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#MyGLHyggeMoment

Eden Minichiello
Editor in Chief

Hygge (pronounced hue-guh) is a Danish word that refers to acknowledging or creating a special and intimate moment amidst the mundane. It is an effort to improve your wellbeing by seeking meaning and joy in small, simple moments, whether with loved ones or by yourself. There is no English word that quite captures the full sense of hygge, but some adjectives used to describe it include cosiness, charm, contentedness, simplicity, security, familiarity, comfort, and kinship. Hygge was created by Danes in an attempt to survive their cold, dark, and dreary winters. Temperatures hover around the freezing mark, the sky is overcast most of the time, and in December the sun sets as early as 3:00PM — sound familiar, Toronto? Similar to Danes, we Canadi-

ans often find ourselves with a case of the cold-weather blues while trying to survive the long winter, and that's exactly what Lunik and the GCSU's #MyGLHyggeMoment aims to help with!

This year for Glendon's Frost Week, Lunik and the GCSU held a week-long photo contest titled #MyGLHyggeMoment. The contest took place on Instagram from January 18th to 23rd, and encouraged Glendonites to beat the winter blues by celebrating in small moments of coziness and contentment as a community. Students were instructed to share photos of their own hygge moments, whether it be a favourite snack, a cosy sweater, a beloved pet, or a favourite book. The idea was pitched by Lunik's Outreach Coordinator, Tracy Noronha, who said her inspiration was that "2020 really wore people down, and I thought that we all needed some work on self-care during

the newly imposed lockdown."

The #MyGLHyggeMoment was a huge hit in the Glendon community, and countless students shared their very own moments of cozy contentment on Instagram. Tracy expressed her happiness at how much everyone enjoyed the initiative, saying "All of the submissions are awesome. People have been really excited to share pictures of their pets, favourite books and other things that make them happy. Someone even shared a picture of a stuffed animal since they didn't have a pet, and we're counting it 'cause they have the right spirit!"

Frost Week may be over, and the #MyGLHyggeMoment may no longer be trending in the Glendon community, but hygge still stands as a warm and wonderful practice to improve your wellbeing! The atmosphere in Toronto

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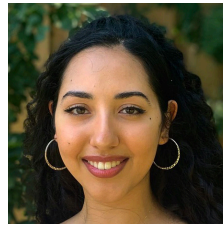
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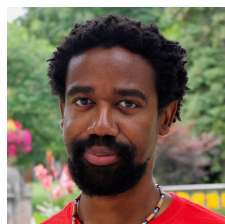
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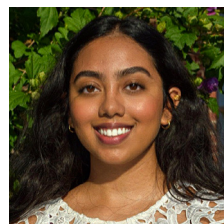
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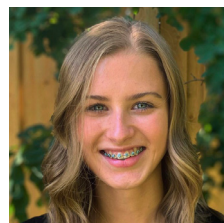
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Arts and Entertainment &
Expressions



Josée Philips
Health and Wellness

Coucou Glendon!

Bonne année et bon retour! J'espère que vous avez passé de merveilleuses vacances d'hiver et que le premier mois du semestre se déroule bien. Nous à Pro Tem avons beaucoup de plans pour ce semestre et nous avons hâte de vous les présenter! Pour février, le mois de l'histoire des Noirs, Pro Tem consacrera ses deux publications pour célébrer la richesse de culture, d'innovation et d'académiques que les Noirs continuent à apporter à Glendon et à Canada. We are currently seeking contributions of all kinds for these two issues, including poems, visual art, reviews of your favourite Black-made films and books, biographies of influential Black people throughout history, and your favourite cultural recipes, just to name a few. Furthermore, if you know of, work for or run a Black-owned business or student organization, we would love to advertise your institution in one of the upcoming issues! Please send any submissions or advertisement requests to editor@protemglendon.com. We hope to see you all engage with our initiative in some way — by submitting your writing, spreading the word, or reading and responding! Stay tuned in to Pro Tem's social media too, as we'll be posting interesting and informative tidbits to celebrate Black history each week of February.

J'espère que vous aimerez lire le premier Pro Tem du semestre d'hiver 2021! J'ai hâte de voir tous les articles que vous allez soumettre au cours des prochains mois.

À bientôt!

Eden Minichiello
Editor in Chief | Rédactrice en chef



January Cabin Fever

Anna Noumtinis
Section Editor - Campus Life

January Cabin Fever, *adj.*: lack of motivation; excessive tiredness; feeling run-down, bored, stuck, and done with the semester.

Sound familiar? Probably known all too well by every university student in January. Winter break is great for catching up on sleep, unwinding after the exam season, and spending time doing things you enjoy. But unfortunately, it never seems to be long enough! This can make it so hard to feel motivated and energized for your second semester classes. I don't know about you, but I'm finding it next to impossible to sit at my desk and finish my readings — seriously, I have 55 more pages to read and all I can think about is if I should keep growing my hair or just cut it. Sadly, the cure for January Cabin Fever has not been discovered yet. However, there are different measures you can take to improve your symptoms and get through it! Here are just a few:

Firstly, make sure you're eating enough food to provide energy for your body — preferably healthy food with lots of nutrients — and getting enough sleep. This will help to combat the incessant tiredness! I know you're rolling your eyes reading that sentence because I roll my eyes when my mom lectures me about the same thing. But if you really think about it, what good does staying up until 2AM reading your textbook do while all you can think about is your warm, comfy bed? Try to form a consistent sleep schedule, and aim to get at least 7 hours every night. If you don't have enough rest and fuel, you can't expect your mind and body to work like a well oiled machine!

Secondly, take breaks!!! If you can't focus on your reading, then work on an assignment. And if you can't focus on any school work at all, then just do something else! Ultimately, sitting at your desk,

forcing yourself to get that reading done may eventually get it done, but you probably won't have retained or understood anything you've read. So, don't feel guilty for taking breaks. If you want to use your break for something productive, do a load of laundry or wash some dishes! And hey, sometimes we just need to lay down and stare at the ceiling while listening to music to reset our focus. Spend your break in a way that works for you, in a way that helps you to get your energy and focus back.

