

In This Issue

LETTER FROM THE EDITOR • Page 2

VIE ÉTUDIANTE

What's the Deal with YU Screen?
• Page 3

Ontario-area Universities' Unsanctioned Parties Result In Property Destruction, Misogynistic Attacks • Page 3

EXPRESSIONS

"Predictive text" or "Me brought to you by who Google thinks I am" • Page 4
My Inside-Me • Page 4

LES CRÉATIONS DE LUNIK CO-OP
PAR TRACY NORONHA • Page 5

ARTS AND ENTERTAINMENT

Review of Dune (2021) • Page 6
5 Classic Horror Movies to Watch If You're Still Not Over Spooky Season
• Page 7

Lana Del Rey: Blue Banisters Review
• Page 7

What's up with Contemporary Horror?
• Page 8

MÉTROPOLE

Comment décorer un appartement que vous louez • Page 9
Zellers has been revived in Canada, but at what cost? • Page 9
Culture in a Modern World • Page 10

SANTÉ ET BIEN-ÊTRE

Recette facile de tacos végétarienne
• Page 11

YorkU Active Minds Takeover: Living with Imposter Syndrome • Page 12

ACTUALITÉ ET OPINIONS

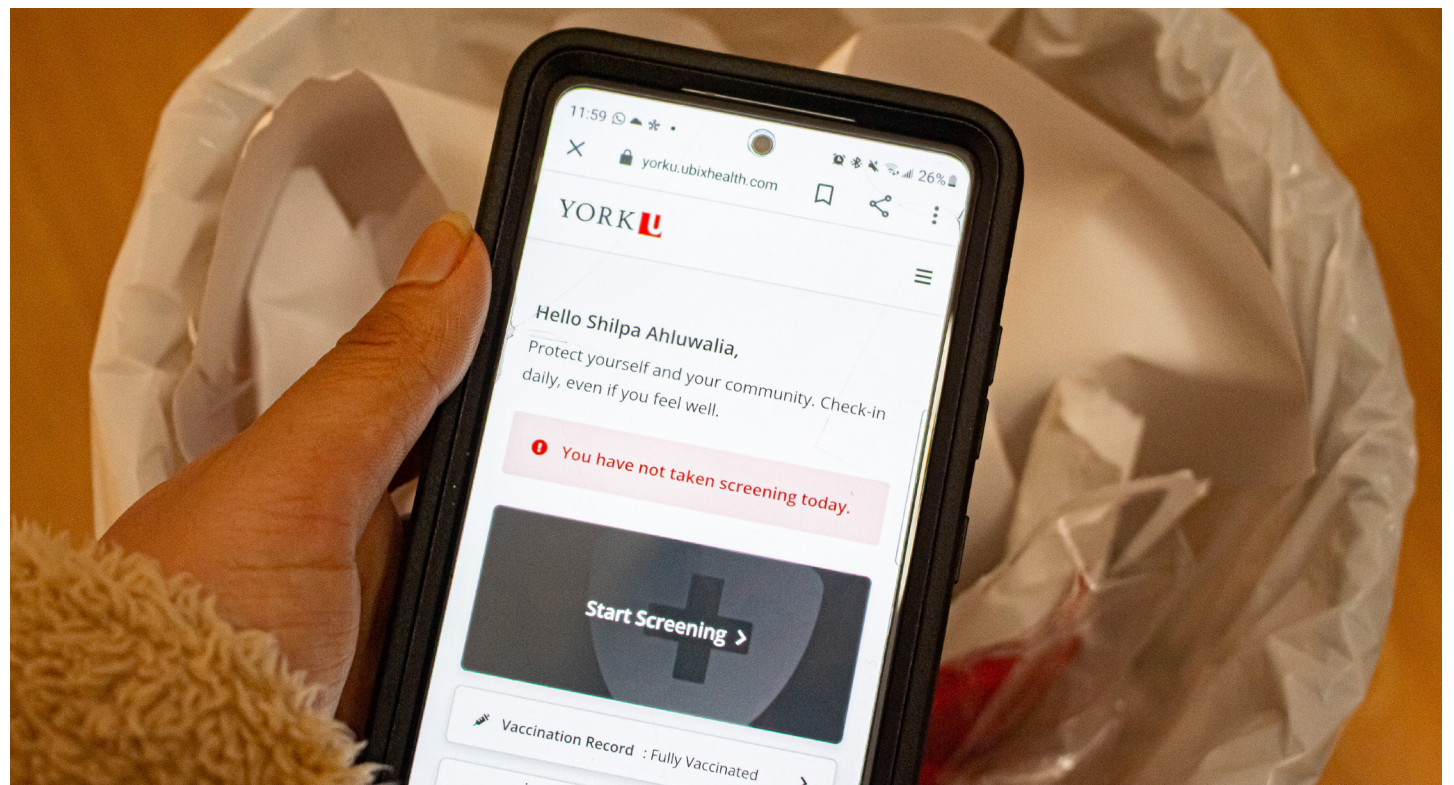
À cause d'Internet - Because Internet
• Page 13

Activism & Its Crucial Components for a Functional Community: Lessons From Rousseau • Page 14

30 façons d'être plus respectueux de l'environnement • Page 15

FUN & RELAXATION • Page 16

La prochaine date limite :
Vendredi 12 novembre 2021



What's the Deal with YU Screen?

Anonymous

Everyday, I get an email to my York University account: "Screen for COVID-19, have you passed your screening today?" I get this email daily because at the beginning of the semester, I signed up to be reminded, thinking it would be needed to gain access to various on-campus activities and services. Every time I go to campus, I fill out the screening questionnaire. But after almost two months of being back on campus, I don't understand what our school is hoping to accomplish with this screening.

York University announced its vaccine mandate on September 3rd, 2021. This was done "in an effort to keep everyone safe and healthy." It was stated that vaccine status or exemption must be uploaded by October 18th, 2021 for all who are attending classes,

living on campus, using the library, the gym, and more. They also stated that if a vaccine status or exemption was not disclosed, you were not eligible to come to campus. When releasing the plan for the new YU Screen tool, it was stated that everyone who will be on campus must do the screening every day they will be there in person. However, they also wrote in this notice - another email we all received - that you may occasionally be asked for proof of your positive screening result allowing you to be on campus.

Understand when I say that I completely agree with COVID-19 screenings - they are very effective for symptom tracking, contact tracing, and preventing the spread of COVID-19. Though, to be effective, they must be utilized properly. For example, the other night I went to the movies to see Last Night in Soho - a great movie, by the

way, 100% recommended - and there was a one-block lineup to show our vaccine certificates. If you've recently gone out to a restaurant, you'd know that you not only have to show your vaccine certificate but also the screening they have you fill out before you're seated. This is what is important! How else would anyone know, or remember to fill them out? It's the reinforcement.

How will we know who has provided proof of vaccination or done the pre-screening if no one is checking? I understand we have to give everyone time to get settled and also give those who could not get vaccinated some time to do so, but the deadline has come and gone... and still nothing.

As someone who has done everything I could individually do to help slow the spread of COVID-19, it is disappointing to see that my university is

Continued on **PAGE 3**

Notre équipe



Brianna Carrasco
Editor in Chief / Rédactrice en chef
✉ editor@protemglendon.com



Josée Philips
Chief of Operations / Chef des opérations
✉ operations@protemglendon.com



Shilpa Ahluwalia
Photographer / Photographe
✉ photography@protemglendon.com



Ariana Mah
Assistant English Editor /
Rédactrice anglaise adjointe
✉ englisheditor@protemglendon.com



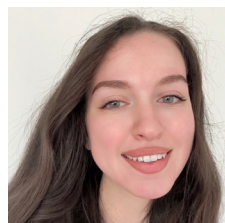
Sara Youssef
Assistant French Editor /
Rédactrice française adjointe
✉ frencheditor@protemglendon.com



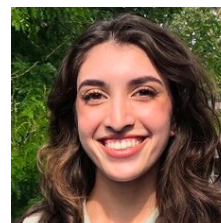
Elton Campbell
Layout Designer / Maquettier
✉ design@protemglendon.com



Michael Aquilino
English Journalist / Journalist anglais



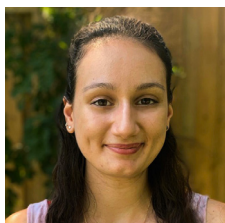
Rejean Ghanem
French Journalist / Journaliste française



Abigail Gillen
Bilingual Journalist / Journaliste bilingue



Christy Lorenz
Issues and Ideas, Health and Wellness
& Expressions /
Actualité et opinions, Santé et bien-être
& Expressions



Anna Noumtinis
Campus Life, Arts and Entertainment
& Metropolis /
Vie étudiante, Arts et divertissement
& Métropole

A propos de nous

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.protemglendon.com.

Be sure to follow us on Instagram for reminders about upcoming deadlines and events.

Hello, Glendon!

