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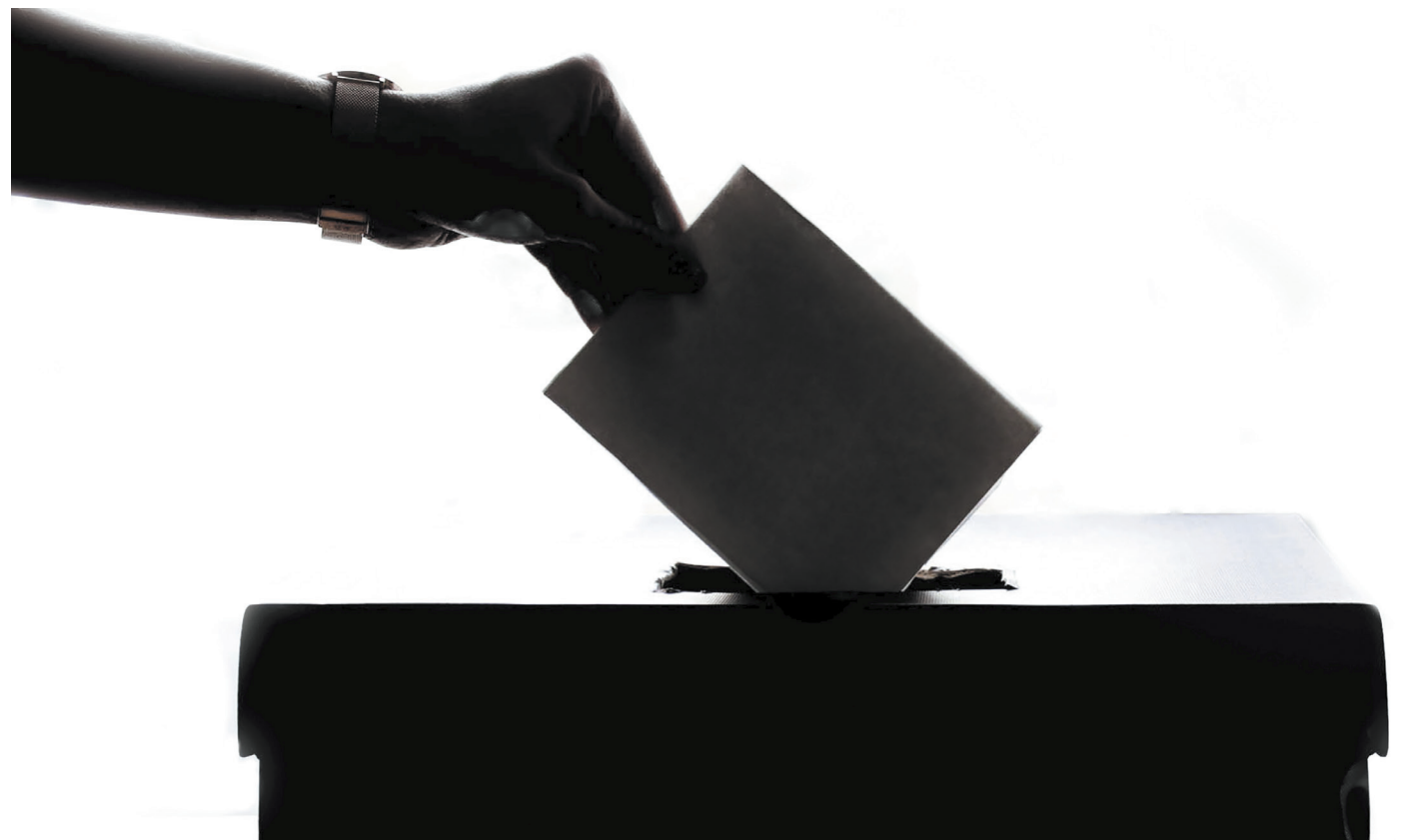
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La Prochaine Date Limite:  
le 11 octobre 2019



NOTRE VOIX  
NOTRE HISTOIRE



## The Insider Scoop: YFS Elections

Dasha Androusenkov,  
*YFS Glendon Director*

I still remember that anxious feeling I had in my stomach on my first day at Glendon — the same feeling I would happen to have when I started campaigning for the York Federation of Students elections. My name is Dasha Androusenkov, and last February I ran for the position of Glendon director of the YFS, a position that I am so grateful to fill now in my fourth year. However, it would be a lie if I said I wasn't scared or intimidated throughout the campaigning process. After all, this is the inside scoop.

"This is the real deal. This is no longer a model government in high school. These elections directly impact the students on both campuses of York University." That was the monologue I nervously delivered to myself on the first

day of the YFS elections for the 2019-2020 school year, when I realized what elections really encompassed. Student politics is no joke. From postering at 6 a.m., to constantly trying to portray the best version of yourself, to fighting for your initiatives and getting students to vote, the election was one of the most exhausting weeks in my life. I applaud all students involved because I can truly say that political activism on campus is exhausting and mentally draining. Nevertheless, trust me when I tell you that this was also the best week of my life. Yes, I was tired. Yes, I am still tired, but I loved election week. I don't recall getting much sleep, but I am eternally grateful for the Tim's on campus which provided me with the caffeine I needed. Elections allowed me to interact with the student body, understand what needs to be changed, learn

how to manage my time, and fight for what I believe is important on campus.

Ralph Waldo Emerson once said, "the purpose of life is not to be happy. It is to be useful, to be honourable, to be compassionate, to have it make some difference that you have lived and lived well." This quotation inspired me to get involved. Regardless of its great scale, my position allows me to make a difference on my favourite school campus — an opportunity that I would never give up.

I'd like to take this moment to thank Boluwaji Joseph for running such a great campaign on the opposing side. I am well aware of the emotional stress that comes with elections and you did a great job. It was an honour to have you as my opponent. Furthermore, to everyone that came out

Continued on **PAGE 3**

## Notre Équipe

Editor in Chief | Rédactrice en chef  
Amanda Sears  
editor@protemglendon.com

Chief of Operations | Chef des opérations  
Kaya Harris-Read  
operations@protemglendon.com

English Editor | Rédactrice adjointe anglais  
Anike Morrison  
englisheditor@protemglendon.com

French Editor | Rédactrice adjointe français  
Beatrice Bouaré  
frencheditor@protemglendon.com

Photographer | Photographe  
Adrienne Arzaga  
photography@protemglendon.com

Layout Editor | Maquettier  
Elton Campbell  
design@protemglendon.com

### Section Editors | Chroniqueurs

Campus Life | Vie étudiante  
John Kemp  
campuslife@protemglendon.com

Issues & Ideas | Actualité et opinions  
Eden Minichiello  
issuesideas@protemglendon.com

Metropolis | Métropole  
Anastasiya Dvuzhylov  
metropolis@protemglendon.com

Arts & Entertainment | Arts et divertissement  
Aphrodite Kanopoulos  
arts@protemglendon.com

Health & Wellness | Santé et bien-être  
Sabrina Gilmour  
health@protemglendon.com

Expressions | Expressions  
expressions@protemglendon.com

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

## Bonjour, Glendon!

This week's issue is packed full of local opinions and perspectives — I encourage you not only to read them, but to submit your own. With federal elections coming up fast, campus is sure to be a hotspot of political opinions.

