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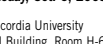
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| Concordia University Hall Building, Room H-649 1455 de Maisonneuve Blvd. W. Montreal, Quebec H3G 1M8 | | | |
| editor-in-chief | TERRINE FRIDAY | student press liaison | OPEN |
| news editor | JUSTIN GIOVANNETTI | photo editor | ELSA JABRE |
| features editor | LAURA BEESTON | graphics editor | VIVIEN LEUNG |
| fringe arts editor | MADLINE COLEMAN | managing editor | CLARE RASPOPOW |
| literary arts editor | CHRISTOPHER OLSON | layout manager | MATTHEW BIARD |
| sports editor | OPEN | webmaster | OPEN |
| opinions editor | DIEGO PELAEZ GAETZ | business manager | RACHEL BOUCHER |
| copy editor | OPEN | distribution | ROBERT DESMARAIS DAVID KAUFMANN |
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| cover by Erika Altosara, inside cover Vivien Leung | | | |



Making their way by candlelight, hundreds of Montrealers hold a moving vigil for 521 women missed by families. PHOTO RILEY SPARKS

Missing justice marches for Native women

Walking by candlelight, Montrealers remember the hundreds lost

- **LINDSAY LAFRENIERE**

“No one took the Morrison family seriously when they said that Tiffany was missing,” said Kary Ann Deer of Projets Autochtones du Québec. “They thought she was just a young native woman, out getting drunk and slacking on her responsibilities. All the police officers said was ‘She’ll come back.’”

She hasn't.

Gone for more than three years without any leads, Tiffany Morrison is one of the 521 reported cases of missing or murdered Aboriginal women in Canada over the past 30 years.

On Oct. 2, Deer spoke with other panelists at the Justice for Missing and Murdered Indigenous Women discussion at Concordia University's de Sève Cinema. According to Deer, Morrison's case demonstrates the indifferent attitudes shown to Aboriginal women.

Morrison was last seen in a taxi going home to Kahnawake, Quebec from the LaSalle borough. Melanie Morrison, Tiffany's sister, said the family knew something was wrong, since Tiffany had a young daughter at home and would always phone when running late.

“There are three taxi companies that go to

Kahnawake,” said Melanie. “We had no information about the cab she took [since] the cabbies do not call in fares, so no one could tell us who was working that night. The cabbies are working illegally, so no one will come forward.”

Morrison recounted the complete frustration she had experienced with the lack of investigation by authorities. The Kahnawake Peacekeepers police their community, but the family also needed help from the Sûreté du Québec, the RCMP and the LaSalle police, since the disappearance was outside their reserve. None of the other police forces were willing to act or take the case seriously, she said.

Craig Benjamin, a campaigner for Indigenous people's rights with Amnesty International, spoke of the violence embedded in society's responses towards Aboriginal women. He discussed how these women are denied a sense of worth due to entrenched stereotypes, leading men to deliberately target them.

“There is public indifference towards the safety and well-being of Aboriginal women in Canada,” said Benjamin. “The marginalization of these women sets the context and allows violence to be carried out, and then

there is inadequate justice.”

He also criticized the partial figure of the 521 missing or murdered women as this number is compiled from family's accounts and media reporting. The government of Canada has no verified account of these cases and Benjamin estimates that only 60 per cent are known.

"The lives of Aboriginal women mean so little that their deaths are not even recorded," he continued.

Benjamin said there needs to be national protocols for dealing with missing people. The lack of current standards leads some police officers to respond to a report on missing Aboriginal women with their own biases, which proves detrimental in finding the women.

In addition to the discussion, the National Sisters in Spirit March and Vigil was held on the evening of Oct. 4. Marchers walked down Ste-Catherine Street, protesting the high number of missing Indigenous women and the lack of government response.

“If 500 soldiers were killed in Afghanistan, there would be an uproar,” said Yasmin Jiwan, a communications associate professor at Concordia. “Five hundred Aboriginal women have disappeared or have been murdered in Canada and no one cares.”

Time to 'reactivate' your OPUS card

- JUSTIN GIOVANNETTI

Students riding on Montreal's public transit last week were surprised to see ads from the Société de transport de Montréal warning them their student passes were on the verge of expiry.

During the month of October, students will need to head to one of six points of service with proof

of residence, proof they are in school and \$9 to reactivate the student privilege component of their OPUS card.

“That was always the plan,” explained Marianne Rouette, a public affairs officer for the STM. “But we might not have explained that part so clearly.”

One of the original selling points of the OPUS card was an

end to standing in long lines each year, something Rouette said should not be a problem due to the six renewal locations.

“Life for those under 25 [years old] changes a lot so they need to get a new card every two years. For seniors, it’s only every seven years,” Rouette said. “The privilege itself only lasts one year because students need to prove

that they are still in school and living in Montreal.”

Students who do not get their student privilege feature reactivated during the month of October will need to go to Speq photo at the McGill or Berri-UQAM metro stations and wait in line.

They will also need to pay regular fare to get there.

Changing things from the inside

Project Montreal candidate Cym Gomery sets out her vision for Montreal

• LINDSAY LAFRENIERE

Cym Gomery stands outside the Villa Maria metro station on a drizzly and cold Monday evening. The clock might read 6:00, but it's so dark and overcast that it seems much later.

Gomery is not waiting for a bus, though. She is enduring the elements to encourage bus riders to vote next month in the city's municipal elections.

"You have to participate, please come out and vote," she tells anyone willing to listen. Some people ignore her, but most listen and take a flyer with her smiling face on it.

Gomery soon runs out of flyers and begins to talk enthusiastically about change.

"It may sound sort of grandiose, but I've always had an urge to change the world," Gomery said. "I have always wanted to make things better and feel compelled to do my part."

"It is urgent that voters' faith in public institutions be restored and I believe that Project Montreal is the only party willing and able to bring about the necessary renewal."

—Justice John Gomery

"This mindset got me into politics because I was always up against politicians and getting very frustrated. It got to the point where I decided I needed to change things from within."

Gomery is running for municipal council under the Project Montreal banner in the Loyola district—the site of Concordia University's Loyola campus. This is her first time running for a political position. Gomery has found that spreading the word about her candidacy to the 22,000 residents of her corner of the Côte-des-Neiges/Notre-Dame-de-Grâce borough is no easy task.

"At the beginning, I was doing intense door-to-door campaigning," said Gomery, who decided that more was needed to reach people. "I did a video today and have people working on a website that will be finished any day now. I ordered posters which will be going up soon."

"We are posterizing because Project Montreal is a smaller party, but we will make sure to reuse the posters afterwards. Anything to get the word out."

With Gomery's party trailing in the polls, she is focusing her campaign on three main themes: participatory democracy, sustainability and innovative ideas.

Cym Gomery is the eldest daughter of Justice John Gomery, who headed the investigation commission into the federal sponsorship scandal that plagued the Liberal party. John Gomery was named the 2005 Canadian Newsmaker of the Year

by both The Canadian Press and *Time* magazine.

Her famous father's career influenced her views on responsible government as she took her first steps into the political spotlight. She said she decided to join Project Montreal for its integrity.

"What I took from seeing my father go through that experience was that we need more citizen participation at every level of government and we need more transparency," said Gomery.

"When I undertake a project, before, during and after, I invite citizens to participate," she continued. "It is a responsibility for citizens and it also improves the quality of life for everyone. A better community develops because of it."

Gomery's father lent his creditability to Project Montreal, becoming the party's honorary president of fundraising, after his daughter told him about the party's platform.

"I believe that our city has never been in such poor condition, morally as well as materially, and I deplore the cynicism that is corroding municipal politics," wrote John Gomery in an open call for donations on the party's website. "It is urgent that voters' faith in public institutions be restored and I believe that Project Montreal is the only party willing and able to bring about the necessary renewal."

While campaigning, Gomery said she is passionate about creating a cleaner planet. Once elected, she would like to implement an organic waste pickup, keep parks open and preserve green space.

"I'm an environmentalist and I believe that sustainability is the future," she said. "We need to adopt sustainable practices now, for the future of our children and our own sake, as a species. We have to see ourselves as part of a larger system."

Having lived in NDG for the past 15 years, Gomery said she understands the area's strengths and weaknesses and credits the people of NDG as being its strength.

Gomery also said she empathizes with students and understands some of the concerns Concordia's Loyola campus poses.

"The area needs to be more walkable," said Gomery. "Around Loyola, I would be looking to make an area like Monkland Village. We need to build it up and that would boost the economy as well. Cars should be very optional."

Gomery noted the importance of transportation to students and promised more accessible service and a tramway going up Cavendish Boulevard.

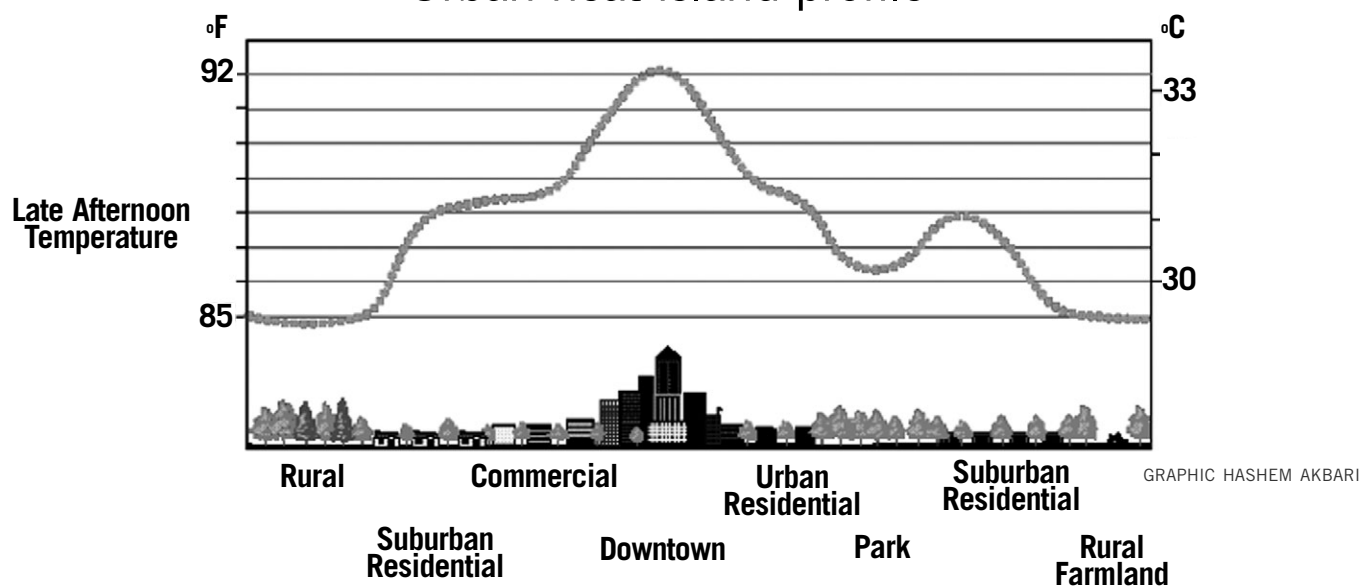
"We would have better commuter train service with more stops," she said. "There would be better bus services, more bicycle paths and lower fares."

Gomery holds a bachelor's degree in English literature and philosophy from Dalhousie University. She has been a technical writer in telecommunication and software for 19 years.



Cym Gomery in Confederation Park, in the district of Loyola. PHOTO KYLE RUGGLES

Urban heat island profile



How to build a cool city

Concordia prof's 25-year mission to end urban heat islands

• TERRINE FRIDAY

Engineering professor Hashem Akbari's life mission is not to build a state-of-the-art hydraulic system, nor is it to create the optimal instrumental calibration technique.

His goal is to reduce carbon emissions by cooling down urban heat islands—urban areas which are typically much warmer than suburban areas. Akbari has dedicated his off-time to the heat problem for the past 25 years.

Akbari, a former senior scientist who led the Lawrence Berkeley National Laboratory at the University of California, Berkeley, has now moved into Concordia's EV building to continue his research.

"It's my humanitarian and environmental mission that has brought me here," Akbari said. "When we started our research, nobody was talking about urban cooling. Now, the response has been just amazing."

His research has been fodder for international headlines, garnering worldwide recog-

nition and interviews with ABC and the *San Francisco Chronicle*, to name a few.

Akbari's research centres on expanding energy efficiency in urban heat islands. Created by a decrease in vegetation and man-made, impermeable surfaces that attract heat, urban heat islands are more common in densely populated cities.

"We're looking at a technology that deflects the incoming solar radiation, either on the roof or the pavement," Akbari said. "That would result in the city collecting less heat. The air would be much cooler in the summer and the urban air quality would be better."

At a bi-annual conference held in California two weeks ago, delegates of the International Conference on Countermeasures to Urban Heat Islands discussed how to develop sustainable practices to deal with the problem.

The research team quantified that for every 10 square metres of white rooftop replacing

dark rooftop, the net emission savings are equivalent to 1 tonne of CO₂ emissions.

If this new technology was adopted in tropical and temperate climates, the consequence would be a net emission savings of 44 gigatonnes of CO₂—equivalent to one and a half years of worldwide emissions.

This could have a huge effect on heat build-ups in urban areas.

A large part of the cooling research will be done in Montreal because Canadian energy consumption is two times that of California. Quebec also uses low-emission hydro energy.

"Every kilowatt hour [of energy] that is saved here in Quebec, where hydro is already a replacement for oil and coal consumption, will reduce CO₂ emissions by 750 grams," Akbari said.

Although his research is conducted in Montreal, Akbari said most of the benefits will be felt in warmer climates. "But that doesn't mean Toronto shouldn't become a 'cool' city," he said, "because it should."

13 rubber boats for an entire nation

Montreal's Filipino community bands together to help their typhoon-struck relatives

• MIREILLE TARCHA

The Filipino community in Montreal could only wait and worry as typhoon Ketsana made landfall on Sept. 26. The news was grim; Manila was hit by the heaviest rains in its modern history and flooding killed 288 people across the country.

A week later, the mood at BAYAN Montreal—a branch of the Filipino New Patriotic Alliance, a leftist political coalition—was still sombre. Another typhoon, Parma, narrowly missed Manila on Oct. 3, but still hit the rural north of the Philippines.

"Manila was just saved from devastation," said Joey Callugay, the head of BAYAN Montreal. "People now are concentrating on getting food and water to affected communities and sifting through the rubble of their homes, but we are still in shock."

Callugay said his family was safe and credits that to the fact that they live on higher ground, but many families in Montreal have been affect-

ed. Flooding in rural areas was reported as high as 20 feet, stranding people on their roofs for days.

"The waters have just begun to recede and cadavers are side by side with the people who survived."

—Joey Callugay,
head of BAYAN Montreal

"The waters have just begun to recede and cadavers are side by side with the people who survived. They haven't been buried yet and they won't be until things get settled," explained Callugay. He explained that sanitation and the lack of clean water are the most pressing problems.

BAYAN has joined with the People's Cooperation for the People relief effort—also known as Balsa—to deliver desperately needed supplies and money to the devastated nation.

The situation has also exposed the inadequa-

cy of the Filipino government's disaster response capability. According to BAYAN, the Filipino military only has 13 rubber boats to help people stuck on rooftops or trapped by flood waters.

The lack of resources is a serious problem for a country made up of 7,000 islands and 90 million people.

Although people may want to donate food or other non-perishables, Callugay said that giving money is the better option.

"Cargo would take months to arrive there," he explained.

BAYAN is accepting donations through PayPal, where people can suggest how they want the money to be spent: on food, goods, water or medical help.

At a town hall meeting in Montreal on Oct. 4, Callugay explained the situation to some of the 25,000 members of Montreal's Filipino community and asked them for fundraising ideas. An uplink to volunteers on the ground in the Philippines allowed for direct communication between the two communities.

Briefs

Nearly half of Montreal's mayors win by acclamation

Six of the 15 municipalities on the island of Montreal will not see elections on Nov. 1.

Running without opposition, Pointe Claire's Bill McMurchie, Baie d'Urfé's Maria Tutino, Côte St. Luc's Anthony Housefather, Westmount's Peter Trent, Kirkland's John Meaney and Dorval's Edgar Rouleau have already won by acclamation.

Of the nine remaining municipalities, only Montreal West does not have an incumbent running for the top job.

Laurier campus food goes eco-friendly

Wilfrid Laurier University has unveiled eco-friendly takeout containers for food purchased on campus. Students pay \$5 for their first eco-container, which can be returned to the cafeteria after use to be sanitized for reuse by other students. After returning an eco-container, students are given a plastic card that lets them get another container for free.

Montreal riding heads to the polls

Prime Minister Stephen Harper effectively ended talk of a federal election by calling four by-elections for Nov. 9, two of which are in Quebec.

The only Montreal riding, Hochelaga—at the east end of the Ville-Marie borough—has always gone to the Bloc since the party's first election in 1993.

'Justice system is racist,' says activist

Civil rights activist Angela Davis told a crowd at McGill's Leacock Building that the North American justice system is racist.

A former Black Panther and professor at the University of California, Davis said parts of the justice system have their roots in slavery. She said she would want to see the prison system abolished because it lets society hide its problems.

Tar sands protests end in arrests

Nine Greenpeace activists were arrested by the RCMP on the morning of Oct. 4 after spending 24 hours at a Shell refinery. Using climbing gear, 16 activists scaled an upgrader—a tall tower used to burn off residue—near Fort Saskatchewan, Alta. and unfurled an anti-tar sands banner.

Lonely Liberals wipe the slate clean



Liberal leader Michael Ignatieff with a bundle of the thunder-sticks that urged him on.
GRAPHIC VIVIEN LEUNG AND GINGER COONS

How they spent their time

Saturday

16:30—Check-in at the Hilton. Ignatieff arrives with a small coterie of handlers.

17:30—Liberals in attendance are all complaining about the lousy weather; it's pouring rain. Candidates for contested positions on the new executive start lobbying.

18:00—Cocktail for caucus members and executive candidates kicks off at the Delta. A formal dinner to follow is cancelled.

19:45—Desperate Liberals scramble to find open tables for dinner in Quebec City on a Saturday night. Hotel staff is overwhelmed.

22:00—Incoming party President Marc Lavigne's hospitality suite is well-attended. Refreshments include wine from Denis Paradis' Domaine du Ridge vineyard.

Sunday

1:00—Lavigne's hospitality suite winds down.

1:30—A youth party attended by Marc-Boris Saint-Maurice, founder of the Bloc Pot, shuts down after hotel staff complain about noise.

2:00—A handful of young Liberals and executive candidates linger at the hotel bar, including Honoré-Mercier MP Pablo Rodriguez.

9:00—Delegates brought by bus from Montreal are slowly beginning to arrive, the convention centre is awash with pamphlets handed out by candidates for executive posts.

9:15—Delegates from Montreal are pouring in. The convention is opened and legal counsel François L'Heureux successfully moves a motion that no debate can occur on any resolution for the rest of the day without 25 people voting in favour of a debate.

9:20—Contested candidates' speeches begin. Candidates were told speeches were to be five minutes long, only to be informed late the previous night that speeches had been cut to two minutes. The result is that almost every one of the 12 candidates gets cut off before the end of their speech.

9:40—A new president for the Aboriginal Commission is acclaimed from the floor. The party had struggled to find someone to fill the post.

10:00—Constitutional amendments begin. The Women's Commission presents several proposed amendments, many of which are voted down. Women's Commission past president Caroline Savic publicly complains about a handout given to delegates bused in from Montreal instructing them to vote against these resolutions.

11:25—The stage is set for Michael Ignatieff's speech. The thunder stick-equipped audience members make a lot of noise as Ignatieff's Quebec MPs and candidates head onstage in preparation for the leader's entrance.

11:30—Ignatieff's speech is met with enthusiasm from the crowd, particularly from several large groups of invited attendees who arrived by bus that morning.

12:00—Liberals dine on a complimentary lunch of sandwiches and pastries, which all agree are revolting.

13:30—The hall is full of journalists filing stories.

15:30—Results of the contested executive positions are announced. All eyes are on the three-way Policy Chair race. In the end, the winner is Marc Bélanger, the controversial co-author of the infamous "nation resolution."

15:49—Ignatieff enters the convention hall in advance of the new executive president's speech. His entrance is very low-key. He is surrounded by a handful of handlers.

16:00—New executive president Marc Lavigne's acceptance speech is met with warm applause from the remaining attendees. Many have already departed to catch the buses back to Montreal. While the new executive meets with Ignatieff to pose for an official picture, the convention quickly dissipates.

Buses needed to fill Quebec convention with delegates

• ELISABETH FAURE

On Oct. 4, Liberal leader Michael Ignatieff shook hands with delegates and attempted to repair the damage caused by the resignation of his Quebec lieutenant, Denis Coderre, on Sept. 28.

A week before the Quebec City convention, Coderre resigned after Ignatieff gave long-time rival Martin Cauchon the contested nomination for the riding of Outremont.

During his very public resignation, Coderre took a swipe at Ignatieff saying that decisions for Quebec were being made by a circle of advisors in Toronto.

Coderre's resignation created a ripple effect that extended to the convention. Several senior members of the party's Quebec executive resigned in solidarity. Hundreds of attendees also dropped out, leaving the party scrambling to rescue the convention and put up a united front for the media.

Closer scrutiny in the packed convention hall showed that appearances were deceptive; a majority of those on the floor sported yellow IDs, not white ones, meaning they were invited guests and not actual voting delegates.

The Liberal Party had feverishly offered free passes, meals and bus transportation to hundreds of people

in the final days before the convention.

This complicated matters when delegates were asked to vote on policy matters and constitutional amendments. Many people without voting rights were allowed to speak at the microphone and, although officials claimed that quorum was achieved, the number of voting delegates in the room might have dropped off throughout the day.

"You are the grassroots, but I am the leader."

—Michael Ignatieff, federal Liberal leader

In an effort to mitigate the effect of Coderre's accusation that Ignatieff's Liberals are Toronto-centric, party officials banned Ontario MPs from attending the event, forcing several high-profile guests to cancel at the last minute.

The audience members had a lukewarm response when Ignatieff delivered his speech, although supporters banged their thunder-sticks aggressively to give the impression of thunderous applause.

Ignatieff used his speech to try to save face from the Coderre fallout and expressed his love for Quebec and its people.

"You are the grassroots," Ignatieff

told the crowd in his French-only address, "but I am the leader."

The Liberal leader hugged and praised his predecessor, Stéphane Dion, in a moment that received a standing ovation.

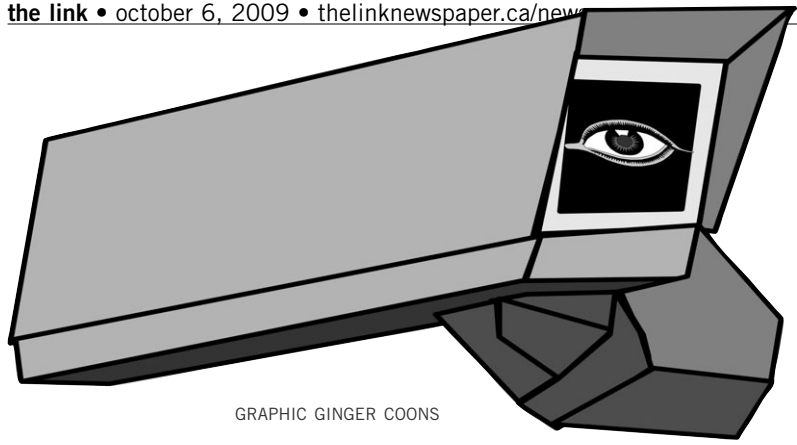
There were no hard feelings on Dion's part as he urged party unity behind Ignatieff to which the crowd responded with applause.

Another newsmaker at the convention was speculation about whether or not Ignatieff will replace Coderre—a hot topic The Canadian Press has been following closely. According to the news service, Ignatieff will confirm this in a matter of days.

During a time when Liberals have vowed to oppose the government at every turn—which could possibly triggering an election at any time—and have faced bad publicity for the Coderre fallout, the party is turning to recreating their image.

In a sign of party renewal, delegates voted in an almost entirely new executive headed by incoming President Marc Lavigne. In his acceptance speech, Lavigne vowed to better organize the party in every region of Quebec and to make use of modern fundraising techniques to fill the party's bare coffers.

Elisabeth Faure attended the convention as a delegate.



GRAPHIC GINGER COONS

What Would Orwell Do?

The use of 'Orwellian' is doubleplusungood, says expert

• CHRISTOPHER OLSON

The writings of George Orwell have been gravely abused, according to Orwell expert John Rodden who has written six books on Orwell's legacy.

"All kinds of people have been robbing his grave, moving his coffin from left to right, quoting him out of context, almost as if he's the *Bible*," Rodden said in an interview.

Rodden was a guest lecturer at the John Molson School of Business on Sept. 29, where he gave a lecture entitled "Orwell: If

He Were Alive Today" to a tightly-packed classroom. The lecture was sponsored by the Institut du nouveau monde, the Brave New 1984 web project and the Concordia Documentary Centre.

