

protemgl

NOTRE VOIX NOTRE HISTOIRE

le journal bilingue de Glendon | Glendon's bilingual newspaper

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Issue 9 - Volume 56 - March 28, 2018

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Notre date limite finale:
le 30 mars



NOTRE VOIX
NOTRE HISTOIRE



More Than Just A Slogan: The Commercialization of Protests

Reia Tariq
Campus Life Editor

"The Future is Female," "Pray For —," "I Stand with Immigrants," and several other trendy messages of empowerment or acknowledgments of societal injustices have now become a form of slacktivism. All one has to do is repost the latest GIF, add some buzzwords and you're on your way to being the next figurehead of the movement — all in 140 characters or less. And while these small acts might help bolster your social media following, this growing trend of lackluster activism is failing those who need our help, to the benefit of those who don't deserve it.

On March 8th, we celebrate International Women's Day, but in recent years, many stores and brands are using the day as an excuse to promote discounts for women and increase consumption in a major market. In March 2017, a Quartz article detailed how International Women's Day had been rebranded in China as a day to celebrate via mass consumption, essentially ignoring the movement towards social justice that kickstarted the day as a meaningful and valiant cause to support. It begs the question: do you really need another pair of shoes, another bag or fifteen more eyeshadow palettes? How meaningful can all that stuff be?

More importantly, we must ask

ourselves who benefits when we give in to the relentless marketing. Yes, everyone loves a discount (especially us students!), but when that discount comes disguised as a celebration of this historic day, backed by generations of suffering and fighting for equality, it's time to ask ourselves how we have strayed from the powerful rhetoric of positive change onto the current gluttony of consumerism that marks this momentous day. Because let's get one thing straight: maxing out your credit card on March 8th (whether or not you're female) is not going to help or empower the women of the world!

(continued on page 12)

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ON EMBAUCHE!

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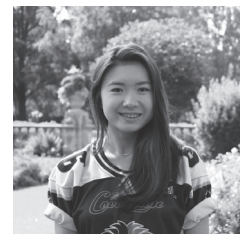
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Expressions

You Could Say It Grew On Me: A Review of Lionheart's Production of *Little Shop of Horrors*

Sienna Warecki
Alumnus

Back at the end of January, Glendon's theatre club, Lionheart Productions Coeur de Lion, put on a production of *Little Shop of Horrors*. I'm not typically the biggest fan of musicals, but *LSOH* was just the right combination of sick humour and great visuals to have me interested. (Also, I could finally be in on the joke when my half-dozen musical-loving friends yelling "FEED ME, SEYMOUR" at lunchtime.)

In a nutshell, *LSOH* is a horror comedy about two florists and a man-eating plant in the shady part of town. Putting aside the fact that a lot of the punchlines are literally punches (and the corresponding "a Nice Guy™ will save me" narrative attached



France Robichaud

to the female lead — this show was written in the 80s, based off a movie from the 60s, and it shows), I had fun with Lionheart's production of the show, and here's why.

First, the supporting cast were every bit as engaging as the mains. In fact, one of the people who captured my attention the most was Jamie Salloum, who played a variety of minor characters with such hellbent conviction that he got a laugh out of me every time.

Second, holy mother of fly traps, the PLANT. I'd heard two things about the character of Audrey II: it's decidedly masculine, with its deep tenor voice, and it is also a puppet. A big, complex, expensive puppet. Productions of *LSOH* are not generally done without the puppet — so when the folks at Lionheart came up with the solution

they came up with, and it worked, it was a great victory. Instead of using puppetry, Audrey II was comprised of roughly five members of the cast, all done up to look like the creeping tendrils of the deadly plant.

They could not have done this without the demanding presence and powerful voice of Caitlyn Smith, who played the role of Audrey II. The song "Feed Me" in particular was a treat, with arguably the two strongest voices in the cast battling it out while Allison Holden performed some impressive acrobatics in complement. Props go to the costume designer for such a great look on the parts of the plant too — every time I looked at that thing I got the heebie-jeebies.

I would say in general that the acting was better than the singing: there were a couple flubbed harmonies and a couple

flat notes, but the enthusiasm that everyone brought to their roles made for an enjoyable experience nonetheless. There were some real tongue-twisters hidden in those lyrics that everyone managed to land, and Jordan Stal, cast as the depraved dentist Orin, had a particularly great Evil Laugh™ on hand.

All in all, Lionheart's production of *Little Shop of Horrors* didn't leave me shaken or shaking with laughter, but it was fun and full of that grim sense of humour I enjoy so much — right down to their chosen ending (did you know there were two?). Read the script, give the soundtrack a listen, and remember: don't feed the plants!



France Robichaud

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AIESEC

Volunteer with AIESEC

Megan Tran
Contributor

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Send your resume & CV to
editor@protemglendon.com by
April 13th!

Shining a Light on the Thailand Symposium



Reia Tariq
Campus Life Editor

"I really like the name of the event, 'Thailand: Shining a Light on the Land of Smiles', because when you don't know an answer to something, you just smile," and with that remark from Sukhdeep Randhawa, a counsellor from the Royal Thai Embassy in Ottawa, the 23rd annual International Studies Symposium kicked off. A full day affair, this year's Symposium on March 10th was both a celebration and a closer examination of the Southeast Asian nation of Thailand, a country that we can all probably admit to having had very few concrete ideas about. The Symposium set out to change these primitive and lackluster views of Thailand. By hosting panels and discussions throughout the day, the Symposium allowed attendees a closer look into the richness that is 'the Land of Smiles'.

The day began with a keynote address and an introduction to the panelists for the day, which alongside Counsellor Randhawa included Penny Van Esterik, a Professor Emeritus of anthropology from York University; Professor Supatra Chowchuech, who is a Professor

of Thai Language and Culture at the University of California, Berkeley; and Kanjana Thepborinuk, a Professor of Thai languages at Northern Illinois University. All three professors talked about their history, background and areas of specialization, which ranged from nutritional anthropology and feminist theory (Professor Van Esterik) to the differences in noun usage when addressing people based on social status in Thailand (Professor Chowchuech) and language as a form of propaganda (Professor Thepborinuk). After this first round of talks, it was time to lunch on an amazing array of Thai delicacies! While attendees lunched, York's Muay Thai team demonstrated some impressive moves, while at the same time teaching a bit of history and culture surrounding the sport.

And just as we must rightly praise the speakers for their fascinating stories and speeches, equal praise must be given to this year's team and volunteers for pulling off such an amazing event, who were thanked by both the Principal and speakers, for the level of research, dedication

and depth they brought to the Symposium. The last panel of the day before the evening reception was hosted and presented by members of the Symposium's own team who spoke about their areas of Thai study, shining a light on the level of knowledge each team member had developed within their particular area of research.

Throughout the course of the event, I asked several attendees about their reactions to the information being presented. The responses I received were overwhelmingly positive, with one guest stating towards the end of the day that he had "really loved everything about it," and another noting that she was "so proud they pulled this all off despite the strike." Yet, I think some of the best feedback I received came from Adrienne Arzaga, one of the event's two photographers, who said: "It was such an amazing experience to attend the Thailand Symposium. As an International Studies student, both the speakers and general set up of the event really inspired me to hopefully take part in a Symposium in my fourth year. Overall, it was actually amazing

to see the Symposium come to life. I was able to see all the behind the scenes work and this group of students dedicated so much of their time and it seriously paid off."

