

Open up: First ever food issue • Special insert



Polling clerks on the fourth floor of the Hall building pass the time as students walk by without casting ballots. PHOTO RILEY SPARKS

## 3.5 per cent turnout at CSU by-election

**Three fee levy questions and two bylaw changes approved**

• RILEY SPARKS

As the polls closed on the evening of Nov. 26 after last week's Concordia Student Union by-election, most students seemed to have been in no hurry to cast their ballots.

"It has been relatively quiet," observed Oliver Cohen, the CSU's chief electoral officer. Cohen estimated at the end of voting that turnout would be close to the 2.5 per cent needed to meet quorum. "Referendums seem to attract less participation from students," he said.

In the final tally, nearly 1,200 students voted, only 3.5 per cent of the 33,571 eligible.

Joel Suss, a third-year political science student who worked at a polling station on the fourth floor of the Hall building, wasn't surprised by the low turnout.

"In a federal election, 50 per cent turnout is good," he said. "I'm sure most students don't care."

Of the few who did come out to vote at the fourth floor polling station, most agreed that the referen-

dum was not a high priority for students.

"Most students aren't active in their school, and because they're not involved they don't think the vote will affect them," suggested fourth-year sociology student Brian Mann.

"Especially this time in the semester, I don't think students care that much," said Jayme Willmann, a fourth-year English literature student.

During the three-day referendum, students were asked to vote on three proposed fee levy increases and two amendments to CSU bylaws.

One of the fees approved by students will cost an additional \$1 per credit to fund the CSU's 10-year Library Project. The project promises to improve services at both the Webster and Vanier Libraries. The new funds will be used to purchase more course packs—both paper and digital—textbooks and laptops for student use, as well as to allow 24-hour access to the Webster library.

Students also approved two nine-cent per-credit fee levies, one of

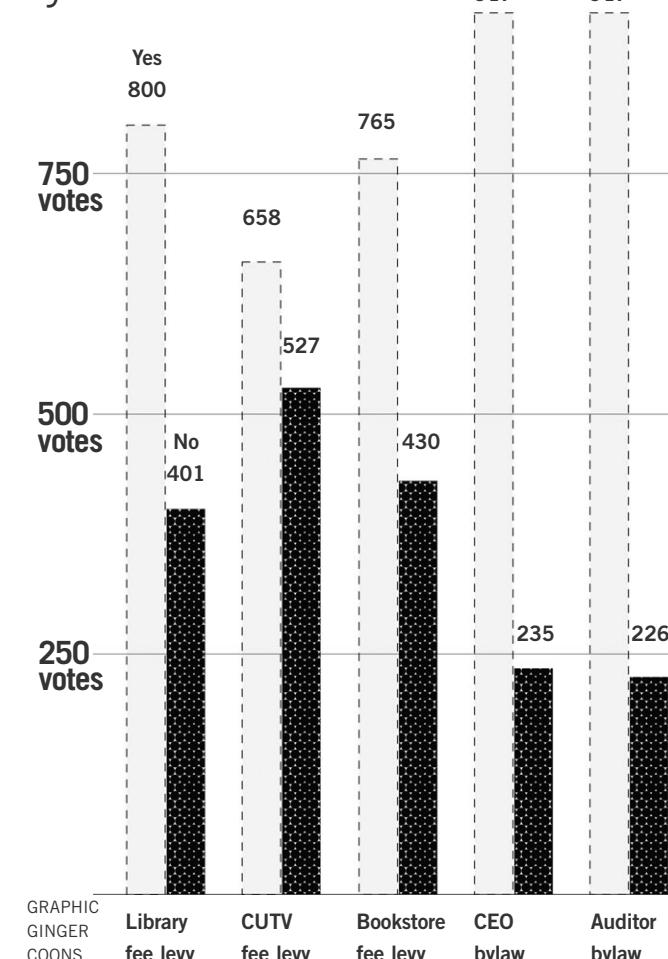
which will benefit the Concordia Student Broadcasting Corporation—the new fee will fund the student-run Concordia University Television—and the other fee will go to the Co-op Bookstore.

Mann, who is also distribution manager for CUTV, said the station hopes to use the fee to update its equipment and hire more students to produce videos. "It's important to have a very good student media," said Mann.

