

In this Issue:

Vie étudiante: Introducing the 2018-19 GCSU council and your thoughts on formal!

Arts & Entertainment: Lots of awesome album reviews and a guide to starting your own sanity shelf.

Métropole: Get the scoop on the best places to check out this summer, from cheap VR experiences to tiki bars to oodles of outdoor activities, we've got you covered!

Issues & Ideas: Discussing the importance of global basic education and a beginner's guide to personal finance.

Santé et bien-être: John gives us his favourite drink recipe for summer and Kaya discusses the benefits of getting outside!

Expressions: Talking about the ups and downs of family, and a brilliantly scathing homage to Rupi Kaur.



Hearing Without Listening: Problematizing “Disability”

Alex Freeman
Issues & Ideas Editor

About a year ago, my 18-year-old sister decided to learn American Sign Language on a whim. Just to be clear, she was not losing her hearing, and no one in our family is going deaf. Being incredibly gifted, she is now capable of having full conversations in ASL. Other than having achieved something amazing and extremely useful, my sister gained an enormous amount of knowledge about the deaf community by attending ASL classes at the Bob Rumball Center for the Deaf (just north of Glendon on Bayview).

I've spoken to her several times over the course of the year about her new hobby, and the issue of cochlear implants came up in conversation. With the utmost respect, I told her deaf people should embrace this technology in order to better their lives and the lives of hearing people who interact with them. Having seen first-hand what the deaf community believed about these implants, she had a different opinion. Suffice it to say, what she told me gave me food for thought, which I am now sharing with you.

Deaf people do not see themselves as disabled, and do not think that they need to be 'fixed'. They believe that their rich culture and language

allows them to live full and meaningful lives, as full and meaningful as hearing people. Therefore, the invention of any device aimed at 'fixing' deafness would seem to imply that there is a problem with deafness to begin with. This goes against all of the fundamental beliefs of deaf pride. Some deaf individuals embrace the technology and appreciate what it offers: the chance to experience both the world of the deaf and the world of the hearing. However, other individuals consider the device to be an attack on their culture.

(continued on page 13)

Notre Équipe

Editor in Chief | Rédactrice en chef
Sarah Tadjana
editor@protemglendon.com

Assistant EIC | Rédactrice en chef adjointe
Camille Slaght
assistanteic@protemglendon.com

English Editor | Rédactrice d'anglais
Sarah Ariza-Verreault
assistanteng@protemglendon.com

Media Officer | Agente des medias
Amanda Jose
media@protemglendon.com

Photographer | Photographe
Krysta Veneruz
photography@protemglendon.com

Layout Editor | Maquettur
Connor Boyd
design@protemglendon.com

Section Editors | Chroniqueurs

Campus Life | Vie étudiante
Reia Tariq
campuslife@protemglendon.com

Issues & Ideas | Actualité et opinions
Alex Freeman
issuesideas@protemglendon.com

Metropolis | Métropole
Behrad Taeed
metropolis@protemglendon.com

Arts & Entertainment | Arts et divertissement
Sandrine Exil
arts@protemglendon.com

Health & Wellness | Santé et bien-être
Kaya Harris-Read
health@protemglendon.com

Expressions | Expressions
Ayla Slijivar
expressions@protemglendon.com

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Salut Glendon,

Ever since I was a child, I have taken immense pleasure in finding the perfect words to express an idea succinctly, and in further revising those words and their order to create sentences and paragraphs that flow fluidly into each other. Throughout my time at Glendon, and particularly my time with Pro Tem, my passion for editing has only grown. It has been an absolute pleasure to be a part of the executive team for the past two years and I consider myself extremely fortunate to have had the opportunity to be your Editor in Chief, even if it was just for this single (hectic) semester.

On that note, I must say I am disappointed to be writing this, my final letter from the editor, amidst so much confusion and unrest in this school, but I am even more disappointed to be graduating under

these circumstances. This strike has been poorly handled, even by York standards, and it saddens me to know that regardless of how these issues end up being resolved over the next few weeks, I will be leaving this beautiful campus with a more bitter than sweet taste in my mouth.

If there is one thing I take with me as having been a truly positive and foundational experience, it is my time with Pro Tem. This incredible student organization has allowed me to meet and collaborate with some of the most talented and creative people I know. I would like to thank everyone who played a part in our day-to-day operation, from my incredible team, to our amazing contributors and columnists, to our fellow student org leads who helped us host and coordinate great events, even though many were left dead in the water, thanks to this never-ending strike.

In light of the growing student frustration and academic tensions at York, I am compelled to remind you all to voice your frustrations. Each and every one of you has a unique perspective to offer and Pro Tem will always welcome your ideas and opinions. So, with that said, let me encourage all of you to become (or continue to be) active members of the community, to be vocal, and to complete your degrees with your heads held high.

Thank you for writing, Glendon. It's been my greatest pleasure to publish your ideas and opinions and I look forward to reading them next year (this time, from beyond these office walls).

Wishing you all the best in what's to come,

Sarah Tadjana
Editor in Chief

pro tem

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You only have until THIS Friday to apply, so don't miss your window of opportunity!*

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APPLY BY APRIL 13TH

Meet Your Student Government for 2018-19

Incoming Members of the GCSU



Alexia Brown, President

As President, my biggest goal will be to bridge the gap between the GCSU and the students. I want to create an environment that will allow the students to know and feel what we do is for and about them, through every aspect of what the council does. I want to ensure more accountability and transparency from the council to the students. Most importantly, I want to make sure everyone feels comfortable enough to get involved and voice their concerns, with the understanding that they will be heard. My plan is to restructure how this council operates in order to facilitate this type of relationship between the students and their government.



Jasmine Levac, VP Social

During my time as interim VP Social, I have had the ability to help facilitate and plan one of the biggest events in the school year. I have seen what works, what hasn't and what can be improved on, and that makes me so excited for next year in my role as VP Social! I plan on working to provide amazing and interesting events that can work with a student budget, and I plan to make these events workable for the whole of the student body (both for commuters and those who live on residence, like myself). We'll see some classic events return, as well as some new ones. I'm always open to your feedback and I look forward to working with my colleagues on the GCSU and you, the student body, as we work towards making next year one to remember. À l'année prochaine!



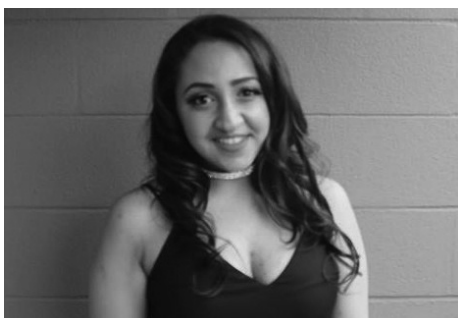
Jay Patel, VP Academic

Hey Glendon! My name is Jay Patel and I'm super excited to be one of your new Senators and Vice Presidents of Academic Affairs. I'm currently a first-year student in French Studies and Concurrent Education. From Faculty Council, to York Senate, to Student Caucus, I can't wait to be your voice and to represent all of you! Throughout my term, I will work to promote Work/Study positions, promote leadership opportunities and scholarships (among other things, of course!). Please do not hesitate to message me if you have any questions or ideas!



Lewis Le, VP Communications

Salut! Je m'appelle Lewis et je serai encore votre vice-président communications cette année. I look forward to building and improving our relationship from last year, d'améliorer la relation entre les étudiants et l'AÉCG and to keeping things bilingue, et beaucoup plus! See you around campus, because I literally will... Glendon est miniscule!



Sabrina Brihmi, VP Operations

Hey Glendon, my name is Sabrina Brihmi and I will be your Vice-President Operations this year. I am going to be in my fifth year in the French Con-Ed program. I hope to promote a sense of belonging in our community by providing more student space and promoting inclusivity and consent culture around Glendon. I also hope for our team to build a sense of trust with our students by being transparent!



Jean Pierre D'Angelo, VP Academic

As one of your Senators and Vice Presidents of Academics, I have three main goals: 1) promote good governance within the GCSU; 2) fight for Glendon's academic needs and independence on the university senate and 3) provide guidance to the students of Glendon regarding their academics rights and responsibilities. I look forward to serving you all in the fall!



Kaylah Mathenge, VP Clubs

Hey Glendon! My name is Kaylah and I'll be your Vice President of Clubs next year! I ran for this position because I believe that I can help smooth over communication between the GCSU and our campus' many diverse clubs. With the new school year approaching, I will make sure to keep in touch with all the clubs and aid to the best of my abilities with any events or gatherings you require. If you can't find a club you particularly click with, you can always start one of your own! Feel free to stop and ask me questions if you see me around campus!



