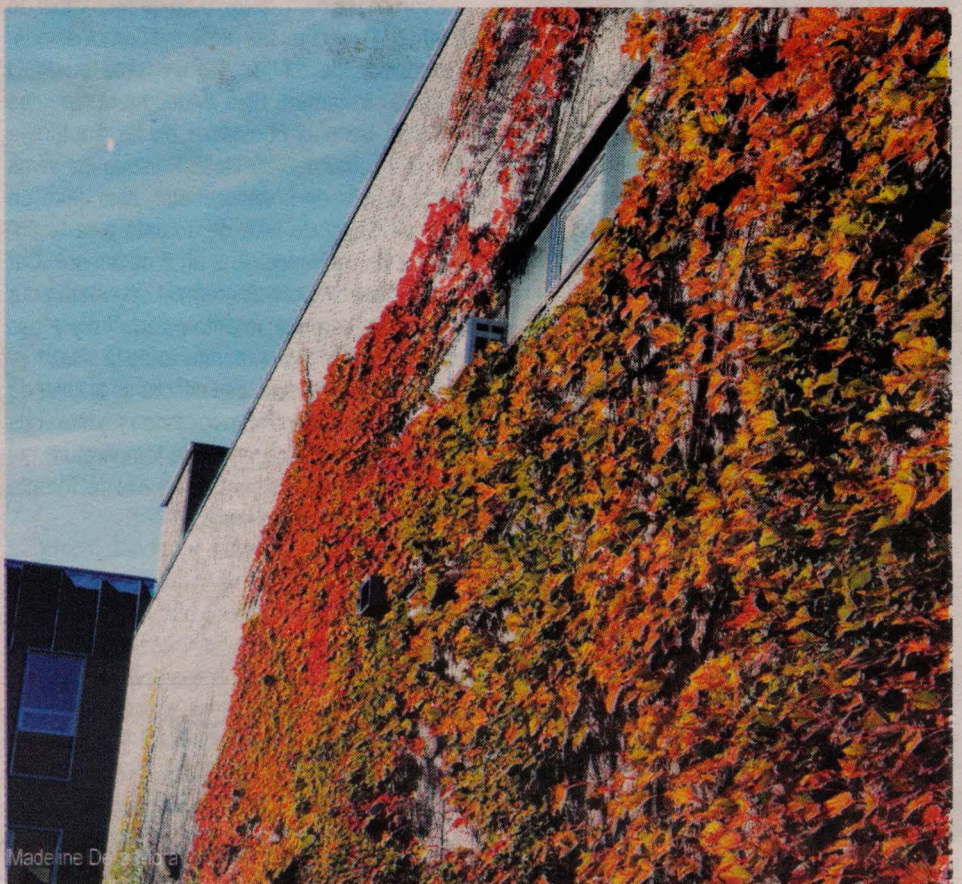


Madeline Della Mora

Photographie du campus



Madeline Della Mora



Madeline Della Mora



Madeline Della Mora

Enfilez vos manteaux et explorez votre ville : l'hiver n'est pas encore là!

L'automne s'achève, mais il y a tant de choses à faire avant le temps des fêtes.



Camille Slaght
Rédactrice adjointe française

Les branches se déshabillent et leurs feuilles recouvrent le sol, se froissant sous les pieds pressés des Torontois, annonçant le dernier mois de l'automne. Il reste du temps avant que l'hiver arrive officiellement avec son givre et ses tempêtes, alors ne commençons pas encore à hiberner!

Que ce soit en randonnée dans la nature ou en lisant le journal entre deux gratte-ciels la ville offre plusieurs façons de maximiser le temps passé à l'extérieur. Il est important de prendre de l'air plutôt que de toujours rester enfermé entre les murs de chez soi. L'automne est la saison préférée des joggeurs qui profitent de la température rafraichissante après avoir passé l'été dans une chaleur écrasante. Toutefois, il ne faut pas être athlète pour visiter des coins plus sereins, dont la piste Martin Goodman au long du lac Ontario, ou le vaste High Park dans l'ouest de la ville. Pour ceux qui préfèrent les paysages urbains, la ville renferme une multitude de terrasses accueillantes, notamment celle du Ceili Cottage, pub irlandais à Leslieville qui prête des couvertures de laine pour que vous restiez au chaud en dégustant le meilleur macaroni au fromage à Toronto. En soirée, allez prendre un verre sur la terrasse abritée et chauffée de Cold Tea, au Kensington Market. Le temps des fêtes approche à grands pas et plusieurs événements festifs à Toronto nous donnent aussi la chance de passer du temps dehors. Le marché de Noël au Distillery District est un incontournable pour les Torontois qui aiment les traditions festives. Ce marché, qui demeure ouvert du 20 novembre au 20 décembre, imite les « Christmas Markets » européens où l'on trouve kiosques artisanaux, marrons grillés et vin chaud. Les gens se rassemblent autour du feu et apprécient la beauté du Distillery District sous une grande tente de lumières de Noël. Puis, quand il sera temps de dire bienvenue à l'hiver, le festival de lumières de Kensington Market, qui aura lieu le 21 décembre, illuminera la nuit la plus longue de l'année.

Entre-temps, plusieurs événements intéressants prennent place à l'intérieur, à l'abri du froid. Les soirées *First Thursdays*, déroulent le premier jeudi de chaque mois au Musée des beaux-arts de l'Ontario (AGO). Elles sont un refuge parfait pour ceux qui veulent rester au chaud et s'insérer dans un monde de musique et d'art contemporain. Si vous avez manqué celle du 3 décembre, nous vous inquiétez pas.

10 Vous aurez la chance de fêter dans le musée avec la communauté artistique

de Toronto le premier jeudi de chaque mois de l'année. Pour ceux qui préfèrent l'art classique, l'exposition de J.M.W. Turner reste au AGO jusqu'au 31 janvier. Bien évidemment, une des activités les plus populaires en fin d'automne est le magasinage de Noël. Puisque les livres font toujours de bons cadeaux, allez faire un tour au Salon du livre de Toronto à la bibliothèque de référence du 2 au 5 décembre. Cet événement est particulièrement important pour les francophones à Toronto puisqu'il n'y a pas de librairie francophone dans toute la ville.