According to Larissa Dutil, manager of the Co-op Bookstore, the proposed fee would help the bookstore offer new services, like an online catalogue and ordering system. "We need to reach out to everyone and make our services available to as many people as possible," she said.

Both questions proposing amendments to the CSU's bylaws passed. One question called for the filling of the CEO position within one month of it being vacated. The other question called for a public tender to fill the CSU's auditor position every two years.

### By-election results



## 'It just seemed dodgy'

• RILEY SPARKS

Despite poor voter turnout—3.5 per cent of the student body—in last week's Concordia Student Union by-election, several students are ringing alarm bells over problems they experienced at polling stations.

Karl Jeschek, an independent undergraduate student, said he was turned away when he tried to cast his ballot; the polling clerk explaining that independent stu-

dents could not vote.

"The clerk implied that they had turned away other students for the same reason," said Jeschek, who then tried another polling station where his vote was accepted.

According to Oliver Cohen, the CSU's chief electoral officer, the entire undergraduate student body was eligible to vote in the referendum.

Katie Seline, the station manager for CJLO—Concordia's student-run radio station—was also wor-

### Students raise alarm over handling of by-election

ried about how her vote was handled.

"The two gentlemen working the polling station took the ballots by hand and dropped them in a cardboard box on the floor," she said. "It just seemed dodgy."

Elections regulations call for a sealed ballot box and do not allow for polling clerks to handle student ballots.

Colby Briggs, the CEO for 15 of the Arts and Science Federation of Associations' member associa-

tions, said he was surprised to see a poster in support of the library fee at a polling station.

"That's like going to a federal election and seeing a poster of Jack Layton at the booth. That's not kosher," he said.

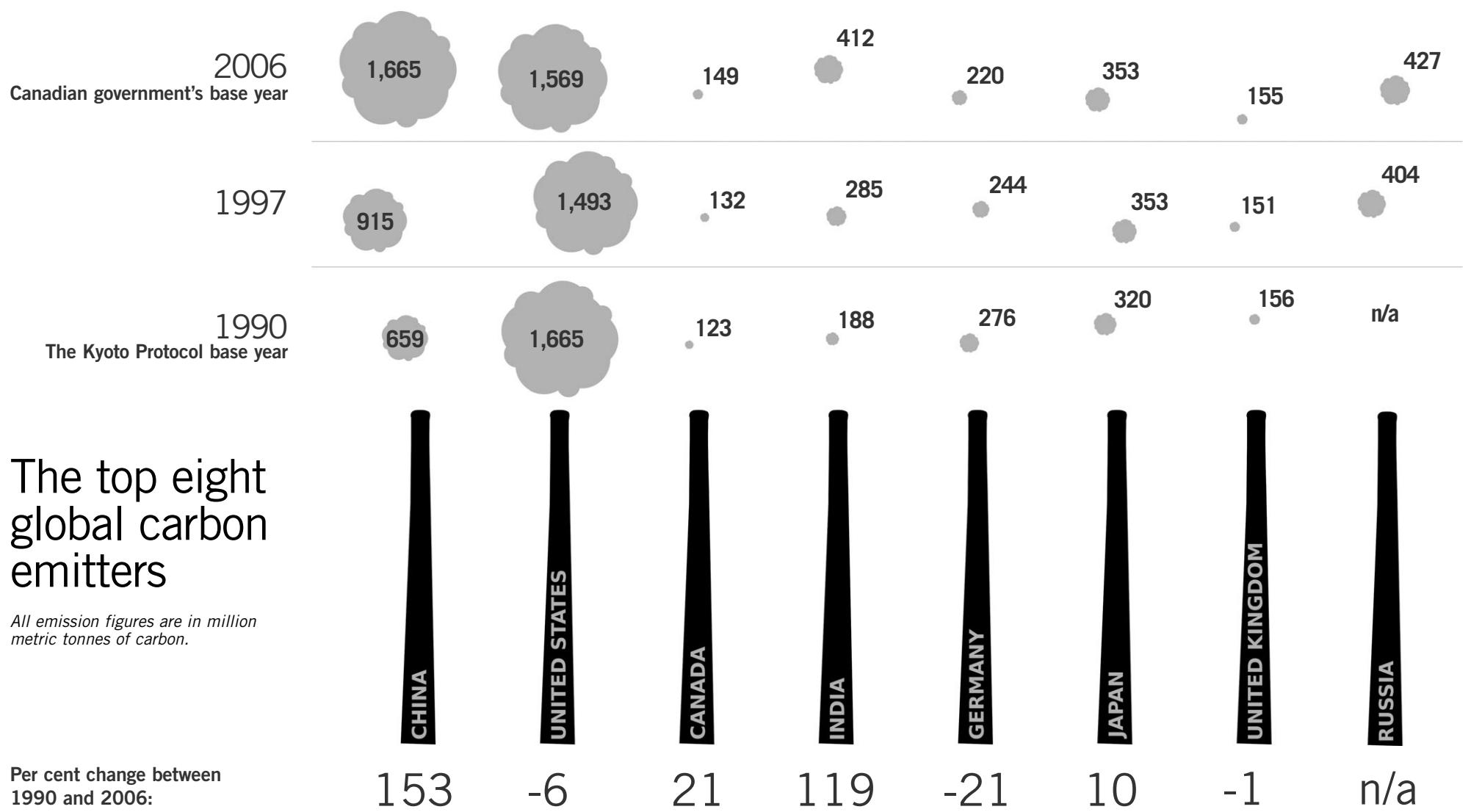
In an e-mail to *The Link*, Briggs wrote that he was considering bringing the matter to the CSU Judicial Board.

