

*In This Issue*

**Campus Life**

The Coronavirus Outbreak: A Little Too Close to Home • Page 3

**Expressions**

Mon Bonheur • Page 5

**Center Spread**

Glendon Campus • Pages 6 & 7

**Arts & Entertainment**

Side Effects May Include: The Little-Known Benefits of Studying English • Page 8

**Metropolis**

4 Activités à faire pendant l'hiver • Page 9

**Health and Wellness**

Signs of a Toxic Relationship • Page 10

**Issues and Ideas**

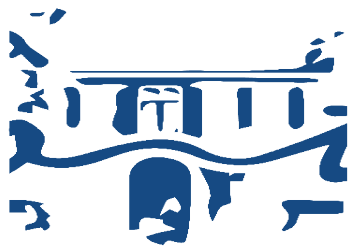
Ignorance is in the Eye of the Camera-Holder • Page 11

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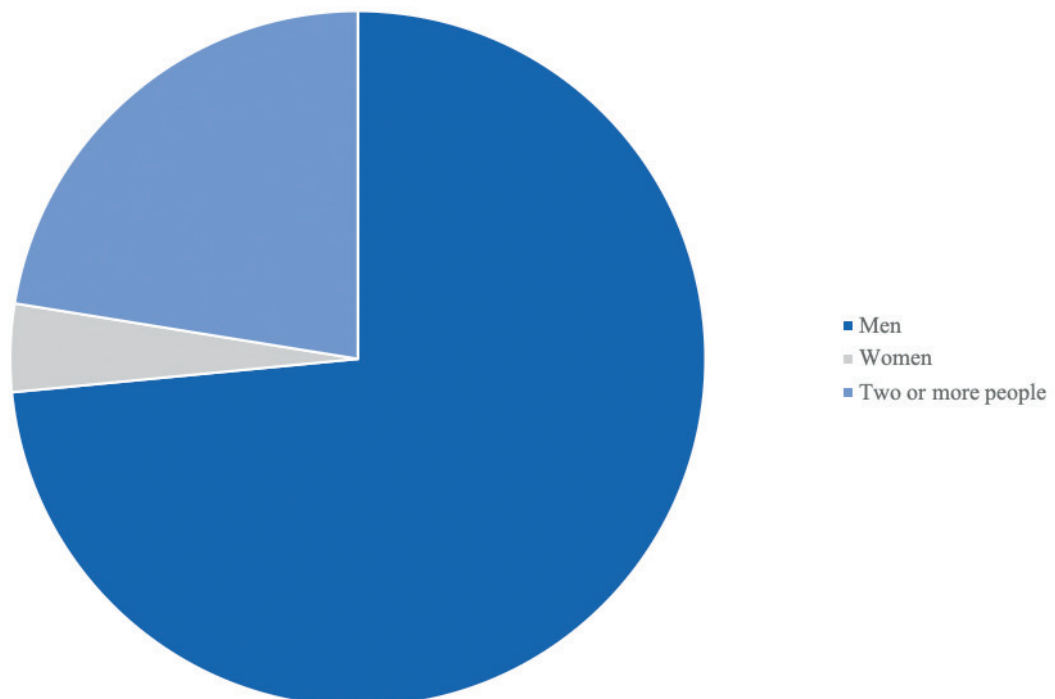
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NOTRE VOIX  
NOTRE HISTOIRE

York University Buildings by Gender of Eponym



## Patriarchy on Campus: Why York's History of Male Dominance Prevails

Amanda Sears  
*Editor in Chief*

Most of my days are spent in the Frost Library on Glendon campus—a classy little athenaeum opened in 1963 and named after Leslie Frost, the 16th Premier of Ontario. It is a quick walk from the Wood residence, named after prominent Canadian financier Edward Rogers Wood, which makes it extremely convenient for many students living on residence.

Of course, I am also familiar with York's larger and better-known Scott library (named after William Pearson Scott). Although I miss gazing out into the immaculate Bruce Bryden Rose Garden which I enjoy from the Frost Library, artist David Partridge's "Strata" makes for an alluring sight while studying. The Scott library is conveniently

close to the Scott Religious Centre and the Curtis Lecture Halls (named after Air Marshall Wilfred A. Curtis) for those who want to enjoy a quick study session after class. It is also quite close to the William Small Centre for anyone who might be spending a late night working on tomorrow's assignment.

If neither the Frost nor the Scott library fit your mood, the Steacie Science and Engineering Library (named after Canadian chemist Edgar William Richard Steacie) is just across the sidewalk. Students studying in the Lassonde building (named after Canadian businessman Pierre Lassonde) are grateful to be able to sneak in a few extra pages of homework before running out to class.

Maybe you've caught on by now. Throughout my entire degree at Glendon, I have only set foot in one

building named after a woman. I have built my university experience (which makes up much of my young adult experience) around and within a campus that silently reminds me that I don't belong here — or if I do, I wasn't meant to.

The pie chart which accompanies this article constitutes a modest assessment of named York buildings according to the gender of the honouree. I say "modest" because the chart was devised using only those buildings listed on the campus maps for Keele and Glendon. There is only one building on each campus named after a woman, a total of 11 buildings named after groups of two or more people, and 36 buildings named after men. As you would have noticed earlier in the article, there are many other meaningful parts of York which are named after men but

Continued on **PAGE 4**

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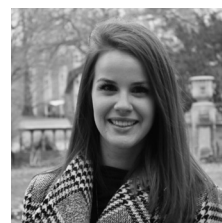
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**Amanda Sears**  
Editor in Chief

Happy midterms, Glendonites!