Arzaga continued her praise of the Symposium and its coordinators, noting that she attends classes with some of the coordinators and "honestly cannot believe they were able to juggle this huge responsibility on top of everything else already on our plates. I think this event truly showcased the great talent and skills that Glendon students possess, which are too often ignored due to our small presence in the grand scope of York. I am so proud of all the Symposium members for pulling off such a brilliant event."

And so with that, here's to the ever-continuing spirit of International Studies Symposium and future team members; this event is truly a unique bloom in the vast garden of York University, and hopefully one students can continue to enjoy and learn from for years to come!

Adrienne Arzaga

A Message from the Thailand Symposium Team

I had known since last year that I wanted to join the Symposium and my experience this year did not disappoint. The Thailand Symposium was, for me, an academic journey unlike any other I've had during my time here in the International Studies program. Learning about Thailand was eye-opening in the sense that I was able to practically apply what we have learned throughout the program and see the various aspects come together in the study of one nation. In regards to the Symposium itself, seeing people so engaged and excited to learn about Thailand was a reminder of why it's so important that an event like this continue.

In spite of all the hardships, obstacles and complications that our team faced (for those who are thinking about participating in future years – trust me, there were many), we were able to overcome them all, resulting in a successful event. I've learned so much from each interaction during this process and will gratefully take and apply these skills post graduation. A heartfelt thank you once more to everyone who supported us in our presentation on the Land of Smiles.

- Shivani Babuta, Marketing Coordinator

I truly realized the Symposium had been a fruitful experience for us when I saw the excited faces in the audience, revealing their eagerness to learn more about Thai culture and history. Personally, it was an enriching experience to plan, organize and manage the Symposium with my teammates. I believe the lessons we have learned from each other throughout the past year will be extremely useful for us as we seek to further develop our organizational and management skills in the future.

- Sara Nekouei, Co-Fundraising Coordinator

It was fulfilling to see everyone come and enjoy themselves, even more so hearing about the things they learned and their favourite parts of the day. I definitely learned a lot throughout the learning and planning process for this symposium and I hope that this course continues for other students in the years to come.

- Gulsvert Dela Cruz, Finance Coordinator

Overall, the Symposium event was a success and, personally, I am very pleased with the proceedings of the day. Although we faced some rather unfortunate circumstances leading up to our date and on the morning of, we were able to quickly problem solve and create a viable solution that resulted in a first at the International Studies Symposium: a student panel.

The process leading up to our conference was long and stressful; however, I think we had a great team that was truly resilient and able to deal with whatever was thrown our way. In the end, our panels did a great job both educating and entertaining our guests and I could not be more pleased with their participation. I'd like to extend my sincere gratitude to everyone who helped us; without their support, our Symposium would not have been the success that it was. Finally, I'd like to thank everyone who took the time to attend; it was great seeing so many pleased faces and I hope you all enjoyed what we had to offer.

- Tony Belony, Project Manager

Symposium has been one of the most challenging and rewarding courses I have ever taken. It was not at all what I expected it would be, but I have learned, and gained, so much from it. The skills we honed and the new ones we learned throughout the year will enable us to enter the workforce with experience, resilience, adaptability and a smile.

I would like to thank everyone who assisted us or supported us and all those who attended the Symposium for making the many hours spent in our bi-weekly meetings worth it! A special thank you to the rest of my Symposium Team, our Volunteer Coordinators, Volunteers and the many sour candies that were sacrificed during the months of planning.

- Jayanti Venkadasalam, Communications Coordinator



Adrienne Arzaga

David's Discs: What to check out (or not) this month

David Rosen
Columnist

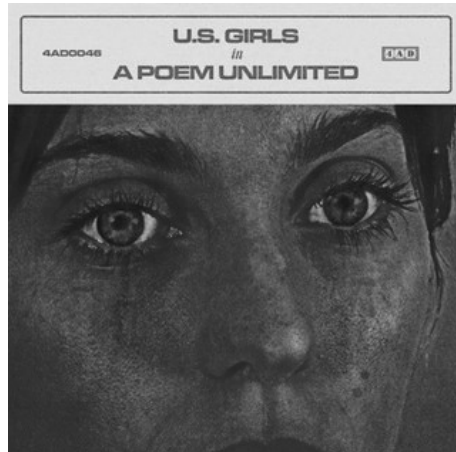


Time & Space by Turnstile

Baltimore hardcore punk band Turnstile return with their sophomore effort, *Time & Space*. At just twenty-five minutes long, this album seems confident that it will leave an impact in spite of its brief runtime; however, whether it does or not will vary from listener to listener. The album is pretty consistent in tone and energy throughout, which might make the record come off as monotonous or tiresome to some — but not to me. I found myself thoroughly whipped up in the juvenile aggression on display here, with the confrontational hooks keeping it engaging from track to track. Even now, I find myself wrestling with the urge to yell “I’ll do it again! Yeah, I’ll do it again!” at innocent passersby, and other such rude and unruly public behaviours.

The one song that breaks the mood is “Moon,” which uses clean vocals. As a result, this tune is a bit of a grower, and certainly nowhere as immediate as the other tracks here. Speaking of clean vocals, they are sprinkled throughout the record here and there and, to me, this is the weakest aspect of Turnstile’s sound. The screamed vocals do such a great job at getting the blood pumping that the entrance of clean vocals can have the effect of water being splashed in your face. That said, on the whole, *Time & Space* is a short, wild ride through some of the best hardcore punk out there right now.

My Score: 8/10



In a Poem Unlimited by U.S. Girls

In her latest album, *In a Poem Unlimited*, Meghan Remy (also known as U.S. Girls) brings her densely lyrical style of songwriting and backs it up with some dance-pop instrumentation. Through her lyrics, the Toronto via Chicago indie singer-songwriter muses on some interesting socio-political topics, ranging from women’s safety to the legacy of Barack Obama. These musings makes the album pretty engaging from a thematic and lyrical perspective.

Musically, however, it’s pretty ho-hum — just some pleasant melodies with some upbeat and slightly jazzy instrumentation. Remy’s voice is not very confident or distinct either. She carries the tunes well enough, but never comes out swinging. The record is pleasant but, true to its title, this album would work best as a collection of poems.

My Score: 6/10

Call for Artists

LMG is looking for artists for our Art Gallery!

We are accepting:

- Photography
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- Sculptures
- Fashion design
- Spoken word poetry

If you are interested in submitting art, please contact us at lamodeaglendon@gmail.com

If you wish to submit any other mediums of art not listed above, feel free to reach out to us.

KEEP GOING,
YOU ARE
ALMOST THERE!

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Envoyez vos articles à
EDITOR@PROTEMGLENDON.COM
La date limite est le 30 mars!

FrancoQueer: une organisation pour la communauté francophone LGBT

Vincenzo Sansone
Contributeur

FrancoQueer est une organisation bénévole qui existe à Toronto depuis 2005. Cette organisation importante s'occupe de faciliter l'intégration des personnes francophones dans la communauté LGBT de Toronto à l'aide de programmes tels que le Café Bilingue, le festival Franco Fierté et le Carrefour des Immigrants.