When asked to comment on the evening of Nov. 26, Cohen initially downplayed Seline's allegations.

"That doesn't make any sense," he said, but then acknowledged that some polling clerks were new and that it was quite possible that mistakes had been made.

"I don't think it was election fraud," said Jeschek. "The clerks seemed, to put it nicely, kind of inept."

Briggs said he didn't believe the student union CEO's explanation. "[Cohen] has a difficult job," he said. "But he hired the clerks and he trained the clerks."



GRAPHIC GINGER COONS

# Copenhagen 101

## Preparing for the post-Kyoto Protocol world

• AMI KINGDON & CAMERON FENTON

This month, delegates from around the world will meet in Copenhagen to write a new climate change agreement to replace the Kyoto Protocol.

The meeting is expected to set the agenda on climate change for the next decade—even though world leaders lowered expectations by promising only guidelines in lieu of substantial cuts to carbon emissions.

Devon Willis and Andrew Cuddy, who will represent the Canadian Youth Delegation in Copenhagen, spoke at McGill University last week to discuss their goals and concerns.

"We want agreement on the

essentials," said Cuddy, speaking about the reduction of carbon emissions, the sharing of green technology and financial costs.

The Canadian Youth Delegation is a project of the Canadian Youth Climate Coalition, a non-profit environmental activist group.

The Kyoto Protocol introduced an approach where countries set goals for gas reductions based on the levels they emitted in 1990. Canada's Kyoto goal was to reduce emissions by six per cent, but emissions have increased by 21 per cent since then.

"Now instead of using 1990 as a base year, Canada uses 2006," said Willis, referring to the plan from the Conservative government to reduce emissions by 60 per cent by

2050. "Emissions rose significantly since 1990, so it's not a really fair comparison to Kyoto."

"The worst possible outcome at Copenhagen would be a law that is not sufficient, because then we'd be locked into it until 2020," he continued.

Explaining how developing nations could benefit from cap-and-trade technology transfer programs—where developed nations share their "green" technology—programs in the Kyoto Protocol have been hindered internationally by information property rights and patents, said the duo.

Willis added that under the current cap-and-trade system, developed countries provide financial or technological aid to developing countries only in the form of car-

bon credits, such as tree planting.

"Canada could claim reductions in another country and that country could do the same and it would skew the reductions," she said.

Quebec Premier Jean Charest announced last week that he would commit Quebec to reducing emissions by 20 per cent by 2020. The Bloc Québécois also passed a non-binding motion in the House of Commons urging Canada to actively pursue emissions reductions.