"Obviously, the question [what would Orwell say if he were alive today] is on its face absurd," said Rodden. "People have wished so strongly that Orwell were still alive today because he was the last intellectual who commanded full respect across the ideological spectrum from left to right."

Those who see Orwell's ideas manifesting themselves in things

like modern surveillance techniques or the use of extraordinary rendition give Orwell too much credit—or not enough, depending on how you look at it, said Rodden.

"His totalitarian vision never really came to fruition partly because he warned us so effectively of the dangers of totalitarianism in 1984 that people listened," he said. "As a prophet, he failed because he succeeded in his warnings."

Nevertheless, the things people rail against as "Orwellian" are things the real Orwell "probably could never have even envisioned, never mind whether he would

The things people rail against as Orwellian are things the real Orwell "probably could never have even envisioned [...]."

—John Rodden,
Orwell expert

actually disagree with them or not," Rodden said.

When used as an ad hominem attack, "Orwell's name in adjectival form represents a kind of newspeak itself."

"Even though the question 'If Orwell were alive today' is manifestly absurd, the social psychology that drives us to ask this question recurrently is quite understandable," Rodden continued. "To that extent, it's legitimate and right to probe judiciously for how even someone like him might posthumously serve to assist us in the present."



Option Project Montreal (left) vs. Option Vision Montreal (right). Which will you choose? GRAPHIC GINGER COONS

How fringe-y is Project Montreal's transit plan?

Tear down the highways, build the trams and forget cars, party tells city

• TOM LLEWELLIN

Is Montreal's current transportation infrastructure haplessly behind the times?

Richard Bergeron, leader of Project Montreal, would answer with a firm yes.

In an election where transit and infrastructure have established themselves as the top issue for voters—as confirmed by a *La Presse* poll last week—Project has distinguished itself with its transit package.

The party's platform lays out a series of transportation commitments that aim to reduce automobile traffic on Montreal streets by 2.5 per cent annually, while increasing public transit ridership by five per cent annually.

Unlike the approach favoured by his competitors, who wish to see two planned road projects go ahead—a rebuilt Turcot Interchange and the conversion of the east

end of Notre-Dame Boulevard into an urban highway—Bergeron is advocating that the projects be scrapped and the funds diverted to transit.

Project Montreal's proposed \$17.4 billion transit network would include an ambitious 250-kilometre tramway system, double that of Union Montreal's proposed plan. The network would include Parc Avenue, Ste-Catherine Street, Mont-Royal Boulevard and Sherbrooke Street west of the Decarie Highway. Also, a route will run from downtown along René-Lévesque Boulevard to Old Montreal, largely for the benefit of tourists.

Ever since Toronto began to rebuild its streetcar network in 1972, it has grown to 305.8 kilometres and attracts over 300,000 riders daily—a third of the Montreal metro's one million daily users. Due to the streetcar system, Toronto

edges out Montreal as the city with the most public transit trips per capita in North America, second only to New York.

Ahmed Al-Geneidi, a professor of urban planning at McGill University, said the tramway "will have an impact" on the number of trips taken by public transit, although the absolute numbers are uncertain.

"It's a huge investment," said Al-Geneidi, who maintains that he is against the tramway plan. "You're putting a lot of money into the ground, when you could provide basically the same service at a much cheaper cost with more frequent bus service and reserved bus lanes."

Rail-based transportation evokes "a bygone era" according to Mark Border of Toronto Transit, a streetcar enthusiast website for that city. Bus transit is dogged with a persistent image problem as a vehi-

cle for the working class.

Montreal's last venture into pure bus-rapid transit was the popular Pie-IX Boulevard R-Bus, the busiest bus corridor in the city. Linking Hochelega-Maisonnette with densely-populated Montreal North, the bus lanes ran in the middle of the street against the flow of traffic. After two people were killed in 2002, the bus lanes were shut down.

Mayor Gérald Tremblay has expressed a desire to restart the system after safety measures are improved.

Although Montreal has one of the lowest per capita rates of car ownership in North America, Bergeron insists that his transit package is necessary. Montreal is "crippled" by dependency on oil and cars, he wrote in the party platform, "resources that [we] neither own or control."



President Judith Woodsworth wants to talk to you. Yes, you. PHOTO JONATHAN DEMPSEY

Dr. Judy asks, what's on your mind?

• TERRINE FRIDAY

Concordia University President Judith Woodsworth wants to know how you feel.

In her latest round of “Conversations with the President,” Woodsworth is asking faculty, staff and students to give their feedback and voice their concerns in an informal setting.

Although last year's event drew few students, university spokesperson Chris Mota said a “really nice mix” of students turned out to the first talk this

year on Oct. 5.

“[The student response] seems to have improved,” Mota said. “Last year, I don't know if the word didn't get out, but there was very little student interest.”

Last year's “World Café” coffee shop-style forums attracted 100 participants, only 15 of which were students. In order to draw larger crowds from the student population, advertisements were posted on the MyConcordia portal.

The remaining dates for the conversations are Oct. 13 and 20.

Stimulus cash fuels 381 campus projects



The construction site of the new, partially government-funded Vanier Tower at U of O. PHOTO EMMA GODMERE

Harper's 3rd economic report reiterates investments in post-secondary education

• EMMA GODMERE, CUP OTTAWA BUREAU CHIEF

OTTAWA (CUP)—Re-emphasizing promised funds for university research and infrastructure investments, the third economic report from Prime Minister Stephen Harper's Conservative government pointed to Canadian post-secondary education as a prime example of an economic recovery investment.

Speaking to supporters and journalists in Saint John, N.B. on Sept. 28, Harper emphasized that Canada is seeing “stabilization and modest beginnings of a recovery,” after spending months in an economic recession.

The report—third in a series of quarterly reports that the Conservatives agreed to table in last January's budget vote—boasts that the government has now committed 90 per cent of the allotted 2009-10 stimulus funding.

In particular, the economic update points out that 93 per cent of the \$2 billion earmarked for infrastructure investments at Canadian colleges and universities has already been pledged, and that 381 projects have already begun on campuses across the country. Sixty-six projects are expected to start this fiscal year.

“It was encouraging that [the report] did mention the important role post-secondary education plays as one of the main planks in long-term economic recovery,” said Katherine Giroux-Bougard, national chairperson for the Canadian Federation of Students.

“Having said that, it was unfortunate that the economic update really didn't address record-high student unemployment and high student debt.”

According to Statistics Canada, the average unemployment rate for students this summer was 19.2 per cent.

The government's report indicated that an extra \$10 million was given to the Canada Summer Jobs Program in 2009-10, allowing 40,000 students to be hired for the summer.

The government indicated some new investments in their report, including \$80.5 million for 2,500 graduate scholarships and \$21 million to expand the Canada Research Chairs program over the next two years.

“For us, when we talk about graduate funding and research funding, it's really about ensuring that those students who need it the most get it right now,” said Arati Sharma, national director for the Canadian Alliance of Student Associations. “Currently, there's no needs-based system for graduate students.”

Students were among the groups that Opposition Leader Michael Ignatieff mentioned to reporters on Oct. 1, when he indicated the economic update was another reason behind the Liberals' motion of non-confidence shortly before debate kicked off in Parliament.

“How do I explain to these people that I keep letting this government go on?” Ignatieff said.

Word recall lower among bilingual children, says researcher

• MARIE-CHRISTINE JUTRAS, THE GATEWAY (UNIVERSITY OF ALBERTA)

EDMONTON (CUP)—Parents invest a lot of time and money in their children's development, especially on bilingualism.

But an experimental psychologist at the University of Alberta has found that French-English bilingual children actually have a slightly

harder time articulating low-frequency words than monolinguals.

Elena Nicoladis, an associate chair at the University of Alberta's department of psychology, came to this conclusion after conducting research on the young francophone population of Edmonton to determine if bilingualism results in drawbacks for lexical recall.

“We took two groups of 20 children who were between seven and

10, some who had been learning French and English since they were very little, and others who were solely English speakers. We showed them words that are not very [frequently used], such as a scarecrow, or ‘une girouette’ [a weather vane], and then we asked them to name them. Our prediction was that bilinguals would have more tips-of-the-tongue states,” Nicoladis said.

This effect to their lexical recall,

where children know the word but can't articulate it, is a common occurrence for bilinguals, as they have to search through two different word pools to express themselves.

“The bilingual children said that they didn't know a word more often than the monolingual children,” Nicoladis explained. “When they say ‘I don't know,’ it's more like they don't know right that second.”

Nicoladis stressed that the results

of her study in no way detract from the advantages that bilingualism offers. She remarked that the bilingual children could still communicate despite perhaps not finding the exact words immediately.

“Children often came up with perfectly adequate names for things, they were just not the conventional ones,” she said. “A child referred to crutches as ‘walking sticks,’ so it is perfectly interpretable.”

The spirit of compassion

The Dalai Lama visits Montreal to promote peace and reconciliation

• MICHAEL BRAMADAT-WILLCOCK

“Oh, Himalayan mountains, you are a prison to me. Please move aside for a moment with your curtain of clouds so that I can see my Lhasa and the Potala Palace before I die.”

Dhondup Tashi sings these words as he sits on the streets and strums his guitar, looking up at the sky as if praying for a miracle.

Tashi, a Tibetan refugee in his twenties, is living in Dharamshala, northern India, otherwise known as the de facto capital of the Tibetan government in exile. His story is similar to that of many young Tibetans who escaped on foot from Chinese-occupied Tibet across the Himalayan mountain chain to India.

Since fleeing at the age of 16, Tashi has not seen or spoken to his grandmother, parents or siblings who are still in Tibet. He said running away was his father's idea, since he wanted his son to have the opportunity to learn about Tibetan culture and gain an appreciation for his heritage, an impossible education while living in occupied Tibet.

After narrowly escaping capture by the Chinese army, who monitor the high-altitude border between Tibet and India, Tashi is relieved to have made it this far.

“Capture would have meant time in prison,” he said. “They also might have caught my parents and tortured them too, for putting such thoughts of escape into my head.”

Tashi has had no contact with his family since leaving for India. He fears the Chinese police would read his letters and persecute his parents for their involvement in his flight.

“To save herself, my mother told the police that she knew nothing of where I had gone and that she was very disappointed in me,” he said. “If I contact my parents, the police will know that they were lying. So I have not written them and they do not know if I am alive or dead.”

“Someday, I pray that I will see them again.”



The Dalai Lama shared his words of wisdom at the Bell Centre.
GRAPHIC EMILIO ESTEBAN

A history of occupation

In 1959, Mao Zedong's People's Liberation Army annexed Tibet under the pretext of liberating its population from what Mao called a corrupt religious monarchy.

At the time, Tibetan society stood in stark contrast to that of China, practising a deeply pious Buddhism within a political and religious system of hierarchy based on hereditary bloodlines, spiritual merit and the concept of reincarnation.

Under the Chinese communist system, Tibetans are not allowed to practise Buddhism freely nor worship the Dalai Lama, who represents a spiritual and religious focal point of their society.

In his meeting with the young Dalai Lama prior to the occupation of Tibet in 1954, Mao famously said that “religion is poison.” These words proved to be telling of his attitude towards Tibetan religious practices during the Chinese Cultural Revolution, when the majority of Tibetan Buddhist monasteries, as well as thousands of ancient religious texts, historical records and artwork, were destroyed.

“The real goal,” said Tibetan political activist Tenzin Choedon, who marched with the group en route through India, “was to eliminate any challenge to the authority of the Communist party. Religion was a major threat because it can be more powerful than devotion to the Communist party.”

Since the occupation began in 1949, the Chinese authorities have been accused of extreme heavy-handedness. Acts as simple as raising the Tibetan flag or yelling “Bhod Gyalo,” Tibetan for “Free Tibet,” are punishable by imprisonment, torture or death. This treatment, as well as the stories that are told beyond the borders, has won Tibet popular sympathy in North America and Europe.

A march to Tibet

On March 10, 2008, the anniversary of Tibetan National Uprising Day, a coalition of Tibetan organizations staged a three-month, 2,250-

kilometre march from the refugee community of Dharamshala to New Delhi and then to Tibet.

Over 300 strong, the peaceful walk made its way toward the India-Tibet border, where Chinese troops were armed and waiting.

In what could be seen as either a lucky turn of events or as a breach of international laws on the rights of refugees, the Indian army refused to let the group cross into Chinese occupied territory, ultimately saving them from the bullets on the other side.

Hoping to return to their homeland after three months of walking along the dusty roads of India, the group of old men, monks, nuns and protesters experienced the reality of occupational politics firsthand: at a mere 22 kilometres away from Tibet, they were denied entry.

One of the Indian police officers said that the pressure to arrest had come from the central government in order to placate the Chinese, who had accused India of not properly controlling its citizens and supporting what they call “The Dalai Clique.”

Contemporary message of compassion

Another kind of Dalai following gathered on the heels of the Chinese Communist Party’s 60th anniversary celebrations on Oct. 3 where His Holiness gave a lecture on compassion to a crowd at Montreal’s Bell Centre.

“One religion [for] six billion human beings is like [only eating] one dish,” said the 74-year-old Buddhist monk before his public speech. “A variety of dishes means more satisfaction. Dish or spirituality, for mental peace, what we need are different positions.”

The Dalai Lama later spoke to a crowd of over 14,000 people, imploring a message of peace and harmony among a world of differences in philosophy, politics and personal beliefs.

All religions carry the same innate philosophy of love, compassion and forgiveness, he said, but the differences between religions are necessary to satisfy a variety of people.

In the final act of the Dalai Lama’s talk, The Tibetan Artist Collective



Contemporary Tibetan dancers shared the stage with His Holiness GRAPHIC EMILIO ESTEBAN

of Montreal—also called Dung-Dkar—performed a contemporary dance drama. Their name, meaning conch shell, represents a good luck token sacred to Tibetan Buddhists and is used in religious ceremonies.

The TACM created a closing spectacle that incorporated both Tibetan history and values into modern motion, involving many dancers of all ages, as well as many non-Tibetan members, hailing from as far as Vietnam and as local as the city of Montreal.

Deepali Lindblom, a dancer in the TACM with roots in Darjeeling, northern India, has always been inspired by Tibetan culture.

“Every time an old Tibetan man dies, a piece of Tibetan history dies with him,” Lindblom said. “Our mission is to make sure that Tibetan culture continues to flourish.”

Illuminating the Tibetan story in a positive and interactive way, the Dung-Dkar dance drama is just one example of a wider revival in Tibetan art, culture and consciousness.

A growing dialogue

The Tibetan Chinese Youth Dialogue project is an example of the ways in which community members are coming together despite their differences. The proactive efforts to raise consciousness by the TCYD build understanding between communities by holding debates, social events and lectures. The organization has also created a social space where youth can feel comfortable networking and sharing ideas.

According to Cindy Chung, an organizer from the TCYD, the Dalai Lama’s recent visit to Canada was instrumental in bringing about a greater understanding of the history of occupation in Tibet on the part of Chinese and Tibetan youth.

There is a light at the end of the tunnel, said Chung. “So many people have such great respect for the Dalai Lama and his message of Tibetan-Chinese friendship will definitely raise consciousness not only on the importance of bridging the gap, but also in understanding [and] appreciating each other’s culture, history and identity.”

Charity on wheels

Skateboard philanthropists hold art auction for poverty-stricken youth

• EVAN LEPAGE

What gets you up in the morning? Is it family? Your friends? Or do you just need your skateboard to make the day worthwhile?

Annie Lam and Mike Giles, the brains behind skateboard art showcase *Smile on your Brother*, are going to have to side with the latter.

The exhibition rolled into town last Friday for the second-to-last leg of a six city tour. It features 60 skateboards, each designed by a different artist, all of which are up for auction online. Profits will go towards Lam and Giles' charity Contributor, an initiative that aims to donate 100 skateboards to underprivileged youth across Canada within the year.

"The response has been overwhelming," Giles said of the public's reaction to the show, and it's not just the kids who are talking about it. *Smile on your Brother* has attracted more diverse age groups than some might expect, a fact Giles attributed to the classic board style every artist used as canvas.

The skateboards featured in the exhibit are much smaller and pointier than the longer, curved models commonly used today, a nostalgic reference to the early days of boarding.

"We deliberately tried to choose the old board shape," Giles said. "I mean, that shape was first made in the '60s."

The positive public response might have been surpassed by the excitement of the artists themselves. Giles explained that he, Lam and event co-curator Bob Kronbauer sat down and made a list of the artists they were all interested in having design a board. The response was immediate.

"Out of the entire list there were about three people who couldn't do it and that was only because they were so busy with other things," he said. "Eventually, we had people e-mailing us wanting to participate."

This made a relatively small project much bigger than expected.

"In the beginning, we were only going to do 30 boards, then it turned to 50, and eventually we

ended up with 60," said Giles.

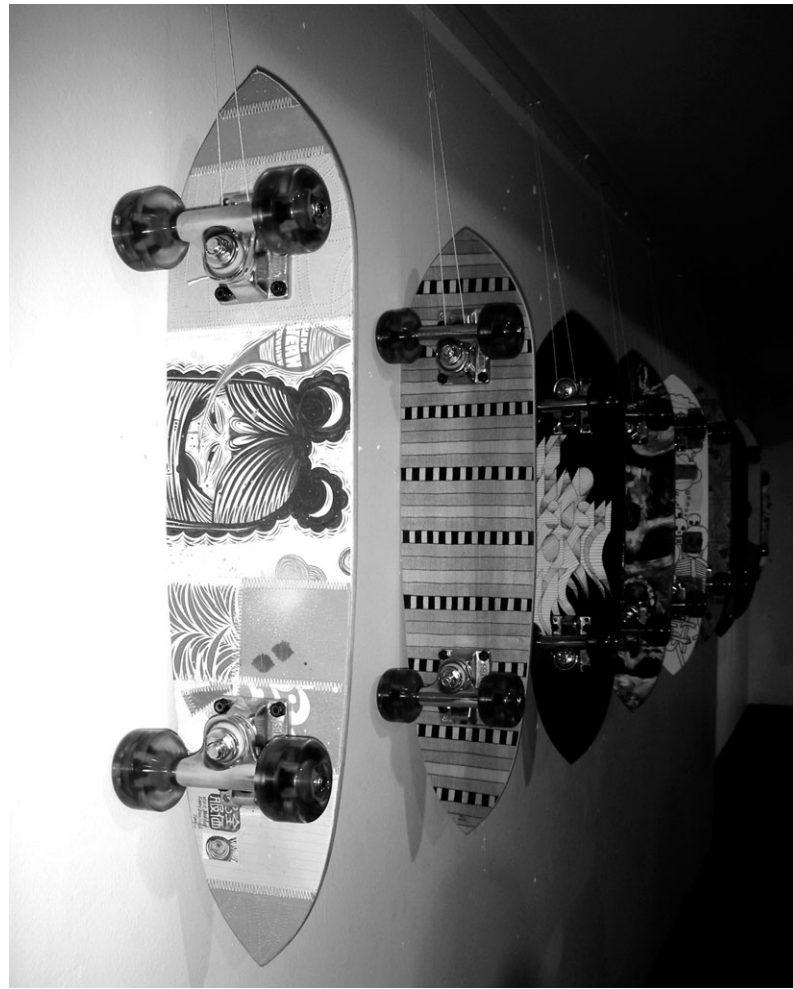
Skateboard designs range from two-dimensional paintings, like the work of graffiti artist Zema, to three-dimensional creations like artist Amber B. Dianda's "Neapolitan Ice Cream Bar," which comes complete with a long popsicle stick.

From a board with mousetraps in place of wheels to a chalkboard-board to even the intricate *Alice in Wonderland* tribute done by Giles himself, every skateboard is a unique piece definitely worth checking out.

Giles pointed out that it really all comes back to having the ability to positively impact disadvantaged youth.

"It's about thinking of things that change your life for the better, and being able to share that with others," he said.

Smile On Your Brother is on display at Off the Hook (1021a Ste-Catherine St. W.) until Oct. 9. The auction runs until Oct. 25 at weare-contributors.com. Photos of all the skateboards can be seen on the website. Bids can be made via e-mail.



Skateboards up for auction at Smile on your Brother. PHOTO TREVOR MADER

The Pop Report

Notes from the field on the musical offerings at this year's Pop Montreal



Drew Danburry at Quai des Brumes on Oct. 1. PHOTO SARAH LONG

• MADELINE COLEMAN
& R. BRIAN HASTIE

Rainy skies, be damned! No drizzle could keep *The Link* from trekking all over the Plateau in search of good sounds during this past week's Pop Montreal.

The night of Sept. 30 found us at Il Motore on Jean-Talon Street for a show by **The Youjsh**, a band of raucous McGill music students with a penchant for klezmer, a style of Yiddish/eastern European music that made us feel like we were partying in the basement of an eastern bloc tenement house.

They were followed by eight-piece group **Bruce Peninsula**, which also included a four-woman choir among their ranks. In their strongest moments, these Torontonians belted out their lyrics with a force not often seen outside of Evangelical churches, bringing the house down with an almost religious fervour.

The following Thursday evening, we stopped by Utah-dwelling folk-pop singer **Drew**

Danburry's show at Quai des Brumes on St-Denis Street and promptly fell in love. By the time the set was over, we found ourselves wishing Danburry and his wife would just procreate already so he could fulfil his destiny to be Best Dad Ever.

Despite the overzealous security and omnipresent Jagermeister girls, the **Butthole Surfers** show was a highlight of the week. We could lie and say it was a terrible time, that Gibby Haines and co. are over the hill and need to give it up, but, really, the band's particular brand of punk is just as relevant as ever.

Last Friday, charming Vancouverites **No Gold** took to the stage at Le Divan Orange on St-Laurent Boulevard, warding off the recent cold with shimmering tropical pop. Further north at the Ukrainian Federation on Hutchison Street, **Destroyer**, a.k.a. Vancouver native Dan Bejar, played a memorable one-man show with no frills and no back-up band.

Saturday's Smallman Records showcase at 3 Minots just down

the street really let headliner **Greg MacPherson's** stripped-down pop shine in an intimate—albeit emotionally draining—show. **The Silly Kissers'** show at Le Divan Orange was pure pop bliss, complete with a galactic laser show and an audience with a bad case of hands-in-the-air-itis.

But a definite favourite was **Pick A Piper**, Ontarians that really hit their stride when they threw down their guitars and all four band members took to the drums; part military, part tribal, all awesome. Meanwhile, local heroes **Think About Life** kicked it out at Espace Reunion in a show so propulsive a friend commented that she had "not been that sweaty since being in India."

Don't know about you, but this edition of Pop already has us counting down till next year's.

As of press time, *The Link* reporters Madeline Coleman and R. Brian Hastie had not yet devoured Sunday's Pop offerings, but they would like to note that they are sure it was awesome.

Shooting over the limousine

Veteran paparazzo on photography, Brando and why Michael Jackson tried to die like Elvis



Always be prepared: Ron Galella (right) wore a helmet to a press conference with Marlon Brando a year after the star had broken the paparazzo's jaw.

• MADELINE COLEMAN

Ron Galella once had his teeth knocked out by Marlon Brando. His crime? Asking the star to take off his sunglasses.

"Brando called me over and said, 'What do you want that you don't already have?' I said, 'I'd like a picture without the sunglasses.' And Brando just slammed into my jaw without me seeing the punch. Knocked out five teeth."

Galella wasn't just any starry-eyed fan. He was a New York paparazzo, a photographer who specializes in catching celebrities at their most candid.

Galella began trailing celebrities in the 1960s—long before celebrity magazines like *People* or *Star* were even a twinkle in a publisher's eye—and didn't stop until the early '90s.

He enlisted in the army during the Korean War in the early '50s, where he learned how to use a camera and develop photos in a darkroom. He later attended art school in Los Angeles to pursue a degree in photojournalism, but his real education came on the red carpets of Hollywood.

"While going to school, I crashed premieres just to see the glamorous world of celebrities," he explained. "I wasn't invited.

I just put on a suit, had all my cameras hanging. I looked like I belonged, you see. I'm good at that."

The word "paparazzi" was unheard of at the time, said Galella. All celebrity gossip took place within the pages of photoplay magazines, the promotional publications movie studios would fill with false rumours of off-screen romances in order to sell movie tickets. Photographers at the time would only take photos at events like premieres of movies or Broadway plays. Galella did that too. That is, until he found a muse in former First Lady Jacqueline Kennedy Onassis.

"I thought she was like a great princess," he explained. "I respected her a lot. It was awesome to take pictures of her. She was my most favourite and ideal subject because she didn't pose."

Onassis eventually filed a restraining order against the photographer, citing harassment and invasion of privacy. The tension between paparazzo and star exists now much as it did then, but Galella insists that celebrities secretly savour the attention.

"They're hypocrites. They love it," he said, his voice rising. "If it wasn't for the press, they'd be nobodies. Paparazzi are good; they're promoting the stars, they're

putting them in the spotlight. It's when they're not following them that they should worry."