Thank you for taking the time out of your busy day to read another issue of Pro Tem! We would not be able to do what we do without our contributors or readers, so thank you for helping us continue Pro Tem's legacy. November can be a busy month for students, with the onset of exams and final assignments. So, we hope that you enjoy taking a short break from your readings and midterms to tune into this issue of Pro Tem!

In this issue, we have so many interesting articles on a variety of different topics! My personal favourite is the article "What's the Deal with YU Screen?" In the article, you will read the problem with York's COVID-19 screening system, YU Screen. Other articles include a take on Canadian culture, an amazing critique of Lana del Rey's new album, and the crucial components of student activism. I hope you enjoy!

N'oubliez pas, la dernière date limite pour contribuer un article est ce vendredi le 12 novembre ! Envoyez-nous vos articles et illustrations pour publication avant la fin du semestre à editor@protemglendon.com. Vous pouvez en savoir plus en visitant notre Instagram [@protemglendon](https://www.instagram.com/protemglendon) ou notre site Web à protemgl.com !

À bientôt,

Brianna Carrasco
Editor in Chief | Rédactrice en chef

last issue of the semester!

**next contributor
deadline: le vendredi
12 novembre!**

envoyez vos contributions à
editor@protemglendon.com



pro tem

le dernier numéro du semestre!

Ontario-area Universities' Unsanctioned Parties Result In Property Destruction, Misogynistic Attacks

Ameer Shash
Contributor

Disclaimer: If you are experiencing harassment or assault in any form or way, please contact the York University Centre for Sexual Violence Response, Support & Education at (416)-736-5211. This phone line is available 24 hours a day, 7 days a week.

Universities in Ontario have been the center of controversy following the attendance of hundreds at unofficial parties, causing mass destruction of property, injuries, and general nuisance to residents in close proximity. The unofficial parties, organized by students as “fake homecomings” or “FOCO,” are under direct violation of the Reopening Ontario Act, an adaptive legislation enacted in 2020 following the entry of COVID-19 in the Province. Students draw crowds. Some of these parties have made media coverage, including those that recently took place at McMaster University in Hamilton, Western University in London, and Queen's University in Kingston.

Crowd control concerns have been raised by those living on university residences, who have no connection to the outlandish events. Students were reported

to have caused destruction to property, and police reports state that close to 5,000 students were in attendance and littering the streets. In one incident of property destruction, the vehicle of a McMaster first-year student, Ashley Hogan, was flipped onto its roof, resulting in major cosmetic damage. Ashley was out of the city during the fake homecoming event, and was luckily not physically harmed, but was devastated to find out it was her car that was flipped. A GoFundMe page has been set up to raise money to help Ashley purchase a new car. There were some people who were unfortunately injured during the incident and admitted to hospital, and those responsible for the car flip were arrested and charged. For the full story, see the link here: <https://www.cbc.ca/news/canada/hamilton/mc-master-homecoming-students-1.6198860>

Destructive behaviours during such parties are not exclusive to Hogan's case. On October 16, an Ontario teacher in the vicinity of Queen's University tweeted a description of a mass gathering as part of an unsanctioned FOCO party on the campus grounds. The tweet by Henderson (@Suzanne34930264 on Twitter) read: “This is @queensu right now in Kingston. ‘Homecoming’ is apparently



Photo par thestar.com

a time to show your misogyny.” The post also featured two photos, each bearing a large makeshift cloth banner with hate-motivated slogans against women written on them. The banners are suspended from an off-campus residence's window. One of the signs read in all capitals “Western guys wish they were Pfizer so they can get insider her,” alluding to a perpetuation of rape culture on university campuses. Earlier this academic year, it is alleged that dozens of women were sexually assaulted in the Western University residence. Troublingly, London municipal police service state the allegations are “unfounded” because there hasn't been a victim that has filed a formal report. Concurrently, an 18-year old was brutally assaulted and succumbed to his injuries on Western University's campus.

For the full report on these two incidences, see the link here: <https://www.thestar.com/news/gta/2021/09/13/western-university-tightens-security-on-campus-as-it-investigates-reports-of-sexual-violence.html>

Going forward, Glendon and Keele campuses, as well as other universities, remain vigilant but optimistic that policy reform enacted by university officials and city officials will reduce the number of events like this in the near future. I encourage all students to educate themselves, if they haven't already, on these events and to be aware of what goes on in their own school communities. If it affects one of us, it affects all of us! We need to be the change we want to see, and we can start by educating ourselves on these injustices.

What's the Deal with YU Screen? (cont.)

not taking it as seriously as I had thought it would. I can go to a full day of classes and not have to even think about York University's screening protocols, because they are not reinforced. This is not the same as other universities. For example, the University of Toronto requires students to show their student card and proof of screening when entering a library. Whereas York, more specifically the Glendon campus, does not do the same.

None of my friends or people I know have gotten asked for these things on the Glendon campus, and only a few have gotten random checks at Keele. Should it not be more consistent? Am I actually being thought of and protected as a student of Glendon, or are the protocols just for show?

Academic Services 101 !

Nov 17th, 2021 at 1:30 pm

Learn more about how to make the most out of Academic Services!

Assurez-vous d'y assister puisqu'il y aura une opportunité de gagner des prix !



Hosted by



X



Inscrivez-vous dès aujourd'hui : <https://bit.ly/2YrtJdr>

“Predictive text” or “Me brought to you by who Google thinks I am”

Hannah Beros
Contributor

This is the best way to get rid of
It was a good day for you to know that
That is so good to know
Know I don't know what to do
Do you want to go to the bank?

Guess I should be able to get it to you tomorrow
Tomorrow morning bc I was like a really good
Good morning I hope you have a great day
Day on Earth I don't know what to do
Do you want to go to the bank?

Time will make sure you have to be
Be a good time
Time will wait to get a new apartment
Apartment and make sure I have it
It was a good day for you to know that
That is so good to know
Know I don't know what to do



Photo par pexels.com

My Inside-Me

Adela Cupi
Contributor

My night is calling
But I do not listen,
The sound of nature
Is a warning...

My soul,
My mind,
My heart,
My body,
A universal collision shakes the roots of rationalism!

