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September 27, 2019

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NOTRE VOIX  
NOTRE HISTOIRE



## The SCI: Failing Students and Lining Government Pockets

Kaya Harris-Read  
*Chief of Operations*

The beginning of this academic year saw the implementation of the SCI (Student Choice Initiative) which allows students to opt-out of certain university fees deemed “non-essential”, resulting in an uncertain future for Glendon’s levy organizations that fall into this category. Beyond simply existing, the way in which the SCI is structured undermines organizations in more ways than one. One of the biggest challenges for organizations in light of these changes is financially preparing for the year while being left in the dark with regards to their funding. Despite tuition being due on the 10th, the opt-out period did not conclude until the 18th, meaning that up until this date, organizations had no concrete way in which to prepare for

the year. The SCI is unprecedented in Ontario universities, and so even, generating an estimate is based solely on guesswork.

Marie Gomez, a manager at Radio Glendon, expressed to us the concerns she has for her organization, stating: “I’m not really so stressed about how much money we end up with, but I just don’t like how it’s going to force us to have to lower our service or be picky with what we do.” This is the situation that Glendon’s levy organizations are facing, and it’s not the only uncertainty. After the opt-out period came to a close, select members from each organization were given access to a list of the students who opted-in to their fees. This raises the question of whether student organizations will continue to operate as they have in the past, or if the list will encourage a

form of gate-keeping. Should opting-out of a fee block those students from accessing the services that organizations provide, or are the organizations which were created to benefit the entirety of the student body obliged to carry on doing so, despite who opted-in or -out? Gomez commented on this issue, saying: “we don’t want to deny our studio to people because we want them to use our space, but if they opted-out, that’s really not fair to the people that did stay opted-in.” As of right now, it remains unclear what organizations will decide to do regarding the lists.

Another twist to the SCI — one which was not revealed to organizations until the 12th of September — is the introduction of the Harmonized Sales Tax (HST) on “non-essential levy”, which is levy that goes towards organizations

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## About Us

Pro Tem est le journal étudiant du collège Glendon. Publié pour la première fois en 1962, c'est la plus ancienne publication de l'Université York.

Opinions published in Pro Tem are those of the individual writers, and do not reflect the views of the publication as a whole. We will not print copy deemed racist, sexist, homophobic, or otherwise oppressive.

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.

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To see past editions of Pro Tem, please visit our website: [www.protemglendon.com](http://www.protemglendon.com).

Be sure to follow us on Facebook for reminders about upcoming deadlines and events:  
@ProTemGL

### Welcome back, Glendon!

I am humbled to address you all today to announce our first issue of the 2019–2020 academic year. To be a part of this newspaper and its rich history in the 58th year of its operation is a responsibility that I do not take lightly. I am excited to offer you an engaging first issue with something for every reader. You will find political updates, opinion pieces, rich prose, campus news, and events in the city, among other things. With your contributions, Glendon, I hope to offer you increasingly exciting issues of the paper throughout the year to take into your classrooms and homes.

Vous remarquerez qu'il y aura des changements cette année. Les changements notables incluent un Instagram officiel, un nouveau format et des publicités à l'occasion. Des publicités seront introduites progressivement en réponse aux risques financiers et opérationnels imposés à Pro Tem par l'Initiative de la liberté de choix des étudiants. Afin de pouvoir continuer à fournir aux étudiants une plate-forme sociale précieuse pour exprimer leurs pensées et leurs angoisses, nous es-

pérons compléter notre budget en utilisant des publicités et des dons. But of course, the necessity of such decisions is predicated upon the degree of support offered to our organization by our fellow students. We hope that you see the immense value of the service we provide, and the immense value of your voices when you write for us.

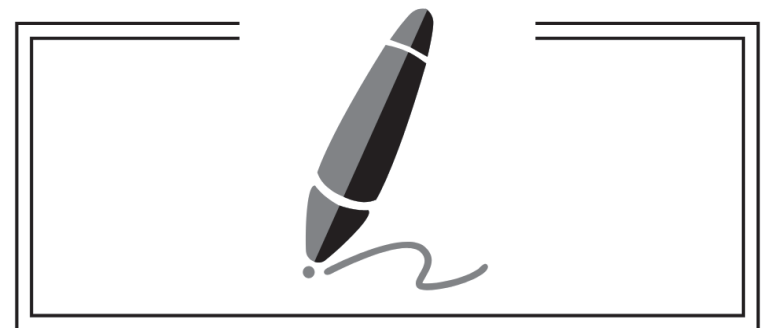
Audrey Lorde once said: "I was going to die, sooner or later, whether or not I had even spoken myself. My

silences had not protected me. You silences will not protect you." Cette année, j'espère que chacun d'entre vous utilisera votre temps limité à bon escient et choisira de profiter du pouvoir que vous détenez. J'ai hâte de lire vos articles cette année, comme toujours.

À bientôt,

Amanda Sears  
Editor in Chief

Avez-vous des opinions? Aimez-vous écrire?  
We want to hear your voice!



Envoyez-nous un courriel à  
editor@protemglendon.com



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**Anike Morrison**  
Expressions

## Un nouveau départ pour le GAN : entre diversité et promotion culturelle africaine

### Glendon African Network

*Pourquoi l'association a-t-elle été créée ? Quelles ont été les motivations des pères fondateurs ?*

Le Glendon African Network (GAN) a été créé par Stephan Abara et ses compatriotes africains lors de la prise de conscience d'un fait évident : la communauté africaine à Glendon est une minorité. Minorité qui ne semble pas similaire sur l'autre campus de l'université York situé à Keele. En effet, nous constatons qu'il y a la présence de multiples associations culturelles et, plus spécifiquement, africaines sur l'autre campus qui a permis une ouverture d'esprit et la mise en place d'événements multiculturels.