Dael Vasquez, Councillor

As a Councillor on the GCSU for the 2018/2019 academic session, my goals are largely to support the union in all its endeavours, devoting my time and resources to at least three committees, while making the council office more supportive and inviting to all members of the Glendon community. I plan to immerse myself more in Glendon affairs so as to provide timely and helpful advice to anyone who wishes to know more and get involved themselves. In my role as Councillor, it is my hope that I will be able to help bring Glendon's community into a position where they see their Union not just as a symbol of institutional pride, but as an organization that cares for them and provides a platform for self-actualization. In other words, it is my sincere desire that my contributions to the GCSU in the coming year enable it to shake off the stigma of previous years and become the force on campus it has always meant to be.

Student body take note: the following positions on the GCSU Council remain vacant. Please forward any queries to council.gcsu.aecg@gmail.com.

- Vice President Athletics
- Vice President of Bilingual Affairs
- Vice President Campaigns and Advocacy



Basit Sultani



Basit Sultani



AÉCC PRÉSENTE

PALM SPRINGS, 2018

A GLENDON COLLEGE FORMAL

MARCH 22 2018
AT THE VENETIAN



Should I Stay or Should I Go: Thoughts on Formal

Members of the Glendon Student Body

Editor's Note: The GCSU hosted this year's #PalmSprings Formal on March 22 at the Venetian Banquet Centre. Rather than provide an overenthused recap of what you missed, we thought we'd take to the halls and ask you, the students, what influenced your decision to go to this year's Formal, or perhaps why you decided to skip it altogether. Here's a recap of what you said!

"It was a great opportunity for me to spend more time getting to know my friends... I went kind of last minute, not knowing what to expect. The venue was lovely, the food looked good although the chef was clueless about vegan and vegetari-

an diets, but overall it was a really great event. The music could have been a bit better and the speakers louder because the venue was huge... The decoration was cool, they had a funky centerpiece or a pineapple on every table. They also had places decorated for pictures and balloons. Overall, I definitely liked it."

"Looking back, I consider attending the formal this year to have been a good choice. I got to catch up with people that I hadn't seen for a while. Generally, I think it was well organized. That said, next year, I would definitely recommend changing the colours for food restriction bracelets because it was all a bit confusing, but that may have been the venue's fault."

"We had a Formal? I thought the GCSU was shut down because of the strike. I guess I should probably come back from this social media cleanse... Then again, did I really miss anything? No offense to the organizing team, I'm sure they did a great job, Formal just isn't my thing."

"It was my first Formal, so I had a blast despite the strike! I can't wait to go again next year, and I really hope I can join the planning committee if there is one since I have some suggestions on improvements. I was part of my prom planning party back in high school and it was a great experience."

"I feel like these events are all hype and, especially now, Insta grabs. Even my high school prom looked amazing on paper, and the location was picture-perfect, but the parties themselves are super lame. Organizing committees do their best but, let's face it, we want a rockin' house party with inappropriate drinking and dancing, not some lame-o student achievement celebration with a three-course meal. If you ask me, there's no question about it: stay home for the event, go to the after party!"

"Nah, I couldn't go. Too busy working, trying to save up for my grad trip — that is, if I can still graduate. How long has this strike lasted again? To be honest, I didn't even know anything was happening at Glendon

since whenever I drop by, it's like a ghost town. But hey, good for them for pulling off a Formal despite all the mess and confusion, both with the strike and the GCSU in general. 2018 has not been kind, I gotta say."

"I really considered going to Formal this year, since it's my last year and I have yet to go to one. I mean, I went to the Charity Ball a couple years ago at Steamwhistle and honestly, the best part about that whole event was the location and the free brewery tour; the music sucked and the food options were dismal. Still, I came pretty close to buying tickets for this year's Formal, but ultimately, none of my friends were going so I just figured it wouldn't be worth it for me. Looking at the pictures and hearing stories now, I don't feel I missed out on anything that spectacular."

David's Discs: What to check out this month

David Rosen
Columnist



Album: *Dead Magic* by Anna von Hausswolff

Anna von Hausswolff is a Swedish organist and singer-songwriter, who I first encountered when she opened for Swans on their 2016 tour for their album *The Glowing Man*. Hausswolff's fifth LP, *Dead Magic*, definitely sounds like it was inspired by Swans' recent discography, but not to the point that it becomes wholly derivative. For one thing, her voice gives the music an entirely different image, one which is much more elegant and ethereal (which is saying quite a lot, because Swans' output as of late has been pretty damn ethereal as it is). Hausswolff has put together five colossal tracks here, not only large in duration but also massive in pure sound; listening to this album feels like falling into some giant subterranean expanse.

Fortunately, Hausswolff doesn't skimp out on actual songwriting when she's creating these huge soundscapes. The opening track, "The Truth, The Glow, The Fall", has a very steady and deliberate organ fragment that keeps the entire twelve-minute journey tightly anchored, and as a result you don't really feel the length at all. The next track, "The Mysterious Vanishing of Electra", is about half the length of the opener, but packs five times the punch. The song features dark, menacing acoustic guitar strums accompanied by lumbering, creeping drums that build into a nightmarish tapestry against which Hausswolff bemoans an unknown doom. Her vocals get harsher throughout, punctuated by ascending whoops that send chills down my spine everytime. This is an absolute monster of a track, and the next three songs carry an equally overpowering dread. While not the easiest album to listen to, *Dead Magic* is a very rewarding experience: a beautiful, terrifying nightmare.



My Score: 8/10

Album: *2012-2017* by Against All Logic

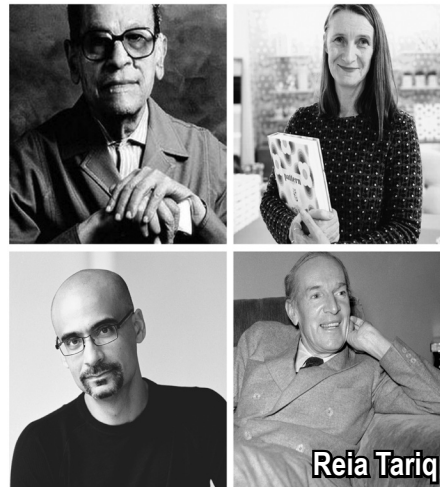
Nicolas Jaar is a Chilean-American electronic music producer who is responsible for some of the more significant and forward-thinking electronic music from this decade. With this latest release, under the moniker Against All Logic, Jaar moves in the direction of house-music with a compilation of songs from the period between 2012 and 2017, aptly titled *2012-2017*. Not the catchiest or most memorable title, but that doesn't reflect the music at all. The tracks here are euphoric, joyous and, of course, geared to make you move. The opener, "This Old House Is All I Have", almost brought me to tears on my first listen, just from pure ecstasy. Other songs, like "Some Kind of Game" and "Know You", made me lose my mind and throw myself around my room like a maniac, leaving me breathless and drenched in sweat. Some cuts, like "City Fade", are more subdued, opting for fantastic grooves over face-smashing beats.

Unfortunately, the album doesn't manage to maintain the excitement all the way through. The record is over an hour long, and it suffers as a result, particularly in the second half. Songs like "Flash in the Pan" and "Rave on You" aren't bad, but they demand close and attentive listening to be appreciated. After the highs of the first half of the album, I'm not looking to get all analytical right away. Quieter music is fine, but not this quiet, this abruptly. Still, *2012-2017* is a really good collection of quality dance music, with some really fantastic highlights in the first half.

My Score: 7/10

The Sanity Shelf: A List of My Favourite Books

Reia Tariq
Campus Life Editor



I once had a friend brag about how they'd never read a book for fun until they were 21; needless to say, I was shook to my core. Apparently, there are people out there who not only refuse to read, but act like it's something to be proud of? I find it hard to believe that someone could live their life without even peeking at a Harry Potter novel, but then again, I am definitely not one of those people. I once read about the concept of a sanity shelf: a personal collection of books you read again and again for pure enjoyment. Since I always have a book in hand, and even took an American Literature course for fun, I thought I might share my own list of favourites (in no particular order) to help the skeptics among you discover that literature is lit!

***Children of Gebelawi* by Naguib Mahfouz**

Also known as *Children of the Alley*, and written by my all time favourite author, Naguib Mahfouz, *Children of Gebelawi* is a retelling of the three main Abrahamic faiths, including stand ins for the main figures of each religion, like the character Adham as an allegory for Christianity's Adam. *Children of Gebelawi* is a beautifully written book that earned Mahfouz the Nobel Prize for Literature in 1988. Mahfouz stated that his Nobel Prize felt like a win for the Arab world as a whole.

