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La Prochaine Date Limite:
le 10 janvier 2020

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NOTRE VOIX
NOTRE HISTOIRE



PRO TEM EXCLUSIVE: ADMINISTRATION BREAKS SILENCE ON CAFETERIA MAYHEM

Yanni Dagonas
*Acting Chief Spokesperson for
York University*

Notice: The following contribution has not been edited by the Pro Tem team in order to preserve the authenticity of the administration's response.

I am responding to your recent article "Cafeteria Mayhem: Conditional Passes and Prison Food for Glendon Students" dated November 6, 2019.

The quality of food services at Glendon is taken very seriously. York University requires all food service providers on campus to uphold the highest municipal, provincial and federal food safety standards.

Like many large institutions, food services at York University are contracted out to external providers who are able to offer students a wide selection while meeting different tastes and budgets. Food service providers must meet all federal and provincial food safety standards in addition to Toronto Public Health standards.

The infractions that caused the unfortunate conditional pass this past March were not directly related to food, but instead were related to facility repairs that were required. In particular, repairs were made to some of the walls within the cafeteria immediately following the inspection and the "green pass" was reinstated in a follow-up inspection four days after the original inspection.

Since then, the Glendon campus food service provider has been operating under a "green pass".

Your readers may be interested to learn that York will soon launch a new Glendon food committee to gather input from the community about dining services on campus. This committee will be made up of student, faculty and staff representatives to share ideas and receive input on the available menus and services provided as well as sustainability initiatives. If you would like to provide input to the committee, please contact food@yorku.ca and we will be in touch when the committee is established. To maintain an open and transparent process, the actions taken as a

Continued on **PAGE 9**

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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.

Feel free to respond to what you read in the pages of Pro Tem! / N'hésitez pas à réagir à ce que vous avez lu dans Pro Tem!

To see past editions of Pro Tem, please visit our website: www.protemgl.com.

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

Hello Glendon and goodbye 2019!

Before we leave 2019 behind us, I would like to thank my wonderful team and our dedicated readers for supporting Pro Tem once again. These last few months have been some of Pro Tem's best in recent years. As a team, we could not be more proud of the quality of journalism we have delivered and the increase in readership we have seen. Nous espérons qu'en 2020, nous recevrons encore plus de contributions de nos lecteurs. Remember that you can always submit articles and opinion pieces on our website (www.protemgl.com) under the "Write for Us" tab. As budget cuts and diminishing prioritization for student organizations continue to gut the student experience and strip students of their voices, we are proud to be representing you with such support. Ce fut un plaisir d'amplifier vos voix ce semestre et nous espérons l'amplifier encore plus au cours des prochains mois.

Pro Tem will be entering the 2020 year with big plans and a few aces up our collective sleeve. Keep your



Amanda Sears
Editor in Chief



Kaya Harris-Read
Chief of Operations



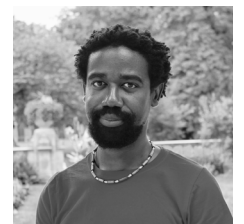
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Arts & Entertainment



Sabrina Gilmour
Health & Wellness

eyes peeled for more polls, events, and contests in the next few months. If you have an event or contest in mind that you would like to see, give us a shout on our Instagram page @protemglendon to let us know! We are here to represent you, and we would love to hear more about what you enjoy seeing from Pro Tem.

Joining us for the first time in the 2020 year will be Rachael Buxton, our new Expressions editor. Si vous aimez l'écriture créative, réservez un peu de temps pendant vos vacances d'hiver pour écrire un article Expressions pour la nouvelle année! If you aren't sure

which section your written work belongs in, send it along to us anyway and we will place it accordingly. Shy writers should not be dissuaded; simply submit your article anonymously or give us your pen name, and Pro Tem will protect your anonymity.

Encore une fois, un grand merci de ma part et de la part de l'équipe. Nous espérons que vous apprécierez ce numéro de votre journal étudiant.

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

Les étudiants de Glendon qui glandent

Sara Youssef
Contributor

Comme la neige est déjà tombée, les oiseaux gisent gelés et les étudiants à Glendon ne cessent pas de glander. Ils glandent comme les oiseaux de février qui sanglotent au sinistre frisson des choses. Aussi, ils partent étudier en regardant les branches givrées : c'est le fait de « Glender ». Quant aux examens, les étudiants éprouvés par un ennui mortel s'en vont étudier à la bibliothèque jusqu'à Noël. Dans cet article, nous examinerons la question suivante : pourquoi les étudiants à Glendon glandent-ils ?

L'art de vivre est de maîtriser l'importance de s'initier aux joies

de la paresse, en tant qu'étudiant. En glandant, les étudiants luttent contre le stress pendant la période des examens. Ils risqueront de peser sur leur organisme et leur neurone qu'un stress croissant qui peut les faire tort sous forme de déprime. Lors d'un problème, les étudiants qui glandent se permettent de rafraîchir leurs idées. Ce qui coïncide le stress sous un autre angle afin de mieux structurer leur fil de pensées pour trouver plus facilement des solutions. Par conséquent, la capacité à se mettre en mode « Glender » aide à mieux dormir la nuit, puisqu'ils lâchent prise. Il faut noter que c'est le manque de lâcher-prise qui empêche l'individu de s'endormir, voire de dormir profondément. Pourtant, avons-nous le temps de glander ? En réalité, les étudiants de Glendon n'ont pas le temps de glander. Ils risqueraient de manquer plusieurs évaluations. Le temps passé n'est que du temps perdu. L'activité vaine ne mène à rien et la vie sans but n'est

qu'un autre nom du temps perdu : c'est la devise des individus. Les paresseux perdront du temps, puisque « s'occuper n'est pas perdre son temps ; travailler, c'est l'employer utilement » (« Le livre des pensées » de Sosthènes de la Rochoucauld, 2018).