L'idée de créer une association africaine à Glendon a commencé en 2006, lorsque Stephan venait tout juste de commencer l'université à Glendon. Après plusieurs réflexions avec ses amis africains, ayant la même volonté de voir propulser la promotion de la culture africaine, c'est en 2007 que l'idée du "Glendon African Elite Club" se mit en place. Après plusieurs hésitations quant aux objectifs et aux valeurs de l'association, un nom fut adopté : Glendon African Network (GAN)

L'objectif principal de l'association étant d'avoir un réseau réunissant les étudiants africains afin de discuter,

promouvoir et développer sur les questions primordiales liées à la culture, à l'économie et à la politique africaine. De fil en aiguille, ce réseau est devenu une association officielle, par et pour les étudiants africains et africanophiles, permettant une facilité à la prise en conscience des défis présents sur notre continent. Désireux de créer une nouvelle vision de l'Afrique sur le campus, Stephan avait qu'une seule idée en tête : rassembler les étudiants autour d'une table ronde afin d'interagir avec le monde.

Après avoir terminé son Bachelors en science politique et études internationales en 2009, Stephan a poursuivi ses objectifs avec des projets de plus grande envergure. En 2012, il a publié son premier ouvrage : Anthology of African Poetry dans lequel il rassemble plusieurs poèmes africains prônant notre diversité culturelle.

*Quels sont les objectifs du GAN pour l'année 2019-2020 ?*

L'objectif du GAN pour l'année 2019-2020 est de toujours suivre les traces du père fondateur, tout en mettant l'accent sur des projets novateurs. Tout d'abord, nous avons pour premier but la diversité culturelle. De ce fait, nous aimerions réunir des étudiants africains et africanophiles intéressés par les affaires africaines au collège Glendon en participant à la promotion des différentes cultures africaines. Notre second objectif est d'encourager des activités et des événements liés à la culture africaine qui amélioreront l'expérience universitaire de ses membres, dont des débats politiques, économiques et socioculturels. Notre dernier objectif demeure l'encourage-



Tyra Pryce

ment des activités académiques culturelles et intellectuelles de ses membres et de l'université, dans un cadre dynamique et bilingue. L'Afrique fait souvent face à certaines situations assez critiques, d'où la volonté du GAN est d'accroître la prise de conscience des problèmes pertinents concernant notre continent, dans la communauté de Glendon et au-delà. Cette prise de conscience engendra un engouement lors des débats sur ces points importants qui touchent l'Afrique. L'intégration des étudiants africains dans un nouvel environnement est difficile, raison pour laquelle le GAN a jugé bon qu'il soit bien d'accueillir et assister les nouveaux étudiants africains à Glendon. Il est primordial pour l'association d'être le lien entre les étudiants africains et la communauté en général.

De la semaine francophone au Black History Month, nous vous réservons plusieurs surprises!

*Intéressée par le GAN ?*

Tu es intéressé par la culture africaine ? Tu tiens à participer à la prise de conscience des richesses du continent africain ? Que tu sois francophone ou anglophone, l'importance est que tu sois intéressé par les cultures et traditions africaines. Nous t'invitons à nous envoyer un courriel afin de te rajouter à notre liste de membres. Le GAN a beaucoup à offrir d'un point de vue personnel, culturel et rationnel.

glendonafornetwork@gmail.com

Have you changed your major since starting at Glendon?

YES  
42%

NO  
58%

Pro Tem Instagram Poll: @ProTemGlendon

Is there anything you wish you had known going into first year?

Is there anything you wish you had known going into first year?

That teachers are open to listening to you and offering accommodations when needed

@fatoubalde

Is there anything you wish you had known going into first year?

Getting good grades is important, but so is making memories and prioritizing your own health!

@ggiordan\_

Is there anything you wish you had known going into first year?

I wish I knew not to be so scared and to be more confident in my work abilities

@alysawinder

Is there anything you wish you had known going into first year?

NEVER BUY NEW BOOKS!

@mackenzien308

## The SCI: Failing Students and Lining Government Pockets (cont.)

whose services were deemed non-essential. The HST will apply to any organization whose combined non-essential levy and non-levy revenue exceeds \$50 000. This is in contradiction with a posting on the Canadian Revenue Agency website under the heading GST/HST Information for Non-Profit Organizations. The website states that non-profit organizations may receive transfer payments, which includes contributions, and when these payments are made in the public interest or for non-profit purposes, the Canadian Revenue Agency does not regard them as a payment for a supply. In other words, if there is no direct link between the payment you receive and the supply you provide, the transfer payment is not subject to the HST.

The university's organizations deemed non-essential operate as non-profit organizations. This is how they are defined in the letter sent to these organizations outlining the parameters of the HST. The levy that students pay to the organizations they are opted-in to falls into the category of a transfer payment not subject to the HST, since there is no link between paying into the levy and being provided a service by that organization. For example, I am opted-in to all the non-essential fees, but that does not mean that I am necessarily going to benefit directly from the services they provide. I don't anticipate needing legal advice, however I am paying into the levy for CLASP. This same logic can apply to any of these organizations, as there are none that offer direct services to students who pay into their levy. Rather, students pay into the levy which allows the organizations to exist, and because

they exist, students can seek out their services. With this considered, it is wrong to apply HST to levy revenue.

Moreover, when put in the context of the total cost of tuition, especially in light of the recent changes to OSAP, the SCI does not save students any great sum of money. At Glendon, for a student taking a full 30-credit course load, the most that student would be able to save by opting out of every organization is \$162. What the addition of the HST means, however, is a chunk of your money now goes back into the government's pocket. There is no way of knowing what this figure will look like at the moment since, at the time of writing, the results of the SCI have not been released, and factoring in non-levy revenue means the total will not be determined until the end of the fiscal year. However, a number can still be calculated based upon hypotheticals.