Thirdly, remember you're not alone! I know sitting in front of your desk all day, in and out of Zoom calls, constantly working on homework and studying can leave you feeling isolated, but please believe me when I say you aren't the only one who feels that way. So many students are enduring such similar experiences right now, and there are so many opportunities to chat all around the Glendon community! I know what you might be thinking — "Sure, but where do I find the time to go to these events?". Well, remember those breaks I talked about? Try using one to pop into a virtual hang out space, or pick one person from your contacts and send them a text! If you're feeling really adventurous, pick a random classmate and start a chat with them during your next Zoom class, maybe you'll make a new friend!

Finally, don't be so hard on yourself! Everyone has bad days and feels unmotivated from time to time. Sometimes that's your brain saying "Hey! I need a day off". Brains need rest, whether you like it or not, and that's okay! It's perfectly normal to lack focus on an academic reading, but be super tuned into to a rom-com on Netflix. That doesn't make you a bad student, it makes you human. You don't have to push yourself past your limits — if that reading isn't going to happen today, then it isn't going to happen. Instead of dwelling on that, try asking yourself: what can I make happen today?

#MyGLHyggeMoment (cont.)

is harsher than ever with the long, cold winter and yet another lockdown, and working or studying from home can make our everyday lives feel meaningless and mundane. We at Pro Tem will be doing our best to make hygge a part of our lifestyles, and we encourage you all to do the same.

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Tracey Norohna, Lunik Outreach Coordinator



LE MOIS DE
L'HISTOIRE
DES NOIRS

calendrier

Instagram: @GLENDONAFRONETW

GUESS THE FLAG

DE 15H - 16H
En collaboration avec SCLD

RELATIONSHIP TALK

DE 17H30 - 19H30
En collaboration avec ASA et UCI
*MoSweetsPls X GAN Spread Love Week

BLACK CANADIAN ROOTS

DE 13H30 - 15H30
En collaboration avec Le Salon Francophone

CELEBRATING OUR BLACK ALUMNI

DE 15H - 16H
En collaboration avec l'Alumni de Glendon African Network

LES ARTS ENGAGÉS

DE 11H - 16H45
En collaboration avec Glendon

FÈV 3

FÈV 11

FÈV 17

FÈV 25

FÈV 27

Glendon African Network

The Power of Family

Sonia Said
Contributor

To my family; especially my American bro who makes me laugh for hours, and the beautiful human being who assured me that my nightmare is the sign of a new level of understanding. Here it is.

I always thought that I was stuck. Because for a long time, I was.

I felt like a family is a trap.

To me, family meant misery.

I believed that happiness comes with the possibility of choosing. But as a child, you cannot choose your immediate family, so you are doomed. Therefore, I put most of my focus, my love, and my attention on my extended family and other “chosen” people in my life.

And soon enough, I found myself with the wrong people. Their words, their motivations, their intentions were malevolent. To tell you the truth, I am glad I met these people because they taught me a lot; a lot that I would not have learnt otherwise.

And then, I guess, it is when you are stabbed (usually in the back) that you get clarity; you discover who your loved ones are.

I am grateful because now, at 21, I finally understand the concept of family. I get the depth of it, the impor-

tance, and the beauty of the sacred word. Because now I understand that a family is powerful. It is about love and support. It is about people who are present when you need them, those with whom you share memories, and those who give you respect, time, and value. It is about those who want to know about you; about your torment, about your joys. It is those who share your happiness and your pain.

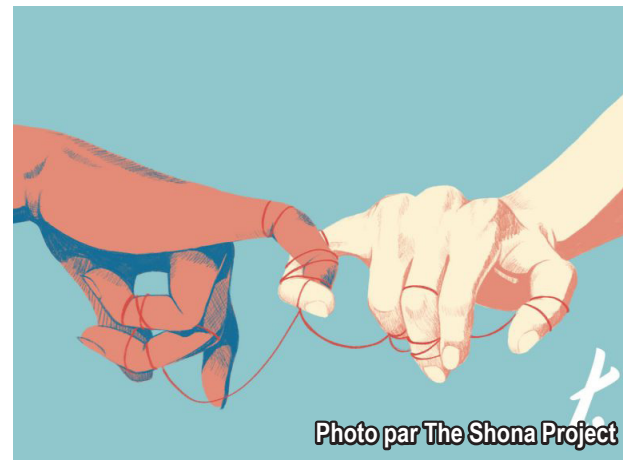
In other words, at any given point in your life, it is your duty to redefine your family. Who is your heart's family? Who is your support system in difficult times?

Of course, we have blood relatives but sometimes those people are not the ones we can count on. Yes, they are part of our world, respect is required, but should we maybe give more attention to those who were, and are, present for us? Just so we never forget those who gave a little bit of themselves to us. Because yes, I made that mistake — I dismissed the people who love me.

I forgot people who had my best interests at heart and I forgot to live in the present, with the people I have now. Most detrimentally, I lived with “what ifs?": what if it had not happened like that? What if I did not do that? What if he was not like that? What if she had not done that?

But that is wrong. Because thank God, I believe that everything happens for a reason, everything is a lesson. And even resentment sometimes fades with time and reflection.

Another truth that I need to bring to light is that I am extremely grateful for my Glendon family. I don't want to be cheesy, but if you think about it, not everyone is as lucky as we are. We have access to the realm of knowl-



edge, the world of learning. We have the opportunity to grow in a safe space, to work on ourselves and become our best version ever. I am grateful for my Glendon family because of the wonderful students and dedicated professors that I meet each semester. Some of them are also a part of my family; those are the people I want to remember and will always look up to.

Do you know what is the most beautiful? I am a believer. And we as believers have faith that whomever we love in this world will be united with us in Paradise. So, for us, that is another reason to strive for Heaven. We believe that we never lose anybody. We pray that we will meet them again if God wills. We are soul-connected to the people we love... and I believe that is very beautiful.

& other things

Ariana Mah
Section Editor - Issues & Ideas

What do you want to be when you grow up?

