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NOTRE VOIX
NOTRE HISTOIRE



Could I Get Something with Cranberry In It?

Jefferson
Contributor

Author's Note: This essay contains explicit references to substance abuse and depression.

I first tasted vodka when I was 16 years old. Specifically, I was at a bar and asked, "could I get something with cranberry in it?" to which the person behind the counter responded, "what with cranberry in it?" I stared in befuddlement. The issue of whether I would even be able to get served was of such prior importance that I had neglected to consider step two: choosing the alcohol. Luckily, the friend I was with quickly covered for my confusion and said, "he'll have a vodka cran." Since I was visibly high-school aged, my ill-fitting suit and braces made the situation

all the more laughable. But I took my first sips and, simply put, it was awesome. It tasted just like the cranberry juice I already knew and loved — yet somehow better. I began sharing my thoughts and feelings with strangers. I began to genuinely enjoy the social atmosphere around me. I was buzzed.

By the time I was 17, I had developed a routine wherein I would go into my parents' liquor cabinet and fill a 1-litre Nalgene bottle (one part vodka, two parts cranberry juice and a hint of lemon). My parents' implicit display of trust in leaving this cabinet unlocked allowed me, underage with no fake ID, to access it as a primary source of alcohol. Occasionally, I also went to bars; I turned not being carded into something of an art form. I got lucky, sure, but my advice is to make eye contact, avoid sounding desperate, and to not order

a whisky on the rocks like a plebeian. More often than not, I would begin school with my full mélange de Nalgene and breath mints on hand, and end carrying an empty, vodka-scented bottle.

Now, on vodka: the reason it became my favourite alcoholic beverage is that it is the first one I tried and liked; however, for the purpose of this article, I will attempt to apply a deeper raison d'être behind this preference. For starters, there is something deeply existential — perhaps even nihilistic — about an alcoholic beverage that is colourless, odourless and, to an extent, flavourless. Its only inherent purpose is the promise of intoxication. So for anyone under 25 who drinks, vodka comes without the apparent overcompensation of whisky, the misguided nature of tequila, the impropriety

Continued on **PAGE 10**

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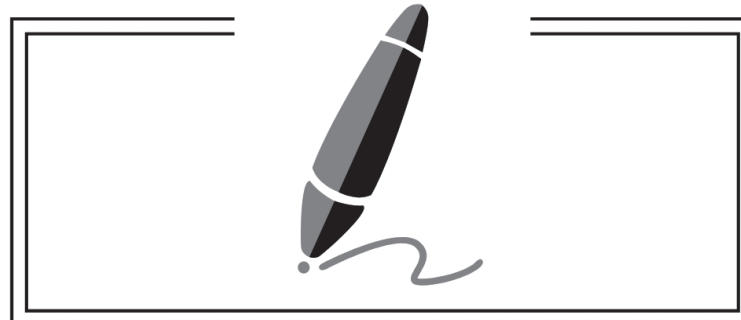
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pro tem

Avez-vous des opinions? Aimez-vous écrire?
We want to hear your voice!



Envoyez-nous un courriel à
editor@protemglendon.com

Salut, Glendon!

Merci d'avoir pris le temps de lire un autre numéro de votre journal étudiant. Nous encourageons tous nos lecteurs à soumettre leur propre travail écrit à Pro Tem pour avoir une chance d'être publié. Après tout, c'est votre soutien financier qui nous permet d'opérer.

That being said, Pro Tem is making one important change to our operations in response to the Student Choice Initiative: beginning with our upcoming issue, all contributors will be vetted via an internal system intended to identify those who have, or have not, made their annual payment of \$0.20 cents per credit to Pro Tem. Any and all contributors found to have not remitted payment will have their articles suspended until the payment is fulfilled at the cost of \$6.00 consistent with a full-time course load for the year. Whether or not the contributor's actual course load is equivalent will not be considered. This will be a one-time payment and will not be required for future articles.

Those who do not pay our fee continue to have access to the paper for reading purposes; however, by not paying the fee, those individuals are making a decision which would prevent other people from having the same opportunity to engage with the free press. The first formulation of Kant's categorical imperative states that one should "act only according to that maxim whereby you can, at the same time, will that it should become a universal law." If no one pays, no one reads, and certainly no one writes. If you want your voice to be represented as part of the free press, you will have to make it possible for us to operate.

We would like all of our readers to know that this new policy was a collective decision. It was decided over the course of multiple staff meetings, and was a difficult decision to make. We hope you understand our reasoning and continue to support our operations in the future.

À bientôt,

Amanda Sears
Editor in Chief

Glendon's Worst French Student?

Elton Campbell
Layout Designer

The Explore program is an excellent way to improve one's competence in French or English. Applicants who are Canadian citizens or permanent residents are eligible to receive a bursary to help cover most of their expenses. It is also possible to earn transferable credits in another province in this intensive five-week program. For two consecutive academic years (2017 and 2018), I would enrol in the FSL 1000 course at Glendon College and then withdraw after a few months. This challenge led me to apply to be transferred to the Keele Campus where bilingualism is not mandatory for my program. However, I cancelled upon being diagnosed with a disability and receiving admittance to the Explore program.

