

# Journal Glendon

NOTRE VOIX NOTRE HISTOIRE

le journal bilingue de Glendon | Glendon's bilingual newspaper

Issue Ten - Volume 54 - March 23, 2016

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**Arts and Entertainment:** review of Zootopia

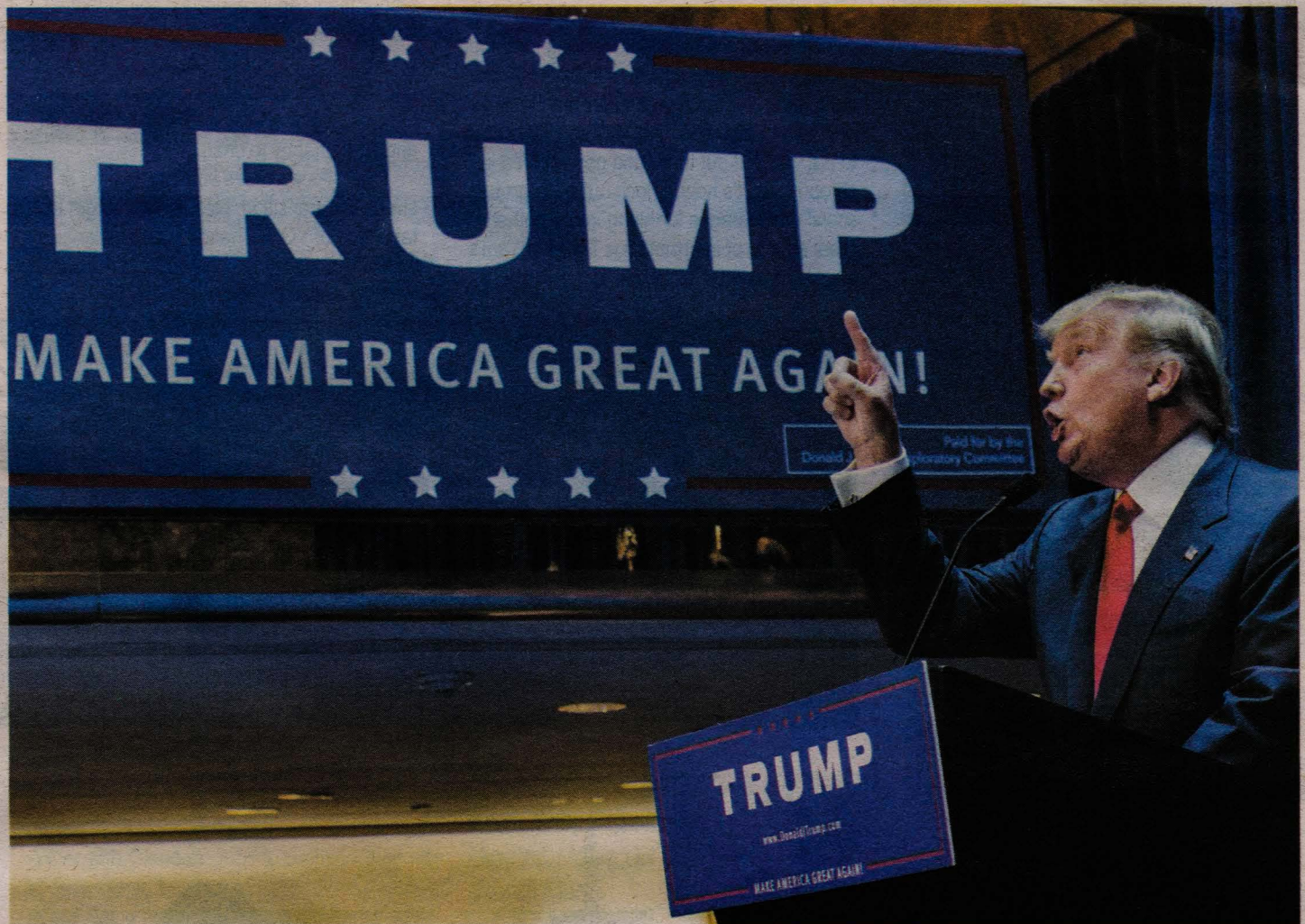
**Metropolis:** Toronto café reviews and Thunder Bay lingo

**Issues and Ideas:** humour in essays - useful? Needed?

**Health and Wellness:** a recipe for truffles, and demystifying acupuncture

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**Le prochaine date limite:**  
le 28 mars



## Why Donald Trump Has Been the Best Thing for Political Speech in a Long Time

Robyn LeLacheur  
Contributor

Before anyone breaks into hysterics, I am not saying I would vote for Donald Trump. In reality, no candidate holds my vote of confidence as of right now, but that's beside the point. To say that Donald Trump has been a candidate that has taken the political world by storm, causing a global panic would be a vast understatement. He makes remarks that spark global controversy, so much so that the British Parliament even held a discussion about banning Trump from the United Kingdom.

When I tell someone that I like Donald Trump, it isn't because of his platform, or his business expertise, and it certainly isn't because of his hair. Rather, I like him because he's making people *mad* again. He is forcing people to *think* again.

A few months ago, shortly after the Paris attacks, Trump stated he would put a travelling ban on Muslims coming in or going out of the United States. Before that, he stated that he wanted to build a wall along the US-Mexican border, and prior to that, publicly stated that Mexicans bring drugs into the United States and rape American women. In 2016, who *openly* says this kind of stuff anymore?

And here lies the issue. People are becoming too scared to share their opinion for fear of being ostracized, not being taken seriously, or even worse, fear of not being allowed to explain their side of the argument. Society is dictating the topics of conversation and silencing anyone who doesn't agree. Just this academic year alone I can recall six instances, where I have felt this way, in which this happened to me on campus, whether it was regarding Canada's recent federal election, or in class discussing the controversy of the names of cer-

tain sports teams.

With Donald Trump's one-liners, he is forcing people to rethink their beliefs, especially *why* we believe what we do. We can reflect and re-evaluate our own arguments, and either change or reinforce our positions on topics and effectively contemplate why Trump is wrong in what he says. It also allows us to educate and be educated on fundamental human rights and be accepting of those different than us. He has allowed me to think outside of my own beliefs, and view the world from a completely different perspective and has given me insight into the logic behind his statements. And just because we may not agree with someone's opinion, it doesn't make it any less of an opinion, nor will it make it just disappear. It is better to know about these beliefs, value systems, and opinions, and especially to hear them out because it benefits everyone, democratically and educationally. It is better to *learn*. (Continued on page 11)



NOTRE VOIX  
NOTRE HISTOIRE



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Salut Glendon!

Written while writing cover letters and procrastinating the world of academia:

Change is in the air!

I don't know if it's the fact that it's officially Spring or the fact that the end of the semester is here, but I can feel it. Can you?! This time of year is special because for us, we're able to say goodbye to another semester and get ready for a much-needed break. The semesters can sometimes feel like a marathon but guess what folks?! We're almost there!

At Glendon the end of March is also a season of transition. During this time, plenty of levy organizations and clubs prepare for the upcoming academic year. Simply put, tons of organizations are hiring and looking for people just like you! The outgoing executives are looking to pass the torch onto other members or new and fresh faces. If there was ever a time to put yourself out there and get involved in campus life, it's now. Check out each group's social media pages for hiring info. Another great source of information is David Ip Yam's weekly newsletter on behalf of the Office of

Student Affairs. The newsletter is sent every Monday and includes event info, external job opportunities and best of all, hiring info for all of the amazing orgs we have on campus. So, check it out and get involved, I promise it will be an amazing part of your Glendon experience.

Pro Tem will also be holding elections and having a hiring process throughout the month of April. We will be hiring the incoming Editor in Chief and Communications Officer at the beginning of April. After that, keep your eyes on our Facebook page for information on how you can apply to join our team as a Section Journalist, Layout Designer, Assistant Editor or as Photography Editor. There is a place for many different skills and talents on our team. Applications for any of these positions are open to everyone, regardless if you've been a part of the team in the past or not. If you have any questions, please send me an email at editor@protemglendon.com and I'd be happy to chat!

As we move into this season of stress and transition, please don't forget to take care of YOU. Change is as challenging as it is necessary, and we need to remember

that even good changes can be stressful. We also need to remember to prioritize our health and wellbeing as we make the sprint through to the finish line. Be sure to balance work with play. You're human, you have limits, and that is okay. I wish you all the best through the end of this semester!

Much Love,



Tori Ramsay  
Editor in Chief

*pro tem*  
Vous avez des opinions? Vous aimez écrire? Vous faites de la photographie? Vous adorez dessiner?  
Pro Tem vous veut!  
Envoyez-nous un courriel à editor@protemglendon.com pour apprendre comment vous pouvez vous impliquer!



Kelly Lui



## Pro Tem Presents: Your 2016-2017 GCSU Candidates

### A Look at This Year's Runners

#### President/Président

- Brandon Cheong
- Bryan Hansraj
- Eric Vogel

#### Brandon Cheong

-Prioritizing Academics, as a STUDENT union our emphasis should be on the education experience of our members

-S'assurer de l'égalité et d'une meilleure représentation pour les étudiants francophones, en créant un comité afin de leur fournir les ressources académiques adéquates et leur permettre de s'intégrer dans la communauté

-Réaménager et mettre à jour les espaces communs comme le Breezeway, le Centre d'excellence et la Salle de Richard, afin qu'ils puissent accueillir plus d'étudiants et soient plus propice à l'étude

#### Bryan Hansraj

-To advocate and address student issues including Food Services, Accessibility, Bilingualism, Bookstore, reformatting the GCSU Budget and funding applications

-To develop community partnerships to strengthen effectiveness of events and initiatives

-Increase access to information and communication with the student body resulting in holding members of council accountable

#### Eric Vogel

-Change both the attitude about the GCSU and within the GCSU. I am proposing a more involved third party oversight of the regular meetings for the GCSU; in particular I look to cooperate with Pro-Tem in order to give the public a greater understanding of the day to day operations of the GCSU. Publishing more information will help keep the public informed, encourage involvement, and pressure more rancorous members to work together.