Besides submitting your remaining mid-term papers, I hope that you will spend the reading week resting and writing passionate articles for Pro Tem.

Don't forget that Pro Tem is holding a creative writing contest this year! Les soumissions ne doivent pas dépasser 850 mots et seront acceptées en français ou en anglais. La date limite de soumettre à editor@protemglendon.com est vendredi le 21 février. Veuillez soumettre vos articles avec le titre du courriel « Concours d'écriture Pro Tem » or "Pro Tem Writing Contest". La/le gagnante/gagnant sera présenté sur la première page du numéro suivant et recevra une carte-cadeau Tim Hortons de 25 \$.

The team is excited to see what you will prepare for the writing contest! All forms of creative writing are accepted including poems, short stories, streams of consciousness, and more. All participants will have their work published both in-print and on our official website.

As we slowly start to wrap up the academic year, keep an eye out for job openings at Pro Tem! Chaque année, Pro Tem procède à un recrutement en mars pour la prochaine année universitaire. Si vous souhaitez faire partie de l'équipe 2020-2021, assurez-vous de suivre notre instagram pour les mises à jour sur le processus d'embauche. Alternatively, check out our facebook page or keep picking up your biweekly copy of Pro Tem!

À bientôt,

Amanda Sears  
Editor in Chief

# Dear Emy

WITH EMILIA KARCZEWSKA

## The Struggles of Senioritis

Dear Emy,

I'm finding that I'm having a hard time staying motivated in school. I'm in my final year which I think is resulting in a bit of "senioritis" and apathy about my courses and course work. In the past it's been my anxiety around failing or not finishing my degree that's helped me to get off the couch and get to work, but now I find that I'm almost confident to a fault. What can I do to get my motivation up and finish strong?

Sincerely,  
APATHETIC ACADEMIC

Dear Apathetic,

Congratulations on making it this far! It's very normal to feel tired and less motivated in your final year and even more so in your final semester. At-

tending class, doing your course work, and balancing your time all can get very repetitive and tiring. Those late-winter blues could also be a factor in the decline of your motivation. Nonetheless, your final year is just as important as (if not more important than) the rest, and your energy levels need to be up to finish strong and get that degree.

First, if you feel at all as though some of your lack of motivation is from feeling burnt out (which is common) it's important to take care of yourself. If you're not feeling well or are exhausted there is no way you will have the energy to do your homework. Make sure you are sleeping enough, eating right, and being active. Remember to take breaks and do things you love. Set small goals for yourself every day and spread out

your assignments. This will prevent feeling overwhelmed about having too much to do in one day and the dread of doing one task for too long. Also, by changing up what you do in your day, you will feel more motivated. Make plans for the weekend or for your time off. Having an event or a trip to look forward to will motivate you to complete your work before the plan.

It might also be useful to talk to friends about your lack of motivation. Friends who are also in their final year are likely also feeling the same way you do. You can arrange study dates to motivate each other and get your work done together.

When you feel like you're approaching the finish line, it's easy to lose track of the details of your master plan and, more specifically, your exit plan. Planning concrete steps for your final semester and your future after graduation gives you plenty to look forward to. Attend job fairs, apply to grad school, register for prep courses, volunteer, meet employers, freshen up that resume, etcetera. It's incredibly motivating knowing completing a degree

opens up many doors for your future.

Seeing as it is your final year, you probably have a routine during the school year which can get monotonous. Maybe it would be a good idea to try something new? Consider picking up a new hobby, joining a sports team, tutoring a peer, or participating in a school event would spark excitement and motivation. You can meet some awesome new people with similar interests as you.

You will not always be a university student and so it's important to enjoy the final months of this chapter in your life. It's your last chance to get the most out of Glendon and you should take advantage of it! Finish that university bucket list and make the final months count. You can do it! Home stretch!

Sincerely,  
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 Coronavirus Outbreak: A Little Too Close to Home

Sabrina Gilmour  
*Health and Wellness Editor*

In late December, Chinese authorities investigated an outbreak of respiratory illness in the central city of Wuhan. What has now become known as the coronavirus, has killed more than 250 people, with the number of people infected rising above 12,000 worldwide (with some estimate more than five times as high). Cases have been confirmed in various countries such as, Australia, Malaysia, Nepal, Vietnam, Singapore, Japan, South Korea, Taiwan, Thailand, France, the United States, and of course, Canada.

Ontario health officials have declared that the first confirmed case of coronavirus is being held at Sunnybrook Hospital, next to Glendon. In a press conference at Queen's Park, officials said that the victim is a man in his

50s who recently travelled to Wuhan, China. According to CBC News, the man flew from Wuhan to Guangzhou, then to Toronto. Dr. David Williams, the province's chief medical officer of health, announced that upon arriving on January 22, the man felt ill and contacted 911. From there, paramedics picked him up and took him to Sunnybrook. Mayor John Tory has responded to the news and said that, "While we now have one presumptive confirmed case, our health officials are clear that the risk to residents continues to remain low."

What is Coronavirus?: According to the World Health Organization (WHO), coronaviruses are a family of viruses that causes illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). These viruses are transmitted between animals and people. SARS in particular, was assumed to have been transmitted from civet cats to humans and MERS were passed on by a type of camel to humans. Many known coronaviruses are currently circulating in animals that have yet to touch humans. Although it is



not clear which animal has transmitted the coronavirus, Chinese health authorities have said that the first few cases originated from a seafood market where fish and other animals were being illegally traded. According to Chinese scientists, the coronavirus may have come from the Chinese krait snake and the cobra.