I would like to extend my gratitude to everyone who attended and participated in our launch party on September 25, 2019. The open mic that we held at Lunik was a huge success, and we couldn't have done it without you. Keep your eyes peeled for more upcoming Pro Tem events, as many are already being planned! And don't forget to follow us on Instagram to stay up-to-date with events, deadlines, and Pro Tem polls. Participate in our polls to have your response featured in the paper.

Finally, I would like to thank the Glendon community one last time for giving us the majority of our operational budget, in spite of the Student Choice Initiative. The value of student clubs and organizations cannot be understated — but of course, if you're reading this, you already know that.

À bientôt,

Amanda Sears  
*Editor in Chief*



Amanda Sears  
Editor in Chief



Kaya Harris-Read  
Chief of Operations



Anike Morrison  
Assistant English Editor



Beatrice Bouaré  
Assistant French Editor



Adrienne Arzaga  
Photographer



Elton Campbell  
Layout Editor



John Kemp  
Campus Life



Eden Minichiello  
Issues & Ideas



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Metropolis



Aphrodite Kanopoulos  
Arts & Entertainment



Sabrina Gilmour  
Health & Wellness

PUBLIER DANS

ÉCRIRE POUR

≡ L'EXPRESS  
VIVRE EN FRANÇAIS AU GRAND TORONTO

x

pro tem  
NOTRE VOIX NOTRE HISTOIRE

LES ÉTUDIANTS DE L'UNIVERSITÉ YORK ONT  
L'OCCASION DE SE FAIRE PUBLIER DANS  
L'EXPRESS DE TORONTO

LES ÉTUDIANTS DE YORK, ENVOYEZ VOS ARTICLES  
EN FRANÇAIS À  
EDITOR@PROTEMGLENDON.COM



# Dear Emy

WITH EMILIA KARCZEWSKA

## My Boyfriend's Girlfriends

Dear Emy,  
My boyfriend and I have been together for just over four months now and things have been going pretty well. We don't fight and he's respectful and really supportive of me.

What's been bugging me though is that most of his friends are girls. I know this shouldn't bother me, but it does. I get worried when he hangs out with them and I'm not there. How do I know he's staying loyal? Should I ask him not to hang out with them? Or at least not one-on-one? I'd appreciate any advice.

Sincerely,  
CONCERNED

Dear concerned,  
It's perfectly natural to feel a little uneasy or even jealous about your boyfriend having many female friends because it means you really care about this person. Plus, if he's as great as you say he is, of course you'll want him all to yourself!

That being said, if you truly believe your boyfriend is being dishonest (based on indicators beyond your suspicion alone), have an open conversation with your partner. The key here is that trust is the backbone to any relationship and communicating is crucial in maintaining that trust. Expressing your concerns can make you feel a lot bet-

ter and it will help your partner to learn more about the way you operate in relationships.

Another option is getting to know your boyfriend's girlfriends. Maybe ask to join in on something they like to do with your boyfriend. Seeing their interactions can help you feel more comfortable with him hanging out with other women and it can assure you of his loyalty. Not to mention, since you like your boyfriend, there is a good chance you'll like his friends. You might even make some new friends of your own!

Keep in mind that at the end of the day, your boyfriend is dating you. He's seen something special in you and despite his other options, you were the one he decided to take things further with. Unless you begin to see signs of suspicious activity, I think it's safe to say that your partner is staying true to the relationship. Just remember to keep communication open and that trust is essential. Enjoy exploring your relationship!

Yours,  
Emy

Looking for advice? Submit your questions and concerns to [campuslife@protemglendon.com](mailto:campuslife@protemglendon.com) and Emy will get back to you in the next issue!

## The Insider Scoop: YFS Elections (cont.)

and voted, volunteered, and helped throughout the elections, we wouldn't be here without you — and for that, merci.

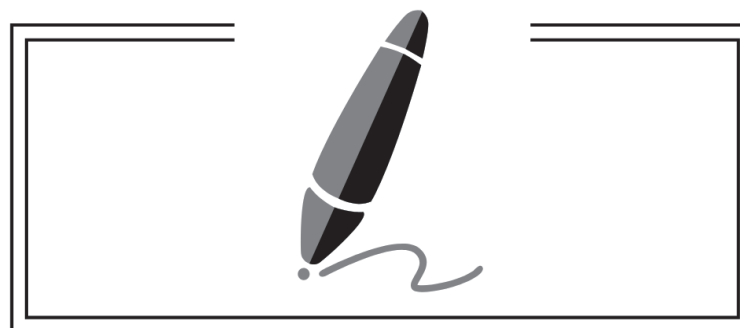
Thinking of getting involved in campus politics? I urge you to pursue that desire. I wish someone had pushed me to start earlier, but I believe that it's never too late. So here I am, pushing you. Go, chase after your political dream; make a difference. My term officially commenced at the beginning of this semester, and this past month has changed my life. I have met so many strong-minded, ambitious, and dedi-

cated politically-active students who push me to do the best I can. Walking through the Glendon halls makes me happy knowing that I can participate in the change that is coming to our campus.

So what's the final inside scoop? Student politics need to be taken just as seriously as federal politics, but there is one difference: no matter which slate you run with, no matter which position you have, we are all one team. If you want to get involved or if you have any questions, please reach out to me on Facebook or Instagram. That's why I'm here! I am excited to work with others to improve the student experience on campus and to motivate others to become politically active within their school.