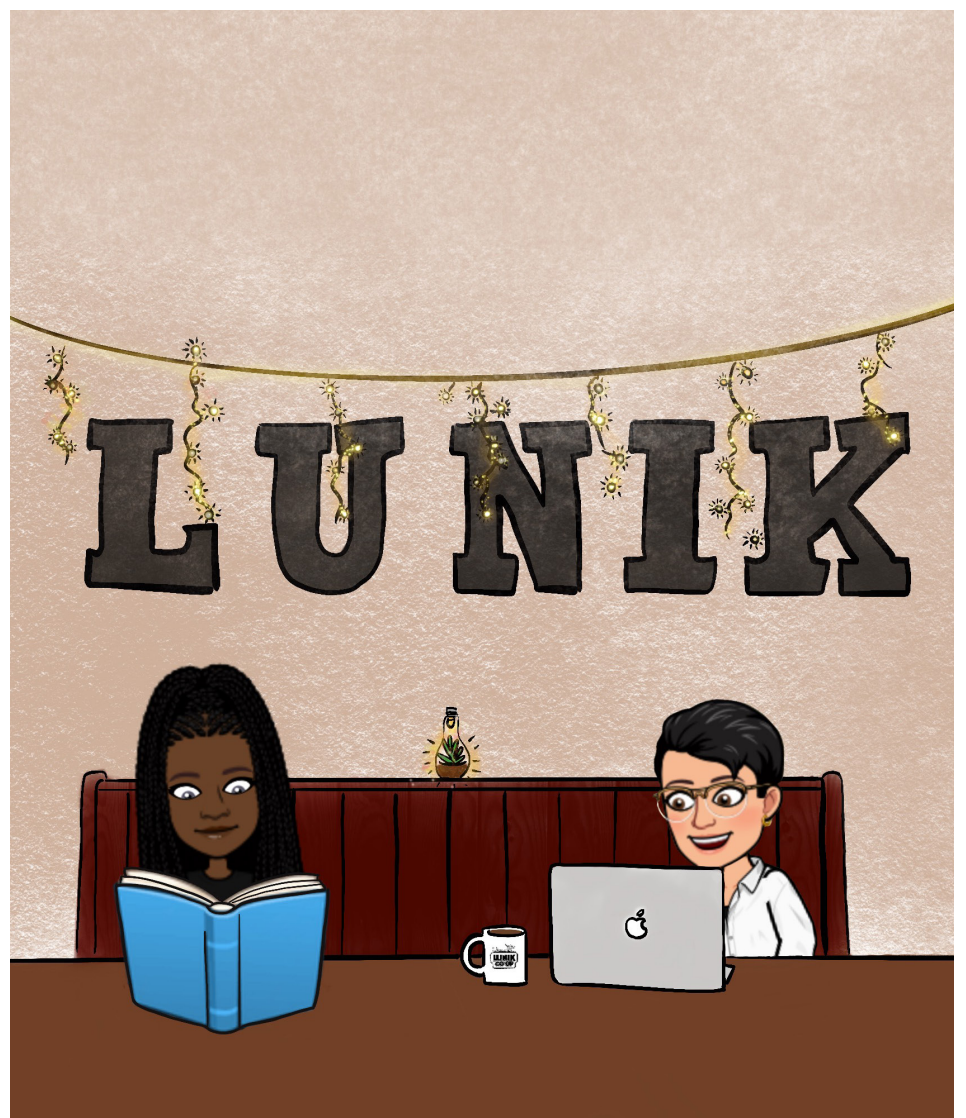
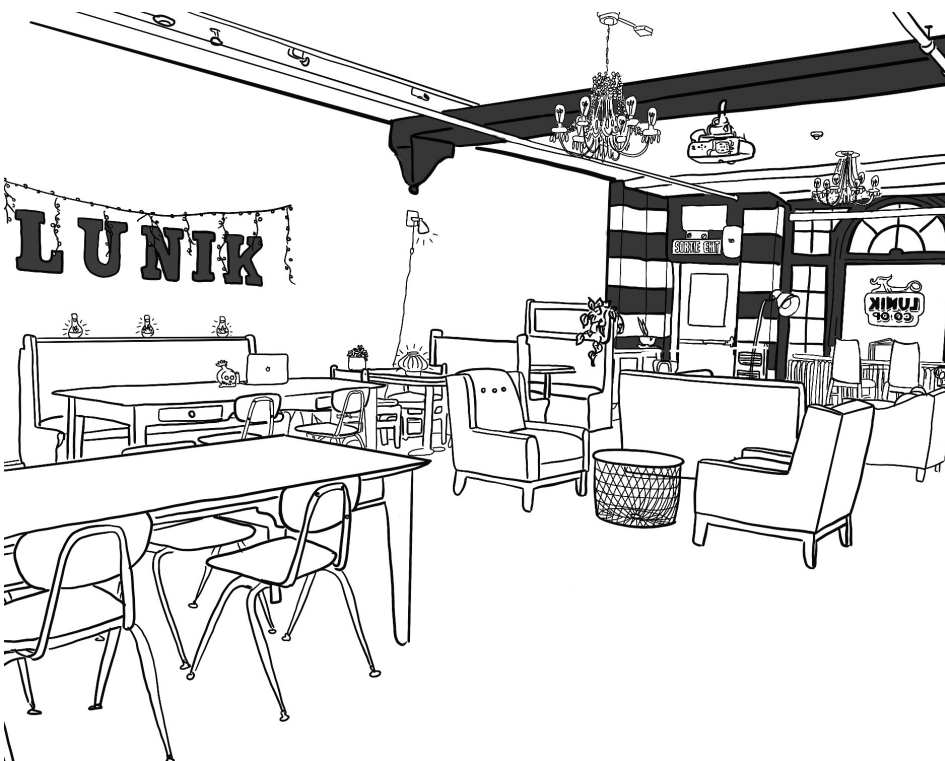
Defence mechanism?
Dismantles,
As I am anxious tonight,
I fear,
I fear the loss of love!

Love
I will deplete my
Inside-Me
Cause I can't stop loving you!

I can't stop giving you away!
You are the energy that drains me, but the power that fills me!

You are, my love!





Review of Dune (2021)

Brianna Carrasco
Editor in Chief

As a certified Timothée Chalamet fan, I'm determined to watch every film he stars in, even epic science fiction adventure films that I'd never in a million years watch if he wasn't in, like Dune.

I had absolutely no interest in watching the adaptation of the world's best-selling sci-fi novel. As someone who sort of spaces out when watching any sort of interstellar drama (pun-intended), I did not think this film would be for me. I thought for sure I'd leave the theatre after the 3-hour long blockbuster without any clue what had just happened, having to ask my boyfriend to explain the plot to me in full detail.

That was far from the case! Dune was a spectacular, jaw-dropping start to the two-part adaptation of the book. The story follows a young boy, Paul Atrides, who lives on the planet of Caladan. His father accepts stewardship for the desert planet, Arrakis, which contains the price-

less "spice," a substance which promotes human vitality and enables space travel. However, when House Atrides arrives on Arrakis, they realize that being given stewardship for this planet was a trick from their enemy House, House Harkonnen, to attack the Atrides family and army. Paul must fight to survive and preserve his family, while dealing with intense visions, connecting with the indigenous population of Arrakis, and learning how to manage his ability to control the actions of others - a gift called "The Voice."

After getting through the initial confusion of understanding the basis of this intergalactic world, the premise was very easy to understand, which allowed me to settle deep into the story. The acting abilities of Timothée Chalamet, along with Rebecca Ferguson, who played his mother, were impeccable. It was amazing to see Timothée on the big screen of a sci-fi blockbuster, instead of his usual small-budget indie films; definitely a proud moment for me, as a big fan!

Dune has also been known for being "unfilmable" due to the scope of the special effects needed to bring the magnificent visuals to life. This adaptation of Dune did not disappoint. The visuals of the gigantic sandworm monsters, the enormous

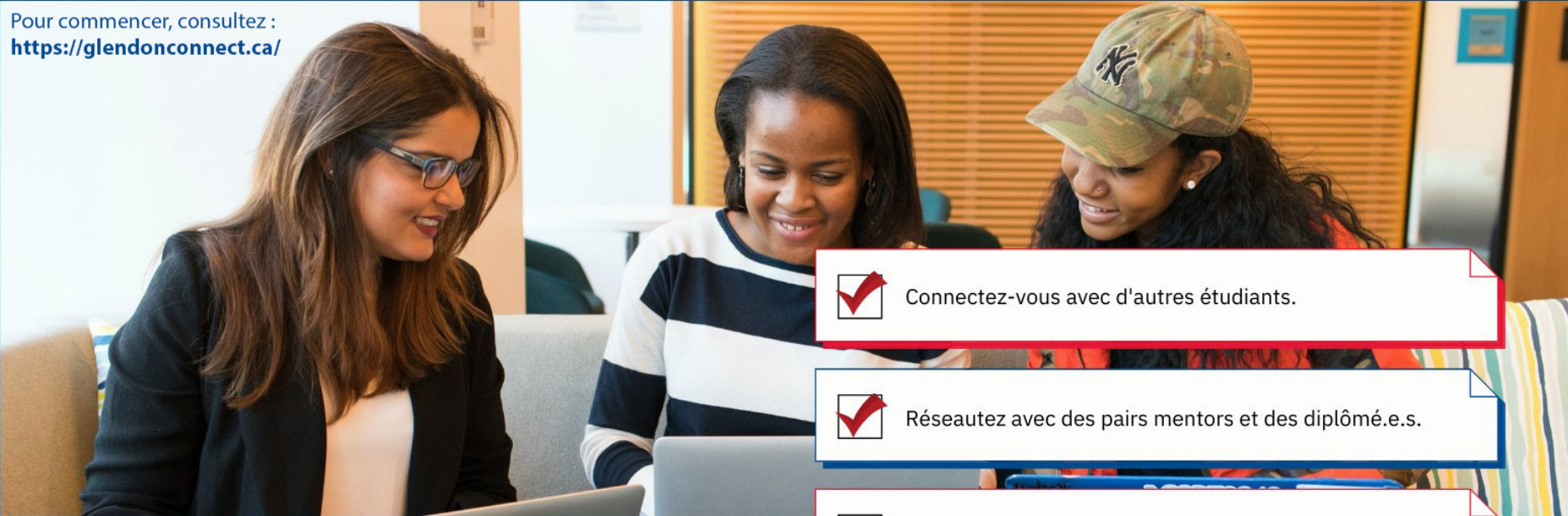
spacecraft and machinery, and the overall landscape of the planet Arrakis was unbelievable.

While I absolutely loved the film - I can't wait for the next one, or to read the book - a few small things prevented me from calling it perfect. Since this was only the first movie in a film series, every part of the movie seemed like an introduction, and the film ended just when the story was taking off. I know that the next film will be jam-packed, especially since the main character, Paul, has just met Zendaya's character, Chani, which means that the story will be taken in a whole new direction in the next film. I'm excited to see it continue and, one day, bingeing all the Dune films in a weekend so I can see it unfold all at once.

I 100% recommend Dune, even for people who aren't that into sci-fi. I suggest you see this amazing spectacle in theatres, but because of the COVID precautions, I'm sure watching it on your television screens at home - when it's available to stream or buy - will be just as good!



Pour commencer, consultez :
<https://glendonconnect.ca/>



5 RAISONS DE CRÉER VOTRE PROFIL GL CONNECT DÈS AUJOURD'HUI

- Connectez-vous avec d'autres étudiants.
- Réseautez avec des pairs mentors et des diplômé.e.s.
- Trouvez des opportunités d'emploi.
- Accédez aux informations du campus.
- Rejoignez des groupes et des clubs ou créez votre propre club.

