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**La prochaine date limite:**  
le 9 mars



NOTRE VOIX  
NOTRE HISTOIRE



## The Kids Are Not Alright: Survivors of Gun Violence Take a Stand

Amanda Sears  
*Contributor*

Another day, another mass shooting on United States soil. In 2017, the U.S. saw a total of 346 mass shootings — nearly one mass shooting for each day of the year. 2018 is keeping pace with these figures, with 30 mass shooting as of February 14th, the day of the heart-breaking Douglas High shooting. With 17 dead and dozens injured, the Douglas High shooting is the worst of 2018 — and these Florida kids are fed up.

Four days after the shooting, Twitter user and shooting survivor @isabelchequer responded to an article published in the Bradenton Herald, a Southwestern Florida newspaper. The headline read, "School shooter was volatile, ostracized and 'bullied a lot,' classmates and friends say." The survivor quickly retorted, posting, "yea okay i was bullied too but he shot me so like what's ur point." [sic]

This is not unlike many other

social media posts made by survivors since the event. While past shooting survivors were often young enough to have their narratives overridden by anxious parents and mass media, this time we see something unique: adolescents, extremely active on social media, demanding control over their experience, their trauma, and their narrative. Conspiracy theorists claiming that the shooting was faked by actors working for anti-gun groups see their claims subverted by survivors posting videos taken inside the school during the incident. Even Donald Trump has responded to these tireless efforts with a move on banning bump stocks, like the ones used in the Las Vegas massacre last year.

Refusing to be silenced, students from Douglas High have rallied together allies in the South Florida region to hold school-wide walkouts and protests against the lax gun regulations in their state. Over one hundred Parkland students took the opportunity to talk gun control with the state legislature

in Tallahassee, where many chanted "vote them out" in the hallways of the state Capitol building. Survivors have also organized the "March for Our Lives", set to take place in Washington D.C. on March 24th, while protests continue across the United States. (For those interested in signing up to march, donating or buying merchandise to support the cause, their website can be found at [www.marchforourlives.com](http://www.marchforourlives.com)). Additional school walk-outs are set to take place on March 14th for a duration of 17 minutes (one minute for each victim of the shooting) and April 20th (on the 19th anniversary of the Columbine shooting). Contact information of congressional members is being spread, along with petitions and GoFundMe links. These kids are actively involved in state politics, and are notably close to voting age. Would it be excessively eager to wonder if this is the great élément déclencheur to finally bring gun control to the U.S.?

(continued on page 12)



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About Us

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Opinions published in Pro Tem are those of the individual writers, and do not reflect the views of the publication as a whole. We will not print copy deemed racist, sexist, homophobic, or otherwise oppressive.

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To see past editions of Pro Tem, please visit our website: www.protemglendon.com.

Be sure to follow us on Facebook for reminders about upcoming deadlines and events: @ProtemGL

Salut Glendon,

With reading week behind us, the count-down to summer (and graduation, for some) should be on. Unfortunately, we all (naïvely) elected to go to a faculty of York University. So, instead of crossing Xs on our calendars, we will be spending the foreseeable future alternately watching Netflix and taking to social media to complain (or rave) about being on strike, again.

For many upper-year students like myself, this is the second time — in the span of a single undergraduate degree, no less — that we are being faced with a strike. It begs the question, why is York so infamous for its strikes, and what do they really do? Well, aside from tormenting students (and faculty too), these frequent strikes have given CUPE 3903 the most competitive contracts in the country, a standard they seek to reaffirm every chance they get.

Now, I could spin this in a positive light and talk about how persistence and standing up for what you believe in will put you ahead of the pack in the end... but that would be foolhardy. The way I see it, CUPE's incessant strike mandates have been disadvantaging York, its faculty, and

its students for decades. I am not shy to admit that I have discouraged many younger peers from coming to York, simply because the threat of multiple strikes during your degree is not worth the hassle when other prominent institutions have notably better relationships with their faculty's unions.

Often overlooked is the frustration and resentment felt by faculty members themselves, who have little say in the decisions of their union and who often end up just as screwed over as the rest of us when strikes happen late in the semester. I mean, at least we get to laze around (or catch up on work) while on strike; I shudder at the anxiety of a TA or prof forced to walk the freezing picket lines as their inbox piles up with assignments they are contractually bound to leave unread. That said, at least there is some light at the end of the tunnel for faculty after all this. As a student who faced a strike in my first year here, and who is now confronting the abyss of questions plaguing my status as a June 2018 graduand, I know only too well the struggles faced by the students who end up stuck in the middle of this ongoing cat-and-mouse game between the university and the union, with no added perks

coming our way regardless of its outcome.

All this is not to say that I blame the union for advocating for its members' rights, nor that I begrudge my TAs and professors their fair wages and incentives. However, I do strongly believe that this back-and-forth has reached supremely childish levels, and has no place in an institution supposedly dedicated to providing quality higher education. Unfortunately, I cannot see how our individual rants on social media (or even in student newspapers), will have any effect on the powers that be.

Perhaps, in a disgustingly realistic fashion, the helplessness we feel as students caught in the midst of a battle far larger than our individual needs and desires, is simply foreshadowing the helplessness of life beyond our beloved green campus, where the reality is that we are just cogs in a machine in dire need of a tune-up. After all, in school, in love, and in life, sooner or later, we all get #Yorkd.

Sending vibrations of the positive variety,

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## So You Go To Glendale? Glendon 101 for Non-Glendonites

Reia Tariq  
Campus Life Editor



For those of you who don't know me, I spend my Thursdays volunteering at the Centre of Social Innovation - Spadina, which is located right in the heart of Chinatown (FYI if you haven't seen my snaps, this hood is filled with the cutest dogs in the 6ix!). Over the past six months of my volunteering here, I've introduced myself to a wide range of people either working at or visiting the space, including a Vice news crew, several local politicians and environmental activists, some Nobel Prize winners and more. Often when I introduce myself as a student at Glendon College, the response I get, nine times out of 10, is: "Glendale? Where's that?" Or, just as common: "London? You mean Western? My sister/best friend/dog walker's second cousin went there!" And I know I'm not the only one, so I'm writing this article for all my 'Glendale' peers to 'bring it on' with the facts the

next time someone asks what Glendon is! Established in 1959, Glendon was the foundation from which York University grew. Hard to believe all that concrete and glass over at Keele sprang from our forested haven, eh? For this beautiful campus of ours, we have one Edward Rogers Wood to thank. Wood was a prominent financier in the twentieth century Canadian business world, whose manor and estate was willed by his wife, Euphemia "Pheme" Wood, for the purposes of higher education. The story has it that Glendon was donated to the University of Toronto with the intent for it to be used as a university (not public) botanical garden. In 1961, after 10 years of mixed academic use, U of T turned over the estate to its newly created affiliate, York University. How about that for celebrating the fantastic displays of

flora we're gifted with each turn of season. After all, between the old-world splendor of the manor and the Narnia-like aesthetic of our forests and paths, our incredible campus is the reason why so many choose to call Glendon home in the first place! But I digress, as we should all hopefully know, Glendon is one of York's 11 colleges, but what many likely do not know is that our college was modelled after another small-scale liberal arts faculty, Swarthmore College. Incredibly tight-knit (one might even say cliquy) due to its small size, Glendon student life has many pros and cons. As of right now, we have an undergraduate enrollment of 2,700. Within that small undergrad group, we have an incredible mix of clubs, levy organizations and teams to choose from. And for all of us who decide that mere bilingualism isn't enough,

Glendon offers a Spanish Resource Centre, a joint initiative between York University and the Ministry of Education in Spain.

A few other super cool facts about Glendon: we've had films like the Time Traveller's Wife filmed on campus and I think we've all seen that photo of a student posing next to Adam Sandler at our very own Glendon Athletic Centre (say what you want about his acting skills, at least he hasn't been rocked by any scandals, unlike Hedley, who have also filmed at our school). Glendon even has a fancy Latin motto: *alteri saeculo*, meaning "for future generations". Some of our notable alumni include: Christopher Hume, an architecture critic for the Toronto Star; John McNe, former Canadian Ambassador to the United Nations; disgraced CBC broadcaster Jian Ghomeshi; and a good chunk of our 225 administrative staff, who seem to have decided that four years in this tight-knit community just wasn't enough!

In spite of all that has happened this year (and there's been a lot!), I find myself feeling a bit melancholic about my final weeks here at Glendon. So, to wrap up this vanity piece (and what may very well be my final article for Pro Tem as Campus Life Editor, if this strike happens and lasts), I want to ask all my fellow Glendonites: what does Glendon mean to you?

## Semaine de la Francophonie

Keesha Nurse  
Contributeurice

Du 20 au 27 mars, célébrons ensemble la Francophonie!

Saviez-vous que le mois de mars est le mois de la Francophonie? Chaque année, des activités sont organisées partout dans le monde pour promouvoir la langue française – la 5e langue la plus parlée sur la planète – et pour faire rayonner les communautés sur les cinq continents qui la parlent et la font vivre!

Au campus Glendon, nous allons aussi mettre à l'honneur la langue française, la culture francophone et la communauté francophone plurielle qui font de notre campus un lieu universitaire riche et unique dans son bilinguisme.

Du 20 au 27 mars, plusieurs activités auront lieu pour vous divertir et vous faire redécouvrir cette langue et cette culture. Vous y ferez aussi des rencontres inattendues avec des slameurs, des artistes musiciens, des batteurs de tambours et d'autres personnes qui contribuent tous de près et de loin à la richesse de notre francophonie ontarienne, canadienne et mondiale.

Célébrons ensemble la francophonie. Exprimons notre fierté en ayant du plaisir en français!