Galella came of age as a photographer in a different time, when there was little competition for celebrity photos and fewer security barriers and public relations people between the stars and the public. He bemoaned not only the "overcrowding" of the current paparazzi scene, but also the quality of the stars themselves, who he said come up short next to Hollywood greats like Bette Davis and Elizabeth Taylor.

"These young stars, I call them featherweights—Lindsay Lohan, Britney Spears, all of them," he said. "They're celebrities that rely more on what they wear or don't wear—their sexual appeal—rather than their talent."

"The saddest part is, the great stars, when I shot them in the past, [had] very little press. But now these minor stars with little talent are followed by masses of paparazzi and they get unbelievable press. Overexposed, really."

The past three years have seen a return to the past for Galella. He has released four books since 2006, the latest of which is *Viva L'Italia*, which focuses on photographs from his archive of Italian and

Italian-American actors. He plans to release a book on Michael Jackson this winter entitled *Man in the Mirror: Michael Jackson by Ron Galella*. Although he had planned the book on Jackson before his death this summer, Galella said he was unsurprised when the singer passed away.

"I thought it was coming," he said. "Personally, I think he committed suicide in a way. He wanted a legacy like Elvis. That's why he married [Elvis'] daughter."

The last few years of Jackson's life were a maelstrom of negative media attention, but Galella said his book will focus more on Jackson as a young, talented black man. Unlike the paparazzi of today, Galella's work was never about humiliating celebrities; it was about celebrating their glamour through art.

"It is photojournalism and it's art too," he said. "I'm a positive romantic. I like things beautiful."

Ron Galella will open an exhibition of his work at the Centaur Theatre (435 St-Francois-Xavier St.) with a lecture and slideshow of his work on Oct. 7 at 12:30 p.m. Entrance is free. A collection of photos from *Viva L'Italia* will also be on display from Oct. 6 to Dec. 6 in the theatre's gallery.

The
DOWN-LOWEvent listings
Oct. 6-12

ART

The Apprenticeship of Bobby Swinzilla
Multi-media installation by DJ and producer Hatchmatik.
Thursday, Oct. 8 to Oct. 14
The Emporium Gallery
3035 St-Antoine St. W., studio #74
Free

We Pet Your Cat to Death?
Artist Wil Murray coaxes paint up and off the canvas, bringing a two-dimensional art medium into high-contrast, shout-out-loud 3D.
Until Sunday, Oct. 11
PUSH Gallery
5264 St-Laurent Blvd.
Free

FILM

Festival du nouveau cinéma
Montreal's venerable film festival celebrates its 38th year with over 200 films from all over the world. Peruse the schedule at nouveaucinema.ca.
Wednesday, Oct. 7 to Oct. 18

Professor Norman Cornett: Since When Do We Divorce the Right Answer From an Honest Answer?
Filmmaker Alanis Obomsawin presents her new documentary on the former McGill professor. A discussion with Cornett and the director will follow the screening.
Wednesday, Oct. 7 at 7 p.m.
CineRobotheque
1564 St-Denis St.
Free

MUSIC

Mirah
With Norfolk & Western
Wednesday, Oct. 7 at 8 p.m.
Il Motore
179 Jean-Talon St. W.
Tickets: \$15

Sea Wolf
With Port O'Brien and Sara Lov
Saturday, Oct. 10 at 9 p.m.
Casa del Popolo
4873 St-Laurent Blvd.
Tickets: \$15

LECTURE

"Documenting Ghosts: The Strange Case of William Mumler, Spirit Photographer"
The University of Toronto's Louis Kaplan gives a talk as part of the art history department's Speaking of Photography series.
Concordia's EV building, room EV-1.615
1515 Ste-Catherine St. W.
Thursday, Oct. 8 at 6:30 p.m.
Free

—compiled by
Madeline Coleman



GRAPHIC CHRISTOPHER OLSON

From vanity to insanity

Documentary dissects our obsessive desire to look good

• CHRISTOPHER OLSON

If beauty is in the eye of the beholder, why is beauty so often the burden of the beholden?

Beauty is killing us, says director Darryl Roberts in his documentary *America the Beautiful*, screening at Cinema Politica next week.

People will go to deadly extremes to look good, Roberts says; anorexia results in more premature deaths than any other mental illness and women die regularly on the plastic surgeon's operating table. Even though most American beauty products contain chemicals called phthalates, which have been linked to various forms of cancer and are banned by the European Union,

cosmetics companies like Revlon still have the gall to make an appearance at breast cancer fundraisers.

Roberts assembled a crack team of misogynists to provide spastic and ironic commentary during the most heart-wrenching parts of the film, such as the story of a former television host's plastic surgery mishap that ended her career in broadcasting after her unaccredited surgeon cut open her entire face during a routine brow-lift. Their sexist statements are easy straw men for Roberts to knock down, but he still claims that they're victims too, whatever their smugness and shit-eating grins might convey.

What's disturbing is watching a skin care specialist cite

Darwinian evolution and a cultural preference for lighter shades of skin because, he claims, it makes it easier for potential mates to detect signs of illness from a distance. He ends up suffering a breakdown after attempting to lighten a black woman's skin. Only later do we find out that he suffers from bipolar disorder. It might make for an intriguing piece of film, but knowing that the specialist had a serious mental condition, it makes one wonder why Roberts felt it was right to use the footage at all.

The film's star and driving force is Gerren Taylor, formerly the world's youngest runway model at age 12. We see fashion designers defend their choice to hire her by claiming she's wise

beyond her years, when it's really her practically pre-pubescent body size and weight that they were extorting for personal gain. And surprise—Taylor ends up being kicked to the curb by the fashion industry, feeling ugly even after her initial success.

America the Beautiful shows that, when the same people who hype inner beauty are also capitalizing on our insecurities to sell us bottles of noxious chemicals, it may be time to dig below the surface.

America the Beautiful will be screened in H-110 (1455 de Maisonneuve Blvd. W.) on Oct. 12 at 7:30 p.m. For a full listing of Cinema Politica's screenings, check out cinemapolitica.org/concordia.

spins

Heidi Happy
Flower, Birds and Home

Little Jig Records



The songs of Swiss singer Heidi Happy offer comfort music for our modern headaches and carry lyrics of a rare horoscope accuracy. On her third album, Happy (born Priska Zemp) hides her naive joy behind lightly sad melodies. Coloured by many question marks and interjections of interrogative ah!s and oh!s, the songs fit the folk description but surprise the ears with sudden classical dramatic notes, fanfare movements, unconstructed violins, pure lounge xylophone and whistles.

The words are touching not only because of their naiveté, but also because of the sense of

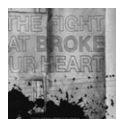
wonder they instill. Each song seems to be a question in itself, even the three instrumentals constructed of recurrent notes and suave complaints, juvenile flute or themes recalling time spent on the run.

4/5

—Alain Thérout

Five Star Trailer Park
The Fight that Broke Your Heart

Unsigned



Never judge a record by its cover. Although I must admit that Five Star Trailer Park's cover was what first caught my eye, I quickly realized the content did not live up to my expectations. *The Fight that Broke your Heart* is not necessarily a bad album, but it lacks the edge and authenticity that a self-proclaimed

"indie" record should have. It's quite simple: the band took no risks. They played it safe and that's what it sounds like. Every track pretty much follows the same structure and the vocals are forgettable. I cannot stand choruses that are being repeated, over and over again, until there is no meaning left to them. Nothing particularly stands out on FSTP's first effort. The band's fair sense of rhythm and melody are overshadowed by too many déjà vu rock songs.

2.2/5

—Demi Bégin

Kevin Fox
Songs For Cello and Voice
[Self-released]

It's always refreshing when a studio musician comes out of the woodwork to release a record



of original and solo material, especially when they play an instrument that is traditionally buried deep in the mix. Kevin Fox is Toronto's resident pop cellist. He's played with everyone from Raine Maida to Celine Dion, to Chantal Kreviazuk and Tom Cochrane. *Songs For Cello and Voice* is a brilliant record featuring only Fox's cello and voice. Looping and dubbing serve to create a choir of cellos whenever he needs to thicken the instrumentation. His cello playing is beautiful, with his smooth voice cutting through the instrument's low sound like a knife. While his original tunes are good, the highlights of the record are his two covers: a crooner version of Kate Bush's "Army Dreamers" and a grooving take on Eurythmics' hit "Sweet Dreams." This record is worth a listen for its pure innovation.

3.5/5

—Charlotte Cornfield

THE

LiNK 30.

concordia's independent newspaper
looks like you just ate a smurf since 1980



Mental Health Special Issue

Fight the problem with knowledge

An introduction to *The Link's* Mental Health Special Issue

• MATHIEU BIARD
& CLARE RASPOPOW

We fear that which we don't understand.

Last year, one-fourth of Canadians reported they were afraid of the idea of being around someone with a serious mental illness.

It's clear there's a lot we don't know.

Although it's unclear what allows public perceptions of mental illness to persist, sufferers must deal with the stigmas and labels associated with their problems.

The Canadian Commission of Mental Health has made education its mandate for 2009. This

special issue cleaves to that goal, giving readers the information necessary to understand mental illness, deal with it and understand how it is studied and how the sciences of psychiatry and psychology have gotten to where they are today.

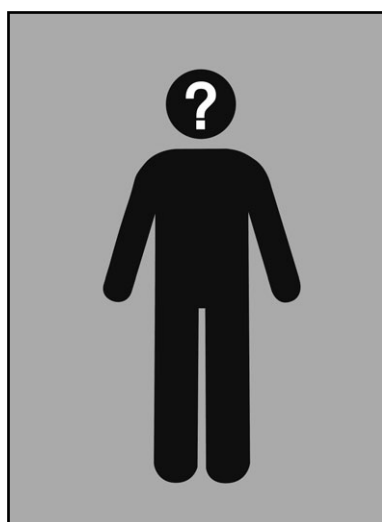
It is important to realize where our knowledge of mental illness comes from. Included in this special issue is a piece explaining the science of psychology. Mental health must be understood as a spectrum. Anxiety is normal. Talking to yourself is also completely normal, unless it interferes with interpersonal relations.

These key issues are important to understand because they underlie the diagnosis for what we

define as mental illness. Adding to the confusion is the fact that the DSM-IV-TR (the official psychiatric manual defining symptoms and treatments for mental illnesses in North America) is imperfect in its attempt to imitate the medical model and is an ill-fitting match for illnesses that won't show up in blood work.

The age of onset for most disorders is 18 to 24 years of age, with stressors like living away from home for the first time and the demands of academic life making onset even more likely. *The Link* brings you the Mental Health Special Issue because university students, as a vulnerable population, need to be informed.

Don't be afraid.



COVER GRAPHIC VIVIEN LEUNG

“Mental health problems do not affect three or four out of every five persons, but one out of one.”

—Dr. William Menninger (1899-1966),
U.S. Army psychiatrist
& leader of national revolution
to reform state sanitariums

Rainbows of possibility

Mental health as a spectrum, brought to you by science

• CLARE RASPOPOW & MATHIEU BIARD

Every human trait you can imagine has its extremes. Taking the emotions to one of its two extremes can be destructive, removing any adaptive properties. Psychopaths, for example, feel no anxiety at all, while excessive anxiety can express itself through anything from social disorders to phobias.

All of mental health is a spectrum. Whether an emotion is manageable or an overwhelming problem varies from person to person. Some people thrive in high-stress situations, others crumble under the lightest pressure. How people appraise their emotions is completely subjective, so something like a breakup may be completely debilitating to one person but merely a nuisance to someone else.

Which brings up the notion of normality: there is actually no such thing as normal. No tests have ever been done to figure out an average level of anxiety, sadness, anger, or any emotion for that matter. There is no threshold that determines abnormality since there is no point of reference.

The challenge for professionals and those who may be suffering from mental illness, then, becomes not solving the problem, but determining if there is one.

Fortunately, knowing if you are experiencing a mental health problem is as easy as asking yourself if it is causing you or those around you significant distress or if it is affecting your ability to perform your regular activities.

Most people might find themselves emotionally overrun at some point in their lives by a traumatic event or a particularly stressful period of time—the death of a loved one, exams, a near-death experience—but return to their own particular version of “normal” once the event is finished. Studies have shown that no matter what happens, whether it is a positive or negative event, people will always eventually return to their “normal” baseline level, a kind of emotional homeostasis.

In other words, if you are normally “pretty happy” but your dog gets run over by a car, you’ll become “pretty sad” but will eventually return to “pretty happy.” It seems intuitive, but until recently there was no consensus on whether happiness depended on events or if it stemmed from the individuals themselves.

That being said, it’s often difficult to recognize temporary episodes of negativity from serious on-going problems that may have just presented themselves. Mental illness doesn’t show up on a blood test and there are rarely physical symptoms or signs. At this point, the diagnosis of a mental health problem is a matter of subjective opinion. For this reason, psychology is often maligned as a “soft” science.

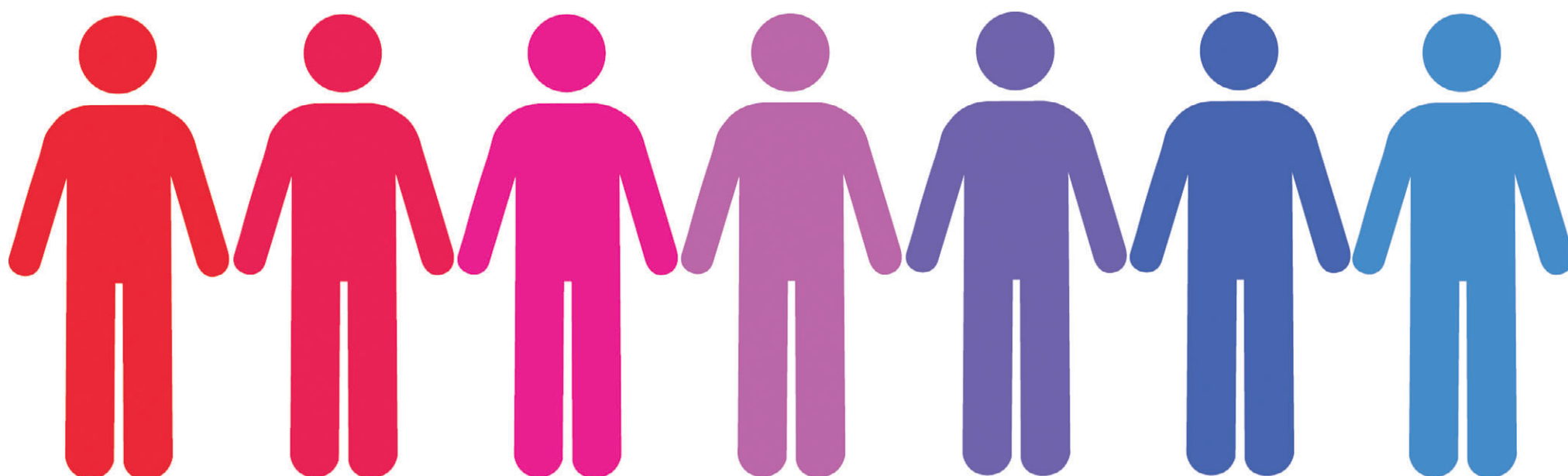
The field has experienced an explosion over the last hundred years, but compared to the long-established “hard” sciences such as physics and chemistry, psychology is still in its infancy. In a way, we are privileged to witness the birth of a science. Psychology today is the equivalent of astronomy before tele-

scopes or chemistry before the discovery of the molecule.

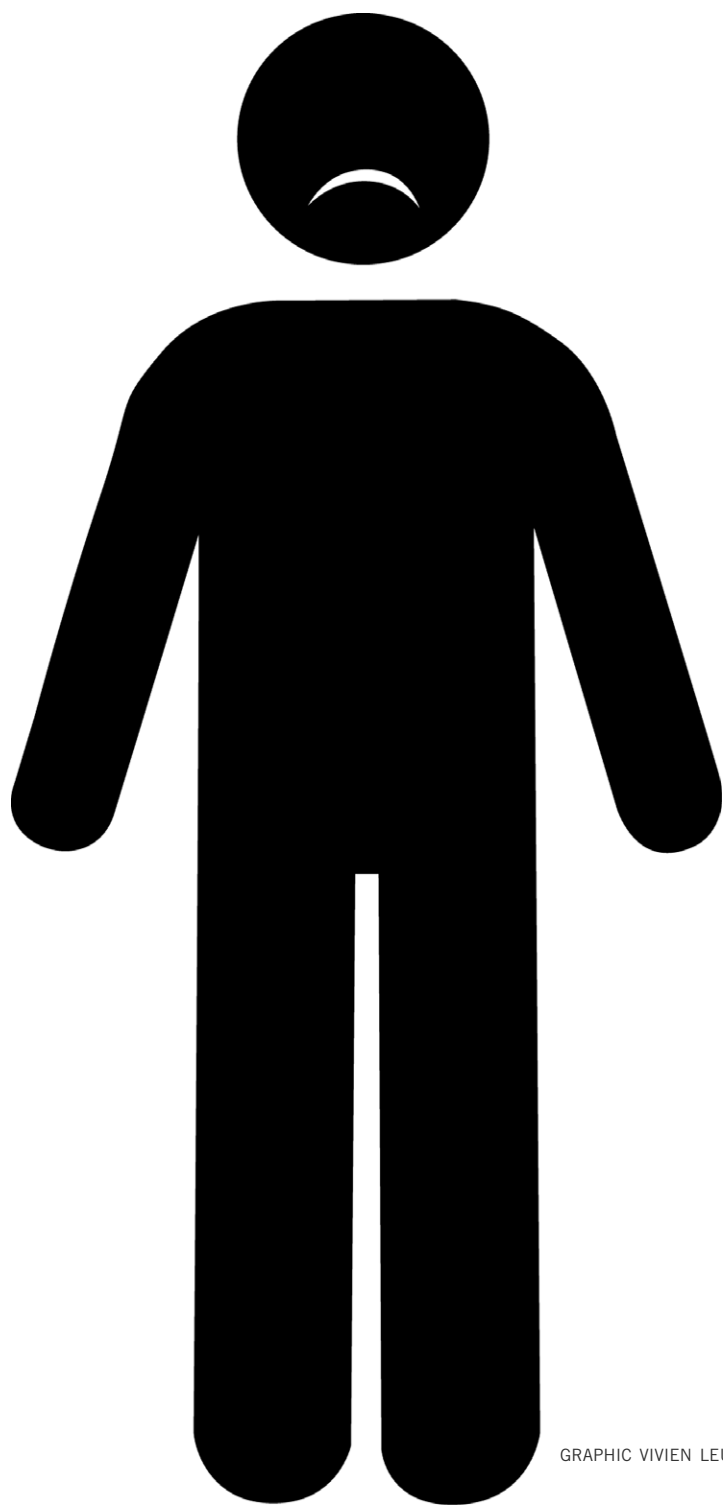
Psychology as a science is incredibly diverse—a spectrum not unlike the phenomena it examines. The American Psychological Association has 54 divisions and its disciplines range from personality theories such as Freud’s to the very scientific neurosciences. This diversity has caused conflicts since the inception of the APA, but applied psychologists and researchers are working hand in hand to develop a better understanding of the human mind. Using a scientist practitioner model, which means that even clinical psychologists are trained as researchers and are expected to stay current on developments in their field, psychologists have made huge progress and developed increasingly effective treatments.

Despite the improvements psychology has undergone and will continue to undergo, the most important factor in helping the public deal with mental illness is developing a common understanding of the spectral nature of mental health and the field that has dedicated itself to studying it.

It is vital that the public understand that there is no divisive line between normal and abnormal. We must also understand how studies in the field of psychology translate to our lives and that the effectiveness of treatment varies from individual to individual. Without this understanding, those who need help will continue to ignore their symptoms and stigma and fear of mental illness will persist.



How to know when something is a problem



GRAPHIC VIVIEN LEUNG

For you

• R. BRIAN HASTIE

People are defined by their strengths, their weaknesses, their quirks and foibles. But if a mental health issue presents itself, it can damage your ability to function as a member of society.

The path from well to unwell is one that many people find themselves on, only realizing it when they become completely incapacitated. Knowing and recognizing the signs of mental illness is your best defence.

A big indicator that your behaviour or thoughts have become a problem is an inability to handle the activities that make up your day. Anxiety is a normal feeling to have and dealing with it is part of life, but when it becomes the defining factor in most decisions, transcending all other factors, you may be suffering from a mental illness. The disruption of your life is a clear indicator of negative thought patterns.

Constantly thinking of or being distracted by a dilemma to the point where it takes away from your ability to be productive is also a red flag. If you can't put an issue to rest for a stretch of time in order to work, see friends or family and partake in other activities, it is a sign that your problematic behaviour is intruding into your life and reducing its quality.

Another clue is an inability to maintain relationships with those around you. Wanting to be alone is fine, but staying in for days at a time or hiding out in order to avoid those close to you indicates that you may be better served seeking help.

Being able to articulate yourself to the people who want to help you is hard. Every person and every mental health issue is slightly different and the tipping point is hard to realize. Mental illness is usually a gradual process instead of a simple or quick transformation.

You may recognize the onset of mental illness by yourself, but not always, as it is hard to objectively identify it when actively engaged in it. Sometimes it'll take an outside force, such as a friend or a family member, to point this behaviour out.

Signs that you or your close one may want to consult a mental health professional

Warning signs in adults:

- Confused thinking
- Prolonged depression (sadness or irritability)
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse

Warning signs in adolescents

- Substance abuse
- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical ailments
- Defiance of authority, truancy, theft and/or vandalism
- Intense fear of weight gain
- Prolonged negative mood, often accompanied by poor appetite or thoughts of death
- Frequent outbursts of anger

For your close one

Watching a friend or loved one try to deal with mental illness can be difficult. Discussing the issue with the sufferer, no matter what tone you use, can be a tough proposition. Your loved one may or may not be aware of the issue or may be in denial.

There are a number of factors you can look for when you suspect that someone close to you is burdened with a mental health issue. Physical changes, such as a change in weight or appearance, or changes in mood and behaviour, are the most visible factors and are the easiest markers to monitor.

Changes in routine, a notable loss of interest in everything, the mention of intrusive thoughts or continual helplessness or a disruption of your relationship with that person are all signs of an issue.

An inability to maintain contact for long periods of time (days or weeks) is another clear indicator that your close one may be trying to cope with a mental health issue. Their reluctance to socialize may result in a myriad of problems and could snowball into larger issues later on, such as loss of friends and loss of employment.

Having a loved one go through a change is a difficult process to watch and even more difficult to care for. It is not as simple as helping someone through a breakup or dealing with a broken limb. Mental health issues are much more complex as they are not as visible for the average person. There is no sure way to know how to help. It is important to remember that friends and family play a pivotal role in someone's journey through a mental health issue and can be a positive influence towards their recovery.

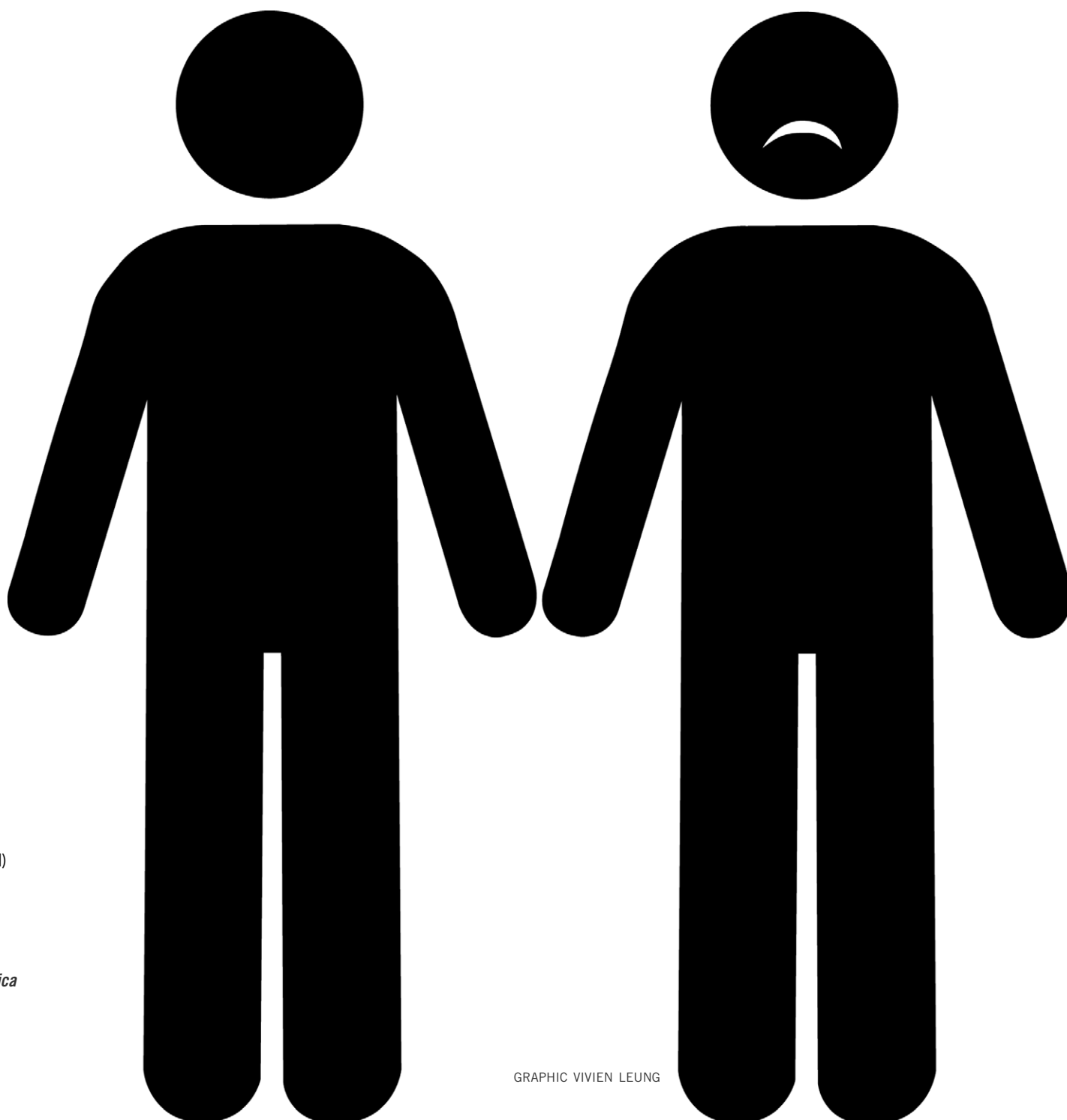
Knowing when something has become problematic is hard to gauge given that every person and every situation is different. It is both harder and easier to realize that someone else is going through an issue; harder in the sense that you can never be absolutely sure of what the other person is experiencing and easier in that your distance from the problem can provide you with invaluable perspective.

