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La Prochaine Date Limite:
2 fevrier



NOTRE VOIX
NOTRE HISTOIRE

TO READ OUR INTERVIEW WITH CUPE OR FOR MORE IN-DEPTH COVERAGE ON THE BREAKDOWN OF THE GCSU HEAD TO www.protemgl.com



Time's Up on Elitist Feminism: Lessons from the Golden Globes

Sabrina Sukhdeo
Contributor

#MeToo began as a tool of healing, a lever of agency traditionally withheld from women, but the hashtag quickly forged a heavy hammer of indictment in the world of celebrity. As women (and men) shared their experiences of sexual violence by the dozen, Hollywood untouchables were nailed via public condemnation and a groundswell of anger erupted into a desire to take action. "Time's Up" is the latest extension of this effort — a coordinated endeavour by women in entertainment to tackle sexual misconduct and inequity in

the workplace. But as the campaign debuted at the 2018 Golden Globes and thrust the cause into the hands of society's rich and famous, dangerous patterns of elitism threaten to derail the movement's progress.

Of course, "Time's Up" is an admirable initiative in and of itself. A leaderless collective backed by over 300 women in Hollywood, the organization emerged in response to an open letter from Latina farmworkers who had expressed solidarity with actresses and others following the Weinstein accusations. The goal: combating sexual harassment both inside and outside Hollywood. "Time's Up" comprises a network of

working groups with various aims, including drafting legislation to combat sexual harassment and advancing gender parity across Hollywood networks, agencies, unions, and studios. There is also a clear attempt to prioritize intersectionality, with one working group focused on amplifying the voices of the LGBTQ community and women of colour. The centerpiece of "Time's Up" is a legal defense fund set up to subsidize aid for survivors of sexual assault in the workplace, particularly those in low-wage industries. Thus far, the fund has racked up more than \$16 million in donations.

(continued on page 13)

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

Salut Glendon,

And welcome back! I trust that we've all settled back into the rhythm of things and have begun breaking our carefully made resolutions for the new year. I want to take a moment to introduce myself as Pro Tem's Editor in Chief for the Winter semester. Being a part of the Pro Tem Executive for the last year and a half has been an incredible experience for me and I'm excited to be taking on this new role at a time where the student voice is becoming louder than ever before! My time with Pro Tem thus far has already been a huge learning curve, full of innumerable challenges and rewards, so I'm looking forward to what the next few months have in store for us.

Most of all, my time with Pro Tem has taught me valuable lessons about myself – perhaps the greatest of which

is the self-confidence that has come with knowing that I can do it. A big turning point for me was realizing that I am not alone in my endeavours. In fact, I owe much of the credit to the unending support of my amazing team, who have all stepped up to lend a hand as we adjust to the increased demands that come with a reduced team.

To that end, it brings us all great pride to present you with this latest issue. In the time since our last print edition, Glendon has been existing in a frenzied state of upheaval and, unfortunately, confusion. As your student newspaper, we consider it our duty to bring some sense of clarity to the situations unfolding sur notre petit joli campus. As such, we have published a number of unredacted documents directly to our website regarding both the breakdown of the GCSU and the imminent threat of (another) CUPE strike. While some of you may

criticize our approach as being too neutral, we believe that in our current culture where too often the media are being given the power to socially sentence the accused, an unbiased voice is what's needed to calm the unrest and confusion which abounds. So, I encourage you all to visit www.protemgl.com to keep yourselves informed and aware of the facts and varied opinions.

As always, if you have any queries or concerns – or would like to have your opinion added to the discussion – I invite you to email me at editor@protemglendon.com. Let's prove that we, as a community, are neither apathetic nor willing to be swayed by biased rhetoric.

Stay critical Glendon,

Sarah Tadjana
Editor in Chief



Vous avez des opinions? Vous aimez écrire? Vous faites de la photographie? Vous adorez dessiner?

Pro Tem vous veut!

Envoyez-nous un courriel à editor@protemglendon.com pour apprendre comment vous pouvez vous impliquer!



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Expressions



Krysta Veneruz

An Open Letter to the GCSU

An Anonymous Glendon Student

To the current and recently resigned members of the GCSU,

I must applaud and be astounded by the events that have occurred over the last few weeks. It has been nice to see the student body be so invigorated over Student Council issues, but at the same time, a little uncomfortable to watch the inevitable unfold.

The democratic process has been something fought over for centuries. Ousting monarchies, dictators, oligarchies, fascists, and the like, we have found in their place a government founded on the people's voice. The students used their voices to vote you into office, to praise your good-doings, com-

mitment, and friendship, but also to criticize your behaviour, actions, and allegiances.

I would like to say I am disappointed that so many council members felt the need to resign after the former President's choice to withdraw. We, the student body, voted many of you in because we believed that you could accomplish great things as an individual on student council. We, the student body, voted for you as an individual council member, and not the council as a whole. As the GCSU Constitution states, there are no slates allowed in elections because Glendon's elections are meant to encourage fairness and equality amongst all students who wish to run for office.

At the same time, I commend you for standing by your values, morals, and

friends—although, I don't necessarily agree with your execution. It has been frequently stated by students that it is uncomfortable to walk into the Council Office — that council is cliquey, rude to outsiders, and unfriendly; this concern has been something reiterated by many. However, I don't think it occurs to much of our student body that the office can be an uncomfortable place for you, the council members, to be in as well.

Clearly, council has faced polarizing issues, so as to push so many of you to leave and so many of you to stay. But, I would like to remind those who have resigned their positions as to why you were on council in the first place — the students. You were elected by the student body to be our student leaders and, unfortunate-

ly, it cannot help but be felt that you have abandoned those who voted you in because you felt uncomfortable and could not effectively communicate to those who sat on the other side of the senate room.

Again, I applaud your actions in making a statement, because you have. But as student leaders, I — as a voter and student — am disappointed in your lack of willingness to lead, communicate, and set an example for other students to take initiative and learn how to cooperate with those on the opposite side.

Sincerely,
A student sitting in the dichotomy of democracy

Pro Tem's Spring Referendum

The Pro Tem Team



Did you know that Pro Tem is having a referendum this Spring? Well, we are, and we need your vote!

Currently, we receive nearly 80% of our funding via the GCSU, who act as a middle-person between our club and the levy dispersal office at Keele. We want to change this long-standing arrangement, which dates back to the creation of our two organizations in the 1960s! Since then, every other club at Glendon that receives a similar size levy has petitioned for financial independence and currently receives all of their funding directly via the Keele office of Student Success Strategies. All, that is, except for Pro Tem — a fact we want to change, with your help!

What will you be voting for when you vote 'YES' for Pro Tem?

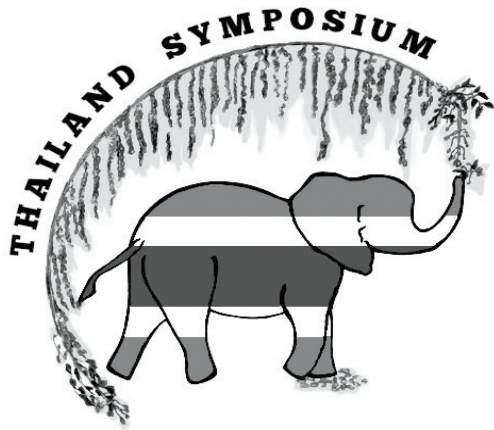
- A 0.10 cent/credit increase to the levy we receive directly from student tuition, offsetting a 0.13 cent/credit decrease already negotiated in the levy we receive via the GCSU
- Having the amount of levy we receive directly from student tuition be indexed to the Canadian Living Price Index, to account for year-to-year increases in our operational costs
- A BIG step towards Pro Tem's financial independence from the GCSU; a successful 2018 referendum will make it so that we receive 0.20 cents/credit from each source

- A student newspaper able to operate in a more critical manner, without fear of financial renegotiations
- Bringing Pro Tem's financial situation towards parity with the rest of GL's consistently active levy orgs

More information (including voting dates and methods) to follow. Be sure to like us on Facebook to stay informed (www.facebook.com/ProTemGL).

An Update on the Thailand Symposium

Shivaani Babuta
Contributor

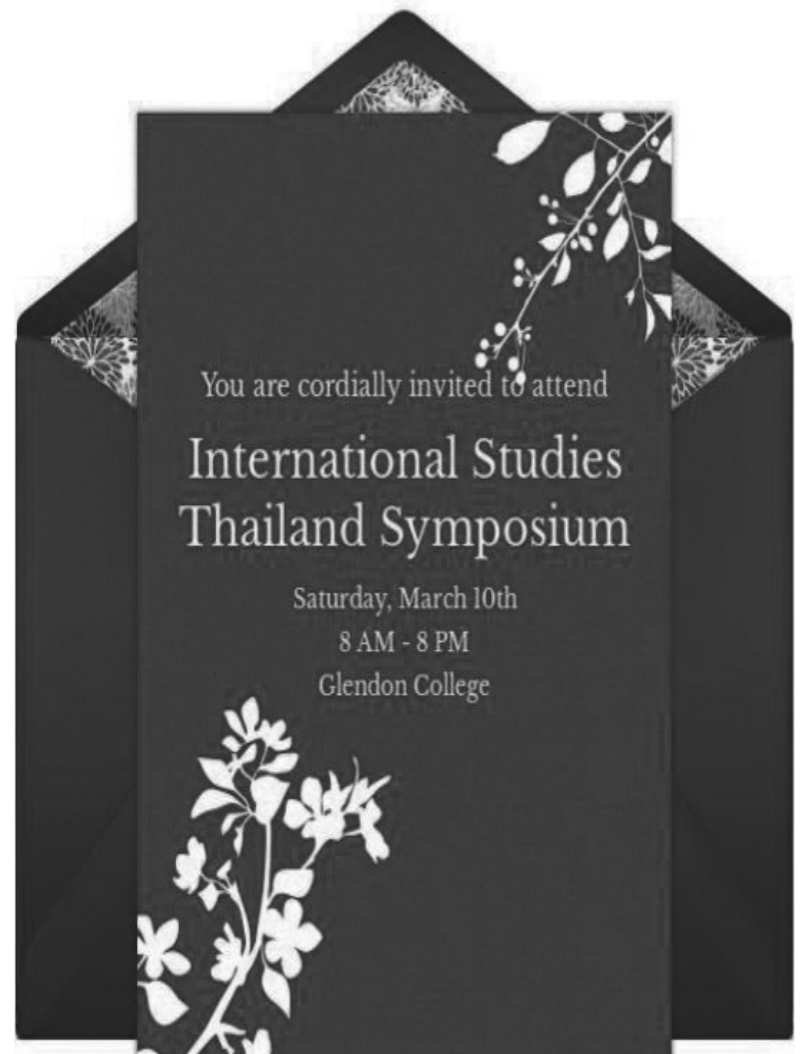


A staple in the ILST department for the past twenty-three years, the International Studies Symposium is a student-run event which gives a team of eight students the opportunity to work together to create an academic research conference on a country of their choice. This conference is held in second semester and is designed to be equal parts academic and accessible. The idea is to introduce

the Glendon community to a country, its culture, history, economy, politics, and so much more!