Il est vrai que pendant l'hiver les étudiants à Glendon exercent le silence de mort dans la nature. Pourtant, il est important d'équilibrer son temps d'étude. Le fait de glander permet aux étudiants de structurer leur pensée et d'organiser leur temps d'étude. Aussi, glandent-ils pour lutter contre le stress déprimant et pour ne plus manquer leurs évaluations ? En effet, l'art de vivre est d'avoir un but. En tant qu'étudiant, il faut savoir gérer son temps de manière effective. L'étudiant universitaire qui gère bien un problème qui relève du stress quotidien, voire du stress post-traumatique est un étudiant talentueux. L'entrée dans la vie active à Glendon requiert une insertion progres-



sive de l'étudiant dans l'espace public. Afin de s'initier aux joies de la vie normale, il faut essayer de se divertir, de temps en temps, et de passer son temps à faire de nouvelles découvertes. Bref, pour éviter la devise des individus qui glandent, il est important d'éviter de passer son temps à ne rien faire. Mais, à la vieillesse, qu'est-ce qui arrive ? Est-ce que les vieillards glandent aussi ?

Dear Emy
WITH EMILIA KARCZEWSKA

Money Mayhem

Dear Emy,

This year I am really trying to save my money. I am trying my best to stick to my budget and not overspend on nonessentials. I find this hard to do when I go out with my friends, however. Whenever we hang out we always spend money: whether it's on dinners, drinks, movies, events, public transportation, Uber, etc. ... I always end up spending more than I want to. Whenever I do go out to one of these expensive outings, I feel terrible seeing what my bill comes out to. But then again when I say no to plans I get FOMO (fear of missing out). I hate seeing all my friends' Snapchat and Instagram stories, enjoying their time at expensive restaurants or clubs when I know I could have made it if the plan was something less expensive. I don't want to miss out and I don't want to seem cheap. How do I still live my life but remain financially responsible?

Sincerely,
NOT-SO-BIG SPENDER

Dear Not-So-Big Spender,

Saving your money is a great goal to have for yourself and it requires a lot of self-discipline. Good for you for making this a priority for yourself! Being financially irresponsible due to FOMO can lead to debt and, seeing as it only worsens your financial situation, create more FOMO in the future. This being said, you should still be able to enjoy the sweeter things in life without breaking the bank.

First, I recommend being open with your friends about your financial goal. Good friends will be mindful of the costs of outings and will accommodate you. If you feel that splitting a bill is not fair if you ordered less than everyone, speak out! If you feel like you're always the one paying for an Uber, speak out

and have everyone split costs. It is very important to stand up for yourself and let your friends know how you feel so you can keep your finances in check.

Second, I recommend making a budget for "fun and leisure" and sticking to it. Once you have paid off essentials you can spend what is left over on recreation! There are many budgeting apps that can help you control your expenses and figure out how much you want to spend on social events. This way you will have some money to be able to go out with your friends. Perhaps the amount you budget won't be enough for every time they invite you out, but you will still be able to take part in the fun without the anxiety of overspending.

Third, before going out, consider doing some research. Find out when bars and restaurants have happy hours or promotional days. If that bar you and your friends have always wanted to go to has \$10-sangria-pitchers night on Wednesday then suggest going on Wednesday. You can follow city blogs (e.g. Narcity, BlogTO) for intel on promotions at restaurants and bars around the city. Another tip I have is to have a snack before you go out so you're not tempted to buy a full meal when you're

out with your friends. If you're going out to a bar or club, do the bulk of your drinking at the pre so you don't spend your money on expensive drinks there.

Another great way to save money and still have a great time with your friends is to stay in. There are so many fun things you can do with your friends just at home. Here are just a few fun examples: have a movie night, a video game tournament, a cheese-and-wine night, a board game night, a spa day, a potluck, a paint night, a poetry night, or cook or bake together. If you insist on going out, there are many free/inexpensive activities to do. A few examples include having a picnic in the park, walking through the city, playing sports together, biking, going to museums on free admission days, having an Instagram photo shoot, working out, and hiking.

Having fun on a budget is possible — you just need to know how. Happy saving!
Emy

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

The Crisis of Credentialism

John Kemp
Campus Life Editor

Around the beginning of the semester I was approached by a girl in one of my classes. She had been asking around for suggestions on courses to take to complete her timetable for the year. I suppose I looked like I could advise her accordingly. The girl had but two criteria for the course in question: that it be a nine-credit course and that it be a bird course. She didn't seem to particularly care about the course's subject matter or the broadening it might bring to her intellectual horizons; she was only concerned with its ability to fill her credit count and the lack of effort it required.

In some ways, I understood where she was coming from. University can be challenging and when you've got a full course load it can be relieving to have at least a few credits that require a little less brain power. In other ways, however, this girl's apathy upset and disturbed me. It was this feeling that led me to explore the question of why we go to university in the first place.

The first answer you might hear, especially from the crowd that

hasn't yet started university, is that it's what their parents want them to do. This answer is particularly true in families where there has either been a long academic tradition of university attendance or where the drive for upward mobility in society is especially strong. The choice in these situations is, in fact, not a choice at all. Going to university is simply what you do following high school. This answer, however, is really just a precursor to a far more common and far more pragmatic one, which is that we go to university in order to get a "good job." We get a good job to make money and we make money to be able to provide for ourselves and for those we love.

The latter answer seems to be lacking something. It leaves no room for intellectual passion, nor does it allow for university to be anything more than a means to an end. And yet, it remains the default answer of what I would estimate to be the better half of students. This is the phenomenon that I call the "crisis of credentialism" and the phenomenon that plagues a great deal of undergraduate students.

The total opposite of this viewpoint is one that few people might be sold on but one I think is important nonetheless. That is, going to university is an enjoyable experience in and of itself. Naturally, not every course will

be stimulating or leave you chomping at the bit for the next class, but overall you should be interested by the majority of your courses and, more broadly, your major. I find that people are often blinded by the extrinsic motivation that marks and degrees present, but it is still possible to enjoy the journey while moving towards pragmatic milestones. Although this attitude can be hard to maintain in the heat of midterms and during those long exam months of December and April, I believe that it is crucial to remember why you chose the path you did (assuming it was a passion-motivated choice).