Parmi les plusieurs activités réalisées pendant l'année dernière, le programme Café Bilingue a organisé des rendez-vous hebdomadaires à GladDay Bookshop. Il s'agit d'un cercle de discussion bilingue ouvert à tous les francophiles et francophones qui permet aux participants d'améliorer leurs compétences linguistiques dans un cadre informel. Des cours formels de français sont aussi organisés en parteneri-

at avec l'Alliance Française.

De plus, le Café Bilingue a projeté des films queer comme C.R.A.Z.Y, La Cage aux folles, Embrasse-moi, Laurence Anyway et 120 Battements par minute dans le but de promouvoir la francophonie au sein de la communauté LGBT de Toronto.

Dans le même but, des conférences comme : « Le mouvement pour les droits des personnes LGBTQ en Ontario » ; « Loi sur les services en français » ; « Enjeux LGBTQ » et « L'Histoire de la présence francophone en Ontario » ont présenté des aspects intéressants de l'histoire et la culture franco-canadienne.

Le Carrefour des Immigrants, créé en 2005 grâce au financement du gouvernement provincial de l'Ontario, offre des activités ciblées à l'intégration sociale des réfugiés provenant de pays où ils sont condamnés ou persécutés à cause de leur sexualité. Franco Fierté est le seul festival francophone LGBT de l'Ontario qui permet l'expression des cultures francophones en partenariat avec Pride Toronto et d'autres organisations de la francophonie ontarienne.

Pour plus d'informations sur les activités organisées par FrancoQueer, visitez leur site web (www.francoqueer.ca) et leur page Facebook (@FrancoQueer).



FrancoQueer is a non-profit organization that has successfully operated in Toronto since 2005. Its programs, such as Café Bilingue, Franco Pride and Crossroads Immigrants, help Francophones in Toronto to integrate into the vibrant LGBT community of this great city.

Throughout the year, Café Bilingue has promoted plenty of activities. Amongst them, weekly group discussions at GladDay Bookshop have offered an informal environment allowing Francophones and Francophiles to improve their language skills in both French and English.

Alongside these group discussions, formal French classes are offered in partnership with L'Alliance Française.

Café Bilingue has also been screening the queer movies C.R.A.Z.Y, La Cage aux Folles, Embrasse-Moi, Laurence Anyways and 120 Battements Par Minute and has planned conferences including: "Le mouvement pour les droits des personnes LGBTQ en Ontario"; "Loi sur les services en français"; "enjeux LGBTQ" and "L'Histoire de la présence Francophone en Ontario" on topics concerning Franco-Canadian history and culture.

The program Crossroads Immigrants, established in 2015 with funding from the Ontario provincial government, offers different activities that encourage the social integration of refugees coming from countries where they were not allowed to freely express their sexual identity. Lastly, Franco Pride (or Franco Fierté) is the only francophone LGBT festival in Ontario that promotes Francophone culture in partnership with Pride Toronto and other Franco-Ontarian organizations.

You can find more information about FrancoQueer and its programs on their website (www.francoqueer.ca), as well as on their Facebook page (@FrancoQueer).

Une poupée pas comme les autres: Nouveautés dans le monde des femmes

Sandrine Exil
Rédactrice des arts

Elizabeth Schoettle est une artiste et une créatrice de différents mondes magiques. Son personnage alter-ego, @phobenewyork sur Instagram, plonge profondément dans la vie des femmes modernes et dans le monde de la mode. L'art de Phoebe fait réfléchir au contenu au-delà de l'esthétique. Ses collages pourraient être considérés comme une interprétation puissante des conflits de notre société.

Elizabeth Schoettle a obtenu 20 000 abonnés Instagram et deux nouvelles expositions solo en plaçant discrètement une figurine en forme de poupée de papier intitulée « PhoebeNewYork » dans des espaces publics de la ville, sur des murs de briques et des vitrines. Elle considère Phoebe comme son alter ego élégamment vêtue; une femme à la tête ronde avec une coupe de cheveux « bob » qui se débat avec la féminité, la politique sexuelle et l'indépendance dans des collages de photos de mode avec des slogans provocateurs.

Ses images suscitent des questions comme « Qui a besoin d'un homme » et « Es-tu responsable de ta vie amoureuse? » Dans les images de la piste, elle apparaît avec des exclamations comme, « C'est mon style. » Son travail soulève souvent un sourcil ludique envers l'industrie de la mode en questionnant les normes de beauté et les perceptions de l'amour et du genre.

Schoettle a étudié la mode et le cinéma au Hunter College. Elle découpe ses matériaux dans des magazines de mode vintage, des pochettes de disques, des vieilles photographies et des livres qu'elle trouve dans des marchés et chez des vendeurs de magazines.

Pour placer ses œuvres dans les rues, elle part à l'aube avec un seau de pâte de blé et des photos de ses collages, se dirigeant vers le quartier de la mode de Soho ou explorant divers quartiers.

Plusieurs considèrent cette artiste comme un étrange phénomène en ligne qui a surgit à New York. Elle a officiellement vaincu une compétition intitulée « Art Prison » qui a été lancée au début du mois de Mars. Mieux connue sous le nom de poupée en papier alter ego, l'œuvre de @phobenewyork est immédiatement reconnaissable. Vous pouvez voir le travail de Schoettle à la Galerie 181 à Toronto de 12 h à 18 h, du mercredi au samedi, jusqu'au 31 mars.



Instagram: @phobenewyork



libbyschoettle.com

Thailand Symposium



Symposium de la Thaïlande



Krysta's Picks: Cocktail Bars

Krysta Veneruz
Columnist



Speaking of picks (or pickets), it's strike time! That means you have time to catch up on assignments during the day and time to have fun at night! If you're like me, you like a solid venue for unwinding with friends, enjoying some tunes and testing out several of Toronto's wide range of yummy drink creations. I've put together a list of some of my favourite spots for doing just that. So why not grab a TTC day pass and do a little bar hopping for a fun (strike) evening!

Pacific Junction Hotel
234 King St. E.

This little dive bar is the absolute cutest. Every time I walk in here, my mind is filled with colourful Californian vibes, making for an all-around relaxing night! Menus are served on a little record spinner, which actually helped my indecisive self choose my drink relatively quickly. They often have a DJ here on weekends, so be ready to jam your night away with on-the-spot mixes. For additional entertainment, Pacific Junction also has ping pong and billiards tables, which makes it the perfect spot to bring the whole crew. If you're still not convinced, this place has an adorable patio in the summer months, so be sure to add it to your list come patio season!

My Recommendation: Poutine spring rolls (the best kind of Canadian fusion), and to drink, try their No Scrubs tequila cocktail!

Civil Liberties
878 Bloor St. W.

Posting themselves as a prohibition-era bar with speakeasy vibes, these Bloor & Ossington bartenders are ready to craft the perfect drink for you. Tell them what you're feeling, rum or citrus vibes and they'll get craft you a personalized cocktail! The rustic wood and brick setting definitely makes

10

the drinks stand out here. The envi-

ronment guides your attention towards the magician bartenders making your drink, with some fancy pouring action for show, of course. All in all, this spot is perfect for a date or a relaxing night with your crew, and it's not far from a lot of other Toronto hotspots for night life, if you're looking to continue your night down Ossington!

My Recommendation: I don't have one because my drink was made specially for ME, so let them get their artisan on to match YOUR personal taste.