*protem*

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



Envoyez-nous un courriel à  
[editor@protemglendon.com](mailto:editor@protemglendon.com)

### Pro Tem Instagram Poll: @ProTemGlendon

Quel est votre endroit préféré sur le campus pour faire vos études ? (et pourquoi)

#### Comment aimez-vous étudier?

AVEC VOS AMIS 19%  
TOUT SEUL 81%

Où est votre endroit préféré pour étudier sur le campus? (et pourquoi)

Lunik à cause de l'ambiance

@hazel35mm

Où est votre endroit préféré pour étudier sur le campus? (et pourquoi)

Frost Library. it's so peaceful & seeing everyone around me studying helps to stay focused

@archita.xx

Où est votre endroit préféré pour étudier sur le campus? (et pourquoi)

La bibliothèque. La silence est incroyable

@hannahberos

Où est votre endroit préféré pour étudier sur le campus? (et pourquoi)

LUNIK - it's cozy, there's food available, & it's less intimidating than the library

@ginnypanini

## Student Teacher Tips and Tricks

Shefali Jain  
Glendon Alum Contributor

As a student teacher, I was excited to save the world. I couldn't wait to shape my students into kind and compassionate people with a great capacity for critical thinking. However, once I entered the classroom, I realized that it can become overwhelming at times. Here are some tips and tricks to help you future students with your practicum this year:

1. Purchase a few outfits to make your wardrobe a little more professional than your regular attire. Avoid wearing jeans and own a comfortable pair of shoes as you will be on your feet all day.
2. Volunteer and gain as much practical experience as possible because your courses will only give you theoretical knowledge. Before becoming a teacher, everything useful I ever learned to do with teaching came from my practicums.
3. Ask your vice principal or principal if they are willing to observe one of your lessons. When you apply to school boards, you will need a reference from an administrator who has observed your teaching; references from your mentor teachers are unlikely to be accepted.
4. Keep detailed notes of your practicum. Otherwise, you will forget the little tips and tricks. At the end of your placement every week, before going home, discuss your lesson with your mentor teacher. Write down the feedback as well as any new things you learned.
5. Every day, reflect on your teaching practices in one way or another. This can be something as complex as understanding differentiated instruction, or as simple as asking, "how can I create a smooth transition between classroom activities?"
6. Save literally every lesson plan you come across. Keep a digital version of everything. You will thank yourself for it later.
7. Consider organizing a lesson-sharing social event with students from the education program. You can share ideas for lessons, units, activities and resources.
8. If you have any questions or concerns about your practicum, don't hesitate to communicate with your practicum supervisor. They are there to help and support you, and they care about your growth.
9. Feeling frustrated? Let it out. Speak to your ed friends. No one will understand your practicum frustrations as well as another educator. Perhaps one of them has experienced or is experiencing a similar issue. Perhaps they have found a trick that helps; maybe you can find one together.
10. Remember — it isn't personal. Being a sensitive person, I often took students' misbehaviour to heart as if it were a reflection of their respect for me or my abilities as a teacher. An honest one-on-one discussion usually yields positive results. Let them know when you feel disrespected or hurt by their actions and how their misbehaviour affects your ability to teach. It is often more effective than simply handing out consequences.
11. Be passionate and enthusiastic. If possible, lend a hand to others and take advantage of opportunities to become involved with an extracurricular activity. Young teachers who go the extra mile are the ones remembered down the road for prospective positions. You never know — you could have a principal reach out to you even before you graduate!
12. Accompany your mentor teacher everywhere. Sit in on staff meetings, parent-teacher conferences, etc. This is all part of teaching and it will do you good to have experience with such things before becoming a teacher.
13. Befriend the office staff, especially the secretaries. If, like me, you have Jimmy Steele as your practicum supervisor, you'll know this piece of advice which he has drilled into our heads as student teachers: the office staff can help you out in small but significant ways, and may even have a say in whether you are hired at the school in the future.
14. Be confident. Even if you do not



feel that you are in control, you need to act like you are. Students can smell your fear. Coming from a core French background, I was often nervous about my French. I wondered, "What if the students are better than me?" That has never been the case. Have faith in your abilities. You have years of experience on them, after all.

15. Take time for some positive reinforcement, such as "I'm glad you raised your hand before speaking today." Acknowledge their efforts and make students feel seen, heard and valued.
16. Smile and be genuine. My students have always commended me for my positivity and ability to develop meaningful relationships with them. For many students, you might be

the reason they smiled or felt safe today. Energy is contagious. Students will reflect your enthusiasm. Smiling and a sense of humour go a long way. Once students feel that you genuinely care about them, believe me, they will reciprocate.

17. Make a folder of pick-me-ups. I've saved many notes and cards from students over the years. Read through them whenever you need to remember that you are making a difference! We have the advantage of being cool, young, and relatable teachers. Make the most of it.

Most of all, enjoy the experience — the good, the bad, and the ugly. It is something you will remember for your entire teaching career.

**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**

**DROP BY THE CENTER, HAVE A CUP OF TEA, AND TAKE ADVANTAGE OF OUR FREE RESOURCES  
VENEZ, PRENEZ UN TASSE DE THÉ, ET PROFITEZ DE NOTRES SERVICES GRATUITS  
VISITANOS, TOMA UNA TAZA DE TE, Y APROVECHA DE NUESTROS SERVICIOS GRATUITOS**

HILLIARD D124, MON-THURS 9-6  
LUNDI-JEUDI 9H00-18H00  
LUNES-JUEVES 9-6



## Secret

Anike Morrison  
Assistant English Editor

Je monte dans l'autobus, tapant ma main au détecteur. Mon regard croise celui d'une des caméras omniprésentes. « Qu'est-ce que vous faites là ? » Une voix familière surgit de la masse de visages flous et quasi identiques qui tanguent au rythme des accélérations et décélérations du véhicule. Une musique cinglante conçue pour décourager les conversations pollue l'air. En contrôlant ma respiration et mon expression, je regarde ma montre pour vérifier l'heure et donner un air de vraisemblance à ma réponse. « Allo, Jeanne! Je... Je me rends à un rendez-vous dentaire. » Quelle audace. Commencer une conversation parmi des étrangers qui peuvent être en train d'écouter pour une information, pour n'importe quel détail attirant — ce n'est pas seulement une action audacieuse et impolie, mais aussi dangereuse.

Arrivé chez moi, je monte dans ma chambre avec dépêchement. Je tire les rideaux pour avoir un moment bref de calme, de noirceur enveloppante. C'est ma coquille. Je pense encore à la conversation brève de plus tôt. Est-ce qu'elle sait ? Impossible. Pourtant, elle a osé pénétrer ma bulle pour dire autre

chose qu'un « pardon » ou « à tes souhaits ». N'importe, il faut maintenant se concentrer sur la tâche qui me pèse sur l'esprit depuis des années. Je me mets à genoux pour prier la bienfaisance de n'importe quelle énergie ou esprit cosmique responsable du destin des êtres mortels et désespérés comme moi. Je n'ai jamais été religieux — l'idée d'un Dieu personnel, qui connaît toutes mes pensées, mes volontés, mes tentations... m'effraie. Lorsque j'entends parler des cieux, ou d'un gardien de la vie après la mort, j'imagine qu'une liste de toutes mes transgressions sera lue jusqu'à ce que je sois nié à l'entrée et que je tombe dans Hadès.