Some things we have learned thus far — and that you may have the opportunity to learn and expand on during the Symposium — include the following: Thailand was originally the Kingdom of Siam, Buddhism is the official state-sponsored religion of the country, King Bhumibol was the founder of the self-sufficiency economic model, there are many inflections of the Thai smile, and of course, the food is beyond delicious!

Leading up to the Symposium, we will be hosting a number of events, including a bake sale on January 30th and January 31st in the Breezeway from 10am-4pm as well as a Tea Time launch event in the Skyroom on February 5th from 4-6pm. Finally, we will be having one last book sale from February 28 - March 2, near the Cafeteria and in the COE from 10am-6pm. The Symposium itself will be Saturday, March 10th — tickets will be on sale soon! We are also looking for volunteers and sponsors. If you are interested in volunteering at any of our fundraisers or events — or are interested in sponsoring the Symposium (packages and incentives are available for all levels of sponsorship); please reach out to us at thailandsymposium@gmail.com and be sure to like our Facebook page at facebook.com/ThailandSymposium/



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Open Letter to the Proposers of Plurilingual Foundations: An Alternate Path to the Glendon BA/BSc

Student Caucus

Tout d'abord, nous vous remercions du travail et du temps que vous avez investi dans le développement de cette proposition. Le débat qu'elle soulève est pertinent, voire nécessaire, pour une institution qui se veut en renouvellement perpétuel. Glendon a

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besoin de se repositionner et de

bien définir sa marque par rapport à la nouvelle Université Francophone de l'Ontario.

Cependant, Glendon a déjà une marque forte, et unique. Nous sommes en fait le seul campus universitaire au Canada au sein duquel toutes les étudiantes et tous les étudiants sont réuni(e)s et motivé(e)s par l'amour de l'apprentissage de la langue, et particulièrement de nos deux langues d'engagement civique au Canada, le français et l'anglais.

This is not to say that we must study and learn only in English and in French. Au contraire, the Student Caucus believes that it is upon a strong bilingualism that the foundations for plurilingualism can be laid. We must value the learning of all languages, especially indigenous languages. But let us be clear, Plurilingual Foundations does not build on our strong bilingual ideal. By offering an alternative path to a Glendon BA that allows students

to drop French in favour of another language after just one course, not only will we undermine our bilingualism, but we will undermine the very plurilingual foundations many in our community wish to build.

While Plurilingual Foundations recognizes the difficulties students face while learning French, the proposed solution only devalues our Glendon BA by creating two tiers of students: those who aspire to the summit of bilingual excellence, and those who seek only 'plurilingual foundations'. Yes, the bilingual requirement is arbitrary, and no, it does not mean all our graduates are truly bilingual. But in the face of hardship and struggle, the answer is not to lower the standards, but to work harder to help all students meet them. It is for this reason that our Student Caucus voted unanimously to reject the proposal in its current form, and indeed any proposal or amendment that undermines the bilingual requirement.

Nonetheless, Plurilingual Foundations is correct in recognizing that the Centre for FSL should not be the only path to the BA for those students who are not already proficient in French. Our Caucus has identified the arbitrariness, discontinuity, and decontextualized learning environment of the FSL classroom as key factors in student disengagement. It is for this reason that we have struck our Duty to Consult motion to consult with students to see what this alternative path could look like, including experiential language learning. We believe that strong plurilingual foundations at Glendon must be built on a strong bilingualism.

Nous tenons à remercier à nouveau les auteurs de cette proposition, et nous anticipons une discussion vive autour de la question très pertinente du plurilinguisme et du bilinguisme au sein de notre institution.



DigitalSpy

Cracking Black Mirror: My Top Three Episodes of Season Four

Sarah Ariza-Verreault
English Editor

Attention all binge-watchers! Netflix just released season four of the Emmy Award winning show, Black Mirror. As always, Charlie Brooker, the creator of the series, delivers Black Mirror's special brand of reimagined and modernized Twilight Zone twists and turns, which are set inside an inhuman, technologically-induced dystopia — the kind we are inevitably headed towards. If you haven't already devoured the fourth season along with a bag of microwave popcorn in one night over the holidays (like I have), consider yourself warned: this article contains many spoilers!

Episode 1: USS Callister

To say the very least: Wow. Black Mirror has often played with the idea of being 'trapped in the machine', but, in my opinion, never to this scale. "USS Callister" features the archetypal socially awkward nerd, but this time, his awkwardness is shown to a much larger scale. As a VR software developer, he uploads his hostile coworkers' DNA into his game and carries out sick acts of torture upon them if they don't play along to his fantasy. Did I mention that the game has a 1960's Star Trek theme? I think this is the first time that Black Mirror has used their envisioning of advanced technology to access the past — Charlie Brooker is definitely catching onto the nostalgia that we, as a society, are being confronted

with as we delve deeper into the brave new world that technology is bringing us. If you enjoyed "USS Callister" as much as I did, you're in luck! Producers of the show have reportedly said that they plan on expanding the universe/storyline of this particular episode; I can't wait!

As a side note, I'd like to point out that this season features a strong female protagonist in every episode. As easy a marketing ploy as this may seem, the show's producers claim that they hadn't even noticed the trend in their choice of casting. Personally, I was very happy to see Michaela Coel in another Netflix series! (Her hilarious show, *Chewing Gum*, was cancelled. If you like British humour, I highly recommend it).

Episode 2: Hang the DJ

If you're like me, you watch Black Mirror for the shock factor, the unhappy ending — I want to feel like hiding my phone under the bed after I watch an episode. That's why it surprised me that I enjoyed this episode so much! I find modern dating atrocious. I dislike the process of having someone "slide into your DMs" to eventually graduate to texting (an undetermined amount of time later), only to be asked to "hang out" — whatever that means — and then nothing ever really seems to go anywhere. I've always asked myself, "Why can't there be a way to know who's right for you so that we can all get out of this mess?" This episode was an answer to my question. It features a dating app that

randomly pairs you with another person for a determined amount of time with the goal of eventually pairing you with your "ideal match". It was actually a mess, and that was the moral of the story; technology cannot determine human emotion. Finding love and happiness in this vacuum is only possible when you find a person and say, "Screw it," to the system that society imposes upon you. I don't know if that made sense. I'm getting sappy; I'll stop now.

Episode 3: Black Museum

The twist at the end of this episode is gob-smacking. Like in episodes from previous seasons, such as "White Christmas" where the episode contains multiple plotlines that come together to create a central meaning, "Black Museum's" plotlines were disturbing from first to last. However, I feel like once you've watched all of Black Mirror from beginning to end, you begin to expect the writers' plot twists — a phenomenon that I've realized this season. The audience begins to understand that every small detail in the episode is important. In fact, for this episode, I felt like the ending was predetermined; the protagonist goes to the Black Museum — a museum containing technological artifacts that were involved in crimes — and tells the creepy museum curator that she is visiting her father; therefore, the twist at the end could only be that her father is in the museum. That said, the fun is in the way that you get to the reveal — the stories. This season altogether was deliciously disturbing.

Glendon
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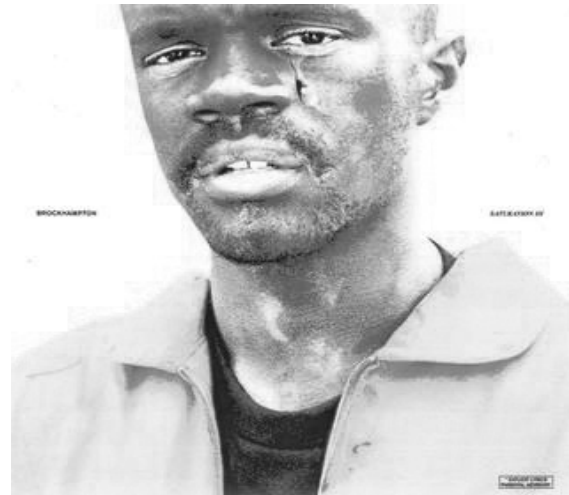
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LUNDI-JEUDI 9h00-18h00
LUNES-JUEVES 9-6

Top Albums of 2017

David Rosen
Contributor

For the full list of David's Top 25 Albums of 2017, check out www.protemgl.com!