I wholeheartedly agree with Mahfouz's statement that Arabic literature suffers from a lack of recognition on the global stage: there are so beautiful many works from this region beyond those of Khalil Gibran and Edward Said. Sadly, with recognition came death threats from Islamic fundamentalists, which led to an assassination attempt in 1994. Mahfouz survived

the attempt, but passed away in 2006 due to health complications from old age. His words and legacy live on, however, so I will leave you with this quote from *Children of Gebelawi*: "Oppression must cease as night yields to day. We shall see the end of tyranny and the dawn of miracles."

***The Brief Wondrous Life of Oscar Wao* by Junot Diaz**

When I first read this book at the age of 14, I found it incredibly groundbreaking. This book written by a member of a diaspora specifically for his own people, instead of for a mass audience. One of my biggest issues with Chinese-American author Amy Tan, is that she writes in a way that appeals to the majority, resulting in a lot of oversimplification and playing to stereotypes. With Diaz, there is no shying away from niche 80s sci-fi references and obscure Dominican myths; he also includes more Spanglish than you know what to do with. In the end, it all comes together to display a uniquely hybrid Dominican-American life, with characters you would never find anywhere else.

Pro Tip: If captivating characters are your thing, I also highly recommend Haruki Murakami's gem of a novel, *Norwegian Wood*, which features one of my all-time favourite fictional characters, Midori Kobayashi.

***The Jungle* by Upton Sinclair**

This novel is based on American journalist Upton Sinclair's time spent undercover in a meat factory, where he sought to expose the injustices acted upon its workers, many of whom were recent immigrants from Eastern Europe who didn't know their rights. This book was widely discussed following its release, but not for the reasons Sinclair had intended. Instead of demanding change for their country's workers, Americans were disgusted by the conditions of the factories their meat was coming from. So, while the original author's intent may have missed its mark with the general American population, don't let that stop you from cracking the spine of this great book yourself!

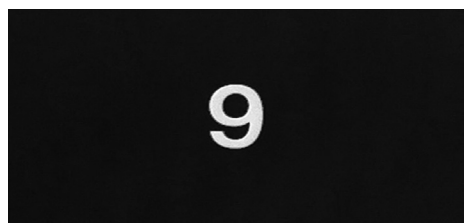
Pro Tip: If you're a fan of investigative journalism, I suggest checking out *Ramona* by Helen Hunt Jackson, a novel whose 1884 release significantly influenced the culture of Southern California.

I hope my list has inspired you to grab a book and dive into the literary journey that is building your own sanity shelf!

A Year in Electronic: My Top 10 Albums of the Past Year

Connor Boyd
Layout Designer

With the rising popularity of electronic dance music (EDM) on the radio, the music industry is paying more attention to the world of electronic music. Although most of this attention has been placed on dance hits, electronic music is a vast genre that has lots to offer. With that said, here are some of my favourite electronic albums from the past year, listed in ascending order.



#10. 9 by Cashmere Cat

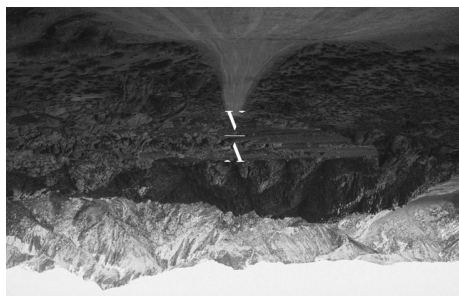
9 features an impressive list of high-profile collaborators, including Toronto artists The Weeknd and Tory Lanez. Very few of these tracks follow the traditional “drop” formula used in most radio dance hits; instead they explore unique song structures. Unfortunately, during Cashmere Cat’s January tour stop in Toronto with pop singer MØ, I found the tracks weren’t as engaging live (mostly due to the overuse of auto-tune, which obscured the vocal talent featured on the record). There are a few good party tracks in the album, but most of them are quite experimental. Favourite Track: Trust Nobody (ft. Selena Gomez & Tory Lanez)



#9. Neō Wax Bloom by Iglooghost

Full of sped-up vocal samples and jazzy instrumentation, *Neō Wax Bloom* is unlike any album I’ve heard. The tracks are aggressive and high-energy; their use of rapid gibberish at a breakneck BPM creates an almost alien feel to the album that gives it even more replay value. I’ve listened to the album several times and I am still finding new sonic elements in the songs. Unlike traditional repetitive EDM, these tracks are constantly evolving. I recommend this record to anyone who wants to explore the ‘weird’ side of electronic music.

6 Favourite Track: Bug Thief



#8. Little By Little by Lane 8

Little By Little is an album that showcases Lane 8’s signature synths and atmospheric chord progressions. The album has an oddly charming and nostalgic quality to it — an aesthetic which deeply resonates with me. This album seeks to provide an emotional outlet though which listeners can derive their own meaning. The diversity of vocalists featured on the album is refreshing and helps define the mood of each track. This is the perfect album to listen to when studying, relaxing or when you’re feeling down. Favourite Track: No Captain (ft. Poliça)



#7. EP2 by yaeji

As a female Korean artist in the electronic scene, yaeji brings her own unique take on house and hip-hop music in her album *EP2*. She switches between English and Korean as she raps and sings about being misunderstood but also being comfortable with that. Her combination of airy vocals and muttering over entrancing synths and a driving backbeat is almost hypnotizing. As a chill dance album, it’s perfect to play at a party or in the background while hanging out with friends. Favourite Track: raingurl



#6. ‘Til The End by MitiS

‘Til The End is an atmospheric album connected by beautiful orchestral and ambient transitions. The album’s uplifting melodies and powerful drops create an emotional connection with the listener. This style is reminiscent of other melodic dubstep artists such as Illenium, Seven Lions and Dabin. *‘Til The End* draws from many different styles of EDM, from smooth dubstep to thrumming drum and bass. While some of the tracks felt under-

whelming to me, the album as a whole is impressively produced and flows smoothly. This album would serve as a good light introduction into the world of EDM. Favourite Track: Away (ft. Gioto)



#5. Places We Don’t Know by Kasbo

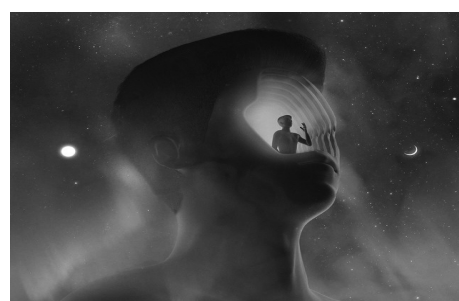
Also releasing his debut album is rising star Kasbo. *Places We Don’t Know* explores the bliss of ignorance and childlike wonder through an emotive and experimental tracklist. The songs are energetic and flow seamlessly into each other, with most using similar sonic elements and following a consistent mid-tempo rhythm. Though some of the tracks are strikingly similar to one another, I felt this added to the cohesion of the album. Recruiting a wide range of vocal talent, *Places We Don’t Know* is a catchy album with a strong message on the beauty of innocence. Favourite Track: Roots (ft. Amanda Fondell)

Pro Tip: Kasbo will be playing at the Velvet Underground in Toronto with BAYNK on Saturday, April 21 at 10 PM. Get your tickets before they sell out! They’re only \$15.



