



Lucy Oneka/// Observer

The East Side Players opened their production of *The Female of the Species* last night, Oct. 24. The play is written by Australian playwright Joanna Murray-Smith, directed by Heather Roberts and produced by David August.

Female of the Species comes to life

By LUCY ONEKA
The Observer

The East Side Players are once again bringing to life the work of Joanna Murray-Smith with *The Female of the Species*, a funny and thought-provoking play exploring the many issues within feminism.

The play begins with Margo Mason (Christina Reynolds), an egocentric feminist writer who is under pressure from her publishers to meet a deadline for her next book. She is extremely frustrated because she is suffering from

writer's block.

Suddenly a young lady, Molly Rivers (A.K. Shand) enters the room and to Mason's surprise, Rivers tells her that she has travelled far to come see her. Mason is harsh with Rivers and wonders who she is and what she is doing at her residence. Rivers reveals to Mason that she was once a student of hers. Mason is still puzzled by Rivers's visit.

As the play unfolds, it becomes clear that Rivers has come with a purpose. Mason is now held accountable for her actions. She realizes for the first time how much she, as a writer, has had an

impact on the lives of her readers.

The play is produced by David August and directed by Heather Roberts, who says doing it was a unanimous decision by the play selection committee.

"The play is well written. It's current, it's got something for everybody," Roberts says. She hopes the audience will leave the play talking about it or siding with one of the characters.

The play has a talented cast consisting of: Christina Reynolds (Margo Mason), Amanda Smith (Tess Thornton), A.K. Shand (Molly Rivers), Matt Austin (Bryan Thornton), Sean Killackey

(Frank) and Daryl Taylor (Theo Reynolds). The audience will be able to feel the emotions the characters experience, with the actors bringing realism to the play that makes it extremely enjoyable.

The costumes the characters wear parallel their personalities. The set, designed by David August and Heather Roberts, adds to the play, reiterating the message behind the story.

The Female of the Species opened last night, Oct. 24, and runs until Nov. 9 at the Papermill Theatre, 64 Pottery Rd. For tickets, call 416-425-0917 or visit www.eastsideplayers.ca.

Saying no to GMOs

By ALEXANDRA GATER
The Observer

Julie Daniluk was the guest speaker on Oct. 17 at the Big Carrot's free Thursday lecture for Non GMO Month. Daniluk, a nutritionist and author, shared the benefits of avoiding GMO food to ensure good digestive health.

GMO stands for Genetically Modified Organisms. They are plants and animals whose genetic material has been altered. According to Daniluk, GMOs are present in 75 per cent of packaged foods on the market today and result in nutritional deficiencies, antibiotic resistance and increased toxins in the body.

"(GMOs) are lurking in common processed foods... beverages, candy, cereals and condiments, in a lot of meat alternatives, soy products, canola products, in corn and cotton seed," she said.

Daniluk says eating genetically modified food can cause poor digestive health.

"When the GMO food is fed to a person, the junctures (in your gut) free up," Daniluk said. "It creates leaky gut, you can see the openings in the lining, and that allows unfortunate toxins and bacteria and food allergies to get in the blood."

"The gravest concern (about GMOs) you will hear over and over again from the great scientists... is antibiotic resistance," Daniluk said. "They actually use antibiotics in the processing of GMOs. So every single GMO is dipped in a bath of antibiotics... that are able to weather the storm of an antibiotic."

HOW TO DO IT

- Buy organic food.
- Look for the non-GMO label.
- Check out this list to find out which produce contains high or low levels of pesticide: www.ewg.org/foodnews/

A friendship bench to end bullying



Rajesh Sammy/// Observer

Kyla (left) and Kimm Prosser unveiled the Friendship Bench at the East York Community Centre on Tuesday.

Kill it with Kindness founders unveil a new friendship bench

By RAJESH SAMMY
The Observer

Cloaked in a blue nylon sheet, a bench within the East York Community Centre rested awaiting its release on Tuesday.

This is not just any bench, but a Friendship Bench with a lifelong mission to help put an end to bullying.

"Kids are bullied more than people think," Councillor Mary Fragedakis, Ward 29/Toronto-Danforth, said before unveiling the Friendship Bench.

She was joined by the Kill it with Kindness founders, sisters Kimm and Kyla Prosser. Kill it with Kindness is

the non-profit organization involved with importing the Friendship Bench idea from Australia.

"The Friendship Bench represents a safe zone for kids who are being bullied," Kyla said.

"They'll sit on it, and it alerts either teachers, volunteers or other kids that they need an assistance of someone to talk to."

The bench is made of 100-per-cent recycled plastic, and features a bright red heart in the centre.

The use of bright, rainbow-like colours makes the bench easy to spot for children in need, as well as those who are willing to help.

On the arms are small, heart-shaped plaques embedded with the location of the Friendship Bench.

Kill it with Kindness plans on unveiling more Friendship Benches at community centres across Toronto.



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