What are the symptoms?: The WHO outlines common signs of infection which include respiratory symptoms, fever, cough, shortness of breath,

and breathing difficulties. In more severe cases, infection can cause pneumonia, kidney failure, and even death. According to a study published in the medical journal, *The Lancet*, people infected with the coronavirus might be able to spread it even if they do not have symptoms. Another one of their studies suggest that symptoms of early coronavirus cases reflect symptoms of the SARS virus, such as fever, dry cough, and shortness of breath.

Continued on **PAGE 10**

## Blue Monday

Anonymous

I came into high school with a chorus of voices in my head, not telling me to hurt myself but to participate! Join clubs! Make the most of my experience. So I went to a couple club meetings, but my desire eventually fizzled out. I was on a sports team for a couple years (mostly because they didn't make any cuts) but even then, my interest plateaued, and I moved on from it. And by "move on," I mean I coloured in the lines from grade 11 to graduation with beige and sepia tones. Nothing outlandish to offend anyone, nothing too bright to draw attention. I followed orders and I made my way out with a relieved sigh, not really understanding that high school doesn't end after 4 years, it lingers on in your mind. At least, it does when you don't know how to do anything but spin your wheels in the mud.

I came into university with a chorus of voices in my head telling me that it was a fresh start, that I'd find more people like me, that I'd find my calling. And in a way, I have. But in a way I'm still the same teenager I was, going home after class, staring at my phone screen, posting pictures on occasion to assure the people here and

the people from home that I'm living my best life when in reality, I'm alive, but I don't remember what living is like. I know I could do more to participate and get involved. I know the slogans, they haven't changed. But on days like today, most days that is to say, I spin my wheels and I don't expect to move.

If you're anything like me, you've probably found the best bathrooms on campus to cry in. If you're like me, you wipe your face after the tears are gone and feel ridiculous and melodramatic. If you're like me, you have good days, really good days. Good days that almost make you think the bad ones are gone, that the bad in you wasn't really there after all. It's just the bad tends to demand much more of your attention, so you leave the good feelings to fight for themselves, like a middle child, while you try to figure out the others.

Blue Monday is the third Monday in January and it is supposedly the most depressing day of the year. How was yours? Did you feel any different? Did your friends act any different? Is this day something fabricated, or is it a warning? Have I walked past you in the halls? Do you know I exist? Have we ever shared the same thoughts without knowing it? Are you real or did I make up a reader in my mind to feel like someone at this school is going



through the same thing as me? To feel like I could hold somebody's attention without feeling guilty for making things about myself?

Suddenly I feel naked and exposed. Like I've told you I love you and you don't reciprocate. The words are already out and I can't take them back. Is this going to change things? Can we

still go on like normal, you and I, now that you know everything I've told you?

Of course we can. We will. You'll play your part, I'll play mine, it will be like you never even read this. Unless you want it to be different. Unless you or I do something to make it different. Maybe we can stop spinning our wheels after all.

## Patriarchy on Campus: Why York's History of Male Dominance Prevails (cont.)

were not counted because they are not buildings (such as the rose garden). Numerous buildings were not included as the origins of their names could not be traced within the timeframe during which this article was written.

Even those buildings named after two or more people are infused with a flavour of male dominance. Four out of the 11 buildings in that category were named after the Stong family; a loyalist pioneer family who settled on the land upon which York now rests. Over the course of my research, the names Daniel Stong and Jacob Stong (his son) came up frequently, along with their achievements: Daniel, as a property holder in York County, and Jacob for his work as a livestock judge, a Justice of the Peace, and member of the

York Pioneer Historical Society. Only after much research did the name Sarah Stong come up, merely as an accessory to Jacob. If you look up her name, I caution that you will find little more than a few dated Facebook profiles.

Vari Hall was also narrowly included in the list of "two or more" people because it is listed on the York University website as being named after "George Vari (1923-2010)—a Hungarian refugee from the revolution in 1956 who made a fortune in the construction industry—and his wife Helen." Once again, treated only as an accessory bearing his name (indeed, Helen Vari was born Helen de Fabinyi).

Some might wonder what significance this disparity has to the campus experience of female students who

are only quietly alienated and male students who are only subtly empowered. No — there is a bigger picture here to observe. It is the subtle lasting picture of the colonial education system which sought to turn men into scholars, and only after a great many years of feminist strife, sought to turn women into good housewives. In the early days of North American education, men signed their names while women could sign only an X or their initials, effectively signing away valuable traces of their place in history in the process. For every man who is honoured by having their name ascribed to a building—of science, of art, of culture, of education—another man's achievements have been immortalized at the expense of a woman signing an X or dutifully clearing off the ta-

ble so that he may continue his brilliant work without the burden of household tasks or childcare.

For too long, women have been the afterthought of academia, but we don't have to be. Many of York's buildings have yet to be dedicated to anyone, and the harmless act of honouring a woman's achievements in such a way would serve both to offset the university's history of male dominance and to share the immortalization of achievements. We cannot change our history, but we remain responsible for rectifying the past so that we may change the future.