-A campus pub, plain and simple. As someone who just got back from exchange, seeing a school with only 500 students operate their own student bar was inspiring, and I know Glendon can do the same. A campus pub is both a source of campus culture and pride amongst students. A campus pub would also be a source of revenue for the GCSU that could go towards clubs and other events.

-I want to look into reforming the funding process for clubs at Glendon. The fact that the money that was supposed to be allotted to clubs this semester has not reached them is a scandal to the highest degree. The most basic function of the GCSU should be to make sure that each club gets the money that they deserve. I am proposing that at the very least we make sure that club money is set aside at the beginning of the school year, so that it is to remain untouched until it is allotted in the second semester; no process of resigning unless new clubs are formed.

#### Vice President Athletics/Vice Président(e) d'Athlétisme

- Brandon Bear-Jeanes

#### -Jenna Krajinovic

#### Jenna Krajinovic

- A more inclusive intramural environment
- Intramural games to be held at Glendon
- Network of athletes to improve communication

#### Vice Président(e) des Affaires Bilingue/ Vice President Bilingual Affairs

- Hugo Laprés-Chartrand
- Merveille Cuddy

#### Merveille Cuddy

- I want to improve the cultural diversity of the school and of our students.
- I want every students to feel equal and free to express themselves and their opinions.
- I want to ameliorate and promote the relation between Glendon's students and the bilingual committee and Francophone community.

#### Vice President Campaigns and Advocacy/Vice Président(e) Campagnes et Plaidoyers

- Alexander Sokol
- Jenna (Canan) Kabakulak

#### Alexander Sokol

- Work with the YFS and other GCSU execs to update and revise the GCSU-YFS agreement.
- Work with the VP Finance and VP ops to get tax seminars started as to provide students with an easy and accessible way to learn to submit Tax returns.
- Fight for students, hold Queens Park accountable to budget promises as well as work with outside organisation as to increase youth activism at GL and work on student and Youth issues.

#### Jenna (Canan) Kabakulak

- Work with Glendon clubs to promote their advocacy events to a larger scale
- More Keele and Glendon interaction for advocacy events
- Promote monthly awareness' and inviting guest speakers to Glendon

#### Vice Président(e) Clubs/Vice President Clubs

- Ruvimbo Mutangadura

#### Ruvimbo Mutangadura

- 3 main running points: Community, diversity and action
- Something students should know: as an international student I have a vested interest in making sure students both domestic and international alike feel comfortable and at home at Glendon. Clubs are the cornerstone of the Glendon community and my mission is not only to make clubs more accessible for students i.e. giving them more visibility but also encouraging integration of all clubs at Glendon which will lead to higher attendance and interest in club events

#### Vice President Communications/Vice

#### Président(e) Communications

- Adams Amaning
- Reeda Tariq

#### Adams Amaning

-making the GCSU more approachable and transparent, as well as being open to more collaborating and suggestions from students trying to be more involved and or voiced

#### Reeda Tariq

My platform is Communication->Connexion->Community! If elected I believe that in increasing communications between the GCSU and Glendon pour établir des connexions plus et build a greater community!

#### Vice Président(e) Finances/Vice President Finance

- Andre Azevedo
- Emily Wright

#### Emily Wright

"Bonjour toute le monde, je m'appelle Emily et j'étudie les mathématiques à Glendon. This year, I am running for the position Vice President Finance. Three main points that I would like to address or improve with the GCSU is: 1) Create a more structured system for the GCSU budget and allocations of the budget, 2) Offer work shops for the student body to help with finances, taxes, etc. and 3) Be more attentive and aware of how the budget is spent and ways to be more efficient with the budget. If elected, I will improve the financial difficulties that the GCSU has been faced in prior years. Most importantly, do not forget to vote online or on campus from march 28th - 31st!"

#### Vice President Operations/Vice Président(e) Opérations

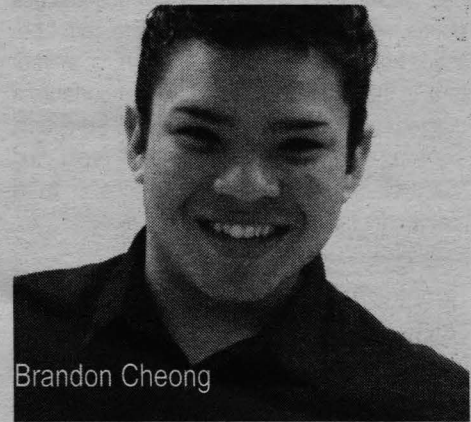
- Agathe Maillard
- Randi Mast

#### Randi Mast

- I will:
  - Make information easily accessible and available to all and ensure that the information is of the highest quality possible
  - Ensure accountability and availability of all GCSU members, working to effectively communicate with all students while maintaining political and financial transparency.
  - Extend services available to students, and improve upon those that are already in effect.
  - Promote involvement of students in the Glendon community, including, but not limited to, clubs, GCSU committees, and other GCSU operations.

#### Vice Président(e) Social/Vice President Social

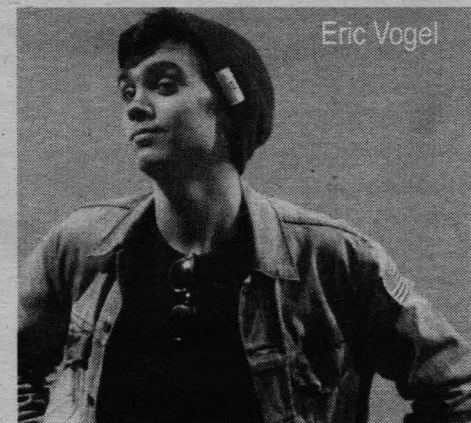
- Amanda Merry
- Deijaumar Clarke
- Maggie Kyle



Brandon Cheong



Bryan Hansraj



Eric Vogel



Jenna Krajinovic



Alexander Sokol



# Campus Life

## Amanda Merry

With my current and past experience of donship, lions den team lead; intern at Golf Canada helping plan and run the two national golf opens, and section journalist for Pro Tem I believe I have a skill set that will be a huge advantage in the role of VP social. Most importantly if elected I will focus on broadening GCSU events in terms of location, time and incorporating feedback to be as accessible as possible to all members of the Glendon community.

## Senator/Senatrice

- Aishah Rashid
- Robyn LeLacheur

## Aishah Rashid

1. Actively advocate for Glendon students and their unique concerns at Senate and faculty meetings.
2. Work with VP Communications to create an online space where important information that is gathered through various meetings is accessible to students. In addition, I will also work with Pro Tem and student services to increase information accessibility - especially information that pertains to Glendon academics and the overall student experience.
3. Provide opportunity, either online or in person, to collect student feedback and opinion as well as discuss student concerns.

## Robyn LeLacheur

Two main projects I want to do occur with accessibility of information regarding academic policy, updates, and programs. I want to start a Facebook page for the Glendon Senator's where information can be found regarding academic changes. This way people can reach out to the senators to ask questions and have their concerns addressed. The second initiative I would like to accomplish is having an equal representation of all majors on the Academic Affairs Committee, in addition to each program having their own Facebook page. I am hoping this is where students can turn to for course reviews, new course surveys, and where students can contact their program representative to voice concerns and possible areas of improvements. Then, by extension this information would be relayed to the senators for possible plans of action.

## Conseillers(Conseillères)/Councillors

- Gureet Kang
- Katia Gromyko
- Octavio Vallejo Meyer
- Patrice Webster
- Victoria Garavellos
- Yelly Camara

## Patrice Webster

Awareness to students on GCSU events and planned actions.  
Access to services and resources on campus (info, condoms, pads, requested items).  
Continued improvement and awareness of mental health resources on our campus as well as attention to what keele offers.

What I want from students? Active participation beforehand instead of dissatisfied tweets after the fact.

## Victoria Garavellos

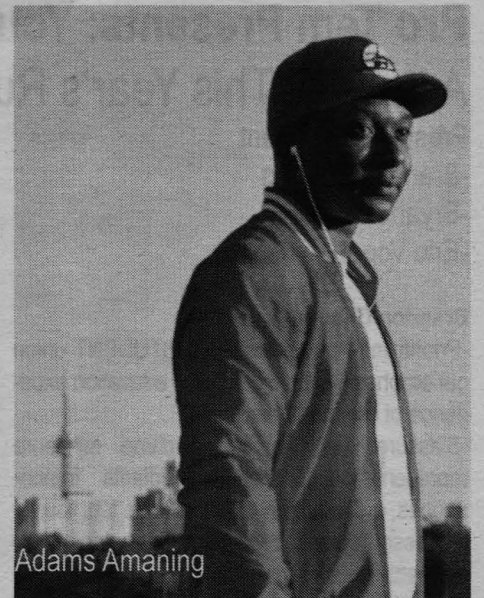
My campaign and platform focuses on transparency that allows the student body to gain knowledge about the union, experience in coordinating events or initiatives for the students due to my past year on council, and making sure all opportunities on-campus are equally distributed to all those who are apart of Glendon faculty.