20 mars - Soirée cinéma francophone à Glendon! @ A100

21 mars - Café chantant @ Lunik et Franco SLAM! @ Salon francophone (B111)

26 mars - Découvrez l'héritage Métis par le chant et les tambours! @ Lunik

27 mars - Atelier contribuez à wikipédia en français @ YH 220 et activez vos ménages francophones et participez à un spectacle! @ la salle de bal dans le Manoir

From March 20 to 27, let's celebrate the Francophonie together at Glendon!

Did you know that March is the month de la Francophonie? Each year, activities are held all over the world to celebrate and promote the French language — the fifth most widely spoken language on the planet. This is the month where communities around the world come together to celebrate their French culture.

At Glendon, we will be showcasing the vibrant Francophonie that defines our bilingual campus by offering a diverse program of events that celebrates the French language, Francophone culture, and the Francophone community.

From March 20th to 27th, we have activities aimed at entertaining



you, while exploring and rediscovering the French language and culture. You will also meet slammers, musicians, artists, drummers and others who all contribute to the richness of our Ontarian, Canadian and global Francophonie.

For more information or to get your ticket, go to: [www.glendon.yorku.ca/blog/2018/02/26/from-march-20-27-lets-celebrate-francophonie-together-at-glendon/](http://www.glendon.yorku.ca/blog/2018/02/26/from-march-20-27-lets-celebrate-francophonie-together-at-glendon/)

March 20 - Francophone movie night at Glendon @ A100

March 21 - Café chantant @ Lunik AND Franco SLAM! @ Salon francophone

March 26 - Discover Métis heritage through song & hand drumming @ Lunik

March 27 - Learn to edit French content on Wikipedia @ YH 220 AND Stimulate your French mind and join the show @ the Ballroom in the Glendon Manor.



Well, I don't know if others will agree with me but I feel like the build up to the potential strike this year is far less than the one three years ago, and I don't know if that means it will happen or not... I just think it's weird that we have less information about it this time. I feel like three years ago, York gave more updates about the strike. Now that I'm thinking about it, it might have been just during the strike. Either way, I find it weird that students have to opt into getting updates from York.

There is so much propaganda from both sides about what's going on and who is committing this or that terrible injustice that I can't know who is really the party at fault. It's nice to think that the TA's are fighting the "good fight" against York's corrupt and greedy system, but it's hard to know. What is clear to me is that the vast majority of students don't care about the outcome, they just want their semester to go on unaffected. Like anything, people will tend to not care about something until it affects them personally. The unions know this and that's why a strike is so effective here: the students will quickly turn on the university once they're the ones being inconvenienced. York has also done a terrible job at communicating what's going on. You go to their website and see nothing that might indicate that the entire semester is a week away from total collapse.

Honestly, I don't mind if we do go on strike, and really everyone, everywhere should go on strike, because we all deserve fair, livable wages; decent working standards and hours; and just basic respect in the work we do — no matter what it is!

So I feel pretty uncomfortable saying this since I work for the university and we have a clause in our contract about being political, but I just don't give a flying f\*ck anymore. I think the strike's probably going to happen, because do we ever get positive news coming out of this place? Last year, it was all those bomb threats; this year that mess with the GCSU — and by the way, did it ever get resolved? Because that was seriously so stupid to me, all that drama. Like what are we, in university or middle school? I seriously can't wait to graduate next year!

Je suis sûr qu'il y aura une grève. Qu'est-ce que j'en pense? Tout ce que je peux dire c'est que peu importe ce qui va arriver, je ne peux pas le contrôler.

# #STRIKE

Given all the build-up to this strike, we at *Pro Tem* took the chance to gather your thoughts on the way things have been dealt with.



I definitely wouldn't mind a strike. I know that sounds bad, but in reality they can't delay people's graduation, so they'll have to make accommodations. If anything, it'll just be a nice break that would possibly (also hopefully) push back summer school.

Several of my profs have been VERY open about it, especially those in CUPE 3903, so I definitely think it's going to happen... I've also been monitoring the website and stuff non-stop and I hate how much York is covering up and sugar-coating everything this time, it's SO annoying!



# THOUGHTS

*Note: The opinions voiced here should not be interpreted as those of Pro Tem.*



*I feel like the whole thing won't happen to be honest. But it's York, so do you think we won't be getting #Yorkd somehow? Like, how hard is it to just do something with some policy changes to make sure that the people who actually teach us feel supported so they don't have to do stuff like this every few years?*

*As an international student, this is really inconvenient and expensive on my part. I just want to go home but instead my summer is cut short and I'm paying extra rent money. Great.*

*I personally don't think a strike is going to happen; I'm feeling pretty optimistic that both sides will resolve all of their issues and we can continue our last month of school in peace!*

*For me, the biggest thing with the strike situation is the lack of awareness, or perhaps it's just that no one cares to be informed. I've subscribed to the updates (from both sides — something that I also think a lot of people aren't doing) and I mean, sure it's a lot to sludge through because it's really not written for students (just judging by the language and format they use). Honestly, I feel like each side is just writing updates for the other side's communications spokesperson to dissect for 'misinformation'. Lately, reading both sides has seriously felt like reading a (super lame) TV soap script; that, or a transcript of a six-year-old's comebacks to his mom's inane requests. Either way, it's ridiculous.*

*I feel as though the communications from York have been very vague and it's making it very hard to tell if we're going to have a strike or not. In first year, we knew right away that there was talk of a strike, but this year we found out a lot later.*

*This might sound awful, but I genuinely don't really care, you know? I had to go through that strike from a few years ago in my first year and to have to go through another one in my last year... I mean, seriously? Stop playing everyone, [CUPE 3903/York Admin] say that they have the best interests of undergrads at heart, but do they really? Do they?! Because their actions show that they don't and it's just left a bad taste in my mouth on both the university and the thought of pursuing a Masters here if this is the type of shit I have to deal with*

*I feel like so many students aren't getting the full picture of how stagnated talks have actually been because they're only seeing the university's updates, which are kept upbeat and positive to try to fool us all into thinking they care about our education and are honestly trying to avoid a strike. Personally, I think if either side were actually trying to avoid a strike & "cared about the students and union members", the university would consider their workers' needs more carefully and actually negotiate productively. And for CUPE's part, how about we don't try to negotiate for everything under the sun to be covered by your employer? Students pay for their own metropasses, why shouldn't faculty? In the end, the majority of the money being negotiated over is OUR tuition, so why are we the ones constantly getting #Yorkd?*



## Une canadienne débarque en France: Petit « guide de survie »

Gabriella Giordan  
Contributrice

Tout étudiant devrait, au moins une fois dans leur vie, faire des études à l'étranger, que ce soit en Europe, en Amérique du Sud ou ailleurs. J'encourage vivement tout étudiant à Glendon inscrit en lettres, langues et autres disciplines d'arts libéraux à vivre cette expérience enrichissante. Cependant, comme toute aventure, celle-ci ne vient pas sans épreuves. Voici donc quelques astuces et conseils pour réussir en France.

### 1. Prenez-vous-en à l'avance pour les démarches administratives

Effectuez le plus vite possible toutes vos recherches de cours et de logement, ainsi que vos démarches d'obtention de visa. Assurez-vous également de vous munir de tous vos documents avant de partir. Vous vous réjouirez, à la longue, de votre prévoyance!

### 2. Équipez-vous bien

Il est crucial de bien prévoir votre échange et d'être pragmatique. Apportez une quantité raisonnable (mais non excessive ou insuffisante) de vêtements et de chaussures, en fonction de la température moyenne de votre nouvelle ville. Prenez avec vous tout ce dont vous aurez besoin pour votre séjour, mais sachez que vous serez en mesure de vous procurer certains objets nécessaires à petits prix, tels que de la vaisselle, une lampe, etc., une fois sur place. Faites des recherches pour voir s'il existe des organisations étudiantes de collecte de meubles et d'objets à prix libre, telles qu'Étu-récup Bordeaux.

### 3. Envisagez le système universitaire comme une véritable expérience intellectuelle et culturelle

L'université en France est extrêmement distincte de l'université en Ontario et au Canada. Notamment, le choix de cours se fait sur place et moins rapidement. Il faut notamment suivre plus de cours qui valent moins de crédits. Par exemple, un cours à 6 ECTS en France est équivalent à un cours à 3 crédits York. De plus, il y a généralement moins de travail à faire au cours du semestre, puisque les évaluations ont surtout lieu à la fin, voire uniquement durant la période d'examens.

Il peut être difficile et frustrant de s'habituer à ce système, mais ne vous découragez pas car il s'agit d'un autre pays et d'une autre culture universitaire. Côté administration, patience et sang-froid : les démarches sont souvent plus longues et compliquées qu'au Canada, mais elles aboutissent.

### 4. Suivez des cours qui vous intéressent

Même si vous devez suivre plusieurs cours par semestre pour obtenir toutes les équivalences nécessaires, essayez autant que possible de choisir des cours qui ont pour vous un attrait particulier, et non pas uniquement des cours faciles ou à plusieurs ECTS. Profitez du fait que l'université que vous choisissez n'offre pas les mêmes cours que Glendon. Le côté « études » d'un échange est tout aussi important que le côté « voyages et aventures » !

### 5. Choisissez un logement adapté à vos goûts, vos intérêts et votre budget

La grande majorité des demandes de logement effectuées par les étudiants canadiens auprès du CROUS, le système de résidence universitaire en France, sont acceptées. Seul ou avec des colocataires, les prix sont généralement abordables et vous restez près du campus. Si vous préférez habiter plus près du centre, soyez prêts à

faire plus de plus amples recherches, ainsi qu'à devoir peut-être payer un peu plus cher. Que ce soit votre première fois dans un autre pays tout seul et/ou en appartement, profitez pleinement de cette occasion pour grandir en tant que jeune adulte.