## Mon Bonheur

Gabriella Giordan  
Contributor

Un coup de poing m'atteint au menton et me tire de mon sommeil. La douleur m'aveugle pendant un instant. Dans la pénombre de la rue de la Réole, j'ai du mal à voir celui qui essaie de toutes ses forces de m'infliger du mal. Je distingue à peine une grande silhouette fine.

– Espèce de ...

L'homme continue à me tirer des coups de poing un peu partout en grognant et en se parlant à voix basse. Un autre crétin. Je le laisse faire patiemment et, au moment où il se lève pour s'en aller, je lui donne un coup de pied sec dans le ventre.

L'homme gémit de douleur. Je gémis de plaisir.

– Tu le paieras cher, articule-t-il entre ses dents.

Je pousse un rire gras. Mon bonheur, si je le veux, je l'aurai.

J'aperçois, à deux mètres de moi un balai abandonné. Je l'attrape et je m'en sers pour assommer l'homme. Je l'admire alors qu'il s'effondre. Un sourire se forme sur mes lèvres. Je me mets à marcher en direction du centre de Bordeaux.

Le lendemain, je m'installe dans la rue Sainte-Catherine. Hermine, une SDF détestable qui doit avoir au moins soixante-dix ans s'installe près de moi.

– Ursu, te voilà, ricane-t-elle. T'as fait la grasse matinée?

Je hais les airs qu'elle se donne. Elle dégage une odeur putride qui m'empêche de rester près d'elle.

Un petit garçon passe près de moi essayant de me donner de l'argent. Je lui crache dessus. Il me lance un regard affolé et décampe aussitôt. Je ris.

Mon bonheur, si je le veux, je l'aurai.

Peu après, une jeune femme s'approche de nous d'un pas assuré. Elle porte un gilet sur lequel il est écrit « Fondation Toutes à l'abri ». Je ne lui crache pas dessus, mais je la dévisage.

– Bonjour, mesdames, dit-elle en posant sur nous un regard que j'ai du mal à déchiffrer. Je travaille pour la Fondation Toutes à l'abri, un nouveau refuge pour femmes situé au 118 rue Héron, ouvert tous les mercredis de 9 h 30 à 17 h 30.

La fille semble très à l'aise. Je ne la dégoûte pas.

– Casse-toi, lui dis-je sèchement. Je suis bien où je suis et je n'ai besoin de rien, surtout pas de toi.

Je déteste qu'on me traite comme un enfant.

– Réfléchissez-y, insiste-t-elle. On a ouvert nos portes il y a quelques semaines et on sera ouvert cet après-midi. Je vous laisse cette brochure.

Je la regarde s'éloigner. J'ouvre la brochure. « À FTAA, on comprend l'insécurité qui va de pair avec le fait d'être une femme seule à la rue... »

– Vachement n'importe quoi, cet endroit, ricane Hermine.

– Tais-toi, la vieille.

Je me lève brusquement. Je vais y aller quand même, juste pour voir.

Mes pieds, infatigables, me mènent tranquillement jusqu'au refuge. Je crache au sol comme il me plaît. Ça fait quinze ans que j'apprivoise les rues bordelaises; je les connais comme la paume de ma main, elles m'appartiennent.

Le refuge est un petit bâtiment laid, insignifiant. À l'intérieur, mes yeux font rapidement le tour de la grande salle aux murs qui sont peints d'une couleur orange ridicule avec des cadres tout aussi ridicules. Plusieurs femmes de tous les âges sont assises ensemble dans des fauteuils plastiques et discutent.

– ... mon mari m'a jetée à la rue, pleurniche une femme voilée en reniflant bruyamment. Je ne sais pas ce que je vais faire...

Finalement elle se tait. Je prends la parole sans qu'on me la demande :

– Moi, j'étais mariée depuis deux ans quand mon mec a commencé à me battre. Un alcoolique caché, quoi. Le brute me faisait souffrir tellement chaque soir



que je me réveillais avec des bleus pleins le corps tous les jours. J'ai appelé la police, mais vous savez comme c'est inutile d'appeler ces cons-là. Rien à faire, il continuait à boire, à me battre, à boire, à me battre, même dans mon sommeil.

Une femme minuscule à la face trop carrée porte ses mains à sa bouche en sanglotant. « Terrible... terrible », répète-t-elle en se berçant.

Je reprends :

– J'ai commencé à le battre moi aussi, le salop, dis-je, sentant ma voix se déchirer. Mais... je n'étais pas assez forte...

– Et... que vas-tu faire? me demande la première femme en me jetant un regard de désarroi.

– Je m'en remettrai, quoi...

Un silence absolu règne dans la salle. Toutes me regardent, essaient de me prendre la main. Je les repousse.

Je ne reste pas plus longtemps. Une fois dehors, je ris aux larmes. Vilaines sottes! Elles pensent que je raconte la vérité. Mais elles ne savent pas ce qui les attend.

Mon bonheur, si je le veux, je l'aurai.

Je reviens quelques jours plus tard dans la nuit. Je mets un vieux gant noir avec deux trous dedans que je garde pour des occasions spéciales comme celle-ci, en ricanant doucement, le bonheur dans les mains.

Je lance mon couteau à travers la fenêtre. Elle se brise aussitôt en mille morceaux.

Une fois à l'intérieur, j'utilise le couteau pour couper, déchiqueter et détruire tout ce qui se trouve sur mon chemin : cadres, fauteuils, coussins, tables, tout y passe. Dans la salle de bain, je décapite les douches et les toilettes. Dans la cuisine, je casse les assiettes et je répands les miettes de verre sur le plancher. Les chaises, renversées, semblent me supplier de défaire le chaos. Mais je m'en fous.