5 Classic Horror Movies to Watch If You're Still Not Over Spooky Season

Josée Philips
Chief of Operations

Since I'm sure we've all noticed that everything "vintage" is back in style - no hate here, I'm definitely all for it! - why not add some classic horror movies to your vintage repertoire? I know, I know, my parents would hate me for saying these are classic and vintage, but that's what is so great about them. It's the original clichés, the truly scary scenes, the soundtracks, and the classic horror movie vibes that makes them so good. Old-school horror is iconic. This list of movies is sure to keep you in the spirit of Halloween, even long after Halloween is over. So grab your popcorn, dim the lights and get ready to scream.

1. *Rosemary's Baby* (1968, dir. Roman Polanski). As the oldest film on the list, *Rosemary's Baby* still holds up incredibly well to this day, being seen as one of the greatest horror films of all time. This film follows Rosemary through a pregnancy that is every mother's worst nightmare. A mysterious turn of events makes her question

the intentions of the neighbours, her doctor, and even her own husband. *Rosemary's Baby* is greatly psychological and touches upon themes of Christianity and the woman's body, the latter being heavily analyzed in the study of the horror genre. By the end of the movie, you'll want to watch it all over again!

2. *Halloween* (1978, dir. John Carpenter). I know... Duh. But really, it's great. Watching Jaime Lee Curtis as Laurie Strode face off against Halloween's classic killer, Michael Myers. *Halloween* follows Myers after he escapes prison and embarks on a murderous rampage in his small hometown of Haddonfield, Illinois. The amazing soundtrack is sure to stick with you, especially if you have the unfortunate task of babysitting on Halloween night. This film marked the golden age of slasher films. Even though it is a slasher, there are quite a few memorable kills; you don't need a stomach of steel to enjoy this creepy movie.

3. *The Shining* (1980, dir. Stanley Kubrick). Shoutout to all the Johnny's out there. Based on the Steven King novel and brought to life on the big screen by Stanley Kubrick, *The Shining* still remains a cult favourite. Following a family staying in an isolated hotel has enough scare factor, but it's *The Shining's* use of atmosphere, paranoia, and insanity that gets under your skin in a way that many films cannot achieve; it is definitely a must-watch this Halloween season.



4. *Scream* (1996, Wes Craven). Do you like scary movies, Glendon? Another slasher, maybe this list should have been titled differently... Slashers are the type of movies that are simply so effective at giving a fun thrill on Halloween movie nights. *Scream* follows Sidney Prescott in Woodsboro, as she becomes the target of a serial killer who murders in the popular Halloween costume of Ghostface. Where *Halloween* embraced being a front runner of the slasher genre, *Scream* embraces the clichés, making itself a parody film in a way.

5. *Urban Legend* (1998, Jamie Blanks). One of my favourites, this slasher was filmed in our own backyard, showcasing many buildings at the University of To-

ronto. This film follows a group of university students attempting to evade a killer whose murders are based on urban legends, hence the title. Don't Google it, the 24% on Rotten Tomatoes does not give it the credit it deserves, as I've seen this movie enjoyed by many.

Trust me when I say that I did not used to enjoy horror movies, but learning more about them and watching ones you enjoy definitely helps! They become fun and exciting once you start to like them; there is a reason these films are so popular! I hope this list provides some ideas and inspiration for your next horror movie night. I'm sure you can enjoy these movies year-round!

Lana Del Rey: Blue Banisters Review

Abigail Gillen
Bilingual Journalist

Admittedly, I am not much of a critic. I enjoy most movies I watch and the same goes for most of the music I come across. Lana Del Rey's second studio album of the year, *Blue Banisters*, is no exception to this trend.

During my first listen, I noticed some of the songs reminded me of her older music, while others seemed to have an updated style, especially with her lyrics. Upon some quick research, I discovered that a few of the songs on the album were actually unreleased tracks that dated back as far as recording sessions for her 2014 album, *Ultraviolence*. To some, this may make the album seem as though it's less cohesive than some of her previous work, but I didn't find it jarring, and actually

thought it made *Blue Banisters* all the more interesting to listen to.

Blue Banisters poursuit la tendance qui a commencée en 2019 avec son album *Norman F*cking Rockwell!* : son écriture est passée des archétypes et des études de caractère aux réflexions sur la célébrité. Ces paroles sont étroitement liées à sa propre vie et son point de vue dans l'œil du public. Les thèmes principaux sur lesquels elle écrit dans *Blue Banisters* sont sa propre famille, ses luttes personnelles et son processus de création.

Quelque chose d'intéressant que j'ai remarqué en écoutant *Blue Banisters* en comparaison avec ses œuvres antérieures est qu'elle inclut des références de l'époque actuelle. C'est surprenant d'entendre, car dans sa carrière musicale, elle a souvent construit une image intemporelle inspirée de figures rétro telles que Jackie Kennedy, Priscilla Presley, et Marilyn Monroe. Je me souviens avoir fait une double prise en entendant Lana chanter et mentionner les mots « Zoom » et « quaran-



Photo par genius.com

taine » lors de la première écoute de l'album.

Blue Banisters does have some key differences compared to her older studio albums, but I have no complaints what-

soever. While I appreciate her older music, it is inspiring to see an artist go beyond their comfort level and evolve in their craft, and I look forward to seeing what direction she will go next.

What's up with Contemporary Horror?

Michael Aquilino
English Journalist

Choosing a movie to watch, whether it be at home or in theatres, can sometimes prove to be a daunting task. With a seemingly endless array of genres to choose from, the movie going experience can become very stressful. Movies both cost money and eat up time - two of perhaps the most valuable things in life. If you choose the wrong movie, your money has gone to waste and so has your time - never again to return. Now, I'm probably exaggerating the severity of watching a movie, a movie is supposed to bring enjoyment into our lives. Allowing us to escape our familiar realities, entering into a world of which is not our own, from there we can let our imaginations run wild, set ourselves free from the shackles of our reality, experience the joys and wonders of which we would have never thought possible. This is the movie experience and this is what draws so many to the box-office.

However, not every movie is capable of taking its audience into its grasp, immersing them into the screen which towers over them. Not every movie is worthy of its medium. Throughout the years, there have been many incredible movies made including, but not limited to, the *Back to the Future* trilogy (1985-1990), *E.T. the Extra-Terrestrial* (1982), *Forrest Gump* (1994), *Avatar* (2009), *The Godfather/Part 2* (1972/1974),

The Perks of Being a Wallflower (2012), *Kramer v.s. Kramer* (1979), *Good Will Hunting* (1997), and *The Departed* (2006).

Every above-mentioned movie, each starkly different from the next, delivers their narratives in remarkable fashions. Enabling their audiences to engulf themselves within fictional dimensions and temporarily distracting them from their own personal, exhausting, affairs. Well-crafted, cinematic masterpieces, these films are perfect examples of what filmmakers should strive to imitate.

I have watched many horror movies throughout my life and, needless to say, none of them have really left me hanging off the edge of my seat. Some of the more recent ones that I have seen include; *Annabelle* (2014), *The Visit* (2015), *Paranormal Activity* (2007), *Us* (2019), *It* (2017), *Old* (2021), and *Candyman* (2021). In my opinion, these movies, as well as the others in the same genre, are bluntly put - not scary! When watching them, I often found myself on the verge of laughter, not tears. Many of the actors/actresses are passionless and unexciting - delivering performances of which are deserving of little to no acclamation.

The writing/direction of the films themselves are in need of serious revamp. It seems as if these films are repeatedly depicting the same stories, tied together with new faces and new environments. There often seems to be a main antagonist, who terrorizes the other characters in the story by familiar means. The problem with contemporary horror is that it has become too predictable. I sometimes find myself guessing what is going to happen next, and lo and behold, I am often correct.



Personally, I define a good movie as offering something novel and innovative to the industry, giving the audience an experience of which is unrivalled. Unrivalled is an interesting word when placed into the context of the horror genre - seeing as much of it is, in fact, rivalled. It has become a sort of copy-and-paste industry, perhaps luring in viewers on this very basis. Unlike other movie genres, familiarity may be a key marketing tool.

Many stand-alone horror movies have been franchised, leading to the de-

velopment of a variety of sequels (*Paranormal activity*, *Friday the 13th*, *Halloween* - which has just come out with its twelfth instalment, *Halloween Kills* - etc.). There seems to be little creativity and originality within the horror movie genre, turning many "scary" movies into glorified (or gore-ified) comedies. The horror movie heyday seems to have long expired, with many of the decent ones having been made many years ago, such as; *Amityville Horror* (1979), *The Shining* (1980), *Carrie* (1976), *The Exorcist* (1973), *The Silence of the Lambs* (1991), *Poltergeist* (1982), *Frankenstein* (1931), and *Dracula* (1931). These older films, although not as visually enhanced as their contemporary counterparts, offer a feeling of sincerity - a connection between the screen and its observers. Contemporary horrors today are often ingenuine and detached, with at best holding a mere nostalgic value.