#1: Brockhampton – Saturation Trilogy



It's impossible to consider Brockhampton's three amazing albums released this year as anything other than a unit, especially considering that they are titled as installments of the same project, Saturation. Aside from representing the most beautiful mix of hip-hop and R&B of 2017, the trilogy stands for the best that millennial music could offer, and for the ever-enduring truth that great music can come from anywhere, at any time, and from anyone. Brockhampton are a motley crew of eccentrics who know what they want and relentlessly strive to get it; their uncompromising push toward unbridled expression is evident on each one of these three albums. Constantly surprising, and never boring, Brockhampton brought the best that music in 2017 had to offer, and their future looks blindingly bright.

Favourite Tracks:

Part I: "HEAT" "STAR" "FAKE"
Part II: "GUMMY" "JUNKY" "GAMBA"
Part III: "BOOGIE" "ALASKA" "SISTER/NATION"

#4: Foxygen – Hang

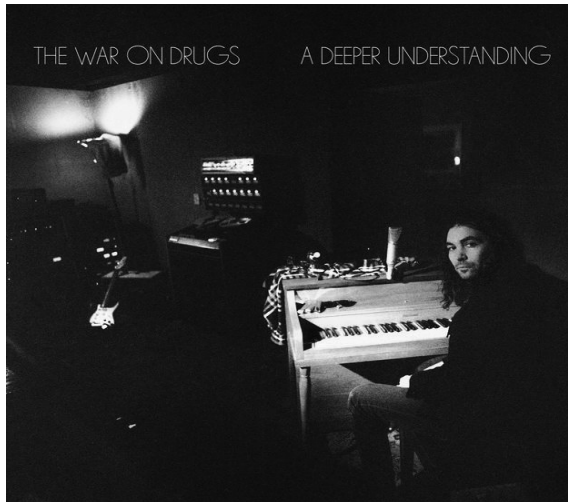


Hang was one of the first albums I heard last year, and it's been on repeat ever since. There simply isn't a bad song here. Just eight mad, goofy, hilarious, touching, poignant and outrageous songs that mix glam rock and indie pop. I wish more people were talking about this album.

Favourite Tracks:

6 "Follow the Leader" "Avalon" "Mrs. Adams"

#2: The War on Drugs – A Deeper Understanding



The War on Drugs engage in some dedicated Bruce Springsteen-worship for an hour, and the results are magical. There are songs in this album which honestly make me feel like I'm being transported to a paradise of sorts. A near-perfect album, every song on A Deeper Understanding is fantastic. The songs use soaring guitars and driving synths to give the listener the sensation of flight. Every time I finish this album, my first instinct is to immediately start it again.

Favourite Tracks:

"Pain" "Holding On" "Strangest Thing"

#5: Protomartyr – Relatives in Descent



This album is one of my favourites from 2017 simply because of the cohesion with which it opens and closes, but it accomplishes so much more. Fantastic songwriting, tight musicianship, and biting lyrics add up into the ideal post-punk package.

Favourite Tracks:

"A Private Understanding", "The Chuckler", "Half-Sister"

#3: Big K.R.I.T. – 4eva is a Mighty Long Time



Toward the end of the first disc of this double album, Big K.R.I.T. includes a skit which pokes fun at how quickly people will call a newly released album "classic". 4eva is a Mighty Long Time is certainly the kind of record that presents such temptations. Fusing southern hip-hop with gospel music, it is ambitious, daring and, most of all, incredibly inspiring. This has got to be one of the most uplifting albums I've heard in a very long time.

Favourite Tracks:

"Subenstein", "Get Up 2 Come Down", "Aux Cord"

#6: Converge – The Dusk in Us



I've listened to my fair share of post-hardcore, but if there's one album that has really sold me on the genre, it's this one. The record is chock-full of well-written, ferocious, and teeth-gnashing songs that spoke to me like little else did in 2017.

Favourite Tracks:

"Eye of the Quarrel" "The Dusk in Us" "Reptilian"

#7: Rosalía – Los Ángeles



Nothing but vocals and flamenco guitar, this album makes the list simply because Rosalía has one of the best voices I've heard in the last ten years.

Favourite Tracks:

"Si Tú Supieras Compañero" "De Plata" "Catalina"

#8: Father John Misty – Pure Comedy



Intentionally frustrating, purposefully ironic, and rather pretentious, this album is still a brilliant, moving, and hilarious indictment of modern society's faults.

Favourite Tracks:

"Pure Comedy" "Total Entertainment Forever" "Ballad of the Dying Man"

#9: Oxbow – Thin Black Duke



I have no idea what this album is about. The lyrics I found nearly unintelligible through some of the most eccentric vocals I've ever heard. Still, Oxbow's incredible orchestral rock songwriting, coupled with said eccentric vocals creates a gorgeous, dark, unsettling, and euphoric musical experience.

Favourite Tracks:

None that I can name, mainly for the reason stated above. Just listen to the whole thing.

#10: Tyler, the Creator – Flower Boy



Tyler toned down his trademark aggression and calousness on this album, and came up with the second-most beautiful mix of hip-hop and R&B of 2017.

Favourite Tracks:

"Foreword" "See You Again" "Garden Shed"

#11: Rapsody – Laila's Wisdom

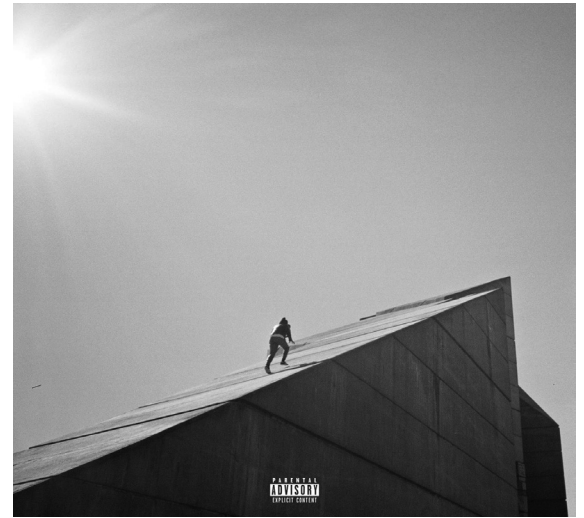


This album is obviously deeply influenced by Kendrick Lamar's To Pimp a Butterfly. But it doesn't matter, because Rapsody is such a compelling storyteller, as well as a brilliant lyricist. This album has something to say and it says it loudly.

Favourite Tracks:

"Laila's Wisdom" "Power" "Pay Up"

#12: Daniel Caesar – Freudian



This kid from Oshawa decides to mix together what sounds like some Frank Ocean worship with heavy gospel influence, and ends up releasing an unbelievably intimate and deeply intelligent album.

Favourite Tracks:

"Get You" "Best Part" "We Find Love"



Review of *The Greatest Showman*

Kaya Harris-Read
Health & Wellness Editor

A couple weeks ago, I saw the film *The Greatest Showman* at a nearby cinema and since then, I'll admit with no shame that I've been to see it two more times. That considered, this review will be equally a recommendation. For those who haven't heard of this movie, in a nutshell, it portrays the life story of P.T. Barnum and how he created the art of show-business. Without giving too many spoilers, here's what stood out to me about this film.

The first thing is the soundtrack – arguably one of the most important things about a musical! I find very often with musicals there will be two or three songs that are well known, while the rest lack what it takes to make a song memorable. This is not the case with *The Greatest Showman's* soundtrack; not only is every song well-written and well-composed, they also all fit the theme of the film without seeming repetitive as well as adding to the plot without forcing unnecessary dialogue into the lyrics.

8 Secondly, the casting for

this film was very well done. Just consider the number of cast members who are a triple threat (proficient at dancing, singing, and acting)! There are also a few child actors cast in this movie, which can be hit or miss, simply because they are not – understandably – as well-trained or as professional as older actors. In other films, this is often avoided by having children cast as characters who look young for their age, or avoiding having them play a main part in the story. Neither of these were the case for this movie, as some extremely talented child actors were featured. Additional kudos go to the choreographer, Ashley Wallen, for her masterful work in coordinating large group routines in complex sets.

Something I find that musicals can sometimes suffer from is over-exposition. This comes from the fear that an audience might not understand the plot through means other than outright dialogue. This fear leads to pauses in the middle of songs for dialogue exchanges which undermine the flow – and usually involve unnecessarily repeating something that is already being portrayed in the song. *The Greatest Showman* does not do this. It puts its faith in the audience, trusting them to pick up on subtleties without feeling the need to force these ideas into dialogue.

The great thing about cin-

ema is that it has the power to tell us a story through more than just dialogue. The score, visuals, camera angles, and scene transitions all have the power to speak far louder than what the characters alone are saying. This film presents such a rich story because these techniques are all used to add colour and depth to the plot. For example, during the first ovation Barnum receives for his show, the film's sound is completely cut out at first, adding immensely to the impact of the scene.

Finally, and possibly one of the best things about this movie, watching *The Greatest Showman* gives the audience a genuine feeling of joy. Let me be clear, the movie is not happy all the way through – there are ups and downs in the journey of the characters, but in the end, it leaves you smiling. Before the film's credits rolled, the screen fills with a quote from P.T. Barnum, "The noblest art is that of making others happy" – and that's exactly what this film did.

DATE: Saturday, February 3, 2018
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\$10 for adults

CANADA 150



Krysta Veneruz

Krysta's Picks: Let's Do Brunch

Krysta Veneruz
Photographer

I'm back! Now that we've all (hopefully) begun our new year's resolutions, I'm assuming that waking up early, going to the gym, and increasing our productivity are all goals we have! And I don't think there's a better way to motivate yourself to get going than to wake up early and get your socializing crossed off the list over a delicious brunch! And if you're anything like me, instagram crafting, mimosasipping, avocado-eating types of brunches are the kind you'll need to try! Now there are definitely some special places in this big city, and after having tried quite a few, here are the top three on my revisit-to-stuff-my-face list.