Armée de ma cannette de peinture en aérosol rouge, j'ajoute une dernière touche à mon travail sur un des murs : Mon bonheur, si je le veux, je l'aurai.





## Country's Newest Outlaw: Orville Peck

Anastasiya Dvuzhylov  
*Metropolis Editor*

Hold on to your hats, there's a new cowboy riding into town. With his face obscured by handmade, fringed masks revealing only his piercing blue eyes, it's no wonder that the mysterious Orville Peck has blown up as one of country's most notorious rising artists and proven that he's here to stay.

The world (well, a small crowd) first laid eyes on Orville Peck when he made his debut performance in late May of 2018. Opening for music veteran King Tuff, he quickly became the most talked-about act of the night. Backed up by fellow Toronto based band FRIGS, Peck crooned some Hank Williams Sr. and paid homage to Dolly Parton, the country queen herself. The best way to describe it is like a David Lynch scene. There's something incredibly surreal about watching a masked cowboy in full Western attire, down to the vintage boots and bolo tie, singing classic country and rockabilly on the Horseshoe's golden tinsel stage. The highlight of the debut was him singing his first original "Dead of Night", which would go on to

be his very first single, and later the feature track on his first album, *Pony*.

This cowboy's ridden a long way since then. Not so slowly, but surely, Peck has garnered international fame, going from playing sold-out shows in a tiny room above a Kensington Market bakery (the now-defunct Double Double Land) to getting the Dior treatment and even having people getting tattoos of him.

His eclectic style and contemporary take on country aren't the only things that have propelled him into stardom, Orville Peck openly identifies as a queer artist and has quickly become an LGBTQ+ icon, singing songs like "Queen of the Rodeo" that tell stories about drag queens, and others about his own past troubled lovers.

In an interview with Sub Pop records, Peck made a very candid comment on the state of country: "True country music is not about instrumentation, it's not about the color of your skin, and it's not about your sexual orientation. It's about the crossroads of drama, storytelling, and sincerity." He isn't changing the face of country music for himself, but rather for country fans, who also crave diversity in their music. The masked persona is no gimmick — there's a lot more than meets the eye to the enigmatic rising star.



## Side Effects May Include: The Little-Known Benefits of Studying English

Jasmin McMullan  
*Contributor*

From time to time, people will assume that an English degree is an "easy" or "useless" program choice. Let me tell you — as someone who wholeheartedly loves their major — it is no. Such. Thing. I think people who don't (or haven't yet) studied English might not have a clear idea of what it really entails, so here are a couple of side effects of an English degree:

You may get better at forming strong arguments and providing evidence. Being able to articulate your thoughts clearly and with impact makes you better equipped for any circumstance where you might have to interact with people. I'm definitely not the most eloquent person, but thanks to my studies I'm getting a lot better at making sure my points land and making a persuasive argument. But, how does this translate to real life? Consider job interviews, meetings, cocktail parties, conflict resolution, and such.

You will develop the ability to critically engage with current events and media. The key to studying literature is to engage critically with the text and examine the different layers of meaning within it. How does this translate to real life? Watching movies, listening to music, reading news articles, following politics, deciphering cryptic texts and DMs (this is not a joke — you really get good at reading between the lines).

You may develop heightened empathy — reading a diverse variety of texts translates to examining things from perspectives you may not otherwise be exposed to. How does this translate to real life? Being able to consider the perspectives of others can help to support an ethos of intersectionality and allyship, as well as being a more empathetic person in general.

You may experience improved upper body strength from carrying mas-



sive books. Lift with your legs, friends. How does this translate to real life? Saves on a gym membership.

You may become more adept at time and workload management based on how many pages you have to read that day. How does this translate to real life? Time management is a skill that will serve you throughout your work and personal life — get good at it ASAP.

You will develop a keen eye for detail and hone your editing skills. Over four years into my degree, I have written dozens of essays. In my side hustle as a copywriter later, I've written, edited, and proofread countless cover letters, resumés, bios, and applications for myself and several friends — in English et en français. How does this translate to daily life? Being able to write effectively will serve you abundantly. Need a flawless application for your dream job opportunity? A fire Tinder bio? A professional clapback? You get the idea.

Understanding an audience means understanding a demographic. A big part of understanding literature is understanding its intended audience. This skill is helpful in plenty of job markets, including retail, communications, business, and service. You're set.

You will have the sudden appearance of very specific and unusual general knowledge: did you know that the Puritans were the first to publish literature specifically for children? Have you ever spent hours reading about the economics of Caribbean tourism for an essay? Have you ever had to actually decipher secret codes when doing a presentation on Poe's detective stories? How does this translate to real life? I mean, you'll be a hoot at parties. You'll also probably be really good at trivia and pub quizzes.

There's a lot more to the English program than meets the eye!



## 4 Activités à faire pendant l'hiver

Alyssa Winder  
Contributor

L'hiver est un temps magique. C'est le temps pour s'asseoir près d'un feu et de déguster du chocolat chaud. Bien qu'il y ait des raisons de ne pas aimer l'hiver, il y a beaucoup d'activités à faire cet hiver ici à Toronto. Donc, enfilez vos manteaux d'hiver, prenez votre boisson chaude et amusez-vous cet hiver.