China is the world's biggest and fastest-growing producer of greenhouse gases, with levels 150 per cent above those in 1990. China has set a reduction target of 40 to 50 per cent below 2005 levels by 2050.

Under the Chinese plan, however, reductions would be based on

economic efficiency, allowing emissions to increase, but at a slower rate. Under the Kyoto Protocol, developing nations like China were not expected to reduce emissions.

The lack of participation from developing countries led the United States under former president George W. Bush to reject the protocol. The Americans said the treaty was meaningless without the co-operation of developing economies.

Africa, which has felt the effects of climate change strongly through deadly droughts and intensifying desertification, will send one unified delegation to the Danish capital. The delegation has said that it would demand climate reparations from the developed world.

# Don't abuse the blue bins

## Recycling education program planned for Concordia

• JUSTIN GIOVANNETTI

Due to ignorance or neglect, Concordia students are creating a recycling problem at the university: mixing plastic with paper, glass with aluminium and everything with everything else.

"Concordia facilities manage-

ment has been complaining to R4 that the recycling bins are not being used properly," said Alex Oster, who will be taking over the portfolio of CSU VP Sustainability and Projects on Dec. 1. "It's taking a lot of man-hours to sort through all the stuff."

A working group of Sustainable

Concordia, R4—short for rethink, reduce, reuse and recycle—is responsible for examining the university's waste output and diverting as much as possible away from landfills. Examining the effectiveness of the recycling program falls within R4's mandate.

"We have proper recycling facil-

ties on campus," said Oster, but "the problem is they are not being properly used by students. R4 Concordia took it upon themselves to launch an education campaign to get people to use the bins properly."

"We are still talking about what is the best way to do it."

Among the ways of educating

students, videos on the CUTV closed-circuit television system in the Hall building were suggested.

Although Oster said most of the work would be done after the Christmas break, the introduction of new bins or other physical changes to the recycling system are unlikely.

# Lost in translation

## Language remains a major obstacle to integration for new immigrants



Students in class at the Alpha Sainte-Anne Centre are hard at work learning French. PHOTOS MARIE KOSTRZ

• MARIE KOSTRZ

It's one month before Christmas and snowmen decorate the chalkboard of a class at Alpha Sainte-Anne Centre, located in the Rosemont area of Montreal.

Colourful placards with the days of the week written on them line the classroom wall, a constant educational reminder for the students.

This classroom is different than most. The students are adult immigrants—some recent, some settled—who want to learn French. The Centre is funded by the Quebec government and when the money runs out, classes are run entirely by volunteers.

Sitting at the front of the classroom, Henri Hébert teaches his class the fundamentals of written and spoken French. What makes his job even more challenging is that most of his students are allophones, meaning that neither French nor English are their first languages.

According to Statistics Canada, more than 60 per cent of immigrants living in Canada are allophones and experience difficulties with both official languages, in reading and comprehension. Ten per cent of immigrants who settle in Quebec are not literate in either language when they arrive, and struggle to be functional in at least one of them.

### Funding and access roadblocks

The provincial government does not support the Alpha Sainte-Anne Centre fully; only the morning classes are funded. All classes in the afternoon are left to the devices of dedicated teachers.

"We decided to open the afternoon class to compensate for the lack of French classes provided by the Quebec government," Hébert said. Regardless of the lack of funds, he has noticed a difference.

"We have had to refuse 120 people who wanted to [take] our classes [in the past]. This year, it was the first time we did not refuse anybody. It seems the Quebec government improved the French integration process."

Sid Ahmed Soussi, a sociology professor at the Université du Québec à Montréal, begs to differ.

"The government did not improve the French integration process at all," Soussi said. "On the contrary, they cut the budget allocated for this program, using the argument that the selection of more qualified and educated immigrants makes the literacy issue obsolete."

Access to language classes remains a difficult step for immigrants. Although the Quebec government offers free, year-long French classes to newly arrived immi-

grants, classes fill up quickly and many are often put on a waiting list.

According to a 2005 StatsCan report, 38 per cent of immigrants in Quebec declared they had difficulties accessing language classes and studies, further alienating those who want to learn.