## Yelly Camara

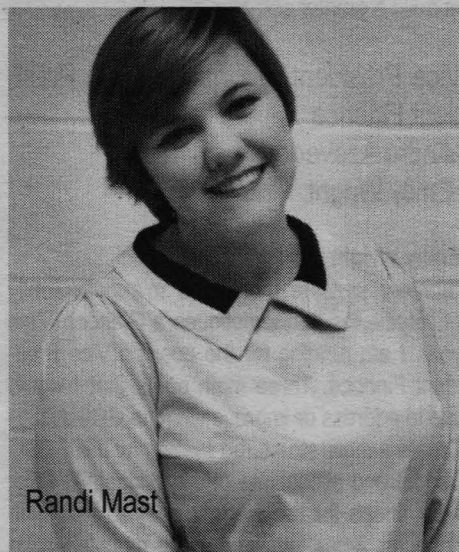
- work with the communication committee to enhance the promotion of activities, parties etcetera which take place whether in Glendon or at Keele campus.
- work with the new academics committee to solicit to have more courses given in French.



Emily Wright



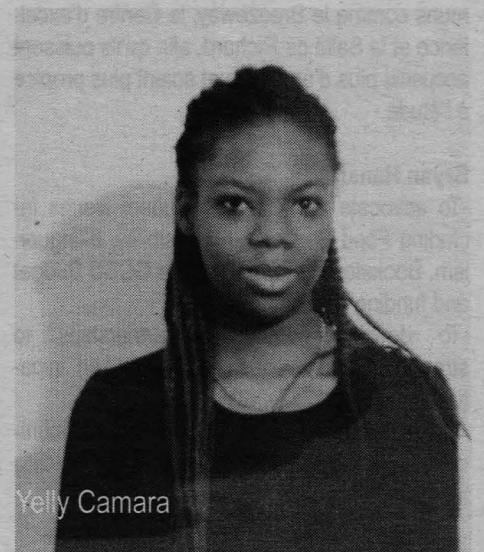
Adams Amaning



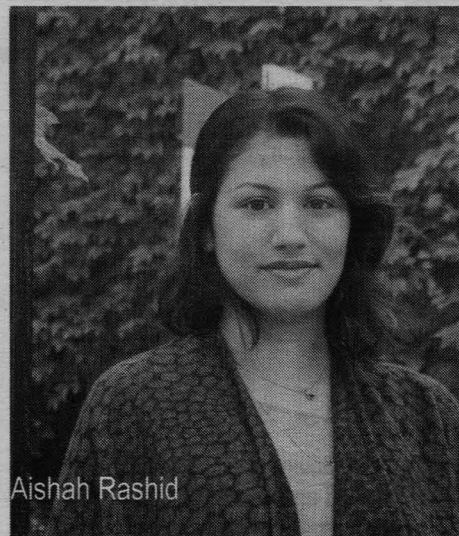
Randi Mast



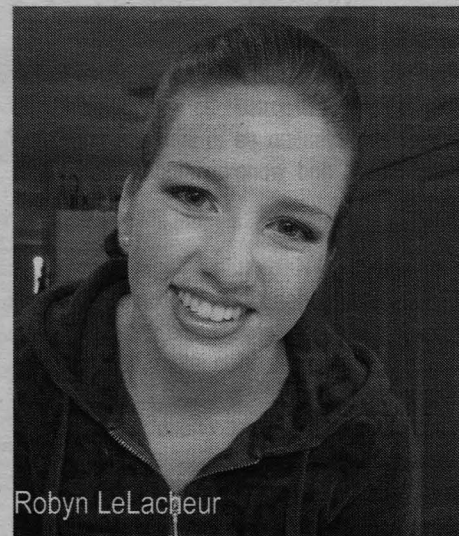
Reeda Tariq



Yelly Camara



Aishah Rashid



Robyn LeLacheur



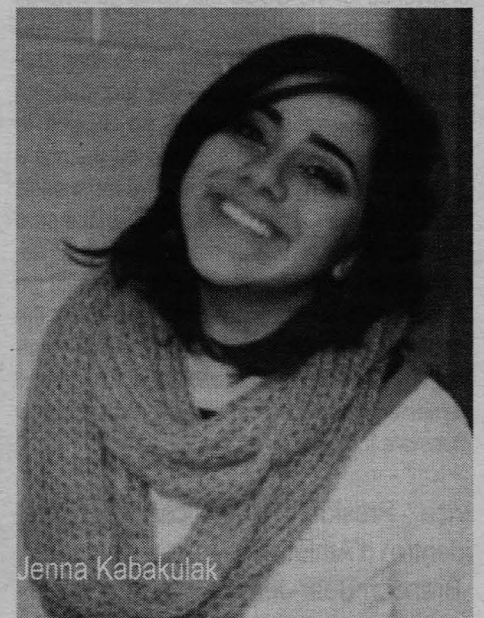
Victoria Garavellos



Amanda Merry



Ruvimbo Mutangadura



Jenna Kabakulak



## RAGE Volleyball

Megan Burns  
Contributor

On Friday, March 11<sup>th</sup>, the overnight RAGE Volleyball tournament took place at our very own Keele campus. A total of six Glendon teams participated ranging in size from 3 - 6 Glendon students per each for a combined total of 27 Glendonites overall. This was the largest group of Glendon athletes to ever play RAGE!

The tournament consisted of two sets of round-robin play: a round of five games followed by a round of three games. Five out of the six Glendon teams advanced to the second round-robin set of three games, and two out of those five teams reached the playoff round, which began at 5 AM.

By 6 AM, only one Glendon team remained. Congratulations to Francette Maquito, Emma P, James Sykiotis and Rayhan N who fought hard to earn their top ten finish!! Thank you to all of the 27 athletes who came out to represent their college with such tremendous skill and effort. These students demonstrated to all other York colleges what it means to be a Glendonite; sportsmanship, encouragement, team spirit, determination and having fun!

Interested in playing RAGE Volleyball next year? Keep an eye out for announcements in the Glendon College Intramurals Facebook page at the start of the Winter 2017 term. In addition, there will be a RAGE Dodgeball tournament in the fall 2016 term, as well as Glendon's own late night dodgeball tournament, Glendon Loves Dodgeball (GLD), in October 2016.



## Preparing Your Law School Application: Tips From the Other Side of Admission



Ashley Moniz  
Arts & Entertainment Editor

For many students, an undergraduate degree is a stepping stone to law school. This was my dream since high school, but having few connections in this field, I did not know much about applying, or even where to start. This article is for those considering law school, especially those applying in the Fall. This is a good time to start planning.

First, begin looking at schools to get a sense of what they are looking for. Compare admissions requirements side by side, focusing on average GPAs and LSAT scores of first year students, tuition costs and first year class sizes compared to number of applicants. At best, the information terrifies you into quitting. If you still believe in yourself, you are ready to move on.

Next, prepare for the LSAT. The test is held 4 times per year (February, June, October and December) and you must register on the LSAC website. Register early, as spaces fill up

quickly. I recommend a course or tutoring if you have the time and money, as the test requires well-developed reasoning skills. My Princeton Review course was very helpful. Some say to start studying six months in advance, but most full-time students with part-time jobs and/or extracurricular commitments may find this difficult. I spent all of May taking a prep course before writing in June. In spite of delayed academic deadlines during last year's strike cutting into my study time, I felt prepared to write the test by the time it came around. This is also why I recommend writing in June: more time in the summer to prepare and more opportunities to rewrite it if you are not satisfied with your first score. The test is entirely multiple choice. There are three types of sections: analyzing short arguments, analyzing longer passages and logic games. Learn strategies to attack each of these efficiently and quickly. There is also an unscored writing sample where you must argue for one of two given options. Do not sweat this: if you have ever written an exam essay or had an arbitrary argument (ex. Marvel vs. DC, iPhone vs. Android), you are ready.

Now you complete the application. Apply to Ontario law schools through OLSAS. They will connect you with a pre-law advisor and provide information about each school's application requirements. Many parts are straightforward, such as submitting LSAT scores and your academic transcript. You will also need an

autobiographical sketch, outlining activities like jobs, volunteer or extracurricular work. When seeking references, find out exactly what each school requires. Schools may ask for academic and/or non-academic references. Be selective in your approach. A professor who you had in a class of 50 may not be able to help as much as one with whom you have taken multiple classes. Having done research or other work with a professor outside of class is definitely a bonus.

An increasingly important part of the application is the personal statement, especially as schools look to a more holistic approach to the application. This can show admissions committees who you are and what drives you. Some schools give writing prompts, asking why you want to go to law school and for challenges that you have overcome. Individualize each statement with information connecting personal interests with a school's specialties, goals or focuses. Beyond this, discuss what you are passionate about. Your GPA will tell enough about academic capabilities. Talk about relevant life experiences and activities which have prepared you for law school. Do not be afraid to add light humour, but be mindful of the character count. If you are applying to multiple universities, be prepared to type up your personal statements multiple times because they cannot be uploaded or copied and pasted.

Applications for Ontario law schools are due in late October/early November.

Schools in the rest of Canada wait until well into the Winter. Getting into law school is not easy. A Canadian law school will accept roughly 10% of applicants each year. Apply to as many schools as you can to be safe. Play to your strengths when completing the application. If you are not good at studying, allot more time to preparing for the LSAT. If you are not a good writer, start work on your personal statement months in advance and have people read it over and help you. Finally, be sure that this is an option that you want to open yourself up to. Applying to law school takes a lot of time and money, so prepare to persevere when things get difficult.