Il n'est donc pas difficile de trouver de quoi s'occuper dans notre grande ville. Ne vous laissez pas décourager par la température qui baisse et les feuilles mortes. La ville de Toronto est plus vivante que jamais.

Making Toronto Accessible: A Community Initiative



Samantha Kacaba
Metropolis Section Journalist

Toronto is home to huge variety of entrepreneurs, content creators, activists, and boundary-pushers. One I came upon by chance while scrolling through Twitter is Maayan Ziv, a Ryerson graduate who is looking to make urban life easier for those with physical disabilities. Maayan is the founder of AccessNow.ca, a community based initiative looking to map communities based on accessibility. As she lives with muscular dystrophy, making AccessNow a very personal project.

The concept behind AccessNow is simple and proven extremely effective. Users can go onto the website and 'pin' locations on a map based on their level of accessibility. Locations can be categorized 4 different ways: Accessible, Partially Accessible (Alternative exists + partial access to space), Patio Access Only, and Not Accessible. This allows for an effective city guide to be made, easily showing users where they will or will not be accommodated.

Though it is only in beta testing mode, over 1600 buildings, stores, and offices have been pinned in over 90 cities. Some prominent Toronto venues have been pinned as 'Not Accessible' range from Ryerson Theatre School, to Kinton Ramen's Queen West location. Even Drake's latest culinary venture, Frings cannot escape the scrutiny of the pin, having been marked Not Accessible soon after it's launch.

AccessNow is doing important work in starting a dialogue about the barriers people with disabilities face on a daily basis. Having created this much of a stir with only a beta version released can only leave one curious about the feats that they are sure to achieve once a full version is launched. So I say, get connected Glendon! Pin with fervor, and be part of a community bringing accountability to business owners.



Madeline Della Mora

Societal Beauty: A Reflection



Kaitlin Fenton
Expressions
Section Journalist

We all strive to be beautiful in our own way, even if we never consciously intend to. This can be done in endless ways: by choosing to wear makeup, choosing not to wear makeup, showing some skin, not showing some skin, wearing that nice blouse, ad infinitum. Although there are some societal standards for beauty (such as basic grooming), there can really be no ugliness. Whenever we leave our houses, we are leaving to be beautiful: by our calibre or someone else's.

I realised this when I discussed makeup with a friend of mine. I very rarely wear any, whereas they do quite often. They mentioned how they love how empowered it makes them feel, and how it brings out their best features. "Like a robot!" They laughed, "Parts of me can be upgraded". Initially, I felt pity when they told me it was also to make them feel more beautiful. I wanted to pick up my wonderful friend and shake the powder off their face while reminding them of their natural beauty. I wanted to be *that* friend: the one who preached a makeup free lifestyle as it was "better". I believed that going makeup free set me free of societal beauty constraints. I wouldn't be chained down to a brush and a plate of sparkly dusts. No! They then asked me why I didn't wear makeup and I proudly announced my plethora of reasons: natural beauty, prefer to sleep in, feels more comfortable, and so on. That's when it hit me: I didn't wear makeup to feel beautiful, just as they chose to wear it. Despite my barrier separating us, our core value of presenting ourselves in the best light possible, our need to feel beautiful, shone through radiantly.

How, then, does this translate to us aiming to be beautiful wherever we go? As mentioned, there are different degrees or standards of beauty. We have our own, but there's also expectations set by various groups or structures, such as society, family, friends, and even formalities. Our friends' ideal outfit for a night out is probably much different than Grandma's favourite outfit for you to wear! Alternately, we may feel it's fine to binge watch Netflix in our pajamas, but I wouldn't advise showing up to work in the same attire. Although all of these examples are drastically different, there is nothing to say that one is better than the other. Our friends think we look smoking hot, Grandma thinks we look simply precious, and Netflix loves us no matter what. Personally, we may think that some of these outfits are gross and others are fabulous, but that is simply a matter of individual taste.

Each of our different "looks", of our outfits and ensembles, are how we choose to present ourselves. They are all different forms of beauty, even if society (or even we!) don't view it as such. This may sound cliché, but there really is no ugliness: only variations on style, on allure, and on aesthetic.

Did Somebody Say Summits? A Handy Guide to Current Conferences



Neya Abdi
Issues & Ideas
Section Journalist

Either all the world leaders have been dying to get together or we've just been paying closer attention. Whatever the case may be, it seems each week Prime Minister Justin Trudeau is at another international shindig discussing another pressing matter. Since his election in October he has been or, at time of print, is heading, to the G20 summit in Turkey, the Asia-Pacific Economic Cooperation summit in the Philippines, the Commonwealth Heads of Government Meeting in Malta, and the Climate Change Conference in Paris. Here's a quick rundown of each of these summits. The next time it comes up in conversation, you can pipe up with what city each was held in and then quickly excuse yourself.

Approaches to Predicting Stock Market Behaviour

Abdul Wajid Ishaq
Contributor

For years, economists, scholars, and market analysts have been searching for ways to predict the movement of individual stocks. Chartists and technical theorists believe historical patterns can be used to project future prices while the random walk hypothesis claims that such movements cannot be accurately predicted. What is this hypothesis and how does it analyze stocks? In order to fully understand this theory, we will need to compare it to other popular theories such as the efficient market hypothesis, fundamental analysis theory, and technical analysis theory.

Generally, there are two competing approaches to predicting the movements of stocks – fundamental analytics and technical analytics.

Fundamental analysts act on the belief that the price of a stock is a function of its intrinsic value, which heavily depends on the future potential earnings for a company. The fundamental analysts can determine if the stock's price is above or below its intrinsic value thus we must be wary when studying fundamental factors such as industry trends, economic news, and the company's earnings per share outlook. Comparing a stock's price to its intrinsic value allows the fundamental analyst to predict the potential future direction of the stock's price.

Market analysts that practice tech-

G20 Leaders' Summit:

One of the more well-known summits due to riots and scrutiny over security budgets of host countries in past years, this year's gathering of world leaders took place in Antalya, Turkey. The G20 (short for Group of Twenty) is comprised of the European Union plus nineteen member states including Canada, Russia, the United States, Brazil, and India. The group is tasked with studying the international financial system and ensuring a stable economy for the future. The topics discussed this year included terrorism, the Syrian refugee crisis, and the participation of women in the world economy.