The levy amount for non-essential fees differs for each institution, but if we assume that the Keele campus, a mid-sized campus by student population, can be considered the average, we'll call its \$2.86 per credit non-essential levy to also be the average. Taking into account both full-time and part-time students, we'll assume 24 credits per year to be the average, meaning that each student will, on average, pay approximately \$68 for the year. Based on projected levy for the different York organizations, even if only half of the student body remains opted in, most of these organizations will still be subject to HST. Since the number of organizations exceeding a revenue of \$50 000 may be lower at other institutions, we'll assume that only \$50 per student will be taxed. According to the

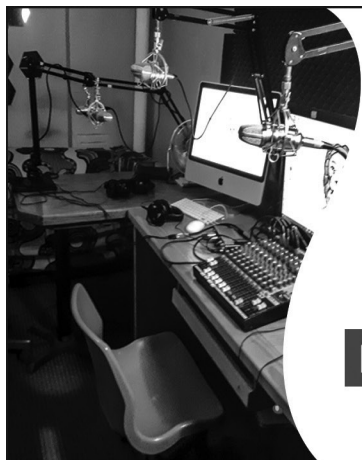


Ontario Council of University Libraries there are currently 493 243 students enrolled in post-secondary education in Ontario. If half of those students remain opted-in, that means that the potential HST collected from the levy, based on the projected numbers, is around \$1.6 million, which does not include any non-levy revenue, which will also be subject to HST. This is money that is being taken out of the students' pockets and going directly to the government.

This sounds like a big number, and it is. However, it pales in comparison to the amount of money the Ontario government is losing due to the changes to capital investment write-offs. According to an article published by iPolitics Canada, although the plan to cut corporate tax by one percent was cancelled, which would have taken \$1.3 billion from government revenue, these savings are offset by the capital investment changes, which will cost the government \$3.8 billion over a six-year period. This means that this sets them

back \$633 million per year. This raises the question of why corporations are saving money while students, who are already suffering from the thousands of dollars lost in OSAP cuts, are having to pay tax on top of fees that had not previously been subject to HST.

I want to conclude this article by expressing what concerns me with the underlying message sent by classifying these organizations as non-essential: not only do the organizations that the SCI deems non-essential provide safe and inclusive spaces to students, but these are also organizations that give students a platform for their voice. The Canadian Federation of Students, the GCSU, Radio Glendon, Excalibur, the YFS, and of course, us here at Pro Tem, all exist so students have an independent voice. The fact that the Ford government does not view this as essential shows where students stand on their list of priorities, and that means that it's now more crucial than ever that we speak up.



*Follow the Rhythm to Radio Glendon*

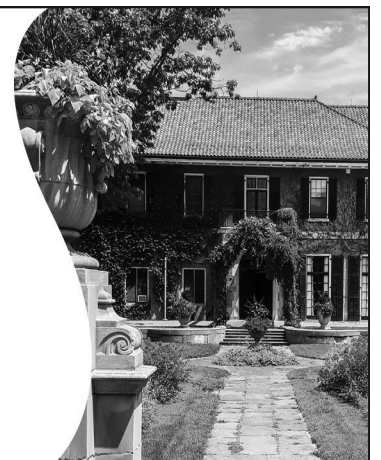
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## Alumni Interview with Marisa Baratta

Kaya Harris-Read  
Chief of Operations

For our first issue, Pro Tem was lucky enough to have the opportunity to interview Marisa Baratta, a Glendon alumni and member of the Pro Tem team from 2005 to 2009. Read on to hear about her memories from Glendon and her experience post-graduation!

*Quelle a été votre expérience après l'obtention de votre diplôme? Cela correspondait-il à vos plans initiaux?*

Oui, mon expérience après la graduation correspondait à mes plans initiaux. Depuis que j'avais cinq ans, j'ai toujours aimée écrire. Durant mes années d'école secondaire, j'ai découverte que je voulais trouver un emploi comme rédactrice, tout en continuant d'écrire.

Alors, l'été après ma graduation, j'ai commencée mon premier stage en tant que rédactrice, avec le magazine Canadian Family. En septembre, j'ai suivie un programme post-universitaire pour obtenir un certificat en "Book & Magazine Publishing" à Centennial College (c'était un conseiller pédagogique de Glendon qui m'avait recommandé ce programme). Armée de mon diplôme universitaire et mon certificat, j'ai pu obtenir mon première emploi comme rédactrice pour un magazine de santé en ligne.

*In what ways did being part of Pro Tem and your overall experience at Glendon help you in your career path?*

Being the English Assistant Editor of Pro Tem showed me that I thoroughly enjoy organizing editorial calendars and content line-ups. I realized that in addition to writing and editing, I wanted to find a role where I could organize and manage content as well. I very happily got that job five years later when I worked as the Bilingual Senior Editor for YP.ca.

The writing samples and newspaper experience I gained from Pro Tem also helped to show prospective employers what I had accomplished

and am capable of. I'm sure my experiences as a bilingual Glendon graduate and Pro Tem writer and editor helped me get my first magazine internship and get accepted into Centennial College's post-grad publishing program.

*Pourquoi vouliez-vous aller à Glendon?*

Mes parents m'ont inscrit dans un programme "Extended French" depuis la cinquième année et je voulais aller à Glendon parce que je voulais continuer à améliorer mon français.