## Zootopia: Disney Teaches Children About Racism



Ashley Moniz  
Arts & Entertainment  
Section Journalist

Walt Disney Animation Studios recently released *Zootopia*, where anthropomorphic animals rule the world and humans never existed. In the movie, the underestimated protagonist attempts to defy all of the odds against her by working hard and overcoming adversity. Throw in some forced animal puns, a catchy pop theme song, and an unpredictable villain and the final result does not stray far from Disney's comfort zone. However, this film did have a new layer. The studio that has been considered racist on occasion has released a new film which incorporates the same prejudice and discrimination entrenched in real society.

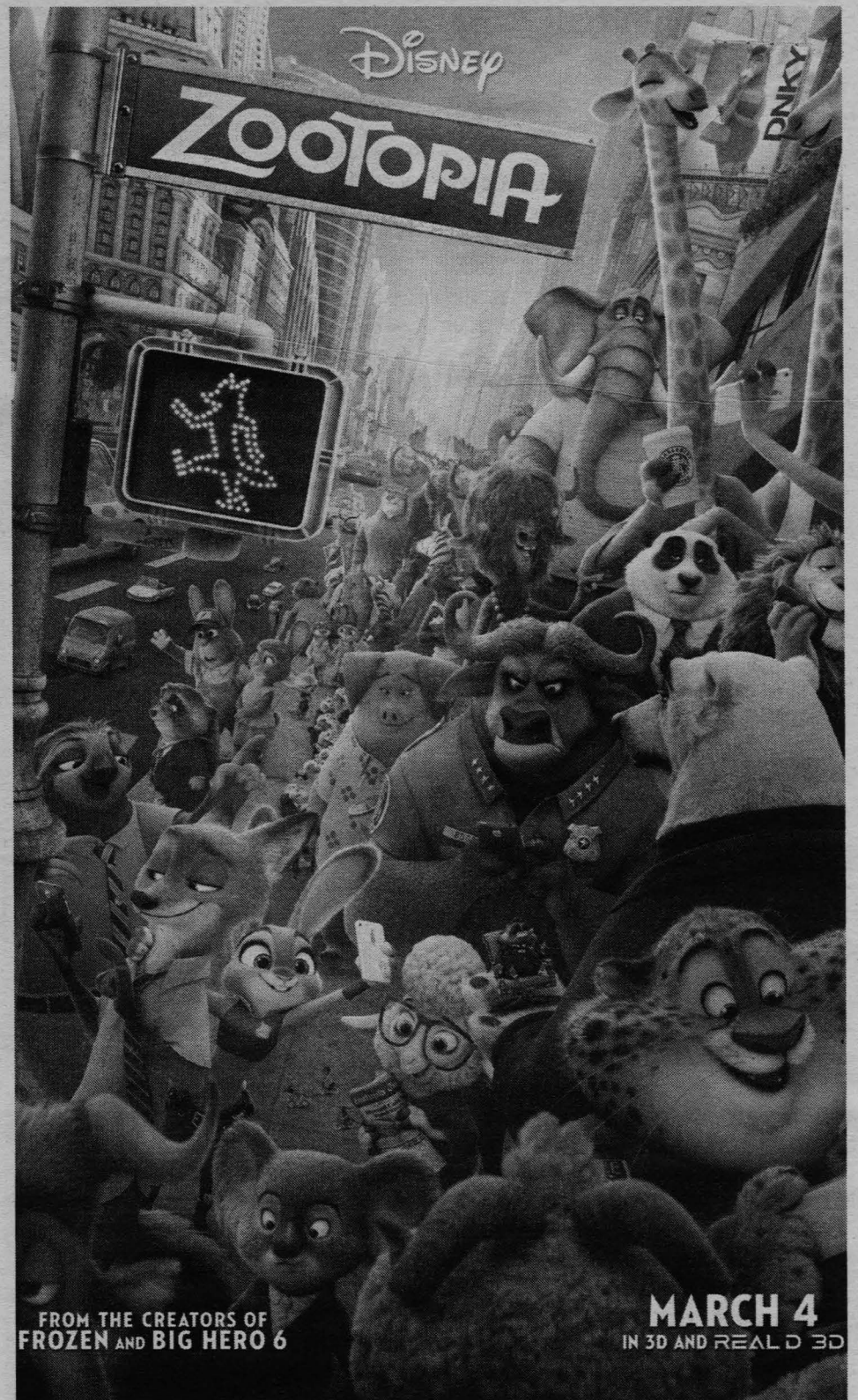
The film begins with the main character, a small town bunny named Judy Hopps, who explains that the world has moved away from a time when predators dominated and prey lived in fear to a state where everyone can live happily together and be who they want to be, falling for the same illusion that plagues today's everyday citizen. When she moves to the big city of Zootopia to work as a police officer, she discovers that the people are not as open-minded as she thought. Even as a police officer, she is not taken seriously because she is a bunny. She is warned to be careful of predators but refuses to be guarded by this fear, and her faith in all creatures' ability to overcome societal expectations leads her to trust unlikely characters.

The film shows prejudice on both sides. Judy is bullied by predators and finds it difficult to be taken seriously. On the other hand, when many predators go missing, their biological difference is blamed, which causes unfair prejudices and discrimination to disadvantage them in Zootopia. It does not help that they only make up 10% of Zootopia's popula-

tion. It is clear that even though Zootopia has evolved, underlying fears of predators have still left prejudiced and unwarranted fears deeply entrenched in society which, as it is revealed in the film, can be traced all the way to the political office. While the society of Zootopia has come far enough in allowing its varied citizens to co-exist in order to create an illusion of harmony and total acceptance, there is still a long way to go before achieving true equality and all citizens can be treated as equals and receive fair opportunities (sounds familiar?).

The film's writers accent this theme through the use of subtle stereotyping. Throughout the movie, characters pass comments about other animals in the same way that humans racially stereotype: the sly foxes who shouldn't be trusted, the dumb and gentle bunnies, the slow sloths, aggressive bears, hippie yaks and so on. In one scene at the beginning, Nick, a fox, is refused service at an ice cream parlour because he is not an elephant. All of this helps to build a society like ours, where people of varying backgrounds can coexist, but also become products of their upbringing and are profiled at first sight. The film reiterates that stereotypes exist for a reason, but not for the reason that everyone thinks. Kids can look at the film and be amused by the animals and watching the underdog win, but adults can catch the main theme: in a society of conscious beings, the barriers and labels which exist, many of which stem from fear, are socially contrived, not biologically. While stereotypes can be accurate for many, they can just as easily be wrong.

*Zootopia* is successful in its social commentary. The film still features Disney's signature elements like charming and memorable characters and a fun redemption story, but it also takes advantage of its expanded audience in order to spark a conversation that needs to be had. There are other layers to this film, as a whole other article could be written in regards to gender issues. The movie has a nice ending, which features the main characters first exposing prejudice and those spreading it, then, at the very end, reversing their stereotypes. This is classic of a children's movie, inciting belief in a world devoid of discrimination.



# pro tem

Do you have opinions? Do you love writing?  
Do you love photography? Do you love illustration?

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to find out how you can get involved!

6



## Ça vous dit, un café sur la rue Yonge?

Gabriella Giordan et  
Stéphanie Bourque  
Contributrices

Si vous commencez à vous lasser de la bibliothèque Frost ou de votre coin d'étude habituel, cette critique de huit cafés différents, situés très près de sept stations de métro sur la ligne de métro Yonge, vous aidera peut-être à trouver un nouvel endroit et à déguster d'excellentes pâtisseries, tout en sirotant un espresso bien mérité.

1. The Red Bench, 611 rue Yonge (près de la station Wellesley) 24/25 étoiles  
Service : \*\*\*\*\*  
Café et nourriture : \*\*\*\*\*  
Espace : \*\*\*\*\*  
Ambiance : \*\*\*\*\*  
Musique : \*\*\*\*\*

Le café est plutôt ordinaire, mais le concept de « crée ton propre sandwich de crème glacée » est très intéressant et original. De plus, il y a d'innombrables choix de boissons chaudes, surtout pour ceux à qui le thé plaît énormément. Il y a une bonne ambiance, grâce à la playlist variée et rétro, mais ce n'est pas un endroit où l'on peut étudier très sérieusement. Du lundi au vendredi il n'y a pas beaucoup de clients à part aux heures de pointe. The Red Bench est donc excellent de plusieurs points de vue.

2. Capriccio Café, 5379 rue Yonge (près de la station Finch) 22/25 étoiles  
Service : \*\*\*\*\*  
Café et nourriture : \*\*\*\*\*  
Espace : \*\*\*\*\*  
Ambiance : \*\*\*\*\*  
Musique : \*\*\*\*\*

Capriccio offre beaucoup de choix quant au café et aux desserts. Leur latte « Red velvet », en particulier, est délicieux. Par ailleurs, c'est un endroit très bien décoré mais plutôt petit et renfermé. Par contre, il y a beaucoup de place pour s'asseoir et il n'y a pas trop de clients. Le service est rapide et les serveurs sympathiques. Le choix de musique est varié et à un volume adéquat. Le café offre une ambiance détendue; c'est donc un endroit propice à l'étude.

3. Zaza Espresso Bar, 2445 rue Yonge (près de la station Eglinton) 21/25 étoiles  
Service : \*\*\*\*\*  
Café et nourriture : \*\*\*\*\*  
Espace : \*\*\*\*\*  
Ambiance : \*\*\*\*\*  
Musique : \*\*\*\*\*

Zaza est un café d'origine italienne. Le café et les desserts sont, par conséquent, faits « à l'italienne », et succulents pour autant. Leur mocha est unique en son genre. L'endroit n'est pas très spacieux mais il y a une belle ambiance et de la bonne musique italienne. Les employés ont un excellent sens de l'humour et sont experts de la culture italienne.