The next step should be to try and talk to your close one rationally and let them know that they can count on you to be there, no matter what they may be coping with. That support may be what the person needs to confront their particular challenge.

Warning signs in children:

- Changes in school performance
- Poor grades despite strong efforts
- Excessive worry or anxiety (eg. refusing to go to bed or school)
- Hyperactivity
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums

—source: *Mental Health America*



GRAPHIC VIVIEN LEUNG

A brief history of psychology

First psychology lab (1879), Voluntarism (1879)

Wilhelm Wundt founds the first psychology lab. He also founds the first school of psychology, voluntarism, which sought to understand consciousness. He emphasized will, choice and purpose.

Phrenology (1796)

Franz Joseph Gall believed that one's faculties could be determined by examining the bumps and depressions on one's skull. He was one of the first to attempt to relate physiological traits to behaviour.

American Psychological Association founded (1892)

G.S. Hall founds the APA and serves as its first president. The APA includes both psychologists who believe it should be a pure science and those who champion its practical applications.

The Interpretation of Dreams published by Freud (1900)

Freud writes his first of 24 books detailing his psychoanalytic theory.

Gestalt psychology (1912 and 1935)

Max Wertheimer is the first proponent of Gestalt psychology (German for "form" or "whole"). Opposed to the dissection of psychological phenomena, Gestalt psychologists preferred to examine phenomena as a complete entity. Optical illusions were a common example of Gestalt psychology, since looking at isolated parts wouldn't create an illusion, only the whole.

Behaviourism (1913)

Pavlov, Watson and Skinner are the three big names of behaviourism. This school of psychology focused on observable and measurable behaviour. The research conducted by behaviourists has led to tremendous advantages in discovering how we achieve learning. Behaviourism was a drastic counterpart to psychoanalysis and made leaps towards psychology being established as a science.

Kinsey publishes Sexual Behavior in the Human Male

Regarded as the father of sexology, Alfred Kinsey first published books about the sexual practices of men and, in 1953, women. His work was a part in enabling the sexual revolution, but his methodology was a subject of non-stop criticism.

1880

1890

1900

1910

1920

1930

1940

Functionalism (1896)

This school of psychology focused on studying the functions and purposes of mental processes. Heavily influenced by Charles Darwin's theory of evolution, functionalists broadened the study of psychology to include animals, children and abnormal humans. This movement marked the transition from predominantly rationalist European psychology to empirical American psychology.

First psychological clinic (1896)

Lightner Witmer opens the world's first psychological clinic to patients.

First intelligence test (1908)

Alfred Binet and Theodore Simon create the first "easy-to-administer" test of intelligence. Binet was opposed to using the intelligence quotient, coined by a German psychologist named William Stern, because he believed intelligence was too complex to be described by a simple number, but this form of simplification won out over his opposition.

Psychoanalysis (1895)

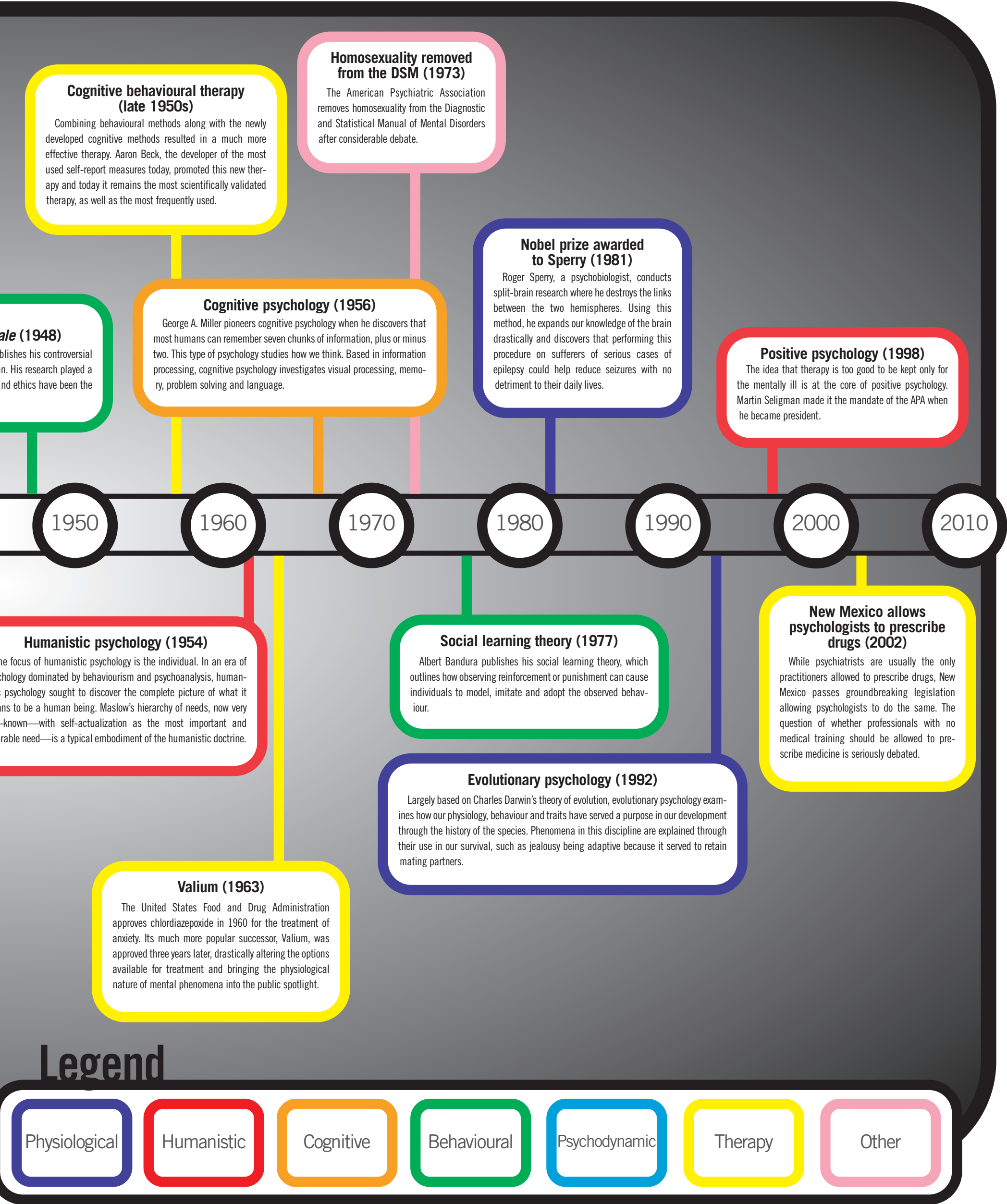
Sigmund Freud first publishes his theories under the name of psychoanalysis in a scholarly paper. He suggests that powerful unconscious forces motivate our behaviour and he developed a therapy based on free association and dream analysis. His students, most notably Carl Jung and Alfred Adler, would soon start disagreeing with his teachings and found their own psychodynamic therapies.

Structuralism (1893)

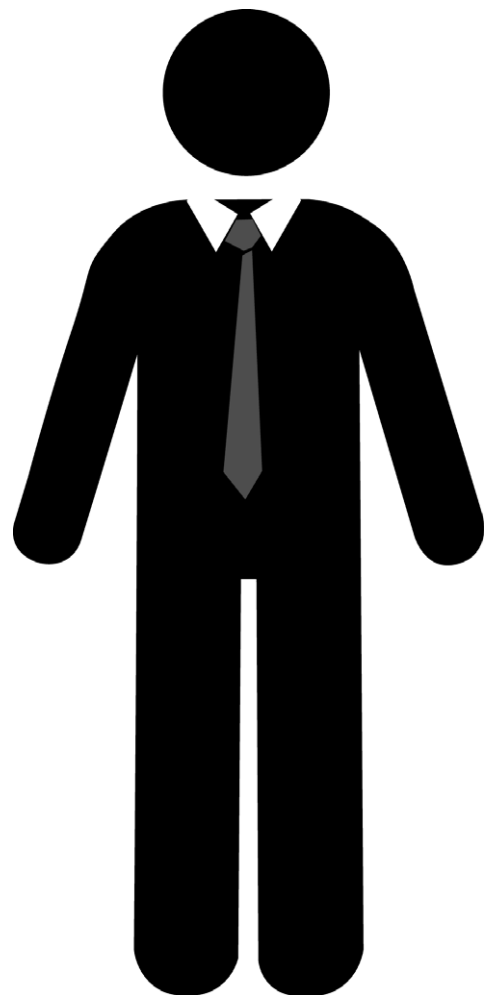
Edward Titchener founds the school of structuralism, which was interested in discovering the structure of the mind. He was interested in pure scientific discovery and left the APA to found his own group, the Experimentalists, because he could not stand the applied psychologists.

Psychobiology (1929)

Radical behaviourism had destroyed the study of the purpose of behaviour. Karl Lashley initially started studying the brain to prove that certain brain structures were associated with certain responses, but initially discovered that there was no such association. In fact, he and subsequent psychobiologists found that responses had no localization in the brain and that loss of brain tissue did not necessarily lead to loss of intelligence.



A guide to mental health professionals



• TERRINE FRIDAY

The differences between psychology, psychiatry and psychotherapy are not common knowledge. The three terms are not interchangeable and have very specific approaches.

The following is a simple guide to defining the complex and evolving domains of study:

Psychology

Psychology is a broad field concerned with the scientific investigation of human and animal behaviour. Psychologists receive their training in graduate school.

Psychology has various sub-domains, such as clinical psychology (which focuses on abnormal human

behaviour or psychopathology) and cognitive psychology (which focuses on how we think).

The term “psychologist” can generally be applied to anyone who holds a doctoral degree in psychology, meaning a psychology researcher and/or a clinical psychologist. The term clinical psychologist (which is sometimes also just referred to as psychologist if you’re discussing someone who provides psychotherapy) refers to a mental health professional who has been specially trained in the provision of psychotherapy and in the assessment of mental disorders. Psychologists cannot prescribe drugs.

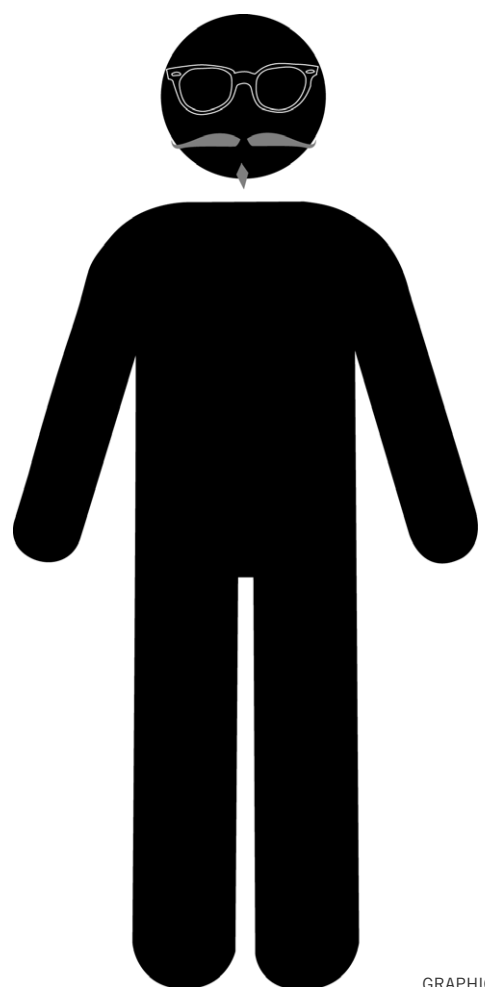
In order to practice psychology in Quebec, one must obtain a licence and demonstrate the appropriate credentials to use the term “psychologist.” A PhD must normally be obtained, although a master’s degree was deemed acceptable in Quebec up until a few years ago.

Psychiatry

Psychiatry is a specialty of medicine that is concerned with mental health. Psychiatrists are medical doctors who specialized in the prevention, diagnosis and treatment of mental illness during medical school. As psychiatrists typically follow a more medical practice model, they often rely on pharmaceutical interventions and can prescribe drugs. Psychiatrists typically focus on major mental disorders and they rely primarily on medications to treat them. They also sometimes provide psychotherapy to their patients.

Although some psychiatrists use behavioural methods in their treatment, most do not.

If you are seeing a psychologist and your situation requires medication, your psychologist will refer you to a psychiatrist.



Therapy

Also called “psychotherapy” or “talk therapy,” therapy generally involves talking to a mental health professional in order to improve one’s coping with mental health issues. Therapists could recommend treatments as diverse as behavioural or cognitive therapy, cognitive behavioural therapy, group therapy, or encourage a change in interpersonal relationships.

Anyone can be a therapist. The term therapist or psychotherapist, unlike the term psychologist, is not regulated or protected in Quebec and does not require a licence. This means a therapist might not have any

formal training. In order for the mental health consumer to protect themselves, it’s advisable that they verify whether or not their therapist is a licenced psychologist. A lack of credentials doesn’t necessarily mean that a therapist will be unable to help you and an empathetic therapist can actually be very effective.

Therapists that employ psychotherapy often include, but are not limited to, social workers, family doctors, motivational speakers and life coaches.

For more info about licenced practice under the Ordre des psychologues du Québec, visit ordrepsey.qc.ca.

Finding a therapist

The dos and don'ts of finding proper care

• CHRISTOPHER OLSON

Once you know you have a problem, finding a qualified therapist is the first step to achieving care. Below are some handy tips.

Starting your search

Finding a doctor who belongs to an accredited organization, like the Ordre des psychologues du Québec, is an important first step. You can search all members of the OPQ via an online database, accessible at ordrepsy.qc.ca, which can not only verify that the therapist you are seeing is actually accredited, but is also a great place to start a search for one. Patients can lodge a complaint against a psychologist they believe is failing to meet their practice using the OPQ's website, offering them a level of protection, or at least peace of mind in knowing that they're in safe hands. If a name doesn't appear in the directory, you can call the organization's toll-free phone number and they will tell you if the person is licensed or not.

Something you can't tell simply by looking at a psychiatrist's qualifications is their basic ability to empathize with the patient. The stereotype of the cold and impassive psychoanalyst with reams of clinical names for various ennui is not only mistaken, it's the last thing you want out of therapy. You should be able to converse with your therapist as you would a friend or relative under normal circumstances—even if the things you might discuss with your therapist are things you'd feel uncomfortable telling a parent or a best friend.

All the degrees and graduate certificates in the world won't help if you can't relate to your therapist.

Screening your therapist

Finding a therapist can be a little bit like undergraduate registration, which is why interviewing multiple candidates is often advisable.

"It can get expensive depending on who you're interviewing, but it is very much about the match and it's very important to find someone that you're comfortable with," said Adam Radomsky, head of the Fear and Anxiety Disorders laboratory and an associate professor of psychology at Concordia University.

Most clinical psychologists receive broad training for dealing with a variety of issues. "No one is an expert on everything," Radomsky said. "If the problem is relatively mild, it may be a problem that most clinical psychologists are perfectly capable of dealing with. But if the problem gets complex, then you probably want to see someone who does have that degree of speciality, the same way that if your blood pressure is a bit high, most family doctors can deal with that. But if you had a heart attack, you'd really want to

see a cardiac specialist."

It's important to ask questions of a prospective therapist to determine the services they are capable of providing. Asking a therapist about their success rate with patients with similar issues to yours is a good way to develop a good idea of their qualifications and their level of professionalism.

"If they answer 100 per cent of their cases result in success, they're lying," said Radomsky. Sixty-five per cent to 85 per cent is a more accurate percentile of successful cases.

More money, not necessarily more problems

"The good news is that there are a few very inexpensive or free services in Montreal," said Radomsky.

Patients seeing a psychologist provided by their local hospital, CLSC or university may pay nothing at all for care.

"If finances are an issue, you should always ask if the person you're talking to has a sliding scale," said Radomsky.

While the Royal Victoria Hospital, for example, offers free services, waiting lists to see a therapist can be as long as a month. But if money is less of an issue than receiving prompt care, then expect to pay anywhere from \$50 to \$140 per 50-minute session, depending on whether you're seeing a master's-level therapist or a doctorate-level psychologist.

"I've heard horrible stories of people charging \$250 a session, \$300 a session," said Radomsky. "You should not pay that much."

Don't look for an overnight success, but don't give up so easily either

"Fortunately, a majority of problems we know can be improved in a relatively short period of time and in a short number of sessions," said Radomsky. "What I tell my clients

is that if after eight sessions of treatment we're not seeing a difference, either I fire myself or we have to make a dramatic change in what we're doing."

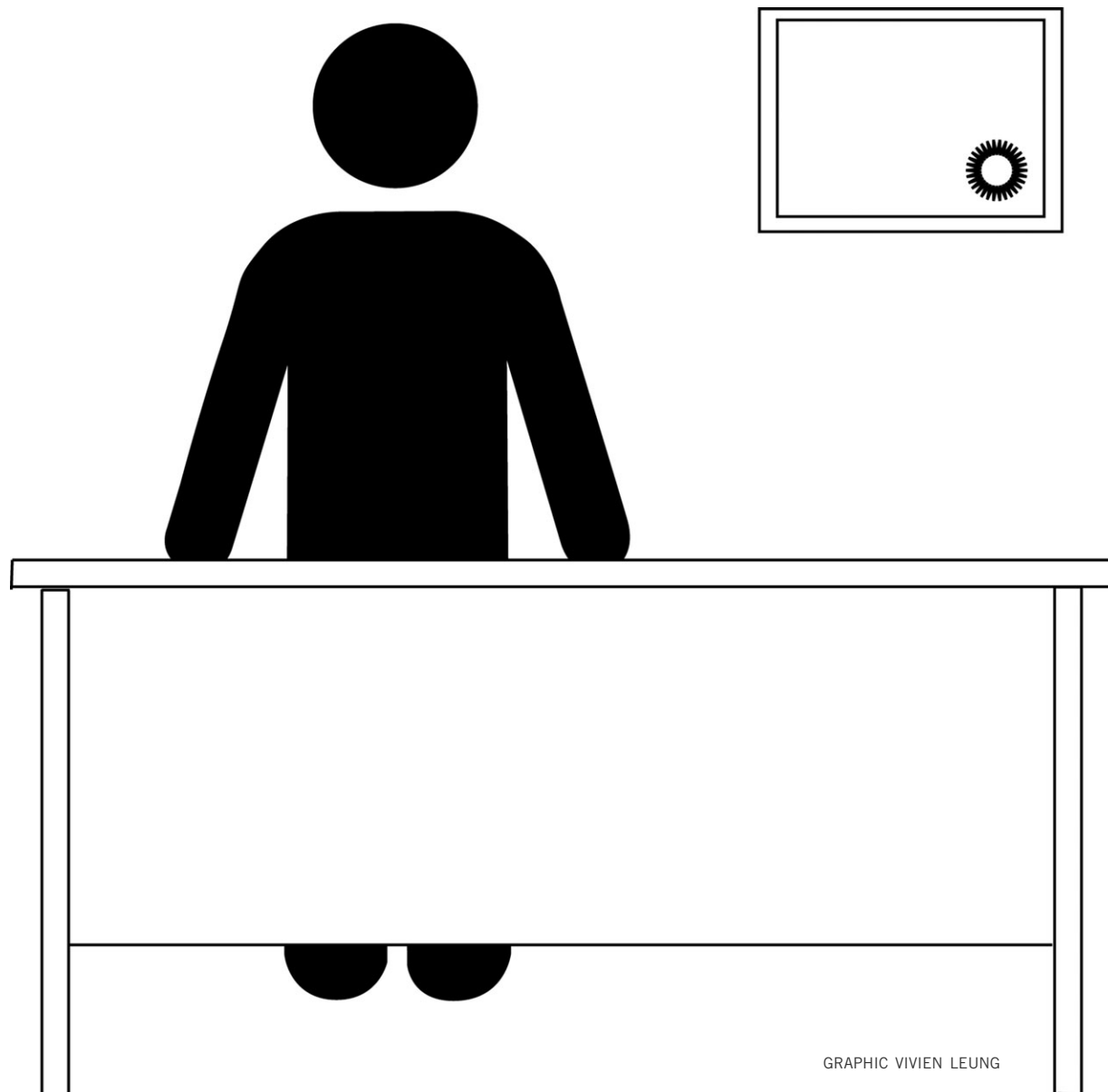
Personality issues and disorders like schizophrenia can often take much longer to treat. In those cases, more patience on the patient's behalf is required.

"Trust your gut but remember that your gut instincts can occasionally be misleading," said Radomsky. "When we treat people with different anxiety disorders, the treatment is sometimes difficult and people will get more anxious as a part of the therapy. But more often than not—in fact, most of the time—things really do start to improve. So trust your gut but don't trust it completely."

Patients shouldn't feel obligated to see a therapist that was recommended to them by a family doctor or a trusted source, or feel they need to continue seeing a therapist even when they don't feel the need to continue therapy.

"So many people feel like they don't have a choice or maybe don't feel the strength or courage to act on it, but you absolutely have a choice," said Radomsky.

You can reach the Ordre des psychologues du Québec toll free at 1-800-363-0324.



GRAPHIC VIVIEN LEUNG

Coping with stress

The protective factors that can save you from mental illness

• CHRIS CARDOSO

Stress is a risk factor for mental illness. However, not everyone is equally affected by the same things, whether it's a gruelling work schedule or the loss of a family member. Resilience means the collective factors that, in effect, serve to buffer against the negative effects of stress.

Stress can come in many forms, including defeating thoughts, self-destructive behaviours and exaggerated physiological reactions in response to stressful circumstances. Stressful life events can also trigger healthy responses, such as defining a goal, building social connections and searching for meaning in suffering.

This explains why some people appear to experience more stress, both objectively and subjectively, than others. The action-reaction nature of stress can provide you with a strong medium for intervention—an opportunity to master environmental challenge and successfully reduce stress.

In response to a controllable stressful life event, an active form of coping with stress focused on alleviating the stressful circumstance is more likely to successfully lead to stress reduction.

Take, for example, receiving a bad grade on a test. If you direct your efforts towards increasing your understanding of the subject matter for the next test, you are less likely to experience a stressful episode of this nature in the future. As a result of making an effort to prepare yourself for the next test, you reduce the likelihood of experiencing an even more stressful event in the future, like failing the entire class.

Coping strategies focused on regulating your emotional reactions to stress through self-talk are adaptive in the short term, but in the long term these strategies do little to prevent future stressful life events. For example, if you direct your efforts towards worrying, feeling guilty or getting upset in response to a bad test grade, you may feel temporary relief, but your long-term stress levels will increase.

In response to stressful situations that are beyond your control, such as the loss of a loved one, focusing on emotional reactions may be effective in reducing stress. However, over the long term, focusing on emotional reactions to stressors can lead you to ruminate—to think about a problem over and over which leads you to continuous-

ly experience a stressful event that has already passed.

Avoiding stressful situations is similarly effective in temporarily relieving stress, but in the long run this strategy is ineffective. If you avoid a stressful situation by engaging in something productive—say, working on a project or exercising—you may be in a better position to tackle the stressful situation.

In fact, research has found that individuals who seek out social support when presented with environmental challenge are stress resilient. The important thing to consider when distracting yourself from a stressful situation is what you're distracting yourself with.