It is for these reasons that I would not recommend any of the newer horror films to anyone. I understand that everyone has their own preferences, but for the sake of money and time these films simply do not measure up. I will continue to keep an eye out on upcoming showings and perhaps I will be surprised to find a movie that catches my interest. Until then Glendonites, I think it would be a much safer choice to watch some of the vintage horror favourites, as they will be less likely to let you down and a greater chance of keeping you up!

Join Us for Virtual Fall Campus Day

Keele Campus

Glendon Campus

November 20

November 21

Learn about York University's exciting campus life, programs and student support services.

Register Today
go.yorku.ca/campus-day



Comment décorer un appartement que vous louez

Rejean Ghanem
French Journalist

L'achèvement de la décoration d'un appartement que vous louez peut être difficile. Vous ne pouvez jamais peindre ni changer le paysage puisque ce n'est pas le vôtre. Mais, j'ai quelques astuces de décoration qui peuvent changer l'ambiance de votre appartement.

1. Remplacez les ampoules et restez avec des tons neutres; souvent, l'éclairage fait une grande différence dans un logement. Mettez à jour vos ampoules pour créer un effet plus lumineux et vous verrez votre espace plus spacieux. Si vous restez avec des couleurs neutres, cela peut faire paraître un logement plus grand. C'est un truc de l'œil que de nombreux designers utilisent lors de la vente d'une maison.

2. Accrochez les rideaux plus haut que la fenêtre; oui. C'est bizarre, non? Mais c'est une autre astuce que les concepteurs utilisent pour faire paraître les fenêtres et les murs plus hauts. Surtout si vous choisissez des rideaux transparents, plus légers.

3. Utilisez la texture lorsque vous choisissez des couvertures et des oreillers; le choix de différentes textures lors de l'achat de couvertures et d'oreillers ajoute une classe et un style supplémentaire. Cela ajoute de la dimension.

4. Utilisez des étagères flottantes et des reproductions d'art pour décorer les murs; sur Etsy.com, vous pouvez trouver des tirages d'art imprimables et abordables que vous pouvez accrocher à votre mur avec de l'adhésif. Les étagères flottantes vous aideront à libérer de l'espace et à décorer vos murs.

5. Décorations de bricolage; il peut être difficile de trouver un décor abordable pour les espaces, mais j'ai trouvé que la refonte de vieux logements de friperies fonctionne bien. Par exemple, j'ai fait de faux vases en céramique que



Photo par Rejean Ghanem

vous voyez sur la photo du vidéo tutoriel par Ayesha Masoodi. J'ai juste ajouté de la levure chimique à de la peinture acrylique mate et peint sur des vases en verre. Cela a créé de jolis faux vases en céramique dans lesquels vous pouvez mettre des plantes ou simplement les laisser sur votre étagère.

6. Parfum; enfin et surtout, il n'y a rien de plus invitant qu'un bon parfum dans la maison. L'allumage de votre bougie

préférée ajoute toujours une sensation de confort. Si vous vivez en résidence et que vous ne pouvez pas allumer des bougies, pensez à trouver un fondeur de cire. Les fontes de cire fonctionnent aussi bien que les bougies, sans être en danger de mettre votre logement en feu.

Zellers has been revived in Canada, but at what cost?

Ameer Shash
Contributor

Zellers, the chain discount department store that fell to closure in 2013, is back in Canada. According to an official release by Zellers' parent company, Hudson's Bay Company, a pop-up Zellers location will be set up in a section of a Hudson's Bay Company store at the Burlington Centre. The pop-up Zellers store retains its former look, as well as its merchandise - giving many consumers doubts of whether the brand can keep up with its leading competitor, Walmart. This is partially due to the fact that the clothing and products lining the shelves all date back to the era of 2010 - the period of the Vancouver 2010 Olympic Games. Who can ever forget red and white sweaters bearing "CANADA" on the front, or even the iconic red-and-white mittens, both major products during the 2010 Olympic Games? Nostalgic? Yes. A practical and sustainable business model? Doubt it.

More concerning is the fact that Hudson's Bay Company (HBC) doesn't technically own the rights to the Zellers name anymore. A quick search reveals that the Zellers name is not currently reg-

istered because HBC failed to renew their trademarked name. As a result, a new application under "Zellers Inc." was filed by an entity or person in La Trinité-Des-Monts, Quebec in April of 2021. There is no indication whether the acquisition of the free-to-use name has malicious intentions. HBC asserts that in spite of this, it reserves its trademarked name.

The demise of Zellers prompted Stratford, Ontario internet comedian, Brittlestar (his real name is Stewart Reynolds), to create a dance-pop tribute affectionately called "Moving Target: A Love Song for Zellers." The tribute song makes references to the Zellers bear, Zeddy, as well as the store's diner, and the store's ferris wheel ride. The song has trended on Twitter numerous times since its release in April of 2020 - well over a year before HBC announced the store's return, causing many to speculate Reynolds' large audience was the reason for HBC to revive the brand.

The nearest Zellers location to Glendon College was located at 45 Overlea Boulevard in East York, within the Thorncliffe Park community. The store - an anchor store of the East York Town Centre - stood for decades before clearing its shelves. Unlike its competitor, Walmart, customers enjoyed a two-floor shopping experience. Come to think of it, I never knew Zellers had a pharmacy nor a diner, nor have I been to either section of the store while it was still around.

Glendonites new and old may re-



Photo par Ryan Remiorz / The Canadian Press (ctvnews.ca)

member the store, and its return might be something to look forward to. Students who are living on campus may benefit from inexpensive clothing, appliances, and more. We probably won't see in-house brands like Cherokee or Sportek occupy its shelves, given the store's limited range of products amid its reentry into the Canadian market. Don't sleep on it though, as linens and other bedding products may enter shelves, too.

The pop-up shop, which is said to expand into other HBC locations across

Ontario, is said to have been set up as a response to consumers' emotional response to the store vanishing. It's unclear whether HBC will profit off of items that are sold from the pop-up store, or whether Zellers stores will eventually expand into big-box stores. Where the lowest price is the law, there are high costs associated with an unclear business strategy going forth.

Culture in a Modern World

Michael Aquilino
English Journalist

“Culture” is an extremely vague and obscure term, oftentimes left undefined. Culture is open for interpretation, subject to the discretion of an individual or a group of individuals. What is culture? Where does it come from? How is it developed and constructed? Many questions can be asked relevant to the nature of culture, resulting in many differing answers. Is culture the inherent behaviour of any particular population or society, or is it the activities and traditions in which certain populations and societies choose to participate? The global human population is incredibly diverse, with a variety of cultures to be found and discovered across the world.

Speaking of humans, culture is nurtured through the daily interactions between people, and how they behave within these interactions. Social activity plays a large role in the fostering of culture, enabling societies to function in the unique ways they do. How certain ideas and phenomena are received, understood, explained, interpreted, and assumed from one society to the next varies greatly. This is evident when seemingly simple and fundamental ideas are placed under careful analysis, including death and the afterlife, diet, education, labour, music, and film. These ideas are revealed to markedly diverge in complexity, dependent on particular cultural or societal perspectives.

This notion can account for contrasting rituals, dietary restrictions, educational prioritization, workforce composition, instrumental emphasis, and film content, including governmental censorship. It is truly incredible to see just how similar, yet different human societies are from one another. A large part of how global societies have come to form is attributed to the nature of the societies’ global positioning. Where a population lives or has historically lived can often dictate how they lead their lives, relevant to adaptation and acclimatization to their specific environment. What is customary to one group of people in one area may starkly conflict with the established conventions of another.

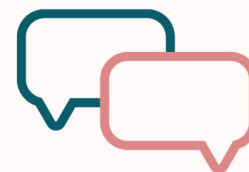
This, I believe, is what makes the world so great. Instead of a uniform, monotonous global identity, the world consists of many distinctive identities, all of which contribute to the remarkable fabric of human civilization.

With that said, does Canada have a culture? What does it mean to be Canadian? We are mostly disconnected from our historic British and French ties; we love our winter ice sports, an interest which we share with our southern neighbours; and we have beautiful landscapes overshadowed by the likes of various multinational corporations, some of which may not be Canadian-owned. As such, the Canadian identity grows more and more ambiguous by the day.

The rapid growth of social media has also played a key role in the cultural disparities present in Canada. Social media allows for the quick transmission of ideas to and from many people in places around the world. People can directly immerse themselves in content produced by others, influencing the way in which they may behave and act. The world is, quite literally, at society’s fingertips, enabling individuals, generally liberated in their endeavours, to receive and transmit their beliefs and interests in rapid ways. This was not possible for much of human existence, making the connection that people have with one another, albeit largely virtual, is revolutionary.

Moreover, Canada is a particularly special country as it is home to many people from many places. As aforementioned, social media connects people from a variety of different locations. In Canada, however, one would need to just take a stroll down their street, and they would encounter a diverse population of people. Canada has been largely built upon its historic immigrant populations, with their presence still a beacon within the Canadian cultural landscape to this day.