APEC Summit:

Gotta love these acronyms. APEC, which stands for Asia-Pacific Economic Cooperation, is a forum designed to foster economic cooperation and free trade among countries in the Asia-Pacific region. This year's summit was held in Pasay, one of the cities in the Metropolitan Manila Area. The Philippines was left with the burden of playing host in the traditional sense as well as the geographic sense by maintaining the peace amongst its guests due to bad blood between many nations in the regions over China's contested claim to land in the South China Sea.

Commonwealth Heads of Government Meeting:

Talk about a strange reunion. The Commonwealth Heads of Government Meeting, or CHOGM, is a meeting of states who once boasted the fun designation of "part of the British Empire". This group of 53 (G-53 just isn't as catchy as G-20) meets every two years to discuss topics pertaining to current world events in an effort to find solutions. You know, the usual. No one ever announces a meeting to discuss world domination; a press release like that would be most refreshing. This year, the Commonwealth of Nations come together in Malta with a special appearance by our payday gal pal, Queen Elizabeth II.

Paris Climate Change Conference:

The Paris Climate Change Conference, or if you feel like being impressive, the United Nations Framework Convention on Climate Change, will be held, you guessed it, in Paris, France. The hope is that the delegates will leave the party with some sort of formidable global agreement solidifying pledges for dramatic action against climate change, particularly in regards to greenhouse gas emissions. Some are optimistic while others are quick to remind us of that fun climate joke in which hell freezes over.

nical techniques believe that historical movements of a stock's price can be used to predict future price direction. Using methods such as charting will examine the sequence of upward and downward movements for a stock. These patterns of movements allow the technical theorist to chart what they believe will be future movements for the stocks they are examining.

Another theory we can overlook to better understand walk hypothesis is the efficient market hypothesis (EMH). Subscribers to this theory believe the price of a stock reflects all publicly known information about a company. In fact, individuals subscribing to what is termed the "strong" EMH believe that stock prices also reflect what insiders know too.

Since public and private information concerning a company is instantly reflected in the market price of a stock, it's impossible for an investor to achieve "excess" returns. The principles of the random walk hypothesis are consistent with those of the efficient market hypothesis.

Finally, the random walk hypothesis states that prices of stocks cannot be predicted. The stock market is "informationally efficient." The people buying and selling stocks consist of a large number of rational investors with access to this information. While long term prices will reflect performance of the company over time, short term movements in prices can best be described as a random walk.

While the random walk hypothesis can trace its roots to 19th century mathematicians, today's theory can be attributed to Eugene F. Fama's doctoral dissertation, "The Behavior of Stock-Market Prices," published in the *Journal of Business* in January, 1965 along with the non-technical publication "Random Walks in Stock Market Prices." In 1973, Burton G. Malk-

iel of Princeton University followed up with the bestselling book "A Random Walk Down Wall Street."

Since the random walk theory is based on an efficient market, historical patterns cannot be used to predict future movements in any kind of meaningful way. At any one point in time, the movement of a stock is random.

The random walk hypothesis has been proven through a number of empirical studies and tested through examining real data by researchers such as Fama and Malkiel where they have found no correlation between successive price changes. In other words, the next movement of a stock is completely independent of its prior movements. In fact, Malkiel would go on to state the movement of the stock market, as well as individual stocks as being just as random as flipping a coin.

The random walk hypothesis has some practical implications for investors. For example, since the short term movement of a stock is random, there is no sense in worrying about timing the market. A buy and hold strategy will be just as effective as any attempt to time the purchase and sale of securities.

When investors buy stocks, they usually do so because they believe the stock is worth more than they are paying. In the same way, investors sell stocks when they believe the stock is worth less than the selling price. If the efficient market theory and random walk hypothesis are true, then an investor's ability to outperform the stock market is more luck than analytical skill.

A Full Circle in My World of Chiropractors

Dr. Nana Barnes
Contributor

Back in 2002, when I enrolled at the University of Western Ontario, I assumed I would somehow find my way into the healthcare field. Now Western is called Western University. Different name, same story. One year into undergrad I knew I definitely wanted nothing to do with needles, pills or surgery. In fact, I really disliked my genetics class and as for biochemistry well that was a means to an end...different story. By year two I no longer had a clear idea which branch of healthcare I would be applying for.

One day I was in the student centre as usual, enjoying my favorite hobbies; talk, food, and reading. I did not have a cellphone at the time. My future chiropractor was opening a clinic up in the student centre, downstairs, beside the pharmacy. What is a chiropractor? Seriously, until then I had never even heard of the word. Well, he asked me to come in for a free consult. Umm yeah...of course I did. Needless to say, my sessions with the chiropractor were successful. He helped with the back pain I was experiencing. And I was so impressed I asked him to guide me for the next two years as I worked on my application for chiropractic school.

This story came full circle now as I am now the chiropractor, setting up shop at a tertiary institution. Thankfully it is at a beautiful campus with such scenic views out my office window. Don't hold it against me that I am not an alumni of York. Still, have you ever had a case of Déjà vu? I have one every day that I

come to the GAC, and it is the nice kind. Trust me.

Some of you have already heard of the GAC. The oldies call it the lower campus or *Glendon's best kept secret*. The GAC has some pretty sweet services available to the students and staff of York U. Recently, they decided to boost their health and fitness services by including therapy. So there was a physiotherapy clinic that opened and now a wellness centre has opened as well. Cornerstone Health and Wellness is located beside the membership desk on the 2nd floor. You can't miss it.