Perhaps a more convincing point to make is one that lies between the two answers provided. Although some may not buy into my argument for university as a pleasurable ordeal, I believe that most would agree with the fact that university presents an opportunity for self-improvement. It comes down to a question of efficiency. As a university student, the effort-to-gain ratio presented to you is not only good, but perhaps the best it will ever be. By performing the simple task of paying attention in class, you are developing yourself intellectually at a rate that very few other experiences can offer. The intellectual development I'm speaking of is independent of your marks and any end they may lead you to. It is self-bet-



terment for its own sake and that's something to take full advantage and be fervently proud of.

When I think of the girl in my class — more than frustration and disgust, I feel pity. Although I'm sure that she'll find her course and get her easy A, her degree, and that oh-so-important "good job," I can't help but feel sorry for what this girl will not get. Although she may get that \$30,000 piece of paper and all of the professional and financial advantages it brings, she'll never realise that it's so much more than that. University is more than a simple means to an end, it is an experience that teaches you to think. It is an experience that puts your character to the test and one that provides you with the opportunity to mould yourself into the best "you" you can be — an opportunity that should never be thrown away.

The ESP Program is looking for innovative minds!

The GENIAL (Glendon L'Entrepreneuriat et Innovation à L'International) Initiative is currently taking applications for the Entrepreneurial Skills Passport - this is a bilingual, 15-week program which teaches students the essentials of entrepreneurship, as well as the practical skills to start, run, and grow their business.

The deadline for applications is next cohort will begin January.

This program is offered to all Glendon Students who want to learn about Entrepreneurship! Act fast! To apply, visit www.glendon.yorku.ca/genial

GENIAL

**Glendon
Entrepreneuriat et
Innovation à
l'International**

*Are you a Glendon Student?
Are you interested in developing entrepreneurship skills? Visit <http://www.glendon.yorku.ca/genial/> to learn more about the Entrepreneurship Skills Passport and how to apply.*

**Êtes-vous étudiant(e) à Glendon?
Êtes-vous intéressé(e) à développer des compétences en entrepreneuriat? Visitez <http://www.glendon.yorku.ca/genial/> pour plus d'information sur le Passeport Compétences Entrepreneuriales et comment participer.**

GLENDON | **YORK UNIVERSITY**

Pro Tem Instagram Poll: @ProTemGlendon

Préférez-vous un cours de 3 ou de 6 crédits?

3.00 54%	6.00 46%
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Quels sont vos astuces d'études préférées?

making my notes cute and pretty! stickers and cute highlighters motivate me

@squisheden

Quels sont vos astuces d'études préférées?

Keep up with the readings!

@kamilliag

Le français : une langue pas si effrayante que ça!

Connor Boyd
Contributor

En explorant une nouvelle ville au Québec, j'aborde une personne pour lui demander mon chemin. Lorsque je commence à parler, je m'inquiète. Que dois-je dire ? Comment va-t-il réagir ? Pourra-t-il savoir que je suis un étranger ? Ce sont des idées ordinaires de nombreux anglophones lorsqu'ils parlent français dans les lieux francophones. Que ce soit dans la rue, dans un magasin ou à l'école, il est souvent difficile de rester confiant lorsqu'on pratique n'importe quelle nouvelle langue avec des locuteurs natifs. Cependant, j'ai quelques astuces que j'utilise en tant qu'étudiant anglophone et qui seront utiles à quiconque désireux de pratiquer le français.

Commencez petit: La pratique peut être difficile au début, mais plus vous parlez, plus vous serez à l'aise. Pratiquez au début avec des amis ou la famille. Par conséquent, vous développerez votre confiance en vous et puis vous pouvez commencer à parler plus souvent avec des étrangers ou des collègues. La pratique vous entraînera à être plus rapide et plus à l'aise avec le français.

Restez cohérent: Il est souvent difficile d'interagir régulièrement en français même si vous êtes dans un cadre francophone. Si vous participez au programme à l'école ou si vous pratiquez par vous-même, la cohérence est essentielle pour l'apprentissage de la langue française. Même si cela ne dure que dix minutes par jour, il est important que vous essayiez, que ce soit avec quelqu'un d'autre ou simplement en pratiquant seul.

Utilisez les médias: La conversation n'est pas le seul moyen de se familiariser avec le français. Quand vous êtes



tout seul, il est profitable de lire des livres, de regarder des vidéos ou de s'exercer à écrire en français. C'est un bon moyen de s'habituer à la langue. Ceci est encore plus facile si vous appréciez le média que vous choisissez. Que vous aimiez regarder les films ou lire les articles de presse, utilisez ces ressources quand vous le pouvez.

Devenir plus confiant en parlant français peut prendre beaucoup de temps pour la plupart des anglophones, et je dois encore progresser pour être plus à l'aise. Cependant, rester organisé et pratiquer le français quotidiennement vous aidera à être confiant lorsque vous parlerez français en public.

Untitled

Anonyme

"I don't know where life will take me.
It has a start, middle, and a close.
What lies before us, no one knows.

I don't know where life will take me.
It has care homes, apartments, and bungalows.
What lies before us, no one knows.

I don't know where life will take me.
It has campfires, singing, and marshmallows.
What lies before us, no one knows.

I don't know where life will take me.
It has sandbars, deep-ends, and shallows.
What lies before us, no one knows.

I don't know where life will take me.
It has fishing, swimming, and minnows.
What lies before us, no one knows.

I don't know where life will take me.
It has forests, rivers, and meadows.
What lies before us, no one knows.

I don't know where life will take me.
It has beech, maple, and willows.
What lies before us, no one knows.

