

Journal de Glendon

NOTRE VOIX NOTRE HISTOIRE

le journal bilingue de Glendon | Glendon's bilingual newspaper

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5 Ways to Prepare for the Job Market While Getting Your Degree



Neya Abdi
Issues & Ideas
Section Journalist

Originally published on TorontoDiscursive.com

An undergraduate degree is great, and contrary to what people may tell you, it does open doors. The problem is that there are a lot more people trying to rush through those doors than there were before. The trick then is to make sure you know what employers are looking for – and contrary to popular belief, they are looking.

Stop Accumulating Positions, Start Accumulating Projects

Employers are not interested in hearing where you've been. Rather, they want to know what you've done. Stuffing your resume with jobs and volunteer positions is pretty, but to someone quickly scanning your resume it just looks busy.

You were student council president? Great! What did you do as president? What problems did you solve? What new initiatives did you spearhead? We've been told since Grade 5 to join everything under the sun so that we can slap it on our resume, but if you can't point to a project or an app or an event and say, "I helped make that happen" then you're forgettable.

Show Me The Money...And How You Got It Here

If I had a nickel for the number of times someone told me they volunteered for an organization for x amount of time only to not be taken on in a paid capacity, I'd be rich enough to pay off my student loans and stop editing my resume. I've learned this the hard way. You need to show that you're a valuable asset to a company whether that means showing them how you've increased engagement on social media, how you've made them more money, or how you

do something tangible that would be noticeably missed were you to leave. Unless you have a terrific relationship with the head of a company, these decisions usually come down to money, not loyalty, and understanding this will allow you to gear everything from how you approach your existing position to how you apply to other jobs, much better.

Put It In Numbers

We live in a data-driven world, and people – especially hiring managers – like to see numbers. It's a frustrating feature, especially if you're someone who thinks better in words, but even if you're applying for a job that has nothing to do with numbers you need to learn how to quantify your accomplishments. This does not apply exclusively to previous sales jobs. It can be applied to a wide range of work experiences.

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Salut Glendon!

Written while submitting my last university essay and feeling all the feels while penning letters for the Pro Tem team,

/'grættju:d / Gratitude

Welcome to my final Letter from the Editor for the year, I am astounded thinking about how quickly this has gone by. As I have been reflecting on this year at Pro Tem and looking forward to the completion of my degree and moving into life beyond university, I think the word above sums it all up. Gratitude is a feeling of appreciation or thanks and this feeling overwhelms me as the year comes to an end, more than usual. This word ties a neat bow around all of my experiences at Pro Tem, my academic triumphs and failures, and the relationships I've formed. To put it simply, I am forever thankful, forever overflowing with gratitude for all that I have learned and all the ways in which I have been able to grow.

It's important for me to extend this sentiment of gratitude to so many people. First, thank you to the team of journalists and cre-

atives that make up the Pro Tem team. You are talented beyond words and have brought such purpose and laughter to my experience during my 5th year. I know the countless hours that go into producing Pro Tem firsthand, and they can sometimes feel unnoticed, but I want to tell you how much I appreciate all your effort and constant dedication. During my time as Editor in Chief, I have learned so much from all of you. It has been so great to be surrounded by writers, leaders, and friends. Thank you for taking a chance with me and investing your precious time even during the busiest of days. To my right hand, Cali, you're a one of a kind friend and my Pro Tem partner in crime. I have been personally impacted by your dedication to student organizations and wouldn't have wanted to share this experience with anyone else. Cheers to the end of Pro Tem brain!

Second, Thank you to all of our contributors, faculty, students and community members. It's because of you that Pro Tem has been such a success this year. Thank you for trusting us with your thoughts, ideas and creative writing. As a team, we don't take that trust lightly, and your collaboration is what makes Pro Tem so great. I hope that you continue to be

involved and contribute to Pro Tem in the future.

As I leave Pro Tem and graduate in June, gratitude is a feeling that impacts every part of my heart. Pro Tem, you have made these past 5 years of post-secondary education such a blessing. You have granted me the space to learn to lead, grow personally and professionally, and best of all, write. I cannot thank you enough.

Much love,



Tori Ramsay
Editor in Chief

protem

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!



LinkedIn: The Networking Social Network

Melinda Kroone
Contributor

With exams quickly approaching, the majority of students are busy studying, panicking, and questioning our life choices. Surviving the last few weeks of the term is our biggest priority, so thoughts of a summer job or that of a post-grad placement are unfortunately the last things on our over-stressed, over-tired, and over-worked minds. That said, with summer just around the corner, landing a job is worth worrying about and can be a lot easier than anticipated if you play your cards right. In an effort to offer guidance, a few business clubs offered at Glendon including; Lean In, GEIC, and NPSA-GL, organized an exciting educational event featuring a seminar on the topic of LinkedIn and how to use it effectively in order to make connections that may get you a job!

Hosted in the Skyroom (room A300), the event offered much more than just the free goodies that organizers had laid out to satiate their well-dressed, business attire-clad guests. First, attendees participated in mock interviews, conducted in either French or English, to help them brush-up on their interview skills, followed by a profile photoshoot with professional headshots. As the hour passed, the main event began: guest speakers Alan McLaren of Infinity Communications and Sulemaan Ahmed of Servo Annex gave a presentation all about the ins and outs of having a superstar LinkedIn account and more importantly, how to use it efficiently to help build the perfect network for you. Finally, all were invited to socialize and network face to face with organizers, special guest speakers, and with one another: a fitting ending to an event hosted in efforts to promote such skills.

For those that may not know, LinkedIn is a social network geared towards business professionals that allows connections between others based on common connections, search results, and similar backgrounds (i.e. having worked in similar fields, having attended the same university, etc.). With that in mind, McLaren and Ahmed demonstrated how to setup your profile to make it unique and easily accessible to professionals looking for individuals with your skill set and interests. They also gave great tips about networking through the site that work both online and face to face.

Never ask for a job; instead, ask for advice: McLaren explained that asking for advice will help make a good impression and possibly lead to a job, while asking for a job most certainly always leads to getting nothing but advice. Also, when connecting with someone, McLaren reminded us that although we are business professionals, we are first and foremost human and sending a message introducing yourself before connecting is a good way to "give before you get". Even better, use the site to help you when networking in person. If you know you have a chance of meeting a certain person at an event, look them up on LinkedIn



and read up on their company or field so you'll stand out in a room of random faces; although you may be thinking this sounds scarily close to stalking, McLaren ensures that it is a great way to make a memorable first impression. As for proof, Ahmed stood as testament to how nurturing a relationship starting from a common connection can lead to bigger things. After meeting one individual and connecting with him on LinkedIn, while he was still a student, and remaining in touch for a few years afterwards he

was luckily offered his first full-time job from that very same individual. Dreams do come true.

All in all, the seminar was entertaining, engaging, and enlightening. Connections were made, ideas were shared, and much was learned. Networking in any form is crucial to landing just about any job (only 30% of people get jobs from answering wanted ads alone according to McLaren) and after having had the opportunity to hone such a skill, I left the event feeling very inspired and with an urgent need

to update my own LinkedIn account. Luckily, thanks to the organizers of this event and their special guest speakers, I feel confident that I will be able to do that wisely and efficiently so that I too may begin to build my own network. It's a small world, and we're all only human after all, but we all have something to offer and something to give if we only reach out and try.

Star of The North: Deconstructing the Land of Contrasts with Iceland Symposium 2016



Samantha Kacaba
Metropolis Section Journalist

It's that time of year again. Classes are wrapping up for the year, and we are all overcome with the kind of stress and existential anxiety that is oh-so characteristic of academics. What has become a light at the end of the tunnel for me and many other students is the Annual International Studies Symposium. For any readers who do not know of this classic Glendon event, here's the lowdown. The Glendon's Student Annual International Studies Symposium is a student run academic symposium put on by (mostly) upper-year International Studies students. A different country or region is chosen each year as a topic of study, and it is up to the students who are participating in the project to put together the event as a final culmination of their work. From the panels to the catering, everything is their responsibility. Iceland was the country chosen by this year's team; which was made up of eight upper-year students: Jenny David, Ayse Kocahal, Ana Markovic, Jamie Basian, Brandon Boileau, Younes Zangiabadi, Ramlah Musa, and Mylene Nadler. This talented team of coordinators brought their vision to life with the help of their course director Alban Bargain-Villéger and volunteer coordinators Asuka Sugiyama and Lindsey Hutchens. The event itself took place on March 19th, and was a full day of panels, food, and festivities all celebrating our friends to the northeast.