The Lockhart
1479 Dundas St. W.

This nook in the heart of Little Portugal is where all the Hufflepuffs like to spend their Saturdays. With 100% Harry Potter décor, it's no wonder that the Lockhart often has a line-up full of nostalgic 20-somethings. That said, the line-up is always worth it here, because your insta game will be on point after seeing the interior of this place. The bar staff is amazingly friendly, and some of their drinks are brought out literally on fire and, honestly, nothing can top that! The Lockhart has a small tapas menu, but I would suggest either doing drinks or brunch here to get the full Wizarding experience.

My Recommendation: A pitcher of butter beer — yes, the whole pitcher, because it is both delicious and super cool!

Té
70 Ossington Ave.

As if its prime location at Queen & Ossington isn't a good enough reason to be sold on coming here, this cocktail bar is absolutely one-of-a-kind. Inspired by Asian-Spanish fusion, any of the featured "té" cocktails are infused with tea, whether using a tea base or infusing your favourite alcohol with tea: perfect for avoiding any sense of guilt about drinking because if there's tea in your drink, it's obviously healthy! The food here is served as Spanish-style tapas, fused with Asian-inspired cuisine.

My Recommendation: Jasmine gin and tonic.



April Events in Toronto: What Not to Miss This Month

If you're around Toronto and hear of an event that might be of interest, write to us at: metropolis@protemglendon.com.

Nerdgasm: A Del Toro Tribute

Isabel Bader Theatre
Saturday, March 31 from 7:30 – 9:30PM

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

Easter Brunch Buffet

Craft Beer Market Toronto
Sunday, April 1 from 10AM – 2PM

Andy Grammer: The Good Parts Tour

The Phoenix Concert Theatre
Monday, April 2 @ 7PM

AGO Creative Minds

Massey Hall
Wednesday, April 4 from 8 – 9:30PM

The Green Living Show

Metro Toronto Convention Centre
Friday, April 6 from 12 – 8PM

The Toronto Real Estate Wealth Expo

Metro Toronto Convention Centre
Saturday, April 7 from 8AM – 6:45PM

Toronto Art Crawl: Spring Pop Up

The Great Hall
Sunday, April 8 from 11AM – 6PM

Austin Basham & Hollow Coves

The Drake Hotel
Monday, April 9 @ 7PM

Celtic Woman: Homecoming Tour

Sony Centre for the Performing Arts
Wednesday, April 11 from 7:30 – 10PM

19th International Congress on Nutrition

Amsterdam Bicycle Club
Friday, April 13

Toronto Coffee & Tea Expo

Evergreen Brick Works Pavilions
April 14–15 from 11 AM – 6 PM

Climate, Energy and Policy

Royal Ontario Museum
Monday, April 16 from 7 – 8PM

Fashion Art Toronto

Daniels Spectrum
Tuesday, April 17 from 6 – 11:30PM

ALEFBA

Queen Gallery
Wednesday, April 18 from 7 – 9PM

94.9 The Rock Presents: The Wild!, The Lazys & Crown Lands

Lee's Palace
Thursday, April 19 @ 8PM

Alison Lawrence's 'The Right' at Studio

180 Berkeley Street Theatre
Friday, April 20 from 7 – 9PM

Toronto Sandwich Fest

Artscape Wychwood Barns
Sunday, April 22 from 11 AM – 2 PM

Built To Spill & The Afghan Whigs

The Danforth Music Hall
Monday, April 23 @ 7PM

California Wine Fair

Fairmont Royal York
Monday, April 23 from 7 – 9:30PM

Canadian Invasion Fashion Show

The Uptown Loft
Thursday, April 26 from 7:30 – 11PM

Maximum Exposure

Ryerson School of Image Arts
Friday, April 27

Kensington Krawl Food Tour

Jimmy's Coffee (Kensington Market)
Sunday, April 29 from 11 AM – 2:30PM

TO's Hidden Gems

Behrad Taeed
Metropolis Editor



BlogTO

The Green Room
414 College St.

I am always on the prowl for a comfy and, more importantly, cozy restaurant. Last week, a friend invited me to eat at a bar/

restaurant labelled online as an “unpretentious two storey hangout,” so I decided to check it out. At first glance, the Green Room appeared to be a hidden, run down spot with no originality. However, when I entered this establishment, all assumptions and reservations I had walked in with were discarded. It had a laid-back atmosphere, filled with 20-somethings and a vibrant, soulful green-themed surroundings. The Green Room is definitely a place designed for university students, hipsters and music lovers.

Upon arrival, we were presented with a menu with a perfect selection: not too long so as to overwhelm, and it had an interesting variety of dishes with Mexican, Danish, German, English and Chinese influences. Personally, I would recommend the schnitzel sandwich, which was both fresh and delicious. Top it off with a pint of Guinness for good measure and enjoy the company you're with. The staff were also extremely genuine and friendly. Everything

about this restaurant screamed good food, better people and was generally down-to-earth. They also have a patio for the spring and summer seasons. All in all, I was happy to have stumbled across this perfect little spot to enjoy with friends and I will definitely be returning in the near future.



deergarden.ca

Deer Garden
550 Hwy 7 #108

This Richmond Hill restaurant serves the best pho I have ever had. Consider your-

self warned, you should expect a long line-up; this place has a great reputation and, at peak times, you can tell before you even set foot inside! The place is always packed; in fact, much to my surprise, it was fully booked even at 5:30pm on a Sunday. I waited 30 minutes for a seat to open up, but it was worth every minute.

Deer Garden's pho is enough to satisfy any hunger: it is massive and is packed with flavour. A simple custom menu makes for easy ordering and allows you to choose your soup base, ingredients, noodles and sides. Meals also come with your choice of cold tea or milk tea, which is absolutely delicious. Overall, I would say this restaurant is a must-try for any avid pho lover, and even if you aren't one yet, the delicious broth will have you coming back again and again. Word to the wise though, if you're planning on checking it out, make reservations ahead of time, as it is almost always busy — and for good reason!

INDePth: A Deeper Look into the Intricacies of Asian Cities

Amanda Jose
Media Officer

After attending the amazing Thailand Symposium organized by Glendon's International Studies students earlier this month, I was inspired to look further into global Asian affairs in order to learn more about this continent that is so close to my heart. With a couple quick searches, I stumbled upon, signed up and attended a free event discussing urban development in the context of Asia. Students from the Munk School of Global Affairs organize an annual conference called INDePth (Interrogation Notions of Development and Progress) with this year's theme focusing on Asian cities. This conference delved into the complexities surrounding the concept of a “city” by touching on themes of modernity, urbanization and migration through a mæultidisciplinary lens.

The day began with a thought-provoking panel, introducing the idea of modernity and the multiple interpretations that come along with it. Three panelists spoke about the way the term is used as “the ideal goal for nations to pursue.” They questioned what this ideal goal actually looks like and whether it works in all societies. From what I learned, modernity is deeply rooted in western ideology, which frames our expectations of how people should live

around the world. It is linked to the idea that you must leave old traditions in order to be modern. But this Eurocentric standard cannot possibly speak for the vast narratives that exist around the world. At the end of the discussion, the audience was left with the question of how to stay personal while still being analytical when discussing modernity.