Le moment exact où je savais que je voulais aller à Glendon était pendant une tournée du campus. Notre guide nous a expliqué qu'il y avait une règle que les bâtiments sur le campus ne peuvent pas être construits plus haut que les plus grands arbres. J'adore la nature et j'ai rapidement reconnue que Glendon adore la nature aussi. C'est à ce moment que je savais que Glendon était pour moi!

*How did you first get involved with Pro Tem?*

Since I was five, I knew I loved to write. I was the co-editor of my school newspaper in high school and a contributing writer in elementary school, so I sought out the school paper at Glendon as well. I was honoured and thrilled

when I pitched the possibility of writing an awareness column in first year and was granted the opportunity. In third year, I became the Health & Wellness Editor, and in fourth year, the English Assistant Editor as well. I loved being a part of Pro Tem!

*Qu'est-ce qui vous a attiré dans la position de santé et de bien-être?*

Pendant mes années d'école secondaire, la nutrition est devenue une de mes passions. Pour moi, rien ne compte plus que la famille et la santé. C'est important pour moi de savoir ce qui est bon pour la santé et ce qui ne l'est pas. J'avais hâte d'étudier la nutrition en première année à Glendon et ensuite de combiner ma passion pour l'écriture, mon amour pour la nourriture et mon intérêt en nutrition en étant la rédactrice de la santé et du bien-être.

*Avez-vous une mémoire Pro Tem préférée? Une mémoire Glendon préférée?*

Pour Pro Tem, la révision et la correction d'articles, l'organisation de chaque publication et le travail d'équipe. Pour Glendon, ce sont les moments que j'ai passée avec mes amis! J'ai rencontré mon mari à Glendon et nous y sommes retournés cinq ans plus tard

pour se fiancer. J'ai aussi plusieurs souvenirs merveilleux avec mes amis, incluant la découverte d'une nouvelle meilleure amie et les moments passés avec mes amis qui étaient aussi dans le programme d'Anglais. Glendon est plus qu'une université — c'est une communauté qui n'est pas comme les autres.

*What advice would you give to students starting their first year?*

Get to know people. Get involved in activities that interest you and pursue your passion. Follow your heart.

*Avez-vous des conseils pour les étudiants qui vont bientôt obtenir leur diplôme?*

Je suggère que vous fassiez des recherches dans votre domaine — certaines industries (comme la mine) offre des stages et d'autres types d'expérience pratique que vous pouvez acquérir pendant l'été, entre vos semestres. Aussi, continuez à pratiquer/utiliser vos langues! Glendon offre plusieurs opportunités pour améliorer votre aisance des langues et ceci vous aidera beaucoup dans votre carrière. Sans oublier le fait que le français et l'anglais sont de belles langues à maîtriser!

# Would you like to improve your French?



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Glendon College Student Union



Glendon College Student Union



## What I Wish I Had Known in First Year: A Reflection

Amanda Sears  
Editor in Chief

“Pro Tem”: an abbreviation of the Latin phrase “Pro Tempore”, translates to “for the time being”, describing what we are on this campus, as on this earth. Indeed, at the edge of the precipice, in my final year, I realize now more than ever that no gleaming, beautiful experience will ever last. I see in hindsight the effervescence of my first-year self, at present day wound down and tamed to become a quiet simmer of a woman, confident but not unbothered.

This is not a depressing revelation — but it could have been. My quietude now reflects a compilation of events, both anticipation- and anxiety-inducing, that I have endured (including a five-month strike by this very university). This compilation of events is a volume in survival, a footnote in existence, a dog-eared page in my own personal hippocampal novel. Over the course of this article, in some ways, it will be yours, too.

Primarily, I wish I had known that the terrifying, albeit comforting, truth is that most everyone harbours a small, nagging sense of insecurity, as no one truly knows what they are doing. This is especially true for those who insist that such a statement has never applied to them. At some point — many points in fact — you will likely find yourself in a position of authority for which you feel woefully unprepared. You will survive it (most everyone does)

and you will come out with a sense of leadership and confidence greater than ever before.

Someone might well have also shared with me another little truth: not only can you insert uniqueness and joy into every day, but you should. Long gone are the days of hoarding my favourite items for fear of not using them at the right time, or breaking them, or losing them. Bagged tea tastes better in fine china and stickers are only as beautiful as the objects on which you show them off. Sometimes this is enough to make a day special — a carefully placed patch on a denim jacket, a delicately perfumed bath bomb at the end of a long day, or an impromptu walk down a narrow and uncharted suburban street. Every day should have its own special, memorable quality, lest you discover that you have failed to squeeze every last ounce of wonder out of the small slice of existence allocated to you.

Finally, and most importantly, I wish I had known that it is always worthwhile to aim a little higher than you anticipate achieving. There was a time when I would cower at a blank application in my hands (to a school, a scholarship, a job— including this one), ruminating over my sheer ineptitude relative to the other applicants. A professor for whom I reserve a deep, unwavering admiration once explained, “what happens when you jump too high? Well, you hit your head on the ceiling.” He shrugged. I smiled. The truth is that I have seen opportunities and successes that I would otherwise have never known without exposing myself to the mortifying risk of rejection. Of course, some days I hit my head on the ceiling. Other days, I break straight through it.

## A Fearful Encounter

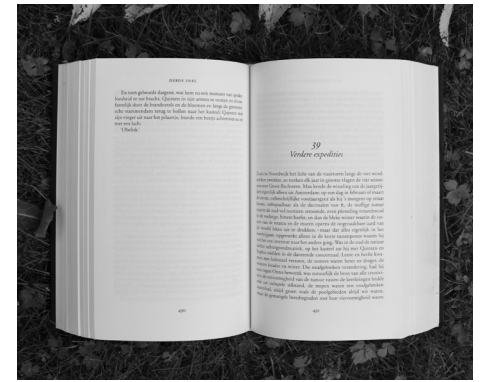
Barrington A. Morrison  
Contributor

There is a frail old man, living in utter seclusion on a remote farmhouse. He lives without the modern trappings of the iPhone, Google, Facebook, or Netflix. This unplugged existence allows him the leisure to embrace and explore his physical environment, and to read the classics from western and eastern canons.