"[Immigrants] risk becoming even more isolated than before in their language learning," Soussi said, pointing to another reality to explain the Quebec situation. "The research [that has] been done recently shows that illiteracy is not a major [attribute] of immigrants anymore. But we have to be aware that when immigrants leave Montreal to settle in Ontario, it makes the Quebec illiterate population decrease, but does not mean the issue does not exist."

The problem just moves to another province.

### Women and language

The Literacy Foundation, an association helping illiterate people learn French since 1990, recently decided to focus attention to their "Born Elsewhere, Learning Here" campaign.

"We especially want to help women," said Kristen Tremblay, a representative from the Foundation. "Women [often]

come to Quebec after their husbands, who are already *francisé*, making them dependent on their French-speaking husbands."

Tremblay added that often women are the family members who stay home to take care of their children, forgetting information given to them upon arrival about free French lessons. "Five or six years after their arrival, they assume they lost the right to take the classes and become very isolated."

Anh, originally from Vietnam, has lived in Montreal for 23 years and only decided to take French classes in the past year.

"When I arrived in Quebec I first worked as a dressmaker, so I did not have the time to learn French," she explained. "I stopped working in order to raise my three children."

According to Hébert, about half of his students share Anh's experience. Most of his students are women who, after having spent a significant portion of their time in Canada rearing children, want to further integrate into Quebec culture.

"After taking care of their household for years, they finally find time to learn French," Hébert said. "I teach immigrants who have just arrived to Montreal, but I also teach students who have lived here



*Henri Hébert, who looks on from the head of the class, teaches his students the fundamentals of written and spoken French.*

for years without having had time to learn the official languages."

Claude Fradette, spokesperson for the Ministère de l'immigration et des communautés culturelles, insists that the startling figures surrounding immigrants' inability to master French and English are somewhat misleading.

"Figures do not lie, but they give a hedged portrayal of the situation," he said. "[The figures] include both immigrants who arrived a long time ago and those who have come to Canada lately. [People] who immigrated years ago might not have been used to speaking either English or French, whereas it happens less nowadays."

Paradoxically, Quebec's immigration tradition was a byproduct of a long-lasting population decline. The difficulty immigrants face in trying to access official language education raises questions about the province's capability of successfully integrating new and settled people.

#### Finding work

Sitting on a chair in front of her wooden desk, Lucia slowly reads out a sentence written on a page of text Hébert just distributed to the class. Originally from

Colombia, Lucia is a mother of two who recently took on the task of learning French—even though she has lived in Montreal for 29 years.

Lucia attested to the language/employment conundrum; she had difficulty accessing French lessons and therefore had difficulty finding employment in her field.

"Even though I was an accountant in Colombia, I worked as a nurse's aide for years," Lucia said. "Sometimes, it was difficult because I needed to go to different homes to take care of patients and it was hard to communicate with them."

In the Statistics Canada 2005 longitudinal survey on immigrants in Canada, it was found the "lack of knowledge [immigrants] have of language can affect their access to studies and employment in a serious way," making low-paid employment with fewer qualifications their prime source of income.

Soussi said StatsCan's findings might be misleading. "Immigrants in Quebec are a very heterogeneous group," he said. "Quebec tends to select high-qualified immigrants. Immigrants, who usually already know English or French, represent around 70 per cent of the total yearly official immigration. However, the rest is

composed of immigrants accepted thanks to family or because they apply for refugee status."

#### French first?

More than 50 flags are drawn on the map that hangs in the hallway of Montreal's chapter of Frontier College, a national literacy organization, representing countries where the college's students are from.

"I have 22 different countries represented in my class," said Christine Kaufmann, an English teacher at the adult education centre. Kaufmann said most students choose to learn English before French, even though the French program is free for a year.

According to Soussi, "immigrants in Quebec consistently come up against one obstacle: the inability to master both languages and find a good job."

"Because a large part of the job market demands fluent English, [new immigrants] consider it important to learn," he said.

Despite the 2007 figure that only 18.3 per cent of immigrants who arrived in Quebec knew English, there are no funded organizations to teach them.

"There is a huge paradox in Quebec between the immigrants the government

selects and the access to the job market they have," he said. Soussi pointed to the fact that in 2006, twice as many immigrants had post-secondary education compared to the Quebec-born population. "Nevertheless, immigrants have a really hard time accessing jobs of their qualification," he continued.