School Resto
70 Fraser Avenue

This liberty village joint is BOPPIN', and I mean nothing less than that. Take a look at their Instagram, @schoolresto, for absolutely mouthwatering breakfast creations. Whether you're a savoury person or have a sweet-tooth, this restaurant offers fantastic pancakes loaded with perfectly curated toppings, like their apple crumble pancakes, which feature apples, pecans, brown sugar butter, and caramel. Are you drooling yet? School's brunch is unfortunately a weekend-only event, but don't fret, because they'll likely have the Fleetwood Mac Rumors album playing to give your ears a meal as well. Still need another reason to visit? School has a seasonal patio just waiting to be crossed off your summer to-do list!

My Recommendation: Super cheesy bacon french toast with cheddar-jack cheese, Ontario maple syrup and mixed greens.

Early Bird Espresso
613 Queen St. W.

A hipster lounge with exposed brick walls, Early Bird fits its Queen West location extremely well. This nice, little spot seats around 25-30 people, so finding a spot will never be a worry! They also have a small seasonal patio that opens during the two warm weeks we like to call summer. Plus, Early Bird has an extensive array of artisanal coffees to accompany your meal. Better yet, they have the most beautiful avocado toast I have ever seen, shaped like a rose. If that doesn't convince you to try out this place, I don't know what will. Other menu options include smoothie bowls, tapioa bowls, pastries, and egg concoctions.

My Recommendation: Beat hollandaise eggs benedict; the sauce is pink and that should be the only reason you need to try it.

SMITH
553 Church St.

Smith has recently upped their brunch game, to the point where reading their menu makes me think I'm in France — if only for a second. The location in the Village makes for a quaint little morning stroll down Church St., and can easily be followed with errands or a trip to the University of Toronto's library for that thing I keep forgetting to mention called studenting (which we probably should be prioritizing over getting really pricey brunch...). I can admit Smith's prices are a little overwhelming, but the quaint environment, Pinterest-worthy decorations, and wooden tables will make you swoon. The menu also changes seasonally, so you know you'll be getting top quality and fresh ingredients.

My Recommendation: Pistachio Waffle: roasted banana, toasted coconut, crème anglaise, and, of course, pistachios OR for my savory friends, Smith Quiche: balsamic braised shallots, asparagus, goat cheese, and frisee salad.

Happy Brunching everyone!



February Events in Toronto: What Not to Miss This Month

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

Toronto Tea Festival
Toronto Reference Library
Saturday, February 3, 10AM - 5PM
Sunday, February 4, 10AM - 5PM

DJ Skate Nights: Soca on Ice
Harbourfront Centre
Saturday, February 3, 8 - 11PM

A Historical Culinary Journey of the Distillery District
The Fermenting Cellar, 28 Distillery Lane
Wednesday, February 7, 5:30 - 10PM

A Plant and Pour Event - Terrarium Workshop
Ward Tech Talent, 202 - 626 King St. W.
Saturday, February 10, 7 - 9 PM

Arts and Craft Beer Night
Rorschach Brewing, 1001 Eastern Ave.
Tuesday, February 13, 7 - 10PM

A Very Canadian Whisky Tasting
SpiritHouse, 487 Adelaide St. W.
Tuesday, February 13, 7 - 9PM

3rd Annual GeekFest Toronto
Cinecycle Coach House, 129 Spadina Ave.
Wednesday, February 14, 5 - 10:30PM

A Valentine's Paint Date!
Paint Lounge, 784 College St.
Wednesday, February 14, 2 - 11PM

Afterwork Singles Mixer
Bangkok Garden, 18 Elm St.
Thursday, February 15, 7 - 10PM

TIFF Next Wave Film Festival
TIFF Bell Lightbox, 350 King St. W.
February 16 - 18

Lido Pimienta at the Drake Hotel
The Drake Hotel, 1150 Queen St. W.
Saturday, February 17, 7PM

Celebrating David Bowie - Ontario
The Danforth Music Hall
Sunday, February 18, 7PM

Church Street Comedy
Pegasus Bar, 489 Church St.
Sunday, February 18, 8PM - 10PM

Bleachbath/Greenhouse/Cheapsmokes
The Piston, 937 Bloor St. W.
Monday, February 19, 8PM - 1AM

Family Day at Fort York
Fort York National Historic Site
Monday, February 19, 11AM - 6PM

Closing Keynote: 70 Years of Dior
Royal Ontario Museum
Tuesday, February 20, 7 - 8PM

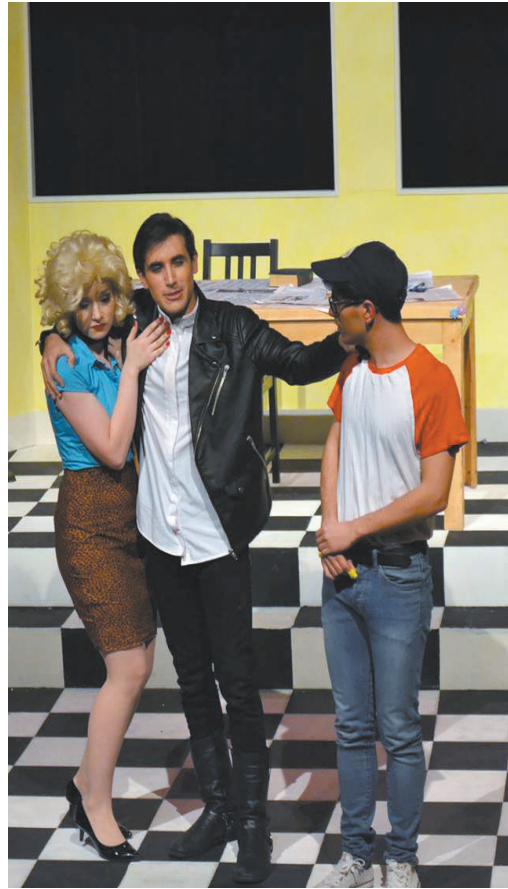
Beers & Books with Michael Winter
House of Anansi Press, 128 Sterling Rd.
Wednesday, February 21, 7 - 9PM

Ceremony The Rhubarb Festival
Buddies In Bad Times Theatre
February 21 - 25

Bloor-Yorkville Icefest 2018
Village of Yorkville Park
Saturday, February 24, 12 - 8PM
Sunday, February 25, 12 - 5PM

Authentic Africa with Andrea
Radisson Airport Hotel, 640 Dixon Rd.
Monday, February 26, 7 - 8:30PM

Lionheart Productions Presents Little Shop of Horrors



Lionheart Productions Presents Little Shop of Horrors



Skye Rutherford

Camille's Corner: Exploring Toronto's Live Music Venues

Camille Slaght
Assistant Editor in Chief

The Cameron House
408 Queen St. W.

Growing up in Toronto, The Cameron House was one of the first bars I wanted to visit when I turned 19. The spray painted storefront was regularly redone, often displaying vibrant portraits of women that covered the entire exterior wall. When I finally walked in for the first time, I was a little overwhelmed by the excessive decor in such a small area.

A strange array of plants — real and fake — crowd the bar itself, and plastic vines cover the ceiling above it. Posters line the walls that lead to a tiny stage, framed by red velvet curtains. It likely has not been renovated much since its beginnings as a music venue in 1981, which gives it a retro feel.

Decor aside, what makes the Cameron so special is the quality music and relaxed atmosphere. No matter what day of the week, you are bound to stumble on some great local talent at the Cameron. From folk to blues to classic rock, at least two bands play every single night; the first starting at 6pm and the second at 10pm. Although the small size of the venue can make it hard to find a seat on busy nights, it also makes the setting more personal. Unlike several bars in Toronto, it's not unusual for strangers to strike up a conversation at the Cameron. As the night gets darker

and the cheers get louder, people might even get up to dance in front of the stage.

One of the many things that make the Cameron feel so welcoming is the pay-what-you-can cover for the front room. A bigger, hidden room behind it requires a cover of around \$10, but as a student on a budget, I'm always content staying in the quaint and cozy front room. The drinks are reasonably priced, but keep in mind that the bar is cash only, and the Cameron does not serve food.

My Rating: 4/5. Tiny venue, good live music, and an opportunity to dance like nobody's watching. Whatever you do, don't let the dingy look of the room turn you away. One beer and a couple songs in, I guarantee that the old, slightly cluttered space will start to feel lived-in and warm.



Tourism Toronto



L'Université de l'Ontario français : Où se trouve Glendon dans ce débat?

Andrew Thies
Alumnus

Perhaps Glendon isn't such a special place after all? At least by 2020 it won't be — 2020 will mark the start of the inaugural academic year for l'Université de l'Ontario Français (UOF), breaking into the market of post-secondary institutions in Ontario whose programs are taught in French. How will it be different from other bilingual universities, like Laurentian or Glendon? Firstly, it will be the only university to offer all their courses, and subsequently their degrees, exclusively in French. Secondly, it could potentially be an institution governed by and for Francophones — though the details of this second distinction are still being sorted out. At the time of writing, a planning committee is in charge of seeing through the development of curriculum, governance structure, and other logistics, with

pressure from the francophone community to have a say in the matter — a letter published by l'Assemblée de la Francophonie de l'Ontario (AFO) highlights the need for francophone representation on the committee.

L'UOF est officiellement une entité légale, adoptée en loi à Queens Park le 14 décembre 2017. La création de cette université fait partie d'une loi omnibus proposée par le gouvernement Libéral qui comprend la reconnaissance d'Ottawa en tant que ville bilingue. L'adoption de cette loi est une réponse aux demandes de l'AFO de la part du gouvernement Libéral pour améliorer les services en français dans la province. En tant que demandes spécifiques qui concernent l'UOF, l'AFO exigeait que tout autre université cesse d'offrir leurs cours en français. Cela a évoqué des réactions polarisées dans la communauté francophone, notamment à Glendon. Notre principal, M. Ipperciel, a annoncé que cette proposition serait « très triste ». Pour lui, l'UOF pourrait faire partie d'une constellation d'institutions qui offrent des formations en français, y compris Glendon. Pierre Zundel, président intérimaire de l'Université Laurentienne, espère que les universités adopteront une relation de collaboration et non de compétition. Il postule que l'inscription à l'UOF n'aura pas un grand impacte

sur le taux d'inscriptions d'autres universités bilingues. La ministre des Affaires francophones de l'Ontario, Marie-France Lalonde, a confirmé que certains programmes offerts par l'UOF seront en partenariat avec des universités bilingues.