It was an early start with registration starting at 8:30am. Luckily there was a full breakfast provided, complete with klenät: a type of Icelandic donut, and skyr: a type of Icelandic dairy product, akin to yogurt. At 9:30am attendees were invited to A100 for the opening ceremony, where the team introduced themselves and told us about the journey they had taken to get to their final goal. Speeches were given by Glendon's principal Donald Ipperciel, and by Dr. Stanislav Kirschbaum, the Chair of the International Studies Department at Glendon.

To start out their Icelandic adventure, attendees were given the options of attending one of two panels on either Icelandic History or Literature. I chose the latter, which featured talks by Dr. Kristen Wolf of the University of Wisconsin-Madison and Dr. Laurence de Looze of the University of Western Ontario. The panel was chaired by Dr. Wolfgang Ahrens, a Professor Emeritus in the Department of Languages, Literatures & Linguistics at our own York University, and provided an introduction to Icelandic literature as well historical narratives regarding violence and the family. I found this panel incredibly interesting, especially due to how little I had come into the symposium knowing about Icelandic culture. Iceland has a storied history dating back over



LinkedIn Event - Julian Geddo



LinkedIn Event - Julian Geddo



LinkedIn Event - Julian Geddo

a thousand years, and I had never stopped to think how historical narratives could come to impact modern writing traditions.

After a brief break, a panel on Economy was presented. Chaired by Dr. Ian Roberge, Department Chair of Political Science here at Glendon, the panel explored ideas surrounding the Icelandic Financial Crisis of 2008 as well as issues surrounding international trade. Talks were given by Dr. Friðrik Már Baldursson of Reykjavik University, and Gordon Reykdal, President of the Icelandic-Canadian Chamber of Commerce. Personally, as someone with no background knowledge or interest in economics as a subject, my expectations were pretty low going in. To my surprise, I actually really enjoyed these talks! The speakers were obviously very well versed in the subject matter, and I learnt a lot about the unique kinds of things that impact Iceland's economy.

Lunch was a delicious smorgash-board of Icelandic-style sandwiches, salads, and smoked salmon. The desserts were delicious and featured Slöngukaka: an Icelandic roll cake, and Vínarterta: a plum layer cake. A guitarist provided a gentle ambiance for diners as professors and students alike intermingled with off-campus visitors.

Marking the halfway point in the day, the Keynote Address was given after lunch.

We had the pleasure of being spoken to by the Icelandic Ambassador to Canada, Sturla Sigurjónsson, who spoke on mutual interests between our two countries. From NATO to the Arctic, Canada and Iceland share a lot of common ground, and this served as an excellent segway into the subject matter of the afternoon talks.

For the afternoon panels, attendees were given the choice between Icelandic Domestic Policies and Environment. I chose Environment, and of all of the panels I attended over the course of the day, I think this one was my favourite. The panel was chaired by Dr. Kirschbaum, and featured talks by Dr. Grimur Valdimarsson, a senior advisor at the Icelandic Ministry of Industries and Innovations, as well as Dr. Kathy Young of York University. Dr. Valdimarsson's talk on the history surrounding capture fisheries in Iceland drew some interesting parallels between the industry in Iceland and here at home in Canada. The issue of sustainability seems to be central to the issues that we have faced regarding the Newfoundland fisheries as well as the fisheries that dot the Icelandic coast. Dr. Young's talk really brought together for me the idea of Iceland as a "land of contrasts" that the symposium team was trying to get across. The country's unique geography has presented it with many challenges, but like anything else in nature, it is all cyclical: from the

effects of tectonic shifts to volcanic ash and its effects on groundwater. No matter how catastrophic the event, nature has a way of eventually coming back to centre.

The last panel of the day was an exploration of the role of diplomacy in Icelandic international relations, a fitting topic for an event hosted by International Studies students. The panel was chaired by Dr. Edelgard Mahant, a professor of Political Science at Glendon Campus. The panelists featured were Thórir Ibsen, the Icelandic Ambassador to India (and Glendon Political Science graduate!), and Dr. Anne Brydon of Wilfrid Laurier University. This panel gave a very concise understanding to attendees of the value of diplomacy to Iceland: an island nation with vast natural resources and no standing military. After this came the closing ceremony, which was brief but heartfelt. Watching these students speak after such a successful day, one couldn't help but feel a bit of pride. The festivities continued into the evening with a wine and cheese reception in the Skyroom which proved to be the perfect end to an amazing day. The Iceland Symposium team did a stunning job this year, and have certainly raised the bar high for the 2016/2017 team. They are truly a shining example of the kind of quality work that the International Studies department produces. Congratulations, team!



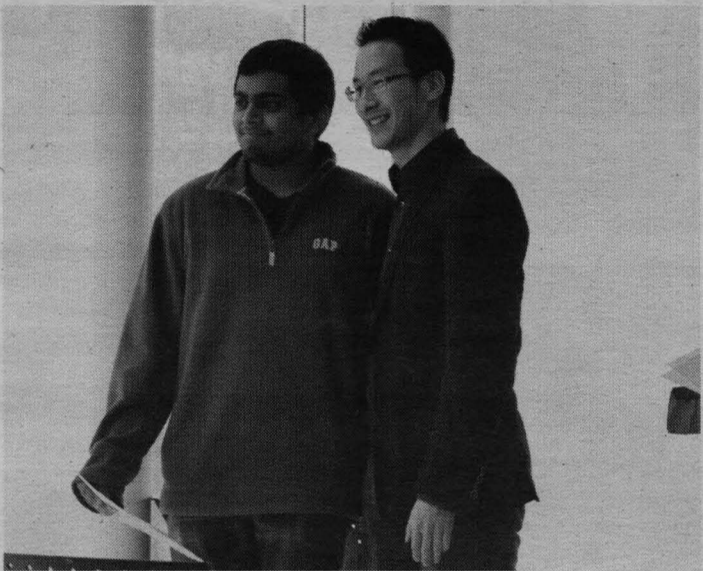
Student Engagement Awards - all photos by Madeline Della Mora



Campus Life



Student Engagement Awards - all photos by Madeline Dela Torre



Congratulations to the nominees Félicitations aux candidat(e)s

- | | |
|-----------------------|--------------------------|
| Jennyphane Alexandre | Victoria Guarnaccio |
| Andre Azevedo Murillo | Matthew Jostiak-Mannella |
| Cris Cardelus | Stephanie Mak |
| Aidan Chalifoux | Amanda Merry |
| Brandon Cheong | Ruvimbo Mutangadura |
| Jennifer Cote | Liam O'Mara |
| Erika Desjardins | Syed Abdullah Shah |
| Maia Foster | Krysta Veneruz |
| | Alex Widder |
| | Sauna Wright |



Life is a Dream Theatre Collage

Laith Hamid
Contributor

Life is a Dream, a play originally written by Pedro Calderón de la Barca, was collectively adapted by my Approaches to Theatre class, GL/DRST 3955. The Spanish play, written in the 17th century, already possessed the theme of fate and free will. Our production upheld the play's original motif, but aimed to bolster its relevance by adding the context of contemporary issues.

Overall impression: The dramaturgical ideas, as with our performances, formulated themselves as we developed a better understanding of the play's theme. Once we identified our theme, it became the foundation for the rest of our individual and collective ideas in the creative process; that experience was astounding and humbling to participate in and watch unfold.

What went well and what could have gone better: We could have avoided the shaky start to the production process if we had informed each other beforehand of what we were

getting ourselves into and the commitment needed to actualize the play. Once we really got the ball rolling, around mid-February, we were gliding.

Reflecting on whether it was a good or bad show and why: We adapted *Life is a Dream* into a phenomenal and hilarious experience; both for our team and the audience. It was a good show because, by our dress rehearsal, I felt all of its components tie together for the first time and take on a dramaturgical flow, rhythm and style that we could improvise with. The whole thing was a magical journey.

Reflecting on what is happening around the world and why/how it happens: We consciously tied in elements of contemporary real life (social media, group therapy, prostitution, gun violence, sexual and cartoon fantasies, video games and profanity) with elements that have been entrenched in society for a long time (power-struggle, incarceration, freedom, honour, greed, paranoia, superstition, vengeance, drugs, dance, music, love, sex, and relationships). All of these things happen intrinsically from both the human condition (like greed, love, and sex), and from social constructs (like power, paranoia, and group therapy).