4. Bobbette & Belle, 3347 rue Yonge (près de la station Lawrence) 20/25 étoiles  
Service : \*\*\*\*\*  
Café et nourriture : \*\*\*\*\*  
Espace : \*\*\*\*\*  
Ambiance : \*\*\*\*\*  
Musique : \*\*\*\*\*

À Bobbette & Belle, les employés sont chaleureux et font de leur mieux pour donner au café une ambiance détendue malgré le grand nombre de clients qui vont et viennent au cours de la journée. Le café est excellent et les desserts (surtout les macarons), encore meilleurs. L'endroit est spacieux et décoré de façon rétro et originale. Par contre, les tables sont circulaires et très petites, ce qui rend l'étude une tâche un peu malaisée.

5. La Bohème, 2481 rue Yonge (près de la station Eglinton) 19/25 étoiles  
Service : \*\*\*\*\*  
Café et nourriture : \*\*\*\*\*  
Espace : \*\*\*\*\*  
Ambiance : \*\*\*\*\*  
Musique : \*\*\*\*\*

La Bohème valorise fortement la culture culinaire française. Les employés ne parlent pas français, mais ils sont tout de même capables de préparer du bon café. De plus, leurs desserts – surtout leurs tartes – sont succulents. L'espace n'est pas particulièrement décoré et est un peu restreint pour étudier. La musique est à un bon volume, mais n'ajoute rien de très spécial à l'ambiance. Le service est rapide et très satisfaisant.

6. Boxcar Social, 1208 rue Yonge (près de la station Summerhill) 18/25 étoiles  
Service : \*\*\*\*\*  
Café et nourriture : \*\*\*\*\*  
Espace : \*\*\*\*\*  
Ambiance : \*\*\*\*\*  
Musique : \*\*\*\*\*

Boxcar Social est un endroit très rétro. Les employés sont très enthousiastes et accueillants. Le café est adéquat mais un peu coûteux pour la qualité. Ayant une très bonne réputation, il y a plusieurs clients, ce qui fait qu'il n'y a pas beaucoup de place pour s'asseoir. La musique est excellente mais un peu forte. Vers 17h30, le café devient un bar; on baisse les lumières et on change de musique. Boxcar est par conséquent un superbe café quant à l'ambiance et la musique, mais pas quant à l'étude sérieuse.

Gabriella Giordan



Gabriella Giordan

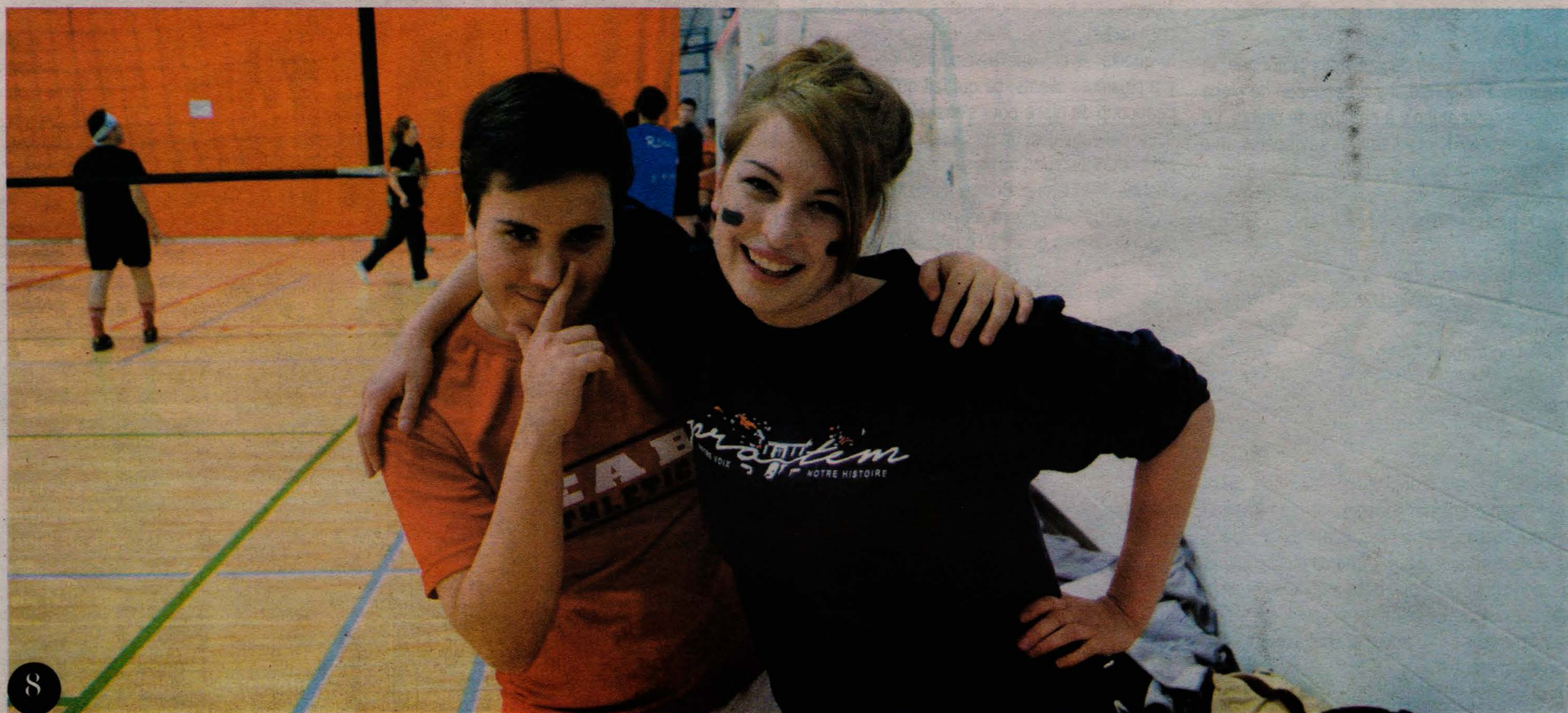
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*D.A.E Dodgeball Tournament*

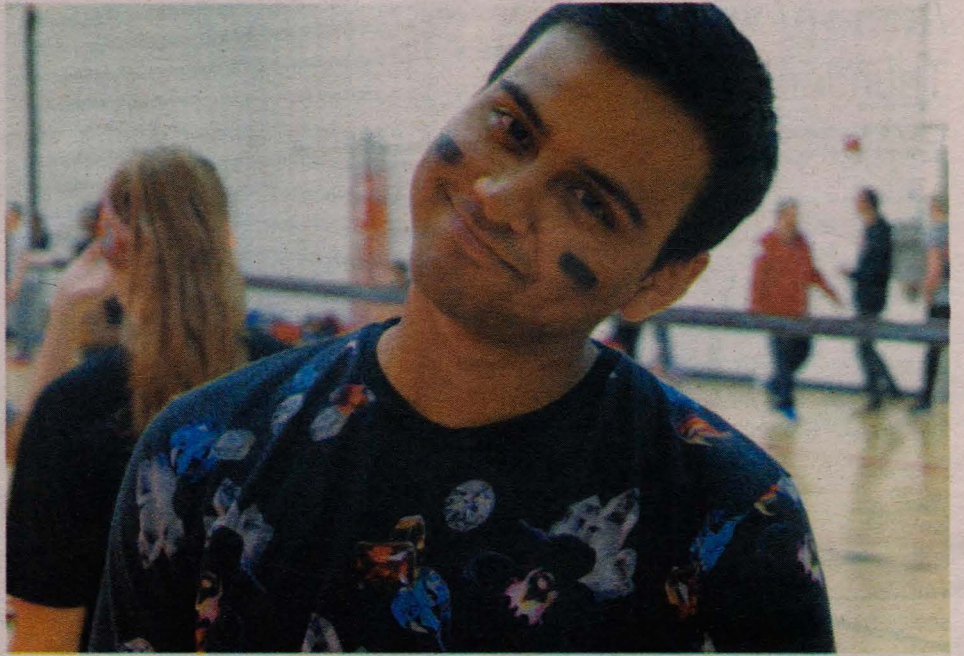
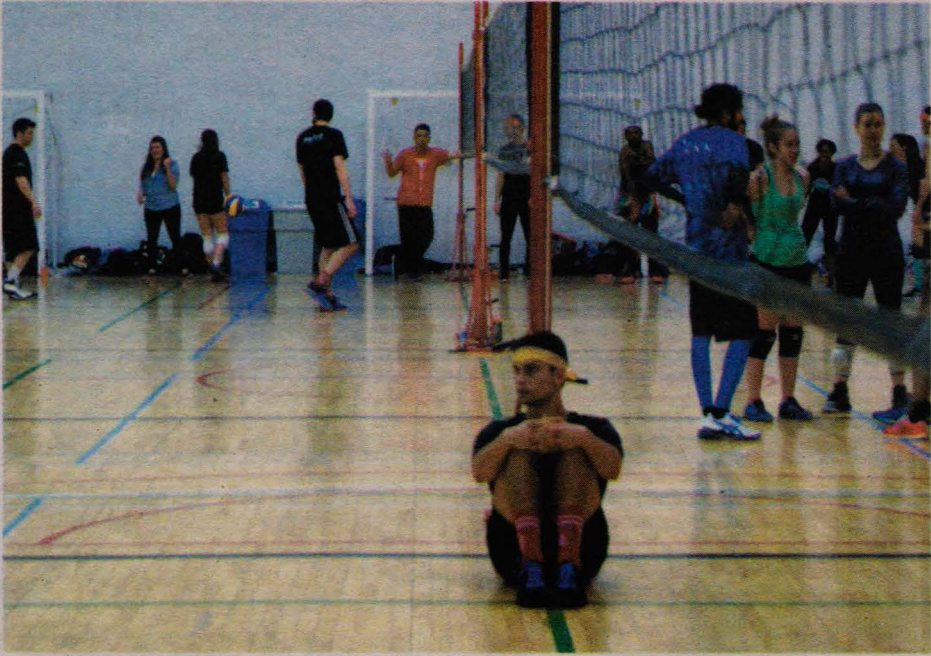