Il est presque temps. J'ai décidé. Mon journal, gisant sur le bureau, attire mon attention. Ce n'est pas ma coutume de laisser mes affaires ou ma vie privée exposées. Je m'assoie pour relire ce que j'ai écrit hier soir dans une période d'ivresse. Je déchiffre quelque chose d'encourageant dans les pattes de mouches.

Je descends les escaliers. J'entends mon pouls frénétique dans les oreilles et la sueur colle ma chemise à mon dos. Mon père, dans sa sénescence, lève ses yeux du journal pour me regarder d'au-dessus ses lunettes. La voix grinçante de ma mère commence son harcèlement chronique.

— Où étais-tu hier soir ?  
Tu es un homme



mais parfois on dirait que tu régresses au comportement adolescent.

Je vois rouge, mais je m'efforce à garder le calme. C'est toujours la même chose avec elle et j'ai toujours excellé au contrôle de soi des émotions. Je me rappelle vivement du bar, de la chair exposée.

— J'ai quelque chose à vous dire.

Je me rappelle la formule de communication assertive que j'ai trouvée en ligne et répétée plusieurs fois dans mon journal.

— Je sais que vous croyez que vous me connaissez, mais j'ai un sentiment

permanent d'être une fraude. Vous ne me connaissez pas.

J'aime les hommes, m'man.

— Et bien ? Tu crois que c'est une nouvelle ?

Assis-toi et mange ton souper.

Son ton est impatient, mais infusé d'une note d'amusement.

La première chose que je ressens est la chaleur de la honte sur mon visage, mais une vague de soulagement m'envahit rapidement et je laisse échapper un gémissement. À l'âge de 34 ans, je me sens exonéré, digne, et honnête pour la première fois. C'est le début de ma vie sans façade.

## Be Brave Little Sunflower

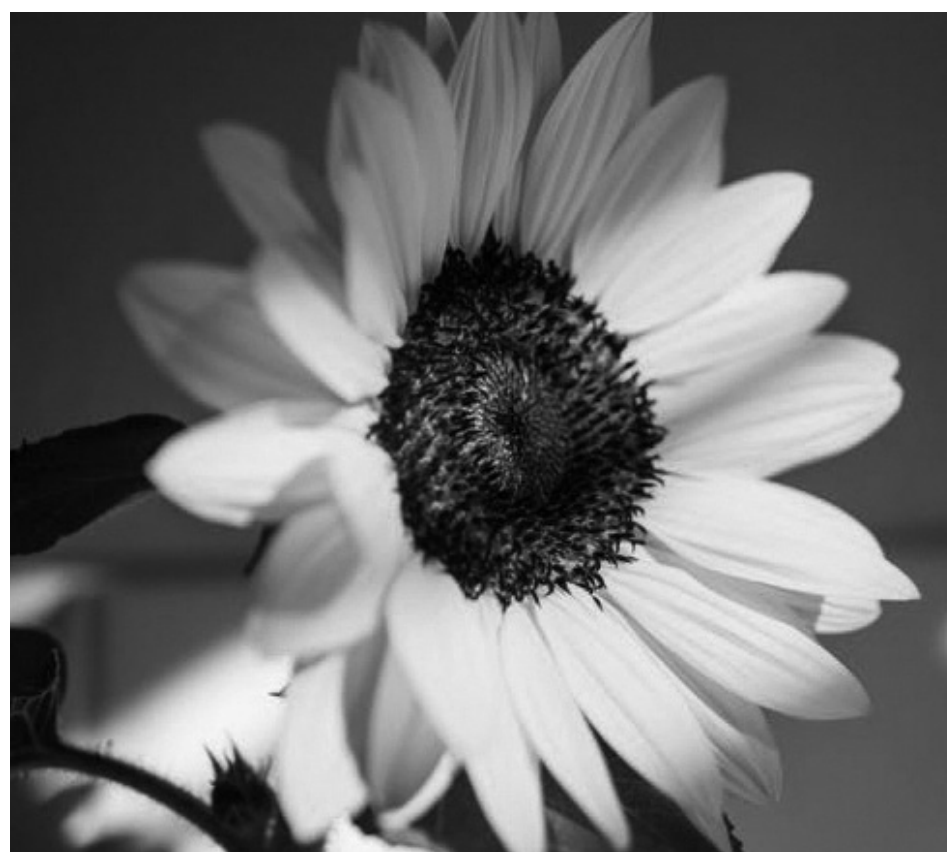
Hannah Beros  
Contributeurice

Be brave little sunflower.  
Today is your day,  
The light it shines brightly,  
And the ocean waves without fear.

Do not be afraid,  
For you are doing your best.  
The world, yes it's hard,  
But you won't give it a rest —  
Until you are smiling,  
Eyes to the sun,  
Heart in the clouds,  
Arms to the sky.

Nothing ever makes sense;  
You wonder if it ever will.  
Maybe one day,  
But not right now.  
Right now you hold on,  
Take deep breaths,  
Walk forward,  
Dance along the street,  
Cry hard,  
Twirl around the corner,  
Kick the air,  
Scream at the sky,  
Breathe in the positivity  
And possibilities of your life.  
You have done so much,  
You have stepped so far,  
You have been so brave.