### 6. Fixez-vous des objectifs réalisables et soyez flexibles

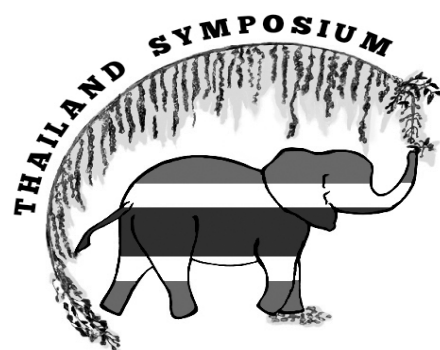
Dans la vie scolaire comme dans votre temps libre, soyez réalistes! Profitez pleinement de la facilité de voyage en Europe et permettez-vous de rêver, mais faites aussi preuve d'ouverture d'esprit car il arrive souvent que nos plans soient décalés par rapport aux idéaux que l'on s'était fait au départ. Soyez flexibles en tout temps et préparés à ne pas nécessairement voir tout ce que vous aviez prévu de voir ou à ne pas suivre un parcours d'études idéal ou parfait. Faites beaucoup de recherches au préalable et soyez prêts à affronter des obstacles qui se présenteront en cours de route. Profitez, profitez, profitez de tout ce que vous offre la France. Partez volontiers à l'aventure vers d'autres villes et pays, mais découvrez d'abord et avant tout la ville et le pays dans lesquels vous vous trouvez. Surtout, tout au long de votre séjour, soyez bien conscients de la chance que vous avez et soyez heureux de pouvoir jouir d'une expérience aussi unique.

## The Thailand Symposium is THIS Saturday, March 10!

Shivani Babuta  
Contributor

This year's International Studies Symposium — to be held on March 10th — will bring together academics and field experts to shine a light on the Kingdom of Thailand and various aspects of its identity. The full-day conference will host panels on economic, social and cultural themes, as well as providing a Thai cuisine luncheon and the opportunity to connect with distinguished experts. Be sure to follow us on Facebook for more details. And if you have any questions regarding the event, don't hesitate to get in touch!

Facebook: @ThailandSymposium  
E-mail: thailandsymposium@gmail.com  
Tickets: thailandsymposium2018.  
eventbrite.ca (Buy your ticket now!)



### PROGRAM SCHEDULE:

#### MORNING

8:00-9:00 - Doors Open (Light Breakfast)  
9:00-10:00 - Opening Remarks  
10:15-11:15 - Panel One  
11:30-12:30 - Keynote Address

#### AFTERNOON

12:30-2:15 - Buffet Lunch & Entertainment  
2:30-3:30 - Panel Two & Three  
3:45-4:45 - General Session  
4:45-5:30 - Closing Remarks

#### EVENING

5:30-8:00 - Evening Reception  
(Refreshments and Social)

\*\*\*Schedule subject to change\*\*\*

## La musique en français au Canada: Où en sommes nous?

Sandrine Exil  
Rédactrice des arts

Cet article s'adresse aux personnes qui sont intéressés à la musique francophone et les personnes qui se demandent, comme moi, s'il y n'y a pas un manque de francophonie dans la culture à Toronto, particulièrement dans le domaine de la musique.

L'année dernière, Universal Music Canada a commis une erreur terrible en représentant le Canada sans musique francophone. Ils ont eu un « oubli incompréhensible » en omettant la musique de langue française. Des artistes québécois, comme Céline Dion, ont fait partie de la collection, mais ne chantaient qu'en anglais.

En 1973, le Conseil de la radio-diffusion et des télécommunications canadiennes (CRTC) a mis en place des quotas de musique en français jouée par les stations de radio francophones au Canada. Actuellement, à peu près 65% des chansons diffusées au cours de la semaine et 55% des chansons diffusées entre 6h et 18h du

lundi au vendredi doivent être en français. Cette pratique, même si elle n'est pas parfaite, a eu un impact positif en augmentant l'intérêt des auditeurs pour la musique de langue française et en soutenant l'industrie de l'enregistrement sonore au Québec.

Connaissez-vous des articles en français? Je vous présente l'artiste française Flora Fishbach, qui enregistre en tant que Fishbach, et qui a sorti son premier album, A ta merci, le 16 février en Amérique du Nord. Fishbach est sorti en France le mois de janvier dernier, mais a fait ses débuts nord-américains en juin à New York et à Montréal, derrière le single « Invisible Désintégration L'Univers ». Fishbach a une présence charismatique, à la fois chic et androgyne, repoussant les limites de la culture pop avec sa théâtralité, son chant distinctif, fumé, et ses tenues de scène ostentatoires.

En novembre 2017, elle a décroché le prestigieux Album Révélation, meilleur premier film indépendant de l'année, aux Prix des Indés. Le mois dernier, elle a été nommée pour le Meilleur Live Act pour les Grammys de France 2018. Vous pouvez trouver plus d'informations sur elle à [fishbach.bandcamp.com](http://fishbach.bandcamp.com).



## A Review of Marvel's *Black Panther*

Sarah Ariza-Verreault  
English Editor

For most people, the word “superhero” conjures up the image of a burly white guy flying around in a cape. Perhaps that is why Marvel's *Black Panther* broke the box office, grossing a whopping \$476.6 million US in its opening weekend. Despite its enormous success, it should be noted that *Black Panther* is neither the first nor the only black superhero to have his own movie. It begs the question, why is *Black Panther* already so successful?

The first thought that comes to my mind is that *Black Panther* doesn't use a recycled plotline — in other words, it's a stand-alone movie. Correct me if I'm wrong, but Marvel fans seem to really enjoy the fact that a “Marvel universe” exists: they like seeing superheroes and other characters in other movies besides their own. I, too, enjoy the idea; however, I also notice how this has led to characters blending together. For example, another hugely popular (and fairly recent) Marvel movie, *Deadpool*, was also a groundbreaker for the entertainment studio, albeit in a vastly different way.



VanityFair, Marvel Studios

*Deadpool* featured yet another burly white guy (Ryan Reynolds), but this time, the true star of the show was the sarcastic writing style, which frequently broke the fourth wall. Marvel seized upon the success of this style and essentially wrote every movie thereafter to be like *Deadpool*, regardless of the superhero actually featured. This led to annoyingly incongruous characterizing of superheroes; for example, *Thor: Ragnarok* featured a hairless Thor, as well as a spectrum of Norse gods acting like kind-of-douchey bounty hunters — it just didn't re-

ally match up. Long story short: thank God it's *Black Panther* and not *Black Deadpool*!

Now that I've gotten that off my chest, let's actually get to talking about *Black Panther*. When the ruler of the hyper-secret and super-futuristic African country of Wakanda is assassinated, his son T'Challa (Chadwick Boseman) must assume the role of the Black Panther, the ruler of the country. While some questioned his worthiness of this title, none challenged his claim quite like Erik Killmonger (Michael B. Jordan), T'Challa's estranged cousin.

With the help of a powerful substance called vibranium, Wakanda proves to be the polar opposite of what the media portrays African countries to be — that is to say: primitive and poor. Featuring arguably the most advanced and obscure technology ever showcased in a Marvel movie, Wakanda could easily give Tony Stark a run for his money. In a true clash of the ideologies of Malcolm X and Martin Luther King Jr., T'Challa seeks to protect Wakanda — an African country where neither the land nor the people were exploited — by retaining all of the vibranium within its confines, whereas Killmonger wishes to empower the populations of Africans, and those of African descent, who live under oppression by furnishing them with Wakandan technology and weaponry.

Emulating the issues fought for by the Black Panther Party in the 1960s (who, in a nutshell, were a vigilante justice group that monitored police brutality with special attention to the African American community), *Black Panther* is much more than a superhero movie. This movie packs way more punch than any burly white guy in a cape ever has and it could not have come at a better time. I can only hope that *Black Panther* will lead the revolution in superhero filmmaking, further diversifying the heroes on screen and bringing real issues, and their heroes, to light.

## David's Discs: What to check out (or avoid) this month

David Rosen  
Columnist



Madeleine del Mora

### *Twin Fantasy (Face to Face)* by Car Seat Headrest

Will Toledo is a singer-songwriter in his mid-20s who has been making lo-fi rock music since 2010 under the name Car Seat Headrest. Initially, he was the sole member of the project, independently releasing all his albums on Bandcamp. Then, in 2015, he signed with Matador Records and recruited a guitarist, bassist and drummer. As a result, the releases of 2015's *Teens of Style* and 2016's *Teens of Denial* were accompanied by the backing of the la-

bel and several notable music publications, widening his audience considerably.

*Twin Fantasy* was first released by Toledo back in 2011. This release is, in the eyes of Toledo's core fan base, perhaps his definitive masterpiece from the Bandcamp years. However, given that that original recording was extremely lo-fi (there are claims that it was actually recorded in the backseat of a car), Toledo and crew have re-recorded the album with the subtitle *Face to Face*. Personally, I had never listened to Car Seat Headrest before, so this new recording of *Twin Fantasy* was my introduction to Toledo's music. Here's what I thought:

First of all, you're going to find some top-tier songwriting on this record. The tracks tend to be on the longer side, with two of the songs exceeding 10 minutes, and yet they never overstay their welcome. Many songs feature multiple phases, so the themes and ideas aren't dragged out needlessly. There are drawn out moments, especially on the epic 16-minute “Famous Prophets”, but these extended sequences serve to sell the emotional intensity of the record, and they work really well. The hooks are fantastic too; there are choruses and anthems throughout that just bury themselves into your mind.