He is medium built with a bushy moustache that covers his lips, and a long white beard extending to his chest. He occasionally licks his lips to taste the maple syrup caked on his moustache. He wears steel-rimmed spectacles; his prescription has not been renewed for years — as a result, he holds books very close to his face and squints while reading. His favourite book is *Wuthering Heights*. It reminds him of his isolation and he thinks it is one of the great literary works of the nineteenth century.

One breezy autumn afternoon, he goes for his usual stroll along an overgrown path through the woods, wearing his hiking boots and camouflage military outfit that blends with the autumn leaves. As he ambles along the pathway, the dried leaves and small sticks crack under his boots like rusted hinges on an old door. The evening breeze carries the fresh smell of lavender and he fills his lungs with it, and then gives it back to the world on each out-breath. He continues this breathing pattern until he reaches a giant Douglas fir tree where he usually sits down to relax and meditate.

About an hour after slipping into an evening of blissful relaxation at the foot of the tree, he stretches and yawns, then leans against the Douglas fir for support to get up. Glancing over his right shoulder, he notices the remnants of freshly chewed berries at the base of the tree. His deepest fear is being realized: he had heard months ago from a passerby that a young black grizzly bear had been spotted in the area. He knows that grizzlies are omnivores that feed on fish, berries, and dead animals. He also knows from reading that during early fall, grizzlies



enter a state of hyperphagia: a period when they intensify their calorie intake to put on weight for the winter denning. The latter thought terrifies him, and his entire body becomes paralyzed with fear as he clings tenaciously to the tree. Suddenly, he hears a loud noise like a firecracker above his head; he looks up quickly and beholds a menacing black grizzly bear perched on a large branch of the Douglas fir, staring down at him.

The eye contact with the bear triggers a spontaneous adrenaline rush; he has to quickly make a fight-or-flight decision, or be eaten. He knows that he can't outrun the bear, and recalls advice his father gave him as a small boy: if attacked, lay flat on your stomach with your hands clasped behind your neck, spread your legs to make it harder for the bear to turn you over, and remain still.

The bear seems to be in no hurry to get down from the Douglas fir, and the old man is afraid that if he starts to walk away, the bear will jump down and attack him. He follows his grandfather's advice and lies flat on his back, breathing deeply to relax his body. This is survival.

He glances at the bear through the corner of his right eye as he lies motionless on the ground. An eternity passes. Eventually, the bear inches down the tree and sidles over to what looks like a lifeless corpse. The bear stands on its hind feet, its front ones raised. It lowers its front paws and sniffs the back of the old man's neck. He feels the warm breath of the bear on his skin and winces as if a needle has pierced him. The bear takes a few steps back, then turns and saunters along the tree-lined pathway toward the riverbank, and out of sight. The old man cautiously rises to his feet and sighs with great relief, then puts his hands together to thank the Great Spirit of his father for saving his life.



## A New Club: Glendon Performing Arts

Rikki Van Goozen  
Contributor

Glendon Performing Arts (GPA) is a brand-new club on campus that combines drama, dance, and singing. Whether you are a seasoned performer, or someone interested in trying it out for the first time, the club will provide a fun environment to develop in any and all areas!

GPA will hold weekly workshops in a variety of styles and each month will hold a new theme. For September the focus will be pop-culture – popular songs, dances, and improv. The month of October will have a haunting theme where participants get the chance to

learn some halloween-themed dances and songs, as well as learn how to expand their acting abilities in a mystical direction. Throughout the year, we plan on having guest teachers who are experts in different styles, and collaborations with other clubs. We are also open to suggestions and would love to hear from other members of the club!

Another great aspect of this club is its drop-in nature. Members are not required to attend every week or follow a set rehearsal schedule. While everyone will be encouraged to try everything, we are all students and we know how busy student life can be. You are always welcome to come to as many or as few weeks as you like.

If you would like more information, follow us on Instagram and Facebook @glendonperformingarts, or email us at glendonperformingarts@gmail.com.



## Métropole

## 5 Activités A Faire Pendant L'Automne

Alyssa Winder  
Contributrice

L'automne: c'est le temps le plus merveilleux de l'année avec le bon air frais, les arbres colorés, les feuilles tombantes, et les différentes boissons et nourritures de la saison. Avec Halloween qui s'approche, il y a beaucoup d'activités qu'on peut faire pour se mettre dans l'esprit de l'automne. Donc, si vous cherchez des idées amusantes que vous pouvez faire avec vos ami(e)s, votre famille, avec quelqu'un de spécial ou pour vous-même, j'ai créé une liste pour entrer dans l'esprit de l'automne.

1) Faire une promenade dans le campus Glendon! Tout le monde sait que Glendon est un très beau campus, je vous encourage alors à mettre votre tenue d'automne préférée avec des souliers confortables et faire une promenade dans le campus. Vous pouvez faire une randonnée autour de la rivière Don, le manoir de Glendon et la rose-raie pour voir la beauté que notre cam-

pus nous offre pendant cette saison. Vous pouvez aussi amener un appareil photo et un ou deux ami(e)s pour faire une séance photo avec comme thème l'automne, mais faites attention à ne pas vous incrustez dans une séance photo de mariage.