There are protective factors that affect your baseline threshold for stress. Individuals who demonstrate social competence are also stress resilient. The mere presence of people who are part of your social circle acts as a stress buffer in response to a challenge, even if they are not actively doing anything to try and calm you down. Cultivating a close social network and building your social skills may be germane to building a foundation of stress resilience in the long term.

Optimism is also an important tool to overcoming stress. Optimistic people see the world through rose-coloured glasses, consistently appraising negative events in a positive light and finding meaning in their suffering. These individuals are better able to manage everyday stress, experience more positive emotions and are more effective in actively coping with major stressful life events.

In short, stress can be beaten.

Although it is difficult to face your fears and take an active role in dealing with stress, this approach appears to add tremendously to stress resilience. Emotion-focused and avoidance-focused coping strategies are effective in diminishing stress, but only when they are used sparingly and in conjunction with more effective coping strategies. Cultivating social support and developing your social skills will allow you to better tolerate stress. Finally, having an optimistic outlook on life and finding purpose in your suffering may improve the way you deal with everyday hassles.

Although stress is inevitable, there are helpful strategies you can use to protect yourself from being overwhelmed.



Id, ego, irrelevance

Is psychoanalysis still worth having around?

• MATHIEU BIARD

Freud has been described as the Shakespeare of psychology. The ideas he presented as part of his theory of psychoanalysis have spread so widely they have seeped into everyday speech and culture.

Despite his large part in the debut of psychological intervention, Freud's theory has endured nearly a century of criticism. The question is: is psychoanalysis still relevant?

Scientifically, the answer is no. The ironic downfall of Freud's psychoanalysis is that it is an explanatory theory. It takes events that have already happened and explains them. The theory has no predictive value. In science, it is not even considered a theory.

Theory aside, the therapy that Freud practised focused on past events and attempted to use them as explanations for present problems. Unfortunately, in most cases, knowing the source of the problems does nothing to help.

"Psychodynamic therapy is one which people generally like, but there isn't a lot of empirical support underlying its use," explained Adam Radomsky, head of the Fear and Anxiety Disorders laboratory at Concordia University. "After a few months or years of psychodynamic therapy, you'll probably know yourself very well, but you are likely to still be depressed or anxious."

Proof that this therapy isn't effective has come in waves over the century. From common mental illnesses like depression and anxiety to less understood ones like schizophrenia, these psychodynamic therapies have shown they are far less effective than newer and better researched alternatives. The only glimmer of hope for the entire discipline is that short bursts of the therapy have shown some promise.

Psychoanalysts need not rejoice, however, since other methods like cognitive-behavioural therapy clearly stand head and shoulders above the stereotypical couch.

The use of psychodynamic therapy may even be a liability.

"Since mental disorders are associated with a mortality rate, there is absolutely no reason why a first-line treatment should be one which hasn't been subjected to rigorous empirical study," Radomsky said. "Yet, when people are offered enjoyable but questionably effective treatment options, they tend not to protest."

Lack of education is the problem.

"If you had cancer and your oncologist recommended an ice cream-based treatment because his/her patients really love it and because it tastes delicious, you would likely be offended, if not repulsed," said Radomsky.

The difference between these two scenarios is that psychodynamic therapies have not been exposed as ice cream. The myth that lying on the couch and talking about your dreams and early childhood will cure mental illness is still around and still perpetuated by cinema, among other mediums.

The pedigree of the discipline also helps keep it in place. As the first real systematic therapy with an underlying theory of psychopathology, psychoanalysis has a lot of history under its belt. For this reason, therapists who use these methods claim that it works and use their 40-year-long practices and anecdotal evidence to support their practice.

While psychoanalytic trends are perfectly fine in media and entertainment, it is time for psychoanalysis to realize it has been outdone in every way. The only good place for psychoanalysis is in the history books.

A short history

Sigmund Freud, for all his faults and love of cocaine, is most likely the man responsible for catapulting the scientific study of the mind into the public view.

His school of psychology, known as psychoanalysis, was provocative, interesting, strangely perverse and provided what seemed to be the foundation for personality theory and a rationale for human behaviour.

Freud's students, most notably Carl Jung and Alfred Adler, quickly started disagreeing with the idea of his psychosexual stages. This theory posited that infancy included an oral stage, anal stage, phallic stage, a latency period and genital stage. Events or disturbances during any of these stages would define our later personalities. Calling someone anal because they are excessively tidy is a vestige of Freud's psychosexual stages and demonstrates how much his theories have seeped into society's language.

He posited libido as the drive for human behaviour and claimed that the id, containing our animalistic urges and hedonistic desire, fought a constant battle against the ego, the part of our subconscious that assured the id would not overwhelm us and cause us to act against self-preservation. The superego added more control to behaviour by using internalized values to "guilt" individuals into acting according to society's norms.



GRAPHIC VIVIEN LEUNG

Mental health resources in the greater Montreal area

Concordia University, Counselling and Development Centre

Counselling for all undergraduate, graduate, independent and continuing education students.

Loyola Campus
7141 Sherbrooke St. W.
AC Building, Room 103
Tel: 514-848-2424 ex. 3545
SGW Campus
1455 de Maisonneuve Blvd. W.
Hall Building, Room H-440
514-848-2424 ex. 3555

Concordia University, Applied Psychology Centre

Individual psychotherapy, couple, family and sex therapy. No referral necessary.

Loyola Campus
Psychology Building, Room PY-111
psychology.concordia.ca/contacts/APU.html
Fee: max \$40

Foster Pavillion, Drug and Alcohol Treatment Centre

Individual and group psychotherapy
3285 Cavendish Blvd.
Tel: 514-486-1304

Cognitive Behaviour Therapy Service

Individual cognitive behaviour therapy. Out patient behavioural treatment.
2100 Marlow Ave., Room 261
Tel: 514-485-7772
Fee: \$45-90

IMPACT Mental Health Support Centre (French services)

Treatment for chronic mental disorders, without drug/alcohol abuse.
Referral needed.
2460 St. Antoine St., Suite 107
Tel: 514-939-3132

PRACOM Support Group

Day and evening social integration and individual therapy.
1995 Marie-Anne St. E.
Tel: 514-527-6766

Depression and Manic Depression Network Support Group.

St. Luc's Parish, West Island Montreal
Meetings: Mondays, 7:30-9:30 p.m.
Tel: 514-696-6166

Concordia Women's Centre/2110 Centre for Gender Advocacy

Support group for those who have experienced childhood sexual abuse and incest.
2110 Mackay St.
Meetings: Mondays, 7-9 p.m.
Tel: 514-848-2424 ex. 7431
Email: centre2110@gmail.com

Women Aware

Support for women who experience conjugal violence.
Tel: 514-908-9014

Addiction Recover

Support group for addictions of any kind.
Meetings: Tuesdays, 7:30 p.m.
Tel: 450-671-8714

Mary's Recovery/Cognitive Principles

Self-help groups for fear, anger, stress, depression, anxiety, panic attacks, phobias and gambling addiction.

Westmount YMCA
4585 Sherbrooke St. W.
Tel: 514-485-2194
Fee: Free, donations appreciated

Recovery Inc.

Self-help groups. Group therapy for maintaining and improving mental health and well-being.

St. Matthew's Church
4940-A Macdonald Ave.
Meetings: Mondays, 7:30 p.m.
Tel: 514-481-4258
recovery-inc.org

McGill University Health Centre—Royal Victoria Hospital

Individual and group CBT. Referral required.
1025 Pine Ave. W.
Tel: 514-934-1934 ex. 34290
psych.mcgill.ca/labs/rvh/dep-service.html
Fee: \$0-55

La Cle Des Champs

Support groups in French and English.
Tel: 514-334-1587

AMI-Québec

Educational programs on bipolar disorder, OCD and schizophrenia. Registration required.
5253 Decarie, Suite 200
Tel: 514-486-1448
Email: program@amiquebec.org
amiquebec.org/EducationPrograms.htm
Fee: \$25, \$5 for materials

Tel-Aide

Telephone listening service to callers provided immediately, anonymously and confidentially.
Tel: 514-935-1101

Self-Help Against Depression (SHAD)

Non-directed group therapy
Tel: 514-684-9896

Crisis Centre (West Island)

Crisis hotline for various disorders, housing services, short term follow-up and mobile intervention services.
Tel: 514-684-6180 (24-hour line)

TRACOM

Crisis hotline for various disorders.
Tel: 514-483-3033
(24-hour line)

Canadian Mental Health Association

General info on anxiety disorders
Tel: 514-521-4993
acsmmontreal.qc.ca

Aqpamm (French)

OCD support group
Tel: 514-524-7131
www3.sympatico.ca/aqpamm/

Centre d'écoute de Laval (French)

Hotline
Tel: 450-664-2787
Email: cecouteval@hotmai.com

Centre de recherche Fernand Seguin (French)

Individual CBT
hlhl.qc.ca/crfs/cetoc/index.html

Clinique externe consultation de liaison (French)

Tel: 450-668-1010 ex. 5589/2059

Deprimes anonymes (French)

Hotline
Tel: 514-278-2130
deprimesanonymes.org/index.htm

Gai-écoute (French)

Hotline
Tel: 514-886-0103
or 1-888-505-1010
gai-ecoute.qc.ca

Groupe d'entraide G.E.M.E. (French)

Individual and group therapy—Anxiety Disorders, Depression and Burnout.
Tel: 450-462-4363
geme.qc.ca/index.html

Revivre (English and French)

Anxiety, Depressive and Bipolar Disorder support Association
Tel: 514-738-4873 or 1-800-REVIVRE
Email: revivre@revivre.org

Les Amis de la santé mentale

Support groups, discussion groups and individual counselling.
750 Dawson Ave.
Tel: 514-636-6885
asmfmh.org/html/english/index.html

Phobies-Zero

Support groups that meet in Pierrefonds.
14068 Gouin W.
Tel: 450-922-5964 or 1-877-922-5269

Hipless Boy has some subtle moves

Author's comic book alterego explores Montreal streetscapes

• CHARLOTTE CORNFIELD

Sherwin Tjia is a medical illustrator at McGill by day and comic book character by night.

Tjia's latest book *The Hipless Boy*, a collection of semi-autobiographical short stories in graphic novel form, follows the life of Tjia's comic book alter ego "Sully."

Both culturally anomalous and hysterical, *The Hipless Boy* could be lumped alongside autobiographical graphic novels by the likes of Adrian Tomine and Julie Doucet, but Tjia's writing is a cut above his peers.

At once hilarious, poignant, gross and heartwrenching, the 45 stories in *The Hipless Boy* explore the complexity of human action in Montreal streetscapes, childhood memories and the escapades of screwball friends.

"Pictures are almost like crack. [...] As long as you have a little bit of crack with you, it can make the most boring situation tolerable."

—Sherwin Tjia, a.k.a. Sully

"Ultimately I have to write the stories that make me laugh," said Tjia, noting he'll have to write much more "topically" to make it to the top of the bestseller lists.

The book follows the lives of Sully and his best friends Minerva, a tough, bisexual high school dropout, and Owen, a quirky artist obsessed with shock value, and their youthful days in the bubbling Montreal art scene.

The stories are mostly autobiographical, but certain characters and events are fic-



Sully (right) is Sherwin Tjia's doppelganger in comic form. GRAPHIC SHERWIN TJIA

tionalized, said Tjia.

"Blending real life with fiction offers me flexibility," he said. "The problem with people is that they're usually interesting a bit of the way and they're boring the rest of the way. When you're trying to concoct stories to compel people, you have to be interesting all the way. What I like to do is take the very best parts of all of my friends and jam them together."

The Hipless Boy juxtaposes comic-style

illustrated stories with one-page prose. He likens the format of the book to an Archie comic, with stories ranging from funny to slapstick, each only lasting six pages.

Tjia is fascinated by the emotional nuance of short, anecdotal stories and frequently peruses the Internet searching for captivating human interest news pieces.

"I love stories that are simultaneously funny and tragic," he said. "Like some guy is cleaning above a chocolate vat and he'll flip

and fall in: death by chocolate. It breaks my heart, but I laugh, and I don't know what to do with that. I feel like, when I write my own stories, it's the same kind of deal. Life is tragic because people are pathetic. Life is great because people are so lovely."

The Hipless Boy deals with everything from drag to teen suicide to feeding pigeons to shitting, with each story walking a tightrope between funny and sad.

A comic artist since childhood, Tjia has a gorgeous drawing style reminiscent in colour and shading of Canadian cartoonist Seth, but evocative in its figures with the lines of a classic adventure comic.

For this book, the stories came first and the pictures later, explained Tjia.

"In *The Hipless Boy*, the illustrations serve to couch the story," he said. "Pictures are almost like crack, in that they are addictive. No matter how boring the situation you're in, as long as you have a little bit of crack with you, it can make the most boring situation tolerable."

Tjia hastened to note that he's never tried crack, though he finds it fascinating.

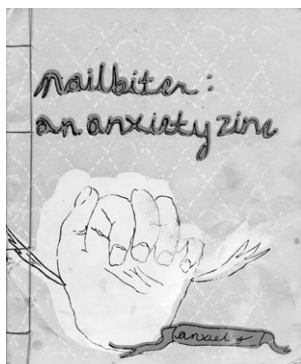
"Ultimately, I wanted to create stories in graphic novel form that mean something to people, where people talk about them and care about them," said Tjia.

That is precisely what he's done. *The Hipless Boy* is absurd, beautiful and most of all an incredibly engaging read.



The Hipless Boy
Sully
Conundrum Press
224 pp
\$19.95

Nailbiter: An Anxiety Zine



• CHRISTOPHER OLSON

Nailbiter: An Anxiety Zine is packed full of resources and content on anxiety, including its causes and its cures. It's the brainchild of Kerri, a political science student at Concordia, Derek, a graphic design student, and Rochelle, a social work student. *Nailbiter* was nominated for Best Zine at last year's Expозine and their second instalment, *Nailbiter 2*, is in the works to be released in time for this year's Expo in November.

The zine was produced at the Ste. Emilie Skillshare, a working group of the Quebec Public Interest Research Group's Concordia chapter.

The Link: What do you want to accomplish with Nailbiter?

Kerri: Resources on anxiety and mental health issues are hard to find, especially in a way that doesn't pathologize people. There also aren't that many resources that take into account people's day-to-day lives and the different oppressions that they might face. We wanted to make a resource of different stories of people's experiences with anxiety and through writing and art to be able to share amongst ourselves as a community of anxious people.

Assuming I haven't read the zine, what can I expect to find inside?

There are a lot of different entries. Some are just pure abstract art pieces, while some entries contain helpful hints on how to be a good friend to someone with anxiety or how the process of colonization has affected mental health in Native communities. There's also a story about someone as a

youth discovering that they have anxiety and someone writing about the first time they saw a therapist. We have a kind of a surgeon general's warning in the introduction that cautions that this is a zine featuring stories about some very personal and sometimes intense experiences, so it can be triggering.

Is it true that anxious people bite their nails?

I think a lot of people do it probably without even realizing they're doing it. [Calling it *Nailbiter*] was my friend's idea because she bites her nails a lot when she gets anxiety, so she was like, "Let's call it *Nailbiter*."

I've never heard of Ste. Emilie before. What does her skillshare do?

The Ste. Emilie Skillshare is a group of artists and activists who run an art space with an anti oppression-based mandate. We do a wide variety of things from workshops to events to sewing. For *Nailbiter*, we used the space to silkscreen the covers. The whole skillshare was a big support for the project and helped make it and bind it. It was a very intensive binding process because

all 300 copies are hand-bound.

Why create such an ornate zine when most people are printing them on recycled paper?

I guess we just wanted it to be really special. There's just something about celebrating hand-made production and the DIY esthetic.

What are your expectations for the second issue?

We're all working on it right now and hopefully it'll be ready for Expозine in November. We did a bigger call-out for submissions because now people know a bit about us and what the final product will look like. For the first issue I would say about 90 per cent of the content was from people we knew, but with the new zine, the bulk of them are from people I don't personally know at all.

Copies of *Nailbiter: An Anxiety Zine* can be found at the Ste. Emilie Skillshare (3942 Rue Ste-Emilie) for \$10. Proceeds from *Nailbiter* go to support the Ste. Emilie Skillshare, as well as production of *Nailbiter 2*.

quick reads

Columbine revisited



Columbine
Dave Cullen
TWELVE
432 pp
\$26.99

Journalist Dave Cullen spent nearly a decade researching the Columbine High School massacre and the result of his hard work is something of a roller-coaster, featured in *Columbine*.

Cullen's book demonstrates that almost everything people thought they knew about Columbine was wrong. The media was incorrect in its reporting and to this day the public remains completely mistaken about key facts.

Eric Harris and Dylan Klebold, the killers, were not part of the Trench Coat Mafia nor were they outcasts out to kill specific social castes. Psych profiles of Harris, the ringleader of the duo, show him as a textbook psychopath, with Cullen defining the psychopath profile better than anyone I have ever encountered in my psychology studies at Concordia.

Unfortunately, a lot of what should have been hard news reporting in the novel turns into gushy prose about the heroes of the tragedy. Fortunately, Cullen divides his story well, alternating between real-time narrative of the events of Apr. 20, 1999, interviews, and the events that followed.

If you can ignore the odd subpar chapter or two and the overly sentimental admiration of certain subjects, *Columbine* is a hell of a good read.

4/5

—Mathieu Biard

Photos of the not-so-famous



The Sartorialist
Scott Schuman
Penguin
512 pp
\$25.00

For anyone who appreciates street fashion photography, Scott Schuman's *The Sartorialist* is a collection of beautiful shots of real people right off the street that inspire and delight.

Although the book is made up of photographs of the anonymous passersby, Schuman does include some well-known fashionistas such as French *Vogue* editor Carine Roitfeld. The book showcases fashion from major metropolitan cities such as Beijing, Stockholm, Milan and New York. Though Schuman seems to gravitate towards those main cities for his subjects, the collection could be an inspiration to those from any demographic or locale.

Schuman seeks to make every photo look somehow romantic—as if the pedestrians he captures are such mysterious and interesting people who must live such amazingly wonderful lives.

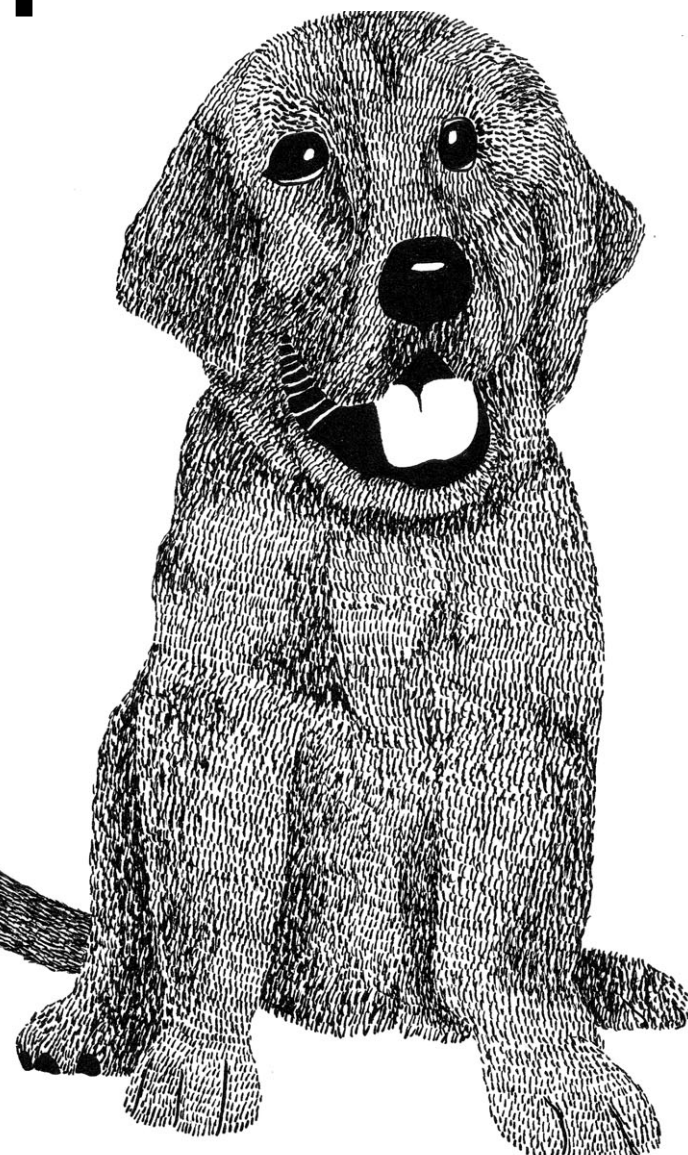
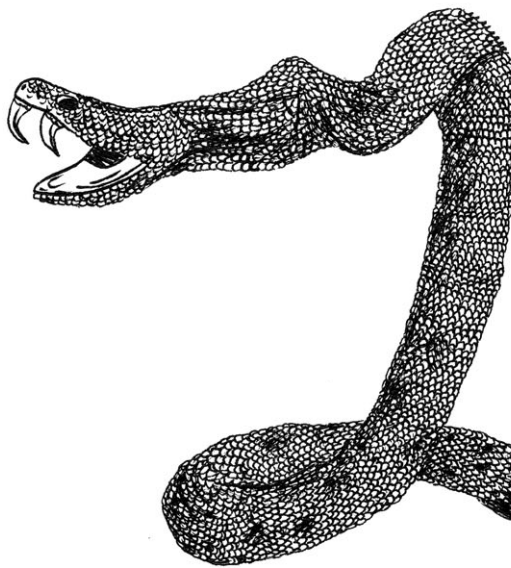
One can easily pick up *The Sartorialist* and look at the photos over and over again, each time being amazed at the fashion styles that some people choose—whether they knew they were going to be photographed when they woke up that morning or not.

4/5

—Elsa Jabre

The paradox of pets

Dog by the Cradle forces us to confront our domesticated demons



Dogs embody all the best qualities of animals, whereas snakes bare the brunt of our unmitigated—and unwarranted—loathing. GRAPHIC EMILIO ESTEBAN

• CHRISTOPHER OLSON

Erika Ritter can't look at farms the same way anymore.

After nearly two years of continuous research while writing *The Dog by the Cradle, the Serpent Beneath: Some Paradoxes of Human-Animal Relationships*, Ritter isn't any closer to solving the paradox of why we keep some animals as pets and others as livestock.

"There's a certain arbitrariness in our society in the fact that we're very condemnatory of people who eat dogs but we're very big on eating pigs, which are very intelligent animals," said Ritter, a former Concordia writer-in-residence and occasional CBC Radio contributor.

"All of it is contradictory, because dogs are kept as pets even in cultures that eat them and horses are prized as companions in places like France, where they're also eaten without any particular compunction about it," she continued.

The book's title comes from an old recurring myth involving the accidental slaughter of a man's trusted pet. Having left his faithful greyhound to protect his son's crib, the master returns to find the crib overturned and bloody. Believing his dog has murdered his child, the man exacts quick and cruel revenge on his trusted companion. Only moments later does the man find the child unscathed beneath the crib and the corpse of a venomous snake in the corner of the room, the dog having killed it in order to protect the child.

"That's a story that occurs in many cultures and it's a story that's about 2,000 years old," said Ritter. "So it seems to me

that if that many cultures come up with that story, I think that sort of bespeaks to the fact that we have these kinds of uncertainties about the way we deal with animals."

In the book, Ritter interviews people with varying opinions on the subject of animal ethics. They range from Temple Grandin, an author and meat-eater who works to ensure the humane slaughter of livestock—a quagmire in and of itself—to current and former members of the Animal Liberation Front.

"If I decided I didn't want my cat anymore, [...] I could take him to the vet to be euthanized and it wouldn't be a crime."

—Erika Ritter, author

Irrespective of their views, Ritter found that the contentious nature of the debate over animal rights produces a large number of pigheaded opinions.

"[People for the Ethical Treatment of Animals] has this way of presenting stuff in this really maladroit manner which gets people's backs up, which alienates and embarrasses the people that are their natural allies," she said.

Ritter decided not to weigh in on the debate, but chose instead to focus on the reasons we give in defence of our actions and whether those excuses actually hold up.

One of the many fallacious arguments used in defence of raising livestock is the notion that cows and chickens wouldn't be

alive if not raised for consumption.

"To say chickens wouldn't like it if you became a vegetarian because then the chicken wouldn't have any reason to live, well, maybe the chicken doesn't want to live under those circumstances," said Ritter.

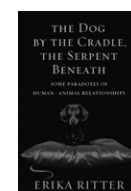
One of the major paradoxes of our treatment of animals is laboratory testing, a practice people defend on the grounds that animals are not like us, yet which depends on their biological similarities in order to yield useful results.

Since starting work on the book, Ritter said she became increasingly conscious of how animals live and die at our discretion.

"If I decided I didn't want my cat anymore, I could chuck him out the door, or I could take him to the vet to be euthanized and it wouldn't be a crime," she said. "They live so totally at our whim that when people say, 'My dog controls me,' [I think], 'Well, he does and he doesn't.' Politically speaking, you've got the power."