What the production says about the

world: I think we were saying that the world is a messed up yet beautiful place, containing both magic and nihilism. Both love and hate. I felt that the play encapsulated most of humanity's traits: Segismundo's angst from imprisonment, Astolfo's power-hungry strife, Basilio's delusion of grandeur, Clotaldo's plight between duty and family, Rosaura's lovestruck vengeance, Estrella's frenzy of bloodthirsty hominess, the Narrator's self-absorbed sense of importance, Clarin's Figaro-like comic relief, the conformity yet individuality of the Guards, the submission and fearful obedience of the Servants and the pervasive but hidden importance of Shakespeare's *Hamlet*. Through Segismundo's fresh eyes upon our world, the audience could revisit many of its facets, but have the opportunity to reformulate their opinion of it for the first time. As described by our stage manager Varsha's brother in a review he wrote of our play, "Much like an alien, when you first lay sight on this distant plain called 'earth' and as you begin to grow privy to it, what do you envision your thoughts to be?"

Our workshops, modern ideas, and twists: By inserting dream sequences that briefly jumped the play's setting into modernity, we meant to startle the audience by showing them

just how unconscious and desensitized they are to the issues that society faces today. We exhibited social norms in the audience's face that were rather shocking and horrible when contrasted with the play's default backdrop of honour and dignity. The modern themes and Segismundo's reaction to them allow the audience to look at themselves and their own judgments on life.

Our production, inspired by Brechtian theatre, was a morality play with Segismundo as the protagonist who, along with the audience, gets to view the many iterations and judgments that society has placed upon "good" and "evil". We meant to keep the audience thinking about the real world. In rewriting and performing this production, we attempted to suspend asserting any sort of concrete moral statements about how the world is, but focused on merely showing it for what we think it is.

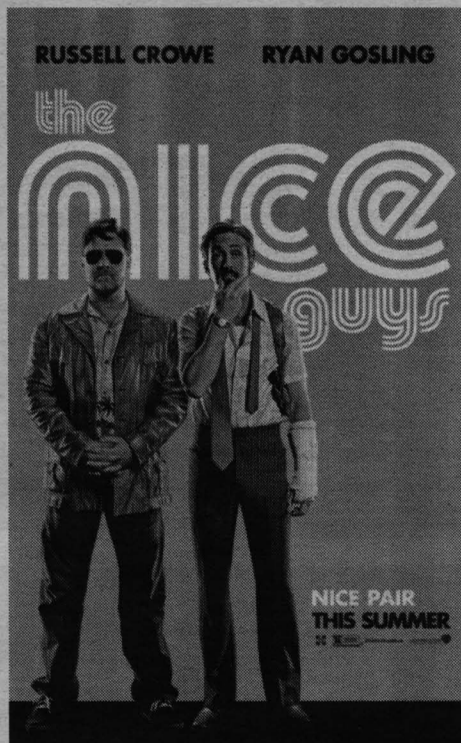
The Stunning Lack of Originality in Original Films Set for Release This Summer



Ashley Moniz
Arts & Entertainment
Section Journalist

As the summer draws near, so does the release of blockbusters and cash-grabbers meant to draw in excited fans and earn millions of dollars. With highly anticipated franchise films like, *Captain America: Civil War* and *Suicide Squad* or sequels such as, *Finding Dory* and *X Men: Apocalypse* set to hit theatres, it is sometimes easy to overlook new and original ideas coming to the big screen at this time. I've taken some time to find a few original releases set to hit the theatres this summer, serving as a bookend to my first article this year about the lack of originality in modern cinema. I began this article with the intention of helping to give readers an advantage when promotional mediums seem to only tell part of the story. However, the further I went, the more I realized that many of the "original movies" set for theatres this summer seem very familiar, leaving viewers to judge for themselves whether or not these films really offer something new to audiences.

The Nice Guys: A conspiracy comes to light when a private eye looks into the suicide of a porn star. The film is set in the 1970s, and while the 70s crime thriller aesthetic is not necessarily unique in recent years, following films like *American Hustle* and *Inherent Vice*, it still stands apart from the type of action in the many comic book films set for release this summer. The trailer also promises a lot of witty and charming humour. This film stars the likes of



Ryan Gosling, Russell Crowe, Matt Bomer and Kim Basinger and is directed by Shane Black, director of *Iron Man*.

The Shallows: A young woman, attacked by a great white shark, must fight for survival and find her way to safety. This one sounds a lot like *The Revenant*, which featured a now famous scene where the protagonist is attacked by a bear before being forced to fight for survival. This movie doesn't have the historical significance or the star power of *The Revenant* to boost it, but if it bodes well with viewers and critics alike, it could mean a huge leap for its star Blake Lively (one of three actors credited in the cast thus far) and director Jaime Collet-Serra, currently best known for the likes of *House of Wax*, *Orphan*, *Unknown* and *Non-Stop*.

The Secret Life of Pets: This film takes us behind the scenes to show us what goes



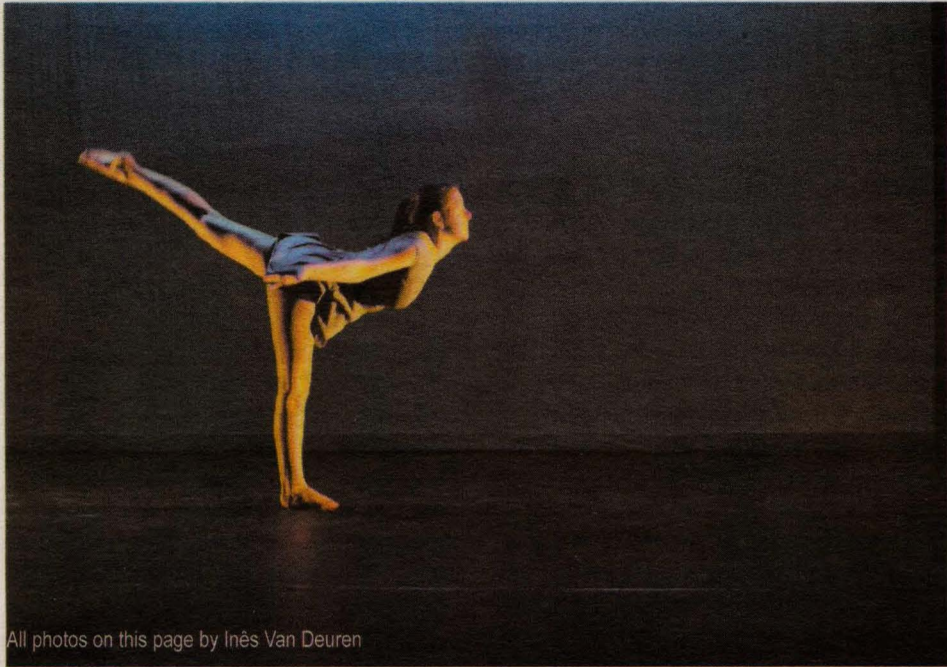
on when human pet owners leave the house. In this film, an alpha pet is offset in their place when the owner brings a new pet home, but they must overcome their differences in order to defeat a common enemy. Replace the word "pet" with "toy" in that last description and one might think that *Toy Story* will be re-released to theatres this summer. It is produced by Illumination Entertainment in collaboration with Universal Pictures and co-directed by Chris Renaud and Yarrow Cheney, so on the one hand we could get another *Despicable Me* or *Despicable Me 2*; but on the other hand, we risk another *Minions* all the same. Nevertheless, the movie features the voices of Lake Bell, Jenny Slate, Kevin Hart, Ellie Kemper, Louie C.K., Eric Stonestreet and Steve Coogan, so we can at least expect some good laughs along the way.