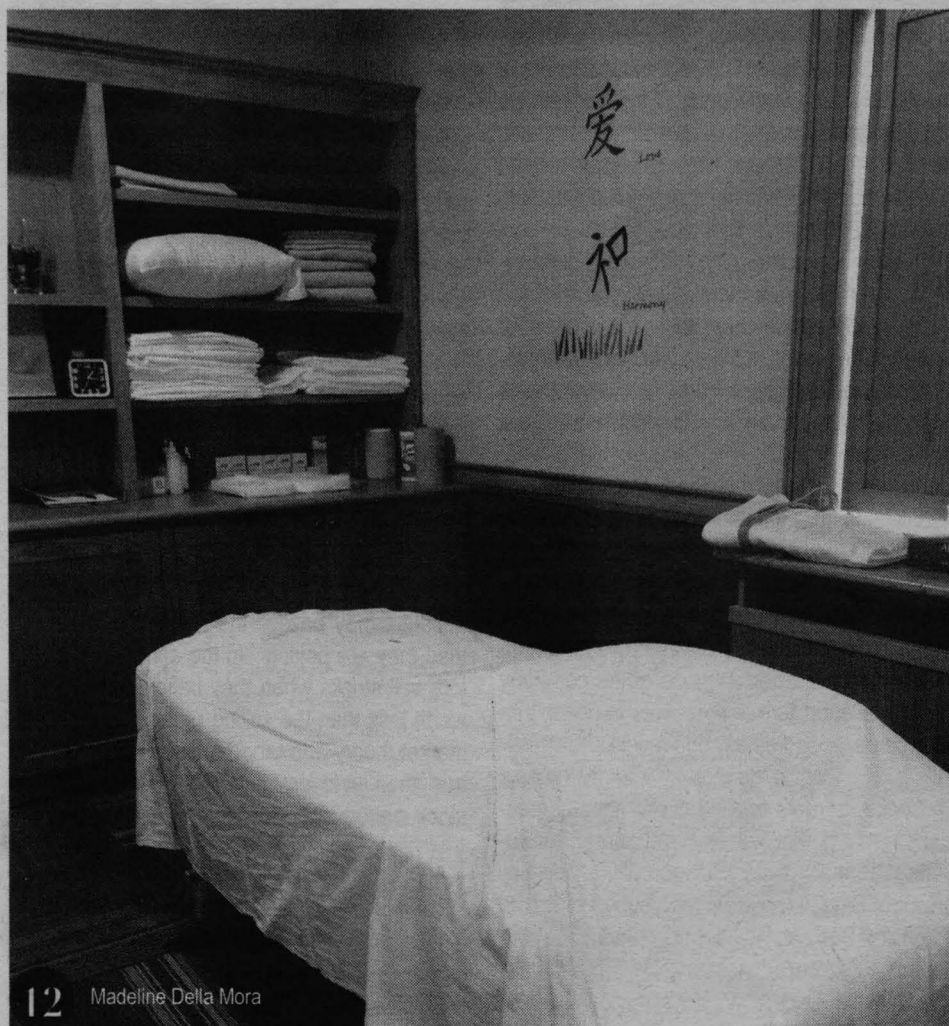
Health is important but wellness is the true state of health. To be in a state of wellness you should strive for physical, emotional and mental wellbeing. To excel at YorkU, you need focus on clarity. If your lifestyle involves walking, standing, sitting, or even running, you should come and see us. If you have exams to write, assignments and projects to review, complete or grade then you should give us a call. If you love to dance, work out or play sports we might have treatment and perhaps some gear for you as well. I heard exams are coming up so why not de-stress before or after our favorite pastime...EXAMS!

At Cornerstone we address the aches and pains of your life so you can be in a state of wellness, thereby positioning yourself for success. At Cornerstone we help you achieve and maintain your own distinctive state of wellness. Our services include acupuncture, chiropractic and massage therapy. All our practitioners are registered, licenced and in good standing with their regulatory organizations. All of our practitioners are experienced, up to date, discreet and professional about addressing your needs.

Come for a free consult. Ah, la vache! I almost forgot. If you are a student or a senior, we have a 20% discount with your name on it. So... Umm... free consult... of course you should!



Madeline Della Mora



12 Madeline Della Mora

CORNERSTONE
HEALTH AND WELLNESS CENTRE
Rejuvenate, Restore, Educate

DR. NANA Y. BARNES DC

2275 BAYVIEW AVE
GLENDON COLLEGE, PROCTOR BLDG RM 205
TORONTO, ON. M4N 1J8

nybarnes@cornerstonewellnesscentre.com

416.487.6736

Madeline Della Mora

Have a HAPPY, HEALTHY HOLIDAY

Laura Crook
Contributor

The holidays are quickly approaching and so is the fear of dat a\$\$ not fitting in dem levi's come January first. So whether you're going home for the holidays, going on a cruise to the Bahamas, or staying in the 6ix to see Hardwell on the 26th, here are some tips to stay the same ol' wonderful you.

Stay sane: The first step to a healthy body is a healthy mind. Make sure you are still having a little me time during the holiday commotion. Sometimes, going home for the holidays is less than a vacation. Find some way to keep yourself relaxed and reboot your mind before winter term begins. Have a bath with some wine, blast some soca and have a dance party in your prettiest panties, or go for a walk! Do whatever makes YOU happy.

Stay active: Being active does not necessarily entail going to the gym and getting your flex on. Some fun ways to be active are going out dancing! Did you know that a night out dancing can burn up to the same amount of calories burnt in a 5 km run? Personally, I love to burn it off at hot yoga. Not only do you sweat out all your toxins; but you strengthen your body and your mind. Download a month ab buster, butt burner or leg toning schedule and stick to it. Do some squats and some push-ups while you watch a movie with bae.

Just say... 'it's not the weekend': Holiday treats, drinks and defeats. Don't let extra temptations defeat your soon-to-be New Year's resolution. Imagine the simplicity of your resolution if you didn't have an extra 10 pounds to lose that were gained. Don't get me wrong, holidays are about indulgences, but to an extent. The easiest way of defeating the temptation is to set a goal. Whether you pick odd days, only the weekends or only Fridays, pick which days you will indulge. This way, you have no reason to say yes to every treat tray and holiday cocktail coming your way. Your mom might sass you for not eating all the cookies and squares you baked, but your jeans will thank you.

Detox yourself: No, I don't mean buy that Instagram tea or go on a juice cleanse. I mean, eat a salad, drink some water, or substitute your cereal for a green smoothie. You'd be amazed of the metabolism boost your body will initiate when you put some veggies in your stomach. Remind your body that you haven't completely lost all self-control and eat some celery with your pizza on New Year's Eve!