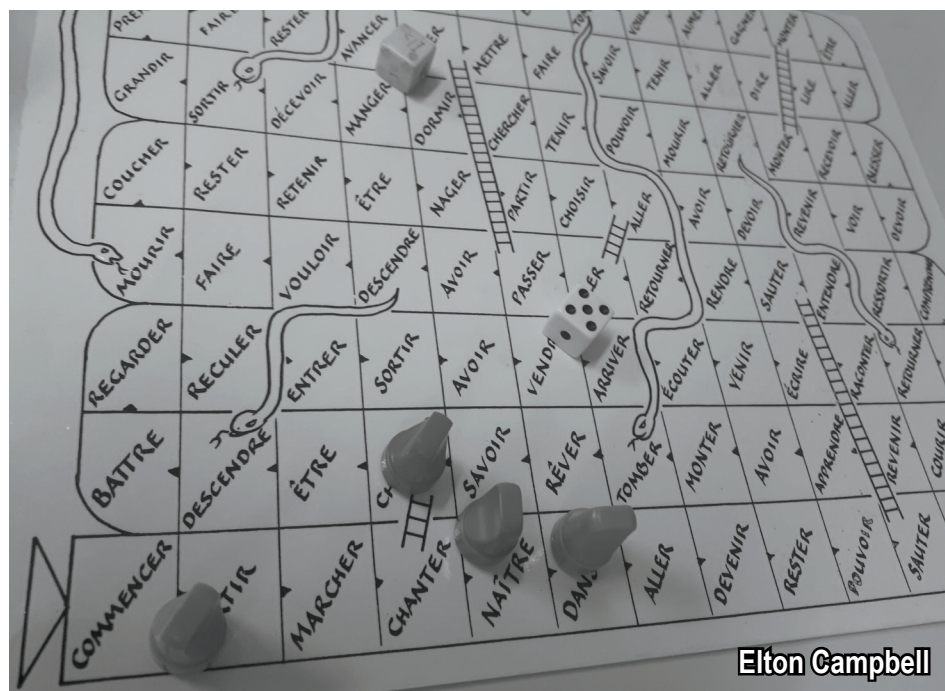
I participated in Explore in the summer of 2019 at *Université du Québec à Chicoutimi* (UQAC). I chose to live in UQAC's residence instead of staying with a host family because I feared high levels of racial discrimination. Seeing as Chicoutimi is mostly white, it is a stark contrast to Toronto's diverse population. Surprisingly, shopping in Chicoutimi felt peaceful compared to doing so in Toronto, since I never had a security guard following me around and watching me like a hawk due to the colour of my skin.

It is rumored in Ontario that the Québécois are impolite. Most of the people I interacted with in Chicoutimi

were very pleasant. At times, I used my limited French vocabulary to converse with the people, deliberately positioning myself so they could not continue their daily activities without understanding or correcting me. For instance, the friendly Société de transport du Saguenay bus drivers could not shut the door to drive until I got the information I needed from them. The only misunderstanding I encountered was some individuals' ignorance about my veganism. Through comprehensive dialogue, the matter was quickly resolved.

During the third day, UQAC's *École de Langue Française et de Culture Québécoise* presented a contract to students participating in Explore. The contract guidelines were stringent: one of the core agreements was that "students should only speak French except during emergency situations." Non-compliant students who were caught received a warning letter. Numerous warning letters could lead to expulsion. Students always cackled like hyenas whenever the vivacious *animatrice*, Anne-Marie "Simonne" Simard, would say "parlez français seulement. Parlez anglais dans vos toilettes" in her signature Québécois accent.

Paule Coutu was the professeure of the class I was placed in. This class was designed to help beginner students excel in French. There were 12-14 students in my class. The classroom was clean, comfortable and spacious. Paule showed a lot of zeal while teaching. She utilized techniques that got the most stubborn and/or disengaged students to regain focus instantly without embarrassing or intimidating anyone. She innovatively used board games as well as several traditional



and unconventional teaching styles to transform us "muttering babies" into "grown-ups" who are able to converse and write in French.

Cultural segments and other activities were usually scheduled on weekday afternoons. These activities lasted 3-4 hours each day. I assumed "improvisation" was a staple in Québécois culture. This is because the energy that most people ignited during these sessions felt like being in the stands of a heated Toronto Raptors basketball game. My favourite activities were soccer, conversation, art, and dancing as they were the most instrumental in my learning French outside of the classroom. I also enjoyed watching live performances at "le festival Jonquière en Musique" and a field trip hosted by UQAC at a cabin near a picturesque lake.

I encourage all students who want to improve their second-language skills to participate in the Explore pro-

gram. It helped me rise above my challenges, even though I was newly undergoing treatment for a disability. I made friends with students from all over Canada and the world at UQAC. Interestingly, one of my classmates at Explore was also a Glendon College student who I had never met before. She had a Glendon notebook and I had a Glendon water bottle, and the rest is history. We are now in the same FSL 1100 class at Glendon. I no longer make sharp turns in the hallways to escape talkative francophone professors. I am more focused and engaged in class. And I realised that I have been interacting a lot more with the francophone student population on campus. Most importantly, I no longer believe that I am the worst French student in the history of Glendon College.

For more information on the Explore Program visit <https://www.myexplore.ca/en/>

Pro Tem Instagram Poll: @ProTemGlendon

What's your favourite movie for the spooky season?

Haunted houses?

YAY ✓
74%

NAY
26%

What's your favourite movie for the spooky season?

Anything Tim Burton

What's your favourite movie for the spooky season?

The conjuring, Halloween, Friday the 13th scream & I know what you did last summer

What's your favourite movie for the spooky season?

Casper!

What's your favourite movie for the spooky season?

HALLOWEEN TOWN

@_janinec

@anike.morri

@ameera_telili

@aphroditekanopoulos

Dear Emy

WITH EMILIA KARCZEWSKA

Nauseated with Caffeine and Nicotine

Dear Emy,

As everyone knows, university is tough. I feel like I don't have time for anything, especially eating. My diet basically consists of caffeine and nicotine and I feel like it is taking a big toll on my physical and mental health. How do I get out of this vicious cycle of feeling nauseous because I don't eat and not eating because I feel nauseous?

Sincerely,
NAUSEATED

Dear nauseated,

I'm glad you brought up this question because a balanced diet is crucial in maintaining good mental and physical health. It is very common for university students to develop unhealthy eating habits while trying to keep up with the challenges of student life. Caffeine is a very short-term solution to fatigue and your body can't rely on it for very long. As you know, it tends to go hand-in-hand with nicotine, which is well-known for its carcinogenic properties. Eating right, drinking enough water, sleeping, and exercising are imperative to keeping you energetic, strong, and feeling your best.