Some days, I want to become someone great, untouchable figure, pillar of hope and success, trailblazer in a world of people lacking the spark of individuality.

I want to be like a star;

burn bright,

burn bold,

burn out fast.

A jumble of degrees and prestige,

materialism and greed,

fleeting and temporary,

made up of things that are not meant to last,

but hungered for regardless.

It always feels like a pipe dream,

a reminder of things too good to be true,

like far too much ambition for my tiny existence.

A driving force with life of its own,

bursts from my body and obliterates everything in its path,

more than I am, it takes over, until I am

no more, just a host for this force of nature.

Other days, I want nothing more than to fade into the back-

ground, romanticizing silent stillness.

I daydream of quiet days spent alone,

just my presence in a tiny flat filled with books,

soft folk playing in the background,

muffled hum of the radiator a constant buzz.

Of the smell of salt and sea,

a rickety house on stilts,

of near silent existence and solitary walks along the ocean,

writing the years away,

until there is nothing left of who I once was.

Of pastel cookie-cutter houses,

straight from the glossy catalogues of the American Dream,

a small town where nothing remains a secret for very long,

fitting in just barely,

people-watching from my porch on warm summer evenings,

weekends spent repainting the house and taking road trips

down long country roads,

away from civilization and into the wilderness.

All this time has given me ample hours with my thoughts,

and I am prone to excessive contemplation

over that which I am unable to control.

There is no doubt that I have spent far too much time

in my own company;

that is something that cannot be helped.

But I refuse to let fear of my uncertain future encompass

me,

turn my heart sour with the thought

that I might never become all that I can be,

or that I will become more than my trivial existence can handle.

Whether towards a glorious or soft existence,

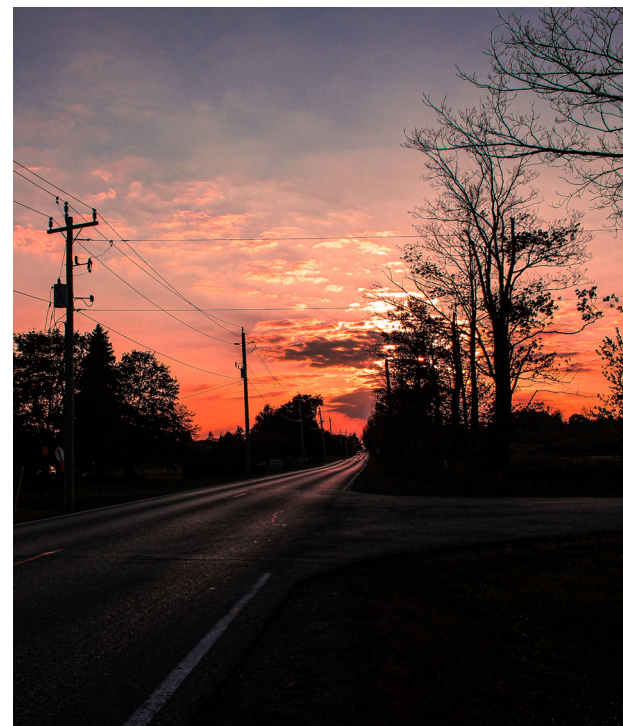
I desperately hope for the strength to make these dreams a reality.

It is far too easy to dream,

and forget that the journey is long and arduous.

Worry not, destiny mine,

I'll find you with my eyes closed.



How Commercials Changed in 2020

Erica Thi
Contributor

Commercials have drastically changed since the global pandemic began. In this article, we'll take a brief look at car commercials. Early in the year 2020, Kia Canada released a commercial for the 2021 Kia Seltos featuring the popular song "Bad Guy" by Billie Eilish. The commercial had an upbeat tune featuring the song's chorus.

Further into the year, more COVID-19 safety protocols were put in place and the government released commercials advising Ontarians to stay at home, wash their hands, and avoid large



public gatherings. Later, many brands featured commercials with individuals wearing face masks and practicing physical distancing. Cadillac released a commercial advertising new flexible payment arrangements and crisis assistant services at a time when consumers might be going through financial burden. It also reminded consumers of online shopping options with the slogan

"We have your back." This commercial used a tone that clearly acknowledged the pandemic and the services Cadillac was offering in response.

Additionally, Subaru Canada released a commercial that thanked Canada and essential workers. They featured black and white pictures of healthcare, emergency services, and grocery clerk workers

with slow calm music and a voice over. 2020 certainly changed the directions of commercials, and introduced new factors for advertisers to consider. Several brands sought to acknowledge difficult times, portray a feeling of unity, and make their commercials more socially relevant. It will be interesting to see how commercials continue to change as we enter 2021.

How to Skam Your Way into Knowing a New Language — Just by Watching TV!

Brianna Carrasco
Section Editor - Arts and Entertainment

I've been watching *Skam* ever since the final season aired in 2017. I had never heard of the show anywhere else except for from the small, devoted, and enthusiastic fanbase it garnered on Tumblr, so I decided to give it a shot. Four years later, I'm still pretty much obsessed. I recommend *Skam* to anyone who wants to learn a new language, and I'll tell you why.

Skam is a Norwegian web series that follows the lives of a group of teenagers. But there are lots of shows about out-of-control teenagers, so what sets this one apart?

To start, *Skam*'s format is unlike any show I've ever seen before. Instead of regular episodes, *Skam* is released in 2 to 7-minute clips throughout the week, without any announcement. The purpose of this is that viewers can experience the lives of the characters in real-time. The show is set in Oslo, Norway, so if the characters experience a dramatic event at a party at, let's say, 11:34 P.M. Norway-time, then a clip will be released at 11:34 P.M. Norway-time! This allows viewers to feel as though the

characters are real people, experiencing real-life events at that very moment. Plus, it keeps viewers on their toes, wondering when the next clip will release!

Besides the clips, each character has their own Instagram account that the character posts to as if they were a real person. Text conversations are also posted between clips to update fans on what the characters are doing. This allows viewers to get a glimpse into the lives of the characters throughout the week, even when clips aren't being posted.