Allez au festival de lumière de Toronto! Chaque année, le district de distillerie se transforme en un paradis de lumière avec beaucoup de structures magnifiques. Pendant les jours sombres et froids de l'hiver, le festival propose le bonheur et la lumière grâce à la créativité. Vous n'avez pas besoin d'une lampe de poche pour cette activité. Le festival se déroule du 17 janvier au 1er mars.

Faites du patin à glace sur l'une des patinoires de Toronto! Voulez-vous faire un bon entraînement cet hiver? Le patinage sur glace est une activité amusante et active qui ne peut être pratiquée dans une autre saison

que l'hiver. Toronto offre de nombreuses patinoires comme Nathan Philip Square, le Bentway sous le Gardiner et le centre de Harbourfront. Donc invitez vos amis, prenez vos patins et montez sur la glace en toute sécurité.

Faites une recherche du meilleur chocolat chaud de la ville! Le chocolat chaud est l'une des meilleures choses de l'hiver, car l'air froid vous donne une excuse pour consommer autant de chocolat chaud que vous le souhaitez. Donc pourquoi ne pas partir à la recherche du meilleur chocolat chaud de la ville? Pour connaître le meilleur chocolat chaud, prenez une photo de chaque chocolat chaud que vous avez consommé, écrivez le café où vous l'avez obtenu et notez-le sur 10 en fonction du goût et de l'apparence visuelle.

Cuisinez une soupe à l'oignon française! Il n'y a pas une meilleure façon de faire face au froid de l'hiver qu'en préparant une soupe. C'est très facile à cuisiner et ça a un goût incroyable. Il y a beaucoup de recettes en ligne qui sont faciles à suivre pour faire cette soupe. Bien que l'hiver puisse être difficile pour de nombreux étudiants, il y a encore de nombreuses façons de profiter de la saison. N'oubliez pas de vous habiller chaudement et de vous amuser.

## Toronto's Best Plant-Based Bites

Anastasiya Dvuzhylov  
Metropolis Editor

The recent boom in plant-based diets has forced the culinary world to go beyond its boundaries. Gone are the days of limp salads and sad tofu patties; these Toronto restaurants are proving that eating vegan has never been tastier. Whether you're looking for your next hang out spot or want to hop on the plant-based trend, here are five spots that are guaranteed to be a hit:

### 1. Apicalypse Now!

Situated across from Christie Pits, this snack bar goes above and beyond, featuring vegan pizza, poutine, assorted salads and delicious donuts. Make sure to try their Homer Simpson donut!

### 2. Copenhagen Vegan Cafe

For those with a sweet tooth, this cafe and bakery is heaven-sent. It's like a piece of Europe in

Parkdale. Along with cakes and pastries, they also serve fun takes on lunch staples like their vegan tuna sandwich.

### 3. Hello 123

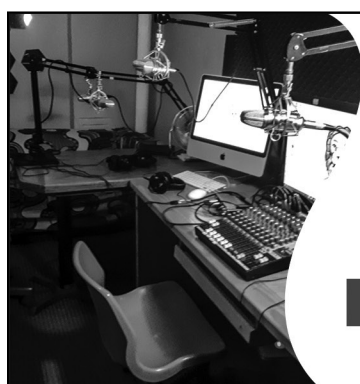
Sistered with Kupfert and Kim, this Queen West staple is perfect for brunch or dinner with cocktails. Their menu offers a bit of everything, from burgers to salads to coconut yogurt parfaits. Their cauliflower tahini bowl is a must try.

### 4. Rosalinda

Located in the Financial District, Rosalinda offers upscale, plant-based Mexican cuisine. This place is anything but predictable. Their brunch menu features delicious breakfast tacos and mushroom and potato enchiladas.

### 5. Virtuous Pie

This Little Italy joint offers delicious vegan pizza and serves up some mean garlic knots! Not to mention that they have a fantastic selection of vegan wines. Virtuous Pie is perfect for a night out or take-out.



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## Signs of a Toxic Relationship

Harkiran Sandhu  
Contributor



"Do you feel trapped?" I asked my friend after she had just listed all the reasons why she thought she would not be with her boyfriend in the future. Her reply was simply, "Why would I feel trapped? I still love him, you know?" No, I did not know nor did I understand why so many people did not leave relationships they were not absolutely thrilled to be in. What's the point? Is it not just a waste of time? I thought it was easy to leave relationships you are no longer happy in. You just leave, dip the scene, skedaddle... Right?

So many young adults find themselves stuck in relationships where they experience both physical and emotional abuse. They feel trapped whether it is because of low self-esteem, anxiety, or fear of loneliness. As a result, many individuals end up finding themselves in long-term toxic relationships. One reason being, many people have a hard time detecting the signs early on in a relationship and may find themselves making excuses for their partner and downplaying the situation to others and themselves. Time and time again, I have heard that relationships are hard, fighting is normal, and constant fighting is required for one's relationship to last. However, I want to clarify that this is in fact, *not normal*. Below are some signs you may notice in a toxic relationship.

**Lack of communication:** You may have heard over and over again that communication is key, and this could not be more true. Along with communication, there must be trust. Having to share your values, life stories, and your introspective thoughts with another person requires a sense of faith in your partner because it is the equivalent to sharing your vulnerabilities, desires

and goals which tend to expose you to judgement. However, communication is the best way to learn about one another which can help build a foundation of trust.