2) Faire une tarte — Aimes-tu cuisiner? Si oui, faire une tarte est la meilleure façon d'être festif. Les deux types de tartes les plus festives et faciles à cuisiner pour l'automne sont les tartes de citrouille et les tartes de pomme. Il y a beaucoup de recettes en ligne qui sont faciles pour faire une tarte parfaite pour l'automne.

3) Visitez le zoo! À mon avis, le meilleur temps pour visiter le zoo c'est pendant l'automne, car la température est parfaite pour marcher dehors et pour voir tous les différents animaux. Donc, si vous avez un jour de libre pendant la semaine et vous voulez vous amuser, visitez le zoo. C'est accessible, facile d'y aller avec les transports en commun et amusant pendant l'automne.

4) Visitez une ferme! Votre automne ne peut pas être au complet sans faire la visite d'une ferme, donc invitez quelques ami(e)s à visiter une ferme près de Toronto. Vous pouvez cueillir des citrouilles ou des pommes, caresser des animaux, faire un tour

et manger de délicieux maïs tout en portant votre pull préféré de la saison. Il y a beaucoup de différentes fermes qui sont ouvertes pendant cette saison près de Toronto, donc prenez la route et visitez la ferme la plus proche de vous pour une expérience inoubliable.

5) Faire un concours de sculpture de citrouille! Après avoir choisi votre citrouille favorite à la ferme, faites un concours de sculpture de citrouille avec vos ami(e)s. Mettez de la musique d'Halloween, préparez des collations d'Halloween, et soyez prêt pour un concours sérieux avec vos ami(e)s. Soyez créatif et sculptez ce que vous voulez, des exemples que j'aime sont des visages effrayants, un chat, le visage de Spiderman, et des fantômes.

C'est important d'étudier mais aussi d'avoir le temps de prendre soin de vous-même et de faire des activités que vous aimez. J'espère que vous passerez tous un bel automne!



## A Budget-Friendly Guide to Toronto's World of Arts and Culture

Anastasiya Dvuzhylov  
Metropolis Editor



Living in a big city like Toronto might seem daunting and expensive, but there are plenty of ways to stretch your student budget. The arts and culture scene is becoming more and more accessible as it begins to cater to young people.

### For the museum and gallery lovers:

The AGO offers free admission for everyone 25 and under (including special exhibits) with the free AGO Annual Pass.

The ROM offers free admission on Tuesdays to Ontario post-secondary students with a valid student ID card. The Bata Shoe Museum offers a discounted rate of \$8.00 with a valid student ID card.

The Aga Khan Museum offers a discounted rate of \$12.00 with a valid student ID card and is free on Wednesdays from 4pm-8pm.

The Ontario Science Centre offers a discounted rate of \$16.00 with a valid student ID card.

The Gardiner Museum offers a discounted rate of \$9.00 with a valid student ID card.

The Museum of Television and Archive offers a discounted rate of \$5.00 with a valid student ID card.

### For the music and theatre lovers:

The Canadian Opera Company offers discounted \$22.00 opera tickets for everyone 30 and under through their Opera Under 30 program.

The Toronto Symphony Orchestra offers discounted \$19.00 orchestra tickets to for everyone 15 to 35 through their T SOUND CHECK program.

Canadian Stage offers discounted \$29.00 theatre tickets through their C-Stage: Under 30 program.

The National Ballet offers discounted student tickets through their free DanceBreak program. Tickets are subject to availability.

### For the movie buffs:

The TIFF Bell Lightbox offers a discounted rate of \$11.50 with a valid student ID card.

Cineplex offers discounted \$6.75-\$7.99 tickets on Tuesdays.

Imagine Cinemas offers discounted \$5.00 tickets on Tuesdays.

Hot Docs offers free admission to films that start before 5:00 p.m. with a valid student ID. The festival runs April 30-May 10.

## Under the Bridge I Go: One of Toronto's Newest Public Spaces

Anastasiya Dvuzhylov  
Metropolis Editor

While there may not be any trolls under Toronto's bridges, there are definitely some unexpected gems. Take the Bentway, located right under the Gardiner Expressway. The Bentway is a 1.75km-long public space spanning across six neighbourhoods.

Just 3 years ago it was like any other undeveloped patch of land in the city: grey and covered in litter. This all changed with the vision of Toronto-based retired urban planner Judy Matthews. Driven by the city's struggle to accommodate the influx of newcomers and lack of public spaces, Matthews donated \$25 million to bring her vision to life.

Open as of January 2018, the Bentway is more than just a park or a trail — it offers a diverse range of year-round programming. It features public

art installations, seasonal and special exhibitions, theatre and musical performances, festivals, creative marketplaces, and more. There is a little bit of everything for everyone. It caters to skaters, whether it be a skateboard park or an ice skate trail, it's an unconventional way to explore the downtown core.

In the summer they host the Bentway Block Party, an interactive event that caters to all ages. It's a wonderful way to learn more about the space which, in the past, has featured local acts including Brave Shores, The Darcys and the Elwins. Most of the programming focuses on the city directly, whether it be local history or Toronto's rich diversity, there's always something new to be learned.

This year's fall programming focuses on the push and pull of natural cycles within an urban context. There will be lots of events featuring artists, activists, scientists and innovators that will explore "invisible" patterns, like lunar cycles, as they appear in our daily lives and how it affects Toronto.

**LOOKING FOR A COZY SPACE ON CAMPUS?  
CHERCHEZ-VOUS UN ESPACE CONFORTABLE SUR LE CAMPUS?  
EN BUSCADA DE UN LUGAR ACOGEDOR EN EL CAMPUS?**

**GWTC**

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LUNDI-JEUDI 9H00-18H00  
LUNES-JUEVES 9-6

## Dealing with Acne ... Emotionally

Sabrina Gilmour  
*Health and Wellness Editor*

During the summer I worked at a summer camp and while I was prepared to administer day to day tasks and take kids from point A to point B, I was not prepared for them to speak their minds whenever they pleased even if that meant pointing out my biggest insecurities.