Following the first panel, we were treated to a free lunch featuring a plethora of ethnic and Asian fusion food alongside a film screening. Puso ng Lungsod (or Heart of the City) was presented in collaboration with the York Centre for Asian Research (YCAR) as part of their Emerging Asian Urbanisms event series (leaving me wondering how on earth I was only learning about this now!) The film demonstrated the resistance of the urban poor in the Philippine capital of Manila when faced with housing demolition in their communities and forced relocation. This was followed by

a brief Q&A period with Dr. Andre Ortega and Hazel Dizon, two academics from York University, where local comparisons were drawn to the gentrification of Regent Park.

My favourite panel began in the early afternoon and sought to challenge ideas of urban and rural divides in the conceptualization of a city. Hearing “urban versus rural” often paints a picture of skyscrapers juxtaposed against open fields, so it was interesting to see how the presenters were able to show that a piece of land is not always neatly organized. One presented her case study on urban nomadism in Ulaanbaatar, Mongolia showing how Gers (traditional round tents used by nomads) are integrated into the city in “Ger Districts.” In addition, eye-opening presentations on rural cities and urban villages based in China shattered my notions of settlement structures. Who knew such inherent contradictions could exist?

From these talks, I was enlightened to learn that the line dividing what is “urban” and what is “not urban” is curiously blurry.

The day began to close with a final panel speaking on the topic of migration and solidarities. The panel focused on the positive factors surrounding migrants, discussing how they are able to come together and support one another. One presentation was particularly notable. It looked at female migrant domestic workers in Singapore who are not actually considered to be “workers” but rather “helpers” in their society. It was uplifting to discover that these women, despite their rather unfortunate political and economic circumstances, are helping to empower other female migrant workers through educational and community-building groups, like HOME: Humanitarian Organization for Migration Economics. Soon after, discussion groups followed, along with closing remarks and a dainty reception complete with free champagne.

All in all, it was a wonderful event that I wholeheartedly recommend attending in future. It was an informative and impactful day to say the least and I went home full of knowledge — and a full stomach to boot! As my own graduation approaches, I find myself reflecting on the next steps of my life, hopefully and possibly involving a closer relationship with my roots and fostering educational support groups for the Filipino community of Toronto.



Amanda Jose

Protests (cont.)



What's more, nearly every fashion tycoon — from Amancio Ortega of Zara to Leonardo Del Vecchio of the Luxottica Group — is a man, while the majority of their workers are underpaid and horribly exploited women. Frankly, wearing a shirt proudly stating that you're a "feminist", while ignoring the plights of the woman who made it, is a grievous act of hypocrisy. A new word has emerged to describe this recent trend of corporations and businesses jumping on the feminist bandwagon as a way to sell their products or services: femvertising.

Each year, an award is given out by SheKnows Media to recipients like P&G, whose products you likely use every day (think: Gain, Tide, Herbal Essences). A key ingredient in many of these products is palm oil, which is used in a vast array of products, from soap to ice cream. What few consumers realize is that palm oil plays a major role in deforestation around the world. What's more, huge corporations, like P&G, buy their palm oil from a supplier called BW Plantations. Known for causing widespread environmental destruction and displacement of Indigenous peoples, BW Plantations is one of the most notoriously corrupt businesses in the industry. By engaging in blind acts of consumerism, we are unknowingly allowing these despicable corporate behaviours to go on unchallenged.

Does this all sound depressing to you? Well, perhaps it is. But it is my hope that by fostering true awareness (rather than just tweeting out #BoycottBW or some other hashtagged act of slacktivism), I might be able to encourage you to wield the incredible power you hold as a consumer. I encourage you to get concerned and get angry, and then voice those concerns by carefully choosing how you spend your hard-earned money. I encourage every single one of you to make waves, rather than ripples. And I beg you not to let any other significant occasions become just another excuse to spend. I urge you all to do your research, to think before you spend, and to be aware that everything is connected, so every choice you make has the ability to affect someone around you. Finally, remember, as a consumer, you have a choice and no one can take that away from you.

Re-evaluating what's common:
'Common' sense, courtesy, and knowledge
in the world of customer service

Sarah Tadjana
Editor in Chief

As a server in downtown Toronto, I've experienced my fair share of nightmare-ish interactions with customers who don't seem to understand that I am actually a human being with some degree of self-respect still intact. So, after nearly four years in the service industry, I've come to a couple realizations about some things we tend to take for granted: 1) common knowledge is never shared; 2) common courtesy no longer exists, and 3) common sense is not that common. Go ahead and call me a bitter old pessimist — you wouldn't be the first — but for anyone who's worked with people on a daily basis, I'm sure you see the kernel of truth in each of those statements. And for those of you who have only ever stood on one side of the counter, please read between my passive-aggressive grumblings and take the moment to re-evaluate your own preconceived notions about what's truly common.

The truth is no one dreams of becoming a sales clerk or a waitress, and I certainly don't know anyone who takes these kinds of jobs for the love of customer service. That's because, on some level, we all know that dealing with people on a regular basis is demanding and, all too often, demeaning work. Or do we? Perhaps, as someone who grew up with friends and family in the industry, I was privileged to understand the hard work and emotional labour that go into those perpetually cheerful smiles. Perhaps that isn't such common



Philip Patston

knowledge after all. And perhaps it is the right of any paying customer to refer to their waitress or sales clerk by whichever creepy nickname they please, instead of the name listed on their name tag. And maybe, just maybe, a guy who's deathly allergic to mushrooms shouldn't have to mention that fact before ordering the chicken fettuccine, or anything in a restaurant for that matter, because his waiter should just be able to tell from the wrinkle on his forehead!

Now I can't say for certain whether the hell customers put me through on a daily basis is intentional on their part or if the grouchy old couple who come for dinner four nights a week truly believe that my only ambition in life is to wait on their every beck-and-call in hopes that they'll toss a fiver my way. Either way, let me be perfectly clear: I am a server, not a servant. I may earn a measly salary and rely on tips to get by, but that does not give a customer the right to treat me as a lesser human.

Standard courtesy and practicality should come into play in every social interaction, regardless of the environment or dynamic.

Although we have officially entered an age where machines are phasing out human labour in the service industry, for the foreseeable future, stores and restaurants will still be manned by living, breathing people (not unlike from the people they serve), so the least any of us can do is abide by the Golden Rule and show a little respect. Chivalrous concepts of courtesy may be drawing their final ragged breaths and we may be living next door to the real-life Idiocracy, but that doesn't mean that a shared sense of common decency has to die. Common decency is a pretty vague term, so let me be precise: respect the time, effort, and personhood of everyone you encounter and, chances are, you'll be on the right path. Because when it comes down to it, we're all just trying to make it through the day.