Referring back to the question of a distinctive, uniform Canadian culture, I would argue that, for the most part, it does not exist. However, the absence of uniformity is precisely what Canada’s culture is! As opposed to other countries, which can be described and depicted in consistent manners, Canada is inconsistent and dynamic, which is what makes our country so significant and special. Thus, in search of Canadian culture, I would advise Canadians to look elsewhere; that is, not at Canada itself, but at the amazing people that call our country home. Our culture, Canada, is not defined - our culture is what we decide it to be.



LINGUA FRANCA

Building the path of communication for ESL students

Do you have English as a second language?

Do you want to improve your communication and leadership skills?

Apply to be a Mentee with us!

- You can work together with your Mentors as they guide and support you in coming up with a short presentation through a series of work sessions.
- You will also be given an opportunity to present your skills during our Summit happening in March 2022.

Applications open until
Friday, November 12th
at 11:59 pm EDT

tinyurl.com/LinguaFrancaMentorship

or click the link in the description!

This project is supported by:



Recette facile de tacos végétarienne

Brianna Carrasco
Editor in Chief

En tant que végétarienne, je suis toujours à la recherche de moyens d'augmenter la quantité de protéines et de légumes dans mon alimentation. En tant qu'étudiante universitaire occupée, je suis aussi toujours à la recherche de recettes faciles qui peuvent être faites en moins de 30 minutes. Je vous présente, donc, une recette de tacos végétarienne super facile qui regorge de protéines, de légumes et de saveurs!

Voici ce dont vous aurez besoin : 1 boîte de haricots noirs, 1 tasse de champignons, 1 poivron rouge, ½ oignon, 1 avocat, 1 cuillère à soupe d'huile, des tortillas à la farine et 2 cuillères à soupe d'assaisonnement pour tacos et 3 cuillères à soupe de crème sure végétarienne (ou de la crème sure ordinaire si vous ne suivez pas un régime végétarien).

1. Rincez tous les légumes.
2. Épluchez l'avocat et coupez-le en cubes d'un demi-pouce. Placez-le dans un petit bol et mettez-le de côté.
3. Coupez les champignons, le poivron rouge et l'oignon en cubes d'un demi-pouce.

4. Mettez une grande poêle à feu moyen élevé. Quand elle est chaude, ajoutez l'huile, les champignons, le poivron rouge, l'oignon rouge et une cuillère à soupe d'assaisonnement pour tacos. Remuez pendant cinq minutes.
5. Égouttez les haricots noirs. Ajoutez les haricots noirs dans la casserole et ½ d'eau. Cuire pendant douze minutes en remuant de temps en temps.
6. Pendant que le mélange de haricots cuit, mélangez une cuillère à soupe d'assaisonnement pour tacos avec la crème sure. Ensuite, mettez deux ou trois tortillas de farine au micro-ondes pendant quelques secondes jusqu'à ce qu'elles soient chaudes.
7. Lorsque le mélange de haricots est cuit, versez le mélange dans les tortillas. Ajoutez les cubes d'avocat, puis versez la crème sure sur le dessus. Pliez les tortillas et dégustez!



On-Campus Resources Les ressources sur le campus

Glendon's Accessibility, Wellbeing and Counselling Centre:

- Call / Appelez : 416-487-6709
- Email: counselling@glendon.yorku.ca

To register with Glendon Accessibility Services:

<https://www.glendon.yorku.ca/counselling/disability/registering/>



ILST 3240 3.0 W RACE, GENDER, TRANSITIONAL JUSTICE & POLITICS OF MEMORY

WINTER 2022 | THURSDAY 3-6 PM
HIVER 2022 | JEUDI DE 15 H - 18 H
WITH PROFESSOR CÉLIA ROMULUS

YorkU Active Minds Takeover: Living with Imposter Syndrome

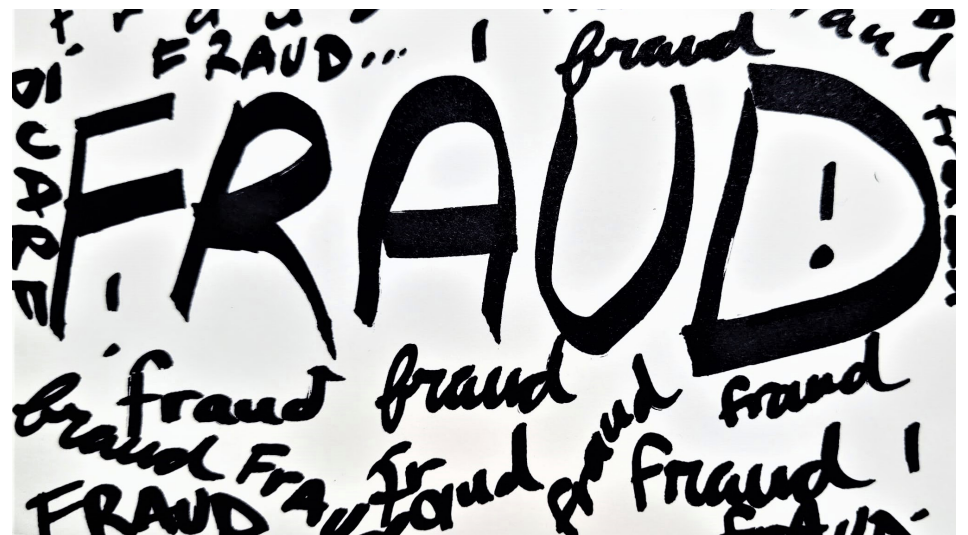
Brianna Carrasco
Editor in Chief

Besides serving as Editor in Chief for Pro Tem, I'm honoured to be the Research Coordinator for the York University mental health organization, Active Minds! As a personal project, I decided to dive deeper into what imposter syndrome is and how to push past it. Here are a few excerpts from my article on imposter syndrome.

"The term 'imposter phenomenon' was coined in 1978 in a study called 'The Impostor Phenomenon in High Achieving Women: Dynamics and Therapeutic Intervention.' Two female psychologists studied if women with many achievements believed that they were actually deserving of these

achievements. Out of the 150 women who participated, many believed that they were merely lucky, or that other people were giving them more credit than they were due. The article suggests that women are more likely to experience imposter syndrome because of gender stereotypes or sexism in places such as academic institutions or the workplace."

Since the 70s, awareness of imposter syndrome has taken off, and I can even recognize it in my own life. In my article, I write, "Since [1978], more studies on this 'imposter phenomenon' have been done. While imposter syndrome is more common among women, anyone can experience it. Imposter syndrome is a vicious cycle. Low-self esteem and self-confidence can lead to imposter syndrome, and experiencing imposter syndrome can lead to even worse self-esteem or belief in your own achievements. I found that imposter syndrome increased in me when I began university. Now, more than ever before, my grades, job opportunities, and volunteer experience hold more weight than ever as I enter the 'real world.' When I'm given an



amazing opportunity or am awarded scholarships that recognize my academic excellence, I sometimes feel like I'm not actually cut out for it, that I just happened to get the opportunity because no one else applied for the position or because I appeared more impressive in the job interview than I actually am. In reality, while different levels of privilege play a role in all our lives, I know that I deserve what I've been given because of the hard work I've put in and because I am qualified to get these positions. I wouldn't have gotten them if I wasn't!"

What are a few ways to manage imposter syndrome, you ask? "Group interactions with other people experiencing imposter syndrome can help them feel less alone. Reframing negative thoughts is also helpful. For example, instead of thinking, 'I probably just got this job position because

I'm the only one who applied,' think to yourself 'I got this job position because I fit all the requirements and am qualified to take on this position.' It will also be beneficial to focus on building confidence and self-esteem in other areas of your life. You can use mantras that you repeat to yourself in the morning or before bed, such as 'I am deserving of all the good things in my life,' or 'I am capable of working past any difficult task I am faced with.'"

Imposter syndrome can be hard to deal with, but if you try incorporating these simple tricks into your life to combat it, you should be able to manage in no time! If you'd like to read the full article, or more articles I've written for Active Minds, you can find them here: <https://www.amyork.ca/community/articles/>.

TRANS, WOMEN, NON-BINARY TUESDAYS 5-7PM

Every Tuesday we make and take space for anyone identifying as femme, trans, woman, non-binary, two spirit, genderqueer. Come talk and learn about bikes and cycling. From folks new to bikes to everyone wanting to explore more or connect with others interested in bikes.

Join us on these specific dates for activities and workshops.*

Find more info and sign up links on our Instagram @cycleyork_regenerationis or send an email to cycleyork@regenerationis.eco

NOVEMBER 9 How to fix a flat

If you missed our first workshop join to learn how to change a flat and patch tubes.



NOVEMBER 23 Brake Adjusting

An introduction to how brakes work and ways to quickly adjust brakes on-the-go or more extensively.