Each season is focused on a different character in the main friend group, and deals with various important topics. The first season focuses on Eva's experience with identity and romantic relationships. The second season touches on Noora's eating disorder and sexual assault. The third season, centered on Isak, deals with sexuality and mental illness, and the last season focuses on Sana's experience as a Muslim girl in Norway.

When a season of *Skam* is airing, it takes over my entire life. I frequently check if any clips have been posted or if any texts have been released. I scroll through the characters' social media profiles for any hints of what could possibly happen next. Plus, by the end of each season, I learn more and more about Norwegian culture than I would ever have thought possible through a laptop screen.

So, what makes this show so appealing to language-learners? After the series ended in 2017, production companies around the world signed deals to create their own versions of *Skam*. There are several *Skam* remakes in France, Germany, Italy, the United States, Spain, the Netherlands, Belgium, and a new remake



is coming to Peru. I've watched nearly all the remakes, and while the same general plotlines are reused, each country puts its own spin on the characters and the plot. These *Skam* remakes really help fans learn the language and cultures of all the different countries! Online wars have started over which version of *Skam* is the best, and each version has its own dedicated fanbase. *Skam* France, my personal favorite, which is already on its seventh season — surpassing the number of seasons even the original *Skam* had — has helped me so much in learning French. The show allows me to learn common French slang that differs from the more formal, "correct" French we learn in textbooks.

If you're interested in learning or honing your skills in the languages of any of the countries listed above, I urge you to watch *Skam*! Most remakes post their clips on YouTube, making them easy to access. Loyal *Skam* fans around the world hurry to add subtitles to the YouTube clips in their native languages, so the clips can be understood by viewers who don't speak the

respective language of the *Skam* edition. This is a great tool for language learning! For example, I watched *Skam* España with French subtitles to practise my French reading, and I would sometimes watch *Skam* France scenes with fast conversations at 0.75x speed to better understand the words and pronunciation.

Many of the remakes have started to include the COVID-19 pandemic into their episodes, and viewers see the characters wearing masks and social distancing. Belgium's version of *Skam* created a whole season that took place over fictional Zoom calls between the characters! This gives viewers insight into how different countries are handling the pandemic.

I cannot recommend a better show than *Skam* for language-learning. Choose the language you want to learn or improve in, and start watching the respective country's *Skam* remake on YouTube! I guarantee you'll come to a better understanding of the country's culture, and how young adults use the language in no time.

Will Little Jamaica be Back?

Kitty Yin
Section Editor - Metropolis

Little Jamaica, A.K.A. St. John's Ward, is one of the most prominent Black communities in Toronto. It is found along Eglinton Avenue West, from Allen Road to Keele Street. History starts here in 1958, when Caribbean immigrants — mostly Jamaican — made their home in Eglinton West. Since then, the Jamaican community has grown and imbued the city of Toronto with their culture and values. The Caribbean community has become an integral part of Toronto's cultural fabric. One way they have influenced Toronto has been through sharing their music (namely, reggae). In fact, the reggae scene in our city is second only to Kingston, Jamaica. Caribbean immigrants have made their mark with local, family-owned businesses such as music shops, nightclubs, barbers, salons, restaurants, and tailors. For instance, Kensington boasts local, family-owned grocery stores in the very heart of the neighbourhood. These grocers feature deals on Caribbean specialties like plantains, beans, cassava/ yuca, tapioca root, and other imported produce. Toronto is known to be a vast, diverse network of cultures and ethnicities. If this network were thought of as a family, Little Jamaica would be the young, spirited cousin who is present, but usually overlooked and somewhat overshadowed. It seems the public tends to focus on other cultural neighbourhoods, such as Little Italy or Greektown. This is namely due to popular food festivals, which have allowed them to thrive, and have provided them with public exposure and media attention. Thousands flock to "Taste of Danforth" and "Taste of Little Italy" every summer, creating fame and social platforms for Little Jamaica's more "mainstream" counterparts.

Sadly, it seems unlikely that Little Jamaica will be expanding its outreach anytime soon. For more than a year, there have been plans to build and develop the LRT, or Light Rail Transit, along Eglinton. Indeed, ever since late 2019, business has slowed to a near halt in the once highly-frequented Eglinton West neighbourhood. Tailor Vernal "Jamall" Small had a steady flow of customers 40 years ago (McLean, 2019). More recently, he states that due to lack of parking space from construction blocking the streets, customers have been dissuaded from visiting his shop. "At this point, my revenue has dropped 60%", Jamall says.

The narrow, vibrant strip that was once bustling with storegoers and pounding with reggae is now filled with the constant sound of drills, bulldozers, and dragging with slow-moving traffic. Hundreds of thousands of Caribbean immigrants, freed and runaway slaves among them, used colour and vivacity to give life to Little Jamaica. All this life and energy has since been replaced with dilapidated storefronts and imposing construction boards.

Jamaican restaurant owner, Horace "Rap" Rose remembers the feeling of brethren and camaraderie that one would experience when walking down Eglinton West in its heyday: "when we came from Jamaica, it was just us. It was lonely. So when you come to Eglinton, you see people who can talk patois... that's what brings the community...and not just Jamaican but West Indian community together — it's Eglinton."

On a more positive note, another article from ten months ago claims that the Eglinton West LRT will facilitate the lives of community members by providing them with central public transportation (Benjamin, 2019). However, long-term effects may outweigh future benefits. The feeling of a "home away from home" has been fading away, as the neighbourhood sees itself slowly but surely lose its authentic Caribbean charm, all the while not being able to take action against it. The shared sense of belonging has gradually been overtaken by increasing gentrification, which is the unfortunate reality in many "up-and-coming" neighbourhoods who have succumbed to market pressure. In Little Jamaica, 45% of



Photo par Ingrid Barrett

Black-owned businesses have now closed or relocated.