Don't Breathe: A group of teens mistakenly think that they can con a local blind man

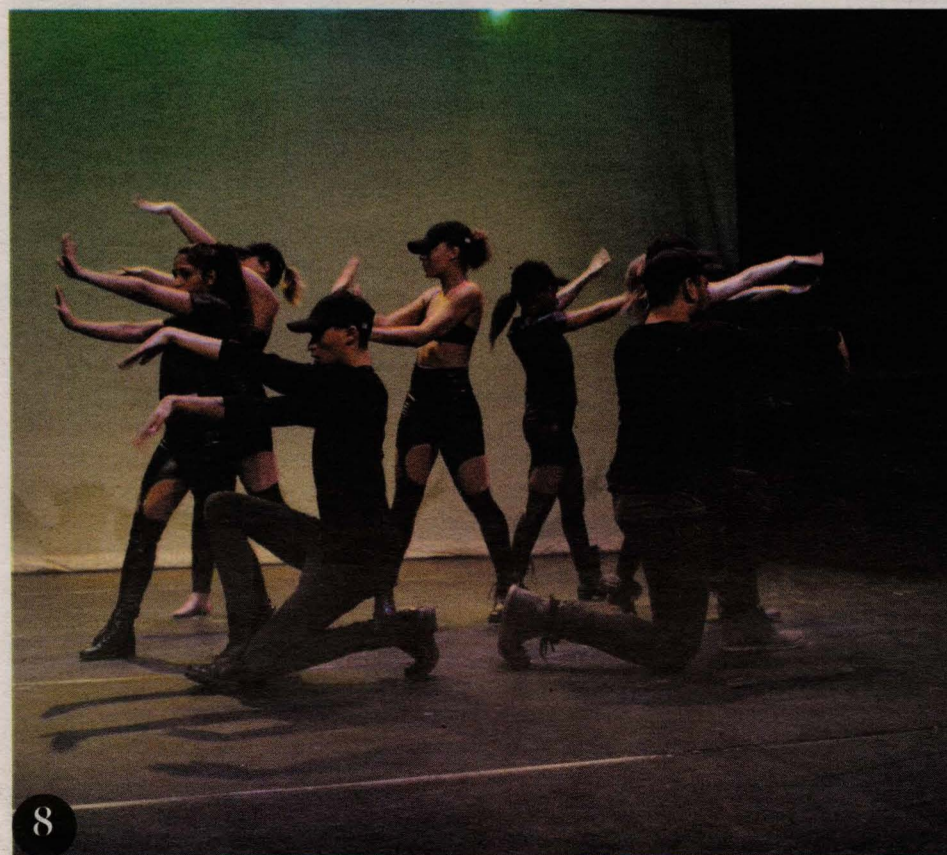
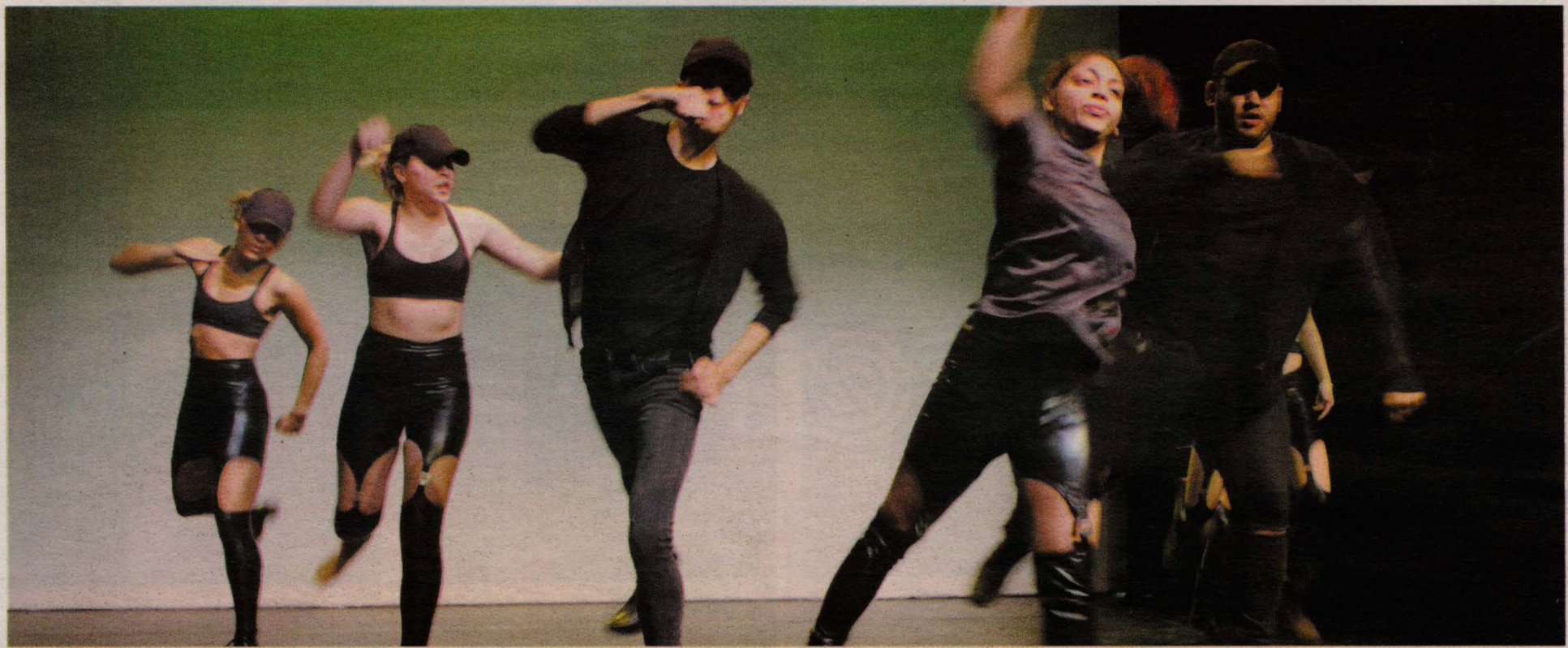


after breaking into his home. I probably don't have to explain the lack of originality behind the concept of a horror film where foolish young people think that they can take advantage of a social outsider and must fight for survival after they realize that they are wrong, so I'll just jump to the major credits. This movie stars Jane Levy, best known for the 2013 *Evil Dead* remake, and Stephen Lang, probably best remembered as the villain in *Avatar*, and is directed by *Evil Dead* director Fede Alvarez. With horror movies, it is important to go in expecting consistency and fear at best. Horror movies are like mandatory courses: you don't go in expecting to be really impressed or even enjoy them, but it's a pleasant surprise when you do.

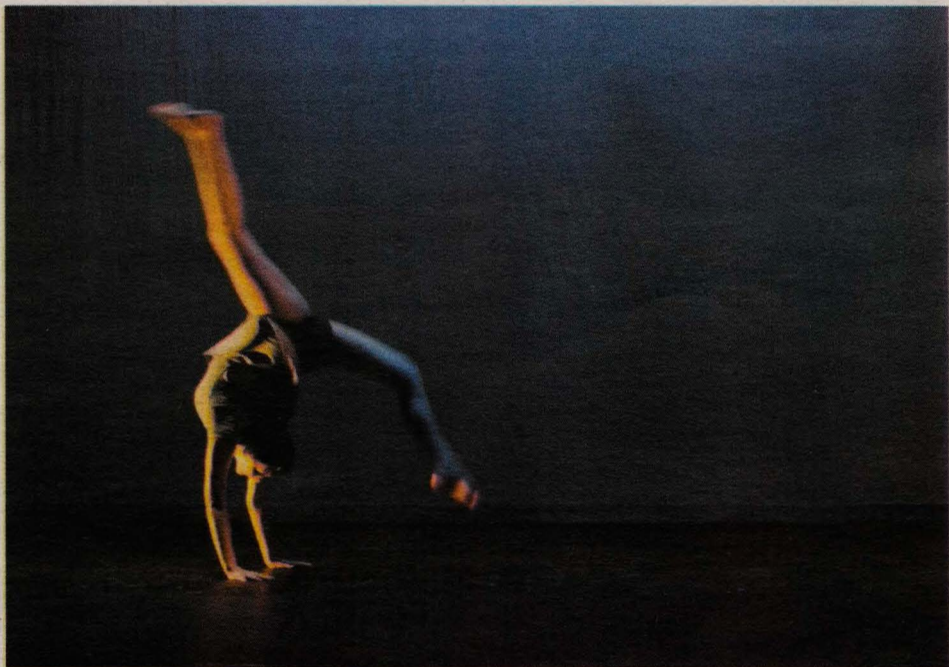
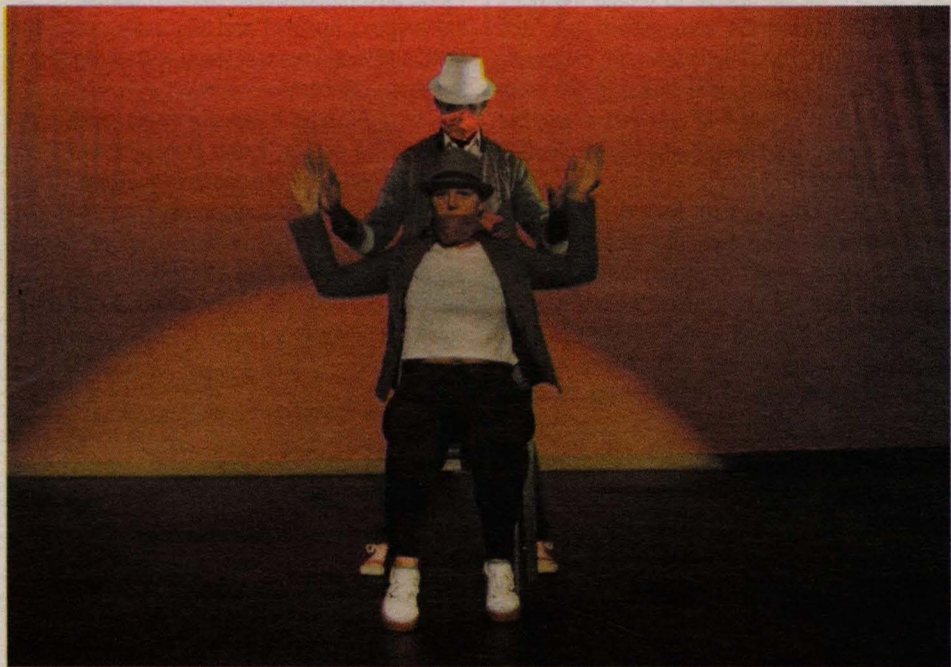
C.O.T. - Loud Places