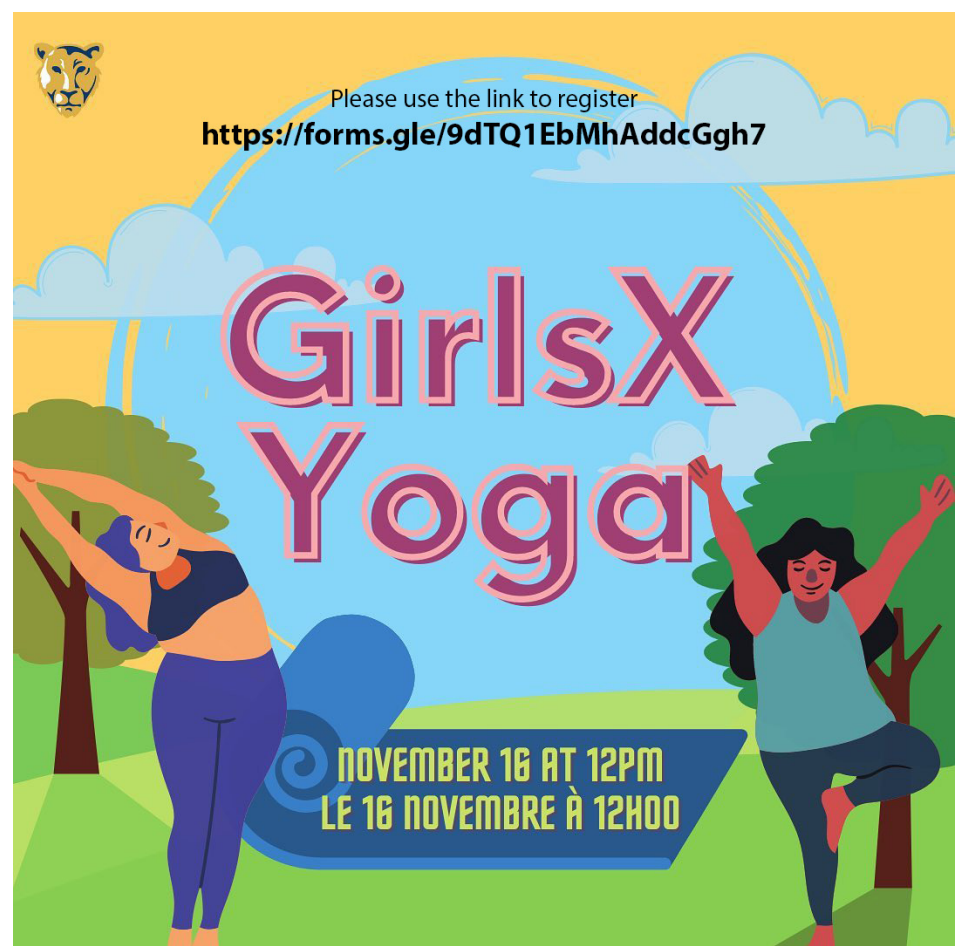


DECEMBER 7 Winter riding

Tips to keep cycling through winter and to protect your bike from frosty weather.



*Workshops will be held inside and will have limited capacity to enable distancing. Proof of vaccination is mandatory. Please wear a mask and respect each other's space.



À cause d'Internet - Because Internet

Fiona Patterson
Contributor

L'Internet a changé nos manières de nous informer, d'organiser nos vies, et surtout d'interagir, voire de communiquer avec autrui. On commence même à voir les effets de ces nouveaux moyens de communication sur la langue.

Linguist and journalist, Gretchen McCulloch, discusses many of these impacts in her 2019 book *Because Internet: Understanding the New Rules of Language*. In particular, she highlights how typography can convey tone, the interesting uses of emojis in online discourse, memes and Internet culture, and how conversations change on the Internet. We all know that it is **RUDE TO TYPE IN CAPS BECAUSE IT REPRESENTS YELLING**, and emojis and certain abbreviations can also change the meaning of a message. For instance, these following three messages, received through SMS or messaging, each convey a slightly different meaning:

1. I'm so hungry.
2. I'm so hungry lol.
3. I'M SO HUNGRY!

Alors, comment expliquer la fonction de marqueurs tels que LOL et émojis? Quand je parle à quelqu'un.e, je n'ai pas besoin de dire LOL ni de montrer un symbole pour que mon ami comprenne comment je me sens. Je peux avoir recours au geste (les mains, le corps), à l'intonation (le rire, le sarcasme), aux expressions faciales (le sourire, le mouvement des sourcils) pour exprimer mes sentiments vis-à-vis de ce que je dis à l'autre. Mais quand je communique sur Internet, par le biais d'un ordinateur ou d'un téléphone, le textuel de mon message ne contient pas toute la richesse d'une conversation face à face. Ainsi, les internautes se sont adaptés en inventant des symboles et des tournures qui représentent un état ou une émotion.

On a global scale, the advent of the Internet has done something else for languages around the world. One would think English, with some 1.5 billion speakers worldwide and the language of business internationally, would be the ultimate language of the Internet. And yet, the opposite phenomenon has occurred: languages other than English have flourished in the online sphere; in fact, even minority and endangered languages are finding a foothold on the Internet. While English is a sort of lingua franca, or common language,



between millions of people, only about 400 million are English first language speakers. The rest of Internet users, while they may speak English, may prefer to interact in their own language. Indeed, market forces and language policy have responded to this situation by increasing Internet content in other languages in order to appeal to consumer needs, and to promote native languages online. Researchers have even found that users on Twitter and Facebook alternate between English and non-standard languages such as Welsh, Frisian, and Limburgish.

Elsewhere, activists are using the Internet and social media in an effort to revitalise endangered languages, such as in Ecuador, where young people and scholars are working to revitalise the Quijos language and culture.

Un dernier aspect à contempler est la nature hybride de la communication faite sur Internet. On écrit les messages, mais ces messages ressemblent aussi à une conversation orale, comme nous avons vu avec les émojis, dont les gens se servent pour exprimer des éléments paralinguistiques, ou extérieurs au langage. De plus, les conversations écrites en ligne ou par SMS sont souvent très rapides, informelles et alors on ne se soucie pas tellement de l'orthographe ni du style, puisqu'on sait que notre interlocuteur va comprendre le contexte du message. Si j'écris une lettre, je ne peux pas écrire des

fragments de phrases ni ignorer la ponctuation, car mon lecteur aura beaucoup de mal à me comprendre.

The Internet has become a new area of research in such diverse fields as psychology, marketing, sociology, and even political science. And of course, the

Internet has opened up a new and exciting area of research in linguistics. We can watch language change as it happens, since we can see almost in real time how speakers are adapting and what they are doing with language online.

RESEARCH HELP

Connect with us



Chat or Zoom from your
computer or device



Text / SMS
+1 (647) 695-8985

Text/SMS
(we recommend Chat or
Zoom for complex queries)

<https://www.library.yorku.ca/web/ask-services/>

Activism & Its Crucial Components for a Functional Community: Lessons From Rousseau

Siavash Gholami
Contributor

When it comes to activism - be it student advocacy or a postgraduate professional career - I always see Rousseau's Social Contract & Discourse as a primary source of insight on why and how this imperative must be achieved. To understand Rousseau's dialectic on freedom and its relation to actively participating and fulfilling our roles as citizens for our society (or as students or community members), a concise yet comprehensive exposition of his thinking is vital.

Rousseau echos three types of freedom in his writings: the concepts of absolute freedom, civil freedom, and moral freedom. The first type of freedom is defined as the freedom that humans have in the state of nature. In other words, the absolute, unrestrained, and ego-centric freedom that exists before civil societies are constructed via the social contract. Absolute freedom promotes self-interest as the primary initiative that humans must act upon. The second type of freedom is grant-

ed to us so that we may use it in the interest of our community and society. Together, these freedoms permit us to maintain or adjust social contracts based on the needs of the day. And by utilizing civil freedoms, humans acquire the invaluable moral freedom.

As Rousseau said: "In the civil state a man acquires moral liberty, which alone makes him truly master of himself; ... obedience to a law that we prescribe to ourselves is liberty." The concept that must be emphasized here is the notion of self-mastery, or becoming the true masters of ourselves, free from conspicuous and inconspicuous restraints that society may impose on us. The route to this destination is neither tranquil nor fast. It requires active participation from us. And more importantly, it requires us to consider our community and society as a "single body."

What is the function of this "single body?" This idea relates to Rousseau's concept of the general will. He writes that the poison to a functional and advancing society is the aggregation of interests. Instead, the aim must be toward the enhancement of the whole, not aggregates.



Photo par Brianna Carrasco

In this manner, participants must adhere to the general will, expressed through active participation.

So to enhance the well-being of your classmates and associates, to increase accessibility to a logical but required degree, to lower tuition fees if you think they're too high, or to fight for private education of higher quality - whichever side of the political spectrum you fall on - it is essential that you share your voice. When you share your voice, you have the chance to either make a change or create the momentum for future change. After all, things don't fall into their respective places with-

out deliberate action. Every achievement requires the moulding and re-moulding of ideas and actions. This is activism.