I don't know where life will take me.
It has sunlight, moonlight, and shadows.
What lies before us, no one knows.

I don't know where life will take me.
It has snow, sun, and rainbows.
What lies before us, no one knows.

I don't know where life will take me.
It has robins, blue jays, and sparrows.
What lies before us, no one knows.

I don't know where life will take me.
It has messy buns, bedhead, and cornrows.
What lies before us, no one knows.

I don't know where life will take me.
It has dandelions, daisies, and a single rose.
What lies before us, no one knows.

I don't know where life will take me.
It has addiction, drugs, and overdose.
What lies before us, no one knows.

I don't know where life will take me.
It has a lot more than what I chose.
What lies before us, no one knows.

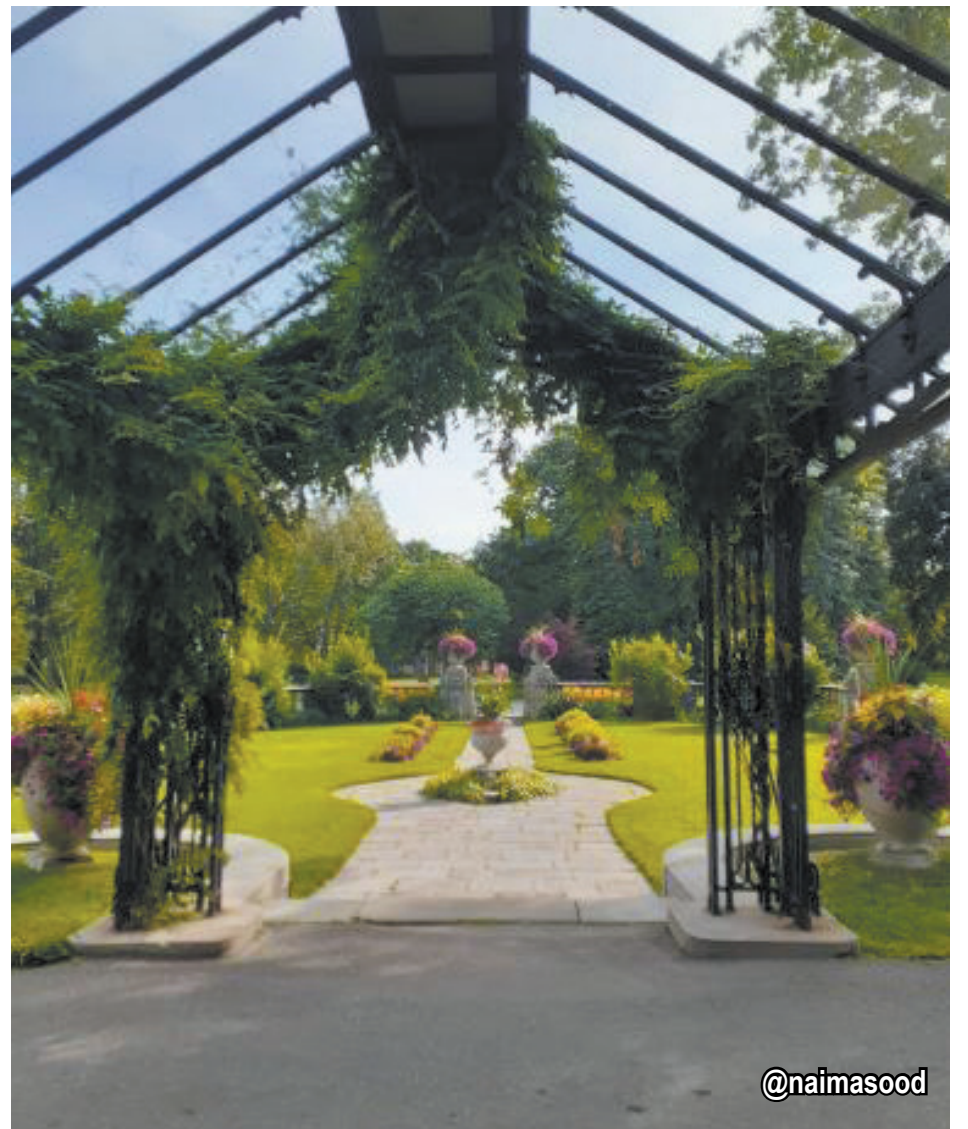
I don't know where life will take me.
It has fun, fear, and sorrows.
What lies before us, no one knows.



I don't know where life will take me.
It has yesterdays, today's, and tomorrows.
What lies before us, no one knows.

I don't know where life will take me.
It has ups, downs, and plateaus.
What lies before us, no one knows.

I don't know where life will take me.
It has a start, middle, and a close.
What lies before me, Someone knows."





@valeriedurette



@andrealei14



Emilia Karczewska



Emilia Karczewska



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Reflection: Art Consumption in the Era of Internet

Aphrodite Kanopoulos
Arts & Entertainment Editor

In the past, reading was considered a communal experience — books were meant to be read aloud, closet dramas to be read in small groups, poetry to be *heard* instead of read silently. I will never forget my English professor telling us that all the poetry we were to read — for a class on the Romantics (fittingly called “Into the Fray”) — is best heard out loud. She was right, of course. Your ear is more likely to make connections that your mind might not pick up on. But the audible groan of the students was enough to make me question why there was such apprehension.

The way we experience art and entertainment today has inevitably changed. I don’t mean to say that we should still experience entertainment the same way the Romantics would have, but it is worth questioning how our experience has evolved. To do this, we must acknowledge the role that the internet plays in our daily consumption. It is responsible for the pivotal shift in the way we access shows, movies, books, music, art, and news. The internet has also contributed to a shift from communal experiences to more individual ones. It is not that people no longer enjoy experiential consumption through concerts, plays, and movie theatres, but a large part of consumption is now experienced on an individual level.