All photos on this page by Inès Van Deuren



G.D.T - Loud Places



Ear-Redux: Piercings at Toronto's Exotix Studios



Kaitlin Fenton
Expressions
Section Journalist

When I was 16 years old, I rashly decided to pierce my second holes in my ear lobes. I went to a cheap place in the mall and let them punch some holes in my ears using the dreaded piercing gun. I was quite satisfied, until they started getting infected-ALL THE TIME! Eventually, after being tired of constantly being in discomfort, I removed the little studs. Though, I would periodically miss them and re-pierce my ears. You read that right: RE-PIERCE them myself. I would perforate the flesh, over and over again. This naturally led to further discomfort. Earlier this year, I had absolutely enough and removed them "for good". However, as I am a low-key piercing aficionado, I couldn't stay away from those sexy studs.

It all started when I was discussing my favourite personal looks with a friend of mine. For roughly a year, I would wear the second studs with bright, blocky earrings in the first hole. As I reminisced about the "good-and-not-infected times", they suggested I go to a professional piercer and get them redone. Because I am known for my last minute, spontaneous adventures, I immediately agreed. We decided that I would avoid malls and go to an actual parlour. Toronto has a wide array of tattoo and piercing places, but they can vary widely in terms of quality, atmosphere, and price. Generally, you get what you pay for. If you get a \$25

piercing job, the quality of the jewelry will most likely be poor, with shoddy craftsmanship. This can easily impact your skin with nasties such as scarring or infection. On the other hand, it's easy to get ripped off with painfully high prices. It is so important to research the parlour, especially in regards to their portfolio, prices, and general vibe of both the environment and the staff.

I was recommended to try Exotix Studios, just off the corner of Queen and Spadina. The aforementioned friend had gotten all of their piercings done there: tragus, double-helix, and septum. The very next day I mustered up the courage and had a walk-in appointment within the hour. My piercer, Jessie, and another, Six (who pierced my friend), examined my now fully healed second holes and advised me of the price and risks of piercing via a waiver. Exotix is definitely a bit pricier than surrounding parlours, but they pride themselves in their art and it shows! I waited in a sunny, clean waiting room while I quietly panicked about the \$55/lobe with earrings included.

Evidently, I was okay about the price. After Jessie sterilized all of her equipment, I was led to a small, medical looking room and greeted warmly. We went right to work with by marking where the holes should be. Whereas I expected just to re-pierce the old holes, Jessie examined my ears and suggested something a little funkier and different: high lobe piercings. I'm a lover of the unique, so this a perfect fit for me. I had never even considered this, so I was quite excited! I was given the opportunity to examine the little dots to ensure that they were equal on both ears, and that I was happy. With my approval, she prepared the instruments as I got comfortable.

I must stress the importance of being comfortable when getting pierced. If you tense



Kaitlin Fenton

up, it will hurt a lot more and there is then the risk of jerking, which can then tear skin. Jessie waited patiently and even encouraged me to take a few moments and relax. However, I'm the kind of person who will just bite the bullet and go for it. I took a deep breath, and we began. She used a sterile needle to create the hole, then gently guided the earring post, ball, and backing into my ear. It definitely hurt, especially since it was higher up and closer to the cartilage. I did not expect it to hurt that much, but I took another deep breath and Jessie pierced the second lobe.

Luckily, the pain subsided quickly. I was given a set of instructions for caring for my freshly pierced ears. Something that set Exotix apart was their care tips, which were the exact opposite from my mall store piercing-gun tips. When I was sixteen, I was told to clean around with rubbing alcohol and to twist the piercing

to make sure it doesn't stick. However, Six and Jessie made it very clear that those "tips" were quite harmful, instead suggesting a saline compress and to leave the piercing alone. They also told me if I had any questions or concerns, I was absolutely welcome to come back or call. I took advantage of this twice to double check the length of the post, and they were gentle, patient, and made me feel like a valued client with legitimate concerns.

All in all, it was a very pleasant experience. The staff at Exotix truly surpassed my expectations and are incredibly skilled. They take extreme pride in their work and it is evident in the quality and confident nature. I would absolutely return to their studio if I ever wanted another piercing. So, if you or a friend has an itch for a piercing or tattoo, give the folks down at Exotix on 163 Spadina Avenue a call!

Get In Gear This Summer



Effie Barbalias
Assistant English Editor

With spring finally here and warmer weather approaching, the urge to be outside is back! If you are interested in cycling all-terrain or leisurely and are excited for cycling season to begin then keep reading. I just recently stumbled across this bike shop called *Gears* located just off Eglinton at 109 Vanderhoof Ave, in the Leaside area. This place is everything a bike lover needs, and desires. Whether you have your own bike, are looking to buy one, or are interested in just renting for a certain amount of time, this shop will fit all of your needs. With a wide range of services and products, this shop offers everything you need to get in gear this summer.

First of all, the shop is extremely cozy and absolutely adorable, with specialty bikes hanging on the walls. There are various customer support desks to cater to your specific needs so there is always someone ready to take care of you, lend a helping hand or a smile.

Not only do they have standard in-shop repairs, but they also have a unique at-home repair service. You can call and they will pick up your bike from home



and repair it for you, which is super handy if you are in a rush or have no way of bringing your bike to the shop. Also, the store offers a wide range of bikes which makes finding the right bike for you in terms of function and style really easy.

Their payment plans also make it really affordable to get your dream bike without being torn and conflicted about the price. They have many flexible payment options that cater to your financial needs. On top of that, they offer a 0% down guarantee for the first year, which is extremely helpful. Their lifetime warranty also ensures you get the bike you want that will also

last or will be covered if it's in need of a sprucer-upper.

If you aren't looking for a bike but want to go for a ride with some friends on a sunny day there are plenty of bike rental options ranging from \$35 to \$75, depending on what you're looking for. All you need to rent a bike is some form of Photo ID, a Credit Card, some sneakers, and water because you're going to need to keep yourself hydrated. You can also grab some bike accessories such as clothes, shoes, and bike add ons.

The really neat thing about the Leaside location in particular is that they offer indoor

cycling classes! The classes can last anywhere from 90 minutes to 2 hours. These instructor led classes offer towel service and 15 available seats that also track your workout and email the results directly to you for future, personal reference. They have different rates depending on if you are a drop in or routine cyclist.

I stumbled across this place just a few weeks ago but now that the weather is heating up I can't wait to go back. Whether cycling is a current interest or potential passion, I encourage you to go check out Gears in person or even give them a call to learn more at (647) 729-2500.