Yount Bee's life story is testimony to this. A university-educated gym teacher from South Korea who arrived in Quebec six years ago, 51-year-old Yount enrolled in a year-long French class to make her resume more competitive. She still hasn't been able to find a job in her field.

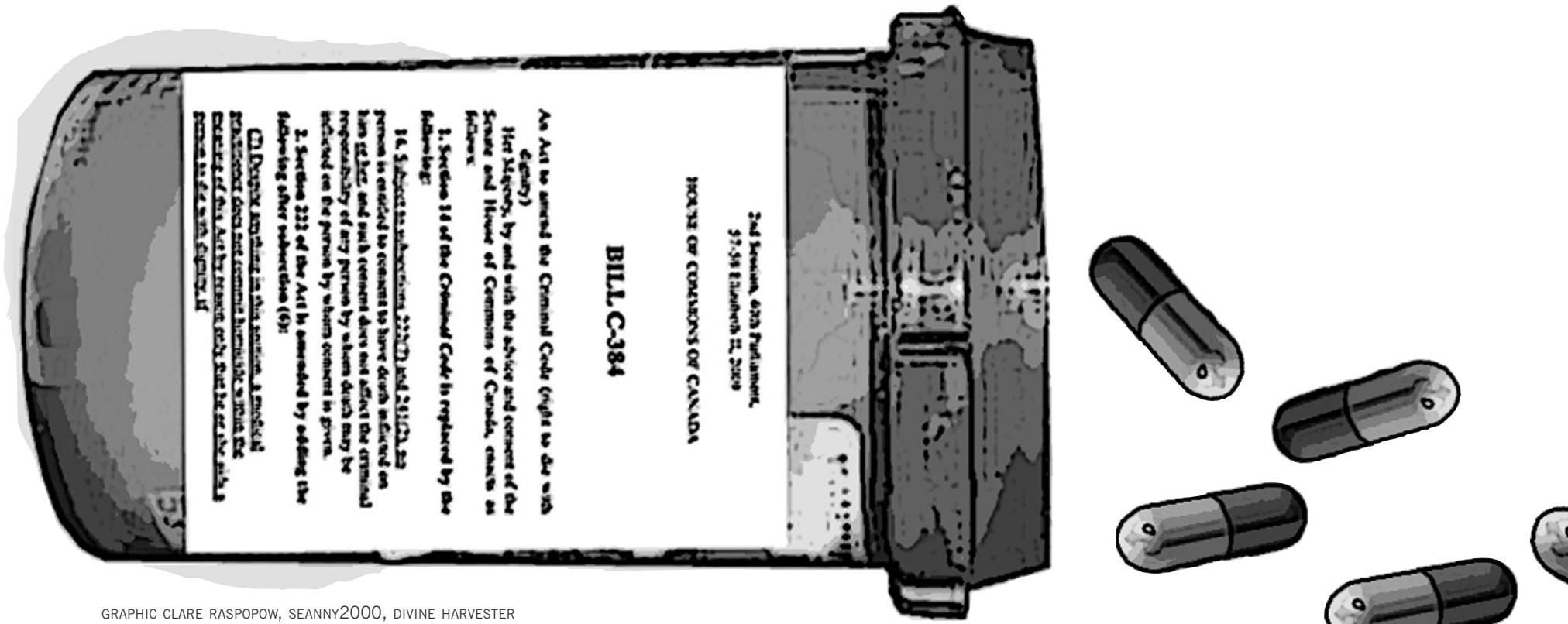
"To be a teacher here you need a Canadian certificate," Yount said, noting many other immigrants are in the same situation: educated and jobless. "I am very disappointed because Quebec never recognized the equivalency of my diploma."

Moreover, Soussi said, much of the jobless immigrant population have mastered the official languages very well, disproving criticisms about their lack of qualifications.

"I have almost given up looking for a job," Yount admitted. "But I will continue to [take] English class as much [as] possible and try to get a diploma. For me, it

# The right to life and to death?

A private member's bill aims to circumstantially legalize euthanasia



GRAPHIC CLARE RASPOPOW, SEANNY2000, DIVINE HARVESTER

## JESSIE MATHIESON

Canadian doctors have recently re-opened the debate about the patients' rights to die and doctor-assisted suicide to alleviate pain and suffering, commonly known as euthanasia.