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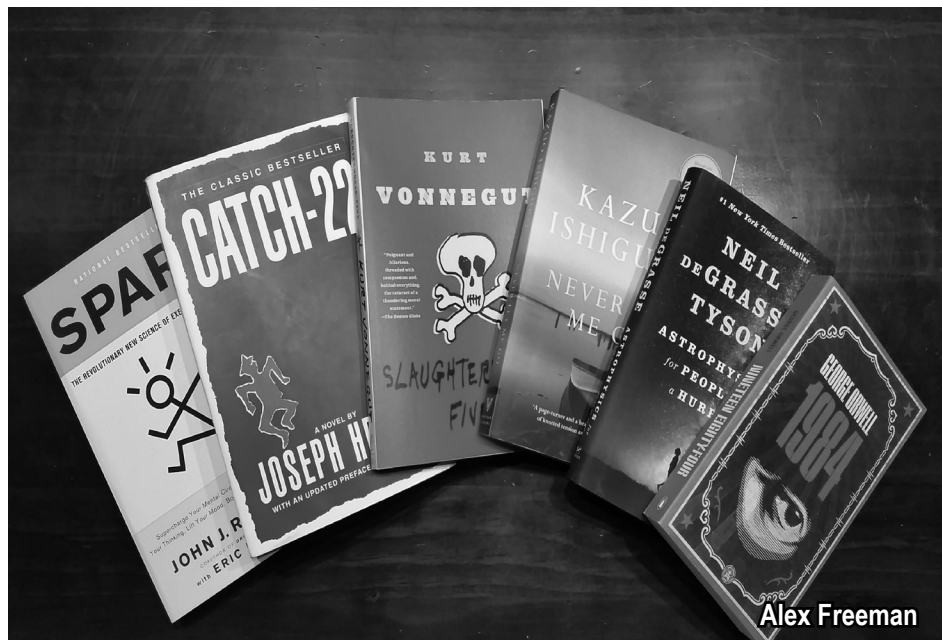
Alex Freeman
Issues & Ideas Editor

It's undeniable that today, human beings have more access to information than ever before. Whether this is coming through 24-hour news channels, social media or other internet sites, information is constantly flowing and waiting to be consumed by avid observers. People then go about their daily lives, having formed opinions about political, economic, environmental and social issues defined by their particular media diet. Yet one thing we often fail to address is the quality of this information. I won't spend time explaining the drawbacks of information emanating from social media or television, because most people are already aware of these deficiencies, especially given the recent revelations about Russian agents influencing the American election.

The problem is that quality is often confused with quantity. A preponderance of media consumption doesn't make up for a lack of literary and empirical knowledge. In other words, we must not forget to return to the original, and, if I may boldly say, superior, technology: the printed book. It never needs to be recharged, it lasts forever and it's incredibly cheap to produce and purchase. Books are the bailiwick of wise and learned people. Books show us how to run companies, lead countries, rescue economies, harness our creativity and promote the well-being of our bodies and souls.

The issue with books is that they require a deeper level of concentration, and a longer commitment of time. Books are an investment — but they pay incredible dividends. By reading, you not only gain a superior quality of information about whatever you're studying, but you also force yourself to hone your reading and writing skills in the process. Like any exercise you might do at the gym, reading helps create (and then reinforce) positive feedback loops, making you come back for another dose of fantasy, excitement, and analysis.

Above all else, being able to read and write at a higher level is not only rewarding and pleasurable, it provides you with power. In a world where æpower games and competence dominate nearly all social hierarchies, failing to read published and peer-reviewed works promises to hinder individuals on the path to self-improvement, wisdom and enlightenment. Studies have also demonstrated that the number of books read per year is directly correlated to financial success, career development, as well as personal happiness and fulfilment. Whether this correlation can always be



Alex Freeman

interpreted as causation is up for debate.

Depending on the studies you look at, the average Canadian spends between 350 and 450 minutes a day consuming modern media: that's between 5.8 and 7.5 hours per day. Every day. Conversely, the average Canadian spends less than 6 hours per week reading — that's around 50 minutes per day, at most. And roughly 18% of Canadians (and 28% of Americans) haven't read a single book in the past year. These numbers have been relatively stable over the past decade, so it would be foolish to infer an epidemic of illiteracy. Furthermore, millennials are actually reading slightly more than their older counterparts (admittedly, excluding *Fifty Shades of Grey* and *Harry Potter* might drastically alter this finding). Yet, while reading rates remain flat, more and more time is being devoted to the consumption of inaccurate and algorithm-driven information. This is what worries me.

Today, everyone seems to have an opinion about everything, but once you dig around and begin to test the structure and first principles supporting said opinions, most don't hold water. This isn't to suggest that people are becoming less intelligent, quite the opposite is true (average IQ scores having been slowly but steadily rising over the past several decades). What this does suggest is that citizens have now become nodes in a network of billions of connected individuals, instead of being relegated to some obscure and mundane task, as millions of serfs, slaves and peasants had been for thousands of years. Today, virtually anyone with an internet connection can access the near-infinite amount of knowledge gathered since the dawn of time with the click of a button. This is obviously a massive improvement over what Hobbes called the "solitary, poor, nasty, brutish and short" nature of life before the turn of the 20th century.

Yet we cannot take this growth and improvement for granted by forgetting

to crack open a good book on a daily basis. How can our opinions and arguments survive the opposing philosophies and theories without a solid foundation of history, literature, economics and science to act as a bulwark against fear, greed and oppression? Notable polemicist and author Christopher Hitchens best defined the value of first principles and autodidacticism in a Hart House debate back in 2006: *Why do you know what you already think you know? How do I know that I know this, except that I've always been taught this and never heard anything else? It's always worth es-*

establishing first principles; it's always worth saying, 'What would you do if you met a flat-earth society member?' Come to think of it, how can I prove the earth is round? Am I sure about the theory of evolution? I know it's supposed to be true; here's someone who says there's no such thing, that it's all intelligent design... don't take refuge in the false security of consensus.

A final caveat: read things you vehemently disagree with. For example, I disagree with about 99% of what conservative commentator Ben Shapiro talks and writes about. Nonetheless, I still plough through his work so that I can be better prepared to debate a neo-conservative on issues of abortion, capital punishment and many other subjects, should the opportunity present itself. Read fiction and non-fiction, from Dickens to dummy books. Read everything you can get your hands on, and then make up your own mind about the world, instead of receiving your information in seven-second soundbites and retweets. In a world where Kylie Jenner's tweet leads to the obliteration of 1.5 billion dollars worth of Snapchat's market capitalization in a single day of trading, new forms of media wield incalculable amounts of power over our daily lives. Perhaps it might do us some good to spend some of those 450 minutes reading Orwell, Faulkner, and Atwood instead.

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John Kemp's Kitchen: Our Daily Bread



John Kemp
Columnist

Although Spring has technically arrived, temperatures here in Lausanne have still been a little all over the place. As such, I've continued making "winter food," such as stews, soups and whatnot. I mean, when it'll be months before you can justifiably indulge in heavy carbs and fatty foods again, you need to take advantage of it.

The other day, I made a Croatian bean soup known as grah, which has all kinds of lovely ingredients including a medley of legumes, hints of bay leaf and a big chunk of smoked bacon to top it off. The traditional way to eat this soup is with a big hunk of bread and an even bigger glass of beer — a great meal for dieting, if you couldn't tell! Anyway, although I wasn't feeling ambitious enough to make my own brew, I did have a little extra time on my hands to take a shot at making my own bread to go with it.

Now don't get me wrong, I'm terrible at making bread — I mean it, I'm terrible. I'm definitely not some professional baker who can just whip up a loaf on a whim. This was a big gamble for me. Then I found this recipe whose title essentially said "good luck screwing this one up" and I knew it was the one for me.