#4. New Energy by Four Tet

Contrary to the album’s title, Four Tet reimagines old sounds in his newest album, *New Energy*. It’s an experimental mix of chill and dance music, and its dreamlike tracks are much like the kind you would hear playing inside a Muji store downtown. Four Tet’s use of instrumentation, combined with his ambient production, makes this the perfect study music. Favourite Track: Lush



#3. Presence by Petit Biscuit

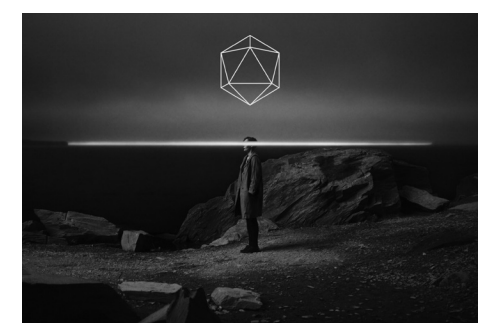
French artist Petit Biscuit makes his mark in the dance scene with his debut album, *Presence*. Exploring both old and new work, he creates a warm and atmospher-

ic journey that demonstrates his mastery of vocal chops, alongside his signature heavy synths. The tracks are definitely danceworthy and are genuinely pleasing to listen to. In fact, his performance at the Danforth Music Hall in January was among the best live electronic performances I’ve seen. This is definitely a party album! Favourite Track: Wake Up (ft. Cautious Clay & Bipolar Sunshine)



#2. Mura Masa by Mura Masa

In his self-titled album, Mura Masa recruits talented vocalists from a wide range of genres, from hip-hop to pop to indie. The album may focus on vocal-driven tracks but, unlike Cashmere Cat, it doesn’t rely too heavily on the featured artists. Blending elements of hip-hop and house music, Mura Masa creates an exhilarating album full of surprises. He uses many instruments throughout the album including harps, kalimbas, bass guitar, lots of steel drums and yes, even an airhorn. What’s more, at his live performance at last year’s WayHome music festival, the tracks were just as exciting to listen to live as they were recorded. From catchy pop singles to laid-back chill-out tracks, this album is perfect party music. Favourite Track: Love\$ick (ft. A\$ap Rocky)



#1. A Moment Apart by ODESZA

EDM duo ODESZA make a triumph return from their three year break with yet another outstanding album. *A Moment Apart* is a cinematic and emotional voyage into an electronic world filled with the pounding drums and flickering synth accompanied by a wide range of vocal talent that is sonically-pleasing, to say the least. The ballads on the record create a sense of longing and nostalgia that personally resonated with me. ODESZA draws from many sub-genres of electronic music — such as trap, chillout and house — all the while maintaining their iconic atmospheric sound. I recommend listening to this album while walking outside on a beautiful day. Favourite Track: Higher Ground (ft. Naomi Wild)

Les arts communautaires: un phénomène populaire au Canada

Sandrine Exil
Rédactrice des arts

Depuis des temps immémoriaux, les communautés autochtones ont une grande appréciation envers les maîtres artisans tels que les constructeurs de canoës, les sculpteurs de cannes à crête, les conteurs, les artistes qui peignent sur les roques, la peau ou l'écorce de bouleau, ainsi que les musiciens et les danseurs. En hiver, même les outils de la vie quotidienne et les vêtements étaient décorés. Là où il y avait plus de temps libre, il y avait plus d'ornement. Puis, l'arrivée des Européens a apporté d'autres traditions artistiques occidentales ainsi que de nouveaux matériaux. Le Canada a toujours été un lieu où les gens se sont engagés dans des activités créatives afin d'enrichir leur environnement, raconter leur histoire et célébrer leur culture.

On pourrait dire que les arts communautaires sont la pratique artistique continue la plus ancienne du pays. Si nous avançons d'un siècle, nous assistons à un développement dramatique des arts au Canada. Les communautés, grandes et petites, sont impliquées dans des chorales et des orchestres de plusieurs traditions musicales, toutes sortes d'arts visuels, des présentations théâtrales communautaires, des groupes d'écriture, des clubs de poterie, de production de bijoux, de courtpointe, et la liste continue. Toutes sortes de festivals et de célébrations mettent l'art au centre de l'attention.

Dans le passé, dans ce cadre de créativité se trouvait un groupe de maîtres; des personnes dont le rôle dans une communauté était d'être l'instigateur créatif. Les artistes et les organismes artistiques se sont développés au sein de communautés et de plus en plus de personnes ont commencé à inclure des activités créatives dans leur vie quotidienne. L'engagement dans les arts communautaires est partout, et le multiculturalisme croissant ajoute à la variété de l'art au Canada.

Plusieurs oeuvres d'art publiques font preuve de l'interactions entre les artistes et leur communauté au Canada. Souvent, les artistes sont engagés dans la création de bannières, de spectacles, de chansons et d'histoires comme mécanisme d'éducation populaire. Les arts communautaires se poursuivent ensuite à travers des artistes et des organisations dédiés à ces interactions, et grâce aux citoyens qui continuent à soutenir les activités créatives dans leur ville.

De nouveaux domaines d'arts communautaires émergent aujourd'hui au Canada, puisque ce domaine se renouvelle constamment. Les arts nous présentent de nouvelles façons de comprendre comment les gens communiquent et nous aide à développer notre intelligence émotionnelle.

Puisque ceci est mon dernier article de l'année pour Pro Tem, je souhaite vous inviter à un événement qui illustre parfaitement l'amour de l'art à Toronto. Le Kensington Market Art Fair (KMAF) est une foire d'art organisée en plein air dans un quartier historique de Toronto. KMAF propose des œuvres professionnelles et d'étudiants et sert de plateforme pour permettre à tous les artistes de s'exprimer librement, tout en fournissant au public une large sélection d'art. Il y aura aussi quelques camions de nourriture et de la musique. Cette foire d'art en plein air est une excellente façon d'accueillir le printemps.

Kensington Market a longtemps été la maison de nombreux artistes de toutes les disciplines : musiciens, écrivains, peintres, photographes et plus encore. Les gens de Kensington ont également inspiré l'émission de télévision King of Kensington et le marché a été la toile de fond de plusieurs autres programmes de télévision, films et vidéos de musique. Kensington Market a plusieurs galeries intérieures, mais est à mon avis un magnifique musée en plein air. Son architecture ancienne, ses graffitis colorés et sa mode éclatée est un vrai spectacle.



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Portraits of Toronto



Sarah Tadjana



Sarah Tadjana



Krysta Veneruz



Ayla Sljivar



Krysta Veneruz



Camille Slaght



Sarah Tadjana



Sarah Tadjana



Sarah Tadjana



Krysta Veneruz



Reia Tariq



Kaya Harris-Read



Krysta Veneruz

Krysta's Picks: Things to do this summer!

Krysta Veneruz
Columnist

I'm sure we've all been exhausting our lists of places to check out looking for things to do over the last (several) weeks of strike time, so much so that our lists may need some replenishing for the spring and summer months ahead. So, whether you're in Toronto for summer school or an internship or if you live here all year round, here are some ideas to help you pass the time. After all, summer is the best time to get outside and explore all that Toronto has to offer!

The Evergreen Brickworks Park 550 Bayview Avenue

Brickworks is a gorgeous green hideaway in the city, geared towards educating and collaborating with city dwellers on sustainable practices. On Saturdays, it's bustling with the year-round farmers market showcasing local, sustainable food and consumable vendors. Check out Café Belong, a restaurant at the Brickworks that changes often and features seasonal and sustainable ingredients. Here, you can brunch, lunch or enjoy dinner! If you're more into adventuring, the Brickworks also offers Bike Works, a cycling education hub whether you're an experienced cyclist or are new to being on wheels. They offer bike mechanic workshops, biking lessons and group mountain bike rides. To access Brickworks, it's only one bus away from Davisville station, a quick shuttle bus from Broadview station, or try out one of the beautiful Don Valley trails! Whether you walk, run or bike, Brickworks is the perfect way to spend a day!

The Bata Shoe Museum 327 Bloor Street West

You've probably passed this place a million times, but the Bata Shoe Museum features some iconic pieces in fashion design and history. Free with your student card on Thursday evenings from 5-8pm, or \$8 any other time (with that trusty student card), it's definitely a place to check out this summer!

MEC Road / Trail Race Series events.mec.ca

MEC is a co-op company, currently operating one store in Toronto (with another location on Queen Street West under construction). MEC promotes a healthy, active lifestyle through the outdoors,



whether it's cycling, running, hiking or rock-climbing, chances are MEC has the gear for it. Aside from the store, MEC has a solid community all over Canada through which they offer their running race series. Sign ups for individual races are only \$15, and they include distances ranging from 5k to marathon length. Plus, in the spirit of pure fun and healthy activity, MEC hosts races all over Toronto and North York, but if you're not in the city for the summer, they also host them in all other major Canadian cities!

Harbourfront Canoe & Kayak Centre 283 Queen's Quay West

Open for the summer starting Victoria Day weekend, the Canoe & Kayak Centre rents out canoes and kayaks (shocker!) so you can spend an afternoon paddling across the Toronto Harbour. Watch the planes go by overhead and the TTC (never) go by from the lakefront! You can join a group tour, or, if you have previous paddling experience, you can rent a solo or tandem boat. Bear in mind, they do assess you for skills ahead of time. Need some more skills before you head out? They also offer beginners paddling courses at Birchmount Community Centre! All bookings and inquiries must be made online.