“Why do you have so many pimples?” one kid asked me while looking directly at my face. My initial reaction was shock, then anger, then eventually just sadness. How could a comment of a six year old have that much of an impact on me? Even though I know everyone can see it, no one has ever been that brutally honest. It’s different when someone says it out loud to you regardless if the person who pointed it out is a six year old girl. I realize that they are only saying what everyone else is think-

ing. “Why does this girl have so many pimples on her face?”

As if I wasn’t self-conscious enough about my acne already, this made me feel 10 times worse. Yes, I felt embarrassed, awkward, and annoyed but I ultimately just felt sad. Sad because the perfect skin everyone seems to have has simply been unattainable for me to reach. My acne has been at its worst this year. The habit of looking in the mirror has filled me with both dread and hope. Hope that maybe — just maybe — my skin cleared up a bit since the last time I looked at my reflection. I always felt ashamed to face others because I could feel them looking directly at each red, bumpy dot on my face. I couldn’t even look at the person I was talking to in the eye because their eyes would always just wander to each corner of my skin. Even if I had a full face of makeup on, I felt so self-conscious. It evoked feelings of disgust and I was ashamed to face others and this ultimately has had a profound affect on my social wellbeing and mental health.

Everyone talks about how to deal with acne physically. The medica-

tions, the creams, facemasks, and the endless “just wash your face!” But no one talks about how to deal with it emotionally. Suddenly, the meanest things that are being said to you are from yourself. The more times I told myself I looked disgusting, the more I started to believe it.

We live in a very visual society; one where appearances are placed on a pedestal and beauty from within is easily overlooked. I would always compare myself with those who we might label “instagram models” whose faces simultaneously evoke both naturality and perfection but are only made possible through money and technology. Realize that the “natural” beauty standards we pressure ourselves into attaining are almost impossible for us to attain without a ridiculous amount of money and work. Skincare should be about making sure you are taking on the proper measures so you’re not in pain. It’s not always about what products you put on your face, but what you’re eating, the amount of sleep your getting, your stress levels, and any underlying conditions you may have that’s affecting your

skin. The silent judgement from others is usually accompanied by ignorance. No one knows how it feels until it happens to them.

If there is one thing that I have learned while trying to cure my acne is to be nice to myself mentally and emotionally. I learned that I need to stop comparing myself to those who present us with the image of extraordinary beauty and perfection. Remember: some of the meanest things that are said to us usually come from ourselves. Try to love yourself with the acne and love yourself without it. I read somewhere that our minds hold us back much more than the actual acne. Whatever skin ordeal you may be going through, know that there is always a way to treat it. Please be patient. If it’s not working, try something new. Trust the process but always treat yourself with respect. Although it’s not talked about often, it’s important not to dismiss your own problems and feelings. If you notice your skin taking a toll on your mental health, don’t be afraid to ask for help and know that you’re not alone.

## Tips and Tricks to Having a Healthy and Happy School Year

Libbey Dresser  
*Contributor*

Another school year has rolled around and the first week of classes left me exhausted. Back into the routine of going to class, doing endless readings, and being in a school environment constantly. To introduce myself, my name is Libbey Dresser and I am in my fourth year of Political Science at Glendon. In 2018, I studied for a year in Barbados, so coming back to Toronto for my final year has been a bit of a culture shock. I am a firm believer that mental health is just as important as your physical health and it has to be taken care of! Being in university for the past three years has taught me how to (somewhat) balance my school, social, and personal life and

today I want to share some of my tips and tricks with you.

### *Make lists/use a day planner*

My planner has been my best friend since I started university. It allows you to see all of your assignments, tests, and deadlines for the semester which will prevent you from forgetting about something. It also allows you to see when you have free time or when you will be having to spend time in the library. I find that when I can see what I have to do all in one place, I manage my time better and I am not as stressed about getting things done!

### *Dedicate time for yourself*

It is really important that you still take some time for yourself every day. This could be anywhere from five minutes to a few hours if needed! When the weather is nice, I would suggest going for walks in the Glendon forest to soak up some sun and fresh air before the Canadian cold weather begins. You could also go to the gym for a few hours, take a yoga class, put on a face mask, or just sit down for a few minutes

with no distractions. Taking breaks from school and the crazy city life gives your brain a chance to process everything and you are more likely to focus better on the tasks you need to get done!

### *Catch those Zzzzz’s*

Sleep is extremely important and many university students do not get enough of it! There are thousands of studies examining the importance of getting enough sleep, not just for your physical health, but also for your mental health. Young adults, ages 18 to 25 years, old need an average of seven to nine hours of sleep per night and this is possible by getting your body into a regular sleep schedule! Set a specific time that you want to be in bed by every night and try to achieve it. Turn off electronics and get rid of any other distractions that may keep you awake. One Netflix episode always ends up being three and before you know it your alarm is blaring for school! When you get enough sleep you will focus better in class and most likely have a better day than when you only get half the amount of sleep you should have.

### *Drink lots of water!*

Coffee is the known go-to student beverage but you might want to consider swapping out a cup of coffee for a glass of water every now and then. Young adults should be drinking around two litres of water a day and this will help decrease your fatigue and will increase your concentration levels. Also, for anyone living on campus, residence is a very confined space and germs spread very easily. Drinking your daily fill of water can help fight against the flu and other viruses you may encounter. Both Glendon and the main campus have many different Brita water stations so you can fill up your reusable water bottle throughout the day.