Platforms like Netflix, Amazon Prime, and Crave have revolutionized the way that we watch television. It is now easy to watch shows on your laptop by yourself, and this has influenced what we watch and for how long. It is so easy to become consumed by a show and to devour entire seasons in one day. It is also easier to watch shows that might not be suitable for your parents’ television set. The content that is available on Netflix and other streaming sites is varied enough to have something of interest to everyone. In terms of documentaries, there are dozens dedicated to food alone. There are even

documentaries made of specific concerts, with behind-the-scenes footage of the artists, offering a more intimate view of the entire production.

The need to interact with what we watch and to discuss our experience with others has led to internet fandoms. There are now cult-like followings to murder docuseries, which we know about from their popularity on social media sites, like Twitter. The internet’s response to the final episode of “Game of Thrones” became as entertaining as the real show. Your experience of a show or movie can be individual, but the reaction can now take on an entirely new communal reaction on the internet.

This reaction can be a good thing when it holds the movie and television industry to account. Take, for example, the movie “Green Book” and the disparity between its critical reception and the response to it on the internet. The film shows the development of a friendship between Dr. Don Shirley, a world-class Black pianist, and his driver Tony Lip, a blue-collar Italian-American. It depicts the two men on a dangerous concert circuit through the Deep South, and for some, represents a flip of the “Driving Miss Daisy” dynamic. The



movie received three Academy Awards for Best Picture, Best Supporting Actor, and Best Screenplay. However, its reception online was justified in pointing out that the movie is shot primarily from the perspective of Tony. Similarly, when communities on the internet heard that Disney was planning on “whitewashing” the cast of live-action *Mulan*, they were quick to create an online petition for people to take a stand. In terms of calling out racial inequalities in the media, the internet can have a huge impact.

Unfortunately, this approach to art and entertainment has hindered our ability to interact with everything we experience, simply because of the sheer volume of material we are exposed to.

Have you ever sat down to watch the newly-released season of a show, only to realize that you can’t for the life of you remember what happened last season? It has now been over a year since you last watched it and the number of things you’ve consumed since then is clouding your brain. I now understand why my professor wanted us to slow down and read each word carefully — she wanted us to *interact* with the text as closely as possible. The media we are exposed has the ability to shape our perspective, and it is time to consider how we interact with it. The poetry is there, we just have to get comfortable with reading it out loud.

Critique du Film: “Hustlers”

Maggie Gunn
Contributor

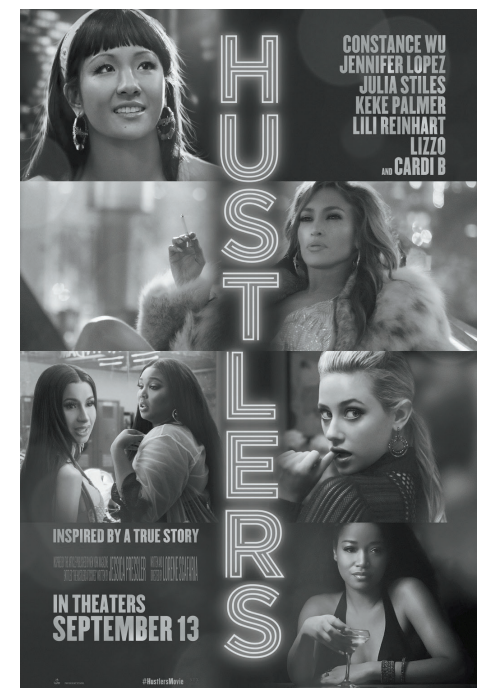
Hustlers, mettant en vedette Jennifer Lopez, Constance Wu, Julia Stiles, Keke Palmer, Lili Reinhart et d’autres vedettes, a rempli des salles de cinéma en Septembre 2019 et a rapporté 140 millions de dollars à ce jour. En regardant le film moi-même, ce qui m’a le plus diverti, c’est l’engagement phénoménal envers le personnage.

Chaque actrice a joué son personnage de façon si réel, ce qui n’est pas une chose facile à faire surtout en considérant que l’histoire est basé sur un article déjà publié. Jennifer Lopez en particulier, son engagement envers le rôle de Ramona, le sans coeur du groupe et la façon dont elle a vendu le chef maternel, était quelque chose de jamais vu dans sa carrière cinématographique.

Constance Wu, qui a joué la plus calme et la plus réservée, Destiny, la dépeint dans une lumière qui permet au public de ressentir de la sympathie pour elle. Alors que Ramona, qui est toujours vu comme féroce et dur, n’obtient pas de sympathie venant du spectateur de la même façon que Constance Wu a réussi à faire pour Destiny.

Un autre aspect de ce film qui a été si captivant est le fait qu’il est non seulement basé sur des événements réels, mais qu’il est également considéré comme un tableau historique. L’histoire du scandale est documentée dans un article du magazine *New York* de 2015 intitulé “The Hustlers at Scores.” Cette interprétation du désespoir qui s’abattait sur Wall Street et, par conséquent, sur les entreprises qui en profitent, a été dépeinte du début à la fin des années 2000.

Comme je suis née à cette période, il est intéressant de voir des représentations cinématographiques d’événements historiques pendant lesquels j’étais enfant. L’attention au



détail du décor et le style du film font référence à cette époque et ont vraiment captivé le public dans un sens presque nostalgique, gardant notre intérêt pour le film jusqu’au bout.

PRO TEM EXCLUSIVE: ADMINISTRATION BREAKS SILENCE ON CAFETERIA MAYHEM (cont.)

result of the feedback received will be communicated to the Glendon community on a regular basis.

We will also be holding a series of “Information Tables” open house events in the dining hall that will provide community members with opportunities to meet Food Services’ and Aramark’s management teams, provide feedback about campus food services and learn about upcoming menus and dining events. Dates for the open houses will be advertised in the cafeteria and in Glendon’s student newsletter.