I started in on the bread, carefully measuring each cup of flour and each gram of yeast, already feeling pessimistic about the outcome given my anything-but-exact imperial to metric conversions and my rather pathetic lack of equipment. After a couple hours of rising, I formed up and scored my loaves before putting them in the oven. About half an hour later, I was surprised — no, shocked — to see that my bread had risen and browned

beautifully, and even more shocked when I cut it open to find it was perfect.

I figured that if I could do this with my bread baking history, then anyone can pull it off. And so, without further ado, I present to you my slightly modified version of the recipe I'll be making weekly now.

Basic Crusty White Bread

Yield: 3 medium loaves of bread
Time: 2.5 hours (30 minutes active, 2 hours for the bread to rise)

Ingredients:

3 cups lukewarm water
7 ½ cups all-purpose flour
¾ tsp salt
1 tbsp granulated sugar
1 ½ tsp instant or active dry yeast

Directions:

1. In a large mixing bowl, combine the flour, salt and sugar. Sprinkle the yeast over the mixture, followed by the water, making sure to cover all the yeast.
2. With your hand or a spoon, mix all the ingredients until everything is combined. Transfer the dough to a lightly greased, very large mixing bowl or container (at least 6 quarts)
3. Cover the bowl or container with saran wrap and allow the dough to rise for about one hour in a warm place. After one hour, punch the dough down, re-wrap and allow to continue rising in the fridge for at least one additional hour (or up to seven days). Note: The more time the dough spends in the fridge, the more like sourdough the bread will become.

4. Preheat the oven to 450°F, placing a cookie sheet with edges underneath the rack you intend to bake bread on. Meanwhile, form about one third of the dough into a 15-ounce piece, using flour as needed to prevent sticking.
5. Place the loaf on a parchment-lined baking sheet, score the top with a very sharp paring knife and dust it lightly with flour to retain moisture.
6. Place the bread in the oven and pour about two cups of water onto the preheated pan underneath, closing the oven door immediately to keep the moisture in the oven.
7. Bake for about 25 to 30 minutes, or until the bread is a dark golden brown. Allow the loaf to cool slightly before cutting.
8. Once totally cooled, store leftover bread in a paper bag.

What I love about this recipe is that you can leave your extra dough in the fridge and just throw a loaf in the oven every couple days or halve the portioning and make six small loaves to have fresh bread every day! Nothing beats the smell, texture and flavour of fresh bread. Give it a try! Happy baking!

Until next time,

A handwritten signature in black ink that reads "John".

Pro Tip: Check out all of John's previous recipes @johnkempskitchen on Instagram and Facebook!

Cheese Sauce Recipe

Janine Cash
Contributor

Ingredients:

1 tbsp of butter
1 tbsp of flour
½ cup of milk
½ cup (or more) of grated cheddar cheese

Directions:

1. Melt butter in a medium sized pot.
2. As soon as butter is melted, add the flour and stir with a fork until you get a paste.
3. In the meantime (if you have a microwave), heat the milk for one minute.
4. Add the warm milk to the paste and stir until the milk and paste combine to get a nice thick consistency. Note: Milk burns easily so watch closely!
5. Add grated cheese and stir until fully melted. Remove from heat.

This is a great sauce for pasta, vegetables (broccoli, cauliflower, etc.), rice or anything else you want to put cheese on!

Recette de sauce au fromage

Ingrédients

1 c. à table de beurre
1 c. à table de farine
½ tasse de lait
½ tasse (ou plus) de fromage cheddar râpé

Direction:

1. Dans un pot de taille moyenne, faire fondre le beurre.
2. Quand le beurre est fondu, ajoutez la farine et remuez avec une fourchette jusqu'à ce que vous obtenez une pâte.
3. En même temps (si vous avez un micro-onde), vous pouvez faire chauffer le lait pour une minute.
4. Ajoutez le lait chaud à la pâte et remuez jusqu'à ce que le lait et la pâte se combinent pour créer un mélange épais. Notez bien: Le lait brûle très très facilement, donc faites attention!
5. Ajoutez le fromage râpé et remuez pour le faire fondre. Retirer du feu.

Voilà une sauce magnifique pour des pâtes, des légumes (brocoli, chou-fleur) ou du riz!

The Risks of Sleep Deprivation

Kaya Harris-Read
Health & Wellness Editor

As students, we live with busy schedules that often get in the way of our sleep. Whether it is staying up to study for an exam, or staying out late on the weekend to burn off steam, it's safe to say that few of us are getting the recommended seven to nine hours a night. The short-term effects of this are pretty obvious, as we chug coffee to keep our eyes open during lectures, but sleep deprivation comes with a number of long-term effects whose link to a lack of sleep is trickier to recognize.

There are very few things in the body that aren't impacted when the brain gets fatigued due to sleep deprivation. A tired brain simply can't perform the same way a well rested one can. Not surprisingly, this impaired cognitive function directly impacts our ability to perform as students. While we sleep, our brain takes the time to form neural connections that enable us to remember things; as such, a sleep-deprived brain is going to struggle with memory retention, reducing our ability to remember information in crucial moments. Furthermore, a weakened brain makes it difficult to think, concentrate and exercise proper judgement, all of which are important for success.

Another impact of a fatigued brain is its effect on our mood. Sleep deprivation can lead to problems with the neurotransmitters in our brains, directly affecting our mood. People who are sleep deprived are more likely to have mood swings, become moody and emotional and have shortened tempers. In more extreme cases of sleep deprivation, the impact on the neurotransmitters can lead to feelings of anxiety and depression, which is why lack of sleep is often linked with mental health problems. A study from the University of Pennsylvania that limited its participants to four and a half hours of sleep per night for

a week found that all of the subjects reported increased feelings of stress, sadness and anger. When they returned to their normal sleep patterns, they reported a dramatic improvement in their mood.

As well as affecting our cognitive functioning and mood, sleep deprivation can also negatively affect our physical well-being. Lack of sleep weakens the body's immune system, making it harder to fight off viruses that cause colds and the flu. This is because the immune system does its repair work while we are asleep. However, it can also lead to more serious health problems. Sleep deprivation can cause an increase in blood pressure and levels of inflammation, which can put you at risk of heart attack and stroke. Blood sugar levels are also affected by sleep loss, heightening the risk of type two diabetes in extreme cases.

Sleep deprivation also poses a number of safety risks. Lack of sleep can impair judgement, balance and our reflexes, putting you at higher risk of physical injury. This becomes infinitely more dangerous when driving is involved. Studies show that driving while sleep deprived is very similar to driving under the influence. It is estimated that in the United States every year 100 000 road accidents are attributed to driver fatigue. As important as it is to get a full night of sleep, it's definitely easier said than done, especially if you have trouble falling asleep or sleeping through the night. Some simple ways to try and get a better sleep at night include: keeping a consistent sleep schedule, avoiding caffeine and naps late in the day. Studies also suggest that the blue light from your phone can interfere with your natural sleep patterns, so avoid screen time for at least 30 minutes before you plan to sleep.

Of course, none of us are perfect. As students, we have all procrastinated and chances are most of us have crammed a semester's worth of studying into one night or stayed up until the early hours of the morning working on last minute assignments. That said, when it comes to student life, sleep is just as important as studying so it's important to find a balance between the two.