Set a goal, or 14: Make yourself a list. Check that shit off! Having even one goal to staying healthy over the holidays is better than nothing. So whether you plan on getting gucci'd every weekend to burn off the Quality Streets, or you plan on getting your bubble butt on with a monthly squat challenge, write it down and then, check it off.

Eating healthy in the winter without breaking the bank:

Vous ne devez pas choisir entre l'argent et la santé



Kaitlin Fenton
Expressions
Section Journalist

Winter is always a tough time when it comes to healthy living: between holidays, exams, and the usual December munchies (yes, it's an actual thing!) it's easy to fall into unhealthy eating patterns. Combined with potential loss of funds from gift shopping and the myth that healthy food is more expensive; students are often left feeling trapped to continue eating food that is high in sodium, fats, calories, and low in nutrition.

Je ne suis pas ici pour vous donner des recettes. Lorsque c'est bon en théorie, c'est pas faisable pour tout le monde. Pas chacun de vous aimez les memes repas, il y a des aller-

gies et restrictions dietetiques, et cuisiner n'est pas une possibilite pour toutes! Je vous donc presenter des petits trucs pour vous aider avoir une regime alimentaire saine.

1. When grocery shopping, look for unprepared foods: canned foods packed in water or even frozen! When buying fresh foods the cost tends to be a little more expensive than frozen or canned, though fresh produce usually stretches farther and can make more meals. Most fresh produce can also be refrigerated or frozen to increase shelf life, allowing for several days of food to be planned out at once. It's also important to note that many grocery stores have discount fruits, vegetable, and even meat areas: these are either bruised, close to expiry, or are too unattractive to sell.

2. Visitez la banque alimentaire chez le Centre des Femmes et des Trans de Glendon ou la banque alimentaire YFS. Ils existent pour nous! Il y a aucune honte d'y aller. Plusieurs etudiantes des situations financières tellement different y vont, et c'est d'accord! Plein de nourriture végétalien, sans gluten, sain pour allergies, et plus, c'est gratuit et parfait pour les repas et collations sain pour le corps et portefeuille.

3. Make a meal plan and stick to it. It may sound silly, but having it written down will help keep

you on track because it's something tangible. Knowing exactly what you'll be eating can help with budgeting, but allows you to be more conscious of what's going inside your body. Furthermore, meal plans may reduce eating out because you then know what yummy food you have to eat!

4. Amenez vos propres collations. Lorsque c'est vrai que les acheter est plus pratique, c'est aussi plus cher. Quand vous amenez les collations de vos maisons, vous savez exactement les ingrédients et l'information alimentaire.

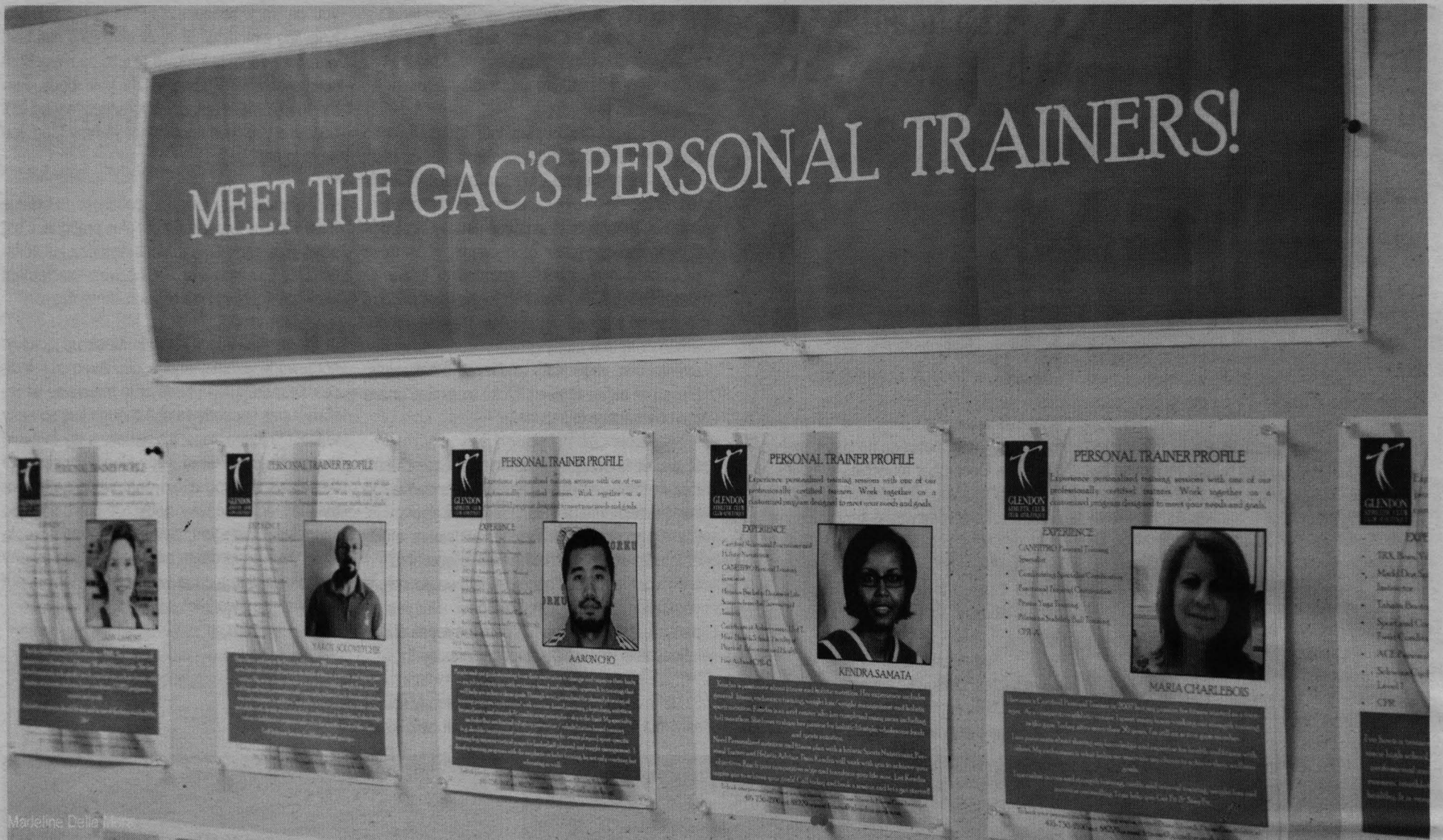
In the winter, things tend to stack up quickly: homework, exams, and snow. Avec ces indices, j'espère que la dette et la mauvaise santé n'aient pas sur cette liste! Although it is so easy to fall into these traps, it's equally easy to avoid them with just a bit of work. Hopefully some of these tips will you avoid debt while getting or maintaining a healthy body without being too intensive. I hope you have a great winter break, et on vous verra dans l'an nouvel! If you try any of these tricks, please write to Pro Tem about how well they worked!