Part of the reason we're so conflicted over animal ethics is because many of us genuinely want to make a deeper connection with them, said Ritter.

"There's this desire in us to have not just food-related relationships with animals, but also to have this kind of communicative relationship," she said. "And it's kind of hard. It's hard on us and hard on them."



The Dog by the Cradle, the Serpent Beneath
Erika Ritter
Key Porter Books
320 pp
\$24.95

Sexy schoolteacher seduces scribes

Hour's Vixen Laura Roberts serves up erotic fiction lessons

• ELISABETH FAURE

A new workshop promises to help would-be writers improve their erotic writing skills.

In her upcoming intro workshop to erotic writing, *Hour's* "V for Vixen" columnist Laura Roberts will share her saucy talents in sexy smut-writing.

"I think people frequently leave out sex scenes more because they're scared of doing them wrong than because they don't think they should include them," said Roberts, who is also founder and publisher of *Black Heart Magazine*, an online source for smut.

"It's like being seduced by a new lover every time you read a good story."

—Laura Roberts,
Hour's Vixen

"And there are tons of ways to screw up sex scenes, so it's intimidating."

The workshop, titled "Saucy Smut: An Introduction to Erotic Writing," offers ways to avoid the pitfalls of bad eroticism.

"Most people come at them from either a kind of Harlequin romance or a porn video angle," explained Roberts. "They don't think there are many options. There

are actually lots and that's what I plan to teach."

"Saucy Smut" benefits not only the serious writer of erotica, but any fiction writer who is trying to write a sexy scene into their novel.

A bad sex scene can ruin an otherwise perfectly good book and no author is immune. A list of famed authors who have been pilloried for horrible sex scenes includes Canada's own Michael Ignatieff (in *Asya*) and Tom Wolfe (in *I Am Charlotte Simmons*).

Wolfe won The Literary Review's Bad Sex award in 2004 for his efforts and did not accept the honour graciously, which touched off a minor scandal in the literary world. Roberts not only wishes to help writers avoid a similar fate, but said she thinks the genre of erotic writing can be raised to a new level of quality.

"I think [the Bad Sex awards] are interesting and sort of funny, but I also wish there were an accompanying 'Good Sex award,'" said Roberts. "That, to me, is more of a challenge than writing bad sex scenes."

In her opinion, Montreal needs to be doing more to encourage erotic writing.

"I find it kind of disappointing that in a city like Montreal, which comes off as so

sexually liberated, there's no sex writing community," she said. Roberts pointed to writers such as Susie Bright, Violet Blue and Audacia Ray as authors who have raised the profile of erotica and wants to see Montrealers get the same exposure.

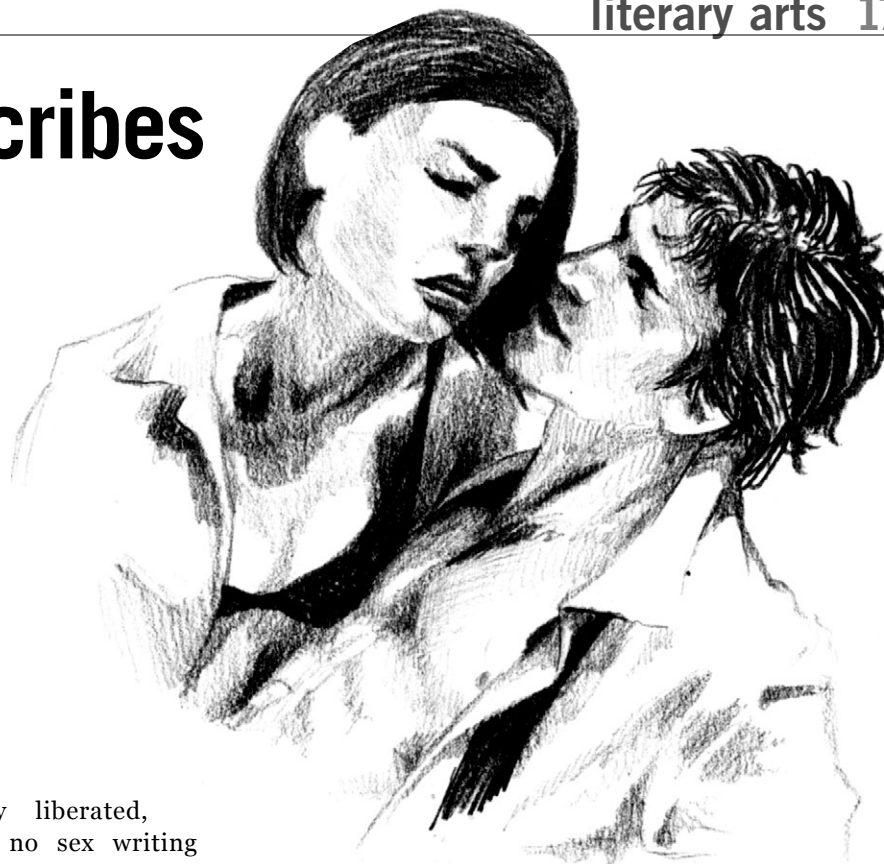
"It would be awesome to read a Canadian anthology of sex writing, the way Cleis Press publishes yearly anthologies of *Best Sex Writing*," said Roberts. Cleis is a queer publishing house and their *Best Sex Writing* issue includes such categories as Best Gay Sex, Best Lesbian Romance and Best Women's Erotica.

Roberts wants to teach workshop participants that good sex writing extends

beyond dirty language, emphasizing that character and plot development are the key to writing any good story.

"It's like being seduced by a new lover every time you read a good story," said Roberts. "Even if you know the endpoint is going to be sex, it's exciting to get there in a different way."

"Saucy Smut: An Introduction to Erotic Writing" will be taught at Joy Toyz (4200 St-Laurent Blvd.) on Oct. 9 at 6:30 p.m. Price is \$35, \$30 for students.



GRAPHIC STEPHANIE VRIEND

Keep the lights on

Goldbach's *Selected Blackouts* hits the right switch

• MELISSA BULL

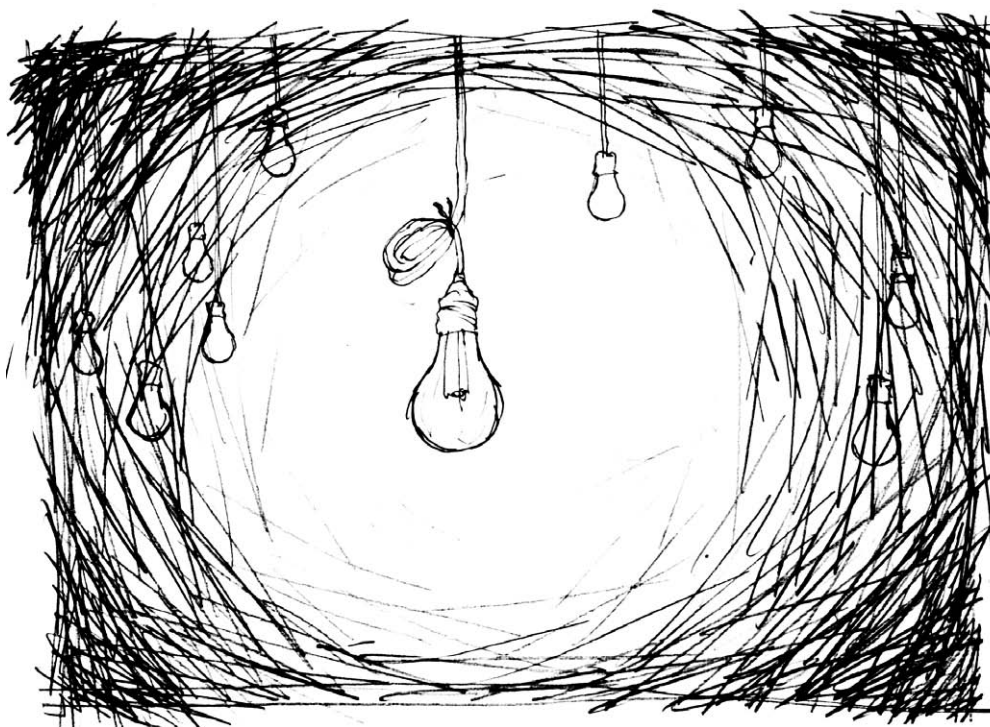
John Goldbach's *Selected Blackouts* is a collection of short fiction written with a '50s beat and a spare, ironic tone that's heavy on dialogue and right on the money almost every time.

With themes that blink from both self-inflicted and unintentional passouts to bad dreams and power failures, the off-on quality of the protagonists' revelations mirror their lapsing engagement with one another.

Goldbach's language is full of sound awareness, making the work rhythmic without it seeming sing-song contrived. Like the book's first story, "Odin Létourneau and Debbie Siskind's Second Date," there are sentences that roll off the tongue as you read; you want to say them aloud a couple of times at least.

"Odin" starts the book off Canadiana fable-style. It's a pastoral, both horrible and hilarious: the tale of an Ontario turkey pecking at young Odin's pecker. Despite the burlesque farm set-up, the humour is understated here, as well as throughout *Blackouts*, where narratives veer between absurd and matter-of-fact disappointments. Rarely are the pieces' comedic elements of the out-and-out guffaw variety.

But a story like "Easter Weekend" is thickened by its funny incongruities: "Daniel stood in front of the apartment building waiting for his lift when Jesus



Goldbach has some bright ideas in *Selected Blackouts*. GRAPHIC VIVIEN LEUNG

Christ walked by, dragging a cross. Romans were whipping him and he was bleeding."

Likewise in the same story, Goldbach's plain-spoken attention to detail undercuts any drama with a dry jab: "Paul bought a pack of cigarettes with a government warning on the back of the box of a cigarette pointing downward like a flaccid penis, its

tip flaking ash. Also, he bought a pair of aviator sunglasses."

Despite the barrel of turkey/Jesus/flaccid ash laughs, *Selected Blackouts* hinges on questions of morality, though it's not so much heavy-handed as it is self-indulgent—in a good way.

"How Much Do They Know," a story about Christmas dinner among childhood

friends, is told as an interior catalogue of each character's indiscretions with one another. The generic social incest is recounted with subtle and not-so-subtle vindictiveness. In this, as in other stories, the narrator tallies his generation's rote bacchanalia presenting it without offering a better alternative than exposure: "I cannot wait to let these people know everything about themselves and their lies. It'll be hysterical."

Certain phrases stick in the gullet for their formality and stall suspension of disbelief with their less-than-current shenanigan phrasings. For instance, the book begins "at eight years of age."

This overly self-aware tone is evident also in the suicide notes of "Easter Weekend"; they're very plotted and almost over-rehearsed. This indirect, remote narrative approach is as much off-putting as it is appealing. Goldbach's collection, not unlike Bach's "Goldberg Variations," has got a clockwork feel to it. Just when you think it's too wound up, you realize there's a mechanism to it. Except *Blackouts* is no prince's lullaby; it'll keep you wide awake till the end.



Selected Blackouts
John Goldbach
Insomniac Press
188 pp
\$15.95

Shall I compare thee to a Random Act of Poetry?

Montreal poets plan to pounce on the unsuspecting this week

• CELIA STE CROIX

Picture yourself sitting on a bus or walking down the street when someone suddenly calls for your attention, saying “Shall I compare thee to a summer’s day?” If, after finishing that Shakespearian sonnet, that person gives you a book of poetry and a sticker saying “I have been Poemed,” then you have just experienced a Random Act of Poetry.

Many people will experience just that from Oct. 5 to 11 when 31 writers coast to coast take part in the sixth annual Random Acts of Poetry, a celebration of literature intended to promote adult literacy.

Éliz Robert, an active participant of the Montreal spoken word community and founder of Noches de Poesia, is taking part in Random Acts of Poetry for her third year.

She said that “poeming” people in places like Jean Talon Market or on the street is a lot of fun. Though the reaction she gets is often wariness, she said it cer-



Michael Mirolla: planning to ambush people with poetry. PHOTO NATALIE GITT

tainly sparks curiosity.

“Kids love it,” said Robert.

“They wear their ‘I have been

Poemed’ stickers so proudly.”

Being involved also facilitates

discovery of other participating

poets and writers across the country, said Robert.

It’s the first time for novelist, short story writer, poet and playwright Michael Mirolla. Though he does not know what reactions to expect, he is excited to participate and make connections with people.

“The whole idea is to read to people who have no connection between them and poetry,” he said.

To this end, he has chosen some unusual locations to read at.

“I plan on reading at the McGill Institute for Learning in Retirement, for a sports group who get together to play basketball, volleyball and soccer and I’m reading at a bricklayer’s school.”

Mirolla said he plans to read poems that relate to the listeners in each location: subjects of aging for the elderly, sports stories for the soccer players and tales of labour for the bricklayers. He will also perform randomly in public spaces.

“I will try to get out every day, walk around, but the main ones

are those three.”

This week-long event was the brainchild of poet Wendy Morton and is a project of Victoria, B.C.’s READ Society with the support of the Canada Arts Council.

Morton has a passion for sharing poetry with the public. She specializes in reading and writing poems for in-flight passengers, earning her the title “Poet of the Skies.”

The longevity of—and enthusiasm for—Random Acts of Poetry is a testament that other writers have the same desire to share literature with the masses.

“I think the poet has a lot to say,” said Mirolla. “Going out like this might make someone believe in poetry and what it has to offer.”

To see who is participating in Random Acts of Poetry, visit national-random-acts-of-poetry.blogspot.com or check out the events page Random Acts of Poetry/Randonnées aléatoires de poésie 2009 on Facebook.

Lit Writ

Number Three

• CHRISTOPHER OLSON

“I’d like to call this meeting into order,” said Bobby Delacroix from atop his plush pillow, swinging his father’s hammer like a gavel onto a wooden plank. Several other fourth graders sat on objects of roughly similar size and softness in a semi-circle on the floor of Bobby’s treehouse.

“Now we all know why we’re here, but it might do to repeat it,” continued Bobby. “Joey, would you do the honours?”

“Certainly,” said little Joey Bishop. “We all know what quote-unquote, Number One is...”

A short burst of giggling broke out.

“Hush,” said Bobby.

“Thank you,” continued Joey. “As I was saying, we’re all well acquainted with the big two. The question is, if there were to be a Number Three...,” he paused to take in the feel of the room, “what would it be?”

“Diarrhea,” said Thomas, “because it contains both the properties of One and Two, and as I’m sure you all know by now, one plus two equals three.”

Jeremy shook his head, making a “tsk, tsk” sound.

“Number Two pretty much has diarrhea covered,” said Jeremy. “Number Three should be from a different orifice to warrant a new designation. Otherwise you’re just watering down—if you’ll excuse the pun—the whole

classification system.”

“Puke,” shouted Stuart, as though struck by a sudden burst of inspiration—or indigestion.

“Well, that was what I was getting at,” said Jeremy.

“Both of you are dead wrong,” said Anthony, the pale-faced kid whose parents owned a Ferrari, leading to rumours on the playground that his father was the leader of some sort of criminal enterprise.

“Sure, those things are hilarious, but Numbers One and Two are natural and healthy functions of the human body, whereas diarrhea and puking are unhealthy expulsions. A proper Number Three should be something the body does in its normal state.”

“What does that leave us with, then?” said Joey.

Aaron leaned over into Bobby’s shoulder, using his hand to hide his mouth from lip-readers—of which none were present—as he whispered into his ear.

“First off, that’s disgusting,” said Bobby. “And secondly, there are no women present to confirm that.”

“Scout’s honour,” said Aaron. Indeed, Aaron was wearing his Boy Scout uniform.

“Not that what you’ve just said instills me with any degree of jealousy—far from it—but Number Three should be something neither gender is left out of. Okay, I’m still in shock, Joey will you take over?”

“Guys,” pleaded Joey, “we’ve got to resolve this before Bobby’s mom comes up with the pizza—‘cause I don’t want to get nauseous while I’m eating.”

“I’m beat,” said Anthony.

“I’ve got no clue,” said Jeremy.

Chris, who hadn’t said anything up until now, and who everyone was pretty sure was mute, concurred with a sad little shake of his head.

“What if...” started Stuart, “and this is a bit out there and it is kind of gender specific, but what if Number Three was... birth?”

A roar of laughter proceeded, only interrupted by a pause or two during which large lungfuls of air were swallowed.

“The doctor expects my mom to go Number Three any day now,” joked Thomas.

“My mother went Number Three on Feb. 3, 1999, at approximately 4:15 a.m.,” rified Jeremy.

“Al’s mom once thought she had to go Number Three, but it was just Al,” said Anthony.

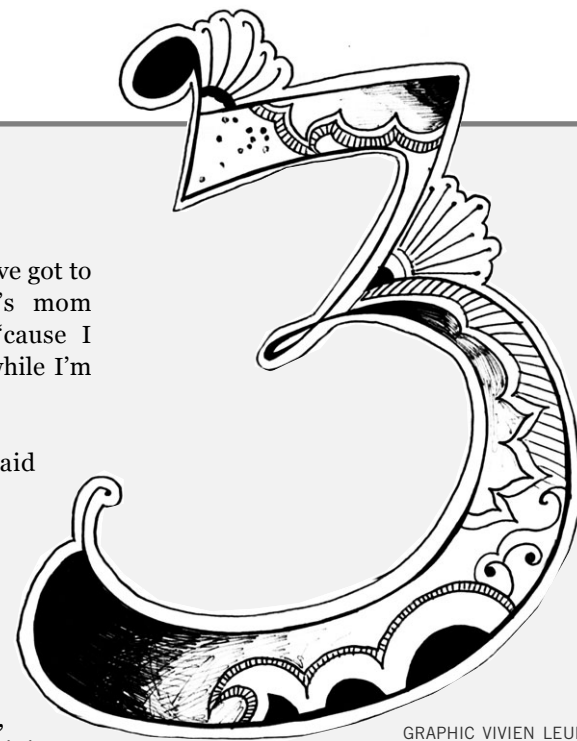
“Stop, stop!” squealed Al.

“Okay,” said Bobby, wiping away tears from his eyes. “Should we call a vote?”

“I second,” said Joey.

“Anyone for Diarrhea?”

“Nay,” roared the room.



GRAPHIC VIVIEN LEUNG

“Puking?”

“Nay,” the room repeated but with more impatience.

“I’ll skip the third one. What about birth?”

The room shook with a thundering “Yea!”

“Then it’s a unanimous vote,” said Bobby. “That’s the first consensus I think we’ve ever reached.”

“Not exactly,” said Joey. “Last week we decided a gorilla would be able to beat a man in a game of tennis.”

“Well, obviously,” said Bobby. “They’ve got that big upper-body strength, which is crucial in tennis.”

To submit your fiction or poetry to the Lit Writ column, e-mail them to lit@thelinknewspaper.ca.

Welcome to the 10th Planet

Brazilian jiu jitsu finds a home in Montreal

• CHRISTOPHER CURTIS

It must be a strange sight from the sidewalks of Wellington Street on Montreal's south side: pairs of grown men, arms and legs interlocked, rolling around on the matted floor, leaving pools of sweat in their wake.

10th Planet Jiu Jitsu doesn't exactly blend into this small corner of the Verdun borough, its stucco walls and bay windows sandwiched between a pawnshop and a dépanneur that advertises Bowes beer.

Inside the storefront fight school, Louis Ho, 10th Planet's owner and head instructor, begins his lesson. A group of about 12 young men pair off and begin drilling submissions.

Today's lesson begins with an arm triangle choke. With their backs to the ground, students link their legs behind an opponent's back to form what is called a guard. Using their guard, the student breaks the opponent's posture.

Slipping their heads under the opponent's arm, looping a hand around their opponent's neck, they squeeze with four limbs to cut the flow of blood to the brain. Before any damage is done, the opponent surrenders by tapping their hand or verbally submitting.

"What's great about jiu jitsu is that you have to tap out when you lose," explained Ho. "For people with a big ego, it's very hard to admit defeat. So they just stop coming. It's like a built-in filter for douchebags."

Ho, a 39-year-old Concordia alumnus, began learning Brazilian jiu jitsu after watching Royce Gracie win the first Ultimate Fighting Championship almost 16 years ago.

"Royce was this little, unimposing Brazilian guy, taking guys twice his size to the ground and forcing them to quit," said Ho. "I wanted to learn how to do that, but there were no Brazilian jiu jitsu schools in Montreal at the time. So I would drive out to New York and attend seminars hosted by

Royce Gracie. When Royce's brother Renzo opened a school in Manhattan, I often made the trip down to learn with him."

With Montreal's jiu jitsu scene still in its infancy, Ho scrounged through the city's karate dojos and martial arts schools to find grappling partners. His fight quest led him to the Tristar gym, a jiu jitsu and mixed martial arts school off the Décarie expressway. Although he never became a fixture at Tristar, the gym gave Ho a chance to refine his submission skills on the same mats as well-known fighters Georges St-Pierre and David Loiseau.

After years spent learning as a vagabond, Ho settled down and founded a Brazilian jiu jitsu school with his brother. Eventually their partnership dissolved and he found himself at a crossroads.

"For people with a big ego, it's very hard to admit defeat. So they just stop coming [to the gym]. It's like a built-in filter for douchebags."

"I didn't know whether I should keep with the sport or not. And then one day I checked out this 10th Planet stuff and got the grappling bug again," said Ho.

Created by Californian grappler Eddie Bravo in 2003, the 10th Planet Jiu Jitsu style focuses on evolving the martial art into a more pragmatic one. There are now 10th Planet gyms all over the world teaching the style. Ho began training with one of Bravo's top students in upstate New York and was eventually allowed to open his own affiliate school in Montreal.

The lesson concludes and students begin sparring. Sparring attire is casual, shorts and T-shirts mostly. No kimonos, robes or gis.

"People don't usually wear bathrobes in a fight or a mixed martial arts competition," said Mark Lefneski, a 10th Planet student and coach for Quebec's under-18 men's water polo team. "The reason we train without one is to make things as realistic as possible. If we depended on the gi, we'd be pretty useless without it."

The school's level of talent varies. There are beginners and natural submission artists, teenagers weighing a shade over a hundred pounds and men well into the two hundreds. But as an unwritten rule, everyone spars with everyone, and this includes sparring with the teacher.

—Louis Ho,
owner and head instructor
at 10th Planet Jiu Jitsu

"You have no choice but to get better," said 23-year-old Sean Murphy. "You roll with guys far above your skill level. I was at a much bigger fight school and they kind of just threw all the beginners into a corner. Here, you're always being challenged."

Some matches end quickly with a sneaky guillotine choke or a surprise arm bar. Some end after a half-hour of chess-like positioning. In these 30-minute wars, it isn't uncommon to see the fight ended by an exotic-sounding submission, like the gogoplata or Peruvian necktie.



Head instructor Louis Ho shows off his jiu jitsu grip on fellow grappler Rudra Dey. PHOTO CHRISTOPHER CURTIS

During this particular sparring session, students have taken breaks to watch two of their peers go at it. Sean Murphy and Rudra Dey have reached a stalemate. For nearly 40 minutes, they exchanged and escaped each other's submission attempts. Some students shout encouragement and specific bits of advice, others offer less serious suggestions like "poke him in the eye," "fish hook 'em" or "fart in his mouth."

"[They're all] good people here," said Lefneski. "We like to keep things light. It sort of counterbalances the intensity of it all."

Yes, things get intense. Friends choke each other until their knees buckle, they crank arms to within moments of a fracture, but there is a kind of kinship that comes with such intensity. Two men who were trying to force each other into submission just a few minutes ago now compare plot points from '90s sitcoms.

For Ho's students, improvement comes from the humility of defeat. Anyone sticking around long enough to improve develops a sense of humour about performing martial arts.

It's now 10 p.m. and the Murphy/Dey roll has run its course. With no end in sight, both decide to call it a night and head back home to reality. Tomorrow morning, Murphy will return to his job as a manager at a video game testing company while Dey will continue to look for work as a mechanical engineer. And by the looks of things, both will eagerly await a more conclusive rematch.

To find out more about 10th Planet Jiu Jitsu, visit their website: 10thplanetjiujitsumtl.com



This Stinger defies gravity as he fires it towards the net. PHOTO PETER HAEGHEART

Tied up and grateful

• JOEL BALSAM

Concordia 2 UQAM 2

It was a tale of two halves Sunday as the men's soccer team managed to pull out a 2-2 tie against the UQAM Citadins with a late comeback in front of the home crowd.

The Stingers found themselves behind early in the match after a spectacular header from UQAM's Paul Bardoux put the Citadins up 1-0. The Citadins scored again on a free kick by Bonheur Aubey and the Stingers went into half-time trailing 2-0.

To shake things up, Stingers head coach Lloyd Barker pulled goalie Khalid Ismail in favour of Nicholas Giannone, despite the fact that Ismail was faultless for either of the goals.