Yes, the album is intense, even overwhelming. At the centre of it are To-

ledo's lyrics: they are deeply personal, heartfelt and shockingly perceptive. Also notable is his performance, which just ties the whole experience together. I will say that Toledo doesn't have the most conventionally ‘pretty’ voice, but it carries every ounce of anguish and passion he can muster (besides, it's indie rock, what do you expect?). Listening to this record, you can't help but completely relate to it, both in the lyrics and in Toledo's sincerity. Whether it's about love, loneliness, insecurity, boredom, malaise, frustration, or just adolescence in general, this album demands total empathy, and earns it.

*Twin Fantasy* is a torrent of unadulterated expression and feeling, and it utterly engulfed me. This is an early standout of 2018, and I don't expect there will be a better rock album this year.

My Score: 9/10

### *Marbled* by Abhi the Nomad

This sweet album blends hip-hop with bouncy soft rock and carries a consistent, positive message and tone. “Letter to God” is a standout, with its incorporation of strings and a sense of urgency. Overall, the album is a tad one-note, but it's nonetheless enjoyable and definitely worth a listen.

My Score: 7/10

### *Always Ascending* by Franz Ferdinand

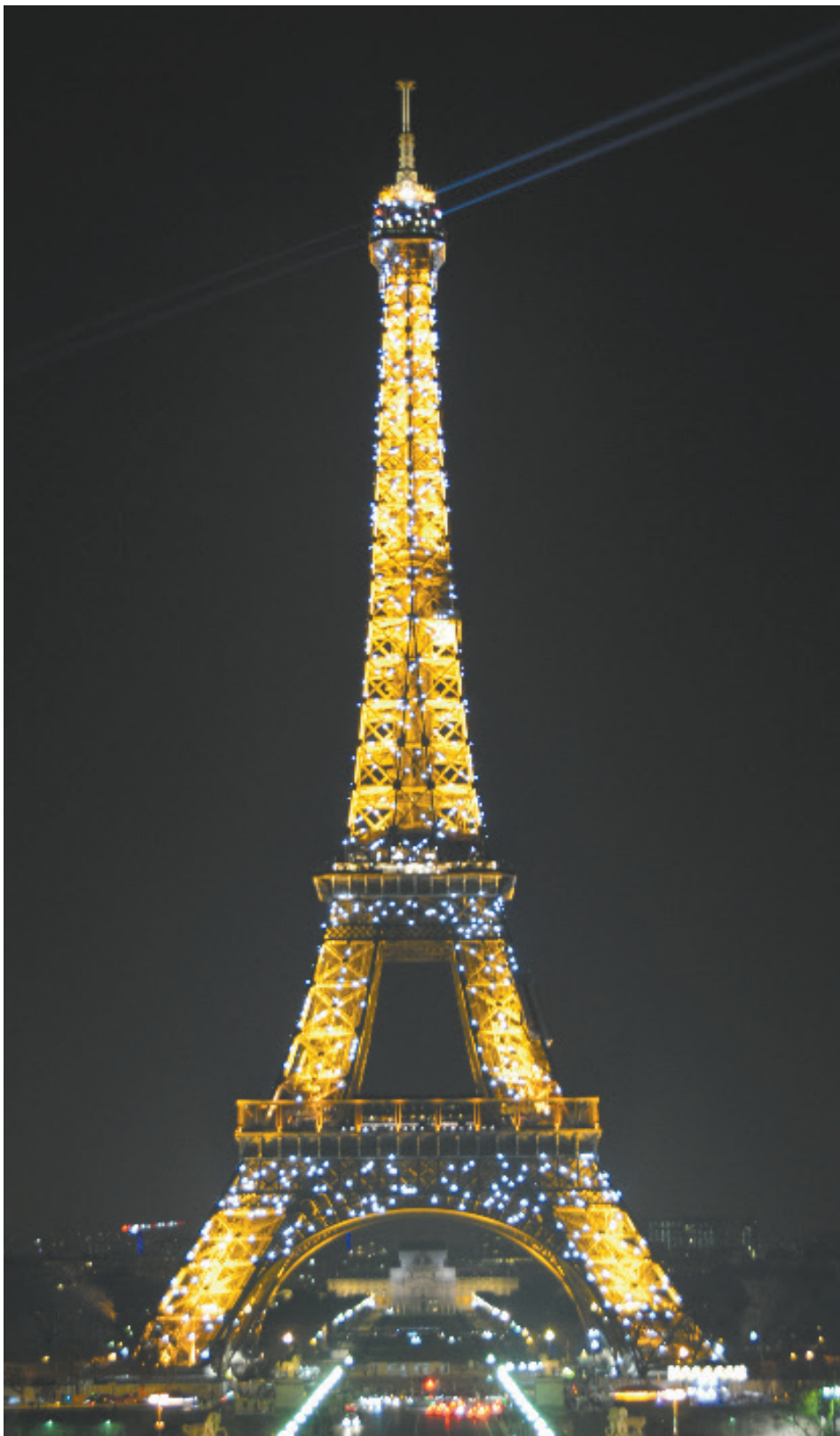
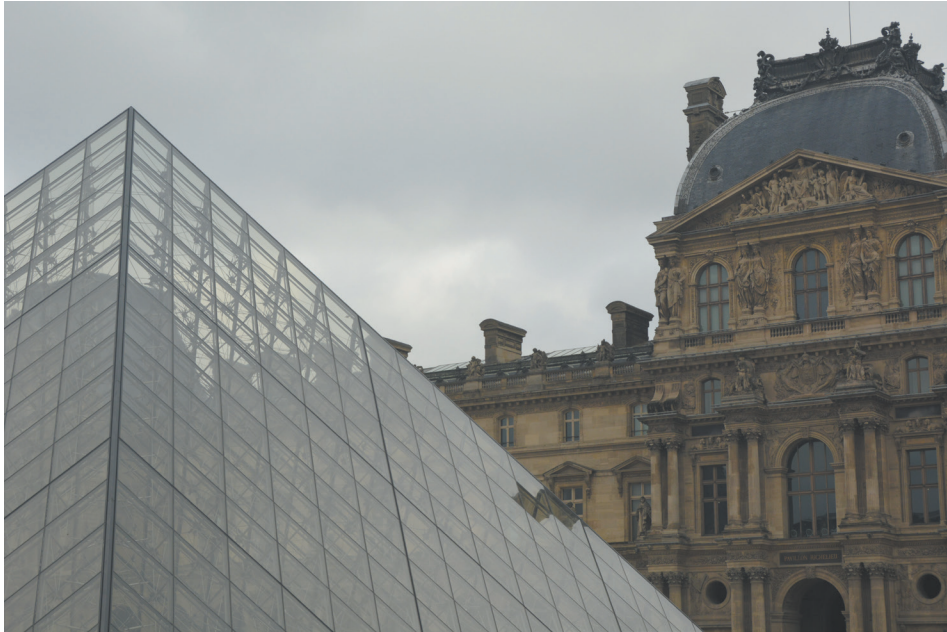
This album soured on me really fast. During my initial listens to this album, I found it offensively boring; then, on my third listen, it reared its ugly head. The songs here are flat and uninspired. Everything just sounds mechanical, which is never a good thing when it comes to dance-punk. The band sounds like they're going through the motions, and the tunes are dull as it is. The singer sounds like a thrice-recycled version of an indie rock band from the early 2000s, and his performance is honestly grating.

The real turd here is the lyrical content. The lyrics range from meaningless to blatantly stupid. What's worse, the same lines are repeated over and over in almost every song — to pad out the track lengths, I suppose. “And the Academy Award for good times goes to you” has to be one of the most irritatingly obtuse, mind-numbing things I've had to listen to this month. Quite honestly, I'd find the seagulls from *Finding Nemo* squawking “Mine!” for an hour more tolerable. Due warning, “The Academy Award” is by the far the worst track on this album. The first and last tracks are passable, but, as an album, *Always Ascending* is simply a nuisance.

My Score: 3/10

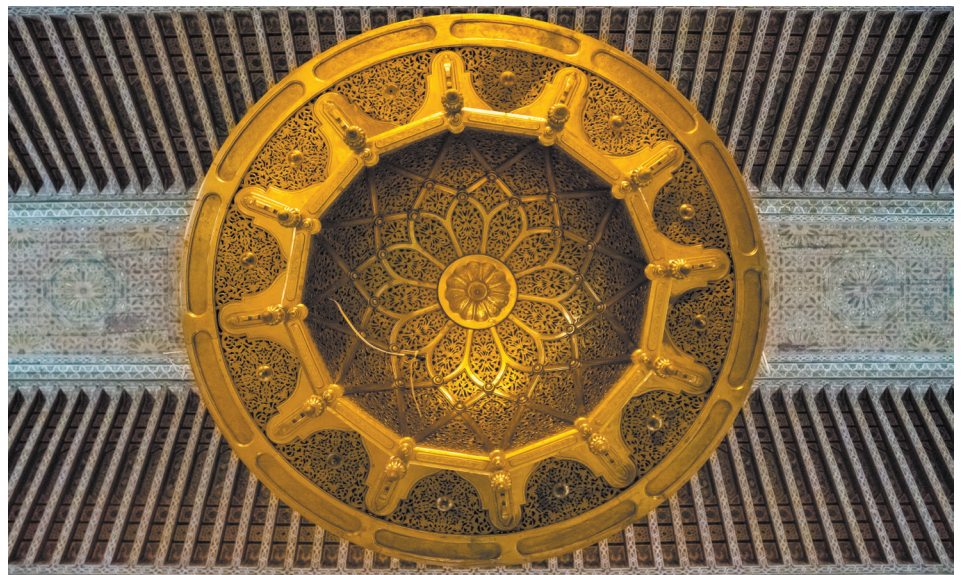


*Glendonites Abroad: Lauren Clewes in Paris*





*Glendon en échange: John Kemp au Maroc*





## Krysta's Picks: Vegan Eats

Krysta Veneruz  
Columnist

Going vegan has turned into a trendy-but-healthy lifestyle choice, one which many millennials (and others, although it's undoubtedly a millennial-dominated affair) are making in hopes of a sustainable, animal-friendly new world. So whether you're starting with meatless Monday, are just going vegetarian or a full-on planet-saving granola-and-20k-run-every-morning vegan, these restaurants are sure to please the appetite and the soul!