The question to be asked, then, is whether this once tight-knit, historical corner of the world will ever make a recovery. It is hard to believe that this cultural hub, which helped to globalize and popularize reggae music, is dwindling into non-existence. St. John's Ward may no longer be bursting at the seams with life, but its settlers did not come all this way to see their hard work be demolished by urbanization and capital greed. Construction will abide, and after it does, we can only hope, and have to believe, that Little Jamaica will regain momentum and reestablish the dy-

namic community that its founders worked so hard to build.

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Black History Month







SUBMISSION DEADLINES:

FEBRUARY 5, 2021

FEBRUARY 19, 2021

- artwork
- poetry
- articles
- creative writing
- folklore
- cultural storytelling



- recipes
- interviews
- reviews
- film & book recommendations
- social commentaries



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The (Bake) Code to My Heart

Brianna Carrasco
Section Editor - Arts and Entertainment

Long before the current stay-at-home order was put in place, I made it my mission to try out Bake Code, a Euro-Asian bakery in the GTA. I was up at 1AM, reading the book *Rent a Boyfriend* by Gloria Chao. The Chinese-American main characters were celebrating Thanksgiving with Chinese delicacies like mooncakes and matcha desserts. The description of all the desserts had me awake in the middle of the night, googling places in the GTA that carried these desserts so I could try them out myself. I found Bake Code on Google Maps, saved the location in my phone, and promised myself I would go on the weekend.

I practically dragged my boyfriend with me to the bakery. We drove to the 4910 Yonge St. location, only ten minutes away from Glendon. As soon as we stepped foot in the bakery, the smell of croissants, matcha, and Japanese cheesecake was intoxicating. One section of the bakery consisted of their croissanterie, filled with individually wrapped croissants to prevent COVID contamination. Black-striped charcoal croissants are their specialty, and while I didn't pick any up that time, I definitely want to give them a try!

There was pineapple bread, mochi, pork rolls, and matcha rings, which were all wrapped beautifully and displayed at the front entrance. To prevent many hands from touching the plastic-wrapped treats, Bake Code keeps a stack of trays and metal tongs by the front door to allow customers to gather their goodies.

At the cash register, there was a display case of even more delicious desserts! Cookies, crepe cakes, Swiss rolls, macarons, tiramisu, and cheesecakes lined the inside of the glass panes. Besides the desserts, the bakery also carried Chatime drinks!

We left Bake Code with a bag overflowing with treats! We decided to pick up a twice-baked cheese tart, slices of matcha crepe cake, Japanese cheesecake, and strawberry shortcake, and milk custard bread. Plus, two Chatime slushies to go! I absolutely adored the fusion of European and East Asian desserts.

Our Bake Code feast landed us in a sugar-induced food coma, but without a single regret. The milk custard bread,

which my boyfriend picked out last minute as we were about to pay, ended up being my favourite part of our visit, and the matcha crepe cake inspired me to try making a crepe cake myself.

I never knew how much a quick five-minute visit to a bakery could positively impact my entire week. Because the pandemic has prevented us from living our normal lives for the last few months, a short trip to pick up goodies after staying at home for so long felt amazing! Bake Code is still open and follows all the necessary COVID-19 precautions! There are locations in Markham, Richmond Hill, and Vaughn, which makes it accessible to those outside the city's centre. And if you want an even safer option, Bake Code is currently offering curbside pickup and delivering via UberEats or DoorDash. Living through a pandemic is hard on all of us foodies, but we can still appreciate the small things, like wonderful goodies from a local bakery!



Photo par Hector Vasquez

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A Toronto Cafe Shortlist

Eden Minichiello
Editor in Chief

Adhering to the stereotypical liberal-arts-student aesthetic, one of my favourite ways to spend my time is visiting small, niche cafes where I can study with a slightly-out-of-budget beverage in hand. Delicate pastries and oversized, chewy cookies are my weakness, and who doesn't love a good window seat WITH an electrical outlet?! As a fourth year university student, I'd consider myself quite the cafe-connoisseur, and I've gathered a list of seven especially-charming cafes in the GTA for you to check out.

Toronto

FIKA Cafe

FIKA Cafe is a Swedish-inspired cafe in the heart of Kensington Market. "Fika" is an important concept in Swedish culture that refers to the attitude that it is essential to make time to enjoy a cup of coffee and a small bite to eat with friends or colleagues, everyday. FIKA is an incredibly charming little cafe with a bright and airy, yet rustic and cosy interior. The cafe has a lovely patio, as well as a space for group study at one large table in the very back. Beside that table is a beautiful and unique accent wall decorated with open books. The drinks are incredibly smooth and tasty, especially the Cardamom Latte, and I'd recommend trying one of their delicious scones, or a signature Swedish cinnamon bun!

Isle of Coffee

Isle of Coffee is a bright and minimal independent coffee shop on Eglinton Avenue West — super close to Glendon! Their menu offers a fulsome selection of specialty drinks, and their homemade pastries put interesting twists on cafe classics. For example, Isle of Coffee offers classic French madeleines, but in the flavour of Korean mugwort (a roasted soybean flavour called 'Injeolmi'). A fun fact about the shop's name is that it is a play on words, since "Isle of Coffee" sounds like "I love coffee" when said aloud! Check out their instagram to witness the aesthetic beauty of the cafe for yourself at @isleofcoffee_to.

Little Pebbles

Little Pebbles is an artisanal bakery and coffee bar located in Kensington Market. All the tastiest flavours from France and Japan are fused to create delicious takes

on traditional pastries, like a yuzu-cocconut croissant, or a black sesame chiffon cake. One of the most unique items on the Little Pebbles menu is what they call "croffles", a croissant placed in a waffle press, then topped with interesting ingredients. My favourite is the kinako croffle! Be sure to check out the cafe on instagram at @littlepebblesto and be blown away by the beauty of their treats!

West End

Back Road Motor Coffee Co.