That being said, l'UOF is strongly considering setting up shop in Toronto, meaning it will be more directly competitive with Glendon for student enrollment than, say, Laurentian. A recent survey done by ONFR, however, shows Glendon might not have to worry as much as they think. The results show that while most Glendonites agree with the need for more French education options, francophone students especially aren't ready to trade their bilingual education pour une éducation seulement en français.

And herein lies the crucial difference that (perhaps) keeps Glendon so unique. In addition to Anglophone learners (75% of the student body), Glendon is home to a good portion of international Francophones (10% of students) who came to improve their English — a selling-point l'UOF wouldn't be able to offer. Bilingual education seems like the all-important middle ground for Anglophones, Franco-Ontarians, and international Francophones. Take it from me, a recent Glendon alum, vying for jobs with

90+ other extremely bright and competent post-grad classmates: where I'd probably find myself the weaker of candidates, my bilingualism has given me considerations from employers my colleagues wouldn't have otherwise received — especially in the public and not-for-profit sectors. An education solely in French doesn't necessarily respond directly to employers' demands for candidates with language capabilities as much as a bilingual education would. A candidate's mastery of both French and English would be taken into higher consideration, with the obvious assumption of working proficiency in English. So far, programmation entièrement en français is what l'UOF will offer, and I do not see how that will offer more for employees than a bilingual degree from Glendon would.

The passing of this omnibus law, as well as the subsequent creation of l'UOF, is a huge victory for language rights within the Franco-Ontarian community. The fact this law was passed and went relatively unnoticed by English media is indicative of the sorry state of la Francophonie we find ourselves in in Ontario. La création de l'UOF sera sans doute un petit pas vers le but ultime d'une francophonie plus présente en Ontario.

What This 'Shithole' Inhabitant Wants You To Know: A Commentary on Trump's [Latest] Racist Remarks

Isabella Akaliza
Contributor

I woke up this morning to hear that the President of the United States believes that I come from a "shithole" country. Delightful. Despite his subsequent denials, Trump criticised immigration to his country from El Salvador, Haiti, and the African continent, by calling them all "shithole countries" at a meeting with members of Congress at the White House on January 11th. Instead, he called for more immigrants from places like Norway, a predominantly white population that modern white supremacists still look to as a model of racial purity. Typical.

Trump initially allowed reported accounts of his comments to go unchallenged, but went into damage control mode on January 12th, insisting he had not used derogatory words — although he admitted that the language he used on immigration was "tough". Trump did not retract his comments because he knows that — in the US, as in many places — appealing to the lowest common denominator pays



well in the game of politics. There are people eagerly waiting to read about the misfortunes of Africa so that they can use us as a vanity mirror to help them brighten their own self-image and feel better about themselves. American racists hailed his comments as "an illuminating and beautiful" contribution to the start of a revolution that would "restore racial sanity". I wonder what sanity looks like to the insane.

In a strongly-worded statement, the UN said it was impossible to describe his remarks as anything other than racist, while the Vatican decreed Trump's words as "particularly harsh and offensive". The US State Department tried to pour water on the flames by issuing a tweet from its Bureau of African Affairs saying that "the United States will continue to robustly, enthusiastically, and forcefully engage in #Africa, promoting this vital relationship". I cannot imagine an African employee tweeting this, because we deserve and expect a unified voice of outrage and unequivocal rejection of this blatant disregard for our dignity. Do better than a tweet.

Trump appears to have glossed over the fundamental humanitarian pur-

pose of Temporary Protected Status (TPS), which is granted to individuals from countries where conditions including war, natural disasters, and political strife prevent citizens from returning safely. The fact is that people rarely become immigrants willingly. Trump's remarks, and those who have defended them, ignore both the histories of these countries and US involvement in them. I guess he doesn't know why our countries are poor and why the US is rich. Maybe we should shed some light on the role the US has played in these 'shithole' countries...

Haiti: Haiti has been under TPS since a devastating 7.0-magnitude earthquake struck the island nation in January of 2010, killing as many as 300 000 people and displacing more than a million. Relief efforts in the wake of that disaster, led by US organizations, were highly criticised and often ineffective.

Nicaragua: During the Reagan administration, the US funneled money and arms to right-wing rebel groups, known as the Contras, who fought a brutal civil war against the Nicaraguan government until 1990. In 1986, the International Court of Justice ruled

the US had violated international law.

Somalia: The US military is currently heavily involved in Somalia, conducting more than 30 airstrikes in the country in 2017 against militant groups, al Shabaab and ISIS, killing as many as 230 people.

Syria: The US has intervened heavily in the Syrian war since its earliest days, providing funding for anti-government rebels and groups fighting ISIS and other Islamist militant organizations. US Special Operations Forces, Marines, and Army Rangers are currently on the ground in Syria, and US planes have conducted more than 8,700 airstrikes in the country since 2014.

I want to stress, this is not the first time Trump has made racist remarks about Africa. So the real question is: what happens next? How is it that people around the world continue to remain silent in the face of Trump's behaviour due to the residing belief that the US still has a leadership role to play? How can we continue to let him have a say in the affairs of other countries when he has refused to reconcile humanity? How does an immigrant dictate which immigrants have the right to live in the US?

So to the man who continues to disparage my continent... I am from a "shithole" country that has the highest percentage of women in government, a "shithole" country that is fourth in the world in terms of gender equality. I am from a continent of brilliant and ambitious people. Lastly, to my fellow "shithole" inhabitants who continue to defend Trump, why do you remain silent? It's time to speak out.

Time's Up (continued from cover)

However, "Time's Up" has swiftly evolved from a weapon of feminist activism to a shield for men with ugly histories. In its inaugural letter, the organization encouraged celebrities attending the Golden Globes to wear black in support of survivors; black-and-white "Time's Up" pins were also an optional statement piece. Although a well-intentioned gesture, this initiative ignorantly invited a slew of men who face allegations of sexual harassment to deceptively position themselves on the side of 'justice'. James Franco, for example, has been accused of sexually exploitative behaviour since 2014; after he donned a Time's Up pin at the Awards, five more women stepped forward. This initiative also failed to bear in mind the men whose transgressions had yet to surface. Aziz Ansari's sexual misconduct only came to light after the Golden Globes where he, too, sported a black-and-white pin.

Clearly, these men are engaged in a sort of activism that is more perfor-

mative than substantive — more self-serving than self-aware — and it was "Time's Up" that provided them with the means through which they could whitewash their problematic pasts. The hypocrisy is overwhelming, and it's a PR move that only the most privileged could finesse.

Not only accused Hollywood actors benefitted from this disingenuous show; both men and women in entertainment who have been complicit in previous controversies were afforded this free pass. Consider, for example, the host of celebrities who have worked with director Woody Allen, suspected of sexually abusing his adopted daughter. Although these allegations have been common knowledge since 1992, Allen's movies have successfully featured a number of popular actors and actresses over the past two decades. While a handful have suddenly chosen to renounce their affiliation with the director, refuse future work, and even donate the salaries they earned from his films — the timing screams of insincerity. Even more artificial are those who continue to defend Allen and slander his accuser, all the while vocalizing support for "Time's Up". In effect, this ad-



vocacy enables celebrities to uphold rape culture, while simultaneously exonerating themselves from their spineless complicity.

The height of this tilt of entitlement in "Time's Up" is the romanticization of further elite leadership in this movement. During an event where grassroots organizers were intended to be front and center — indeed, activists Mónica Ramírez, Marai Larasi, Calina Lawrence, as well as Tara-na Burke, the creator of #MeToo, were all brought as plus-ones — the take-away from the evening turned out to be #Oprah2020. With a rousing speech on the grand potential of this moment in social justice, speculation turned to the possibility of a President Winfrey, who would push feminism

and anti-racism to the forefront of politics. The misguided notion that elected office is the mainspring of social change constitutes a fraction of the absurdity of this scenario; feminism would surely be impoverished to sacrifice the expansive breadth of experience and radical politics of any of the aforementioned women for a television personality. The last thing everyday, marginalized women need is another liberal in the White House, and the last thing the world needs is another Hollywood star in the White House.

Feminist activism, as expressed through "Time's Up" and this year's Golden Globes — in which performative activists are welcomed into its ranks without vetting — are far-removed from long-established grassroots mobilization. It's a message that reveals itself time and time again: feminism, to be broad-ranging and transformative, must be driven by the most disadvantaged. To have necessarily nuanced conversations about issues like sexual violence, rape culture, and consent, individuals that wield power under systems of oppression must be afforded due scrutiny: Time's Up on elitist feminism.

Freedom and the Internet

Connor Boyd
Layout Designer

Governments can have a major effect on the way its citizens use the internet. China is notorious for its pervasive legislation on internet censorship, so much so that its system has been popularly dubbed the ‘Great Firewall of China’. This system blocks foreign websites including Google, Facebook, Twitter, Instagram, YouTube, and many other online platforms popular in the West. In addition to the websites themselves, a large amount of online content is blocked every day by the Chinese government, ranging from sensitive material, such as pornography, to articles stating political opinions. According to the watchdog organization, Freedom House, China was ranked the worst nation for promoting Internet freedoms between 2015 and 2016. This lack of internet freedom in China serves as an important reminder to Westerners of how important it is to monitor any efforts to curb or control our own freedoms — whether perpetrated by governments or companies.