Oftentimes, the greatest impediment to eating right is a lack of time. Although wanting to eat at all is your main concern, making good food more easily accessible can help. The best way to make this happen is to do some meal planning. Designating one to two hours a week to meal prep can make a tremendous difference and improve your eating habits. Maybe every Saturday morning you can make a trip to the grocery store, then on Sunday evening cook up some delicious meals for the week. If you know you're always on the go, commuting to a 9 a.m. class and skipping breakfast all the time, stock up on some fruit, granola or yogurt that is easy to take to school. You may also want to keep non-perishable snacks with you just to make food all the more accessible, and eating all the more effortless.

If you're finding that, even with good food being at your fingertips, you're still having a hard time reestab-

lishing your eating routine, consider making an appointment with your doctor. There could be an underlying physiological or psychological cause to your lack of appetite that would be treated best with medical attention. If the issue is nicotine-related, your doctor can also help you find quitting solutions that might help in bringing your appetite back.

It is beneficial to share your goals with a trusted friend or family member who can remind you to eat consistently and help you to take better care of yourself. Once you start seeing changes in how you feel due to eating right, these good habits will become second nature.

All the best,
Emy

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

Food for Less: Marché Glendon

Shantay Hamilton & Vanessa Fiorilli
Contributors

Are you a student looking for fresh fruits and vegetables at a reasonable cost? In addition to locally-sourced goods, an array of original and innovative crafts are also available for purchase at the Glendon Market. Regenesis runs Glendon Market, a community-based project that hosts a number of local vendors. These vendors boast a bounty of fresh and affordable produce sourced from farms across the province. Located in the Centre of Excellence lobby, students are encouraged to take part in the fully-accessible market. Glendon Market provides fresh food at a reduced cost while contributing to an environmentally-friendly initiative. To better serve our community members, vegan, genetically modified organism-free, gluten-free, and organic options are provided. Our vendors also provide prepared foods that are both delicious and environmentally sustainable. In partnership

with FoodShare Toronto, the Glendon Market initiative grants students the opportunity to make healthy, eco-friendly choices while promoting equal access to necessary goods. The initiative also welcomes volunteers to actively participate in working towards our eco-friendly goal. Those that are interested in volunteering are encouraged to educate themselves on how to change the way we all consume food.

If you are interested in more information about the Regenesis Glendon Market and/or Regenesis, please email us at info@regenesis.eco.

.....
Êtes-vous un(e) étudiant(e) à la recherche de fruits et légumes frais à un coût raisonnable ? En plus des produits d'origine locale, une variété de produits artisanaux originaux sont également disponibles à l'achat. Le Marché Glendon est un projet communautaire de Regenesis qui regroupe plusieurs vendeurs locaux. Ces vendeurs offrent une quantité considérable de produits frais et abordables provenant de spécialistes à l'échelle provinciale. Situé au cœur du foyer du Centre d'excellence, les étudiants sont encouragés à prendre part



à ce marché accessible. Le Marché Glendon réduit le coût des aliments frais tout en contribuant à une initiative écologique. Afin de promouvoir la diversité pour les membres de notre communauté, des options végétaliennes, sans organismes génétiquement modifiés, sans gluten et biologiques sont offertes. Nos vendeurs offrent des aliments qui sont à la fois délicieux et viables pour l'environnement. En partenariat avec FoodShare Toronto, le Marché Glendon donne aux étudiants la possibilité de prendre des décisions écologiques

saines en leur donnant un accès égal aux biens économiques. L'initiative accepte également les bénévoles qui souhaitent participer activement à l'atteinte de notre objectif écologique. Ceux qui souhaitent faire du bénévolat sont encouragés à s'éduquer sur les moyens de changer la façon dont nous consommons.

Si vous souhaitez obtenir plus d'information sur le Marché Glendon et/ou sur Regenesis, veuillez envoyer un courriel à info@regenesis.eco.

The Extent of Safety

Kaya Harris-Read
Chief of Operations

Eli was just like any other 8-year-old boy, but he considered himself to be more adventurous than most. He was always eager to try new things, so one sunny afternoon, he decided to try convincing his parents to take him to the playground. He was eight now, after all.

"Hmm," his mother said, a thoughtful look passing her face. "You're still a bit young for that."

"But all the other 8-year-olds get to go!" he protested. This was not true, but when one feels left out of something, they feel they are the only excluded one.

"Oh, alright. Go get your walking shoes on and I'll go tell your father," she said with a sigh, finally giving in. This is something Eli had been begging to do for years.

He gave a whoop of delight, and hurried to get ready.

Ten minutes later, despite being ready to go, Eli's father was having second thoughts.

"Son," he said, "are you sure you don't just want to play a 3D adventure game today?"

Eli shook his head, video games having no appeal to him compared to the playground.

"Okay fine, let's go then," his father said reluctantly, and led the way out the door.

They did not own a vehicle, but it was not a far walk down the padded walkway that ran parallel to the road, which was several meters to their left.

Eli held his father's hand with his right and his mother's with his left, and together they headed towards the playground, greeting passersby and admiring the new artwork on the 6-foot padded barrier separating the street from the pedestrian zone.

When they got to the playground, it was already surrounded by a ring of blankets and chairs, but they managed to find an empty spot to lay their picnic blanket down. They settled down to enjoy the playground.

It was more than Eli could have dreamed of. Robotic children filled the

playground, and they were doing the most incredible things. Eli watched as one sat on a seat attached to two chains, which hung from a pole above. The robotic child pushed off from the ground and swung back and forth, getting higher each time. A different robotic child hung on to what looked like a sideways ladder suspended in the air, and proceeded to climb across it by grabbing the next bar, then the next bar, its feet dangling. Eli whooped with delight, and turned to point this out to his mother. But she had stood up and was talking with a neighboring mother. Eli strained his ears to listen.