Found "off the beaten path" of Port Credit on a small backroad, Back Road Motor Coffee Co. is a unique and charming motorcycle-turned-coffee shop, decked out with a garage door, super old-fashioned cars and real motorcycles. The shop was founded by two brothers-in-law and based on a lifelong friendship riding motorcycles together and meeting at coffee shops. Back Road's coffee is really the star of the show — they put a lot of time and effort into sustainably sourcing, roasting and serving their coffees, and it truly comes through in the flavour in your cup. Not only do they sell beverages and bites, they offer a wide selection of whole bean or ground coffees, as well as an array of brewing equipment, so you can take your Back Road experience home. Seating is plentiful, and the glass garage door ensures tons of energizing sunlight for your study session.

Archtop Vinyl Cafe

Another Port Credit gem, and home to the best oatmeal cookie I've ever eaten, Archtop Vinyl Cafe is a unique and hom-



Photo par Eden Minichiello

ey coffee bar, perfect for snuggling in for a day of exam prep. For those who aren't the biggest coffee drinkers, the Dirty Chai Latte is my go-to beverage — it has all the spice and creaminess of a chai latte, but with the extra kick of energy that comes with an espresso shot! On your study breaks you can make your way down to the basement, where you'll find a full collection of vinyls from a variety of genres, all available for your purchase!

East End

The BirchCliff

The BirchCliff is a warm and rustic coffee shop on Kingston Road East, near the Scarborough Bluffs. The cafe is a beloved neighbourhood gem, offering a familiar menu of classic coffees and teas, and boasting some of the best baked goods in the East end. The BirchCliff has a beautiful origin story, with its owner & founder being born and raised in the BirchCliff community, desiring to create a space for her neighbours to gather and enjoy good coffee. The shop recently moved four stores down, which allowed for tons more seating, so you're sure to secure a sweet spot for a study session upon your next visit.

Green Grotto


I've truly saved my best for last on this list, because Green Grotto is by far my favourite study spot in the entire GTA. An adorable asian cafe located at Warden and Steeles with a cute, modern-eclectic interior design and tons of spacious tables, Green Grotto is my dream cafe. The drinks menu is so extensive that you may not be able to decide on an order — it encompasses ALL kinds of tea, from milk tea, to fruit tea, to pots of blossoming chrysanthemum. Coffee drinkers beware! You may not enjoy the selection as much, as their only coffee is a choice between a few interesting macchiatos. On top of their vast drink menu, they boast a variety of foods, from snacks, to main dishes, to desserts. This makes it super easy to stay all day, studying away. My top picks at Green Grotto are the Taiwanese Salt & Pepper Popcorn Chicken for a snack, the Noodles with Minced Pork & Egg for a meal, the Buttercream Condensed Milk Brick Toast for dessert, and most importantly, the beautiful, delicious Hokkaido Roasted Milk Tea with small tapioca. Best of all, nearly EVERY table is accessible with electrical outlets! Check it out, and thank me later.


WHAT LIES AT THE INTERSECTION OF RACIAL INEQUALITY, A GLOBAL PANDEMIC AND CONCERNS ABOUT CLIMATE CHANGE?

OUR DEMOCRACY.

Celina Caesar-Chavannes
Sr. Advisor, EDI Initiatives & Adjunct Lecturer, Queen's University
Former Parliamentary Secretary to Prime Minister Justin Trudeau and
Parliamentary Secretary to Minister of International Development

TUESDAY, FEBRUARY 23, 2021
12 PM - 1 PM





Mental Health Isn't Just for January

Ameer Shash
Contributor

A Note from the Editor: Please note that Pro Tem is in no way affiliated with Bell Canada or the Bell Let's Talk campaign. All opinions expressed in this article belong to the author.

As school returns in the midst of a global pandemic and a state of emergency is declared by the Government of Ontario, stress and emotions care running high. Families are pressing their children to achieve their maximum potential in school to secure a good job that “pays well”; to build a name for themselves and to protect family honour. Hours on end, students will immerse their minds in textbooks and hurriedly submit assignments online. However, in many families, speaking about mental health is practically non-existent, and in some cultures having a mental illness is viewed as shameful.

January marks the first leg of the winter semester, and some students are already yearning for the end. Being busy with studies and sometimes a part-time job can

mean forgetting about self-care — physically and mentally.

Fortunately, many corporations and businesses are practicing social responsibility around the stigma surrounding mental health. “Bell Let's Talk” Day is January 28th, an annual initiative created by Bell Canada in September 2010 to end the stigma around mental health and promote dialogue, as well as partnering with many organisations to provide mental health services.

Bell has featured many spokespeople to advertise their campaign and its cause, all of whom have struggled with mental health challenges throughout their life. Some ambassadors include the creator of CBC's “This Hour Has 22 Minutes” Mary Walsh, Howie Mandel, cyclist Clara Hughes, among many others.

“Bell Let's Talk” encourages Canadians to use #BellLet'sTalk in their posts on social media, to view their videos and, for any Bell customer, to text and call using these devices, to donate 5¢ to mental health programs. The power to spark conversation and enact change is, quite literally, at your fingertips.

If you are a student who believes studying comes before self care, it is important to note that both are important for success. Many students have unfortunately dealt with mental health adversities