Tori Ramsay



Tori Ramsay



My Life with Earl: Working with a Personal Trainer at the Glendon Athletic Club

Amanda Sartori
Student Life Coordinator, Office of
Student Affairs
Coordinatrice de la vie étudiante,
Bureau des affaires étudiantes

I had made a list of elements that I wanted in personal training sessions. I wanted a non-competitive environment, a trainer who was willing to modify exercises and to find alternatives, and a relationship with my trainer in which two-way communication could happen. I had thought about how I wanted to construct the experience, how I wanted to approach training sessions, why I wanted to do them, and what I wanted to get out of them. I was nervous about starting.

J'avais déjà eu deux bons entraîneurs personnels dans le passé, mais malgré ces expériences agréables, j'étais nerveuse. Cette fois-ci, c'était différent. This time was after Earl became Earl. Let me explain...

Earl is the name that I jokingly gave my lower back injury. Naming the injury has made it easier to talk about, easier to cope with, and easier to incorporate as part of my life. It's also hilarious to start a conversation with my Chiropractor: "Earl is being a pain-in-the-butt this week", or "Earl has actually been

pretty delightful this month", or "I'm really not sure how Earl is doing..." It's the small things, really. This reflection is kind of about Earl. Actually, it's all about Earl. Since Earl became Earl, any exercise that I do is about Earl.

Pendant les deux dernières années, j'ai appris comment comment mieux protéger le bas de mon dos. Le chiropraticien que je vois régulièrement me montre des bons exercices pour les abdominaux.

She's my go-to with questions about what exercise I can pursue next. Remembering the elements that I wanted in a personal trainer, I spoke to a few friends and colleagues about their experiences. The more conversations I had, the more I felt confident in my decision, so I chatted with Aaron Doupe, the Director of the Glendon Athletic Club, about which personal trainer would best suit my style and needs. I'd also been interested in Nutrition Counselling for some time, so Aaron recommended Kendra as a personal trainer.

I booked my first session with Kendra bright and early on a Saturday morning. You know those people you encounter that make you feel immediately comfortable? That was my first meeting with Kendra and my nerves began to melt away. She was calmly enthusiastic, patient, and understanding – exactly the vibe that I needed. I had prepared for our session by going through a mini-speech in my mind to explain my injury. When we began chatting, I felt myself become more comfortable and I opened up about my injury. Since Earl became Earl, I've had to re-think and re-learn much of my physical activity.

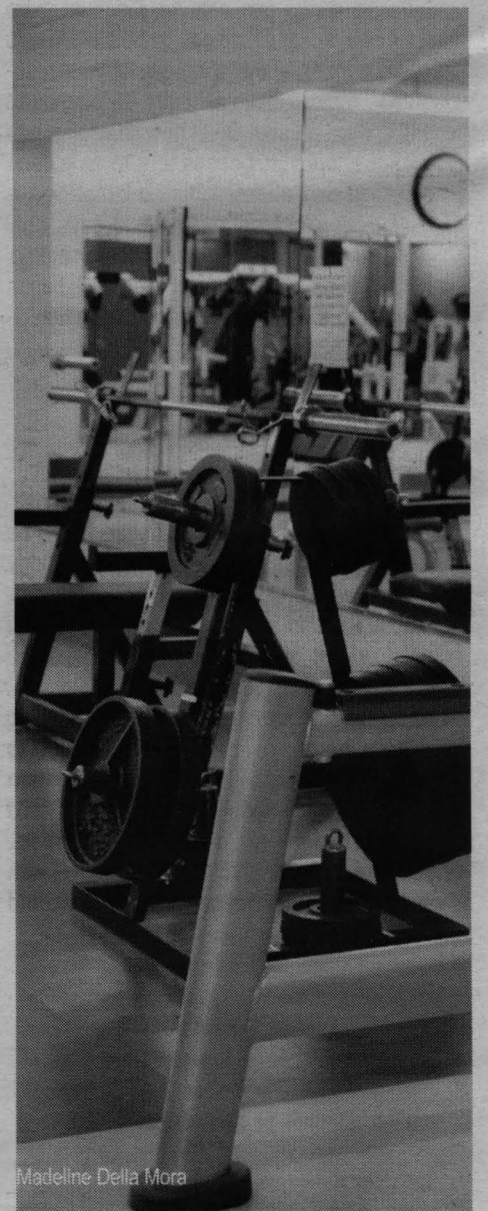
J'ai du apprendre de nouveaux ex-

ercices et éliminer mes anciennes habitudes. Kendra et moi avons passé beaucoup de temps en parlant de mes objectifs. In our sessions, we work on proper form for each exercise that we do, we practice when and how to breathe when exercising, and increasing flexibility. There have been some exercises that Earl was just not interested in. This is where my nerves came back. When I told Kendra that certain machines didn't feel supportive for my lower back, she said OK and we talked about alternative exercises. She understood my needs and I couldn't be more appreciative.

We start all of our sessions with a warm-up, this is when we get a chance to chat about my workouts outside of our sessions and each time Kendra drops so much knowledge! We talk about the value of warming up and what a well-fuelled body can accomplish. We talk about different sets of muscles and how different exercises work different muscles. We talk about what I should feel during and after performing certain exercises. Information is such a motivator for me, it keeps me wanting to explore.