Camille Slaght

**Mythology Diner // Doomie's**  
1265 & 1263 Queen St W.

Owned by the same company, and located right beside each other, it's no wonder that OG Doomie's needed a second restaurant to keep up with high demand. Doomie's is a super funky vegan diner serving up traditional fast food fare and recreations of your favourite dishes. Craving the old McDonald burgers from your childhood? No problem, just try one of their vegan big macs! They also offer chicken & waffles, so you're not missing out on any Toronto trends. Their ambiance is also super cool — the walls are covered in comic strips — so it's a great place for your Instagram.

As for Mythology, they've veganized almost anything you can think of, and offer more of an elevated dining experience, in comparison to the neighbour next door. Options like vegan steaks, fish 'n' chips and even onion blossoms are sure to keep your mouth watering! Both of these locations offer a full bar menu, but neither take reservations, so plan ahead!

My Recommendation: A vegan oreo milkshake at Doomie's followed by chicken pot pie at Mythology.

**Kupfert & Kim**  
140 Spadina Ave.

Kupfert & Kim keep lunch healthy and hearty by having a completely wheatless and meatless menu. They pride

themselves for being vegan, but still retain their status as a quick-service restaurant. At their Spadina location, they offer plenty of seating for those lunch break vibes. Heads up: if you bring your own container, they will discount your food! Knowing that they care for the environment is certainly a great reason to support this Toronto chain. They also have full coffee bar offerings if you need a midday pick-me-up.

My Recommendation: the Oaxaca Bowl (with an almond milk latte too, of course)

**Cosmic Treats**  
207 Augusta Ave.

This Kensington joint is not your average ice cream shop, with all of their ice creams being completely nut-based. They have a super wide variety of baked goods and specialty dessert plates, as well as an entire brunch/lunch menu. If you need any more reason to boost your blood sugar levels, Cosmic Treats won the Toronto Veg Award in 2016, so you're guaranteed to be satisfied!

My Recommendation: Their ice cream sandwich — only \$7!

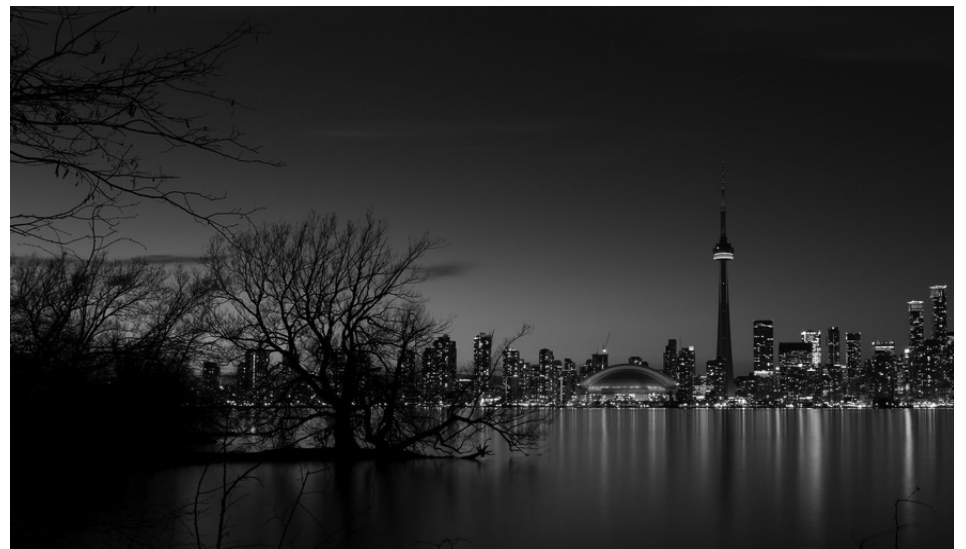
**Planta**  
1221 Bay St.

Upscale and sustainable, this innovative Yorkville restaurant has a great menu and a stunning interior — super social-media worthy. The décor is minimalist and crisp, perfectly complementing the well-curated dishes. Planta's multicultural, inspired menu means there's something for everyone — from pizza, risotto and tacos, to middle eastern style salads and Asian noodles. Planta's uniqueness will definitely fire up your taste buds AND your creativity to try new vegan dishes in your own kitchen. Their cocktail bar will also blow you away. They are known for creating drinks that pair perfectly with your meal. Finally, any night the Raptors or Leafs play, you can stop by between from 5 and 7:30PM to grab a Planta burger, fries and a Mill Street Organic for \$15 all-in. All the deals, none of the meat. They also offer Sunday brunch, so honestly, who's complaining?

My Recommendation: Habibi Salad



Camille Slaght



## March Events in Toronto: What Not to Miss This Month

*If you're around Toronto and hear of an event that might be of interest to our community, write to us at: [metropolis@protemglendon.com](mailto:metropolis@protemglendon.com).*

**Oscar Documentary Shorts**  
Ted Rogers Cinema  
Monday, March 5

**Fintech and Funding Conference**  
Design Exchange  
Monday, March 5

**Embiria: Calligraphy Workshop**  
326 Adelaide St. W. – Suite 600  
Tuesday, March 6 from 6:30 – 8:30PM

**Sustainable Dim Sum**  
The Rotunda, City Hall  
Tuesday, March 6 from 6:30 – 9:30PM

**Build Your Own Succulent Terrarium**  
Gladstone Hotel  
Tuesday, March 6 from 7 – 9PM

**Jazz N' Jokes: All Star Edition**  
AMP Studio Cafe (154 Oakwood Ave.)  
Tuesday, March 6 from 7:30 – 10:30PM

**The Sleeping Beauty**  
The National Ballet of Canada  
Thursday, March 8 @ 7:30PM

**Canada Blooms**  
Enercare Centre, Exhibition Place  
Friday, March 9 from 10AM – 5PM

**Animal Farm**  
Young Centre for the Performing Arts  
Friday, March 9 from 7:30 – 9PM

**Drag Your Heels: Drag Dance Party**  
The Rec Room (255 Bremner Blvd.)  
Friday, March 9 from 10PM – 2AM

**Men's Fashion Week in Toronto**  
1 Yonge St.  
March 9, 10 and 11 from 5 – 11PM

**Miguel: Live In Concert**  
REBEL  
Monday, March 12 @ 8PM

**Ty Dolla \$ign**  
The Phoenix Concert Theatre  
Wednesday, March 14 @ 8PM

**COMICON**  
Metro Toronto Convention Centre  
Friday, March 16 from 4 – 9PM

**Afrobeat Fundamentals**  
Afro-Latino Dance Company  
Saturday, March 17 from 2 – 4PM

**11th Annual St. Patrick's Day Pub Crawl**  
Various Venues Downtown  
Saturday, March 17 from 8PM – 3AM

**Toronto Career Fair**  
Roy Thompson Hall  
Thursday, March 22 from 11AM – 3PM

**Franç'Open Mic**  
The Rivoli  
Thursday, March 22 @ 7:30PM

**What the Film Festival**  
The Royal Cinema  
March 24 – 25

**Writing Immigration Memoirs: Drop-in Workshops**  
Discussion Room, Reference Library  
Saturday, March 31 from 10 – 11:30AM

**XO Socials: Game Night & Party**  
Art Social Gallery (334 Dundas St. W.)  
Saturday March 31 from 8PM – 1AM



## Finding Toronto's Sound: Can living rooms and the internet save Toronto's musical heritage?

Jean-Pierre D'Angelo  
Contributor

I know some in this audience may be skeptical of my positivity as live music venues are closing, but venues are opening too!" proclaimed Mayor John Tory at the opening ceremony of the Canadian Music Week's Music Cities Summit last year. Unfortunately for Tory, his remarks are often drowned out by the sound of bulldozers destroying many of this city's cultural landmarks. It might surprise some newer Torontonians, but this city was once a hub of grunge, rock, counterculture and musical innovation. Long lost venues — such as the Rockit, Bigbop, Silver Dollar Lounge, Funhaus, Wrongbar and El Mocambo — have hosted (and birthed) many famous musicians. Despite this rich history, it seems every week a new development proposal is tacked on another venue door. Despite Tory's reassurance, the never-ending conversion of culture into condominiums and Rexalls will continue unabated. Nevertheless, a shift is happening — a retooling, and maybe one that signals a revolution in live music in a city built on NIMBYism and chain pubs.

On a cold Thursday night, a friend and I stumble down a dark, industrial alleyway in the Junction. Surrounded by shipping containers and an eerie lack of noise, a small handcrafted sign points us up a staircase. We look at each other and momentarily consider backing down



Jean-Pierre D'Angelo

— heading to the nearest Firkin Pub and hiding under the covers of boring familiarity. I squint at the email on my phone confirming the address and boldly head up into the unknown. Inside, we're greeted — not by a serial killer — but by a spacious studio filled with oddities, beautifully painted canvasses and a makeshift stage and seating area. A group of 20-somethings are looming about, exploring the space, chatting. Mel Coleman, the owner of the studio, called Junction Art Crossing, greets me and thanks me for coming and gives me a tour of her impressive work.

About an hour later, an inspiring scene unfolds. Three local artists — Kevin Foster, Kate Suhr and Graham Ko — sit in front of the small crowd and play their own original, acoustic music. After each song, the audience and performers discuss the

piece, ask questions and participate in the art. It oozes intimacy and participative culture. Being completely inept at anything resembling musicality, I sat there in awe, not only at the artists' talent, but at the whole grassroots nature of the event. This was not about amassing a huge crowd or selling out the ACC, but about passion, talent and community engagement.