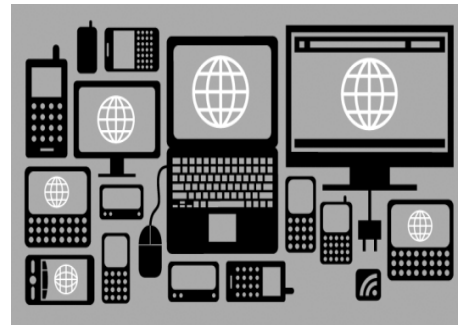
In China, internet censorship has greatly affected how its citizens communicate. With the rise of social networks and mass communication, it is becoming increasingly difficult for the Chinese government to censor certain websites and online services. Chinese dissidents have

found ways to gain access to banned social networks and use alternative forms of communication. For instance, some people use the app “FireChat” that utilizes Bluetooth and cell radio technology to make calls as opposed to more traceable mediums, such as cell service or the internet. Others own Virtual Private Networks (VPNs) to send their IP addresses to other countries. This way, they can gain access to location-locked services and banned websites, without being tracked by their government.

Many Chinese citizens use these services because they are afraid of having their government cut off their Internet access or facing criminal repercussions. In 2014, nearly two dozen people across mainland China were detained for sharing articles and photos sympathizing with Chinese protesters. One of the most famous examples of this was in response to the 2014 “Umbrella Revolution”. Protesters sat in the streets with umbrellas to protect themselves from police tear gas in protest of new electoral reforms in Hong Kong. Those who were not detained, reported being threatened with arrest by authorities if they continued to publicize news of the protest. In recent years, there have even been instances of government-sponsored phishing — gaining online information through deceitful advertisements and malicious website links. These surveillance tactics contribute to the fear many Chinese citizens feel under the watchful eye of their government.

China’s internet censorship also has controversial economic ramifications. Since China has blocked access to many

foreign websites, most Chinese citizens are limited to the services deemed appropriate by their government. This creates a self-insulating economy; without a strong presence of rivaling international businesses, Chinese tech companies such as Tencent, Baidu, and Alibaba have become monopolies in China. As the world’s biggest retail marketer, with over 695 million internet users as of December 2016, these companies have been manipulating China’s large online market and strict Internet regulations for their own profit.



Many Westerners are tempted to see this as a ‘Chinese’ problem but should not become complacent when they consider China’s current situation. In Canada, there has been much controversy over the past few years surrounding the Anti-Terrorism Act, commonly referred to as Bill C-51, which was passed in 2015. This legislation further constrains the promotion of terrorism and “expands information sharing among federal government institutions that have jurisdiction or responsibilities concerning national security threats”. This authorization of increased government surveillance has raised privacy concerns.

In the 2016-2017 annual report to parliament, the Privacy Commissioner of Canada addressed the risks the bill presents: *Our submission noted that Bill C-51 put the privacy of ordinary Canadians at risk with the dramatic expansion of the scale and scope of government information sharing — a problem exacerbated by seriously deficient privacy protections.*

In the United States, the Federal Communications Commission (FCC) has created much controversy concerning its vote to repeal existing net neutrality legislation. Net neutrality laws mandate that internet service providers (ISPs) not charge users differently based on their metadata (platform, content, location, etc.). If these laws are repealed, ISPs may pose a threat to the freedoms of many internet users and will encourage other nations to adopt similar practices.

The mutual lack of trust between the Chinese government and its citizens is a result of the country’s widespread internet censorship and surveillance. These practices limit its citizens’ privacy and freedom of speech and makes outside communication more challenging. The internet is a place where ideas are shared and connections are made. For the Chinese government to limit, track, and control its nation’s access to this valuable resource stifles the freedom of its citizens. While Westerners continue to enjoy more online freedom than their Chinese counterparts, they must continue to guard these freedoms diligently from powerful tyrannical forces.

OHIP+ : Who is it really helping?

Amanda Sears
Contributor

OHIP+, the Liberals’ appropriately named expansion of Ontario healthcare, came into effect on January 1st. The new program allows anyone under 25 in Ontario already covered by OHIP to access more than 4400 common prescription drugs for free. Parents and students couldn’t be happier, and the polls show high support for the initiative. Sounds great, right?

Not so fast. Kathleen Wynne, do you accept constructive criticism of your policies? Let’s consider the NDP’s less-discussed pharmacare program proposal. According to their website, the NDP had hoped to make only 125 essential medicines free — much less than the 4400 offered by the Liberals — but intended to make these drugs free for everyone in Ontario, regardless of age.

Hoping to fully implement the program by 2020, the NDP considered this policy to be the start of universal pharmacare for all Canadians. Costing only \$10 million more than the Liberals’ proposed budget of \$465 million, some argue that the NDP offered better drug coverage. If the goal is to pave the way for universal pharmacare,



the NDP wins gold for its inclusiveness.

Many wonder how great a benefit OHIP+ will really be, considering that a significant number of eligible Ontarians were already covered under their parents’ private, employer-provided insurance. Helen Stevenson, former Assistant Deputy Minister of Health and CEO of Ontario Public Drug Programs, admits that she preferred the NDP approach, arguing that

the Liberals’ OHIP+ “[shifts] costs from employers to government unnecessarily”. After surveying the drug claims of over one million Ontarians and examining the drug expenditures of those under 25 within this group, Stevenson calculated that the cost of OHIP+ will likely be close to \$840 million — a marked increase from the \$465 million the Liberals are currently boasting. While the private sector will happily roll back employee drug benefit programs, taxpayers are left questioning why the financial burden is being shifted to them. One might even cautiously wonder whether OHIP+ has more to do with cutting corporate expenditures in the wake of Ontario’s minimum wage increase than it does with helping cash-strapped Ontarians get the medical care they need...

Eric Benchimol, a specialist at the Children’s Hospital of Eastern Ontario, has also voiced his concerns about OHIP+ and the unintended harm it could bring to his patients. Prior to the introduction of OHIP+, many of the children treated by Benchimol had their prescriptions covered by the private sector. These drugs required regular

adjustment in response to disorders such as Crohn’s disease and ulcerative colitis, which, if unsuccessful, could result in an invasive surgical procedure to remove part of the gastrointestinal tract. When dealing with private insurance, specialists were granted the flexibility to adjust drug dosages when urgently needed. Benchimol states that this isn’t allowed under Ontario’s new pharmacare plan. Under OHIP+, specialists need to undergo the process of applying for exceptional access, and Benchimol fears how this may affect patients going forward if access isn’t granted in time.

OHIP+ will hopefully go down in Ontario’s history as the rocky beginning to universal pharmacare, and we must remind ourselves that major policy changes, such as this, start slowly and are prone to future tweaking. In the future, we should focus less on party affiliation and the fleeting nature of partisan decision making, and instead focus on utilitarian approaches to healthcare in Canada. Let us consider OHIP+ — flaws and all — to be the budding seed of a truly universal pharmacare for all Ontarians.

Minimum Wage Increase... More Like Misfortune

Libbey Dresser
Contributor

When you first heard about the Ontario Liberal Party's idea to increase minimum wage back in 2014, your first reaction was probably to be ecstatic. I know mine was — then I realized what a horrible misfortune it would really be for this legislation to pass, which it ultimately did. On January 1st, the minimum wage in Ontario increased to \$14 an hour. But what about people not earning minimum wage? Did their salaries also increase \$2.40 an hour? The answer is



absolutely not, and that is a major issue.

Why, you ask? The increase in minimum wage also leads to inflation, which means more expensive groceries, gas, rent, and even tuition fees. While these inflationary changes won't immediately take hold, price rises are inevitable. Short term rises (separate from the effects of the aforementioned inflation) will also take place as employers are forced to squeeze

Tofurky and New Year's Resolutions?

Natalie Somerset
Contributor

This past holiday season, I tried the (slightly infamous) food that is Tofurky. I had never tried it before, but I'd heard many people joke about it — perhaps because the name sounds slightly unappealing. In any case, I didn't find it all that bad. I mean, it's definitely not going to become my new favourite food, or even my favourite meat-substitute, but at least I can finally say I've tried it, after being a vegetarian for many years.

Originally, I decided to become a vegetarian after learning about factory

farming practices. One of the most striking examples for me has been the way chickens are kept on these farms — in cages so small that when they move, their feathers are rubbed off against the cage bars so that by the time they die, they are nearly bald. Personally, I disagree with the lives of animals being used in an assembly-line style production scheme whose primary concerns are speed and profit, rather than care for the animals.

Another important reason for my becoming a vegetarian is that it greatly helps reduce our carbon footprint — clearly an important factor in the face of global warming. Agriculture is a major producer of greenhouse emissions, particularly animal agriculture given the methane animals produce through their manure. Becoming vegetarian has reduced my carbon footprint by up to a third, compared to an average meat eater's diet.

Why Physical Health is Mental Health

Krysta Veneruz
Photographer

With all the talk surrounding #BellLetsTalk today, as well as the demand on campus for more mental health initiatives and awareness, it's clear that the fast-paced, demanding environment we live in takes a toll on people. At the institutional level, mental health is definitely cast aside; universities and colleges rarely take into account the stresses that come along with today's educational standards. With increasing GPAs requirements for graduate studies

or professional programs, higher tuition costs, and higher living costs (especially in Toronto), it's inevitable that students are going to face, at minimum, feelings of anxiety during their post-secondary careers.

To familiarize you, 1 in 5 Canadians will experience some sort of mental health illness in any given year; whether that be anxiety, depression, schizophrenia, manic depression (bipolar disorder), or something else. So it's not hard to surmise that mental illness has become more or less normal, despite the continuing stigma surrounding it. According to the Canadian Mental Health Association, nearly 80% of people with mental illness could be helped if they chose to seek resources — that is an exuberantly high statistic that not enough people have been paying attention to!