All photos on this page by Inés Van Deuren





*RAGE Dodgeball Tournament*





## /kæmp/ vs /'kɒtɪdʒ: Thunder Bay Lingo Explained



Kaitlin Fenton  
Expressions  
Section Journalist

What do you call a small residential building in the woods, typically used to get away from the city for a weekend or vacation? If you said camp, then you're either from the northwestern regions of Ontario, or you've been spending too much time with someone who is. I grew up in this region, living between Terrace Bay and Thunder Bay. Before dating someone from southern Ontario, I had no idea that there were such remarkable linguistic differences between the two regions. In fact, I only realized this when I complained about my packsack being broken. My partner gave me a confused look through Skype. "What on Earth is a packsack?" I was equally confused and offered another word: knapsack. Still nothing. Frustrated, I lifted up my bag and showed him. "Oh!" He said, "a backpack!" That was my introduction to regional language differences, even in the same province.

I still get funny looks when I talk about camping in the winter. People get very concerned for me, when they shouldn't. Instead of camping with a tent/tenting, I'm cozy in a bed. Regardless of what you southern folk say, camp is camp and cottage is for the hoity-toity.

**Jambuster:** /dʒæm bæstər/. A jelly filled doughnut covered in powdered sugar.

**Bonbon:** /bɒnbɒn/. Breaded pork spare ribs. Native only to Thunder Bay and surrounding area.

**Persian:** /pɜːʃən/. Sweet roll similar to a cinnamon bun with strawberry frosting. Native only to Thunder Bay and surrounding area.

For the most part, I do not have troubles with the language here. I knew beforehand that my bonbons and persians were native to my hometown, and no one here would know what they were. However, let me tell you, they are absolutely delicious and everyone should come visit if only to try the local cuisine. An old favourite way to eat a persian is to fry it with butter. Other words, however, can present a problem. I still say jambuster, regardless of how silly it may sound. I just refuse to call it a jelly filled doughnut. It creates a small impasse between myself and the listener, but I'm too stubborn and proud to change my speech.

**Hooks:** /hʊks/. To pass something. "Hooks me that beer". Native only to Thunder Bay (usually just high school).

**Janky:** Weird or out of place.

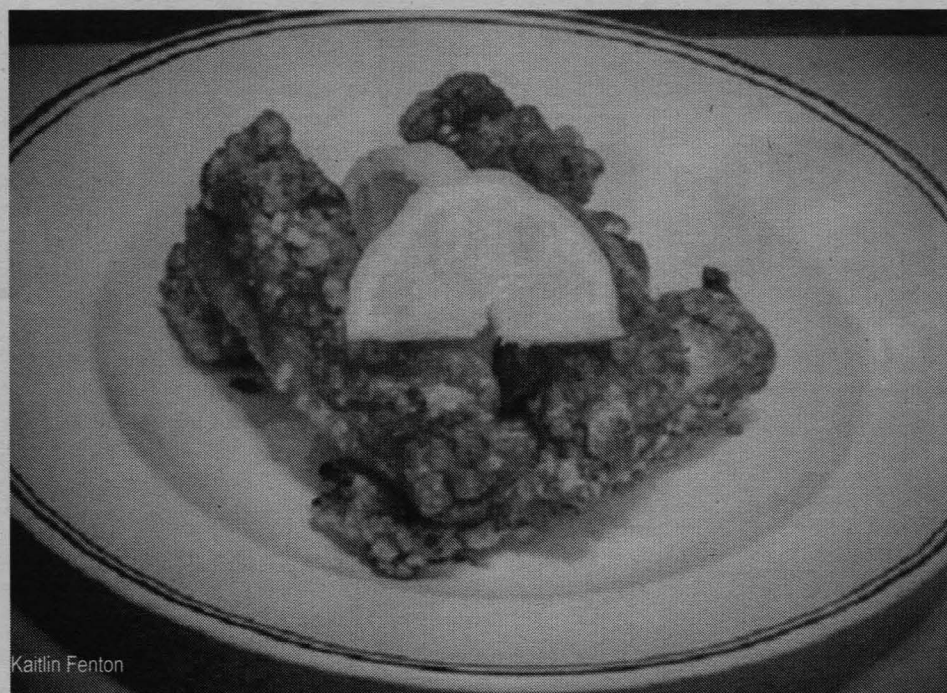
**Mudding:** /mʌdɪŋ/. Driving off-road in muddy areas for fun.

Sometimes, I find myself using old sayings or made-up words that are typically only used up North. They can absolutely exist here as well, but I hear them much more often back home. Typically, I get a slightly confused look with a polite smile. It's an incredibly bizarre feeling to go from a place where people understand every word to here, where I find some of my words, my sentences, and

my meanings lost in translation.

On the flip side, however, Toronto and its surrounding areas have equally confusing words and pronunciations. For my entire first year, I refused to say any of the stop names on the subway station. Names like Spadina and Eglinton were the absolute bane of my existence. Spa-die-na? Spa-dee-na? Egg-ling-ton? Eeg-ling-ton? Even now, I don't know how to pronounce most stops. My friends will tease me if I pronounce something wrong, which is still pretty often.

And yet, at the end of the day, I continue to largely keep these dialects separate. I use my "Thunder Bay voice" all around Toronto and back home, even if it confuses my peers. Why? I do it because I'm proud of where I am from, and because I like having my own little special language. Mostly, however, it lets me keep a piece of home with me, even in a strange and foreign place.



Kaitlin Fenton



Kaitlin Fenton

*pro tem*

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## Why Donald Trump Has Been the Best Thing for Political Speech in a Long Time (continued from cover)

I recently visited my grade four teacher because I wanted to know what her current grade four/five split class thought of Donald Trump. And their complete honesty reminded me why I chose the program that I did. Their candor took me by surprise, and showed me that kids ages nine and ten know what's going on in the world. A few told me that Trump was racist, unfair, and that Americans were making the wrong choice with him. One told me he was unfair because he specifically wanted to ban Muslims and build a wall to keep Mexicans out. Another told me he wanted to eliminate food stamps for everyone in the United States, something I didn't even know. A few additional comments I received

were:

"Thinks in the fifteenth century."

"Wants to make America great again."

"I recommend Obama stays president! Because he's kind and keeps the U.S. safe."

And a personal favourite, "Donald Trump: President of the United States of America. Illuminati confirmed."

I also received quite a few comments about his hair, with one student calling him "Donald Duck with a bad attitude."

We're becoming a society where our topics of discussion are being governed by the opinions of our peers; it isn't censorship by the government, but rather, censorship by society. Education is so incredibly important, and censoring someone for his or her opinion is a disservice to us because we are refusing to learn. And banning someone for his or her opinion, as discussed by the British Parliament, is fundamentally undemocratic, and something that scares me far more than who the next President of the United States will be. (But in actuality, Trump is by far the more moderate Republican candidate, and the idea of Ted Cruz being a candidate for the US presidency really terrifies me.)



## One Time-Tested Essay Writing Tip That Guarantees a Better Grade



Sienna Warecki  
Layout Designer

Laying it on the table now: I'm a straight-A student. Have been since high school. To me, it's become the norm to receive top marks in my classes—and more specifically, it's become regular practice to produce work that garners those top marks. And I get to wondering: what are the things I do differently from other students when it comes to my essay writing? What are the techniques I use to create work that's worth those A+ grades? What's my process?

It's a surprisingly difficult thing to unpack. I've been writing so avidly, for so long, in so many areas and forms that I've forgotten what I picked up and where. Some basic things: I understand punctuation in the languages I write in (top tip for those who wonder why punctuation matters: punctuation in written language is like breathing in spoken language. It dictates the length and tone of your pauses, your silence). I draft an outline before I start writing properly, to make sure my overall point is well-made and continuously hearkened back to. I spend time focusing on the transition from one paragraph to the next, and from one point to the next, so that the essay's internal logic chain is sound.

But after a talk with a friend, I've realized there's one specific thing I do in essays that, upon reflection, is likely a huge reason I get the grades I do. Ready for it?

I make jokes.

**In Defense of Humour in Academic Writing**  
Academic writing, for the most part, is

a bunch of facts and stats and information and while it could be very interesting and informative, you're too busy being distracted by the lack of life in the prose to care.