Those nerves that I felt before starting the personal training sessions have all disappeared. Kendra has made my experience positive. We train in a non-competitive environment, we communicate, and she's been great at finding alternative exercises to support my body.

Pour plus d'information sur l'entraînement personnel au Club athlétique de Glendon, veuillez visiter le Club ou consulter ce site web <http://www.glendon.yorku.ca/gac/paid-programs/fitness/personal-training/>



Madeline Della Mora

Rediger? Help! to Sophie P. my muse ESL/FSL

Tristan Castro Pozo
Contributor

Je ne veux pas être désagréable,
c'est la vie mon amie...
We amuse speaking in tongues...
languages pâles que nous parlons
Whenever I cannot find the correct words,
we switch from ESL to FSL
She's my pen friend and my broken pencil
too...
Mon amie flirte avec moi les règles du verbe «
to be »
Plus je les utilise, moins je les comprends.
Je crois que je les comprends,
mais je ne sais pas comment les utiliser...
ESL est plus difficile pour les orphelins de
l'esprit,
FSL pour ceux qui ont l'âme paralysée
like a cyanotic firefly or a calamine ceiling
Sophie knows how to conjugate...
le troisième groupe de verbes,
mais elle n'a pas dit si elle m'aimerait sans
/looking up the dictionary/
Je dois suivre ces accords verbaux
qui me sont articulés par la vie.
The Sunflower spins faster in FSL than in
ESL...

Dear Disappearing



Camille Slaght
Assistant French Editor

Hollow bones won't hold you up much longer.
The softest fabrics can't conceal your edges,
sharpened by your own knife. How deep you dig
into the ground with no intention to return.

Islands, once adjoined, are sinking in the sea
with all the memories that you shared.
Distance from the crowd brings but solitude.
Blank spaces beckon to be filled with your
velvet
voice. No sound from your lips, no word is
wasted.

Undesirable writes itself upon your back by
hands
you'll never shake. They cannot decide your
fate.
Reclaim the skin you let them take from limbs
you didn't have time to love.
Won't you realize that their eyes
are not as harsh as your own?

Silence reigns in your tiny chest, soon too tired
to rise. You've decided to punish yourself
by feeding off hunger.
There can be no petals without stems.
You've forgotten how much you like sunflow-
ers.
I'll try to remind you.

Whispers in the Dark

Alex Frankcom
Contributor

The winds howl fiercely outside; a storm is
coming. The man sits inside in the dark, wait-
ing. Waiting for the right moment. He stares
bleakly out of the window watching the leaves
dance in the gusts. Footsteps approach from
behind him but he doesn't move. He doesn't
look back to see who it is, he doesn't even
blink. The time has come.

He reaches down to the table and
grabs his brandy. Slowly, he turns around to
face the other person.

"Who is this man?" the woman in the
doorway thinks to herself. "He seems like such
a mystery. I don't understand why I was hired
to do this."

He walks slowly in her direction. The
woman doesn't know he has a blade resting
against his forearm. A blade...with her name,
and soon-to-be blood, on it.

"I've been expecting you for some
time now, madam. What took you so long?" he
says, barely louder than a whisper.

"How could you have been expecting
me? You didn't even know I was coming," she
replies.

"I've known for a while that they'd
send someone. It's no coincidence that they
would send you."

She lets out a slight chuckle. "You
think you know but you truly don't," she says.
She prepares her weapon, anticipating having
to move quickly.

"Is that so? Then tell me, why do you
have a throwing knife at the ready?" he slyly
replies with a smirk on his face.

"How could he know that!? It hasn't

even reflected any light from the windows!"

"You see, I do know. I know a lot
more than you think...Aila."

Her name resonated as a distant
crash of thunder breaks. There's no way he
could have known her name.

"How is this possible?"

She freezes as he slowly walks
closer toward her. He allows the blade to drop
into his hand. "Let's make this quick with as
little mess as possible, shall we?"

He lifts his arm and starts moving
more briskly. Aila snaps out of her daze and
darts her eyes, following his movement. Within
seconds he is almost close enough. She grips
her knife carefully waiting for the right moment.

He darts to the left, moving swiftly...
like an assassin. She turns her head and
throws her blade at him. In an instant, he is on
the ground: the blade protruding from his eye.

"They never know, despite what they
think," she mutters to herself. She adjusts her
coat and turns to leave the manor. "You almost
had me there, Dmitriy. But you give away too
much in your body language. Consider this
payback for what you did to us."

She silently floats out of the room
and eventually, the manor. Aila's mission was
complete. Stepping outside, a loud crash of
thunder breaks the silent night air. It's almost
like the gods are applauding her.

She walks quietly into the night, not
even second-guessing what had just trans-
pired. "Dmitriy had it coming. He thought he
could desert his family without consequence?
HA! Traitors are the worst," she thought.

As the rain begins, she keeps walk-
ing in silence. She disappears into the night...
waiting for the next call. One job is done, but it
doesn't mean she can rest.

There is always more to be done...

A Rendition of Love

Gulsvvert Dela Cruz
Contributor

Love is...

What is it really?
An emotion to feel, or
A truth to realise, or
Just an impulse waiting, for
The right response.
If anything,
Does it mean two people
Becoming one as souls entwined?
Or as two becoming ten
Dreams and hopes for time?
Does it ask for your soul
To reside in another?
Does it claim your heart
In promise of a future?
I think maybe, just possibly
Love is
The surrender of two hearts
The laying down of two souls
The intertwining of two lives
To become not one, but two
new souls which choose, willingly,
to hold another's hand, heart, mind, and soul
through the dusk and dawn of each day,
not waiting as one chained to a rock,
but striving
as two walking towards
the future with things seen and unknown,
and in patience, growing.

I admit to truth:
I can never truly define love.
Of course as is the truth,
Love defies the concept of definition,
but creates itself a rendition from the human
soul.

Le stylo volé: Chapitre 4, la conversation

Stéphanie Mak
Contributor

À midi, les détectives sont à la cafétéria pour
rencontrer Étienne. Après avoir acheté leur re-
pas, elles s'approchent d'Étienne, qui est assis
dans un coin de la cafétéria avec des écouteurs
dans les oreilles.

— Salut, Étienne, dit Michelle d'un air heureux.
Pouvons-nous te rejoindre?