Bandit Brewery 2125 Dundas Street West

Inspired by the German Beer Gardens, this Roncesvalles hotspot is sure to serve you some summer cold ones. With an enormous patio open in the summer, there is plenty of space to socialize and relax with friends! Their food menu pairs perfectly with their beer selection and is specially crafted with the inspiration of travelling and drinking. They have options for the gluten-free folk, the vegetarians and the carnivores (hurrah!). In a hurry? Grab a few from their bottle shop open daily until 11pm. I highly recommend their current tap "Wizard of Gose". It's sour and is brewed with coriander, sea salt and pureed apricot.



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.

An Evening with 2CELLOS

Sony Centre for the Performing Arts
April 12th and 13th @ 8PM

Creativ Festival

International Centre
April 13-14

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

Alison Lawrence's 'The Right'

Berkeley Street Theatre
Friday, April 20 from 7 - 9PM

Harlem Globetrotters World Tour

Mississauga Hershey Centre
Saturday, April 21 at 2PM & 7PM

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

Hot Docs Film Festival

Ted Rogers Cinema
April 26th through until May 6th

Maximum Exposure

Ryerson School of Image Arts
Friday, April 27th

Lite Hikes in the City

Meet-ups at various subway stations
Saturday, April 28th

Kensington Krawl Food Tour

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

Youth Week Kick Off

Nathan Phillips Square
Monday, April 30 from 5 - 8:30PM

Public Art Courses at SKETCH

Artscape Youngplace, 180 Shaw St.
Monday, April 30 from 6 - 9PM

Come From Away

Royal Alexandria Theatre
Dates through until May 20th

Casa Loma Escape Series

Casa Loma
Dates through until June 30th

VR in Toronto

Behrad Taeed
Metropolis Editor

A new innovation has taken the gaming community by storm and this new technology is called VR (Virtual Reality). It gives all those avid gamers an added dimension to their favourite pastime (so basically, good luck getting them out of the house now). Suffice it to say, the introduction of virtual reality in gaming has become extremely popular, for obvious reasons. The appeal comes from the hyper-realistic feeling it provides for its players and, more often than not, it's a full body experience that encapsulates the user's complete attention.

Sounds cool, right? Unfortunately, VR comes at a high price. As students who can barely afford tuition and housing, the asking price of \$499-\$899 for a single VR headset comes off more



TripAdvisor

than a bit steep. Fortunately, there are alternatives! In Toronto, there are many "gaming centres" for people to try the full experience at a low, student-friendly cost. I went to one of the more expensive ones called "The Void" at the Rec Room (255 Bremner Blvd) where it's \$24 for a 12 minute game. Now, that may sound pricey, but

with that price, you experience vibrations, wind, temperature changes, even smells (!) that coordinate with the game you're playing. Unreal, right? Well, not anymore.

Personally, I was looking for the total package experience, complete with the most-updated software, and that may necessarily not be the case with you. You might

just want an idea of what it is, to experience with your friends and not break the bank. Another location called LevelUp Virtual Reality Arcade, located at Yonge and Dundas, gives you just that. It gives you the opportunity to play for up to an hour for only \$19! A much better deal that will probably give you and your friends an amazing, fun day without messing up your budget too much.

For those courageous enough, I recommend playing a scary game with a group of friends to determine which one of your friends is bravest (and which one you get to make fun of on the trip back!). Other group games include, but are not limited to, sports games, action/adventure games and mystery games. While experiencing VR, it also gives you a glimpse of what might come in the future and personally, I cannot wait to see what technological advancements come to the gaming industry. All in all, VR gaming is an experience you will not soon forget and I highly recommend trying it out to anyone, whether you are a gamer or not!



BlogTO

The Shameful Tiki Room: A Hidden Paradise

Sarah Ariza-Verreault
English Editor

I don't know if it's just me, but right now, the only thing keeping this "strikecation" from feeling like early summer is its total lack of good weather! I know we're all pulling our hair out by the handful as we wait impatiently for actual summer to start; the only things keeping us from kicking our feet up and enjoying a cold one in the sun are the icy wind, the annoying mini-blizzards, the torrential downpour of rain just when it was warming up, and, oh yeah,

the imminent, imposing deadlines of assignments we've been putting off until now.

In the spirit of procrastination and far away summer thoughts, I visited The Shameful Tiki Room! As a self-proclaimed weirdo who has been to a number of tiki bars in her day, I present this tiki bar to you along with my highest of recommendations — don't let its name fool you! An important fact about tiki bars: They are not all created equal!

The key to a good tiki bar is commitment. The Shameful Tiki Room immerses you in a nighttime paradise fantasy. Outside, on the cold, wintry Parkdale street, I had little faith in this bar, with its blacked out windows and modest signage on the door; its exterior definitely did not exude hidden oasis! As soon as I walked through the door, my jaw dropped. I was greeted with grass hut lining around a quaint qua-

si-swim up bar, warm wooden walls featuring polynesian motifs and Elvis' Blue Hawaii-era posters. People sat on basket woven throne-like chairs or barrels around nautical tables, while birds and lanterns swung from the ceiling. No Dollarama decorations here!

The food menu, of course, is also tiki-themed, featuring items such as pineapple burgers, luau pulled pork sandwiches, coconut shrimp and fish tacos, as well as an array of appetizers called a "Pu Pu Platter" — I felt like ordering one just to say the name out loud! The menu, I felt, was reasonably priced (read: fairly cheap); however, the portions were small, just enough to fill you up after your drinks hit you!

Speaking of drinks, their drink menu is huge. It featured tropical classics such as the Piña Colada, the Blue Hawaii, and the good ol' Caesar, as well as

a whole whack of other concoctions I've never even heard of, like the Pago Pago, the Tiki Puka Puka and the Nui Nui. It's definitely a spot to revisit if you're into trying new drinks; you'll probably never run out of options! The greatest feature of the drink menu is not actually the drinks themselves, but the cute tiki rating scale they have to accompany every menu option. If numbers confuse you, and you don't really know the difference between 1oz or 3oz of alcohol, this rating scale would really help you out. Beside each drink on the menu, they have between 1 and 4 tiki symbols. A drink with one tiki symbol will have the least amount of alcohol, whereas a drink with four will have the most. A really good feature, regardless whether your aim is to get tipsy or to just have a chill night out.

Finally, the Shameful Tiki's best feature is, without a doubt, its bowls! My suggestion is to go in a group. The menu features four bowls, all of which come with a little extra. If you have a flair for the dramatic, this is the bar for you! Once a bowl is prepared, something special happens as they bring it to your table. For example, when you order my personal favourite bowl (and the most expensive one), the Volcano Bowl, it comes out on fire and literally a volcano goes off at the bar and the whole room shakes! If a Rainforest Café experience is missing from your adult life, The Shameful Tiki Room makes up for it (without the creepy animatronics). If the winter strike blues have got you down, definitely head over. You'll feel better, I promise!

Getting the 411 on 401 Richmond

Reia Tariq
Campus Life Editor

There are countless art galleries and institutions in this city: some are properties of design companies, charities and co-working spaces, but did you know that there is actually a building that houses all of these incredibly varied organizations under one roof? Let me introduce you to 401 Richmond. This unique Toronto locale is a restored (not renovated) industrial building located in the heart of the Fashion District. Personally, I am lucky enough to not only have worked in the space, but also attended writing workshops and art classes, as well as having spent many an afternoon browsing its many galleries dedicated to visual arts, 3D installations, music and so much more!

Frankly, I always find it more than a little heartbreaking that I only ever hear about this unique Toronto gem when corporate greed rears its ugly head and determines that something which once helped make the neighbourhood unique no longer fits its condo-filled future ideals. And while the ongoing gentrification of Toronto is a topic that does need to be discussed, this piece is more of a love letter to one of my favourite spots in the city,

because really there is nothing else like it. After all, Torontonians could use a little more love (and a lot less gentrification!)

One of my favourite spots was a music shop/performance spot called Musideum, where music events were held almost every night. Although Musideum has shut down for good, rest assured, there are still tons of performances and spaces dedicated to music at 401, so be sure to drop by, if that's your jam!

Another one of my favourite things about the 401 is if you enter from the side entrance (right next to the café) and walk up to the second floor, you'll find yourself face-to-face with a giant portrait of Jane Jacobs, a Canadian-American activist and one of the faces of modern urban planning! As a sociology major who entertained thoughts of getting a Masters in development (rural or urban, it didn't matter), I have a soft spot for Jane — as do most of the folks at 401, hence the giant portrait.