In terms of mental health and self-help, I think that there is so much more to

their margins to compensate for paying their employees more. A minimum wage hike of 21% could eventually lead to a 21% increase in the cost of rent or groceries. That means that an individual with \$1000 a month in expenses would need to pay an extra \$210 for the same goods and services — yet only 11% of Canadians have had their paid wages increased as part of the Liberals legislation; the other 89% of working Canadians are unlikely to benefit at all.

What's more, small and family-run businesses have also been threatened and many have been forced to reduce hours or let people go because they cannot afford to pay the increase. The government has put an unimaginable burden on these businesses, and for many of them it's only a matter of time before they close their doors for good. But the Ontario Liberals did not take into consideration

the potentially negative repercussions of their legislation; instead, they saw a chance to make more money through taxes and seized it without considering how much they would be hurting Ontarians.

Many high school and university students work minimum wage jobs, as they require little skill and are easy positions to replace when the person moves on. Instead of filling these positions, businesses are now combining jobs or eliminating them entirely to save money. And for those businesses that do continue to run as they did in 2017, they will likely be forced to increase prices and reduce their hours to make up the difference. This means that even though individuals are getting paid more per hour as a result of this minimum wage legislation, working Ontarians could be pocketing even less money as a result of diminished hours and increased spending costs.



So, if you are one for making New Year's resolutions, perhaps consider eating a more plant-based diet. Even if you don't want to become vegetarian, or don't feel ready to make such a big change, simply try reducing the amount of meat you eat by choosing one or two days a week to not eat meat. If that stills seems like a tall order, simply try reducing the amount of beef you eat, as its production results in the most greenhouse emissions out of all types of meat.

Consider it your daily food for thought: what we eat — and many oth-

er things we do every day — can have a positively impact the environment and help prevent the effects of global warming. One final suggestion that doesn't require changing the foods you eat, per se, is to avoid buying foods that come in excessive packaging. For example, buy a larger glass bottle of juice, rather than small and individually wrapped juice boxes; or use reusable containers and water bottles to reduce the overall amount of garbage you are producing. I've even started bringing my own utensils to the cafeteria that I can wash, instead of using and throwing out the plastic ones they provide. So as the new year begins, consider making some changes to your daily routine because if everyone commits to making small changes, together, we can truly make a difference.

be done. Think of a time when you stayed up all night studying and the next day you were sleep-deprived, making you significantly more irritable than normal. Think of a time when your head felt like it was going to explode and you couldn't perform your best because you hadn't had any water that day. Or have you ever thought about how your body becomes increasingly stiff the longer you sit still? Wouldn't all these things affect your thoughts and your self-perception?

Health is an enormous component of our lives that encompasses so many different variables — mental health is one of them, along with physical health. I've been really impressed by all the positivity around mental health, but I'm becoming increasingly dissatisfied at the amount of stress put on physical health by the general population — particularly post-secondary institutions. Now that

mental health awareness is increasing, institutions like our schools and the government (particularly OSAP) need to take these factors into account, because living an all-around healthy lifestyle is expensive.

One easy and cost-effective step students can take is to improve their physical health, as a means of helping their mental health as well. It may seem cliché, but your body really is your temple and the way you treat it in one aspect of health will directly affect another. That's why I think the concept of self-help needs to include physical health. We need to be nourishing our body with healthy foods, sleeping enough, and exercising enough to be able to perform well academically. So the next time you're stressed or feeling panicked, try stretching, running, going for a walk or bike ride, or just drinking some water — you might be surprised at its effectiveness!

John Kemp's Kitchen: Brining and Dining

John Kemp
Columnist



Happy New Year everyone!

I hope your resolutions are still holding strong. Personally, I've never been much of a resolution type of guy; I've always figured that if I want to change something about myself, I should have some kind of concrete motivation to give the whole thing purpose, and I find that the somewhat arbitrary date that is the beginning of the new year just doesn't cut it for me. That said, I did make a new discovery over the holidays which I'll be committed to from here on out: brining meat.

To be fair, my 'discovery' was really more so me going for dinner at a restaurant here in Lausanne and being informed that the reason my turkey breast was so juicy was the brine it had been sitting in. So, when it came time to roast our turkey for Christmas dinner, I immediately pulled out the biggest stock pot I had and started soaking the bird in my homemade savoury solution.

For those who don't know, brine is a combination of water, salt, vinegar, and sometimes sugar, which is used to do all sorts of things – from making pickles to making sure your roasts come out flavourful and juicy to the core. The thought behind it is that the salt breaks down muscle proteins in the meat, rendering it more tender and leaving the salt,

sugar, vinegar, and whatever other seasonings you may add as a flavourful meaty bonus. Although it takes a bit more time, it really does make all the difference – and it's easy as pie! Now if you're the type of person who needs a recipe for everything (like me), I've included one below.

Happy brining!

— John

Pro Tip: For all of John's previous recipes, find him on Facebook as 'John Kemp's Kitchen' or on Instagram @johnkempskitchen!

Recipe for Meat and Poultry Brine

Yield: Brine for one large roast

Ingredients:

1 cup kosher salt (Note: It's crucial to use kosher salt here, table salt won't have the same effect)
½ cup granulated sugar
¾ tbsp. freshly ground black pepper
½ cup apple cider vinegar



(Optional – if you're brining for longer than 5 hours skip this, it'll make the meat "cook" without heat – a process called denaturation – which will make it taste... off)
8-10 cups cold water

Method:

1. In a large stock pot, combine all ingredients. Stir until dissolved.
2. Add meat/poultry to brine and ensure that the entirety of it is covered in brine. If brining poultry, be sure to insert the bird with its legs pointing up so as to fill the cavity with brine. Add more water if

needed.

3. Cover and refrigerate at least 3 hours (preferably overnight).
4. Remove the roast from the brine and pour out any remaining juices from the crevices. Don't be alarmed if there is an odd smell, this will cook off.
5. Season and roast the meat/poultry as you usually would.

Enjoy!

Glendon's Lettres d'amour

Diogo Mello
Contributor

Dear fellow students,

I want to start off this letter by letting you know, life is not easy. Life does not come with an instruction manual, nor does it come with a guideline. We all get pooled together and hope for the best outcome for everyone – sadly, that is not always the case. We forget to acknowledge that people have off-days. We forget that our emotions are not meant to be suppressed. We forget that we are completely and entirely entitled to every drop of love.

I will talk about this 'til the day I die: self-love is the most important thing you will learn throughout your life. My new philosophical view is that we are all bright, burning lights; every day we allow ourselves to burn and show the world the greatness within us. Here's where it gets tricky: sometimes our own light will dim so that someone else's can burn a little brighter. This does not, however, allow you to let your light burn out. I'm aware this task is easier said than done; however, self-love is not a one-day process – it takes time, energy, and passion. Even if it starts with a single eyelash, you can learn how to transpire that love to the rest of you. Live your life to be the truest, most authentic

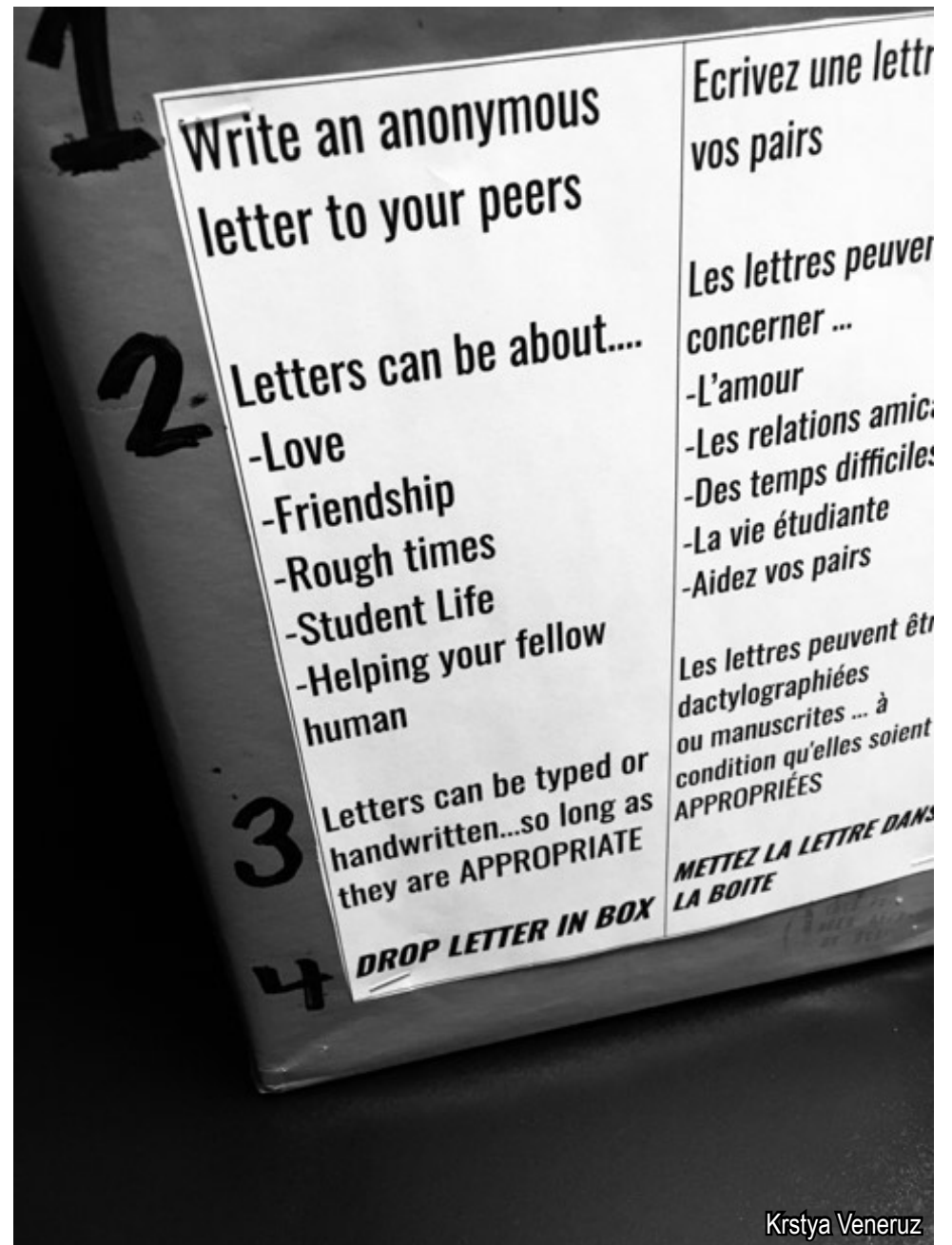
person you can be. You will unintentionally allow people to burn just as bright as you.