Overall, don’t ever be ashamed to take breaks or ask for some help! Professors are human beings too and they understand the stress that students are under so don’t hesitate to ask for some help every now and then. You can also make use of counselling services that Glendon and York have to offer year-round.

## Chick-fil-A: To Eat or Not to Eat?

Eden Minichiello

*Issues and Ideas Editor*

As essentially the entirety of the GTA knows, Chick-fil-A recently opened their first franchise in Canada right at Bloor and Yonge. The establishment of this restaurant in Toronto has caused a surge of controversy, from public protests on the part of Toronto's LGBTQ community, to several posts by Toronto's quintessential instagram profile, blogTO, to lineups of people stretching blocks. This leaves us all with the burning question: to eat, or not to eat?

For those wondering why Chick-fil-A has become such a subject of debate, here's the run-down on the controversy: back in 2012, the CEO of the restaurant chain, Dan T. Cathy, pub-

licly expressed his personal sentiments on same-sex marriage. For example, on the Ken Coleman show, Cathy said he feels that "we are inviting God's judgment on our nation when we shake our fist at Him and say, 'We know better than you as to what constitutes a marriage!'" Furthermore, Chick-fil-A, as a corporation, has supported several organizations which are self-proclaimed LGBTQ opponents over the years, including the Pennsylvania Family Institute and the WinShape Foundation. As a result of these actions and words, Chick-fil-A has faced intense backlash from several post-secondary student groups, multiple American municipal governments, and now, from Toronto. Earlier this year in August, the Toronto Star's National Columnist released an opinion piece entitled, "Chick-fil-A is

about to open in Toronto. I hope it fails."

Toronto has been mixed in its reactions to the restaurant's opening on September 6th, some vehemently boycotting it, while others line up for hours to get a taste. But how should the rest of us react? In such a socially and politically charged atmosphere, how does one make an educated decision which aligns with our personal morals and beliefs? Many believe that if you support LGBTQ rights, you should not support this corporation by bringing them your business. However, many also argue that everyone is entitled to their values, especially to their faith. At what point is it infringing upon another's human rights by proclaiming anti-LGBTQ sentiments in the public sphere? On the contrary, at what point is it doing the same by condemning a person, or a person's

restaurant, because you disagree with their faith? These are the difficult and ambiguous questions we, as morally responsible social citizens, ask ourselves at times like these. However, there are always, of course, people who ignore the controversy and are determined to believe "it's just chicken, guys."

In my humble opinion, the fact that Chick-fil-A is a corporation which likely sources its meat and produce from the American capitalist agriculture industry, which contributes to climate change and is often unethical in their animal farming processes, is enough to make the easy decision to spend your money on a local, ethically sourced and morally inoffensive fried chicken restaurant.

## Militant Vegans vs. Everyone Else

Kamillia Grove

*Contributor*

Veganism is a lifestyle defined by abstinence from consuming, and supporting the manufacturing of, animal products and by-products. There are a variety of reasons, based on personal morals and ethics, why an individual may decide to adopt a vegan lifestyle, but the three of the most common reasons include: to combat climate change, to benefit their health, and/or to stand against modern industrial animal agriculture. The latter is what has defined the ethical stance of veganism and is what typically motivates people. The process of manufacturing animal products is lengthy, and to combat this, the animal agriculture industry in the western world (which is motivated by capitalism) employs the most efficient ways to cut costs and time, which are often inhumane and come at the expense of animal welfare.

A 'militant vegan' is someone who is very passionate and vocal

about veganism, and who is known to try to spread the vegan lifestyle by any means possible. There are generally two types of militant vegans, the first being the new vegan. Discovering how the animal agriculture industry operates can be overwhelming and shocking. It is described by many as discovering an extremely horrible and well-kept secret, and leaves many people brimming with passion to advocate against it and to share the news with as many people as possible. As a fresh vegan begins to settle into their new lifestyle, though still filled with vigor, they come to realize that non-vegans tend to respond better to a peaceful proclamation of the vegan message.

The second type of a militant vegan is the vegan with a strong personality, and unlike in the new vegan, militance in these people is seemingly permanent. Having a strong personality is by no means a negative quality, but it can cause vegan activism to be portrayed aggressively and ineffective-

ly to the public. The perspective of this person is that veganism is a lifestyle attainable by anyone, and that therefore it must be shared with everyone, by any means necessary. These people often have a strong contempt for non-vegans, and approach the topic with more cynicism than optimism.

Militant veganism has negative effects on both vegans and non-vegans alike, as well as on the vegan movement in its entirety. Their imposing and abrasive approach causes people to become defensive and reject veganism completely, and tarnishes the reputation of veganism as a movement. As militant vegans are often the most engaged in social discourse, society has been conditioned to believe that militant vegans represent the movement in its entirety, which has created the negative stereotype that all vegans are offensive, loud, rude, and relentless. As a result, this causes peaceful vegans to feel small and helpless — that they cannot speak of veganism, be proud or visibly

happy about their lifestyle, or let their dietary choices be an 'inconvenience' to non-vegans. Furthermore, animosity and toxicity within the vegan community can cause people to abandon the lifestyle altogether. For example, debate over whether riding horses, eating honey, or wearing old leather renders one non-vegan, and the shunning by militant vegans of those who do. In summary, the harmful outcomes of the offensive approach of militant vegans, which are meant to be unloaded onto non-vegans, are really only hurting peaceful vegans.

Veganism, with a bare minimum of not consuming animal products, is not about being perfect — it's about trying your best. In reality, all vegans and non-vegans are equal, and what we really need is a supportive and understanding community. A peaceful approach, backed by encouragement and compassion, is the most effective and least destructive in spreading the vegan message.