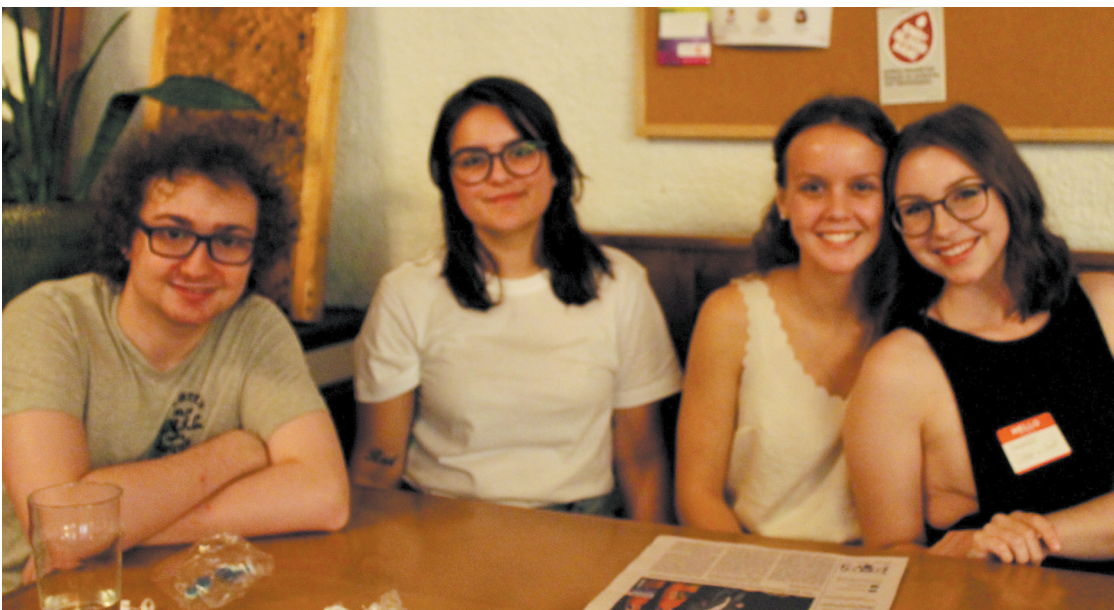
You have done what you never thought  
you would do.  
You are being brave, little sunflower  
And I am proud of you.













## Oasis

Modupe Olaogun  
*York alumna and professor*

Humps undulate like the Udi Hills  
And ring out the blazing sun

Hooves dug into shifting sand,  
The camels lead me to the water's edge

My parched sarong floats away  
And is saved by the cacti fingers flared  
skywards  
Eager for an embrace

I want just a sip  
To slake seven years of drought

But I tip over and fall  
Down, down, down

The water's membrane bears me aloft  
For an eternal nanosecond  
And releases me weightless, a floating  
snowflake  
Borne by moistureless wind

I descend into mushy bottomlessness  
And become one with the water

The traveller dips and dips  
And dips again  
And bears me back to the surface  
Into the sun's orange glow



## Arts & Entertainment

### Dancing at Glendon: From Club to Family

Alexandra Gimbert  
*Contributor*

When I first started at Glendon, I was scared and nervous. I was leaving behind the 4 years of friendships and comfort that I had worked so hard to make. Now, I was forced to make new friends and find new comforts — a feat that terrified me. As someone who is incredibly shy, I decided to join a club where I could meet people with similar interests as me.

I had been dancing my whole life, so when someone told me that Glendon had a dance team I figured that would be a good place to start. On Clubs Day I immediately found the Glen-

don Dance Team table (although at the time the club was known as Frenched). I was told that the first meeting was that Friday, so when I got back to my dorm I made a rather large note on the calendar hanging on my dorm wall. Every day after class, I would return to my dorm and see that note, and it became the one thing that got me through my first week of university.

The dance team turned out to be more than I could have ever imagined. We talked, we laughed, we cried, and we danced our hearts out. Fridays had become the day where, for 6 hours, we could forget everything that week had thrown at us. I was surrounded by the most supportive group of people I have ever met. By the end of my first year, I knew I had joined a family, and that every subsequent year our little family would continue to grow, while maintaining its supportive and uplifting spirit.

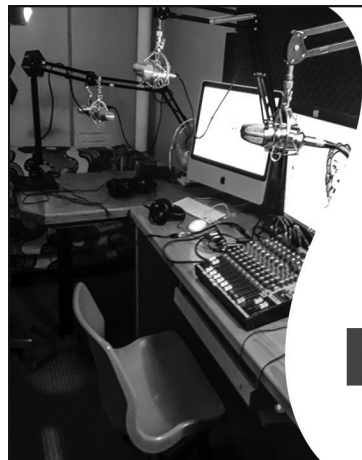


Glendon Dance Team

For five years, I watched the team grow into something so much bigger than just dance, and I am so proud that I was able to be a part of that development.

Whether it is your first year, or your third, I encourage you to leave your comfort zone for just a moment,

because you never know what is out there for you. It is never too late to get involved, and if there is not a club that interests you, it is never too late to start one. Clubs and teams are a huge commitment, but they are worth every moment of your time.



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## Slice of Life: A Case for Arts Education

Masha Katsnelson  
Contributor

Last weekend, I was crossing the U.S.-Canadian border, the connecting cities being Windsor, Ontario, and Detroit, Michigan. I have a Nexus card, which means I get to fast-track the entire line and get through the border in five minutes maximum. Normally, the border security asks a simple question like, “where you heading?” To which I respond, “Detroit, to visit my boyfriend,” and they let me pass right through without blinking an eye. This past weekend was different though. It seemed as though this particular border security officer was either bored that day, or simply needed to kill time. So, he asked, “Where you heading?”

“Detroit, to visit my boyfriend.”

“Oh yeah? What’s he up to?”

“He’s studying dentistry, but he’s a Canadian citizen.”

“So why don’t you join him there, in Detroit? What’s holding you back in Toronto?”

“I work in Toronto.”

“What do you do for a living? What kind of work?”

I didn’t want to get into too much detail, explaining that I run one of the largest visual art programs in the GTA, with over 250 students attending my school. I also employ nine prominent artists to teach our students ranging from Senior Kindergarten–Grade 12. I didn’t want to explain that we have a unique and rigorous curriculum in which we teach students as young as age 5 about the fundamentals of art technique, creative expression, and creating impressive visual outcomes. I didn’t want to explain how my business won the Business Achievement Award from the Richmond Hill Board of Trades. I didn’t want to explain the importance of art education in children’s lives, and society as a whole. So instead, I replied, “I teach art.”

He looked at me, smirked, and said, “Oh an art teacher yeah? Ha! Right, that’s why you won’t join your boyfriend in Detroit. He’s over there making all the money while you teach

kids how to draw!”

One may think that these sorts of comments offend me because they are:

- a. Passively misogynistic
- b. Insulting and demeaning
- c. Flat out rude and intrusive

The truth is, this is not why these sorts of comments — which I receive on a daily basis — hurt me. What hurts me most is knowing that this officer, and many like him, have sons and daughters at home who hear the same rhetoric day in and day out.

For the majority of my academic life, people persuaded me and my peers to think that a fine arts education is not worth the investment of money and time. That is to say, there are no viable career paths for those in the creative field, and the starving artist syndrome is real.

Yet, it is those same people who purchase Apple products for their intuitive design and user interface, who would spend thousands of dollars on designer handbags, who refer to sports cars as beautiful and sleek in design, who choose a book entirely based on its cover and get sucked into creatively designed packaging, who take pictures in front of grand architecture, and who watched *Frozen* five times in a row.