I, Councillor B. Mello, with the help of Pro Tem, invite the entirety of Glendon College to participate in Lettres d'amour. This initiative is dedicated to anyone and everyone who has ever needed some love. I invite all of you to write a letter – of any length – with words of encouragement to your fellow peers; let them know they are not alone. Let them know that no matter what situation they are currently facing, we are all Glendonites.

The idea is for this system to operate as a student-for-student collective. If you need a letter you can come into the GCSU office (B126) and pick one off the wall. You can either take it with you, or read it and put it back. We want to stress to everyone that you are all loved! You are not alone. You are worth every ounce of adoration. Know that self-love isn't made overnight, but it starts with affection.

Letters are being accepted between January 22nd – February 5th and we highly recommend that they be bilingual! If you would prefer to handwrite your letter, there will be pens and paper in the GCSU office. There will also be boxes located in the breezeway, the GCSU office, and Lunik for you to deposit your notes of love. For electronic letters, please email them to council.gcsu.aecg@gmail.com. For any other inquiries, visit our Facebook event page, "Glendon's Lettres d'amour."

Sincerely,
Councillor Diogo B. Mello



Krstyia Veneruz

I Want You To Be Alive: Dealing with Loss and Despair

Reia Tariq
Campus Life Editor

On December 7th, I received the news that someone I cared for had committed suicide. It's been almost two months since then and it's still hard for me to write or think of them in past tense — "they were...", "he was...". Loss, despair, grief, all of those emotions you feel when someone you know has passed away hit me like a tidal wave — all at once. Because of how sudden it was, I could have easily let myself drown in all the grief I felt, but instead I decided I was not going to let it weigh me down, and have slowly been making my way back to shore. I understand that for those of you who have felt this pain, it can be hard to process and go through the stages of grief when the loss itself suddenly comes crashing out of nowhere — add to

that the extremely personal and inexplicable reasons behind your loved one's decision and you are confronted with so much confusion and doubt that your emotions begin to cloud everything you thought you knew about this person you cared for so deeply.

I write this piece today to tell you that it's OK for those who have lost a loved one to feel all these things. It's OK, and completely natural, to not go through the five stages of grieving — or to go through all of them at once — we all process traumatic news in different ways. That said, be careful not to let your guilt, anger, or any otherwise negative emotion take over and make you another link in this horrible chain. Of course, you'll feel guilt and doubt. You might question whether you were a good enough friend to them; if there was something you could have done differently; you might wonder, "how could I not have noticed the signs?" You may also feel anger, even rage, at your loved one — how could they have done this, and why? The fact of it is, mental health is a tricky, personal topic and we shouldn't judge anyone who felt suicide was their only option.

Instead, channel your emotions

into something more productive. Use them to create more awareness or more understanding, whatever will help make it so that people who are suffering don't feel that suicide is their only option — because it shouldn't be. To that end, I've been gathering resources I feel should be common knowledge because, sadly, you never know when these resources might be useful. Above all, I want you, the reader, to remember: I want you to be alive. If you, or someone you know, is in immediate danger, please call 911 first thing. Non-emergency live support is also available at CAMH at: 1-800-463-2338.

Other Useful Hotlines:

Assaulted Women's Helpline:
416-863-0511

Distress Line/Centres of Toronto:
416-408-4357 (Confidential interpretation available in 151 languages)

Mental Health Service Information:
1-866-531-2600

North York General Hospital - Adult Mental Health Case Management Program:
416-632-8701

East Toronto/Scarborough Court - CMHA:
416-285-4177

West Toronto/Etobicoke-CMHA:
416-745-5775

Self-Help Resource Centre Info Line:
416-487-4355

Anishnawbe Mental Health Crisis Line:
416-891-8606





The Trees Grow for Miles

Shelby Shapiro
Contributor

The trees grow for mile; beautiful and tall. They are a power of their own. We look to them for life, and we tear them down for sport. Yet my words will egg on to the page in perfect parallel lines, never to be confronted. Though they seem disconnected at first, the print will steal away all this work, as the foresters skin the trees and submit them to torture in order for my thoughts to live and breathe.

It's cold now. The snow lays itself down, as it tucks us all in for our long winter's sleep. Perhaps that's why I feel tired all the time. I'm awake, but I really shouldn't be. My body aches to sleep away this incessant time of year; to hibernate until my hair grows longer and the grass and roots begin to grow once more.

Then comes the blistering heat, and the next thing I know my body will be ignited with fire, and I will become unfeeling as all of my senses become lost. I will lose them as the fire toasts away my fingertips. It will be then that I ache for the cold I once feared as comfort.

Welcome to the twenty-first century, where we know what we do is wrong, but no one makes an effort to change. What good would anything else do us? We are all too busy suffocating on our own egos to see clearly any more.

Suddenly there are crunches of feet on snow, of cackling crows in trees — fear consumes me. I feel my sweat turn to ice as I stand barefoot in the snow. The vastness winds me; I know I cannot walk forever. Then, there is darkness.

* * *

I keep dreaming of this moment, yet never make anything of it. I never get far enough to know what is actually to happen. Why does it repeat itself to me if it has no purpose? What unfinished business has this forest left for me? Why me?

I awake in a sweat even though moments before I was freezing in the snow. The sheets are wet, and there is a pounding in my

head. The clock's light screams at me to go back to bed but my sheets have become treacherous moors that leave me feeling unwelcome.

I stand and wait for something to tell me what I should be doing. The clock blares numbers too early to read, and the darkness outside shows

itself as a sign that the time for sleeping is unfinished. I change the sheets. I dress and prepare for the day. What else is there to do? I return to the bed. I can still see the outline of where my sleeping body rest peacefully moments ago, though now it only appears as a blurry shadow of the time before.

Though more comfortable now than before, the bed still does not welcome me. I sit on it, eliciting a loud long creak. This is when I think of you.

* * *

I miss you. It has not been long but when you are gone I find I need distractions to stop myself from willing you to be with me. You and your warmth make everything feel better. Things don't taste as good when you aren't around. When you leave, you must take my senses with you.

You ground me; you are the soil I have decided to plant my roots in — you have been helping me grow. You are rich with nutrients, beautiful, and your smell reminds me of home. You are my home.

I haven't had a home since I was nine years old. I've forgotten what it felt like to always have a place to go. A place to be myself and to be loved no matter what. This I have found in you. I miss you.

Why is it that to you I don't feel as cold as I do to myself? To you, I am the blistering sun; to me, I am an eternal glacier. I take up so much space and am deceiving on the surface. Please, help me melt myself down to a more palatable size — I am scared of all of this ice inside.

My heart was off-beat until you came along and made it skip. Now it beats only in time with yours; my heart belongs to you now. Promise me you won't break it, because I haven't quite figured out how to piece it back together.

I'm not obsessed I swear, this is all just poetic shit to tell you I love you.



Contradiction

Anonymous Contributor

Walking along in a darkened wood,
Contemplating the denial
In which we live.

Self. One.
You. Me.
Who are we really?

Amid the destruction, deception
Defeat and control,
How ever are we to know?

For some, it is evident.
They are the lucky ones –
Confident and self-assured.

I must confess,
My self-esteem is lacking,
Self-expression is alright.

Determination is my thing –
Get anywhere, do anything.

Swift as the canary's song,
I'm moving along.

What I'll Miss: A Short Story

Anonymous Contributor

It's things like this that I'll really miss;
the colours, the vibrancy, the life.

I don't want you to leave but I can't
make you stay because I would risk los-
ing everything – we both would. I can't
tell you what to do; the only thing I can
do is tell you how much I'll miss you.

I'll miss your warmth and beauty. I'll
miss your liveliness and generosi-
ty. But what I'll miss the most is what
you brought out of people – you gave
them life and made them better. Some-
thing like that is so hard to find, so
I hope you carry it with you always.

I know that one day you'll come back and
bring that captivating aura with you. Until
then, all I can do is sit and wait, patiently.

Si la neige était des feuilles

Nadin Ivanova
Contributor

J'imagine les branches d'arbres
comme si la neige était des feuilles.

Je rêve au moment que le soleil
se réveillera et poussera les nuages.

La mouche ouvrira ses ailes,
prendra son premier vol,
et le ciel reflétera toutes les couleurs brillantes.

L'écureuil sortira de sa cachette
et le rire des enfants fera son apparence
à tous les coins de rue.

Les plantes commenceront à fleurir
et éclateront de joie.

Cher printemps, je t'attends!

A Winter Riddle

Ben Desalco
Contributor

Four united, one isolated.
Apart within, together akin.
Warding off winter's gale,
The five no longer frail.

What am I?

Look for the answer on the next page!



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Glendon in Winter



Camille Slaght



Camille Slaght



Camille Slaght



Answer: "What is a mitten"

Francette Maquito



Krsty Veneruz