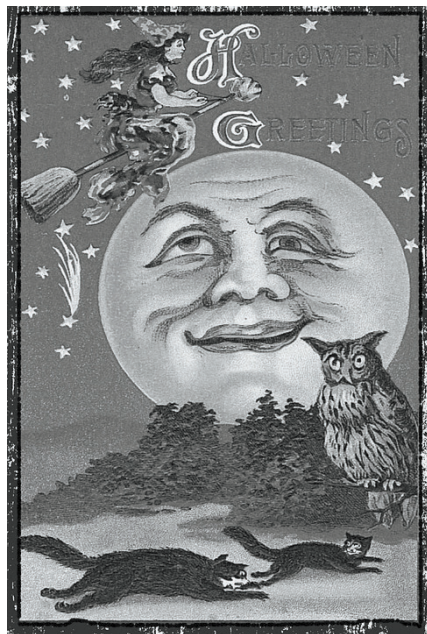
"... too dangerous," he heard his mother say. "There should be a fence around it," she continued, motioning to the playground.

The other mother nodded and said "I know, and to think not even a hundred years ago real children used to do this stuff!" She pointed towards a robotic child who was sliding down an inclined plastic half-tube.

Eli was startled. Real children used to do this? Well then so could he! Without thinking twice he leapt up from the blanket and ran into the playground, ignoring the gasps of shock from the crowd and the cries of "Eli get back here!" from his parents.

Hallowe'en Haiku

Anonymous



The crispness of fall
Beckons forth All Hallows' Eve
Promising a fright.



He climbed onto a step so he could reach the sideways ladder, and grabbed the first bar. He was doing it! He was doing what the robotic children were doing! He reached for the second bar, then the third, but his hand slipped from the fourth and he fell.

He was certain he was going to die as he saw the ground rush towards him.

Then, he felt hands picking him up off the ground and realized he was in his father's arms, not hurt. His father carried him off the playground, and he was marched home at a brisk pace.

Eli was scolded by his parents all through supper that night, but the scolding turned into hugs and crying. They were saying they were just glad

he was safe now, and suggested that they all go to bed.

After his parents had both given him a kiss goodnight, he sat up, pulled off his 3D goggles, pulled off his controllers and his sensors and his earphones and hung them up carefully. Then he drank his nightly bottle of Nutrient Drink that would give him the sustenance that hologram food would not, while his parents did the same in the room next to him.

Eli crawled into bed, and although his room was conditioned to be the perfect temperature, he shivered, imagining what could have happened if he had done the careless thing he had done today in what they called the "Outdoor World."

GENIAL

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Are you a Glendon Student?

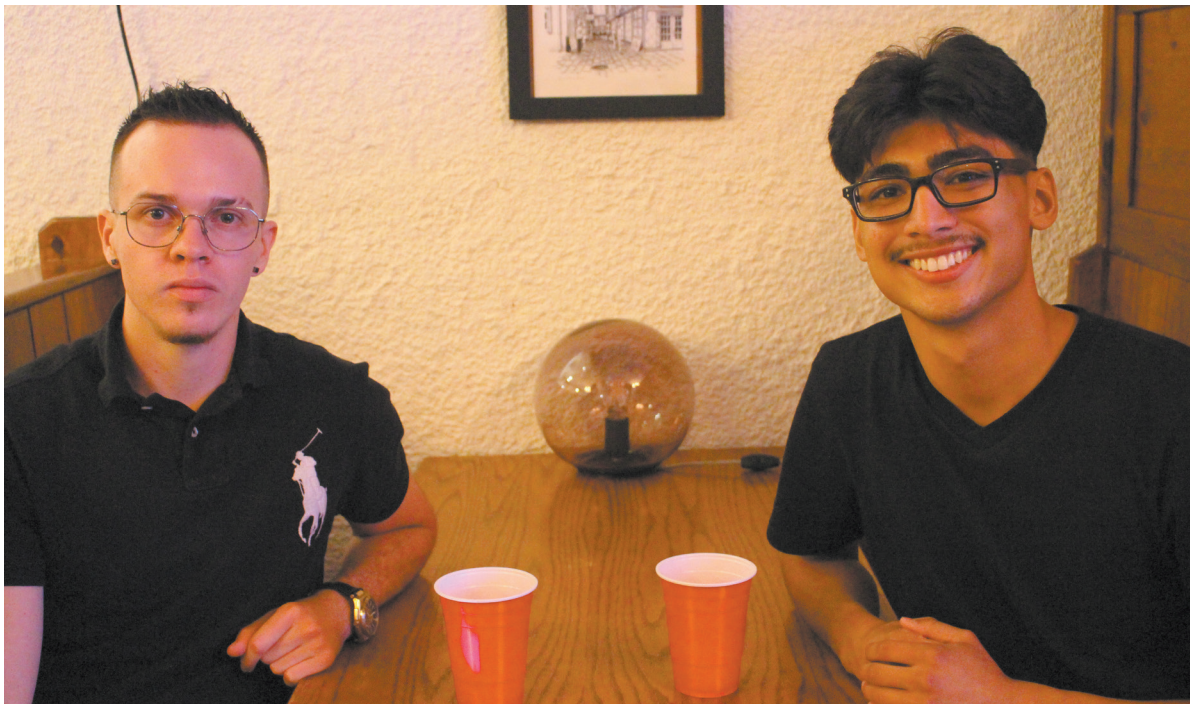
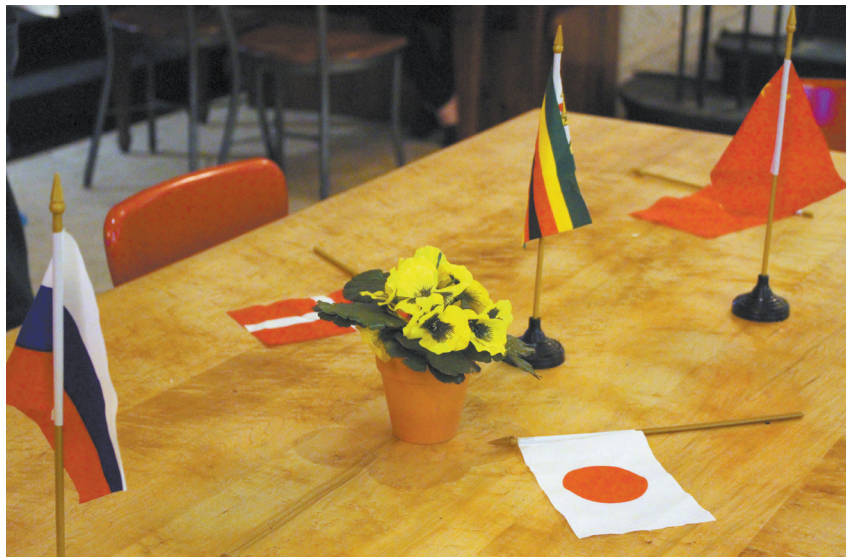
Are you interested in developing entrepreneurship skills? Visit <http://www.glendon.yorku.ca/genial/> to learn more about the Entrepreneurship Skills Passport and how to apply.