Look around you — society and its consumerist culture is entirely predicated on creative, well-executed art and design. As human beings, we



make many important decisions with our eyes; we feel very moving emotions through what we see. Why don’t we take art education more seriously? Why do we keep telling our children that art is just a hobby? Why do we spend thousands of dollars on hockey and dance lessons, yet art class is an afterthought?

Don’t get me wrong; I was a dedicated competitive dancer for 10+ years of my child and teen years. But it is not the 15 hours of dance practice a week, thousand-dollar costumes, or hostile competitive environment that lead me to where I am now. I am running a well-respected and successful business with the help of my art education.

The 2019 Academy Awards awarded Domee Shi (Bachelor of Animation), a Sheridan College graduate,

with an Oscar for Best Animated Short Film for her directorial debut, *Bao*. This was a winning moment for all creative minds and shows just how far an art education can take you. For all you know, you may win some pretty major awards and accolades for your work.

We need to rethink what makes a viable career opportunity and open our eyes to the endless possibilities that an art education can provide. We need to steer away from the stereotypical starving artist delusion and begin to take art education more seriously. Society needs more creative thinkers and art creators. Whether it be a career in architecture, advertising, fashion, automobiles, marketing, product design, or like me, in art education, there are endless possibilities of where this field can lead.

## Metropolis

### Toronto: Matt and Jay’s Whimsical Playground

Anastasiya Dvuzhylov  
*Metropolis Editor*

There’s a certain pride in seeing your city in film or on television. Whether you catch a glimpse of a streetcar or recognize a neighbourhood staple, there’s a universal sense of excitement that lies there. So much is filmed in Toronto under the guise of New York or Chicago; it’s refreshing to see a show not only filmed, but set in our city.

While this may sound like a

music documentary, it’s far from it. *Nirvana the Band the Show* follows two best friends, Matt and Jay, who form a band called Nirvana the Band and their desperate harebrained schemes to get a show at the Rivoli, a Queen West staple. Coming from humble beginnings, the show began as a web series in the late 2000s. It became a local hit as Matt and Jay made Toronto their playground.

In February 2017, they signed with Vice and *Nirvana the Band* became a VICELAND series. A bigger budget meant bigger stunts, with everything from breaking into *NOW Magazine* to get their band printed on the Rivoli lineup to stealing the venue’s phone.

The beauty of the show lies in

the line between reality and fiction. Matt and Jay just play more exaggerated versions of themselves, doing over the top things in front of real people. This includes recruiting an unsuspecting Canada Computers worker to be their personal hacker or trying to infiltrate the Santa Clause parade with their own float.

The pair makes great use of the city, with lots of shots on busy streets, on the subway, and at local landmarks like the ROM. The blurring between fact and fiction makes Toronto seem incredibly whimsical, which it is, but it’s so much more because it’s our city.

*Seasons 1 and 2 of Nirvana the Band the Show* are available to stream for free on the CBC Gem player.

## Zero Vision: Another Year of Pedestrian and Cyclist Fatalities in Toronto

Anastasiya Dvuzhylov  
Metropolis Editor

Pedestrian and cyclist deaths are becoming almost a daily occurrence on the news — so much so that they no longer come as a shock. While cities like Amsterdam and Paris seem to be becoming more and more pedestrian-friendly, Toronto is lagging behind. Since its implementation in June 2016, it seems John Tory's Vision Zero plan has zero vision.

The Vision Zero plan was expected to reduce the number of injuries

and fatalities in traffic to zero within the next five years. Yet, in 2017 there were 45 pedestrian and cyclist deaths, and 2018 saw that number surpass 45 by early winter.

2019 isn't a good year either so far, as there have been 27 fatalities, excluding cyclists, and that number is expected to rise. The CBC reported that seniors compose nearly 80 percent of all pedestrian fatalities in the city. So, why doesn't the city do more?

Vision Zero 2.0 was launched in March of this year, focusing on lowering speed limits on arterial roads around the city, and adding mid-block crosswalks and more signals at intersections to give pedestrians an advantage. Yet, with all of these safeties in place, people are still dying. As the city strives to push more people to cycle, walk, and use public transit, it seems like there's no real incentive for them to do so.

It isn't just the city's outdated infrastructure that's responsible. The anecdote of incredibly stressful city-driving in Toronto is so common almost everyone knows it. Yet it's drivers' attitudes that need to change, too. There are so many drivers turning right into crosswalks and nearly clipping someone, or ignoring stop signs just to save themselves that extra minute. Cities like New York and Montreal have banned right turns on red lights.

It's drivers' responsibility to keep the roads safe too, but the city is incentivizing these dangers. Cars go down the King St. corridor daily, breaking the law. If caught, they face a measly \$110 fine. Meanwhile, the fine for fare evasion on the TTC is almost four times that. Anyone that has taken a streetcar knows how stressful it is getting off, because often times cars just don't stop.



Even the way these things are reported, "pedestrian struck by vehicle," is a way to shift blame. A car doesn't just go and hit someone, it is controlled by the driver. Perhaps if headlines read "driver hits pedestrian with a two-ton car," then maybe people will begin to care.

## Climate Justice Toronto: An Intersectional Climate Movement

Dafna Godovich  
Contributor

On Wednesday, Sept. 11, I attended an educational meeting run by Climate Justice Toronto. This is a youth-led, grassroots organization that pushes for an intersectional view of climate justice. It recognizes that mainstream environmental movements have not been inclusive enough for far too long — a grave mistake since climate change doesn't discriminate.

About 30–40 of us gathered at the Workers Action Centre just south of Spadina station from 6–8 p.m. The meeting started off with brief introductions and we asked each other, "what made you decide to come to this meeting?" While answers varied, they more or less went along the lines of, "we are frustrated with the way corporations get special treatment while harming the environment; with governments continuing to fail Indigenous peoples; with white supremacists scapegoating and targeting our migrant friends/neighborhoods/loved ones while the true criminals, the corporate elite who are causing the real damage, go unnoticed." The list of grievances went on.

But there was also a hopeful response: "We are curious, we are here to learn, to listen to and discuss old and new ideas, to figure out what works and what doesn't."

The meeting certainly lived up to my expectations. I left with new and insightful information, and many questions on how to move forward. So, what did we cover?

*Intersectionality at the heart of climate justice*

For too long, mainstream environmental groups have ignored how other groups (racial, migrant, gender, etc.) are affected by climate inequality. Their experiences are real and their needs have to be addressed. Climate change affects everyone and therefore should include everyone.