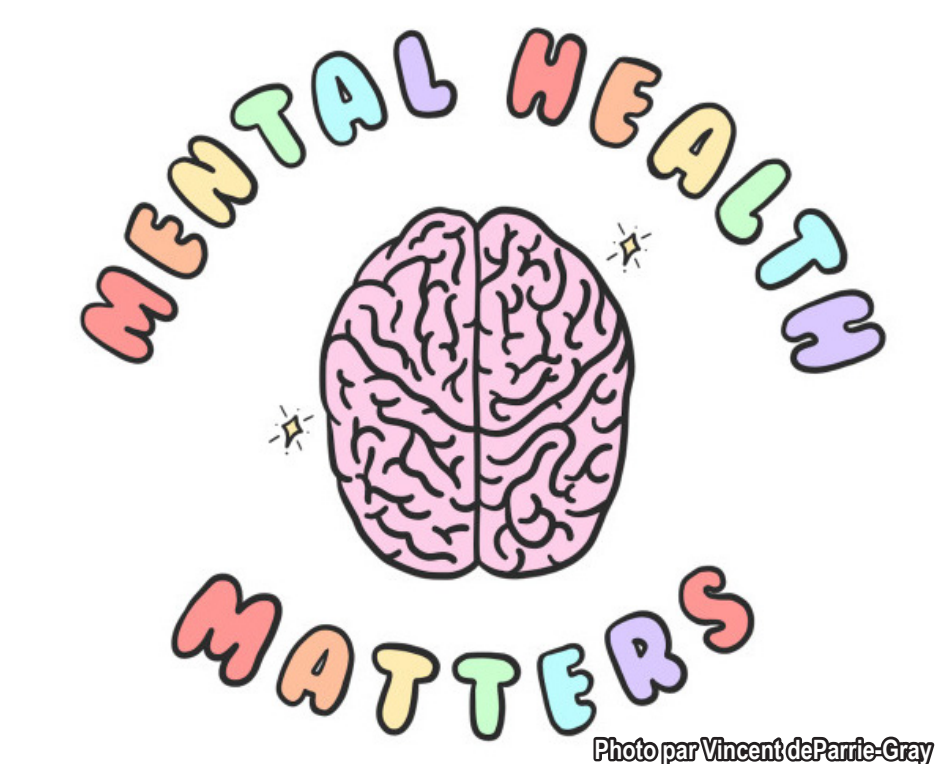


Photo par Vincent deParrie-Gray

throughout their learning careers.

It is imperative to seek help when and where possible, and without delay. Mental illness is like any other ailment that must be treated immediately. If you are experiencing symptoms of a mental illness, there are many resources to help you. Glendon College offers support groups, mental health services and clubs where you can open up without fear of being judged or ashamed. There are also many

resources beyond the campus, which are accessible as well.

Since #BellLet'sTalk began, 100 million dollars has been raised for mental health initiatives. This day and this initiative are both important, but we must continue the conversation and advocate for those affected, not only on January 28th, but every day of the year.

Le plein air : un rappel à l'enfance

Josée Philips
Section Editor - Health and Wellness

Je viens d'une petite ville qui est à deux heures à peu près de Toronto. À cause de la pandémie, cette année, je suis restée à la maison. Certainement, comme plusieurs d'entre vous, retourner vivre chez nous, avec les parents, les frères et les sœurs, tout en suivant les cours à l'université à temps plein, est un défi. Mais je me suis trouvée très chanceuse cette année de pouvoir développer mon amour pour le plein air.

Mon enfance fut remplie de voyages, de campings, de randonnées et de journées passées à faire du vélo. J'ai toujours aimé le sport et les activités en plein air, mais je n'étais pas réellement consciente du confort que cela apportait à mon bien-être jusqu'au moment où je fus forcée de rester chez moi, seule sans interactions

sociales, sans voyages en métro, sans allers-retours ici et là dans la grande ville.

Pour ceux d'entre vous qui viennent aussi d'une petite ville, vous comprenez peut-être le sentiment de claustrophobie que l'on peut ressentir quand il y a un seul restaurant où manger, quelques grands magasins, et le fait de pouvoir se rendre d'un côté à un autre en moins de dix minutes. En réalité, il n'y a pas grand chose à faire.

Mais, j'adore ma petite ville. Depuis ma jeunesse, j'ai eu la chance d'avoir des expériences incroyables grâce à la région où j'habite. J'ai pu travailler dans un parc provincial à seulement 20 minutes de chez moi, faire du voilier avec ma grand-mère, puis faire du ski de fond et du ski alpin à peine une demi-heure d'où j'habite. J'ai pu faire des randonnées avec mon chien dans les forêts qui nous entourent et me plonger dans la baie Georgienne.

J'ai eu la chance d'avoir eu toutes ces belles expériences, mais ce n'est que cette année que c'est devenu une de mes passions et que j'ai pu véritablement me rendre compte de la fortune que j'ai. Je me suis retrouvée isolée, dans une petite



ville, loin de la vie que j'avais cultivée à Toronto. J'ai décidé d'être reconnaissante de l'opportunité qui m'était donnée de faire un retour dans mon enfance; de pouvoir réellement apprécier ce qui m'était donné.

Depuis le lancement, et le relancement de confinements, des moments difficiles, des moments où je suis bou-

leversée, je sors et fais ce que je peux pour m'éclaircir l'esprit; que ce soit de faire une randonnée, une marche en raquette, d'enfiler mes skis de fond, ou même tout simplement être dehors, cela me donne tout ce dont j'ai besoin, et je me compte énormément chanceuse de pouvoir dire cela.

Croqueuses de diamants ou diamants bruts ?

Prarthi Mehta
Contributor

Les paroles de rap sont-elles un nouveau genre de sexisme déguisé ? Interrogé sur les paroles sexistes lors d'une interview, Drake a nonchalamment répondu que « ces paroles sont drôles et spirituelles » et que « les filles les chantent en criant aux concerts, encourageant les chanteurs ». L'interview s'est produite il y a 10 ans, mais les artistes de rap continuent de chanter des paroles sexistes et nous les chantons avec eux, inconscients de leur dévalorisation de la femme. Quand une question est soulevée sur leur insuffisance, les artistes disent, « la musique doit être prise à la légère » et refusent de reconnaître les effets négatifs de ces paroles sur la société, en particulier sur les jeunes.

Comment des paroles aussi accrocheuses peuvent-elles promouvoir l'objectivation de la femme et encourager la violence ? Les jeunes hommes admirent les rappeurs et imitent leur comportement pour se sentir virils. Les paroles de rap dépeignent souvent des hommes qui utilisent les femmes pour leur plaisir sexuel et pour les mépriser. Par exemple, il y a une chanson intitulée « Sale Pute » du rappeur français OreISan avec des paroles violentes ciblées à sa copine — « j'rêve de la pénétrer pour lui déchirer l'abdomen ». Il est inquiétant que les jeunes hommes s'inspirent de ces rappeurs et leur emboîtent le pas en maltraitant les femmes.