Êtes-vous étudiant(e) à Glendon?

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







Pro Tem Opens a Subscription Box!

Pro Tem Team

For this issue, the Pro Tem team decided to test three subscription boxes from STICKII, a woman-owned sticker and stationery company. With the rise in popularity of high-quality pens, dot-journals and decorative planners, elegant stationery is increasingly a favourite and sought-out little luxury — especially among students.

Pro Tem opened one pack of each STICKII subscription package theme: the pop pack, the retro pack and the cute pack. The packages contained at least six sheets per pack, as well as other stationery items such as a colourful, shaped paperclip, sticky notes and notepads, depending on the pack. At 10

dollars each, this was sufficiently good value to warrant five stars. The stickers were high-quality, although we haven't seen them pass the test of time yet. We give the product an overall rating of five stars out of five in each of our rating departments:

Quantity: ★★★★★

Quality: ★★★★★

Artistic Design: ★★★★★

Pop Pack: ★★★★★

Elton and Sabrina reviewed the pop pack, applauding the reusable, translucent folders in which the product was packed. Indeed, Pro Tem will reuse the folders from the packages to organize our financial documents, as requested by Kaya, our Chief of Operations. This is certainly an advantage for STICKII, as many subscription boxes come in wasteful packaging, some of which cannot be recycled. Sabrina maintained that the theme is “spot-on”

and would make a good reward for oneself throughout the school year. Elton pointed out that the stickers are perfect for scrapbooking, as many of them have transparent backgrounds.

Retro Pack: ★★★★★

Aphrodite, John and Anike reviewed the retro pack, and while the quality was there, the retro pack loses a star for inconsistency. John pointed out that “it should have a distinct time period,” adding that the metallic hearts just don't fit with the rest of the European vintage stylings. The retro pack had a Valentine's Day theme, which felt like a bit of an overload for Aphrodite, who pointed out that the pack loses some of its charm if the recipient is single. However, the pack was still a huge hit overall. Aphrodite, channelling the goddess of romance and beauty, took a liking to the red paperclip spelling “love.” She added that the packs are more than just

stickers, which makes them perfect for any stationery aficionado.

Cute Pack: ★★★★★

Kaya and Amanda reviewed the cute pack which had a forest-creature theme. The biggest crowd-pleasers were transparent stickers of little glowing mushrooms, sleepy and drooling. It just doesn't get better than that, folks. Similarly charming were the little forest creature stickers embellished with metallic gold and silver. The mystical cottagecore theme may be niche, but it certainly captured the attention of the whole team. Amanda confidently asserted that this was her favourite pack of them all.

To order your own sticker pack, go to stickiiclub.com and use the promo code PROTEM for \$2.00 USD off of your first month.

Star Wars: Return of the Jedi — In Concert

Aphrodite Kanopoulos
Arts and Entertainment Editor

Experiencing the Toronto Symphony Orchestra's accompaniment to the sixth episode of the Star Wars franchise was a positively gripping experience. It is not typical to find Darth Vader masks on the first-row patrons attending performances at the Roy Thompson Hall, and yet the dedication that such a demonstration expresses is contagious.

From the beginning, the conductor, Stephen Reineke, encourages

the audience to engage with the movie: cheer for your favourite characters, laugh out loud at your favourite scenes, but “most importantly,” he says, “every few moments, gaze around at the orchestra.” There is nothing quite like the goosebumps you get when you hear the music of the notorious “Death March,” or the awe that is felt throughout the final hour of the movie when the orchestra is playing non-stop for one of the longest periods in the franchise's history.

As per the conductor's suggestion, the crowd really came to life at specific moments which made for a more interactive experience. Namely, there is the heroic moment where Princess Leia reveals herself to be the soldier who released Han Solo from his carbonite confinement. The hall was filled with

cheers. This movie, in particular, holds a place in the hearts of fans because of the final epic battle scene between father and son. The immortal line: “I am a Jedi, like my father before me ...” is perhaps one of the most memorable lines in the early movies.

There is a unique effect created by the combination of John William's legendary score and the movie. There are subtitles on the screen, but in no way do they distract. They are simply there for the few moments the orchestra overpowers the dialogue. The score is so familiar, yet in the hands of the TSO it is expertly brought to life around you.

The Roy Thompson Hall has created a more accessible theatre experience — one that draws a wide

audience. Beyond the die-hard Star Wars fans, this movie attracted entire families, couples on dates, and curious first-timers to the theatre. One of the biggest draws is that there is no need for symphony attire, and the typical rules of no food or drink in the hall itself are suspended. Even the movie choices for these performances are familiar fan-favourites that have a unique ability to tug at your heartstrings.

The TSO will be tackling “Star Wars: The Force Awakens” at the end of the concert season, and I would highly recommend nabbing some tickets early on to get the best pricing. As a bonus, the TSO sometimes offers discounted rates for students.