*Migrant rights, racism, and xenophobia*

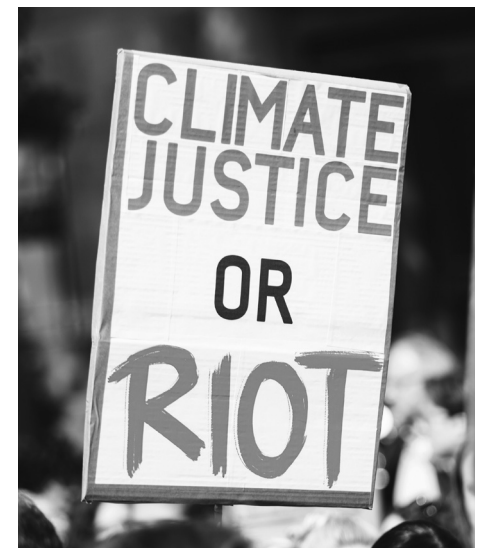
People don't painstakingly rebuild their lives in another country just because they're lazy and want to take our jobs (the last two are contradictory — working and being lazy). They move because their lives are in danger. Bahamians who left their island via boat due to the havoc caused by Hurricane

Dorian were denied entry to the U.S. because they didn't have a visa. But they aren't the first eco-refugees to attempt entry into the U.S. without visas, and they were genuinely displaced, hence the term refugees. This kind of denial is not unique to the U.S.; it's happening right here in Canada, too. The Safe Third Country agreement between Canada and the U.S. denies refugees applying for asylum in Canada if they've already done so in the U.S. and the People's Party of Canada leader, Maxime Bernier, is trying to scare potential Canadians with massive "stop mass immigration" billboards.

*The Green New Deal*

Ever since Alexandria Ocasio-Cortez and Bernie Sanders have highlighted it, everyone's heard of the Green New Deal, but they don't necessarily know what it advocates for. In essence, a Green New Deal would transition a country's economy from an unrealistic, unsustainable, limitless capitalist one to a 100-percent renewable one. What is key to this transition is the consideration of worker and migrant rights, and the recognition of Indigenous sovereignty. Nobody can be left behind.

Climate Justice Toronto actively canvasses citizens to advocate for cli-



mate justice for all. Everyone should be involved because climate change concerns everyone. If you don't know much about anything mentioned above, don't be scared to learn! Go to a meeting led by Climate Justice Toronto, Migrant Rights Network, or other organizations advocating for climate equality. Read, read, read! Read about the Green New Deal, migrant rights, climate change, and Indigenous rights. Get informed before you vote. Check out what your Member of Parliament candidates stand for. Do they fight for everyone's rights or just those of a small few? A politician's job is to serve everyone, and everyone is impacted by climate change.

You can check out Climate Justice Toronto on Facebook or Instagram.



## Des petits conseils pour lutter contre le stress à l'école

Connor Boyd

Contributor

En tant qu'étudiants, c'est important de prendre soin de nous-mêmes. Pourtant, c'est facile de négliger notre santé et notre bien-être lorsqu'on essaie d'équilibrer notre vie scolaire et sociale. Je suis dans ma troisième année ici à Glendon et il y a eu des périodes où le stress des cours m'accablait. Voici quelques conseils que j'utilise pour améliorer mon mode de vie comme étudiant à l'université.

Tout d'abord, la qualité de nourriture est facilement oubliée quand vous êtes fatigué ou stressé. Toutefois, il faut que vous mangiez de la bonne nourriture pour rester en bonne santé. C'est pour alimenter votre corps, donc il est important que vous lui donniez la meilleure nourriture aussi souvent que possible. Même s'il n'est pas mauvais de se faire plaisir de temps en temps, il est toujours important d'avoir un régime

alimentaire sain pour développer une bonne habitude. Si vous mangez sainement pour la plupart des repas, vous pouvez vous récompenser en allant au restaurant ou en prenant une collation.

Il arrive fréquemment de négliger le sommeil aussi. Si vous restez éveillé tard pour étudier ou pour aller boire un verre avec des amis, si vous ne dormez pas assez, il est plus difficile de vous concentrer. Ça peut affecter vos études et vos relations aussi, alors c'est mieux de vous couchez quand vous êtes fatigué mais de vous levez tous les jours à la même heure. C'est pour vous aider à dormir suffisamment la nuit mais aussi pour avoir le temps d'être productif le matin. Si vous êtes fatigué l'après-midi, il est utile de faire une petite sieste. Pour ma part, je fais la sieste pendant environ vingt à trente minutes lorsque je suis fatigué. Je peux me reposer un peu sans autant me lever fatigué d'avoir trop dormi. Bien se reposer, c'est important pour avoir un esprit aiguisé et également pour la bonne humeur en général.

De même, il est mieux que vous vous relaxez de temps en temps. Quelques bonnes façons pour se détendre peuvent inclure les activités tell-



es que faire une sieste, écouter de la musique, ou se promener dehors. En même temps, il est important que vous vous concentriez lorsque vous étudiez. Les pauses sont utiles, mais elles sont dangereuses si vous en prenez trop. Bref, vous serez incapable de finir votre travail.

Faire du sport est aussi important pour la santé. Il importe peu que vous alliez à l'extérieur ou que vous alliez à la salle de musculation. Peu importe le cadre, il est préférable de faire

au moins une demi-heure d'exercice tous les jours. Cela peut vous détendre et dégager toute énergies ou émotions négatives.

Pour terminer, il est important que vous ayez assez de temps pour faire ce que vous aimez en plus du travail ou de vos études. Si vous faites trop de choses tous les jours, il sera plus difficile pour vous de faire ces choses correctement. Pensez aux choses qui sont les plus importantes pour vous et bien sûr, prenez soin de vous!

## Taco Soup

Libbey Dresser

Contributor

When I cook, the key things I think about are convenience and speed. A few years ago, I found a recipe on Pinterest for taco soup and I instantly fell in love. Over the years, I have made my own tweaks and improvements in order to perfect my very own version of taco soup.