As the weather attempts to warm, my go-to summer hang out is the 401 rooftop, where, surrounded by flowers and lazily buzzing bees, you can see all across Toronto! I spent my entire summer up there last year, hanging out with friends and co-workers and I definitely plan to do the same again this year. Perhaps I'll see some of you there! I highly recommend you drop by (any day except Sunday) to experience a place that's like nothing else in Toronto!

Education is a Basic Right: Examining Access to Education for Refugees

Reia Tariq
Campus Life Editor

We all know at least a few of the levy organizations on campus, take Pro Tem or Lunik for example, but perhaps you're not acquainted with one of Glendon's lesser known levy orgs: WUSC. The World University Service of Canada-Glendon is our local college chapter of WUSC/L'EUMC, a Canadian organization dedicated to showing how education can change the world by helping to provide educational opportunities to the people who need it the most: refugees. Sadly, the fact is that educational barriers are pervasive. Across the world, from sub-saharan Africa to Southeast Asian, and even here in North and Central America, large numbers of refugees are unable to access basic primary school education. To make matters even more heartbreaking, experts say that the sense of normalcy which derives from the repetitive quality of scholastic activity can be greatly beneficial to the mental health of refugee children, who have often experienced terrible traumas in their young lives. It is undoubtable that the refugee crisis is a global dilemma and one which requires an immediate global strategy paired with global initiatives.

Currently, several such initiatives are led by WUSC, whose informative literature is filled with uplifting stories about the empowerment of young people through education. Many of these stories, and efforts, focus on the empowerment of young girls, who face additional gender and culture-based barriers. In the last decade, WUSC has worked in tandem with local organizations on the ground in Kenya, working mainly in the Dadaab and Kakuma refugee camps and surrounding host communities, to help young female refugees receive a valuable education. In addition to promoting access to education, WUSC seeks to provide scholarship opportunities and teacher training programs to emphasize the importance of education in creating a sense of empowerment. Since the implementation of these initiatives, literacy scores have increased by as much as 65% in these areas, with 80% of girls showing improvement in attitudes towards their teachers.

According to Human Rights Watch, more than half of school-aged Syrian children living in Lebanon are not



Wikipedia

enrolled in formal education. These are incredibly shocking figures, particularly when compared to those same figures prior to the start of the country's ongoing civil war, when Syria had one of the highest education enrollment rates in Western Asia. This is because, as UNHCR writer Charlotte Jenner notes in her article on education and the future of Afghan refugees, "conflict is one of the most powerful determinants of whether a child is out of school. Half of the world's out-of-school children are in conflict zones. That's a staggering 29 million young minds out of the classroom. Statistics show that when conflict disrupts a child's education they are less likely to resume. The tragic irony is that those countries whose children are out of school are the very ones that are in the greatest need of educated citizens to help them rebuild." What's more, according to the UN's Canadian Refugee Agency (UNHCR), Afghan refugees in Iran are required to produce residency papers and pay tuition to enroll in state schools. And, considering that Iran is a country where as many as two million undocumented Afghans live in legal limbo (not to mention the constant human rights violations committed against Afghans living both legally and illegally in the country), this makes enrolling in formal education tricky to say the least.

To give a final note to my motherland: you've probably never heard the name Aqeela Asifi, but she happens to be the 2015 winner of the Nansen Refugee Award and has spent the last two and a half decades educating over 1000 children in the Kot Chandana Refugee Camp in Pakistan. Ultimately, personal crusades like Asifi's and cross-border initiatives like those led by WUSC are the kinds of action we all need to take to ensure that education remains a basic human right, around the world. So, to wrap this up, let me quote a young refugee from Syria named Hany, who, in my opinion, put it best: "Education is light. Without it, we are in the dark forever. Without it, we are blind."



Reia Tariq

- glendon women and trans centre -

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 space coordinator
 bilingual coordinator
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 coordinator

are you passionate about social issues?
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 spaces on campus?
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 and planning events for the centre?
 do you have ideas on how to make improvements
 on the centre?

IF SO APPLY!

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Understanding Your Potential for Financial Independence

Amanda Jose
 Media Officer

This lengthy strike has given me ample time to ruminate over the dreadful uncertainty of my future. As someone with anxiety, I understand how unsettling it can be to even begin thinking about “what’s next” when it’s time to leave our cozy institutional nest. To top it off, having to face debt from student loans isn’t exactly tea and biscuits. Thankfully, my incessant contemplations have propelled me to improve my financial literacy and I’d like to share my findings with you to spread the financial awareness!

1. The TFSA (AKA Making Money Without Doing Anything)

Behold the beauty of the TFSA (Tax-Free Savings Account). This particular “savings” account is regarded as an investment account that will not tax you for withdrawing money at any given time. Back in 2009, the Harper government made all Canadians aged 18 and above eligible to not only deposit cash into this type of account, but also to use it as a basket to purchase and hold mutual funds, stocks, bonds and ETFs! Your investments will continuously grow from interest and you will never have to pay taxes on the money you make inside

a TFSA. To paint a clearer picture, if you put \$1000 in a TFSA back in January and the interest is 1.1%, then you would earn \$11 by the end of this year, without doing anything. Of course, as your contributions increase, you start to reap greater rewards.

That said, with TFSAs, it’s important that you don’t go over the contribution limit, as this can impose serious tax penalties. This limit depends on your age and how much money is already invested into the account. For example, if you’re turning 18 this year and you haven’t deposited any money into a TFSA, then your contribution limit is \$5500. At 19, assuming you haven’t made any contributions, your contribution room will double to \$11,000, meaning you will have even more room if you happen to take out money from the TFSA this year. So be sure to stop in at your local bank branch to take advantage of this incredible opportunity to build wealth over your lifetime!

2. The Hard Truth About Student Debt

I know we all want to sweep this topic under the rug, but the truth is, it’s a difficult reality most of us will face without parental aide. It’s fairly well-known that students who rely on OSAP are given a non-payment grace period after they “graduate”, but this is where the broken telephone begins. Unfortunately, not everyone is aware that the Canada Student Loan interest will accumulate every day during this grace period. This heaping loan interest currently sits at almost 6% (prime rate + 2.5%) and it will be applied starting May 1st of the year you are no longer returning to school. In addition, the Federal Student Loan interest, which sits at about 4% (prime rate +

Hearing (cont.)

This issue becomes even more complicated given that 90% of deaf individuals are born into hearing families. These families are often unaware of the existence of the deaf community, and, as hearing people, have the common (and destructive) belief that deafness must be ‘fixed’. Then take into account the fact that a cochlear device is more likely to successfully adapt to its recipient the earlier it is implanted. So, many deaf infants born into hearing families receive implants, without moral or ethical questioning. This is another reason that the deaf community sees cochlear implants as a threat.

If 90% of deaf individuals are born into hearing families, and cochlear implants are becoming more common every day, there is a potential chance of ethnocide. That is, if every deaf infant is implanted and

never gets to join the deaf community, said community will eventually cease to exist. Given all this, it’s understandable why this is a frightening possibility to this vibrant community, whose members have fought for years for acceptance and equality (see the horrible oppressive history of deaf people).

Suffice it to say, I was wrong to assume that people facing a disability (either from birth or something developed later in life) are to be immediately victimized and coddled. In fact, people who overcome legitimate hardship are often stronger as a result. It’s only natural that deaf people feel a certain amount of pride for both their achievements and their community. Why should the hearing world impose its will on a community it barely understands or acknowledges? As I said, food for thought.



1%), will also be applied to your loans after six months. Paying this combined diabolical interest will hinder you from achieving your dreams, so it’s in your best interest to start making payments ASAP (if you’re graduating this year). I strongly encourage you to get rid of your debt as quickly as possible to regain your financial freedom!

3. A Mini-Introduction to Index Investing

Investing in the stock market is an intimidating venture for most, especially for those who are pretty conservative about their earnings (like me). For absolute beginners, make the most rational decision possible: invest in low-cost index funds. These funds are a collection of investments consisting of a wide range of stocks and bonds that represent a specific market (S&P/TSX Composite Index or Canadian Bond Market Index). They allow you to have a diversified investment portfolio, which is vital to your financial well-being since diversification protects you from extreme losses in a volatile market. This

works on the basis that if one stock in the fund isn’t doing well, you have nine other stocks to keep you afloat and perhaps even still allow you to make modest gains.