I found out about this event on Artery, a new website connecting performers, hosts and audiences; the site itself is a brazen attempt to circumvent the traditional music industry. Word of mouth alone is not enough to save Toronto's sound, but the internet, social media and other 21st century tools may be. Just a month ago, I was still living in Europe — which has largely fought back against gentrification and 'condo-creep'. Coming back to Toronto just in

time to watch a wrecking ball knock down Honest Ed's was almost a little too depressing. As venues continue to close (and they are closing, make no mistake), I worry for the city. Is our creative pulse being ignored by City Hall and bought out by fat cat developers? Are we doomed to become one giant strip mall?

If history has shown us anything, it's that the artists will not go quietly. The steam-pressure of creativity will find a release — whether it be traditional bars or far-flung lofts hidden in the nooks and crannies of this pubescent metropolis. After one of her songs, Kate, in referencing her hometown of Peterborough, said something I think Toronto can learn from: "Peterborough is a city that cradles their artists." While most Torontonians would scoff at learning anything from Smalltownville, Ontario, I think Kate presents an important question we need to ponder: Do we want this burgeoning city to be one that cradles its artists, and valorizes their cultural offerings? Or do we want to be one giant financial district that grinds any sort of creativity under our heel? As our generation gradually begins to grasp the steering wheel, we need to decide: do we follow the route of Manhattan and price out any quirks from the city, or do we carve our own path? While it seems the current top brass is doing little to help, millennial ingenuity and makeshift stages around the city offer us a new hope.

## La soirée Franc'Open Mic

Kaya Harris-Read et  
Marvisa Lupo  
Contributrices

Ce semestre, nous faisons un stage avec Florian et Cyril, les fondateurs de Franc'Open Mic. Ce stage nous offre une variété de possibilités pour améliorer notre français parlé, par exemple en assistant à des soirées open mic. Le 15 février, nous avons eu la chance d'assister pour la première fois à une des soirées.

L'événement a eu lieu au Free Times Café un petit café avec une ambiance artistique sur la rue College. Dans l'arrière-salle où se tenait l'événement, les murs sont couverts d'affiches d'événements passés et les lumières de la scène créent un atmosphère théâtral. Chaque acte s'est installé sur une petite scène à



Marvisa Lupo

l'avant de la salle. Il y avait un système de son, deux microphones et un piano électrique, mais aussi, bien sûr, beaucoup de rires, de sourires et d'applaudissements.

La soirée de Franc'Open Mic était unique et agréable. C'était une belle occasion pour permettre aux artistes francophones de partager leurs passions. Avant le début officiel de la soirée, Florian a fait circuler une feuille d'inscription parmi les spectateurs afin qu'ils puissent participer. De nombreuses personnes se sont inscrites avec enthousiasme et le résultat fut une programmation qui a duré environ deux heures et demi. Les performances ont commencé à 20h et tous les

sièges du café étaient occupées par des spectateurs et participants. Cyril et Florian ont ouvert la soirée avec quelques règles générales et quelques blagues. Chaque artiste a le droit à dix minutes sur scène, et les artistes qui font de la musique peuvent faire deux chansons.

Il y avait une grande variété d'actes, y compris des chansons originales, de la poésie slam, de l'improvisation, de la comédie et un acte de théâtre musical. Parmi les instruments qui ont paru sur la scène, il y avait de la guitare, de l'ukulélé et du piano. Certains artistes y avaient joué plusieurs fois auparavant tandis que d'autres participaient pour la première fois.

En plus d'être les organisateurs, Cyril et Florian ont également participé à la création artistique. Florian, avec une partenaire, a fait un sketch improvisé représentant la vie dans la maison blanche. Cyril, lui, a fait deux duos pendant la nuit, chantant et jouant de l'ukulélé. Grâce à Cyril et Florian, les artistes francophones ont un endroit où ils peuvent s'exprimer de façon confortable.

Parfois, lors d'un spectacle en direct, on s'attend à ce qu'il y ait des mésaventures, mais ce spectacle fut un grand succès.

Le prochain événement de Franc'Open Mic aura lieu le 22 mars au Rivoli, à 334 rue Queen Ouest. Si vous aimez la poésie, la musique ou la comédie, nous vous encourageons à venir!





## Why You Should Go Cruelty Free

Jocelyne Jeyapal  
Contributor

Animal testing dates back several centuries; tests using animals like rabbits, dogs and mice was the norm from Dolly the Sheep to the millions of rodents used for toxicology tests. In 2018, one might assume that we have attained a greater consideration for the lives of animals, but that assumption would be fallacious. Perhaps the insignificance of animal lives could have stemmed from Kant and his beliefs that non-human lives contained no value. In Kantian ethics, there would be nothing wrong with this practice, as he believed that an animal's life is meaningless if the animal in question fails to bring you pleasure. While this might have been a traditional view at the time, it does not excuse the brutal conditions under which animals are treated. No animal deserves to be treated in this way, regardless of how fast they reproduce.



To this day, it seems like the general public fails to tackle these issues, or even push for reasonable discourse. At the same time, it doesn't take an animal rights activist to see that animal testing is completely unethical. Well-known companies — such as Johnson and Johnson, L'Oréal, Crest and Dove — partake in animal testing. They use many procedures to test things like skin sensitization and irritation, eye irritation, as well as product toxicity.

While some countries, like Nor-

way and India, have taken a step in the right direction by implementing bans on animal testing, other countries (including Canada) still allow companies to test their products on animals. Though the testing is not required by any laws, it remains legal.

On the other end of the spectrum, some countries require companies to test their products on animals in order for these products to be sold. These countries, like China, have laws that require products manufactured outside their jurisdiction to use an-

imal testing. As a result, any company that might be cruelty-free in one country (e.g. Canada) would not be cruelty-free in China.

All that said, there are many alternatives to these tests. Companies have the ability to create new products using ingredients and materials that have already been proven to be safe. There are also non-animal tests, some of which involve Epi-Derm as an alternative to real animal skin.

Currently, there are some companies in the industry that are actively seeking to draw awareness to these inhumane practices. If large, successful companies, like Lush, The Body Shop and E.L.F., can remain cruelty-free in 2018, then why can't we expect the same of other similar companies? We, as consumers, have the ability to boycott these brands, and vote for cruelty-free brands with our wallets. We also have the ability to sign petitions to pressure the Canadian government to pass legislation banning animal testing. If an animal has to risk its life for the sake of a new mascara, ask yourself, is it really worth it?



## Gun Violence (continued from cover)

Even Hollywood has taken to supporting the students in their quest for gun control, with George and Amal Clooney donating half a million dollars, and both Oprah Winfrey and Steven Spielberg matching that donation for a total of 1.5 million dollars going towards the cause. Those speaking out in solidarity include Kim Kardashian, Tyra Banks, Julianne Moore, Jimmy Kimmel, Ellen DeGeneres, Mark Ruffalo, Stephen King, and countless more each day.

While we may only be hearing the beginning of a mounting crescendo, many are struck with an eerie, but empowering feeling that this time things are going to be different.

Here's what the survivors have to say:

We are going to be the kids you read about in textbooks... Because we are going to be the last mass shooting... We are going to change the law.  
— Emma Gonzalez, at a gun control rally in Fort Lauderdale

To elected officials, I say this: Don't lie to us. Don't make any false promises, because when you do, children die.

— David Hogg on CBS Sunday Morning

This is why we need gun control. How did he get a rifle? How did he get a rifle like that? This keeps happening, obviously nothing we are doing is working; obviously we need to do something different, and obviously it needs to be gun control.

— Jordyn Laudanno to People Magazine

I think it's great that they're saying 'thoughts and prayers,' but it doesn't do anything. And after every single shooting, that's what they say over and over again, but nothing ever changes. It has to be political because this happened because of guns. This happened because of the relaxed gun laws that we have.

— Carly Novell to Time Magazine

The fact that we even have to do this is appalling. Our job is to go to school, learn, and not take a bullet... Your job is to protect us, and our blood is on your hands.

— Cameron Kasky to Senator Marco Rubio on Face the Nation



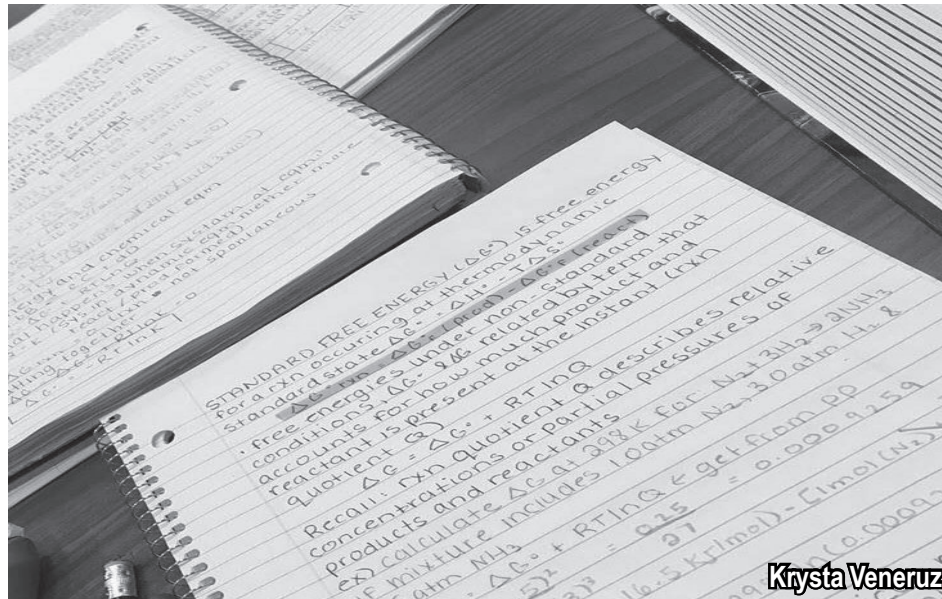
## Stress: A Student Nightmare

Leah Finley  
Contributor

It's no secret that students deal with stress. It's become the social norm to be stressed, sleepless, hopeless and overwhelmed. Of course, it's normal to have stress in life; if there was someone who didn't have a single stress in their life, I would like to know what kind of life they were leading! That said, the degree to which today's students feel stress is unbelievable. In 2013, The Globe and Mail published an article discussing a study about Canadian students and stress. In a survey of 30,000 students, 90% said they were overwhelmed, 63% said they were lonely (I'm extrapolating that they feel this way because of work keeping them from socializing for fear of failure), and 50% said they felt hopeless. Even more shocking: of those 30,000 students, 9.5% said that they had seriously considered taking their own lives as a result of stress. Imagine if that study had've been done here at Glendon, with our small population of around 2,700 students, if 9.5% were suicidal that would equate to roughly one in ten students.