Letter to the Editor: Response to Free Speech is Not For Sale

Cindy Seni
Contributor

Dear Editor,

The first page and headline news of your last editorial (March 9th) pertains to the mural controversy at Keele campus and contains significant points that are highly offensive and un-inclusive towards the Jewish and Israeli students at Glendon. As President of Hillel on campus for the past 3 years, I have always admired the inclusive and tolerant community at Glendon. Whenever the Jewish community has been excluded, the Glendon family has made sure to rectify any mistakes made. It has been a hub for peaceful discussion and open communication, free of political agendas. On Campus, Hillel has a reputation of never spreading hate speech or intolerant behavior; we promote and spread love of our faith and country, the Jewish community and I, along with many others, on campus were shocked by the lack of sensitivity in the article Free Speech is not for Sale.

The author of the article writes as follows: "This student's artistic interpretation of the Israeli-Palestinian conflict was described by Paul Bronfman as "anti-Semitic, anti-Israel and anti-Canadian. If any of these terms accurately describe this student's artwork, I would join the call for it's removal." The problem is that the contributor failed to acknowledge that the Palestinian Roots painting features a Palestinian man wearing a scarf with a photo of the entirety of Israel under a Palestinian flag, promoting the idea that the land belongs exclusively to Palestinians and must be freed of Israelis, as said in a famous hate slogan: "from the river to the sea, Palestine will be free."

The most distasteful part of the artwork is the incitement of violence and specifically of Intifada. To clarify, an intifada is not a non-violent peaceful uprising. Intifadas are comprised of constant terror attacks such as shootings, rocket launches, bombings and stabbings against Israelis civilians. They have resulted in over 8,000 wounded and 1,000 Israeli lives claimed. The man in the painting is holding rocks that are typically thrown during an Intifada. Many Israelis have died from Palestinian rock throwing, including Asher Palmer and his infant son, Yonatan in 2011. The painting, incites violence against Israelis and negates the Jewish People's self-determination. If that isn't anti-Semitic and anti-Canadian, I don't know what is.

The author moves on to write that Mr. Bronfman, with his "intolerance", creates divisions in our community. How ironic, when her article- being one of the rare politicized biased articles written at Glendon- is a prime example of dividing a campus community who prides itself on open communication and respect.

The author explains that due to the painting Palestinian Roots in the student center at York university, Paul Bronfman, investor at Yorku, has withdrawn his money from York, after deeming the painting "anti-Semitic". The

author writes, "In what can only be described as an act of blackmail, Mr Bronfman threatened to withdraw his company's substantial support for the Cinema and Media if a student painting 'Palestinian Roots' was not removed from the student center..."

Blackmail. In an article whose main premise and argument is the right to free speech, Mr. Bronfman's free speech, however is attached with a negative connotation and deemed outrageous. Ironic.

I could go on and on about the insensitivities written by the author, but I believe I have made myself clear. We all have a right to free speech, however free speech should be exercised with respect and sensitivity. As president of Glendon Hillel and therefore representative of the Jewish people and Israel on campus, I urge her to think twice about promoting a hateful and insensitive painting. Let's be better than the main campus at Keele and eradicate hate and intolerance from our vocabulary.

INKspire A Publishing Platform for Youth, by Youth

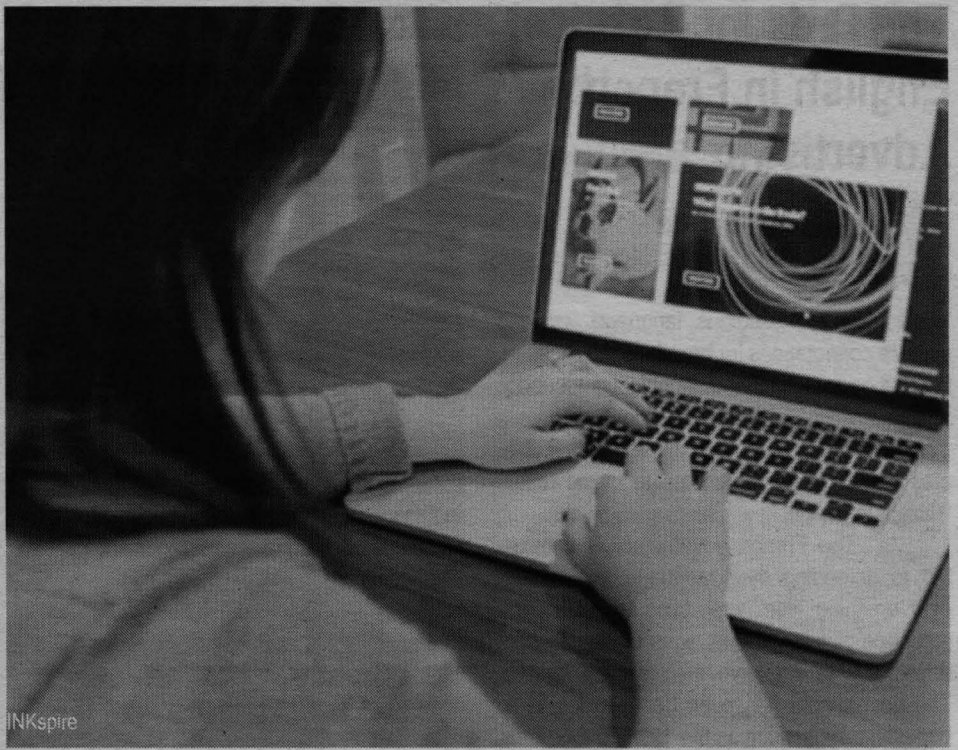


Victoria Ramsay
Editor in Chief

How does an idea spread? I like to think that any great idea can start with something as simple as a thought or conversation. It's one thing to be struck with an amazing idea, but if you don't act on it, then it can easily become a memory, a missed opportunity. The power that comes with sharing your ideas is a strong force that it can impact others; lighting a spark, creating a wild fire. This is exactly how the new web platform INKspire came to be.

I recently had the opportunity to interview Ellier Leng, a co-creator of the recently launched web platform, INKspire. She and Frank Ong, along with their interactive web developer, Joanna Ong, saw an idea through from a thought and a conversation to a real vision and website. The idea for this platform was inspired by a lack of representation of youths' opinions in the media. Both Ellier and Frank have a strong passion for working with youth and decided that their voices deserved to be heard. They built on their idea by creating a Kickstarter campaign to raise money for the development of the site. They gained an amazing response raising \$10,431 from 177 backers. That fact, in and of itself, is a great testament to how quickly an idea can connect with others and spread. The website officially launched at the beginning of March this year and is continuing to gain traction.

The main goal of INKspire is to create a space where youth and young adults, ages 14 to 29, can write about their experiences and opinions. Each month, the site offers a different theme and the submissions touch on this topic in some way. March's theme was Mental Health, with the site's partner being CAMH (Centre for Addiction and Mental Health) a very hot topic among young people today. The contributed content had a wide range of hard hitting and



relevant topics including: Seasonal Affective Disorder, sexual abuse in the Muslim community, how to love an anxious person, mindfulness and memoirs of personal struggles with mental health. Contributors expressed themselves through articles and artistic formats such as poetry. The site has different categories that their content is organized into: Arts, Science and Innovation, and Social Issues. The month of April's theme is travel and the site's partner for the month is Operation Groundswell. Some upcoming topics that Frank and Ellier are looking to explore include nutrition, sustainability and urban planning.

Moving forward, the team hopes to gather feedback from users, encourage young people to speak out and share their opinions and ultimately, create a space where different per-

spectives can be appreciated and celebrated. Also, another exciting milestone that INKspire has recently achieved is that they are officially a registered Non-Profit organization. Check out the site at inkspire.org. Here you'll find amazing content that you can read and be inspired by. There's also all of the info you need to learn how you can get involved and submit your ideas, articles, art and poetry to contribute to INKspire. This started over a simple cup of coffee and a conversation during a study session. Acting on your ideas and sharing them with others is how beautiful things can be created.

The Presence of English in French Advertising



Madeline Della Mora
Photography Editor

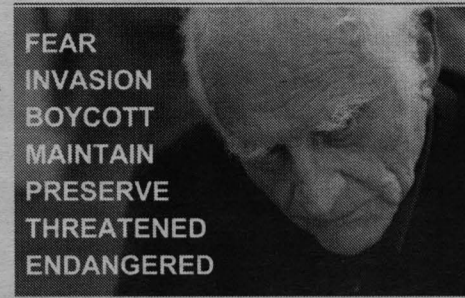
"English is a prestigious language, evoking positive connotations for brands: sophistication, international status, and technical superiority. The use of English in advertising serves as a mood enhancer and "attention-getter", it creates humour and contributes to brand recall" -Elizabeth Martin

The French government is committed to defending their language and culture over anything else, attempting to banish the presence of foreign languages in French print advertising to preserve their sacred tongue. The government has even gone so far as to implement laws, such as the 1994 Toubon Law, which restricts the use of English in French media.