Étienne hoche la tête et retire ses écouteurs.

— Bien sûr, répond-t-il. Vous allez bien?

Les deux filles ignorent la question, et sortent
les stylos qu'elles ont trouvé hier après-midi. Étienne a l'air étonnée et reste en silence.

Comment ont-elles trouvé les deux stylos?
— Voudrais-tu nous expliquer pourquoi on les
a trouvés dans ta chambre? demande Michelle
sérieusement.

— Quoi! Vous êtes entrées dans ma chambre
sans permission? s'exclame Étienne furieuse-

ment.

— Répond à la question, dit Sophie.

Étienne y pense pendant un moment. Faudrait-
il leur dire la vérité? Les filles attendent avec
impatience. Elles ont peur qu'Étienne leur de-
mande pourquoi ces stylos les intéressent tant,
mais elles ne désirent point révéler l'existence
des deux fantômes. Un sourire mystérieux ap-
paraît sur le visage d'Étienne, et enfin, il parle :
— Tout d'abord, dites-moi pourquoi vous vous
posez tant de question sur mes stylos.

— Étienne, nous n'avons pas le temps de dis-
cuter! Il faut que la propriétaire récupère son
stylo au plus tôt que possible! répond Sophie.

Étienne retombe dans le silence. Il n'a jamais
vu Sophie aussi fâchée et il ne comprend pas
pourquoi les stylos l'intriguent autant.

— La propriétaire? De quoi parlez-vous? Com-
ment savez-vous que les stylos ne m'apparti-
ennent pas?

Sophie se tourne vers Michelle comme pour lui
dire que c'est son tour de parler.

— Bien... commence Michelle avec hésitation.
Nous savons que tu as volé le stylo puisque
c'est la propriétaire du stylo qui nous l'a dit. On
veut savoir la raison pour laquelle tu possèdes
ces styl-

— Euh, un moment, interrompt Étienne. Vous

pensez que j'ai volé les stylos? Ça, c'est sûre-
ment une erreur parce que je ferais jamais ça.
Alors, c'est la propriétaire qui vous a raconté
cette bêtise? Laissez-moi parler avec elle.

— Je ne pense pas que tu veuilles la rencon-
trer, dit Michelle.

— Et pourquoi? demande Étienne. Qui est-elle?

— C'est un fantôme, explique Sophie. Con-
nais-tu Mme Wood?

Étienne regarde Sophie avec des grands yeux.
Ça doit être un mensonge. Comment les filles
connaissent-elles Mme Wood? Ou plus pré-
cisément, son fantôme!

— Ah oui? demande Étienne heureusement.
En fait, ça sera un plaisir de la rencontrer.
Dites-lui de me rencontrer au manoir demain à
20h00.

— Et qu'est-ce qui te fait croire que Mme Wood
veut parler avec toi? demande Sophie.

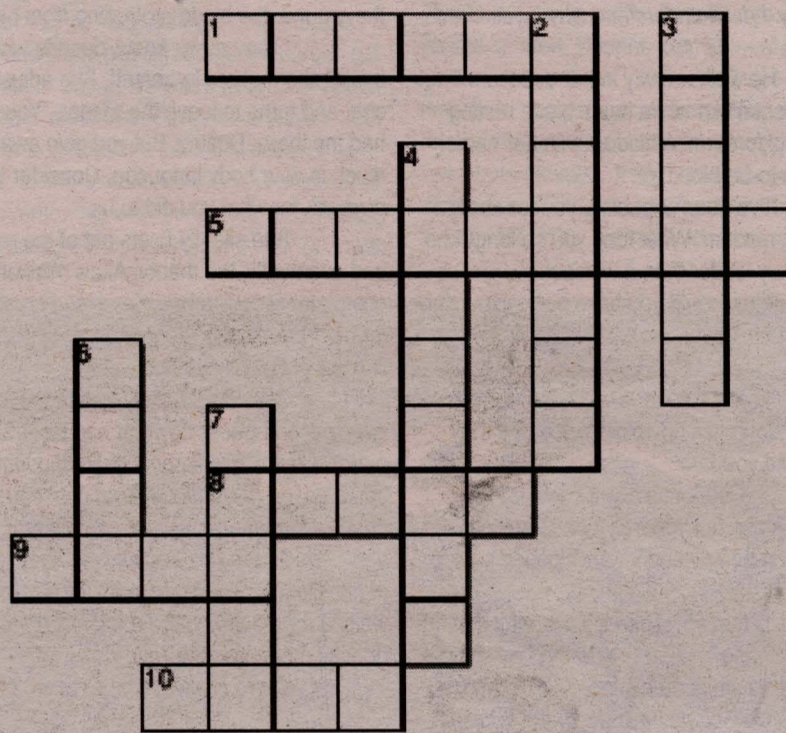
— Fais-moi confiance, Sophie. Elle veut con-
naître la vérité, n'est-ce pas? dit Étienne en
quittant la cafétéria.

— Oh non! Il a pris les stylos avec lui! remarque
Michelle.

— Ne t'inquiète pas, Michelle, dit Sophie. Il va
les apporter demain.

pro tem

Stressbuster Crossword!



Horizontal

1. Glendon's bilingual paper
5. Metropolis: A new app designating if a public place is disability accessible or not
8. Arts: A review on what singer's new album?
9. Health: The name given to a back injury
10. Issues: Random ____ theory

Vertical



2. Arts: '_____ Daddy'
3. Campus: A last ditch way to pass the time while commuting
4. Health: Making this plan may help reduce eating out
6. Expressions: The woman's name
7. Issues: The Commonwealth Heads of Government Meeting took place in this country

Helpful Hints:

- No spaces in between words;
- All answers are to be found in this issue's articles--time to go hunting!
- All answers will be revealed in Issue Six

Rappel: Pro Tem is giving away free Pro Tem Swagskets to two GL students who submit an article for one of our upcoming issues. One prize for non-fiction, one for creative writing. Submit an article to editor@protemglendon.com before **January 4th** for a chance to win!

Website: www.protemgl.squarespace.com

-  Pro Tem
-  @protemGL



NOTRE VOIX
NOTRE HISTOIRE