According to Dr. Su-Ting Teo, a student health and wellness director at Ryerson University, the brunt of these struggles come from relationships, health, academics and finances. Many students still struggle with family issues, others struggle at balancing employment and academics. Teo's research suggests that as much as 55% of students juggle all three of these issues at the same time. Now, I'm not saying that parents should come to the rescue. And in some cases, parents simply can't come to the rescue. What I am saying is that stress is an epidemic that weighs heavily on students. You might be saying "Okay, but stress isn't all that bad. I mean, like you said at the start, everyone has it. It isn't such a big deal." Yes, I did say that at some point, everyone experiences stress in their lives. Some stress is good stress, but most of the stress that students feel is of the negative variety. This kind of stress is a silent, invisible killer, lurking in the house that is your body and mind.

So, what can stress do? Well, stress can disrupt the menstrual cycle, wreaking havoc in the lives of those who have periods. Stress can weaken the immune system and make it easier for bacteria and viruses to make you sick; it can cause sexual dysfunction; and it can lead to anxiety and depression. Stress also leads to sleep loss and causes muscle tension and pain. And that's just naming a few of the many results of stress.



Further complicating matters, in modern day universities, many students struggle with gender identity and sexual orientation. According to Our Bodies, Our Selves, research shows that women who conceal their sexual identity for a long time (and experience extreme stress as a result), are more likely to have: higher rates of heart disease, high blood pressure, lower life satisfaction, lower self esteem, higher rates of depression and suicide, and increased risk of (general) illness. As most medical problems do, these symptoms worsen and make life harder. As an example, stress can lead to lack of sleep or disturbed sleep, which can lead to depression and/or anxiety. Lack of sleep also causes a weakened immune system, which allows bacteria and viruses to make you sick... I think you get the picture.

Most students have this idea in their heads that they need to finish their studies in four years with the best degree possible and the highest marks, and that they need to be bilingual or trilingual while at the same time feeling the need to keep

up with social lives, family and financial demands, as well as somehow finding time to be able to shower and eat three square meals a day (though if you live on residence, you might hesitate to eat three full meals at the Glendon cafeteria....)

What we, as students, need to realize, is that we are not cakes: we don't have perfect directions. We will spill batter in the process of baking; we will get the directions wrong and need to find a new way to get the job done. The fact is there is no timer that rings at the end of four years to tell you your time's up and you're ready to be taken out. Continuing with this silly metaphor: we are all different types of cakes. Some will be ready sooner than expected, while others won't even know where to even buy flour or eggs. My point is, students can't be treated like homogenous, factory-made cakes. Everyone has a different path in life — or shall I say, different directions. We all need to take our own time and forget about what others are doing. So, Glendon, I urge you to follow your own directions, and don't forget to take care of yourself in the process.

Would you like  
to improve your  
French?



Glendon Extended Learning offers non-credit French as a Second Language (FSL) courses on Saturdays! We offer discounts to York students.

Contact us at 416-487-6780 or send us an email at [extendedlearning@glendon.yorku.ca](mailto:extendedlearning@glendon.yorku.ca)



## Why I'm Choosing to #LeaveThePackBehind

An Anonymous Glendon Student



They say addictions are tough; withdrawal is horrible. This is my story.

It was first year and I didn't really know anyone. I grew close to a few people in my classes. Sometimes they went out for a smoke, sometimes we just stayed in the caf. They would come back inside with rosy cheeks and a smell that I didn't like. That smell grew on me.

They say addictions are tough. Withdrawal is horrible. This is my story.

Fast-forward four years later and here I am, smoking up to one whole pack of cigarettes per day. They don't talk about the burning need to run out of your lecture for a smoke; or the feeling of your own body giving up. They don't talk about how much you enjoy smoking; of feeling the closeness with your friends as you smoke and laugh in the freezing cold. They don't talk about any of these things, until it's too late.

I choose graduation.

That's the day I will be able to call myself smoke-free. I don't see nicotine as part of my life after Glendon. In university, it almost feels as though you're protected under the safety net of still being 'young and in school'. After I graduate, I want to move on — truly. I want to better myself and feel normal again.

I choose graduation.

#leavethepackbehind  
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## John Kemp's Kitchen: The Human Touch



### John Kemp Columnist

When I was growing up, my dad always insisted that we eat dinner together as a family every night. He would say that it's talking to each other over the dinner table that keeps a family together. Of course, being my father's son, I would hear what he was saying, but never take it seriously. Yes, it was nice eating with everyone together, but I always felt like he was overemphasizing the importance of it all. And as with most things, you realise don't how good it is until it's gone.

Being on exchange is certainly a character-building experience, but with living on your own, it also includes a considerable amount of loneliness. My first two weeks here in Switzerland were quite difficult: not knowing anyone and being in a totally different culture was more challenging than I ever could have imagined. It does have a flip side though, because although being on exchange removes you from the comfort of being with family, it puts you in an extremely social environment. All the other exchange students are in the same boat which makes it just about impossible to not make friends.

Luckily, the group I've managed to befriend is fantastic. There are a number of us, which makes things like ski trips and nights out an absolute blast. Every so often, we'll go to a hockey game or some kind of event in downtown Lausanne. What we've been doing as of late, however, is eating dinner together. Just about every night since our ski week, one of us will volunteer to host everyone at their apartment. A few people will go out and get ingredients for

dishes such as coconut curry, pasta with zucchini and carrots, or mushroom risotto (my personal contribution), come back to the flat and cook for everyone. Then, we'll all sit around a great big table, and that when the magic happens: we all talk to each other. We talk about our days, tell stories about our families or complain about that one prof that puts everyone to sleep on a lecturely basis. It's beautiful, really.

The reason I use the word "magic" to describe that moment is that it contrasts so starkly with the rest of our time. In a day and age where we're leading increasingly individualised lives, it's very easy to forget that we, as people, need other people. We're social beings — that's why cities exist and why we like to spend time with each other, and although we're getting lonelier as time goes by (just look at the results from the General Social Survey), we still have meals to share. We still have stories to tell and laughs to be had. We're still human, and sitting down to share a meal keeps it that way.

Until next time,

*Pro Tip:* Check out John's past recipes @johnkempskitchen on Instagram and Facebook!

## The Best (Vegan) Pancakes I've Ever Had!

Camille Slaght  
Assistant Editor in Chief

### My Recipe for Vegan Pancakes

Yield: 8-10 mid-sized pancakes

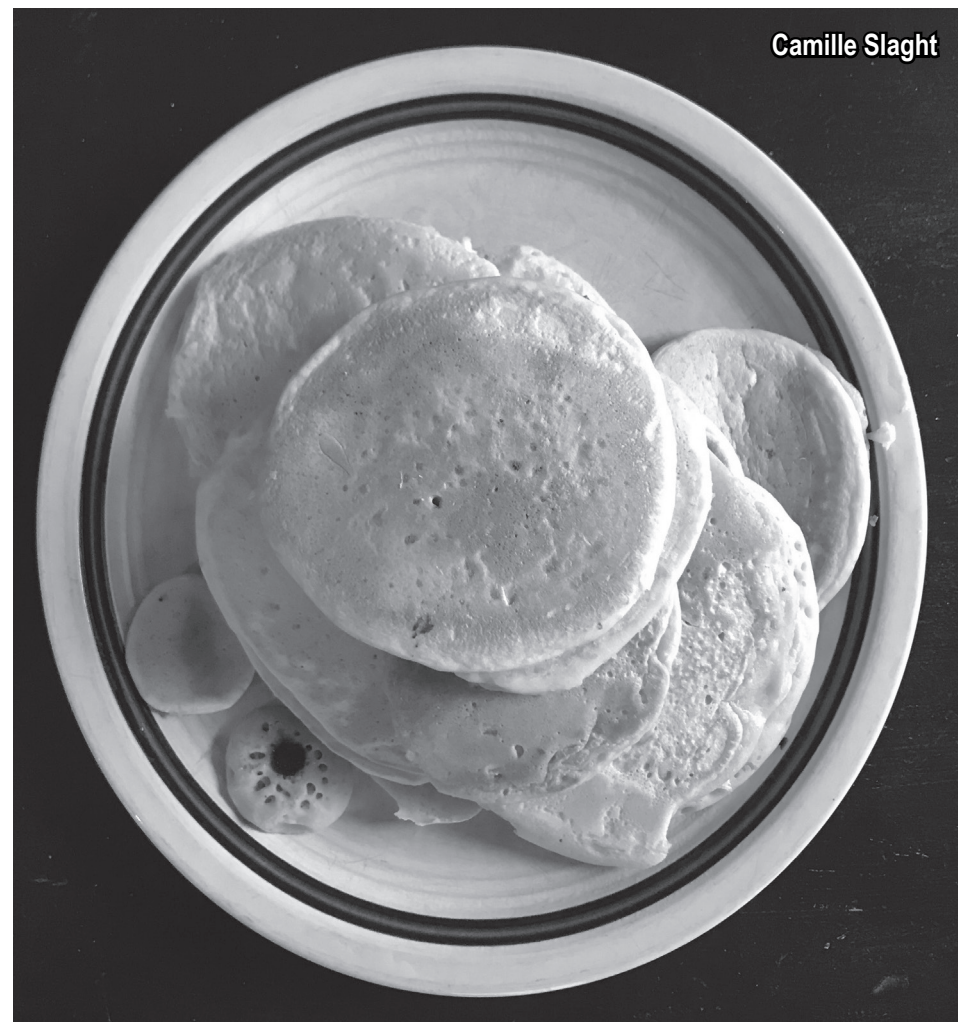
Ingredients:

2 ½ cups of almond milk  
2 tbsp of apple cider vinegar  
2 tsp of vanilla  
2 cups of flour  
2 tbsp of sugar  
2 tbsp of baking soda  
½ tsp of salt

*Pro Tip:* for a fully vegan-friendly recipe, use coconut oil to grease your pan instead of butter!