In Rory Mulholland's article "Boycott the English language says top French intellectual" published in October 2013 by The Guardian, French philosopher Michel Serres calls for a boycott of all products and videos that are not translated into French. He complains, "there are more examples of the English language in Toulouse than there was German during occupation due to this "invasion" of France by the En-

The Telegraph

Home Video News World Sport Business Money Comment Culture Travel Life World
USA Asia China Europe Middle East Australasia Africa South America Central Asia
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HOME NEWS WORLD NEWS EUROPE FRANCE
Boycott the English language says top French intellectual
French philosopher complains there are more examples of the English language in Toulouse than there was German during occupation
1K 1 15 1K Email



French language crusader Michel Serres. Photo: AFP
By Rory Mulholland, Paris
30PM GMT 22 Oct 2013
Leading French intellectual has called for a boycott of all products whose advertising slogans use English and of firms whose sites are not translated, in the latest salvo in a rearguard action against the "invasion" of France by the English language.
There are more English words (in adverts) on the walls of Toulouse than there were German words during the Occupation, said philosopher
The best way to translate money overseas

glish language". Stephen Clarke, a Paris-based English author reacts: "It is pretty thoughtless to compare advertising posters that we are free to ignore with Nazi proclamations informing people that they will be shot if they are found out of doors after curfew or sent to death camps if they belong to certain ethnic groups." Serres' opinion is clearly over the top, and it reflects the unnecessary "fear of the unknown" which often comes along with the adoption of linguistic features from other parts of the world. In 2013, the culture ministry even declared that words

The Telegraph

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France must drop 'ineffective' blockade against English language
France's culture minister argues that attempts to protect French language from foreign invaders are counterproductive
1K 1 15 1K Email



France's Culture Minister Fleur Pellerin, speaks during a press conference at the culture ministry in Paris. Photo: AP
By Henry Samuel, Paris
30PM GMT 12 Mar 2015
France should end its blockade of the English language, since its "generous" contributions have enriched rather than endangered French.

such as 'email', 'blog', 'supermodel', 'take-away', 'chewing gum' and 'weekend' should be banned and replaced with French equivalents - 'mot-diese' in place of 'hashtag', for example. Luckily, times have changed. The contrasting article from March 2015 portrays France's then Minister of Culture Fleur Pellerin, who argues that attempts to protect the French language from foreign "invaders" are counterproductive. I overlaid these contrasting words onto the article images to show how the overarching opinion in France has drastically changed

in only a few short years. The English loan word 'manager' has even been adopted into the world of business in France, which Martin points out in her article. The terms managériales (adjective) or manager (verb) are being used instead of g erer or g erante. Pellerin claims that these English contributions are "generous", and have enriched the ever-evolving French language which is surely not frozen in time. Monolingual French speakers are actually a minority in France, and this polyglot quality is reflected in the culture minister herself: Fleur Pellerin is a digital economy expert born in South Korea and a fluent English and German speaker, in addition to speaking French. Pellerin reassures the population that French is not in danger: "my responsibility as minister is not to erect ineffective barriers against languages, but to give all our citizens the means to make it live on".

English in the media provides simple catch phrases and the joy of speaking this generation's social language. Global English, or Globish, has surely become the worldwide lingua franca. Though French will remain rich in meaning, history and linguistics nuances, it is a sign of Globalization when we see English entering into the advertising realm of other countries.

"Given the complexity of bilingual creativity in this environment, language legislation can only have a limited effect on the creative strategies and messages found in advertising campaigns... Those who want to 'protect' French from English in this context certainly have their work cut out for them" -Elizabeth Martin

5 Ways to Prepare for the Job Market While Getting Your Degree (continued from front cover)

You ran the social media for a non-profit? Cute, but by how much? How many followers did you gain? How much engagement was there on each of these platforms? You ran the blog and e-newsletter for your school paper? Lovely, how many views did the blog get a month? What were the open and click through rates? Did those numbers increase under your management? Put it in numbers. They are quick and blunt, but flipping through resumes is long and dull, so include information that will jump out.

Study Your Dream Job

Don't wait until your final year to look at postings for your dream position. Chances are that in addition to "undergraduate degree in related field" the description will be chockfull of buzzwords and the expectation that you're proficient in half a dozen pieces of software and you will feel overwhelmed by how few you recognize. Helpful tip: most of these tools are user-friendly and easy to learn - they just take time. And those obscure terms are just complicated ways to refer to common sense techniques. If you're an English major trying to get a job at a magazine or a marketing firm, you should already be familiarizing yourself with



search engine optimization techniques and different online content management systems.

Be Persistent and Stop Being So Nice Nothing makes you want to punch your screen like receiving another automated message informing you that a company has decided to move on with other applicants, but remember: it doesn't matter how many no's you get all it takes is one yes. Be persistent and stop being

so damn nice and amiable. It's futile responding to an automated email, but if a human informs you that you didn't get a job, sending them a simple thank you is the same as hitting reply and writing, "You may now forget about me. Insignificantly yours..." Say thank you and then ask for feedback. Or add them on LinkedIn. Or if you're going to just say thank you, make sure it's handwritten and mailed. Do something

to cement yourself in their memory. On that note, if you interviewed for a position and you haven't heard back, follow up, follow up, follow up. Nowhere, outside of elementary school, do people remember the person that quietly waited for their turn.



Tori Ramsay

Balance is Movement: Le paradoxe du succès

David Ip Yam
Manager, Student Affairs

Jusqu'à récemment, j'étais obsédé par les concepts d'amélioration continue, de productivité et de performance. J'étais un « overachiever ». In 2006 I had my first near burnout experience where I lost significant amounts of motivation for about 2 months and had very low amounts of energy throughout the day. Heureusement, c'était durant l'été donc j'étais capable de travailler le jour et me reposer le soir. Mes tests sanguins ont révélé des taux faibles de globules blancs, sûrement à cause de mon horaire surchargé.

I recovered, but I quickly reengaged in high volumes of activity and put my mind and body through overdrive for another 5 productive and rewarding yet stress inducing years. The mistake I made was thinking that wellbeing meant to take a break every now and then. Aujourd'hui je reconnais que le bien-être ne consiste pas seulement à prendre des pauses occasionnelles.

In 2011, my body urged me to pause for a second time when the tendons and nervous system in my back, arms, and legs became hyper sensitive due to overwork. Je travaillais à temps plein, j'étudiais à temps plein et à temps partiel, et je m'entraînais intensivement en arts martiaux 4 à 6 jours par semaine. Selon mes tests médicaux, mes glandes surrénales étaient épuisées (A.K.A. adrenal fatigue – look it up!).

With the help of a physiotherapist and a holistic life systems coach I integrated principles and practices of mindfulness, self-care, nutrition, and learning into my everyday life which I still carry with me today.

However, due to my "overachiever's"

mindset, I leveraged those practices to continue to expand my capacity to contribute and work. Oh how the "overachiever's" mindset can be self-destructive! Ce n'était qu'une question de temps avant que mon corps me demande de ralentir de nouveau. The mistake I made was to use wellbeing as a means to an end: to become even more productive. Le bien-être est un état d'esprit et de présence et ne devrait pas être perçu comme un tremplin.

In late 2015, I began noticing similar yet less acute symptoms of internal fatigue than I did in 2006 and 2011. I consulted a Naturopathic Doctor. The conclusion: adrenal fatigue and metabolic imbalance due to the overuse of cortisol and adrenaline. La source de ces problèmes était encore une fois ma mentalité de croissance continue.

One of the treatments that the naturopathic doctor encouraged me to undertake was the Candida Diet. Everyone has candida in their digestive system but problems occur when changes caused by antibiotics, diet, chronic stress, and adrenal fatigue cause candida overgrowth (read about it online). Je me suis donc dévoué pour les prochains 40 jours au régime anti-candidose. Selon mon expérience, c'est un régime difficile et parfois emmerdant, mais efficace sous la supervision d'un professionnel de santé.

Some of my side effects included fatigue, cravings, and difficulty maintaining a cheerful mood near the end of the day. Some of the results were improved levels of energy, better sleep, less chronic stress, healthy levels of gut flora, and a better foundation for health.