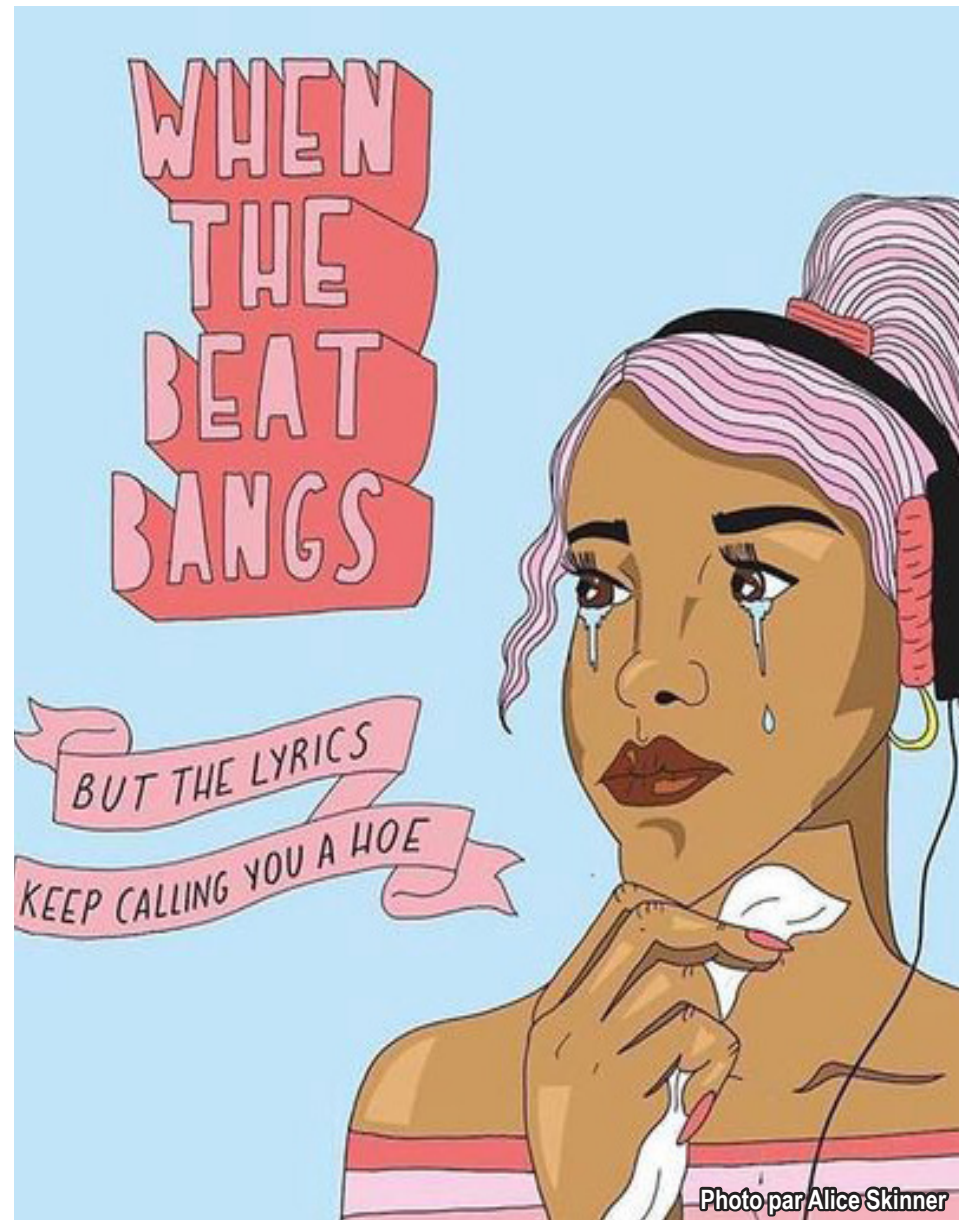
Selon l'OMS, mondialement, une femme sur trois a été victime de violences sexuelles au cours de sa vie. En fait, la gravité du problème peut être vue à travers l'ampleur du mouvement mondial #Moi-Aussi. Avons-nous vraiment besoin de telles paroles dans un monde qui est déjà dangereux pour les femmes ?

En outre, les chansons de rap méprisent les femmes de telle manière qu'elles se trouvent réduites à des stéréotypes et sont définies par leur corps. L'image des femmes dans les chansons de rap est basée sur des stéréotypes négatifs. Les femmes sont souvent dépeintes comme des croqueuses de diamants qui misent sur les hommes pour satisfaire tous leurs besoins. Une parole de la chanson « Gold Digger » de Kanye West, « elle est allée chez le médecin, a obtenu une lipo avec ton argent » constitue un bel exemple. Des paroles comme celles-ci ne montrent

pas les femmes sous un bon jour et négligent l'idée que les femmes peuvent être autonomes financièrement et autrement.

De plus, les paroles de rap concernent toujours les caractéristiques physiques des femmes et aussi promeuvent des normes de beauté malsaines et irréalistes. Les paroles ne mentionnent jamais l'intelligence ou les aspirations d'une femme. Par exemple, une chanson par Léo Ferré dit « ton style c'est ton cul, c'est ton cul, c'est ton cul ». Un exemple plus récent est « Baby Got Back » de Sir Mix-a-Lot, qui sexualise les femmes de la même manière. Selon le rap, une femme intelligente n'est pas cool et ce n'est que leur corps qui rend une femme attrayante, pas leur personnalité. Pour cette raison, les femmes ont tendance à mettre en valeur leur apparence physique et à cacher leur côté intelligent aux hommes pour paraître attrayantes.

Les paroles de chansons sexistes sont dangereuses parce qu'elles sont partout - à la radio, sur internet, dans les publicités. À force de les entendre, nous commençons à les croire. Pour cette raison, malgré leur caractère accrocheur, nous devrions réfléchir au sens véritable des paroles et à ce qu'elles disent sur nos valeurs en tant que société. Les femmes sont confrontées à tant de problèmes; obtenir un salaire égal et se sentir à l'abri de la violence sexuelle, ce qui les rend les diamants bruts et non des croqueuses de diamants.



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