As the Criminal Code of Canada proscribes doctor-assisted suicide, are practitioners wrong if they find it unethical to abide by the law? Or are there times when terminating a human life is justifiable?

Hanging in the balance is the newly proposed Bill C-384, which aims to legalize physician-assisted suicide. Euthanasia will have another hour of debate in the House of Commons on Dec. 1.

Francine Lalonde, a Bloc Québécois member of Parliament and wife of Quebec physician Guy Lamarche, has introduced the private members' bill to the current session of Parliament, hoping to alter sections 14, 222 and 241 of Canada's Criminal Code that address euthanasia under laws against homicide and assisted suicide. The bill will be voted on Dec. 2.

Unlike regular parliamentary bills, where members are forced to vote with the rest of their party, private members' bills allow them

to vote however they like.

The Fédération des médecins spécialistes du Québec has recently argued that euthanasia is a legitimate and practiced form of medical treatment.

From August to September 2009, the FMSQ surveyed 2,000 participating Quebec physicians,

**Dr. Somerville believes a physician's job is to cure illnesses and alleviate suffering, but does not want to see medical practitioners acting as "society's executioners."**

finding that euthanasia is already practiced in Quebec. Fifty-two per cent of the doctors surveyed reported encountering the treatment and 84 per cent said they were ready to hold a debate on the issue.

### Death dilemma

Causing controversy across the province and country, the euthanasia dilemma is something McGill undergraduate student Stefan Link reflects on every time he visits his grandmother.

His grandmother, Lillian Balangero-Birtz, has been afflicted with Alzheimer's disease for as long as he can remember. Balangero-Birtz was once a prominent lawyer in Montreal, but now

she cannot recognize her own children.

The last time he went to visit her, Link recalled, she was screaming the whole time and the only [thing she said was] "pourquoi?"

Link questions at what point, if ever, do we consider a certain state of life worse than not living at all.

**"I am not in a place to speak for my grandmother," he said, when asked if he thought euthanasia could be an ethical treatment for her mental suffering. "But if it was me, and I was aware of the fact that I would inevitably become like my Nona, unable to experience the pleasures of life, I would like to have the option to die," he said, adding that it is extremely difficult to determine when that point of no return is.**

Link added that there is a need for absolute consent, proper technology and diagnosis before going forward with euthanasia.

A recent case in Belgium made international headlines when a new brain scanning device discov-

ered that Rom Houben—who had lived for 23 years in an unresponsive state—was fully conscious of his surroundings. Doctors thought he was in a vegetative state.

In Belgium as well as in Canada, the issue really rests on when and how a person can give legitimate consent. Bill C-384 allows another person to represent the patient in the case that they are not of lucid mind. Parliament must be positive in the bill's criteria that this representative must ensure the best interests of the patient are met.

### A slippery slope

Dr. Margaret Somerville, the founding director of the McGill Centre for Medical Ethics and Law, is against the legalization of euthanasia. Somerville believes a doctor's job is to cure illnesses and alleviate suffering, but does not want to see medical practitioners acting as "society's executioners."

Pointing out that the decision to euthanize ultimately deals with extremely vulnerable people who could easily become the targets of physicians or loved ones, Somerville argued that the problem with legalizing euthanasia is it creates a "slippery slope"

towards legalizing murder.

"Scarce health care resources could victimize the aging population," she said, adding that she believes palliative care—treatment to minimize the suffering of the terminally ill—is the best way to deal with patients in severe pain. She also voiced concern that the legal freedom of euthanasia could cause an overburdened loved one to be quick to pull the plug.

Many organizations that promote disabled rights in Canada have also joined the opposition to Bill C-384.

Like the elderly, the disabled are extremely vulnerable to loopholes in the legal system.

Marie White, a chairperson for The Council of Canadians with Disabilities, wrote an open letter to the MPs in Abilities Magazine saying her organization is "alarmed" by the bill, urging them to vote against it.