One great advantage of this type of fund is its stress-free convenience because a fund manager will oversee your portfolio and prevent you from making long-term mistakes. That said, be wary of management fees (also known as MER). Generally speaking, this is a small issue for novice investors but it’s still worthwhile to point out. And, if you’re confident in your abilities and can make emotionally stable decisions, then you might want to further investigate managing your own portfolio. A word to the wise: index funds aren’t just for novices. Most money managers and even multi-billion dollar hedge funds have trouble consistently beating the market. Investing a portion of your paycheck every month in a reputable index fund (mutual fund or ETF) with a good dividend can build significant wealth over several decades thanks to the power of compound interest.

John Kemp's Kitchen: Sipping Summer



John Kemp Columnist

Time flies. It's a cliché, but clichés are clichés for a reason – they're true. It really is hard to believe that we're already coming up on the end of another year at Glendon.

As it relates to food, the change of seasons also means that what we cook and what ingredients we use will also change – something I call seasonal cooking. This is something I've alluded to in past articles but have never addressed head-on. What I mean by seasonal cooking is making food that corresponds to our cravings based on the environment outside. For example, in winter we often need more calories to keep ourselves warm, which is why we tend to make heavier, starchier dishes which are more calorie-rich, (also explaining why you gained those 10 pounds in the first week of December). In the warmer months, however, we often crave fresher, lighter dishes, such as salads and fruity desserts.

It's important to keep the weather in mind, especially when entertain-

ing for friends or family. Seasonal cooking is perhaps the most important factor in creating an aesthetic for your dinner party guests and making the event's "feel" or "tone" seem congruent. Just imagine having mashed potatoes, beef Wellington, Yorkshire pudding and gravy for an outdoor dinner party in the heat of mid-July. It just wouldn't make sense, would it? Hence the importance of seasonal cooking.

All that said, I thought it might be nice to kick off the spring and summer months with one of my all-time favourite drink recipes. It's not my own, but certainly something I've made time and again and which always wins over my guests. It's refreshing and citrusy, without being too sweet and has the rosemary to anchor the punch of the lime. And so, without further ado, I present to you Sparkling Rosemary Limeade.

Sparkling Rosemary Limeade

Recipe courtesy of Faith Durand via thekitchn.com. See: "Drink Recipe: Sparkling Rosemary Limeade."

Yield: about 40 fl. oz., depending on dilution

Ingredients:

1 cup fresh lime juice (very important that it's fresh – the bottled stuff just doesn't taste the same)

$\frac{3}{4}$ cup sugar

Peel of two limes - be sure to only get the green part on the outside, the pith (the white part) will make the drink bitter

2, 4-inch sprigs of fresh rosemary, plus more to serve

4-6 cups chilled sparkling water

Method:

1. Combine the lime juice and sugar in a small saucepan and bring to a simmer over medium heat.

2. Once simmering, reduce the heat and stir frequently until the sugar is completely dissolved.

3. Add the lime peel and rosemary sprigs. Simmer for another minute and turn off the heat.

4. Cover and refrigerate at least 4 hours or overnight.

5. Remove the peel and rosemary and mix with the chilled sparkling water. Add more water to taste.

6. Serve over ice with a small sprig of rosemary muddled into the drink.

P.S. Feel free to booze this up a little with your alcohol of choice. It's great as is, but different crowds might appreciate a touch of something!

I hope you enjoy this recipe as much as I have and that you all enjoy your summers as much as I'm hoping to enjoy mine!

Until next time,

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

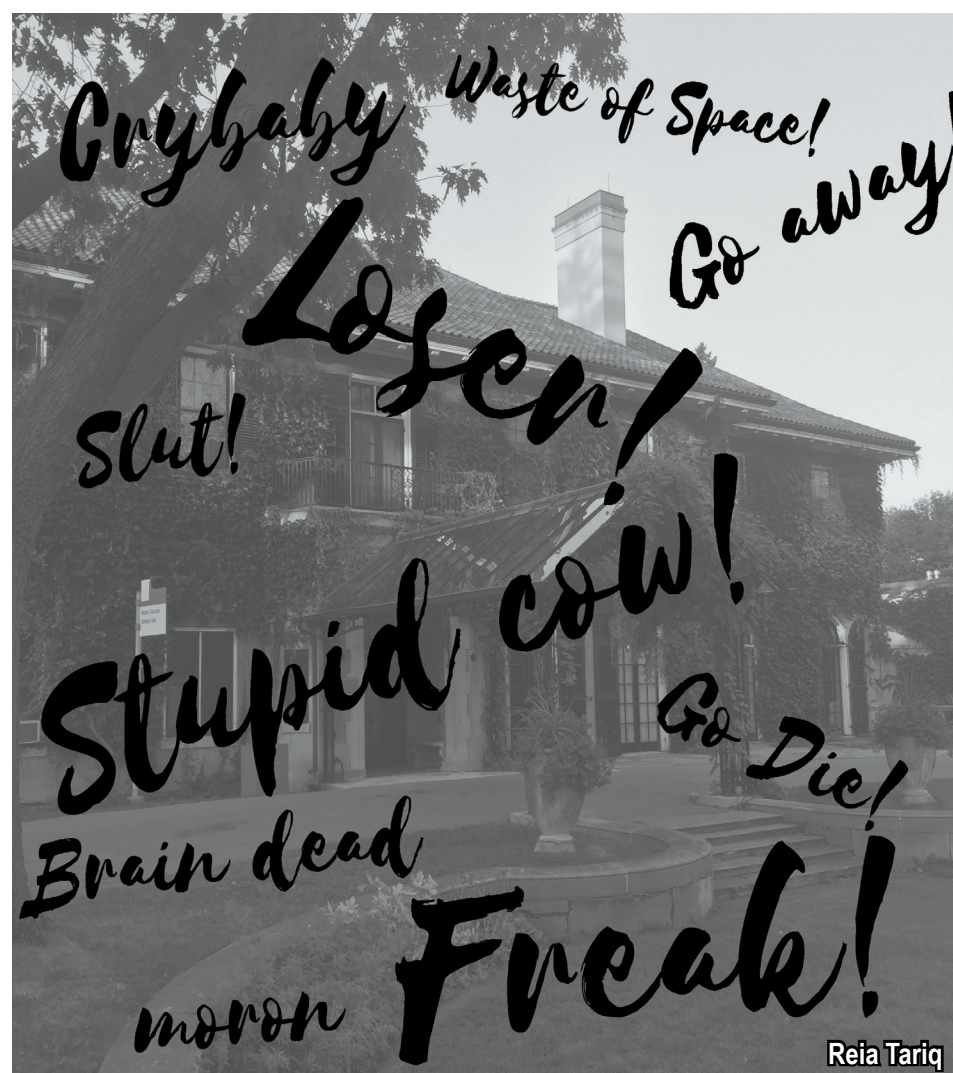
Call Me By My Name: Examining the Link Between Language and Mental Health

Reia Tariq
Campus Life Editor

I'm sure we all have a Starbucks story where they wrote your name completely wrong and you probably just laughed it off and took a snap of the hilarious mess-up. I mean, at least they got your drink order right (hopefully). But did you know that continually calling someone by the wrong name can actually be a negative determinant of that person's mental health? In fact, a new study published by the University of Texas at Austin seeks to highlight the importance of using the chosen names of transgender youth in reducing their risk of depression and suicide. Study author and department chair Stephen T. Russell noted in an interview with UT News that: "Many kids who are transgender have chosen a name that is different than the one they were given at birth. [Our study] showed that the more contexts where they were able to use their preferred name, the stronger their mental health was."

The study examined youth who were able to use their chosen names in their day-to-day lives in four key areas — at home, at work, at school and with friends — and those who weren't able to do so. The difference was staggering: those who were allowed to use their preferred names reported, on average, 71% fewer symptoms of severe depression, as well as a 65% decrease in suicidal attempts and a 34% decrease in reported thoughts of suicide, when compared to those who were not able to use their chosen names. "I've been doing research on LGBT youth for almost 20 years now, and even I was surprised by how clear the link was," remarked Professor Russell.

It's quite well known that words have immense power, so it's not hard to believe that being referred to by the wrong name, or worse, a derogatory version of your name, can take its toll on an individual's self esteem and general sense of well-being. Your name is part of who you are and so to be referred to as something or someone else opens the doors for self-criticism, negative self-identity and can lead to increases in both mental and physical stress for the given individual. Professor Russell notes "It's practical to support young people in using the name that they choose [...] it's respectful and developmentally appropriate." So, let's all be respectful and call people by the names they prefer, whatever that may be.