The crucial point to hold onto, aside from being active in student affairs and as a citizen, is to consider whether your activism is intended to benefit yourself or a small aggregate of people, or your community and society as a whole. Undoubtedly, advocacy for what benefits your community and society as a whole is supreme, for it is a sign of having acquired self-mastery. This is seen as an essential component of a mature person in Rousseau's writings.

Interested in going to grad school?

Connect with our Grad Recruitment Officer during a virtual office hour.

**Registration is required*

Dates for November:

Tuesday November 2, 2021
1:00 pm (EST)

Friday November 5, 2021
12:00 pm (EST)

Monday November 8, 2021
6:00 pm (EST)

Thursday November 11, 2021
2:00 pm (EST)

Monday November 15, 2021
12:00 pm (EST)

Thursday November 11, 2021
2:00 pm (EST)

Tuesday November 23, 2021
11:00 am (EST)

Friday November 26, 2021
2:00 pm (EST)

Tuesday November 30, 2021
1:00 pm (EST)



futurestudents.yorku.ca/graduate

graduate studies | YORK U

30 façons d'être plus respectueux de l'environnement

Brianna Carrasco
Editor in Chief

Au cours des dernières années, je peux certainement voir à quel point la vie verte est devenue plus populaire. Les bouteilles d'eau réutilisables sont maintenant monnaie courante alors que les bouteilles à usage unique l'étaient. Des activités comme les friperies sont devenues une activité courante pour de nombreuses personnes. Si vous cherchiez d'autres façons de pratiquer un mode de vie durable, voici 30 conseils que j'ai découverts. Vous n'avez pas besoin de tout essayer immédiatement — peut-être que vous choisirez un conseil parmi les derniers que vous essaieriez d'intégrer dans votre vie quotidienne au cours du mois prochain!

Épiceries

1. Achetez des produits d'épicerie sur les marchés locaux pour soutenir les entreprises locales. Regenesis York distribue fréquemment des sacs de produits à 5 \$ provenant d'agriculteurs locaux!
2. Utilisez un sac réutilisable pour l'épicerie au lieu d'un sac en plastique.
3. Investissez dans quelques bouteilles d'eau réutilisables au lieu d'acheter des bouteilles en plastique.

Achats et cadeaux

1. Achetez des articles d'occasion autant que vous le pouvez. Vous pouvez faire des achats d'occasion à Value Village ou Plato's Closet, ou vous pouvez acheter des articles d'occasion sur des sites en ligne comme Depop.
2. Si vous achetez des vêtements dans un magasin de «fast fashion», assurez-vous que vous les porterez pendant de nombreuses années.
3. Empruntez des livres à la bibliothèque ou écoutez un livre audio sur Libro.fm ou Scribd.com au lieu d'acheter un livre physique.
4. Emballez les cadeaux dans du papier journal au lieu de papier d'emballage. Vous pouvez également conserver les papiers de soie et les sacs cadeaux pour les offrir à d'autres personnes!

Espace bureau

1. Demandez des reçus par courriel au lieu de reçus sur papier.
2. Prenez des notes ou un journal sur votre ordinateur portable plutôt que dans un cahier.
3. Imprimez-en recto verso si possible.
4. Utilisez des stylos rechargeables. Muji propose une grande variété de couleurs de stylos réutilisables!

Cuisine

1. Achetez des couverts en bambou dans les magasins torontois Omo Bamboo ou All Bambu, n'utilisez pas de fourchettes et de couteaux en plastique pour manger.
2. Réduisez la fréquence à laquelle vous commandez des plats à emporter afin que les contenants en plastique, les couverts et les sacs ne soient pas jetés à la poubelle.
3. Réutilisez les vieux pots de bougies, les pots de sauce pour pâtes ou tout autre type de pots pour contenir vos crayons, vos pinces à maquillage et même vos plantes!
4. Utilisez des serviettes en papier réutilisables au lieu de celles à usage unique. Achetez des serviettes en papier sans papier dans un magasin basé sur GTA: hartcreativeco.square.site
5. Emballez vos déjeuners dans des enveloppes de cire d'abeille ou des enveloppes en tissu au lieu d'utiliser des sacs Ziploc. Vous pouvez acheter des enveloppes en tissu chez Lush!

Bain et Corps

1. Utilisez des cotons réutilisables de hartcreativeco.square.site.
2. Échangez vos produits de maquillage et de soins de la peau pour des options végétaliens.
3. Passez aux produits menstruels réutilisables.
4. Utilisez des barres de shampoing et de savon solides au lieu de liquides pour réduire l'emballage. Pure Soap Works vend ses sangliers dans les magasins Bulk Barn, et Lush vend d'incroyables barres de shampoing solides.
5. Prenez des douches aussi courtes que possible.
6. Utilisez des brosses à dents en bambou qui peuvent être recyclées au lieu de brosses à dents en plastique.
7. Utilisez un rasoir dans lequel vous pouvez changer la tête de rasoir

au lieu de jeter tout le rasoir.

La technologie

1. N'achetez un nouveau téléphone portable ou un ordinateur portable que lorsque le vôtre ne fonctionne plus.
2. Achetez des piles rechargeables.
3. Désabonnez-vous aux courriels indésirables. Même l'envoi et la réception de courriels contribuent à votre empreinte carbone!

Autres changements de style de vie

1. Ouvrez vos fenêtres en été au lieu d'allumer la climatisation.
2. Recueillez l'eau de pluie dans votre jardin ou votre poche pour arroser vos plantes d'intérieur.
3. Utilisez les choses que vous avez déjà jusqu'à ce qu'elles ne soient plus fonctionnelles. Par exemple, si vous avez déjà beaucoup de vêtements adaptés à porter, vous pouvez utiliser ces vêtements jusqu'à ce qu'ils soient usés au lieu d'en acheter de nouveaux.
4. Repensez ce que vous pensez de la culture de consommation et de la mode rapide. Alors que nous voulons tous de temps en temps des choses fantaisistes — de nouveaux livres, de nouveaux vêtements, de nouveaux téléphones, un nouveau maquillage, du nouveau n'importe quoi — combien de fois réfléchissons-nous à notre besoin de l'article? Si vous en



avez besoin, essayez de vous le procurer d'occasion. La plupart du temps, nous nous en passerons bien!



NOTRE VOIX
NOTRE HISTOIRE

What Part of Glendon Are You?

1. What are you majoring in?

- Social sciences? I study the REAL sciences--math, economics, psychology, biology, etc.
- Something in the social sciences or government--sociology, poli sci, communications, gender & women's studies, etc.)
- I can speak a dozen languages and am using it to my advantage!--French studies, English, Translation, other languages.
- I'm a future teacher!--Glendon's Education program.

2. What do you like to do in your free time?

- I run a side-hustle... or two or three side hustles.
- Advocating for something I care about! Protesting, signing petitions, sharing social media posts!
- Reading and writing! I'm the ultimate book worm!
- Volunteering with my community, spending time with friends, and always having fun!

3. What do you usually get at the bookstore?

- A calculator--I lose mine every year!
- The same sweatshirt with my major in it in different colours.
- Stacks and stacks of books!
- Mugs, coffee cups, and water bottles--you can never have too many.

4. What is your favourite food to get on campus?

- Cafeteria food? I bring my own snacks.
- It's a pizza party at Pizza Pizza every day!
- Tim Hortons bagel and coffee--can never go wrong!
- A trusty veggie-filled sandwich!

5. What club are you a part of?

- Something interest-related, I need something to get my mind off of school. (Glendon Anime Club, Glendon Dance Team, etc.)
- A club that represents the diverse background of Glendon students (Muslim Students Association, Glendon African Network, etc.)
- I have no time to join a club, I'm always studying!
- Something charity or volunteer-based, I like to give in my spare time! (Action Against Hunger, Peace by Peace, etc.)

6. Where is your personal favourite place to study on campus?

- The COE, I love the modern look!
- Lunik, there's always something to do, see, or eat!
- The Library. It may be rumoured to be haunted but it's all part of the vibe.
- The Breezeway! Although I mostly end up talking to my friends instead of studying...

If you got mostly As: The Centre of Excellence! You're a more modern type of person who loves the order, rules, and the comfort that comes with it! You're probably a science whiz and tutor younger kids in your spare time!

If you got mostly Bs: Glendon Manor! You rep Glendon all day every day, with your Glendon sweatshirts and Instagram photos, and you're probably the president of a club! Even outside of campus, we can find you sharing petitions with your friends, connecting with Glendon alumni, and staying after class to chat with professors.

If you got mostly Cs: Frost Library! You're the epitome of a liberal arts student. You probably sit by the windows in the library overlooking the rose garden and pretend you're in a dark academia novel. You also probably speak three languages and are already planning your post-pandemic trip to Paris!

If you got mostly Ds: The Breezeway! You are passionate about school and your studies, but you also don't mind having a bit of fun! You're probably a part of a bunch of clubs, volunteer with 5 organizations, and majoring in two subjects, but you always find time to relax, have fun, and just enjoy!

Results