Follow the Rhythm to Radio Glendon

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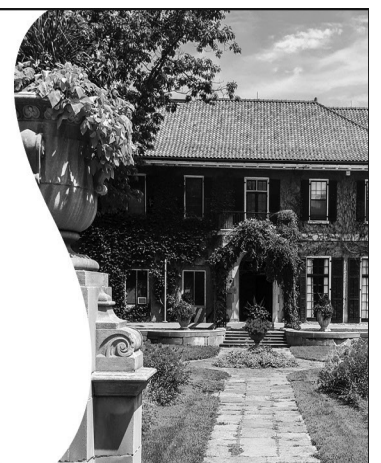
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Get Immersed in Toronto's Biennial of Art

Anastasiya Dvuzhylov
Metropolis Editor

In the diverse city of Toronto, art is now the most accessible it has ever been, due to the ongoing Biennial of Art. The Toronto Biennial of Art is a new free visual arts movement that started on Sept. 21 and continues on until Dec. 1. It aims to address pressing issues while bridging city communities through a series of events, exhibits, talks and performances.

All of this started as a simple idea in 2014. Executive director Patrizia Libralato wanted to put Toronto on the map as an international destination for art. Slowly, her passion project turned into her full-time job. At the same time, the Lake Ontario waterfront took centre stage — its urban renewal is the fastest

in North America. This urban uprising, coupled with the lake's strong indigenous ties, made it the perfect place to host the biennial. One of the core themes Libralato spotlights is how we relate to one another and to our environment. She is also using the event to raise awareness about regional indigeneity through art. Five years later, the project has taken over the lakeshore and waterfront, partnering with institutes like the Art Gallery of Ontario, The Bentway and Myseum.

While it may sound big and daunting, the incredibly diverse programming promises enjoyment for everyone. Working off of Toronto's incredible diversity, over half of the artists featured belong to Indigenous communities and other racialized groups.

The Biennial shifts from the conventional in programming such as "Storytelling." This work seeks to change the dynamic of how narratives are delivered; storytellers can share their personal insights and experiences in casual walks and conversations. For those wanting more hands-on ex-



periences, the "Tools for Learning" programming comprises group exercises, tours, artist interviews, and more. Its aim is to dissect and explicate the multimedia toolbox we have at our hands, and to reimagine how we interact with our environments.

While the main programming takes place around the waterfront, there

are many more exhibits and events spread throughout the city. And if you're looking to get involved in this diverse art scene, why not join the Biennial's team of volunteers?

More information can be found at torontobiennial.org.

Toronto Ghosts and Where to Find Them

Anastasiya Dvuzhylov
Metropolis Editor

With Halloween right around the corner, there are lots of ways to get spooked that don't involve looking at housing prices! Toronto's short, albeit rich, history is full of tall tales of specters and ghostly ghouls. Here are some of the city's most notoriously haunted places:

For those looking for a transit scare, the Toronto Transit Commission's Lower Bay Station is reported to be haunted by a lady in red who floats along the rails near the tunnels. The station was briefly in use up until 1966, and now it serves as a film and commercial set. Usually blocked off to the public, TTC employees have reported some strange sights; the lady in red is the eeriest of them all, with black holes for eyes and no feet. While some speculate that she may have been struck by a train while the station was in use, there's nothing on record to corroborate

that. Others believe that the station may have been built on an old grave site.

For those looking to catch a glimpse of some school ghouls, the University of Toronto's St. George campus has its fair share of spooky stories. Perhaps the most famous ghost story is that of Ivan Reznikoff, a stone mason killed by a colleague his lover was cheating on him with. Reznikoff was buried under a stairwell in the 1850s and it wasn't until a fire in the 1890s that his body was discovered. Allegedly, Reznikoff left an axe mark on the door of Croft house as he tried to fight back, and it remains there to this day.

UofT isn't the only school with ghosts on campus. Glendon students aren't alone either: there have been reports of the ghosts of two small children playing in front of the manor. Another spirit is reported to brood near the ravine, not too far from the gazebos. People have reported feeling a malicious presence there, and others have felt as though they were being pushed.

For historical hauntings, the old Don Jail might be the biggest paranormal hot spot. Over its troubled history, the jail saw 34 hangings, and housed



prisoners just up until 2013. Inmates reported that a punching bag in the common area would often wake them up at night with all the noise, as if someone had been punching it. When the guards would come to investigate, the bag would hang there, swinging from side to side.

For a dinner with the undead, the Keg Mansion has a ghostly track record ascribed to it. Originally owned by the Massey family, it saw some strange events during their residency. It is reported that one of the maids took her own life following the death of beloved Lillian Massey, and that she haunts the

staircase and foyer. People have reported feeling the presence of a ghostly young woman while dining.

For a haunting away from the city, look no further than Toronto Island's Gibraltar Point lighthouse. The story goes that in 1815, the first lightkeeper, John Paul Radelmuller, was murdered by soldiers from Fort York who wanted to take his bootlegged beer. The soldiers tried to cover up the murder by burying him around the lighthouse but in 1893 coffin fragments and a jawbone were found in the area. It is said that the lighthouse is still occupied by a raging spirit to this day.

Clouded Lungs and Judgement: The Truth About Vaping

Sabrina Gilmour
Health and Wellness Editor

E-cigarettes and “vapes” have become popular among a young demographic who can not obtain cigarettes legally. They have become a way for youth to partake in “adult luxuries,” such as nicotine and marijuana, while believing vapes to be a healthier alternative to smoking. Now heavily advertised and sold worldwide, this alternative has been discovered to be more dangerous than once believed.

For those unfamiliar with vaping, it is the act of inhaling and exhaling vapour created by a battery-powered device such as an e-cigarette or pod, which heats up an aerosol liquid. The aerosol can contain toxic chemicals that have been linked to cancer as well as respiratory and heart disease. According to the clinical practice of Yale University’s School of Medicine, despite the fact that these devices do not produce tobacco smoke and contain less chemicals than cigarettes, vape liquids can still contain nicotine: a highly addictive drug.