In addition, we have asked the cafeteria food service provider, Aramark, for an action plan to address the concerns raised, particularly with regard to healthier menu options. Aramark has already brought additional culinary and management resources to the campus to review menus, standards and staff training, and we are working with them to implement new menu concepts. We will similarly share with the community any changes that are made.

As always, anyone who has a concern about food quality or service levels should report it to the University’s food services department at food@yorku.ca or 416-736-5517.

History by the Highway: Todmorden Mills

Anastasiya Dvuzhylov
Metropolis Editor

If you’ve ever taken the DVP, there’s a tall brick smokestack that has probably caught your eye. While it may look abandoned or defunct, it’s actually Todmorden Mills, one of the earliest industrial communities in Toronto. It’s one of those places that has always seemed incredibly intriguing to me. Given its location right next to the DVP, I often found myself asking how someone could even get there. On Friday, Nov. 8, I attended York University’s annual Public History Symposium, which was held at Todmorden Mills, for the first time. The theme this year was access to and inclusion in historic house museums. Having no prior experience with this heritage site and given its proximity to a major highway, I always imagined that it would be incredibly hard to access. It’s a good thing I was wrong.

A 20-minute walk or a 10-minute bus ride from Broadview Station, Todmorden Mills had humble beginnings as a small settlement east of Toronto called Don Mills. Its inception was in 1795 when John Graves Simcoe granted the land to be turned into a lumber mill, to support the growing community of York. It later became a paper and grist mill as the property changed hands. A brewery was built in the 1850s. The paper mill was one of the first to produce machine-made paper in Upper Canada, providing newsprint for some of the first publications, including those of William Lyon Mackenzie. It got its name from one of the



original proprietors, the Helliwell Family, who renamed the area Todmorden after their hometown in England.

It wasn’t until the 1960s that the area began to be perceived as having important historical value. In 1965, East York mayor True Davidson proposed it as a centennial project. Two years later, on May 22, 1967, it officially opened as “Todmorden Mills Historic Site.” Prior to this, the site was used by squatters during the Great Depression and later as a prisoner of war camp, where German POWs laboured at the Don Valley Brick Works.

The area has both historical and architectural significance. There are four buildings on site: two restored historic houses, the mill, and the brewery. Each offers a glimpse into a different decade. The Helliwell house dates back to the 1830s and is one of the few remaining adobe structures in the city. It was restored for the centennial opening to represent life in 1867. Not too far

from it sits the Regency cottage, built in the mid 1850s. The cottage underwent restoration in the 1960s to restore it to look like life in 1837 — though it has since undergone changes. A majority of the brewery and distillery were destroyed by a fire in 1847, though what remained of the brewery was restored before its unveiling as a heritage site. The mill itself has perhaps undergone the most change. It now functions as a theatre and gallery and is fully accessible.

It’s incredible how much history lies in what seems to be such an urban space. Given its proximity to the DVP, Todmorden Mills is also an incredible green space. In 1991 a wildflower preserve was established, containing native plant species, the populations of which have been reduced by industrialization in the city. The Oxbow trail, a 15-minute long walk, explores the preserve and offers a look at gorgeous greenery.



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8 New Toronto Artists You Probably Haven't Heard Of

Elke Whitney
Contributor

Every musician on this list I have personally met at a Toronto Open mic and interviewed on my podcast, The Underground Listener. I'm always impressed by the amount of local talent hidden away in the Toronto Music scene.

1. *Sean Bertram*. Sean Bertram is like a mix between Ed Sheehan and John Mayer. His beautiful full voice compliments his intricate guitar work. It's hard to believe he recorded his album, *The Right Place* (on Spotify) in his basement with his dad. He writes all his own songs. He attends Humber College's Bachelor of Music program, which focuses heavily on jazz, which is easy to see when you listen to his work.

2. *John Alan-Slatcha*. John's voice is shockingly low and full — he gives me shivers every time he sings. He had an early career in TV, with roles on *Life With Boys* and *Make It Pop*. So maybe this is an artist you've heard of, just not in the context of music. After he fin-

ished high school, he decided to take a break from acting and go to school for architecture, while also starting to focus more on music. John is a great songwriter. You can find his songs on Bandcamp. Unfortunately he hasn't released any other music... yet.

3. *MDL CHLD*. MDL CHLD is a truly unique artist. He raps while simultaneously speaking sign language which amounts to a beautiful dance like performance unlike anything I've ever seen. He is passionate about making music accessible to the deaf community through various interpretive dance projects. He also is a very spiritual person who does tarot card readings on his Instagram story and new moon workshops monthly. He has an EP and three singles out on Spotify and Apple Music. My favorite is *Pretty PPL Lie*, a really catchy rap song.

4. *Reid*. Reid's music fits her soul like a glove. Her alternative, folksy sound is completely her own. Her songs focus on nature. She balances her life between her job as an outdoor educator and musician really well. Her passion for the outdoors is infused into her music. She has a couple songs on SoundCloud. She loves to collaborate with other songwriters and has close group of friends that she jams with. She's

forming a trio band with some of her friends and they perform fantastic harmonies. They even perform with a harp, which only adds to their unique sound.

5. *Alexandra Willet*. Alex's range and power is impressive! She can sing just about anything, but her sound is rooted in alternative folk. She's an experienced songwriter. Born in Quebec, she studied dutifully before moving to BC to pursue musical theatre. She worked in children's theatre for two years before picking and moving to Toronto to chase her dream of being an artist. She is very busy, constantly hustling her two side jobs with her career as a musician. It's obvious that she's an experienced performer when you see her live. She has confidence and energy pouring out of her.

6. *Mohsin Zaman*. As a manager and bartender at B-side lounge in Toronto, Mohsin wastes no opportunity to perform at the weekly Open Mics hosted every Wednesday. His atmospheric, alternative music always billows over the audience. Every time I see him perform I am struck by how brilliant he is. Growing up in Calgary, Alberta, he played his first open mic not too long ago. Since then, he's played at festivals and opened for Foy Vance and released his album "Fly Home" on Spotify and Apple

Music. He recently said he's working on new music and I can't wait to hear more from this talented artist.