I'm now on stage two of my naturopathic treatment and I'm working on keeping my "overachiever's" mindset in check. I've set major boundaries and reluctantly dropped some commitments. Ainsi j'ai réduit mes attentes personnelles et professionnelles. Does this make me nervous? Absolutely! I'm slightly terrified of not being able to achieve or contribute as much I used to.

The paradox is that the very mindset that made me feel like I can contribute to this world is the same attitude that appears to be my liability. Heureusement, ça fait maintenant trois mois depuis que j'ai commencé ce traitement et je peux confirmer que selon mon expérience, les bénéfices sont bien supérieurs aux inconvénients perçus.

I'm reminded that achieving "balance" is not an end state. It's a process. Balance is movement and involves self-awareness, flexibility, and constant adjustments based on internal and external circumstances on a moment's notice. I'm not doing as much as I used to in terms of volume, but I'm playing the long-term and mindful game. I'm pacing myself to make sure that I live a quality life. I still engage in high levels of activity, but I do so with more patience and forgiveness towards myself and I'm much less reluctant to prioritize my wellbeing for the sake of myself. Je choisirais cette façon de vivre sans aucun doute.

Unsolicited advice from David:

1. Get to know the psychological, physical, emotional, relational, environmental and spiritual aspects of yourself AND appreciate how they work together.
2. Learn from trusted sources about health and wellness. Start with TED Ed on YouTube: "How stress affects your brain", by Madhumita Murgia.
3. Make wellbeing a fun, personal and natural part of the way you live.

Aujourd'hui, je suis toujours fasciné par les concepts d'amélioration continue, de productivité et de performance, mais je m'intéresse également au maintien d'équilibre dans le système responsable pour l'actualisation de ces concepts : vous, moi, et notre environnement social et physique. Cheers to you and to life!

Healthy Body, Healthy Mind: An Athlete's Approach

Jenna Krajinovic
Contributor

Here at Glendon we as students are given nearly endless opportunities to experience athletics either through intramurals, programs run at the GAC or; if you're up for venturing, programs offered by York itself at the Keele campus. You name it and chances are that we've got it, and if we don't, well then, know full well that attempts will be made to make what you want to happen become a reality. York University has made strides as a well-known Canadian institution in the promotion of an inclusive, healthy and supportive environment. The premise behind the development of this initiative was that health and wellness are instrumental and necessary conditions that are imperative to each and every student's day to day lives in respect to their learning and working environments here at York. This initiative considers all forms of student's health to be interdependent with their learning capabilities. All types of student health and well-being are taken into account, spanning across the likes of physical, emotional, intellectual, social, spiritual, mental, cultural and environmental health, just to name a few. With that in mind, the Mental Health and Wellness committee here at York aim to promote an integrated and holistic approach to student health on and off of campus that in turn supports a rise in academic excellence, student productivity and the overall success of the York University community as a whole.

The most prominent facet of health and well-being promotion here at York has been its intramural program. With over 20 different sports available to try there's something for everyone, at all levels of skill and ability, everyone is welcome to come out and try, all in the name of health and wellness promotion. Student wellbeing is a priority, and with the help of the intramural program, more and more students are being given the opportunity to experience all the benefits it has to offer them. Some of such benefits are simple and strategic networking abilities, for example, the friendships you make and experiences you gain can eventually become crucial factors in the advancement of your university career. These relationships also manage to create lasting supports to help students make it through university. Athletics also aide in the development of routines, time management skills, and even branch off into the academic aspect of university that helps to improve motivation in the classroom as well as the grades many students had previously seen as lacking before they involved themselves in the intramural program.

University isn't an easy venture, but through athletic involvement, it most certainly becomes a much more enjoyable one.

10 Ideas to Help You Get Active This Summer

Aaron Doupe
Director, Glendon Athletic Club

Spring is officially here and summer is on the way, so now is a great time to be active! Here are 10 ideas and some resources to get you moving after exams:

1. Join a sports league. Whatever outdoor sport interests you and whatever your experience level, there are bound to be a team or league in the city you can join. Team sports are a great way to meet new people while getting a workout.

2. Go swimming. Head to one of Toronto's lovely beaches or visit your neighbourhood's community pool. Both are a low-cost option to keep cool and moving.

3. Explore walking trails. Discover a new area of the city and enjoy the fresh air and scenery. Visit toronto.ca/parks for trails, parks and paths to try.

4. Change your commute. Try walking, running or cycling to work or class for a practical way to incorporate exercise into your day. Study or working at Glendon this summer? Use the GAC's private showers when you arrive on campus.

5. Keep up your gym routine. Student memberships to the GAC are now valid until August 31, so you can keep up with your favourite class, access the weight room, play basketball and more. If you don't have your membership yet, it's only \$20 - still a great value for several months of access.

6. Go for a bike ride. A fun way to explore the city or just to get around. Get cycling information and resources like the Toronto Cycling Map showing paths, bike lanes and suggested routes at toronto.ca/cycling. Don't have a bike? You can rent one using Bike Share Toronto.

7. Get outside at Glendon. If you'll be here this summer, be sure to take a break from work or study to walk and enjoy the campus at its best, explore the forest and trails in the valley, or come down to enjoy the GAC's outdoor tennis courts, baseball diamond, soccer field and cricket pitch. Call 416-487-6740 to check availability.

8. Take an outdoor class. With a bit of googling, you can find free or low-cost fitness classes, running groups and boot camps to help you stay fit and enjoy the warm weather.

9. Try canoeing or kayaking. It will cost a bit (try checking daily deal websites for discounts), but you can enjoy beautiful scenery (the Humber River is especially picturesque - and TTC accessible) and paddle your way to a great upper body workout.

10. Play frisbee. Whether you do it for sport or just fun, frisbee is a quintessential summer activity. Don't have one? We have a few GAC frisbees to give away - just email me with your ideas on staying active this summer!



Tori Ramsay



Tori Ramsay

It Always Ends

Lindsay Drury
Contributor

The minute hand just struck twelve
at the cusp of my
hardest hour.
The now feels never-ending.
Existing lays down on its stomach,
cheek pressed into flat knuckles,
so challenging.
And I just think,
"Share this with me.
Please.
Live this mundane Monday
inside my pocket.
Let me tickle your ear with my boring
human movements.
Come be an inadequate animal with me.
Hold my clammy hand and notice
how un-lady-like it is
to have little hairs on my knuckles."
Remember the time that Tatiana
shaved her arms in the 5th grade?
And I noticed and said nothing,
knowing it was not my place,
and wondered if I became more primate
just by her choice to shed.
I remember I shaved mine not long after—
loving the feeling of copying everyone else's
disappearing.
Like I wasn't wrong to want to.
It seemed like such a good idea.
Still does sometimes.

For awhile I said,
"Someone come hide with me.
Let me suck your thumb so mine
does not get wet.
Sit here so I can feel warmth
from *something*.
Be my only reason for waking".

Then I said,
"Someone take me out of the dark.
Come link your hand with mine,
pull me to the place that keeps you warm
in darkness.
Wake me up when I'm
sleeping too long again.
Take care of me.
Teach me how to be like
you".
And it didn't matter who.
Just whoever was crazy enough
to want to.

Now, I'm trying to say:
"I'm gonna find the light.
I'm gonna find it.
My skin is tanning,
I feel the pale taking steps away from me.
I am ready to find out how to make myself
warm in my darkness.
Hold my hand still,
don't pull.
I am fine with my inadequacy.
I am sleeping well sometimes.
I will likely sleep long tomorrow.
I would like to be waken.
I would like you to share my happy.
It is mine.

I would like to be tickled by your
boring human movements,
I am boring too.
I want to forget how normal we are.
How truly unremarkable.
And I don't need you anymore.
I would like you here.
From now on.
Forever.
But I will be good without you.
I am good."

The minute hand just struck twelve,
at the dusk of my hardest hour.
It always ends.
It always ends.

The Universal Love Sonnet



Kaitlin Fenton
Expressions
Section Journalist

Oh, how should I begin to tell our love
From deep and cozy nights? Do I begin with
Lazy embraces fitting like a glove?
Nestling arms wrap, oh, we be yet a myth.

Shall I define slumbering twines and how
We cheer each other up? Yes, but I live
For these moments, my darling, oh, I vow.
And its my heart, my love to you, I give.

But words forever fail me. And confess,
I'm no poet. I can forever turn,
I can forever try, may my soul bless,
Yet no words can express. (Although, I yearn)

Granted, I suppose words have no meaning
When you feel my love, my heart, is gleaming.



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