Earlier last month, a woman posted a photo on Instagram that has since gone viral. Simah Herman shared a post describing her experience with vaping. She stated, “about two years ago I started having terrible nausea

issues that turned into being unable to eat, sleep and just live normally. [Two] weeks ago I started having trouble breathing. It took 48 hours for my lungs to fail which led to me being put on a ventilator.” She went on to say that “[t]his is all because of vaping. Vaping is advertised as ‘a healthier alternative to smoking’ which is false. Whether it’s nicotine or weed, vaping can be fatal ... No one thinks this will happen to them and neither did I, which is why I kept vaping. It took less than 48 hours for me to be put in a drug induced coma and [have] a tube put down my throat because I could no longer breathe on my own,” she revealed, adding, “the dangers of vaping are real and this can happen to you. Please don’t let it.” Herman’s story is not unique among young people.

People have also turned to vaping once they’ve decided to quit smoking cigarettes. According to the Centers for Disease Control and Prevention (CDC) in the United States, there have been 1,299 lung injury cases in 49 states linked to the use of vaping products. In addition, the CDC reported that the United States has witnessed 26 deaths in 21 states. Although Canada has not yet had any deaths related to vaping, the first confirmed case of severe pulmonary illness related to vaping was reported by the province of Quebec to the Public Health Agency of Canada. The PHAC has also issued a warning to people who vape to monitor themselves for symptoms such as shortness of breath, coughing, and chest pain. Vaping is especially harmful to those

cereal, and adderall. And those are just the things I have tried personally. Anything goes.

As with most things in life, regularly consuming vodka was much less interesting once I was legally allowed to do so. In fact, it turned into a problem. While I was able to keep up with my education (finishing high school with a 92-percent average and successfully navigating the transition to university) there seemed to be a part of me that was missing. By age 19, my first kiss, most of my first year, and the loss of my virginity had all been accompanied by vodka. While I never considered myself to be someone who attaches signifi-



who have a chronic health condition like asthma.

Under the Smoke Free Ontario Act, the use of an e-cigarette to vape any substance is strictly prohibited in enclosed workplaces, on the grounds of primary and secondary schools, and in public areas within 20 metres of the perimeter of school grounds. The restrictions placed on vaping reflect the government’s concern about potential dangers to public health and risks for those affected by second-hand smoke/vapour. Despite Canada’s attempt to regulate vaping, it has become easily accessible. Vaping is having a huge impact on youth, especially since convenience stores are selling third-party pods and vapes that are not safe for consumption. The customization that vaping technology allows creates

cance to such events, the fact that there was a wide disparity between my sober personality and my increasingly erratic drunken endeavors deeply saddened me. While intoxicated, I even wheeled a stray shopping cart from a nearby strip mall through my front door and into the kitchen, which is probably a minor felony and, at the very least, relegates conventional social norms.

The end came for me when a prolonged series of self-destructive acts, brought on by my underlying depression and enabled by my alcoholism, culminated in a suicide attempt. I was admitted to the Centre for Addiction and Mental Health’s Mood and

unsafe experimental doses that can destroy lungs from repeated usage overtime. However, with flavours like cinnamon, vanilla, and strawberry and their colourful smoke, e-cigarettes have donned a creative and irresistible image, making them appealing to high-school students who might not have even tried smoking.

When they first became popular 5 years ago, e-cigarettes became the “healthy alternative” to age-restricted cigarettes. Today, the very same alternative has been discovered to be almost as toxic as its counterpart. Although vaping can be labelled as the “lesser of two evils” when compared to cigarettes and other drugs, the side effects can still be detrimental to one’s overall health.

Anxiety Unit. The period in my life following hospitalization was a tumultuous one in which I withdrew from friends, abandoned social media, and took a year off from school. Eventually, upon returning to normalcy, I decided to try life sans vodka. I never held it chiefly responsible for my challenges, but being sober has made things a little less dramatic — which from my experience is a much welcomed change of pace. I still drink the occasional beer because I enjoy the taste, but my Nalgene bottle is now filled with water, and my cran-

Could I Get Something with Cranberry In It? (cont.)

of rum, the pretension of schnapps, or the je ne sais quoi of gin. More importantly, vodka can be added to anything. Trust me — anything. Cranberry and orange juice are mainstays, but lemonade, soda, milk, coolers, and Red Bull are sufficient for those seeking variety. As for solids, there is jello, ice cream,

The Lie of Rape Culture

Zackery Walker
Contributor

CONTENT WARNING: *The following article discusses themes of sexual assault and sexual violence. Pro Tem has elected to publish the article below in the interest of representing the values of the free press and freedom of expression. We would like to remind our readers that the views expressed in contributor articles are not necessarily a reflection of our own values. If you or anyone you know is repressing thoughts of committing violent and sexual crimes, Good2Talk offers a 24/7 confidential crisis line at 1-866-925-5454 or you can call ConnexOntario at 1-866-531-2600 any time.*

It is consent week at York University. With spirited enthusiasm, I have written this article for you to consider, and I invite you to consent to read it with unforgiving curiosity.

After taking the York Federation of Students' Active Bystander Training, I was left with many questions about the idea of rape culture. A video was displayed in the workshop, defining rape culture as an environment where rape is "pervasive, normalized, and accepted as inevitable ... perpetuated via unexamined and false beliefs." Interestingly, the workshop coincided with my own reading of the theory of the Shadow — the idea that we have a dark side, full of repressed desires, dreams and wishes deemed unacceptable by ourselves, the people we interact with and the broader society in which we live. Pushed from the conscious mind, these desires, dreams and wishes do not disappear; they whisper devilishly from the depths of our subconscious, both waiting for and pushing us towards a situation where they can find expression.