**Jeopardizing your growth:** Your relationship should not be stunting your growth and jeopardizing the learning process happening in your life. In fact, it should be doing quite the opposite. You should be learning and pushing yourself every single day while your partner helps you reach your full potential. Your partner should provide you with a different outlook on life. This way, you can better understand how to deal with certain problems and find a perspective that you may have never even thought of. They should also help motivate you when you are not feeling your best instead of letting you get comfortable and backing away from challenges. Whether it is starting a healthier lifestyle, deciding to opt for cheaper date options to save some money, or creating a schedule so you are able to build a productive

routine, your partner should be helping you find ways to better yourself and your relationship.

**Routine arguing:** "It's normal," my cousin said to me as she described the 100th fight between her and her boyfriend. I stared at her in bewilderment. Why do people even get into relationships if it is just constant fighting? There is a big difference between having a disagreement or just having a bad day, but finding yourself constantly having to keep your guard up, waiting to be criticized or attacked is not normal. You should not find yourself jumping to conclusions and lashing out at your partner all the time because of the lack of trust in your relationship. Relationships are not supposed to be hard, you are supposed to feel comfortable, at ease, and at home with the other person.

**Feeling trapped:** This one seems to be the hardest to detect. It may be your conscience, the voice inside your head that is telling you that you need to get out. It is almost as

though you are just waiting for the right time or you genuinely just do not know how to leave. Your partner can become part of your daily routine and it is hard to drop everything and say enough is enough. Even though you may have seen some of the signs, you try to convince yourself that your relationship is great, constant arguing is normal, and you make excuses for your partner's behaviour and maltreatment towards you. This tends to come with a lot of emotional abuse and even physical forms of abuse.

If you have found that any of these signs pertain to your relationship, it may be a perfect time to turn around. If you may find yourself with someone who has toxic traits, it may be time to start thinking of some ways to get out. A great place to start is a support system where you can confide in your friends and family members. More importantly, make yourself a priority through self-care and working to create a more independent and strong you.

## The Coronavirus Outbreak: A Little Too Close to Home (cont.)

What is being done to stop the spreading?: Chinese authorities largely sealed off Wuhan by suspending flights and trains out of the city and preventing residents from leaving without compelling reason. In addition, more than a dozen other Chinese cities have restricted transportation with the hopes of preventing the epidemic from spreading. The Chinese government is also building two new hospitals to fight the outbreak. In an official summary delivered on Chinese television, Xi Jinping said, "We're sure to be able to win in this battle to beat the epidemic through prevention and control." The measures that have been implemented have affected over 56 million people in China. The New York Times has noted that large public gatherings and performances have been banned in Wuhan, and the government announced that all residents were required to wear masks in public. Moreover, international airports have adopted various screening measures and many countries have been trying to evacuate their citizens from Wuhan. Travellers coming from China are being screened for infection at airports in Toronto, Vancouver, and



Montreal, with the help of airline staff and customs and immigration officers. North Korea has temporarily barred foreign tourists, most of whom come from China.

To try to prevent the infection from spreading, the WHO offers standard recommendations including regular hand washing, covering the mouth and nose when coughing and sneezing, and thoroughly cooking meat and eggs. In addition, avoid close contact with anyone showing symptoms of respiratory illnesses, such as coughing and sneezing. Christine Elliott, Ontario Health Minister, told the public to con-

tinue taking normal precautions to avoid flus and colds, including hand washing and coughing into one's sleeve.

Is this a global emergency?: On January 31, the coronavirus was declared a global health emergency by the WHO. Chief Tedros Adhanom Ghebreyesus of the WHO said that, "The main reason for this declaration is not what is happening in China but what is happening in other countries." The main concern is that it could spread to other countries with weaker health systems. Despite the recent declaration, Health Minister Patty Hajdu has said that the risk to Canadians remains low.

## Ignorance is in the Eye of the Camera-Holder

Orden Deko  
Contributor

Meme culture, social media, and the overall pictorial landscape of the millennial internet community vastly feeds off of reality television, namely that of the United States. The iconic mishaps and one-liners of the Kardashians, the Desperate Housewives, Big Brother, and Miss Tiffany Pollard remain hilarious and timeless. Most GIFs on Twitter and Facebook harken back to scenes such as Kim Kardashian losing her earring and Kourtney responding with “there’s people that are dying”, or the mantras of Jasmine Masters, former contestant on RuPaul’s Drag Race. They become symbols in and of themselves, and often it only takes one glance at someone else’s computer screen to quickly recall a meme’s origin and to recite its corresponding dialogue. Moreover, these symbols establish the semiotic and temporal framework of pop culture. One identifies the 1960s with the Beehive hairstyle or the peace sign, or cannot think of the early 2000s without remembering the antics of Paris Hilton or Hilary Duff as Lizzie McGuire.

However, in an age where technology has become much more democratized, one can find comedy or reaction GIFs in common everyday folk, not just in celebrities. While celebrities and reality television stars still hold secure and sizable authority in dictating pop culture, anyone can go viral on social media, for a good or bad reason. For example, only a few months ago on Twitter, Brittany Tomlinson became

Kombucha Girl, transforming from a lighthearted TikTok to a successful and ubiquitous twitter meme. She turned 15 minutes of fame into over 679,000 twitter followers.

While these people enjoy the surge of fame, they do so having consented to being in front of the camera, and often times they are being laughed with, not laughed at. They recognize that they have an audience and are, to some extent, comfortable with knowing that someone else is going to see their actions and hear their words. But what about those who haven’t? What if you see someone do something crazy on the street, and you really want to post it online? What if that person happens to be under the influence of drugs, or ill — that isn’t important, as long as they do something hilarious, right? The main goal is to take a video, post it online, and go viral, irrespective of the person in front of the camera. Right?