7. *Bryn*. I admire Bryn's fierce ability to go after what she wants. Her alternative pop sound is mesmerizing. She has three album out on iTunes and Spotify and is determined to have a career in music. My favorite song of hers is called "I am" and is the only love song off her newest album "Tempest". You can find her on Apple Music and Spotify.

8. *Branko*. You definitely can't find any of Branko's music out there yet, and that's because he focuses on improv rap. Come to Supermarket in Kensington on Sundays and you'll probably catch one of his hilarious 5-10 minute improv sets. This guy is so talented. He makes up the most ridiculous, smooth rhymes and before you can appreciate what he just said, he raps something even more incredible. I saw him a couple of months ago and I couldn't stop laughing, and when I went up to him to compliment his performance he said thanks but said it was one his off nights! What?! Great guy, great music, and I can't wait for him to come out with some songs.

Cafeteria Mayhem: What Our Readers Said

The following comments can be found on our website at www.protemgl.com under the article titled "Cafeteria Mayhem: Conditional Passes and Prison Food for Glendon Students". The Pro Tem team has not made any edits to the comments for grammar or style.

Anonymous

There is no choice of good and healthy food :only fast food ,candy's, fat sodas chips.

Anonymous

As a result of 3 years of eating in the Glendon cafeteria I began to have bouts of acid reflux so bad that I developed an eating disorder that I am finally (2 years later) beginning to overcome. I lost 50lbs and my throat was so inflamed that I could not consume solid

foods for nearly 2 months continuously. This eating disorder resulted in a severe anxiety complex revolving around eating, likely from the trauma of choking on the solid foods due to this acid reflux. I will remain anonymous but I have advocated for change in the cafeteria in the past and will continue to do so.

Anon - Past GCSU President

Work with the GCSU, hold a town hall asking all residence students what they would like to see from Aramark, compile a list of complaints, and offer solutions. Meet with York University and Aramark Glendon staff alike and voice those concerns. A lot of Glendon students complain, but rarely to the right people. This problem has been going on for way too long and something needs to change. But as students, you have to

push for it yourselves. It should not be very hard to get the right people in a meeting for students to voice their concerns if all of these things happened/are happening. If possible work with York administration to create an action plan with follow ups to track progress and come up with repercussions should the milestones not be met.

anon

i hate the Glendon cafeteria it's disgusting and depressing

Carole

My child has been sick many times and I was sure she was just having an upset stomach from the stress of all her school work! Now it makes sense! I trusted this campus to feed my child healthy meals! 😡 I am really furious about this!

Elton Campbell's
The Essence
L'Essence
Vlog • Podcast



Episode One
features
Spidey YorkU

January 2020
on Radio Glendon

Anike's Green Ginger Cookies

Anike Morrison
Assistant English Editor

As the outdoor sunshine begins to fade, you can bring a little sunshine into your life with these sugar-coated ginger cookies. While originally challenging myself to bake something blue, I discovered that blue food colouring combines with the egg yellow to lend these cookies a festive green hue. Though I prefer blackstrap molasses for its high iron content, fancy molasses works just as well, and the fresh ginger gives these cookies a little something special. Get into the holiday spirit by serving these delectable cookies with red candy canes and a hot cup of tea, cider, or coffee. They are a great addition to a "Secret Santa" gift exchange, potluck, winter study session, or St. Patrick's Day celebration.

Ingredients:

- 2 ¼ cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- ½ tsp. ground cloves
- ¼ tsp. salt
- ¾ cup softened butter
- 1 cup brown sugar
- 1 egg
- 1 tbsp. water
- ¼ cup molasses
- 1 thumb of chopped fresh ginger
- A few drops of blue food colouring
- 2 tbsp. white sugar

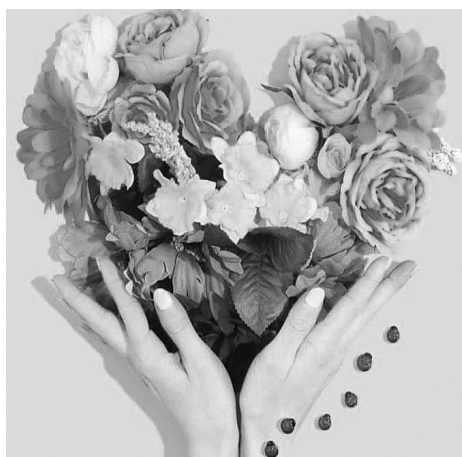
Directions:

1. Preheat oven to 350 degrees F.
2. Sift the dry ingredients (flour, baking soda, spices and salt) together in a medium-sized bowl.
3. In a large, separate bowl, combine the wet ingredients. Start by creaming the butter and 1 cup of sugar together until light and fluffy.
4. Next, beat in the egg, then stir in the water, molasses, and ginger. Stir in a few drops of blue food colouring, until the mixture reaches a shade of green that makes you happy.
5. Stirring, gradually add the dry ingredients to the wet just until combined. Don't overmix!
6. Pour the 2 tbsp. of white sugar into a shallow plate.
7. Roll the cookie dough into walnut-shaped balls, then coat in white sugar before placing them on an ungreased cookie sheet, 2 inches apart (they will spread!).
8. Flatten the balls with a fork or your palm.
9. Bake for 8-10 minutes.
10. When ready, gently move the hot cookies onto a wire rack for cooling.
11. Store in an airtight container. Enjoy!