Reia Tariq



Kaya Harris-Read

The Great Outdoors

Kaya Harris-Read
Health & Wellness Editor

We've likely all heard the parental catchphrase "fresh air will do you good," but (like many parental catchphrases) it rarely comes with an explanation as to why. And while it's not wrong, you may be surprised at some of the many benefits going outside and getting fresh air can have for the body and mind. So, now that we are into April and are (theoretically) seeing the last of winter for a few months, here are some health-inspired reasons to spend more time outdoors!

Of course, one of the most commonly cited benefits to spending time outdoors is exercise! There have been studies showing that exercising outdoors is more effective and is more beneficial to the body, when compared to exercise done in an indoor gym. For example, one 2011 study found that outdoor exercise leads to greater decreases in stress and tension and is more effective at increasing a person's mood than indoor exercise.

Being outside has a number of benefits for our physical well-being, beyond simply being an opportunity to get some much-needed exercise. Fresh air increases the amount of oxygen flowing through our lungs, which allows us to digest food more effectively and helps to improve blood pressure and heart rate. Oxygen also helps the function of our white blood cells, which boost our immune system by fighting germs and bacteria making us less likely to catch a cold or the flu. Even our lungs themselves can benefit from breathing in fresh air, as the increased flow of oxygen helps to clear out the lungs by releasing toxins when we exhale.

As well as the physical benefits, being outdoors also helps to improve our mind and our mood. The increased flow of oxygen improves brain function, resulting in better concentration and giving us more energy. This can also help with the body's production of serotonin, consequently boosting our mood and making us feel happier. Additionally, we burn more energy when we are moving around outside, contributing to a better night's sleep! But the outdoors has more to offer us than just fresh air. Studies show that the scent of roses, lavender and jasmine have the ability to improve our mood and reduce anxiety and stress. Additionally, the smell of pine trees has a relaxing effect, further reducing stress. And, if there are no gardens or forests near you, the simple scent of freshly cut grass can have a calming effect.

Being outside, especially on a sunny day, also gives us access to vitamin D, which contributes to healthy bones by regulating calcium and maintaining phosphorus levels in the blood. Did you know that vitamin D can even reduce the risk of catching the flu or developing type 2 diabetes? Plus, being in direct sunlight for short periods of time helps us feel happier, more energized and more alert.

Ultimately, any time spent outside is beneficial; however, studies show that our body and mind can make the most of it when this time is spent somewhere in nature, where there is less pollution. Now, this doesn't mean we have to drive hours away from the city to be in the 'true' wilderness, a simple green space with lots of trees and plants will ensure that the air we breathe is cleaner and better for us. And there are plenty of green spaces to be explored around Toronto, including our very own campus, so get outside and breathe in all the benefits of fresh air!



29 Jars of Pickled Peppers

Ayla Slijvar
Expressions Editor

I pulled out a tattered rag from the pocket of my overalls and wiped the beads of sweat collecting on my forehead. I leaned against my RAM 2640 and sipped the last bit of water I had left in my bottle, savouring every last drop. I allowed the sun's rays to heat my skin, enjoying what little break I had before continuing to load boxes into my truck. The stacks of boxes began to tower over me, mocking me and my numerous trips back and forth from the house to the truck.

Before I disappeared through the front door, I took one last look out into the neighbourhood to enjoy the view; the forecast predicted that today would be ideal to head out to the park for a picnic... too bad I had to clear out my dead mother's house.

I zigzagged my body around the boxes that congested the hallway. I could still smell the fading scent of potpourri mixed with stale bread as I entered the kitchen. The room was bare, apart from the boxes. From the corner of my eye, I could make out Trixi's long, fluffy tail nestled in between the spice rack and her water bowl. I poured some water into the bowl, since she had left her food (prepared, might I add) untouched, but she didn't respond. She just continued to stare out the window above the sink. "If you're like this all the time, I guess we won't have a problem with our new arrangement," I said, wondering if I had already unpacked her bed back at my house.

My mom was the queen of clutter. She loved it. I think she considered it some sort of hobby. She would find kitschy, original objects dating back to the beginnings of the 20th century (the "Stone Age" really) and took pride in having her 'artifacts' on display. In recent years, this 'hobby' had grown to the point where she

was on a first-name basis with the sellers at our local flea market, which she visited every Saturday. Numerous sets of matryoshka dolls, embroideries with dog jokes ("woof, woof" "bless you"), banana shaped salt and pepper shakers (I got a set of my own from her last year for Christmas), and various grizzly bear figurines doing mundane chores had adorned her tables, countertops, shelves and practically anything that had a flat surface.

I continued bubble wrapping her 'special occasion' plates and silverware (decorated with siamese cats) when I heard someone shuffling through the front door.

"Marissa?"

"In the kitchen, Rob," I said. I heard Rob struggling to walk through the path of boxes in the hallway, panting. He had his arms lifted above his head and walked sideways so as to avoid crashing into anything.

"You've done quite a bit in such a short time!" he exclaimed. Rob sat at one of the few chairs not piled with boxes and began to wipe down the cups I had stacked to the side, humming quietly to himself as he did. Rob was mom's boyfriend of 10 years. They rarely spent their days apart as he would accompany her on her excessive thrift shopping adventures. I remembered how his pale blue eyes were rimmed in red at the funeral. "I am bereft without her," he had said.

After (finally) packing up her plates, it was time to move on to the most daunting task of all: the pantry. And, frankly, I shouldn't have been surprised when I saw 29 jars of pickled peppers on the shelves. There were banana peppers, Cubanelle, Pimiento, Hungarian wax pepper, Friggitello... all were infused with a different brine of vodka, sesame, beer or curry.

"What the..." I trailed off as Rob appeared at my side.

"What's wrong?"

I looked at him incredulously, "Do you not see these 40 jars of peppers?"

Confused, he examined the shelf. Then, chuckling to himself, he corrected me, "29."

"What?"

"There are 29 jars of peppers.

Pickled, actually."

"What could she have possibly needed this many jars of peppers for?" I asked, incredulous.

Rob was quiet for a moment, then he responded, "I knew that Carla bought a lot of peppers, but I always thought she gave it to you kids or something. In fact, the last time we went to the National Pepper Museum in Bergen, she had a couple of heavy shopping bags full of the stuff."

"The what? There's a whole museum devoted to peppers? You and mom went there?"

"Sure. We went several times on

the bus, since there aren't a lot of tourist attractions around here and we old folks don't want the hassle of travelling farther than we need to. She always liked their tuna sandwiches with a bit jalapeño jam on the side."

"I'm surprised she didn't buy it."

He rummaged through a few jars before presenting me with one that had a handwritten label, "Joe's Jalapeño Jam."

I laughed, "I stand corrected, of course she bought it." I stood in front of the pantry, motionless. Mom is gone... It was sudden and didn't feel real, although we had the funeral a week ago. She had had a heart attack. A faulty valve she had known about but hadn't revealed to us. Typical of her to worry about us before her pending death.

"Rob?"

"Yes, dear?"

"Would you like to take some of her stuff with you?"

He didn't need to respond for me to know the answer.

Rob and I packed the rest of mom's stuff, attaching memories of her to each object as we prepared it for its journey to a new home.

That night, after feeding Trixi (successfully, thank God), I decided to unpack the last box I had taken from mom's house. By the time I had finished, 29 jars of pickled peppers neatly lined my pantry shelf.



Dedicated to Fathers With Daughters

Anonymous

I grew up with the habit of confusing yelling with love, hitting as a form of respect and insults masked as compassion. At the time, it seemed like he did, too. Until he wasn't yelling at me out of love, or hitting me out of respect or insulting me out of compassion anymore. He did these things out of necessity. Because mom wasn't home all the time and my sister knew how to hide. I was alone, clutching my cheek from the heat of his hand. Did I feel love or devastation? I'm still not sure, even after so many years, which is why I confuse words of anger for words of kindness. Because I have grown up to look for men who are exactly like my father.



Rupi Kaur is a Hack

Reia Tariq
Campus Life Editor

She talks like this
Colonization, words
Big impact
when scattered
Far apart

Whatever, she's
not that good
Read some
Better poetry
on Tumblr

May I
recommend
Ellen Hopkins
Or Rumi
P.S fun fact
He's actually Afghan

Trop tard

Nadin Ivanova
Contributrice

Les excuses
ne se presentent jamais
quand on les veut.
Lorsqu'on les obtient enfin,
elles ne sont pas voulues
ni nécessaires.

Thank you to everyone who has contributed to Pro Tem this year! Keep on writing and we'll see you again in the fall!

Merci à tous ceux qui ont contribué à Pro Tem cette année! Continuez à écrire et on se reverra cet automne!