Method:

1. In a bowl, combine the wet ingredients. Let them sit for five minutes.
2. While you wait, combine the dry ingredients in a separate bowl.
3. Then, combine all the ingredients by pouring the wet ingredients into the bowl containing the dry ones.
4. Mix together using a wooden spoon or a whisk. If the mix is lumpy, add a bit more almond milk.
5. When no lumps remain, let the mixture sit for an additional five minutes.
6. Pre-heat and grease a pan over medium-heat.
7. Pour a small amount of the batter into the pan and cook for one to two minutes, or until bubbles form.
8. Flip and cook an additional minute, or until golden brown.
9. Repeat as desired. Note: you can refrigerate leftover mix in a sealed container for up to 48 hours.
10. Serve with maple syrup and your fruit of choice.







## Me

Caden  
Contributor

Tears streaming down face at night;  
Smiles greet everyone during the day.  
Silent around family,  
But loud amongst friends.  
Seems highly confident,  
Yet hides so many insecurities.  
Described as emotionless,  
But knows well enough and sees  
emotional sides.



## Beware: Part I

Rey Luna  
Contributor

We had a nice day;  
We caught some rays.  
You invited me home,  
Didn't want to be alone.  
You always left me on read;  
You expected me in your bed.  
Ok, you bought me dinner.  
You think you're a winner?  
I know you're fantasizing,  
But you ain't even realizing.  
You don't know what I mean;  
I'm not even trying to be mean.  
I said I wanted to go;  
You said, "please baby don't."  
I saw the look in your eyes,  
And it caught me by surprise.  
They were filled with rage.  
I went cold like the ice age.  
I never wanted to go this far,  
Even though you just tried in your car.  
I was mesmerized by your charm,  
Until you grabbed me by the arm.  
I jumped out of the door,  
As the rain began to pour.  
I don't know what happened that night,  
I just knew it wasn't right.

## 1920s: Lacy & Tom

John Dejesus  
Contributor

The rolling hills carried wind from the countryside to the city, and by dusk, the industrial smog that had taken hold of Manhattan in the day was ushered away by the labours of the strong gusts. The asphalt tiles of rooftops and cement roads, at last found relief from the beatings of the sweltering afternoon heat, as the sun set and the horizons coloured to a navy hue. A jet black Auburn drove up the incline of Main Street. Cars had been double-parked alongside the road for the past mile, and continued onwards, but in an increasingly dense fashion, as the Auburn approached midtown.

"Should I have bought that dress at the boutique?" said Lacy, the woman sitting in the passenger seat of the Auburn.

"What?" said Tom, who was at the wheel and seemed slightly agitated having been disrupted from his internal discourse.

"You don't remember the dress?" she continued, "The one you said matched my eyes? From Genevieve's boutique?" Lacy felt the material of her white gown, and traced, with reproach in her eyes, the floral patterns that trailed around her waist. "To think I have to wear this dreadful thing all night."

"We saved a fortune not acting on those woman impulses of yours. Nobody is going to notice you, so stop worrying." He began waving his hand, a habit Lacy loathed. "Look. No more talking. Not until we get there. End of story."

Lacy turned to the window, declaring her husband a brute under her breath.

At a bend in the road, the Auburn's beams hit the eyes of two men in suits. Stark shadows of the men were cast against a creamy-white car. Embers of their cigars traced the trailing motion of the men raising their arms at the onset of the blinding headlights. Tom chuckled at causing the discomfort to the men. Lacy had her head turned to the window as they drove past the men; she made eyes with both of them while wetting her lips.

"Have you seen those men before?" said Tom, with an imperceptible loss of authority in his tone.

Lacy relaxed into the back of her seat and kept a cool look out the window, "What men?"

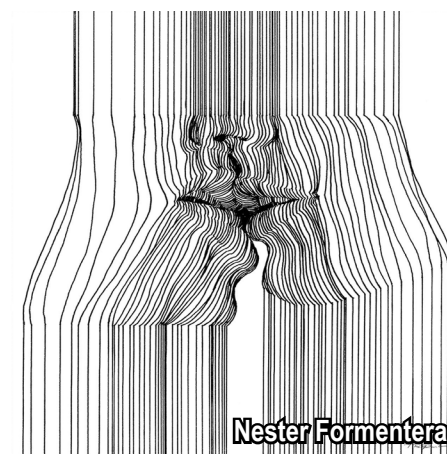
"Don't play innocent. I can see everything. I saw the way you looked at those men."

Lacy turned to Tom: "Looked at who?" She said who with pursed lips and a look of contempt in her eyes.

Tom diverted his accusing gaze back to the road sheepishly. "Never mind." He cleared his throat and shifted his driving cap. "Look, we're here." he said, with a sigh of relief for the change in subject.

The gated estate had tall stone, ivy-covered walls that stretched far into the dark of night. The double-door had the initials K. M.. Past the iron gate, a mansion with inviting lights stood on the top of the hill, bellowing murmurs of the buzzing crowd across the field.

*Author's Note: This is an excerpt of a much greater (incomplete) work.*



## L'attente

Camille Slaght  
Contributrice

L'attente est longue, parfois.  
Je voudrais tant me dissoudre  
en toi, m'effacer, creuser  
jusqu'au fond de ton ventre  
pour paraître, devenir,  
redevenir, et renaître.

Dans l'eau qui coule sous ta langue,  
le sang qui coule sous ta peau,  
l'odeur qui flotte dans ton cou.  
Exister seulement dans tes yeux,  
sous le poids de tes doigts,  
dans le son de ta voix.

Mes souvenirs sont enrobés de toi,  
comme des fraises en chocolat  
dont la dernière bouchée  
est toujours un peu amère.

Hier, tes mots gonflés d'amour  
me suffisaient, me rassasiaient,  
me saturaient de toi.  
Mais me voici, malgré moi,  
remplie d'envie, ayant besoin  
du contact de ta joue, si douce  
qu'elle devient liquide  
appuyée contre la mienne.

Comme si un moment pouvait  
durer vingt jours et vingt nuits,  
je me dis qu'un seul instant  
pourrait être conservé, emballé  
jusqu'à la prochaine fois.

Un jour je ne dépendrai plus  
de ces images fragmentées.  
Un jour je t'aurai en entier.



Ben Delasco  
Riddler *\*Look for the answer  
on the next page!*

We watch over you day and night.  
And try as you may and try as you might,  
We are not always within sight.  
Flowers do not know us; their eyes shut tight.  
With their arising, comes our daily flight.

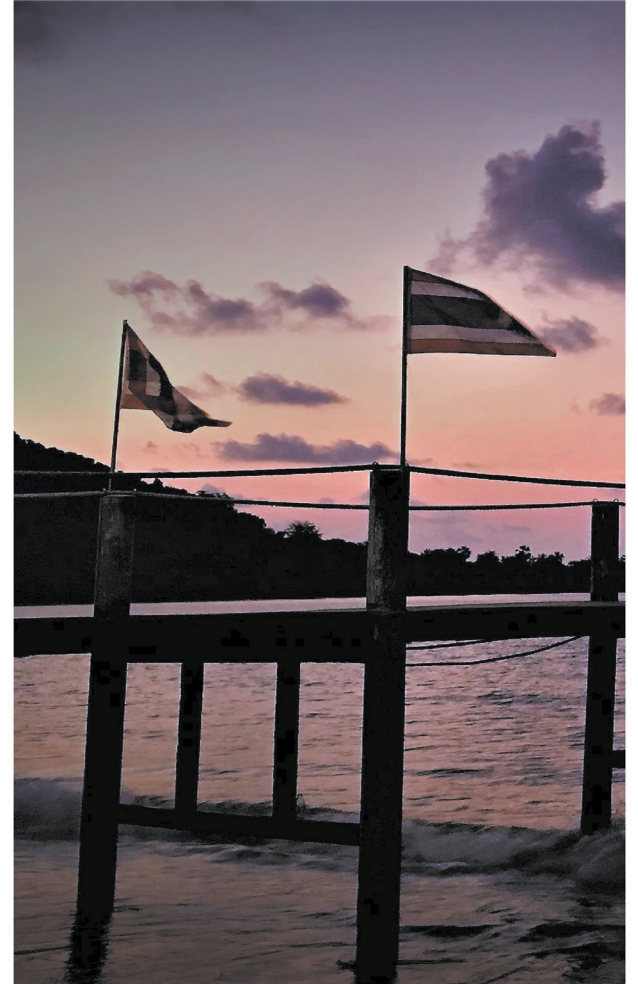
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\*Riddle Answer: What are stars