Often times this is the case — a myriad of online videos proves it to be so. A homeless person or a mentally ill person will act or react in a certain way in a public space, and it is somehow normalized for a bystander to record it. This is truly perplexing to me. Why is there a tendency, a gut reaction, to pull out your phone and use someone who is clearly not in the right headspace as a means of amusement? Frankly, I do not find it funny at all. Many argue against this phenomenon on grounds of consent; the lack of consent to be digitally recorded. This is an appropriate and important argument of which I seek to expose an additional layer.

In my opinion, this is an issue, not only of consent, but of the person’s inherent right to dignity. Would you be alright with someone recording you at the lowest point of your life? Naturally, you would respond with “no,” as that



would be extremely disrespectful. Why is this same reasoning not applied to the most vulnerable people, those who suffer from poverty, homelessness, and addiction? Why is it alright that they do not receive the most basic human rights and dignity that we do? Is it because we are behind the camera, and not in front of it?

Let us not turn our fellow citizens into specimens or objects of comedy detached from their humanness. It is not only disrespectful to take videos of mentally ill individuals and laugh at their outbursts and reactions, but it is entirely immoral. I become extremely distraught with how many videos of mentally ill persons I find on Instagram or Facebook, and even more so when I read the comments left behind by apathetic, insolent viewers who toss around the misnomer “crackhead” without hesitation. I am worried and shocked at how disengaged we have become with human welfare, that our first reaction to seeing someone in a horrible place is not to act or to do better, but to sit down and laugh at their expense.

This only deepens the negative and stereotypical perceptions people hold of homeless persons, especially those who also suffer from mental illness. It is generally accepted that all homeless people are drug addicts and deserve the problems they deal with. It is also thought that homeless people provide little value to society as a whole. These sentiments are entirely wrong; homelessness is far more diverse in its origins and situations than simple drug addiction or mental illness. Recording and laughing at someone else’s misfortune does absolutely nothing to solve their problems, nor does it do anything for your own personal good. If we want to eradicate poverty, which is a cause that I’m sure everyone would be behind, we must start by respecting others in any unfortunate circumstance they may be in. In a world both animated and exaggerated by digitization, we must not lose our humanity, and we must not discriminate who we allow dignity based on wealth.

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## La reine des neiges 2 : le mouvement #MeToo et la recherche de soi

Sara Youssef  
Contributor

Les réalisateurs Chris Buck et Jennifer Lee, le producteur Peter Del Vecho ainsi que les compositeurs Kristen Anderson-Lopez et Robert Lopez se sont réunis pour mener plus loin les destinées des deux sœurs royales dans un film d'animation contemplatif. Entendant une voix enchantée qui l'entraîne irrésistiblement à la recherche de sa raison d'être, Elsa entraîne Anna et les comparses vers la mystérieuse forêt dans l'espoir de rétablir la paix entre le peuple de la forêt qui vit en harmonie avec la nature et celui d'Arendelle. À partir de plusieurs événements fortuits, les deux sœurs unissent leurs forces pour sauver le royaume d'Arendelle.

Les studios Disney causèrent une révolution féministe des personnages féminins qui prennent leur destin en main sans attendre passivement un prince charmant. En effet, Disney est en quelque sorte en route pour faire avancer l'égalité des genres qui « favorise la sensibilisation et la création d'un mouvement national vers un avenir meilleur pour [toute] la population » (Fondation canadienne des femmes). De quoi réjouir les filles de toutes les générations. Nous savons tous que dans La reine des neiges (2013) le baiser d'Elsa — non celui d'un prince — a sauvé la princesse Anna. Qu'en est-il alors de la suite de La reine des neiges ? Après le mouvement #MeToo, les réalisateurs ne pouvaient pas retourner aux rôles traditionnels véhiculés par les contes de fées. Ainsi, les sœurs royales dans une suite attendue portent littéralement le pantalon dissimulé sous des tuniques. Ce qui est un moyen plus efficace d'escalader de périlleux sommets.

La reine des neiges 2 se drape aussi d'une dimension environnementaliste en plus de son essence féministe. Les quatre éléments se réveillent et mettent en péril son royaume. Men-



acée par le feu ; l'eau ; le vent et la terre, Elsa va devoir percer le mystère de la forêt enchantée. Ce qui va être important pour qu'elle puisse comprendre qui elle est réellement et l'origine de ses pouvoirs.

La découverte de soi donne une suite plus classique en ce qui concerne les thématiques sombres et le ton grave. En renouant avec d'anciennes traditions, le film devient très prévisible pour des adultes (des étudiants universitaires), mais nous sentons affleurer de sérieux voire de noirceur. Parmi tous les héros qui ont leur propre quête interne, Elsa va s'avérer dangereuse et va sombrer dans les ténèbres.

Il est vrai, par contre, que les héros ont dû franchir des centaines et des milliers de dangers interminables afin de sauver le royaume d'Arendelle. À part l'amusant bonhomme de neige Olaf (Josh Gad) qui ne fait que se démembrer pour amuser les petits, le film sympathique, La reine des neiges 2, nous illustre la découverte de soi et l'importance du féminisme dans notre société. Malgré les éléments contemplateurs du film, nous avouons que « [c]e deuxième opus est bon. Très bon même. Mais il n'a ni le charme ni l'élément de surprise du premier » (Danielle Bonneau, La Presse).

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