In the second half, Concordia's Michael Al Tork capitalized on a UQAM mistake to give the Stingers their first goal of the game. Al Tork's efforts continued as he whizzed a pass across the box to a sprinting Bryan Bourbonnais, who deflected it past the goalkeep-

er to tie the game.

In the last 10 minutes of the game UQAM had Concordia on their heels.

"They played really strong at the end," said Al Tork. "They kept trying to force it and we kept pushing them back."

A harsh slide tackle by Stinger Nicolas Kirschbaum caused the referee to give two red cards: the first to Kirschbaum and the second to the UQAM player who retaliated.

"They seem to have woken up in the last 10 minutes," said Stingers rookie defenceman David Cerasuolo. "At those points in the game, the last 10 minutes, when your legs really burn, you have to make sure you stay mentally sharp and do what the coach told you beforehand."

After the final whistle, the Citadins stood in disbelief at the Stingers' ability to stave off their final push and preserve the tie.

The Concordia men's soccer team, now with two points on the season, has a chance to cool off before they play again. They face UdeM on Oct. 16 at 8:30 pm on home turf.

Stingers take down Citadins



Both teams scramble after the ball following a corner kick. PHOTO PETER HAEGHEART

• JOEL BALSAM

Concordia 2 UQAM 1

A completely revamped Concordia women's soccer team stepped onto the field this past Sunday, tallying their second win of the season and their first at home against the UQAM Citadins in a 2-1 victory.

Head coach Jorge Sanchez discussed his team's ability to score goals and win games after his team had left the pitch.

"Winning is a skill set like kicking a ball; you have to know how to win," he said.

UQAM got on the scoreboard first early in the second half, but was soon countered by a pressing Concordia squad with a goal by Izza Ourzik. The forward potted a rebound into an open net after Concordia's feisty midfielder Monica White was stopped on a breakaway. White, standing at only 5'1", knows that she has to make up for her lack of height with physical play.

"I sometimes play like I'm six feet tall, and I'm not, but that's something you gotta do," said White.

When asked about her fellow teammates' solid play, White said she was proud of the Stingers' recent accom-

plishments.

"We started the season without any goals and now we managed to pull out two wins with two goals in each game," she said.

Concordia's second goal came from a well-timed tip by the rising star Sarah Burge.

"Her goal today is a classic finisher. It's not anybody that's in that position that can score," said Sanchez of Burge's game-winning goal.

Savvy veteran Fanny Berthiaume, who probably had her easiest game of the year Sunday, was all smiles as she spoke of the future of this season.

"If we keep on this great streak, anything is possible," she beamed.

The Stingers are in for some difficult match-ups as they face powerhouses UdeM and Sherbrooke at the end of next week, but Sanchez remains unphased by the daunting line-up.

"We're not the team that lost to them in the first weekend of the season," he said.

The Stingers look to keep their winning streak alive as they face the University of Montreal Carabins in a home game on Oct. 16 at 6:30 p.m.

McGill kills

Concordia men's rugby loses their first of the year

• CHRISTOPHER CURTIS

The Percival Molson Stadium Sunday Oct. 4, 2009

For a moment, it looks as though we have a game on our hands. Down 3-0, with the Redmen just a few yards outside their try zone, the Concordia Stingers defend brilliantly.

Concordia's David Biddle makes the first save. As a Redmen ballcarrier charges for the try, Biddle drops his centre of gravity and knocks the attacker back. The play moves laterally and two more Stingers halt the offensive.

Concordia carries this momentum past the try line and ties the game with a drop goal. A loyal contingent from the Stingers women's rugby team eggs their peers on.

A Concordia penalty costs the Stingers a try as McGill's Max Gregory takes a throw in and runs five yards for the try.

The game is starting to feel like a bad hangover as the score moves to 10-3 Redmen.

McGill scores another try and this time, back Mike Davis takes a pass from a fellow back to complete a 70-yard run for a try. The gap widens, 15-3 Redmen.

The women's rugby team turns their attention towards a McGill forward: "Sixteen, your shorts aren't tight enough!"

Yes, his shorts are tight. I can't look away. The score moves to 22-

3 Redmen. Halftime comes as a relief.

Second half

The Stingers are mentally broken. They miss tackles and are caught out of position consistently. A bear-sized Redman picks up a loose ball and scores on a 15-yard run. 29-3 Redmen.

McGill takes possession of the ball and sweeps across the field with nearly a dozen passes. Kyle Buckley finishes the play. The lead extends to 36-3.

Concordia fights back. They make it to the five and are awarded a penalty try. For once the other side of the scoreboard shows movement: 36-10 Redmen.

Biddle dives into a ruck and seems to injure his nose and possibly his eye. It looks painful. Adding insult to injury, the Stingers deficit mounts to 33 points.

The Redmen scrum like Greek hoplites; nothing can break their phalanx. They push us back and jack their lead to 50-10.

In the final moments of the game, a Con U pass is intercepted and returned for a try, as our dying efforts are used against us. The scoreboard reads 57-10 and the battered players leave the field. The Stingers have lost their first league game this year.

The men's rugby team will square off against McGill again on Oct. 18 across town.

Bringing it home for Kelly-Anne

Stingers finally defeat McGill at the Drummond Cup after four years of trying

• DAVID KAUFFMAN

**Concordia 24
McGill 7**

After four years of failure, the Concordia Stingers finally brought home the Kelly-Anne Drummond Cup in a hard-fought 24-7 victory over the McGill Martlets.

The game started off with a moment of silence to commemorate Kelly-Anne Drummond, the former rugby Stinger who was stabbed to death by her boyfriend on Oct. 4, 2004. Women Aware, a non-profit organization that helps survivors of conjugal violence, collected donations throughout the game, ultimately raising \$1,200.

The Stingers got off to a great start as flanker Courtney Keeble ploughed her way through a crowd of opposing players 10 minutes into the game, putting the team on the board. Moments later, Stingers centre Jackie Tittley picked up a loose ball and ran half the length of the field to add another try, giving Con U a commanding 14-0 lead.

The Martlets found gaps in the Stingers defence in the first half and nearly made it to the try line, but were stopped in their tracks by Concordia. The team would use that momentum as Stingers flanker Lea Leahy added a third try for her team early into the second half.

The opposition finally started taking advantage of the Stingers' errors by camping out in scoring territory

for a good part of the half, threatening to break the Stingers shutout. Midway through the half, when the Martlets' back Colleen Marcotte found her way to the try line, McGill ended the Stingers' shutout bid—14-7 McGill.

The Stingers used McGill's success in the second half as motivation to start pressuring the opposing team. They would add another drop goal to secure their first cup in its four-year existence. The final score was 24-7.

Although the scoreboard indicated a landslide, it wasn't a game the Stingers were particularly proud of.

"I would like to hope [that the team has corrected the issues it had in the previous game against Laval]," said head coach Graeme McGravie, "but I'm not convinced by the display I saw tonight."

Stingers centre Kim Whitty agreed with the coach.

"I think we could have played a lot better," she said of her team's performace. "I think we played a better game against Laval last week."

They were nonetheless excited to finally bring the Cup home.

"To take it away from McGill, and to finally bring it home for Kelly-Anne so her mom doesn't have to give [the Cup] away, feels awesome," said Whitty.

"I'm glad for [Kelly-Anne's mother] Doreen that she got to give it to us," said Tittley.

In the bag

Concordia golf gets it on the green

• ELLA REBALSKI

This year, they got their own bags. Next year, they're hoping to field a women's team.

Concordia's fledgling golf team, now in its second year, came in sixth overall for men at the Quebec Championships in Deux-Montagnes last weekend.

The team got its start last year when coach David Nagels was hired by the Stingers athletic department. Before that, a few individual players represented Concordia in tournament play, but there was no real organization.

The golf team may be small and new, but Nagels has created a loose five-year development plan for the team. He was very pleased with their recent success. Three returning

players caddied up and five new recruits have joined this season, making for a more competitive and culturally diverse dynamic. His players come from as far afield as Egypt and include one female member, Shannon Ozbalt.

Nagels said his recruiting efforts have been paying off and he's happy to welcome Ozbalt to the team.

"We've really been trying to get more girls to come out," he said.

Nagels hopes this year's increased ranks will draw enough attention to the team to attract at least the minimum three players he'll need to field a female team for 2010.

Ozbalt, the lone female on the squad, was golfing in Kahnawake when she met a Concordia team member who recruited her

to play in the season's second tournament.

Led by returning player and team leader Jeff Barkun, Concordia is currently sixth in the Quebec university league.

Coach Nagels also has a connection at the Tiger Woods First Tee System in NDG, allowing his players to practise driving and putting on a virtual course.

Although the long winters mean less practise time on the range, Nagels is proud of his team's hasty shape-up.

"I'm really happy with their performance so far this year," said Nagels. "It seems that the training during the winter and the new recruits have made for a really solid team."

So what comes at the end of the five-year plan?

Nagels admits it would ideally be nice to

Basketball begins anew

A look at the post-Buckley era

• STEVEN MYERS

Over the last five years, the names Damian and Dwayne Buckley have become synonymous with Concordia basketball.

A look at last year's statistical leaders board leaves one wondering if anyone can replace a point guard—Damian Buckley—who averaged 19 points, five rebounds, five assists and nearly three and a half steals per game? Or a small forward—Dwayne Buckley—who averaged 12 points and five rebounds per game?

"We're going to miss the Buckleys, there's no question about that," said Stingers head coach John Dore. "But that's university basketball. It's time to move on."

Concordia began the post-Buckley era with three exhibition games this past weekend in Kingston, Ontario. The Stingers lost the first two games, but rebounded Saturday night defeating Royal Military College 70-61.

"To win or lose" is not the question driving coach Dore. Rather, this is the time to let the team unfold before his eyes.

"We're probably more athletic than the last few years," Dore said. "We have better size. But we need time to develop an identity."

The long-time head coach is in search of chemistry on his team which, he said, should help the pieces fall into place.

The Stingers are currently carrying 19 players with a league limit of 12, leaving important decisions to be made in the coming days.

Unlike the Canadiens, the Stingers have already chosen team captains for the season. Second-year forward Evens LaRoche and Pierre Thompson will lead



Coach Dore hopes that Dwayne Buckley isn't irreplaceable. PHOTO JONATHAN DEMPSEY

Concordia into regular season play that, according to coach Dore, "will hopefully result in a championship."

"We need to protect the ball better," Dore admitted. "We made some poor decisions this past weekend. We missed some defensive assignments. These are things that need to be corrected. But we are a young team and we are growing."

The Stingers kick off their season with the Concordia Nike Tournament. Games begin Oct. 9 at 6 p.m. Concordia students can get in for \$3. Other students pay \$5.

| | | | | | |
|---|--|--------------------------------------|---|--|----------------------|
| Current Standings in Quebec University Golf: | Shannon Ozbalt 26th Michael Meredith 17th | Jeff Barkun 23rd Shawn Perno 29th | Soliman El Assir 41st Travis Lord 48th | Tomas Blondin 55th Jared Laberge 66th | Team result: Men 6th |
|---|--|--------------------------------------|---|--|----------------------|

Victory at last



(Left) We're coming for you Vert et Or. Nicholas Arsenault-Hum and Nathan Taylor chase down an unlucky Sherbrooke player. (Right) Vert et Or's Jonathan Massé-Simard was taken off the field after colliding with the Stingers' Rene Paredes. One of Massé-Simard's vertebrae has been fractured and his football career is over. PHOTO ESTHER BERNARD

Stingers defeat Vert et Or in Shrine Bowl showdown

242

Liam Mahoney's receiving yards for the game

13

number of receptions Liam Mahoney made

12.25

Average points the Stingers scored in the first four games

350

number of yards Rob Mackay passed for on Saturday

12

number of points the Stingers won by

23

number of passes Mackay completed

279

number of yards Sherbrooke's Pascal Fils ran last time the Stingers played the Vert et Or

• LES HONYWILL

Concordia 34 Sherbrooke 22

The Concordia Stingers football team came through with its first win last Saturday, led by slotback Liam Mahoney to a 34-22 win over the Sherbrooke Vert et Or in the 23rd annual Shrine Bowl.

Mahoney had the second best receiving day in the history of the Quebec University Football League with 242 receiving yards. His 13 receptions and two touchdowns helped the Stingers prevail in a crucial game.

"That's what [Mahoney] does. I'm surprised he hasn't been doing that all year," said Stingers linebacker Cory Greenwood. "We just need to get him the ball as much as possible and we'll average more than the 12.25 points [a game] we were averaging before."

The Concordia defence stood strong against the nation's top rusher, Sherbrooke's Pascal Fils, limiting the running back to a modest 131 yards—a fraction of the 279 yards Fils ran when the teams last met on Sept. 19.

"I love playing against [Fils]," said Greenwood, who recorded nine tackles. "He's a big contributor to their offence and if we can limit him to [having] an average day, they're not going to throw [the pressure] on us too much because we've got a skilled secondary."

"[Fils] is definitely the best running back in the country," Mahoney echoed. "In the last

game we played at Sherbrooke, he tore us up and it was really important that we stop him because they're a one-dimensional offence. So stopping him, or at least keeping him under 200 [yards], that's huge. You've got to stop their best player and our defence did that."

The Stingers jumped out to a hot start, scoring two touchdowns and a field goal on their first three possessions. Mahoney caught a 10-yard throw from Stingers quarterback Rob Mackay to open the scoring. Two drives later, Mackay floated an arching pass into the outstretched arms of CFL prospect Cory Watson to make the score 17-

"This game, and the next three games, are basically the playoffs. We have to win them all."

—Liam Mahoney,
Stingers football slotback

10 by the end of the quarter.

In the second quarter, before the Vert et Or could answer back, Stingers defensive end Devon Mitchell sacked Sherbrooke quarterback J.P. Shoiry, forcing a fumble. The ball was recovered by Stingers defensive end J.P. Binette.

Concordia immediately took advantage as Mackay threw his third touchdown pass, finding Mahoney open at the Concordia 28-yard line. Mahoney ran untouched for 82 yards to paydirt making the score 24-0 for the Stingers.

"It was such a strange play," Mahoney recounted. "When I ran

the route, no one covered me. As soon as I caught it, I saw that Dan [Rodriguez] had an angle to make a block. Once you see green like that, it's unbeatable. It's the best feeling as a football player."

The feelings of elation would soon pass for the Stingers as Fils started displaying the talent that makes him the nation's best back. Fils pounded an eight-yard run into the heart of the Stingers' defence to cap off a 55-yard Vert et Or drive, bringing Sherbrooke within 17.

The Vert et Or struck again as quarterback Shoiry got the ball to wide open receiver Alex Poirier off

utes later, a stout Vert et Or defence forced Concordia to concede back-to-back safeties to avoid giving up prime field position, making the score 27-22.

In the fourth quarter, Stingers running back Cedric Ferdinand came to his team's aid by capping off an 81-yard Concordia drive with a four-yard run into the end zone.

"It felt good," Ferdinand said. "With that touchdown we felt like we finally got some distance and we slammed the door shut on them."

The 12-point margin of victory was crucial for the Stingers; the Vert et Or beat Concordia by 10 in their first meeting and the Stingers needed to win by at least 11 to win the tiebreaker over Sherbrooke should both teams finish the regular season with 4-4 records.

The Stingers' record is now 1-4 and, with three games remaining, Mackay said he believes the team has what it takes to finish at .500.

"I feel pretty good about it," said Mackay, who completed 23 of 34 passes for 350 yards. "If we keep playing this way, and get a couple guys back from injury, we can definitely go 4-4."

"This win was huge," Mahoney said. "This game, and the next three games, are basically the playoffs. We have to win them all."

The Stingers have two weeks to rest and re-evaluate the successes of this week before facing the Acadia Axemen on Oct. 17 in Wolfville, Nova Scotia.

Stingers inch closer to the title

Baseball team needs one more win to claim the crown

• STEVEN MYERS

Concordia 13 McGill 4

The long-anticipated debut of Concordia’s six-foot-five, 240-pound monster of the mound, Julian Tucker, was well worth the wait.

The Stinger ace completely over-matched the McGill Redbirds last Thursday, striking out 12 Redbirds en route to a 13-4 victory despite the near-freezing temperatures at Trudeau Park in Côte St. Luc.

The win improved Concordia’s record to 12-3 and sets the stage for a potential celebration when the Stingers face John Abbott on Oct. 6. If the Stingers defeat visiting John Abbott, they will clinch first place in the Canadian Intercollegiate Baseball Association’s northern division and be guaranteed home field advantage throughout the playoffs.

If Concordia loses to the Abbott Islanders, the Stingers will be tied for first place with the Ottawa Gee Gees; the sluggers from Ottawa won their

final two games. In such a scenario, the Gee Gees would be awarded the regular season crown for scoring more runs in head-to-head competition against the Stingers.

“We want to do this right,” said manager Howard Schwartz. “We have one of the best records in the country. We want to play at home in the playoffs.”

Schwartz’s players show no signs of letting up.

Despite Tucker’s incredible performance last week, he sees room for improvement.

“I’ve pitched much better before,” he said while sipping from a water fountain between innings. “But, anyway, it worked out well tonight.”

While Tucker was busy recording strike outs, the McGill staff struggled to find the plate. Six Stingers reached base after being hit by pitches. Another 13 players earned a free pass after getting walked. In five separate innings, Concordia loaded the bases, but McGill starter David Haberman managed to struggle out of jams with a little help from his defence.

A bizarre double play dashed the Stingers’ hopes at a grand slam in the third. With the bases loaded, Kevin Shelton hit a soft pop fly towards second base. Despite the umpire’s scream of “Infield fly rule, the batter is out!”, the second baseman bobbled the ball and then threw home where the catcher applied the tag on Ahmed Bamba.

When Concordia loaded the bases again the following inning, Emilio Pampena lined a single, driving in two runs and extending the lead to 5-1.

Then, in the sixth inning, similarly to last week, McGill pitchers completely lost control. Four walks and two hit batsmen gave the Stingers seven runs. There were no hits in the inning.

When Jason Katz took over pitching duties to begin the seventh, Schwartz reminded his defence to be alert.

“It’s not Tucker out there,” he advised.

Katz, who previously starred at McGill, followed right in Tucker’s footsteps, striking out two batters of his own to finish off the Redbirds and the game.



The Stingers could lock first place if they win against John Abbott on Oct. 6. PHOTO ELSA JABRE

‘Giving it your all’

Concordia’s cross country runners build with steady pace

• ELLA REBALSKI

Despite the recent cold and rainy transition towards winter, many of Concordia’s 17 cross country runners ran their best races of the season this past Saturday, showing that the school’s young team is continuing to develop at a steady pace.

Over the 4.4-kilometre course, Kelly Hewitt, Sherisse McLaughlin and Elizabeth Mokrusa placed 24th, 25th and 27th, respectively.

Coach John Lofranco noted that this race marked a great improvement for the women, who kept a pace of four minutes per kilometre.

There was a great surge of success on the men’s side as well. Jean-Marc Laforest placed 32nd with a time of 24 minutes 19 seconds and managed to pass 17 people.

According to Lofranco, Laforest ran what was probably his most strategic race yet.

“He had a little more patience and I think that worked well for him,” said Lofranco.

Laforest was able to start off with a slow momentum, gaining speed with each 2.2-kilometre lap of the 6.6-kilometre course. Laforest’s strategy built up his game as he passed his competitors.

Other teammates used less refined strategies.

Colin Riendeau, who placed 43rd with a time of 26 minutes 30 seconds, ran so hard at the end of

his race that he passed a Sherbrooke runner before the tape, but he also vomited after crossing the finish line.

In the words of teammate Jennie Mae Roy, “That’s what you call giving it your all!”

Concordia is gearing up for a race in Quebec City next weekend. Although most competing schools did not bring full teams to the Sherbrooke race, the competition in the province’s capital is expected to be fierce.

Women: 4.4k

- Kelly Hewitt (24th place): 17:35.09
- Sherisse McLaughlin (25th): 17:35.87
- Elizabeth Mokrusa (27th): 17:40.31
- Gillian Robinson (38th): 19:56.77
- Anna Labarias (39th): 19:57.08
- Laura Newman (40th): 20:33.32
- Samantha Govindarasan (41st): 24:07.08
- Noor Al-Ghafari (42nd): 25:11.66
- Laura Caspin (43rd): 25:16.17
- Alex Harocopos (44th): 30:37.99

Men: 6.6k

- Jean-Marc Laforest (32nd): 24:19.62
- Vincent Morasse (40th): 25:48.50
- Clifford Reid (41st): 25:53.16
- Colin Riendeau (43rd): 26:30.38
- Wes Nawfal (46th): 27:57.64
- Joe Walsh (49th): 29:20.87
- Phil Sejean (50th): 31:47.72

scoreboard

| | Home | | Away | | Record |
|------------------|--------------|----|----------------|--|--------|
| Men’s Soccer | Concordia 2 | vs | UQAM 2 | | 0-5-2 |
| | Concordia 0 | vs | UQAM 1 | | |
| Men’s Rugby | Concordia 10 | vs | McGill 57 | | 3-1-0 |
| Men’s Basketball | Concordia 57 | vs | Queen’s 73 | | 0-0-0 |
| | Concordia 62 | vs | St. Laurent 81 | | |
| | Concordia 70 | vs | RMC 61 | | |
| Women’s Soccer | Concordia 2 | vs | UQAM 0 | | 2-6-0 |
| | Concordia 2 | vs | UQAM 1 | | |
| Men’s Hockey | Concordia 0 | vs | UQTR 11 | | 0-0-0 |
| Women’s Rugby | Concordia 24 | vs | McGill 7 | | 4-1-1 |
| | Concordia 18 | vs | Ottawa 0 | | |
| Baseball | Concordia 13 | vs | McGill 4 | | 11-3-0 |
| Football | Concordia 34 | vs | Sherbrooke 22 | | 1-4-0 |

schedule

| | Who | When |
|--------------------|------------------------------------|--|
| Women’s Rugby | @ McGill vs Laval | Thursday, 8 p.m. Friday, 6:30 p.m. |
| Cross country | @ Quebec City | Saturday |
| Women’s Hockey | @ McGill | Friday, 7 p.m. |
| Men’s Hockey | vs. Ryerson vs. Nipissing | Friday, 7:30 p.m. Saturday, 2 p.m. |
| Men’s Basketball | Nike Basketball Tournament | Friday, Saturday, Sunday |
| Women’s Basketball | vs. Ottawa | Friday, 3 p.m. |
| Baseball | Semi-finals TBD Semi-finals TBD | Saturday, 12 & 3 p.m. Sunday, 12 p.m. |



Women's rugby went head to head with the Ottawa Gee Gees Friday. PHOTO LAURENT HAN

Concordia continues to steamroll ahead

Women's rugby crushes Ottawa

• CHRISTOPHER CURTIS

Concordia 18 Ottawa 0

The Concordia Stingers posted their third shutout of the season in a dominating 18-0 win over the visiting University of Ottawa Gee Gees last Friday.

While their performance lacked the visual flair of a sweeping back-based attack, the Stingers were able to retain possession of the ball and wear their opponents down with a disciplined series of rucks and scrums.

"They forced us to think defensively," said Gee Gees head coach Suzanne Chaulk. "And once that happened we never recovered."

The game's first half was riddled with penalties and infractions. Whenever Concordia gained momentum, they were stifled by some new whistle. When the Stingers did stay out of penalty trouble the Gee Gees held steady at their 20-yard line.

With eight and a half minutes remaining, the Stingers were awarded a free kick at U of Ottawa's 25-yard line. Concordia's Jackie Tittley kicked a drop goal to put her team up 3-0.

Early in the second half, Concordia's physical play began paying dividends. After taking a pass from Stingers forward Hughanna Gaw, Erika Hamilton set up a ruck at the Ottawa 17-yard line. For a few minutes the Stingers won scrum after scrum until a platoon of Concordians led forward Vanessa Grillo into the try zone, result-

ing in a score of 8-0 Stingers.

Several minutes later, a Gee Gee's high tackle set up a free kick at the Ottawa 42-yard line. With a light wind at her back, Tittley kicked the unlikely drop goal to the amazement of both fans and players alike.

"I didn't want to know how far I was. If I knew I was kicking from 40 I would have psyched myself out," said Tittley. The spread lengthened to 11-0 Stingers.

As the game progressed, Ottawa seemed increasingly uncomfortable with the Stingers' aggressive play. Balls were mishandled and turned over, kicks were rushed and the Gee Gees reluctantly engaged their adversaries when on offence. The Stingers, on the other hand, kept pushing the pace, opting for rucks and ball possession rather than pass plays.

The Stingers shutout was rarely threatened, although for a moment it looked as though Gee Gees back Dana MacDonald had found an opening in Concordia's defence. MacDonald took a pass from her teammate at the Concordia 40 and rushed north towards Sherbrooke Street. As she turned the corner to head towards the try zone, there was only one defender left to beat. But in typical Stingers fashion, the defence swarmed MacDonald, regained possession of the ball and gradually worked their way into Ottawa territory.