The Art of Self-Love

Sabrina Gilmour
Health and Wellness Editor



Many of us are living in a very hectic time of our lives. We're juggling school, jobs, bills, families, friendships, and relationships, all of which come with their own complications, challenges, and expectations. On top of this, many of us are fighting internal battles that may fill us with insecurity, self-doubt, fear, and the looming possibility we may not succeed. Each of these things takes a toll

on our physical and emotional well-being. Life demands so much from us that it is easy to forget to be mindful of how we treat ourselves. I'm not talking about self-care, like exercising regularly and eating less junk food. I'm talking about self-love, where we can accept our strengths alongside our weaknesses, flaws, and shortcomings. Personally, I am still on this uphill journey of learning to love myself. But I have realized that although I am flawed in many ways, these flaws are what make me human, and I am still deserving of love. With this realization, there are a few ways that I have learned to extend kindness to myself.

First, celebrate victories, both big and small. Yes, reaching our end goals is important, but they aren't the only ones that matter. The road to achieving our dreams can be long and hard, so chances are we won't notice the small wins we make along the way. However, acknowledging them helps you focus on the good, rather than on the things you haven't done or have yet to accomplish. When you celebrate your small victories, you're recognizing

the effort you make every single day and appreciating how far you've come on your journey.

Second, set healthy boundaries with the people around you. By doing this, you're making yourself a priority and simultaneously teaching others how to treat you. Giving too much love to others can leave us with insufficient love for ourselves. Accordingly, it's important to recognize who and what you're spending your time and effort on. Respect yourself enough to say no to things you don't want to do or simply cannot do. By creating healthy boundaries, you're sending others the message that you're not always accessible and that your emotional and mental well-being are equally as important as theirs. I read that it can be helpful to change your thinking from "why do people treat me like this?" to "why do I allow people in my space to mistreat me?" I believe self-respect and self-worth are all about setting boundaries to protect your space and energy.

Finally, stop being so hard on yourself. When we are hard on ourselves, we tend to beat ourselves up

with very cruel and negative self-talk. We hold very high standards for ourselves and, although this is not necessarily a bad thing, it can sometimes be so harmful when we don't reach these high expectations that our mental health can be negatively impacted. Remember the saying, "you are your own worst critic"? Words like "what's wrong with you?" or "I'm not good enough" can take over our minds and, in turn, break us down and make us believe we are worthless, regardless of any progress we have made. Therefore, it is important to be aware of how you think, feel, and act.

Self-love comes with self-awareness. Be mindful of how you speak to yourself because you are always listening. Be kind to yourself because you are most deserving of the love you give. Most importantly, never lie to yourself about how you're feeling. Knowing that you have weaknesses doesn't make you any less of a person. By accepting your imperfections, your journey towards self-love only becomes more powerful.

Broken promises: the U.S. abandons the Paris Agreement

Sabrina Gilmour
Health and Wellness Editor

In 2015, nearly 200 nations signed the Paris Agreement, pledging to cut greenhouse gas emissions in order to keep the rise in global temperature since pre-industrial levels below two degrees celsius, in an attempt to limit it to 1.5 degrees celsius. According to the United Nations, climate change represents an urgent and potentially irreversible threat to humankind and the planet. Therefore, the widest possible cooperation is required from *all countries*. So what happens when a massive nation that once signed the agreement decides to withdraw from their international commitment?

On Nov. 4, President Donald Trump formally notified the United Nations that the United States would be withdrawing from the 2015 Paris Agreement. Secretary of State Mike Pompeo tweeted, “Today we begin the formal process of withdrawing from the Paris Agreement. The U.S. is proud of our record as a world leader in reducing all emissions, fostering resilience, growing our economy, and ensuring energy for our citizens. Ours is a realistic and pragmatic model.”

According to the Globe and Mail, during his election campaign, Trump promised to withdraw from the agreement, arguing that it would hurt the United States’ economy while leaving other large emitters like China to increase greenhouse gas emissions. However, he was bound by the United Nations rules and forced to wait to file exit papers. The withdrawal process will be completed the day after the 2020 U.S. presidential election, and Trump’s decision has some major implications for Canada, as well as the rest of the world. All the top Democratic presidential candidates in next year’s election have promised to re-engage in the Paris Agreement if they win. However, Andrew Light, a senior fellow at the World Resources Institute and former adviser

to the U.S. climate envoy under President Barack Obama, has stated that President Trump’s withdrawal could still leave a lasting mark. “While it serves the political needs of the Trump administration, we will lose a lot of traction with respect to U.S. influence globally,” he said, adding that it could take time for the international community “to trust the U.S. as a consistent partner” again.

When the United States first signed the agreement, the country emerged as a world leader in the fight against climate change. Thus, they also influenced other countries to take climate change more seriously and to reduce their greenhouse gas emissions. What message does pulling out from the agreement now send to the rest of the world? If the richest and most powerful country, who is one of the leading greenhouse gas emitters, has pulled out, then other nations may question the importance of fighting climate change and their role in the process. Trump’s move not only gives other countries an incentive to abandon their global climate change commitments; it also undermines the weight of a country’s international legal obligations.

The United States’ abandonment of the Paris Agreement has now opened a door for new leaders to emerge as the country has left a leadership void in the international community. Going forward, the European Union



and China can use this opportunity to reestablish themselves as global climate change actors by taking on leadership roles and filling the “gap” that the United States has left. These nations can fill this void by strengthening their position on the international stage and by reconfirming their commitment to climate action. In response to President Trump’s actions, European Commission spokeswoman Mina Andreeva said that the Paris Agreement continues to be “the most important international agreement on climate change” and assured the public that the EU will continue to “fight global climate change under this legal framework.”

The Trump Administration’s decision to fight climate change domesti-

cally rather than internationally seriously weakens and hinders the progress of the United Nations’ global climate agenda. The United States will become the only country to leave the pact. The role of the U.S. in global climate change politics is not only significant — it has proven to be necessary. Given that the United States is the world’s second largest emitter of greenhouse gases and the world’s largest economy, no international commitment can be completely successful without their participation. The unfolding climate crisis will eventually require the country to change its course, but for now, with or without the United States, the global fight against climate change will go on.

PUBLIER DANS

ÉCRIRE POUR

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VIVRE EN FRANÇAIS AU GRAND TORONTO

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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