This theory need not seem so 20th-century and pseudo-scientific; it is an experiential reality. Surely you have heard of channelling your anger, frustration, etc. productively so that it does not eat you up. Perhaps, then,

these "unexamined and false beliefs" are lurking in the unseen pits of your subconscious. Violence — be it sexual or not — is a reality in our world. Rape is a reality. Sexual objectification is a reality. These are facts with which we live — whether rape is pervasive, normalized, and accepted as inevitable is not the question here. People rape, and people get raped. That's a fact. Many people have responded to this factual reality with sheer outrage and indignation. No kind words on the topic can be ascribed to them. The new social reality on campus is for students and faculty to self-endow the deeply unpleasant duty of tackling sexual violence. They do so by re-educating the prejudiced and promoting consent culture.

So now, we have observed the reality of sexual violence in the world, the horrified response of those who believe they are virtuous and the desire to vanquish sexual violence, which is borne of the response to it — obviously. Please come into this with me. I'm not trying to win you over or be cunning or clever. We're exploring this topic together, myself as the writer, and you as the reader.

It can be said, then, that upon recognition of violence, we invent its opposite as a kind of ideal to strive for. How do we recognize violence? Even if someone looks at you in a certain way, it can be violent ... not because you are being struck or berated with harsh words, but because it feels violent. The word "feel" is very important. Do you feel this?

Our experience of the world around us is therefore dependent on how we are within ourselves. Sexual violence is unpleasant because there is resistance. Isn't it? If both parties are not resisting and are completely willing, it is sex and it is beautiful. If there is resistance — lack of consent — it is the ugliest thing. Consent seems to be the key word. It comes from the Latin "consentire," meaning "to feel together".

Are you with me? Are you being a lazy reader? I can only do half the work as the writer.

If consent means "to feel together," then even the perpetrator of the assault does not consent to what they do. They do not consent because they refuse to acknowledge that the other

does not wish to engage in the activity. Instead of feeling together, the assaulter stays within the realm of their own desires and feelings. There cannot be such a thing as one-way consent when consent means to feel together. Otherwise, it means you are giving someone permission to do something to you — it becomes transactory.

Consent cannot be one-way. Either all parties consent, or none of the parties consent. In the extreme case of rape, both the rapist and the victim are non-consensual. Have I lost you? Are you still consenting as a reader of this article?

To consent is much simpler and easier than to give someone permission to do something to you. It means you are vulnerable because you are with something that is not your own fabrication — you are truly with the phenomenon or with the person and not just your idea of it or them. It is the easiest thing to do because you don't have to do anything, yet it is so difficult because we resist vulnerability in so many ways. The rapist is never "with" their victim.



They are only with their own fanatic and desperate ideas and desires. The ideas and desires are so intense, so strong, so soured with bitterness, that the one who has them is completely obscured from the reality of the other.

Are you with me? Are you truly reading this article, or are you lost in your interpretation of it? Because this article is just words on a page, and now these words are over their limit.

INTERNATIONAL STUDIES STUDENT ASSOCIATION



GENERAL MEETINGS

Rejoignez-nous à nos réunions hebdomadaires, les mercredis de 11h à 12h.

October 9, 23, 30 & November 13, 20:
YH A224

November 6 & 27:
YH A222



Single-Use Straws: The Scapegoat of the Plastic Problem

Kaya Harris-Read
Chief of Operations

The past year has seen a powerful movement against the use of plastic straws in favour of eliminating plastic pollution from the ocean to protect marine life and combat climate change. While many companies, including some major airlines, have plans to reduce the use of plastic straws or replace them with biodegradable options, Starbucks has announced their plan to completely eliminate their use of plastic straws by 2020. Instead of single-use straws they will use strawless plastic lids, which are already available at many of their locations, and biodegradable straws for their Frappuccino drinks. On the surface, these are great changes. Plastic straws, despite being made of recyclable materials, are often sorted into the garbage as most recyclers will not accept them. This means that having a recyclable lid to replace the straw seems like a great alternative.

I don't like to be overly critical of a good thing, and I definitely don't want to dissuade this movement. This is a step in the right direction towards a cleaner, greener planet. However, there are some problems with the assumptions surrounding the outcome of this initiative that need to be taken into consideration. The theory is that since the new Starbucks lids are recyclable — though they use more plastic than the old lid and straw combined — they are a greener alternative since now the entire cup can be recycled. Unfortunately this is unlikely to be the case. A 2018 study by National Geographic reported only 9 percent of all plastic ends up being recycled, and so while being well-intended, this initiative risks sending more plastic to landfills than before.

There are a number of sad truths when it comes to the recycling industry, one of which has nothing to do with the industry itself, but with the people using the plastic. All too often when people are busy and on the go, recycling is not a priority and many plastic

cups end up in the garbage. Even when a cup is put into recycling, this does not automatically mean that it will be recycled. If the person throwing it away has not taken the time to wash it out so that it's perfectly clean, it will almost certainly end up being garbage. Not only can leftover food waste and liquid render the plastic cup unrecyclable, it can also ruin the rest of the contents of the bin and make them all unrecyclable.

Recycling is a business and will put cost-effectiveness and profit over the environment. Facilities that process recyclable materials send batches to the landfill if there is too much contamination as it is cheaper than cleaning and sorting them properly. Recycling facilities make their profit by selling the repurposed material, and since contaminants drastically reduce the quality of the finished product, it is not worth it for them to recycle contaminated material.

My concern about this movement isn't only that these cups may head to the landfill; it's also that banning plastic straws is being framed as the solution to plastic waste reduction, rather than as a step towards it. My fear is that with the plastic straw ban, we're ignoring a larger issue: single-use plastic is not sustainable. I fear that no one will think twice about getting a to-go drink in a plastic cup if it is without a straw, since the straw was framed



as the problem. An estimated 4 billion Starbucks cups make their way to landfills each year, and getting rid of the straw isn't going to somehow make this sustainable.

The bright side to all of this is that there is something you can do about it: bring your own reusable mug with you when you get coffee on the go. Once you've made it a habit to tuck a

travel mug into your bag before heading out the door, it really does become second nature, and there's the added bonus of getting the refill discount many coffee chains offer. It's true that this lessens the convenience of getting coffee on the go, but we cannot combat climate change by catering to convenience.

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