Regarding this, there's an excellent article by Susan Kirtley on "Medieval Diglossia and Modern Academic Discourse" that talks about the evolution of the academic writing style/register throughout the Middle English period, where English began to appear alongside Latin and French in the discourse. Kirtley points out how the 'vernacular'/little-people language, English, bled into the high-brow Latin discourse and eventually merged with it and created a whole new version of academic writing. She argues that we're overdue for another transformation. She argues that modern academic discourse ought to be expanded beyond the stuffy scholarship we've all come to know and to begrudgingly tolerate at university:

*"Of course, some 'purists' argue that the use of vernacular, personal writing should only be a stepping stone, something to be gradually phased out on the path to the 'higher' thinking of academic discourse. But I don't buy it. Yes, an academic discourse that incorporates 'home languages' and brings in our experiences and everyday lives will be of a different sort, a hybrid discourse, but that does not necessarily mean a lesser one. Can we not have our scholarship and our inner lives, our head and our heart?"*

I think Kirtley's getting at something that could fundamentally change how students engage with their own academic writing. Imagine you were allowed to incorporate your own personal opinions and experiences in your papers; imagine you were allowed to make use of informal speech mechanisms (first and second person pronouns, contractions like "it's" and "isn't", etc); imagine you were allowed to make snarky (but intelligent) remarks on the material not just to your friends or in your notes but also on your final papers. Imagine it wasn't just allowed, but

encouraged; imagine it got you better grades. Not a bad idea, is it?

### 3 Reasons to Include Jokes/Witticism in Your Papers:

1. It shows you know what you're talking about—and it does it in a very subtle way. The science of a sense of humour is incredibly complex; it takes smarts to be funny about something. Example: I once made a quip about word choice with regards to Ezra Pound's translation of the Old English poem *The Seafarer*. The quip is one line long. It makes implicit reference to paragraphs on paragraphs of information on Old English alliterative verse and stress patterns, Pound's multilingualism, the etymology of several words, and the complex history between the Norman French and the Anglo-Saxons. You can convey your knowledge overtly in a 500-word text block of background facts, or you can convey it covertly in a one-sentence snipe that, logically, you wouldn't be able to make without prior knowledge of all the facts that make it funny and/or true. Unless you are writing on a very esoteric topic, your professors are likely in on the joke. And they'll pick up on the fact that you had to know all the things you know in order to make it effectively.

2. If you can make them laugh, you're doing them a massive favour. Here's the thing: I think a lot of professors are (not-so-)secretly in favour of this approach to essay writing. Sure, on the one hand, there's a long-standing tradition of academic propriety and distinction and well-maintained distance from the topic at hand—but on the other, if you're a professor, you're reading, what twenty papers? Thirty? Sometimes all on the exact same topic? The boredom must be killer. So when you're on paper #17 of 30 about, say, the notion of gendered language codification (I can already feel you skimming), and your eyes are glazing over and you're starting to go a little overboard with the red pen out of sheer frustration—and you suddenly come face-to-face with some snarky little quip about the fact that the only thing the

English are more terrified of than the French is women? That must come as such a breath of fresh air. That must be such a relief. That must give you a second wind. And it must make you inclined to treat the sarcastic essayist in question with more good favour than you otherwise might have.

3. It makes the writing process more fun. And goodness knows we students could use with a double dose of fun in the course of our studies. This isn't really a direct reason why jokes equal better grades on essays, but better grades are a byproduct of this reason, because the old trope holds true: *if you enjoy something, you'll do better at it*. When you care—and in the case of academic discourse, when you're allowed to show you care—you create/produce/perform more original, outstanding, well-informed work. Most of the students I know have no trouble doing the research for essay topics—they downright enjoy learning about topics in a discipline which they chose (it's sort of why they're at university in the first place). The problem always arises when time comes to take all that information and to write it down in a style they are uncomfortable with, a style they feel is awkward and disingenuous by nature. By making jokes in your writing, you alleviate some of the stress that would otherwise come with writing 'modern academic discourse'.

Of course, it's a careful craft, making jokes about academic subjects—and depending on your subject, you'll need a real sense of tact to do it without being just plain offensive (International Relations and Political Science are two majors I can think of that could require a certain sensitivity.) But I truly believe that regardless of subject matter, you can upgrade the power and persuasive force of your essays if you only inject a little satire into the mix.

*This is an abridged version of an article originally published on my blog. For more, see [siennawgl.wordpress.com](http://siennawgl.wordpress.com)*



## An Outstanding Year in Athletics

Megan Burns  
Contributor

Growing up, I was constantly on-the-go between my brother's sports activities and my own athletic commitments. He played competitive hockey and we both played competitive soccer, so there really wasn't much "down time" in our household. This is the lifestyle that I became accustomed to, and one that I found that I thrived in. When I got to high school, I expanded my horizons and played volleyball, soccer, and ran cross-country competitively for my school. I was constantly busy, and I liked it that way.

When I entered university, I let stories about the difficulties of university from friends and family deter me from getting involved in campus life. I thought the smartest thing for me to do would be to simply attend my classes and try to adjust to my new life in Toronto as a university student. Little did I know that I was actually cheating myself out of all that Glendon had to offer me as a student. It wasn't until my second year that I decided to participate in campus events, such as intramurals, and also join an on campus organization called WUSC Glendon. And it wasn't until this year, my final year at Glendon, that I decided to become a part of the Glendon College Student Union as Vice-President Athletics. I was encouraged by my former Frosh leader, Julissa Alvarez, who is also the former Vice President Athletics, to run for this position. I knew how passionate Julissa was about getting students involved in athletics and Glendon as a whole. She had single-handedly successfully created the position of Vice President Athletics within the GCSU, and had put an immeasurable amount of effort into improving the program.

My goal coming into this position this year was to ensure that all of the hard work that Julissa put in was not wasted. I wanted to make sure that students knew about the different athletics opportunities available to them. I wanted to enter into as many intramural leagues as possible to represent our campus and give students the chance to keep active and have fun while doing it. But most of all, I wanted the student athletes, who take the time out of their schedules to travel to Keele and represent their college through sport, to feel appreciated and important. That is part of the reason that I decided to dedicate such a large portion of my budget to purchasing new, high quality jerseys, in addition to some new equipment. I also increased the subsidies provided to students for various Athletics events, such as the Ski Trip and the Montreal Trip.

From the beginning of the year, I tried to advertise athletics as much as possible, by recruiting during Frosh Week, promoting on social media, keeping the Athletics board outside the cafeteria updated, and by tabling at Clubs Days. All things considered, I think that my goals for the year have been accomplished. With the help of the Athletics Committee, Glendon was able to enter a total of 25

12 teams and play a total of approximately

170 games this year. Several of these Glendon teams were able to proceed into playoffs in their respective intramural leagues. More importantly though, in my opinion, is the fact that Glendon expanded their participation in York Intramurals to include three sports that we have never played before: Ultimate Frisbee, The Women's Futsal Tournament, and Innertube Water Polo. In addition, we hosted the first ever on-campus overnight tournament, called Glendon Loves Dodgeball (GLD) by partnering with the GAC. That was a very successful event, with participation of approximately 100 students.

Overall, when I reflect on the year I am very proud of all that Glendon has accomplished in athletics. We have expanded our community of athletes, increased our participation in York Intramurals, and started new athletics traditions on our own campus. I am so grateful for Julissa and each of my friends and family members who encouraged me to run for Vice President Athletics last year. I was able to return to the busy lifestyle that I have always enjoyed, and I discovered how rewarding it could be to commit time to improving student life on campus. On both a personal level and on behalf of the GCSU, I would like to thank every student who participated in athletics, or who helped on the Athletics Committee. This year's successes would not have been possible without their team work, dedication enthusiasm!



Megan Burns



Megan Burns



## Mmmm, Truffles!

Jenna Robar  
Contributor

### Vegan Chocolate Truffles

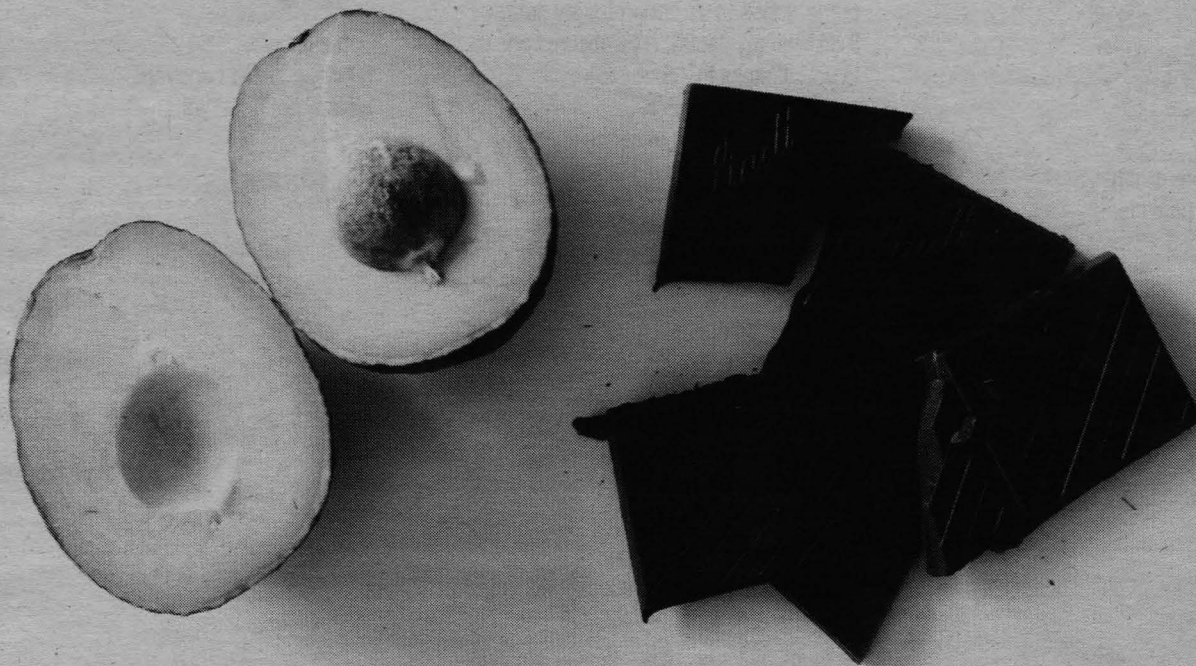
Here is a recipe for a super simple and vegan treat. You only need 6 ingredients and a few minutes to create these chocolate truffles!