With only two minutes to play, the Stingers pushed their rivals to the five and set up a final score as Hughanna Gaw marched into the try zone. 18-0 Stingers.

THE LiNK

2009-2010 General by-elections

General by-elections

Oct. 9, 2009

4 p.m. H-649

Snacks will be served!

The following people have contributed to at least four issues this semester and are eligible to vote and run for a masthead position:

Jacques Balayla, Laura Beeston, Mathieu Biard, Matthew Brett, Sebastien Cadieux, Madeline Coleman, ginger coons, Christopher Curtis, Ion Etexbarria, Elisabeth Faure, Terrine Friday, Justin Giovannetti, R. Brian Hastie, Les Honywill, Elsa Jabre, Tristan LaPointe, Vivien Leung, Tom Llewellyn, Alex Manley, Steven Masuch, Steven Myers, Christopher Olson, Diego Pelaez Gaetz, Clare Raspopow, Shawna Satz, Jessica Vriend, Evan LePage

The candidates for the open positions are:

Copy editor: Tom Llewellyn

Sports editor: Christopher Curtis, Les Honywill

Webmaster: Tristan LaPointe, Tom Llewellyn

Student Press Liaison: Jessica Vriend

For more information email:

editor@thelinknewspaper.ca

or call 514-848-2424 ext.7407

There's no Y in XX

Debating the use of 'womyn' in Concordia classrooms

• TERRINE FRIDAY

It has become incumbent upon me to tell you, dear comrades of the Concordia community, that we might be entering into a new wave in the gender battle where “feminism” no longer means equal rights for all people, critical approaches to theory that literally forgot women and the rejection of the male-female binary concept. Now, perhaps, it's taking on a new dimension at the expense of clarity and preserving the English language.

As you may know by now, the term “womyn” has recently been adopted by radical groups in the hopes of eventually replacing the words “woman” or “women,” opting for a word free of the reminder of male oppression.

What you probably don't know is this move has reared its head at Concordia University. An English lecturer is requiring her class to use the term “womyn” and will deduct marks from anyone using the spellings “woman” or “women” in all instances.

This lecturer is also requiring his class to avoid using any gender-specific terms during composition, demanding instead “he” and “she” be continually rotated when the sex of a person is not given.

But madam, the class said, could you not at least permit a period of adjustment? After all, we are conditioned to think, speak, read and



Why should students be force-fed a misplaced 'y'? GRAPHIC VIVIEN LEUNG

write the way we do based on a brotherhood of dead white men.

Of course not, the lecturer reportedly said, you should adjust to these terms as quickly as possible.

A document was then produced with a subsection equating sexism to gender-biased language (for

example, using “waitress” and “actress” to depict female waiters and actors). The handout then asks students to “correct the use of sexist and gender-biased language” by using irrelevant and demeaning examples to attack this complex issue (“Amy King, an attractive, blonde mother of two, first joined

the company as a saleswoman; 10 years later, she was promoted to president”).

Upon further investigation, it appears as though there is more than one lecturer at Concordia that is pushing for the adoption of these preposterous concepts.

This is questionable considering the Senate, the university's highest-governing academic body, hasn't made any rigid plans to reassess the use (and perhaps misuse) of “woman” in the university's texts, policies, codes and correspondence.

What's unfortunate is this introductory class to English composition will encourage the bastardization of the English language under the false pretexts of equality and gender neutrality. The reality is that we are not gender blind, but rather we should be gender sensitive. We cannot simply rewrite the words of Marx to say “humankind.” The word “man” probably meant exactly that to Marx: bearded, European men. Erasing this clear descriptor is erasing a relevant history, whether or not we agree with it.

While we're at it, why don't we also cast minority groups and marginalized peoples into our books so as to realize the “walk hand-in-hand ‘cross the universe” ideal?

Of course not, because then we would be rewriting crucial narratives, whether they're inclusive or not.

Perhaps the best solution to forge ties across gender barriers is to create a new omni-functional, neutral word that can encompass all people rather than a failed attempt at shunning words that already have meaning.

This argument surely raises the question of whether a new wave of feminism is on the horizon or if this is merely semantics. Although the discussion is warranted from a critical and discursive viewpoint, it's inappropriate, not to mention misinforming, for a beginner-level composition class.

Anaphors and antecedents are employed to clarify meaning and maintain a coherent sentence structure. Overcompensation on the sensitivity front not only muddies information conveyed through text but also brings the undue intermingling of sex and gender to light for the sake of “gender parity,” an issue LGBTQQ activists have been battling with for ages.

So instead of risking the virtues of transparency and accuracy in our storytelling in order to avoid reminders of our patriarchal syntax, and thus undermine the real battles women face every day, I propose we accept our language and lest we forget the history of women.

If we're going to make Annie Jack or Emily Murphy roll in their graves, it had better be for a good reason.

Defending Dane Cook

Why mediocrity never made me laugh so hard

• DIEGO PELAEZ GAETZ

I'm going to share a little secret with all of you: I'm a fan of Dane Cook. Seriously. No lie. Going to see his show in December and everything.

It's a great weight off my chest to finally admit this. I was once like you, you disillusioned, counter-cultural college student. I used to sarcastically deride Mr. Cook's childish antics and boorish anti-comedy. But I have come to see the light.

You see, I've realized that I don't actually like thinking when watching comedy. Honestly. Ignorance truly is bliss, and if you're afraid of gaining any insight into the world around you, the emotive gesticulating coming from the stage at the Bell Centre will be right in your wheelhouse. Who needs salient observations or punchlines? Pretentious people, that's who. Go watch some Bill Maher if you can't handle my main man's righteous pelvic thrusts.

At most comedy shows, I feel like

there's just not enough action. It's always just some guy standing there with a mic. Boring, right? I know exactly how you feel, which is why Cook's hyperactive pacing and hyperventilating keeps me mesmerized for the duration of an anecdote about public urination. He even has the courtesy to let me know when I should laugh—usually a sharp rise in intonation followed by self-aware laughter. What a man of the people.

In fact, I feel like Dane (and yes, I feel a close enough affinity with my hero to call him Dane) doesn't go quite far enough with his comedy revolution. Why not go the whole nine yards and cut out all the dialogue from his act? I've always found it to be an unwelcome distraction between sight gags anyway. He could be like a mentally disabled Charlie Chaplin with worse facial hair.

In the past, I saw a complete lack of talent or originality as a detriment to one's ability to be a comic. I was a damned fool.

This man is a champion of the perseverance of the human spirit. What Mr. Cook is showing us is that anybody—really, ANYBODY—can become a popular stand-up comic, provided you speak loudly enough. Comedians aren't mythical figures, they can just as easily be that obnoxious frat dude with the shitty beard that laughs at all his own jokes. That's comforting, right?

Finally, I will dedicate this last paragraph to those who disagree with me by writing it in the style of a rip-roaring Dane Cook monologue:

You know what I really hate about you people... You know what I really hate... *[Hyperventilating profusely]*... You just can't see TALENT! *[Sprints across stage, pirouettes and karate kicks thin air]* Sometimes, I just feel like crying over all the critics *[Pantomimes crying for 30 seconds]*, but I WILL PERSEVERE! I WILL! *[Unintelligible, guttural cries]*

[Cue uproarious applause]



Don't think Dane Cook is funny? You're wrong. PHOTO ARCH-MAN8



Letters@thelinknewspaper.ca

Maathai not the first

In reading the short article “Tree lady talks” by Christopher Olson (Vol.30, Iss.7, pg.3), I was extremely surprised to see the Concordia Student Union president quoted as saying “Maathai is the first African to speak at Concordia and as an African I am proud.”

A few years ago, it was an extremely huge deal when Paul Rusesabagina, the man who the movie *Hotel Rwanda* was based on, spoke at Concordia. The media was present and Africa was the main focus of the entire evening. I would have expected the CSU president to be aware of this past event and not to have such a blatant lack of awareness when it comes to past political events.

Please keep the speakers coming!

—Jill Samborsky,
TESL Specialization

International Inconvenience

Today, I finally finished paying my fourth instalment of fall tuition. For an international student, things are more complicated. My family paid some of the tuition from a bank account back home and got hit with an international conversion fee.

When my \$3,000 loan came, I waited in line to pay that, too. I then find out afterwards that I still owe \$415 because my tuition was raised over the summer. So I go to the bank, pay that with a few days to process before the 30th. Finally, I thought, it's done.

But then over the weekend, I notice I still owe 26 cents for my fall tuition. So I talk to Student Services and then to the woman managing the giant line of students waiting to get a ticket to wait some more to pay tuition. Both of them tell me I will most definitely get charged with the late fee if I don't wait in line to pay 26 cents.

I ask the woman if I can skip the line for the ticket, because it's 26 cents, and I inform her how this will be my fourth time paying my tuition and that it was a conversion issue; it's not as if I waited until the last minute like

everyone else. She says no and tells me to wait, or else I'll get the late fee. I tell her that I have a class in 15 minutes and that waiting an hour to pay 26 cents is ridiculous and I ask her to have some international sympathy. In turn, she asks me to have some sympathy for her, she's just a “normal person” making “minimum wage” and she's “trying to be nice.”

What does she want, a customer service award? I inform her that I worked for minimum wage for the past two summers; my tuition alone costs four times as much as hers. Not to mention my student debt. Her rebuttal to all of this is that “I chose to study here.” This struck me as vaguely xenophobic.

I hope if you ever choose to study abroad people are more accommodating and understanding. Once I missed my class and waited, I was informed that for anything under \$10 I wouldn't be charged a late fee, so I was also advised incorrectly.

Enjoy your cheap tuition and socialized health care. I'm sorry your minimum wage isn't higher because I work for it too, and next time, be nicer to international students.

—Nick Comilla,
Creative Writing

Losing touch with students

The Canadian Federation of Students has been out of touch with the student movement for decades now. This is epitomized by the fact that the current chairperson of the organization is denying that petitions are currently underway! The student movement in Canada is on the cusp of shaking itself free of the CFS and this is a great thing.

The CFS is a malignant tumour on the Canadian student movement. It has tried for years to claim that it is the student movement and that it speaks for students. This is patently false. The CFS is a group of bureaucrats in Ottawa who graduated from school years ago and who have no idea what contemporary issues in the student movement are.

So they dictate the issues they think we should believe in (like Israeli-Palestinian crap, like supporting the Tamil Tigers in Sri Lanka, etc.), which are often great, but not truly student issues, just wider social justice issues. But that's not what's problematic: the problem is that they are out of touch with students. They have no idea what is stirring in the student movement at any given time, since they are NOT STUDENTS!

So when a compelling case is stirring throughout the Canadian student movement, from coast to coast, they deny it. Case in point. I was hesitant to sign the petition and declare my support overtly, even though I felt this way. But the fact that they have the audacity to sit on their rich asses in nice Ottawa houses and tell us that there is no petition underway makes me angry enough to write this now.

—Valerie Decarre,
Political Science

Censorship is not the answer

I was somewhat surprised that a journalism student would advocate censorship, as when Mark David stated “these people should never be given a voice” regarding Jews for Jesus in his letter to *The Link* (Vol.30, Iss.7, pg.22). Unless someone is inciting violence or insurrection, Canada has laws which guarantee “freedom of expression.”

Then Mr. David makes the bold claim that “Jews for Jesus steals people away from the Jewish religion.” I think that people are free to accept or ignore any religious message they hear or read. I think, Mr. David, that you are assuming that every Jewish person is following the Jewish faith passionately. This is not the reality.

We are in an age of searching for spirituality, where people are looking for an answer to an emptiness which many theologians have grappled with and addressed. If we begin to censor those who we disagree with, then Mr. David you could have been censored and your letter would not have been published. We

need to protect all the rights we have, not sacrifice them for our personal agendas.

—George E. Ryder,
Honours Theology

Eco-Quartier responds

Mr. Giovannetti (*The Link's* news editor), the Éco-bazaar didn't miss its mark, but maybe you have missed the point.

First off, it is necessary to recap the need and thought behind our latest community event that took place on Aug. 29. The “Éco-bazaar” is a recurring activity in the Peter-McGill municipal district; we hold it annually in autumn and hope to organize another bazaar in the coming spring, seeing as participants and buyers alike gave us so much positive feedback this year.

The whole point of this activity isn't simply to recreate a big yard sale and market the thing by tagging “Éco” in front, but to organize a community event where residents of this district are invited to get rid of their unused domestic items, thus reducing waste and giving them a modest amount of money on the side.

This last article (Vol.30, Iss.3, pg.7) sets up a very superficial view of the Éco-bazaar, like it was some kind of a hoax. My colleague

Marica Tagliero is right in saying that “nothing” is what makes it different from any other bazaar, technically speaking it's true! After a more thorough view of the intentions and involvements behind the event, we see that this “garage sale” has more to do with people and ecological responsibility than one might think.

The whole point, Mr. Giovannetti, is to have people actively *reusing*, interacting together and also being introduced to the community resources in Peter-McGill. Let's not forget that our friends at Tandem Ville-Marie Ouest and the Peter-McGill Community Council were also present and offering their valuable services.

The area we serve, ranging roughly east-west from University Avenue to Atwater Avenue and north-south from the Mount Royal mountain to Notre-Dame Street, has a very small number of locally-oriented organizations and events, yet it has some of the most densely populated sectors in Canada. Therefore, these types of interventions should be applauded, not demeaned.

For any other inquiries on our Éco-quartier or the Éco-bazaar, we invite all readers to contact us at info@eco-quartierpm.org or visit our website at www.eco-quartierpm.org.

—Simon Dubé,
Eco-Quartier Peter-McGill

DON'T LIKE WHAT YOU READ? SEND US A LETTER.



send your letters and opinions to
letters@thelinknewspaper.ca



The Link's letters and opinions policy: The deadline for letters is 4 p.m. on Friday before the issue prints. *The Link* reserves the right to verify your identity via telephone or email. We reserve the right to refuse letters that are libellous, sexist, homophobic, racist or xenophobic. The limit is 400 words. If your letter is longer, it won't appear in the paper. Please include your full name, weekend phone number, student ID number and program of study. The comments in the letters and opinions section do not necessarily reflect those of the editorial board.

Heartaches Anonymous

Dear Heartaches Anonymous,
I want to ask this foxy girl out, but I'm so shy. I think maybe she doesn't even know I exist or perhaps she has more pressing matters on her mind. I really want to ask her out to get drinks at Reggie's, but if given the opportunity to speak to her one-on-one, I think I might vomit. What should I do?

—The Invisible Man

Dear Invisible Man,

As a citizen of the modern world, I advise you to follow the zeitgeist leading right to the correct methods of communication. I am, of course, suggest-

ing you post a missed connection on Craigslist.

Agonize over how detailed of a description you should provide for your dream lady, knowing full well that the line between “creepily observant” and “just enough so she knows you're talking about her” is a fine one indeed. Find a way to say you want her without giving her nightmares. Consider ending the post with a humorous photo, perhaps one of something from the 1980s that has become funny where it was once serious, so she will know you are a good time.

Click on the POST button

with trepidation in your heart and blind hope fluttering in your gut like a moth in a lampshade.

Now wait.

Once it has become clear that the only people responding to the post are even lonelier than you are and not your dream girl at all, it's time to face your fears.

How do you know she hasn't noticed you? Is her proverbial cold shoulder the only bodily contact you've ever made with this girl? Has she accidentally sat on you because she didn't realize the chair was

occupied by solid matter?

Let's be honest: to the foxy girls of the world, everything is more pressing than the secret crushes of someone who will never approach them.

I know it's easier said than done, but you're just going to have to tuck your fear in your back pocket and talk to her. Walk up to her in a quiet moment—not, say, when she's talking on the phone or with a friend—and dive in headfirst. Say hi. Tell her you see her around a lot and that you were just wondering what her name was. If that's too scary, go up to her and ask her if her name is

Theresa, because you “think you recognise her.” I once approached someone with this line and they offered up the L-word three days later, no joke.

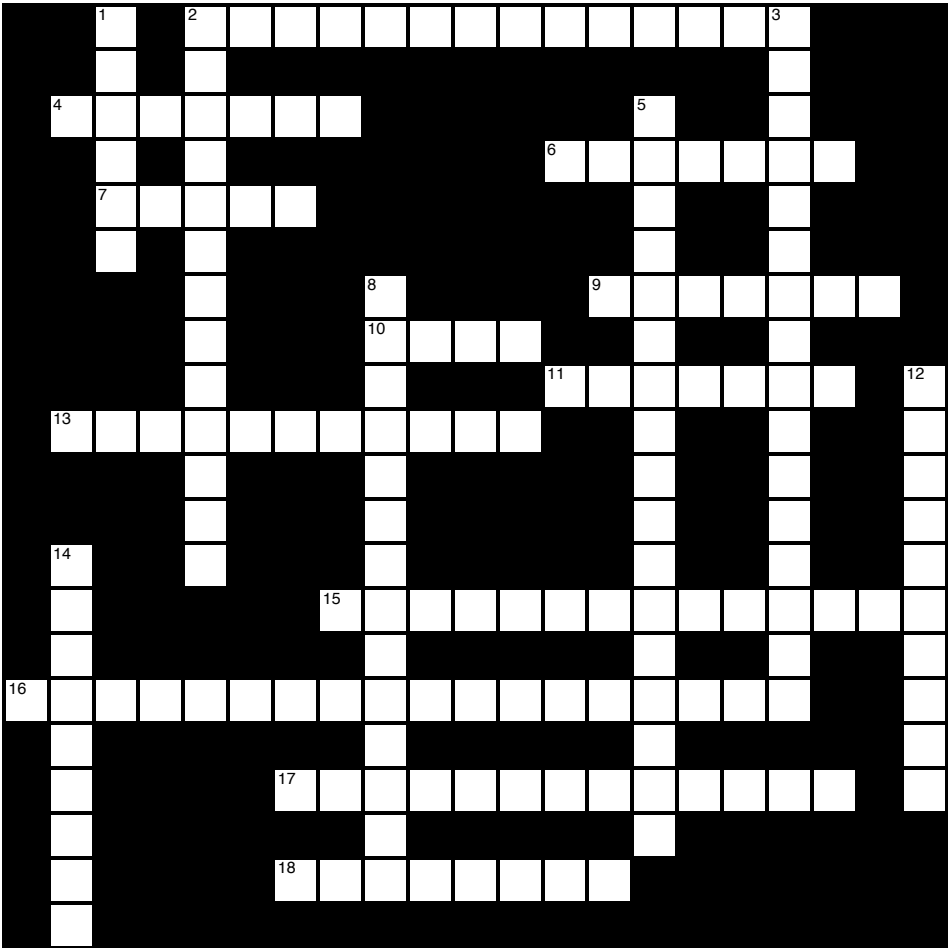
And for God's sake, don't ask her to go to Reggie's as a first date. Who are you, Joe College?

That said, I admit that all this will only work if you aren't creepy. Are you creepy? I can't help you there.

To have your questions on love, life and relations answered by Heartaches Anonymous, send your e-mail to heartachesanonymous@gmail.com.

crs wrd pzzlol

THE MOVIE TAGLINE EDITION
• R. BRIAN “HOW’S ABOUT THEM TALKIES?” HASTIE



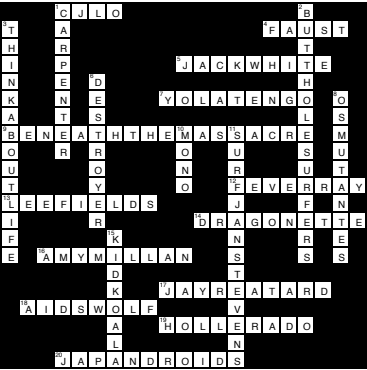
ACROSS

- 2. “They figured he was a lazy time-wasting slacker. They were right”
- 4. “Terror beyond belief”
- 6. “Wish granted!”
- 7. “In space, no one can hear you scream”
- 9. “Nothing on Earth could come between them”
- 10. “A Los Angeles crime saga”
- 11. “The first casualty of war is innocence”
- 13. “Can they be stopped?”
- 15. “He’s coming for you”
- 16. “Love and money.... You have mixed them both”
- 17. “The horror... The horror...”
- 18. “Man is the warmest place to hide”

DOWN

- 1. “Bobby couldn’t make it... ‘till he went fun-truckin’!”
- 2. “I see dead people”
- 3. “The ultimate day of terror”
- 5. “Ripout! BBQ! Devour! How long can you take it?”
- 8. “Seek the truth”
- 12. “You’ll wish it was only make-believe”
- 14. “The trick was to stay alive”

issue 7
solutionz

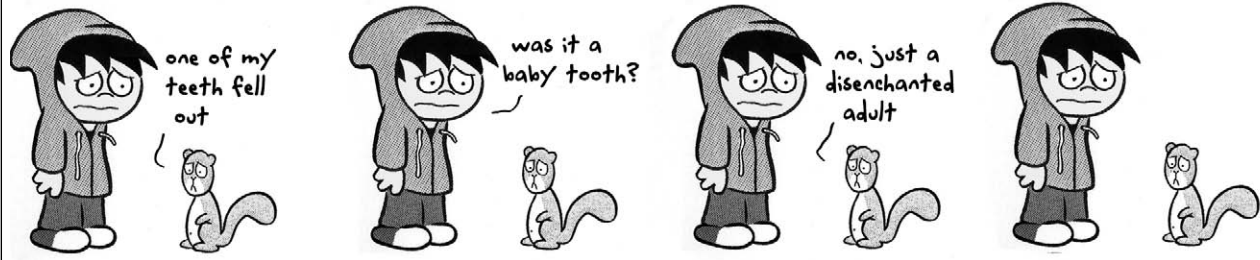


WANT TO WRITE AN ARTICLE?
SNAP A PHOTO?
DRAW A GRAPHIC?



DROP BY OUR STAFF MEETINGS EVERY FRIDAY AT 4 P.M.
H-649 in the HALL BUILDING

Read it and weep BY TRAVIS DANDRO



editorial

Where are our women?

Just a week after Prime Minister Stephen Harper bragged at the G20 summit that our country has “no history of colonialism,” community members and demonstrators gathered in over 72 cities across Canada to raise awareness that imperialism still exists, overwhelmingly falling on the backs of Aboriginal women.

We cannot forget, as our prime minister has, about our brutal colonial history nor can we fail to be outraged by the ongoing suffering and substandard living conditions experienced by the Indigenous people of this country. Specifically, the plight of Aboriginal women is more than a national disgrace; it is an epidemic indicative of a systematic racism that must be acknowledged.

That we cannot know exactly how many Aboriginal women have been murdered or have disappeared in the last 30 years is both alarming and unacceptable. The inconclusive number— hovering somewhere over 520 women, according to Amnesty International— indicates a problem of national indifference and neglect.

Though 520 is the statistic on paper, the Native Women’s Association of Canada believes that the number is actually much higher and that the partial figures are a result of cases and reports being unrecorded or uncounted by the police and government bureaucracy.

The fact that this number fails to accurately demonstrate the scale of this uniquely Canadian issue begs the questions: why, in a country as relatively wealthy, “egalitarian” and peaceful as our own, are these women missing? What value does our society put on their lives?

According to the Stolen Sisters report issued by Amnesty International in 2004, 43 per cent of Aboriginal women live below the poverty line and 73 per cent of these women are single mothers. When compared to non-Aboriginal women, this group is 3.5 times more likely to experience violence and sexual assault in their lifetimes and are five times more likely to die as a result of it.

Besides government and police organizational bodies, the media in regards to this issue also need to reexamine their role in covering what has become an inexcusable affair. According to Yasmin Jiwani, an associate professor of communications at Concordia University who studies representational trends of Aboriginal women in media, the landscape is neither accurate or objective when it comes to these women.

“There is a war against women here,” Jiwani said, finding that the media portrayal of Aboriginal women is often a profiling that involves various elements of a “high-risk lifestyle.” This representation, she said, negatively affects the public consciousness of the issue, rendering the victims of abuse as being culpable for inviting harm upon themselves.

So, who are telling the true stories of these women? How are they being told? The complex historical and contextual background is lost in sensationalism and stereotype when another dead Native woman flashes on our television screens.

If you visit the the NWAC web page, you will find a growing list of the disappeared and the dead; you can see their faces, read their stories and listen to the pleas for information written by relatives. This is where to look if you want the real perspective. These women are mothers, daughters, sisters, aunts and nieces. They represent an enormous loss in their communities and are deeply missed.

We all have a responsibility, as media makers and consumers, to turn the page in this sad chapter of our colonial Canadian reality and put a value on the lives of these women. We need to become aware, let go of our stereotypes and be outraged that a brutal, racist, misogynist phenomenon is targeting the most vulnerable in this country while going largely unchecked by policy-makers.

Sign a petition on missingjustice.ca, get on the NWAC mailing list, write a letter to your MP or simply take the time to inform yourself by looking at the missing women on the lists and by reading their stories.

We need Harper to know that colonialism *has* indeed taken a toll on our society and its trickle-down effect is suffered by those who the system has failed. Ending human rights violations in Canada must begin by empowering our Aboriginal sisters.

—Laura Beeston,
Features Editor