Krysta Veneruz

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Neighbourhood Watch

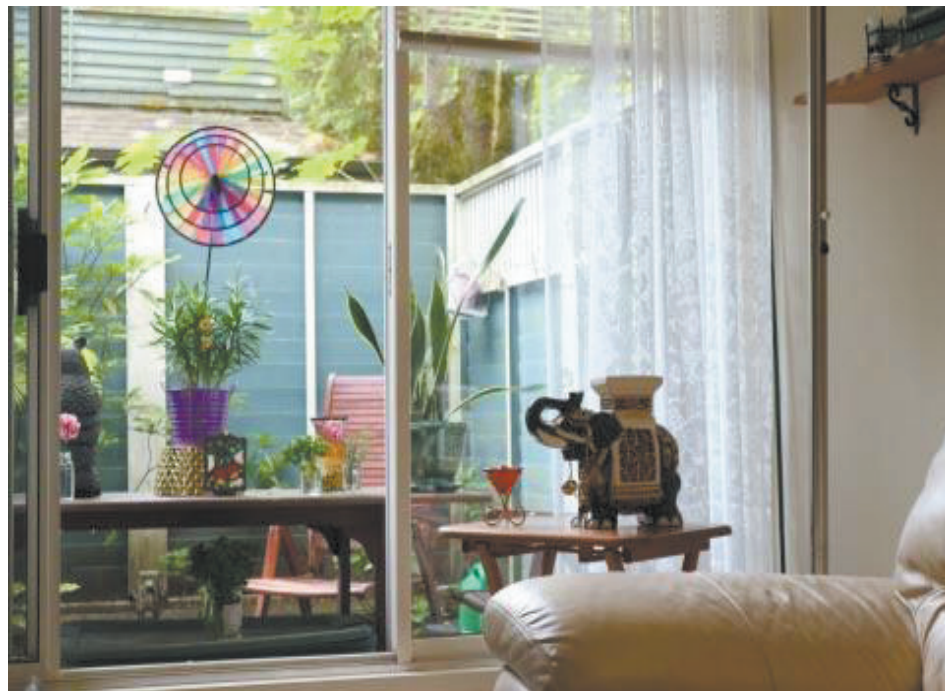
Ayla Slijvar
Expressions Editor

Ever since I could remember, I've always had the habit of staring into other people's windows. Wait. That came out wrong... What I meant is that, I've always enjoyed observing how other people act when they're alone in their homes. At first, I glanced into windows while I waited for the bus or when I took Rex out for a walk in the evenings. You know, just to pass the time or to occupy my mind.

Over the years, however, I made an even greater effort to slip out of the house, my headphones already plugged into my walkman as I took slow strides around the cul-de-sac. The exterior of the houses were standard and uniform: brownish-red Spanish roofs paired with cream-coloured stucco walls. Each house had a double-set garage that would be closed at all times (interestingly enough, since no one took such precautions with their blinds). The housefronts were perfectly maintained: vibrant green lawns with various flowers unfurled on either side of the stone walkway. The windows on all four sides of the house had white trim, almost comparable to that of a television screen; to change the channel, I simply strolled on to the next house.

Now, I'm not some pervert who gets off on watching people at their most vulnerable moments; I wasn't interested in seeing people in that light. I am more concerned about how they act when they think they aren't being watched. I want to see people at their most authentic self. So, each evening, when the front porch lights turn on and illuminate the forbidden interior, I go for a stroll. For the most part, the scenes in the windows were what most people might deem as mundane and conventional: a family of four or five, sitting around a large dining table sporting heaps of various steaming foods. The mom would spoon food into the baby's mouth before taking a bite of her own while the eldest son or father would sneak food beneath the table to the dog. The middle child recounted her day at school to her dad as he listened to her every word. It was dull. And, yet, it brought me joy to watch them — to observe what a family could look and feel like. But what I saw tonight was different.

I had made my usual rounds of the neighbourhood, music flowing softly through my earbuds until I was stopped dead in my tracks. The McCaugh's house on the far left of the cul-de-sac was alight with the curtains left open in the room on



the lower left — a rare sight, indeed. If you were to ask anyone to describe the McCaugh family, you'd likely receive a shrug in response. The fact is, the McCaugh's spent very little time in public view, and never socialized. The head of the family, Peter McCaugh, was always already on his way to work before the neighbourhood awoke and after work, he would tinker with his car, the garage door closed. His wife, Catherine, was only ever seen when she would run errands or tend to her garden; she never had much to say. The couple had one child, Calla, a sophomore like me, but we never ran in the same social circles (she was of the class president variety). Although Calla was much in the public eye at school, none of knew much about her or her life at home. Needless to say, curiosity got the better of me and I strolled closer to get a better view of the room on display.

Inside the room, Calla was splayed out on top of her bed with several textbooks open and a pink highlighter in her hand. Her pale legs were swinging back and forth in a constant motion when her door flew open. Standing imposingly in the doorway, Peter McCaugh was shaking, blood rose to his neck, ears and face as he yelled at his daughter incomprehensibly. Calla seemed to respond nonchalantly, rolling her eyes and returning to her textbooks. In an instant, Mr. McCaugh threw him weight on top of her, turning her around to face him, screaming into her face. Calla was motionless, almost as if she had prepared herself for what was to happen next.

I certainly wasn't. I wasn't prepared for any of it.

I wasn't prepared to see him slap her hard across the face. I wasn't prepared for him to fling her across the room like a rag doll. And I certainly wasn't prepared to watch him remove her clothes, piece by piece.

But she was.

Calla just laid there. She did not fight; didn't even open her mouth to scream.

It was only when Mr. McCaugh pulled himself off of her lifeless body and left the room, buttoning up his pants as he did. Only when he had left and the door was once again closed, did Calla slowly begin to lift herself from the bed. She stared at the wall for what seemed like hours to my horrified eyes. Then, at last, she dressed in thick layers, a backpack in hand. In a matter of seconds, as if practiced before, I watched as Calla exited through the second floor window on to the roof. She threw her backpack onto the ground and braced herself for impact. When she landed with a soft thud and was about to vanish down the street, her eyes met mine. She stood there for a minute longer, no doubt wondering how much I had seen. Only, my face said it all. And she knew.

"You didn't see anything. Anything," she said and walked briskly down the street, her body becoming smaller with each step.

Pop Rocks

Rey Luna
Contributor

Times were simpler when we were kids eating Pop Rocks but now we can only hear the sound of tear drops from genocide to hunger capitalism's taking us under from being displaced by war we can't forget about the poor mass shootings in a place that's supposed to educate and be safe what can we do in this world that will soon be drowning everything that is happening is really quite astounding.



La Chaleur de chez toi

Camille Slaght
Rédactrice en chef adjointe

Un miroir appuyé contre le mur mauve de ta chambre brûlante, visages doux, presque endormis, presque seuls, draps fleuris, tapis gris.

Une tasse remplie d'eau noire et de pinceaux, renversée sur ton bureau; la seule trace de mon passage dans ton petit monde.

La nuit et ses klaxons, la lueur bleue des phares traversent ta chambre, pénètrent les rideaux blancs comme des étrangers que tu choisis d'ignorer.

Au sol, une aquarelle rouge abandonnée, un croquis incomplet de moi. La chaleur de ma peau cherche la tienne lorsque tes doigts fatigués soulèvent la fenêtre opaque pour laisser entrer le froid de janvier.



Laureen Carruthers