### Ingredients:

- One can of red kidney beans
- One can of black beans
- One can of pinto beans
- One can of white kidney beans
- One can of corn
- Two 796-mL cans of diced tomatoes or 1 can of diced tomatoes and 1 can of Ro-Tel
- One 4-oz. can of green chilies (I use medium spice)
- One package of ranch seasoning

- One package of taco seasoning (I use Old El Paso regular seasoning which you can get at Loblaws or almost any local grocery store)

### Toppings:

- Sour cream
- Shredded cheese
- Tortilla chips

### Directions:

1. Place all of the ingredients into a large pot.
2. Fill one of the emptied tomato cans with water and mix it in with the other ingredients.
3. Cover the pot with a lid and place it on medium/high heat for 30 minutes, stirring occasionally until hot.
4. To serve hot, fill a bowl and drop a large spoonful of sour cream in the center.
5. Sprinkle shredded cheese over the soup and finish by crushing a few tortilla chips over the top!



Tip: If you are not in a rush for dinner you can put the pot on low/medium heat for 1-2 hours and then reheat for dinner for additional flavour. If you want to freeze the soup for a later date, let it cool before putting your soup into containers. This is a very simple reci-

pe with no prep! I have made this soup for a ton of people and everyone loves it (even those who don't normally like beans). I hope you enjoy this recipe as much as I do!

## Activism Works

Eden Minichiello

*Issues and Ideas Editor*

The Global Climate Strike took place during the 2019 Global Week for Future (September 20–27) and it is estimated to have been the largest climate-motivated mobilisation in world history. Thousands of protests took place over the course of the week across the world, and 350.org has estimated over 7.6 million people in 185 countries raised their voices and spoke out for our suffering planet.

The thousands of protests were inspired by young climate activist Greta Thunberg. Thunberg pioneered and popularised the Fridays for Future school strike for the climate in August 2018 in Sweden, which was followed by similar school strikes in countries across the world every week for the remainder of the school year. Thunberg

has since delivered multiple speeches, including to world leaders at the recent U.N. Climate Action Summit, and at George Washington University, where she declared that “activism works” and concluded with: “see you on the streets.” Thunberg and other youths’ work in these strikes is what has given rise and inspiration to the Global Climate Strike protests the world recently experienced. They have also inspired thousands of scientists, politicians, and other public professionals to pledge their support and say: “students have led, and we must follow.” However, Thunberg isn’t the only young person contributing to the collective voice speaking out for the climate. Isra Hirs, a 16-year-old Black Muslim youth, co-founded the U.S. Youth Climate Strike and emphasizes the importance of intersectionality in the fight against climate change. Autumn Peltier, an Anishinaabe-kwe and member of the Wikwemikong First Nation, lives on Canada’s own Manitoulin Island and is an

internationally-recognized advocate for clean water. These young women are some of the countless youth inspiring action on a global level.

But what are these speeches, strikes and protests doing to actually fight climate change? The most significant thing the climate movement has done thus far is raise awareness and inspire people across the world to take action and mobilize. More than ever before, people are involved in the movement for climate justice and politicians and companies are being held accountable for actions that have negatively and significantly impacted the environment. Politicians are listening and acting. Here in Canada, Elizabeth May, leader of the Green Party, Prime Minister Justin Trudeau of the Liberal Party, and Jagmeet Singh of the New Democratic Party all marched in protests during the Global Climate Strike. Furthermore, during the Global Week for Future, Trudeau declared that if re-elected, the federal Liberal government would plant

2 billion trees in 10 years with revenue from the Trans Mountain Pipeline. Montreal Mayor Valérie Plante declared she would reduce carbon emissions in Montreal by 55 percent by 2030 and have Montreal become carbon neutral by 2050.

Of course, there is no guarantee that world leaders will keep the promises they made in the heat of the Global Climate Strike. It is up to us, the world’s citizens, to keep the pressure on and make sure that governments and corporations continue to be held accountable and hear our voices. There are many ways to do so, including signing petitions, staying educated and updated on the actions of our government, and joining or starting local climate activism groups. For more information on how to stay involved, visit [globalclimatestrike.net](http://globalclimatestrike.net). As a global community, we must convince our world leaders to put a full stop to the unsustainable practices that have made climate change our present reality, and our future demise.

## Eden’s Declassified Election Survival Guide

Eden Minichiello

*Issues and Ideas Editor*

Canada is less than a month away from its next federal election, which will be taking place on Oct. 21, 2019. What are you doing to get informed and be prepared to hit the polls?

Voting in the western world is the true embodiment of our democratic political system. Various minority groups and women fought hard for the right to vote for decades so voting could ensure quintessential representation. Exercising your right to vote ensures the integrity of our democracy, validates our predecessors’ fights for our rights, and puts a government which proportionally represents the population and diversity of our country in power. These

are a few of the manifold reasons why it’s important to cast your vote — but how should one go about doing it?

First, make sure you are registered to vote. You need to register to vote if you have recently turned 18 and are now of legal voting age, if you’ve changed your legal name, or if you’ve recently moved. You can register to vote and check to make sure you are registered online at [elections.ca](http://elections.ca).

Second, educate yourself on the platforms of the various parties and make a carefully thought-out decision to vote for one of them. There are a few important things to keep in mind when beginning this process. For one, there are actually 21 federal political parties currently registered in Canada, so it is important to challenge yourself to look beyond Liberal and Conservative. Furthermore, remember that bias and prejudice can sharply influence anything you may read about the political parties. It is easy to get swept away in the eloquent and persuasive declarations of a Twitter social justice warrior, in the

seeming officiality of a widely accepted news company, or in the tickling promises of decreased taxes and cheaper living of a politician — but it is important to read political content from all sides and think critically for yourself. Moreover, be conscious of your privilege before looking into political platforms. The colour of your skin; the gender you identify and present as; the area you live in; the financial stability of your family; your ability to access food, water and education — this is a non-exhaustive list of factors which are integral to your vote. It is your moral and social responsibility to keep in mind the needs of those who do not have the privilege you do in this society when voting.

To get information on the parties and where they stand on various political matters, you can go online and find a wide variety of resources to aid your decision, such as the CBC’s “Vote Compass” and Canada I Side With’s quiz. Also, news agencies feature updates on declarations from the leaders, as well as comprehensive analyses and

comparisons of the parties organized by political issue, like the CBC’s “Compare the Party Platforms.” The classic way to stay up to date on the polls and parties is through the news — listening to the radio, watching the news and/or reading the newspapers. A more contemporary way to do so is through social media — following the various leaders on their social media platforms, listening to or reading what others have to say about the leaders and parties, and watching how the leaders react to events happening in real time, such as the recent climate strike.

The third and final step to voting is getting to the polls. On Oct. 21, gather your friends, family, co-workers and classmates and go fill out your ballot. Encourage others to educate themselves on who to vote for and educate others on where to find the information they need. In order to instill the change we wish to see in society, we need to elect the leader and party that best represents us and our goals as a country — together.