#### Ingredients:

1 avocado  
5oz dark chocolate  
2tbsp coconut sugar  
2tbsp cacao powder  
1/4 tsp vanilla  
1/8 tsp salt

#### Preparation Instructions:

1. Remove avocado and mash with a fork until smooth.
2. Take the chocolate and melt it in a double boiler.
3. Mix the avocado, chocolate, vanilla, salt, coconut sugar and 1/2 of the cacao powder together in a bowl.
4. Refrigerate the mixture for 30 minutes.
5. Remove the mixture from the fridge and form into balls with your hands.
6. Roll the balls in the remaining cacao powder.
7. And enjoy! :)



Tori Ramsay

## Demystifying Contemporary Acupuncture

Dan Pringle, BMSc, MScPT  
Registered Physiotherapist  
Neurofunctional Acupuncture  
Practitioner  
Endeavor Sports Performance and  
Practitioner

A few weeks ago I had a new patient who had severely rolled her ankle the week prior. When it happened, she had pretty significant bruising and swelling but was able to suck it up and get through the week. I treated her ankle with electro-acupuncture using just a handful of points for 15 minutes. The result was a significant improvement in ankle strength, range of motion, and comfort when walking. She came back in a few days later with reduced swelling and had maintained the gains from the previous session. Following her second treatment, she decided to go skiing on the weekend and restarted her walking regime on a treadmill. Despite the increase in activity, she came back pain-free except with certain loaded and pivoting movements. Needless to say she was very pleased and surprised with the results, but the powerful effects of Contemporary Acupuncture are something that I have come to expect.

When I suggest acupuncture to my patients I usually get one of three responses.

Some people are enthusiastic – maybe they knew someone who has raved about it, or they are open to alternative treatments. Others are tentative – they don't know much about it and have lots of questions. The third group is simply terrified of needles...which brings me to the question, which group are you in?

Once the dust settles, most people ask the responsible questions: What does it do? Where will it be done? What does it feel like? What are the risks? By the time I've answered these questions they are usually pretty confident that it is both safe and comfortable, and that I've put a lot of thought into how and why it will benefit them specifically. It is this thought process and rationale based on a modern understanding of physiology that distinguishes my contemporary approach from others.

Acupuncture has been around for thousands of years, originating in China and East Asia. Through centuries of trial and error practitioners developed their own techniques to address pain and bodily dysfunction; culminating in various meridian systems on the body, including hands, feet, ears, and scalp. This traditional approach attempted to balance the flow of vital energy, known as Chi, as it travels through the meridians. The points used in treatment were based on experience and intuition, with a limited understanding of the true nature of the dysfunctions. Over the last 50 years the western world has become increasingly exposed to acupuncture. Currently 30% of physiotherapists in Ontario are registered to perform some form of acupuncture, not to mention chiropractors, massage therapists, doctors, and many others.

Many practitioners have adopted

variations on the traditional Chinese medicine (TCM) approach to acupuncture. Fewer have taken it a step further by combining this traditional modality with our knowledge of pain physiology and movement dysfunction. Those who have done so have the potential to generate superior results by restoring nerve activity that impairs function. It was this Contemporary Acupuncture approach that I used with my patient with the sprained ankle and I use with many of my patients each week.

When assessing my patients I put an emphasis on identifying functional movements that are altered, limited, or painful. I deconstruct these movements by challenging the neuromuscular system using resistance testing and combined movements, making note of weakness and use of compensatory patterns. Through careful palpation I assess for tissue restrictions and peripheral nerve sensitization. This process allows me to select specific relevant acupuncture targets and provides me with valuable outcome measures to assess the effects of treatment. I can then use electro-acupuncture to normalize the nerve activity related to these areas; often resulting in lasting changes in strength, mobility, and symptoms. The keys to success with this approach are advanced functional assessment skills to identify areas of dysfunction and an understanding of the physiological impact of the acupuncture points used. Contemporary Acupuncture is a very valuable aspect of my practice, not because of the needles themselves, but because of the rationale and the integrated process of selecting targets.

At the end of the day, effective treat-

ment comes from a strong understanding of what is being treated and the mechanisms through which the treatment works. We're just scratching the surface in terms of understanding most of the complexities of the human body. Though acupuncture, when applied using our current knowledge of physiology, is helping to redefine what an effective treatment can be. For more information on Contemporary Acupuncture, check out the [Canadian Contemporary Acupuncture Association], and the [McMaster Contemporary Acupuncture Program].



## UnGodly Loves



Kaitlin Fenton  
Expressions  
Section Journalist

Faceless  
There is no retribution  
There is no restitution  
Just a simple hole  
Between us.  
The apologies are empty  
Yet the wounds heal clean;  
An unspoken bond  
Different  
But present.  
There is no Love in our lives.  
There is no Hope for our future.  
We are a Godless state  
Roaming  
Through vastness  
And broken teas.

Opposition  
Of love  
Is not hate  
Is never hate.  
It is us.  
Identity

## Slumber



Camille Slaght  
Assistant Editor (French)

Rain washes over the muddle  
of memories of us decorated by time.  
It drowns my desire, my subscription  
to you. It sinks the confusion  
I mistook for adoration.  
Wind whips against my back  
pushing me towards my fate  
against my will. Half of me walks  
on, while the other relives  
the magical mess that we were:  
two clowns on a tightrope,  
trying to hold hands.  
Sun seeps into skin, pores filling  
with hot rays that burn the time  
we wasted wishing for more.  
Light awakens me from the slumber  
I fell into when your words became hollow.  
Your tone, void of conviction,  
denounced your resentment  
towards me, for having succeeded  
to love you as long as I did,  
as much as I said I did.

## A Seventeen-Syllable Reminder



Sienna Warecki  
Layout Designer

coral, aurora,  
billion-year-old boneyard--  
we are not done yet.

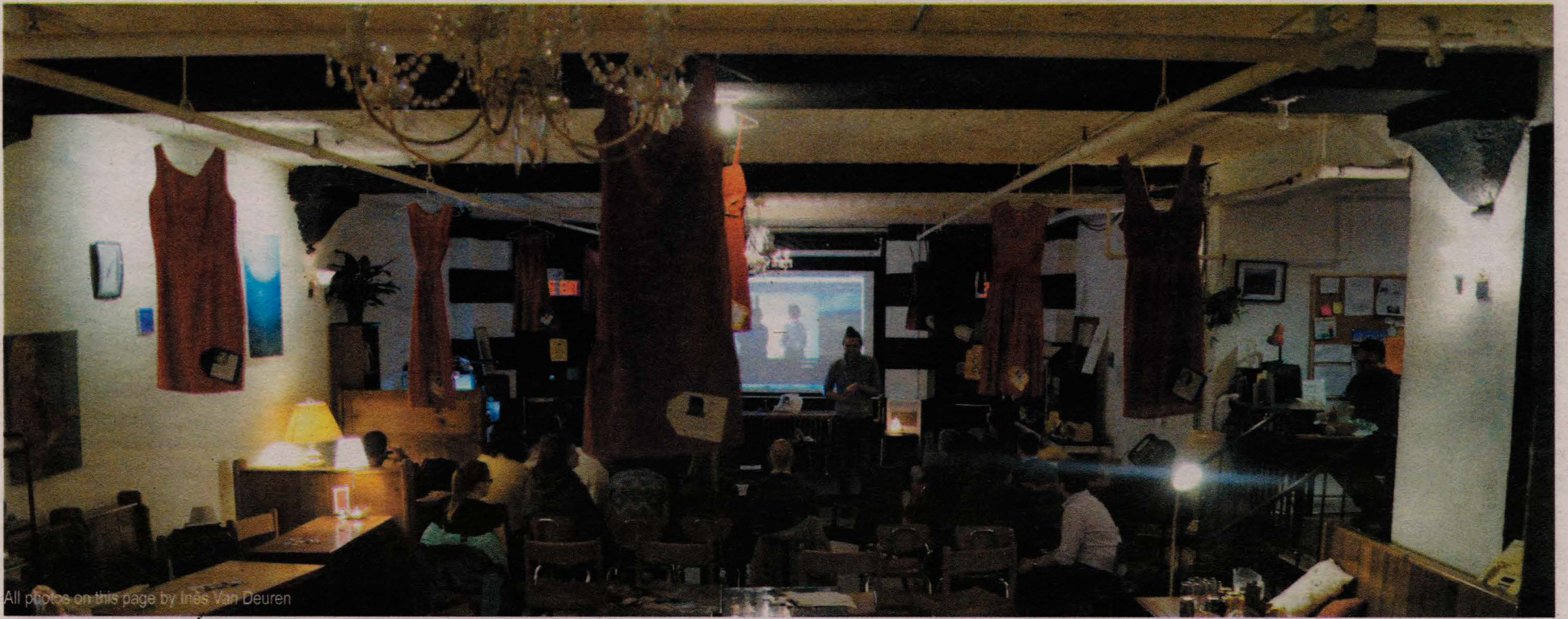








*Q&A Dress Project at Glendon*



All photos on this page by Inés Van Deuren