## A history of the debate in Canada

Canadian courts have been facing cases involving right to die scenarios since the early '90s, and have even ruled in favour of euthanasia in some cases.

In the 1992 "Nancy B." case, the Quebec Superior Court ruled that turning off the respirator of the incurably ill woman—at her request—was not a criminal offence.

But Canadian history also reveals how, under certain circumstances, the law penalizes patients who want to die, as well as the doctors and care-givers who assist them.

In 1994, Robert Latimer was convicted

of second-degree murder for suffocating his severely disabled 12-year-old daughter Tracy.

In the same year, Sue Rodriguez sat before the Supreme Court of Canada and asked the jury, "Who owns my life?"

Diagnosed in 1991 with amyotrophic lateral sclerosis (commonly called ALS), a neurodegenerative disease that leads to loss of voluntary muscle movement followed by death, Rodriguez appealed to the Supreme Court of Canada to be allowed to die with dignity. She argued that the criminalization of euthanasia violated her right to the security of her person, as enshrined in Canada's Charter of Rights and Freedoms.

Despite the court's decision against her—in a split vote of five to four—Rodriguez followed through with her plan and was euthanized Feb. 12, 1994.

No case was brought against the doc-

tor or her husband.

Two days later, then-justice minister Allan Rock suggested that treatment cessation and assisted suicide be considered by Parliament.

### Euthanasia and the law

The current debate on euthanasia comes down to whether the proposed law or the existing one is a violation of the Charter.

Any legislation to legalize euthanasia will have to draw a specific line of when and how a person consents the "right to die," which is always difficult to determine, especially when speaking for someone else's life.

Ultimately, the Canadian justice system needs to come to a decision on how to deal with euthanasia so they neither victimize innocent physicians and families, nor make the patients even more vulnerable to human error.

Parliament must decide on Dec. 2 if Bill C-384 can assist the people whose lives are on the line and the doctors who are legally unable to assist them, or if passing euthanasia legalization will make patients more vulnerable.

## Bill C-384 at a glance

### Section 222(7)

Subject to sections 222(7) and 241(2).

### Section 222(7)

Aiding a person to die with dignity is not homicide if the following criteria are met:  
The patient must meet the following requirements:

- Be over 18
  - Experience severe physical or mental pain without prospect for relief OR be terminally ill
  - Write two requests to die that were more than 10 days apart
  - Be in a lucid state of mind while making requests
  - Designate, in writing, a person to act in their behalf when they are not lucid
  - Have two witnesses with no interest in their death to oversee the designation of representation
- The doctor must meet the following requirements:
- Receive written confirmation of the person's illness from an uninvolved, third party doctor
  - Ensure the patient was sober
  - Inform the person of the consequences of the request and other available options
  - Perform the act according to the person's wishes
  - Allow the patient to cancel at any time
  - Provide the coroner with a copy of the request

### Section 241(2)

A doctor is not guilty of assisting suicide if it is to aid a person to die with dignity

## Canada's Criminal Code

### Section 14

No person is entitled to consent to have death inflicted on him, and such consent does not affect the criminal responsibility of any person by whom death may be inflicted on the person by whom consent is given

### Section 222: Homicide

- (1) A person commits homicide when, directly or indirectly, by any means, he causes the death of a human being

### Section 241: Counselling or aiding Suicide

Every one who

- (a) Counsels a person to commit suicide, or

- (b) Aids or abets a person to commit suicide,

Whether suicide ensues or not, is guilty of an indictable offence and liable to imprisonment for a term not exceeding fourteen years

THE

# LINK

concordia's independent newspaper  
gluttons for punishment since 1980

# Food special issue

# A VERITABLE SMORGASBORD

## NOTE OF INTRODUCTION (MAY CONTAIN NUTS)

This is *The Link's* first ever Food Special Issue. To think that we, your loyal *Link* staff, have been indulging in emotional eating all these years without once looking up from the ice cream tub to ask: where the hell did we go wrong? And why haven't we done a Food issue yet?

The closest we've come was a short special insert on Food & Environment, published in April 2003. *The Link* looked at mass food production and its effects on both our bodies and the earth.

Since then, everyone and their nutritionist has hopped on the go-green bandwagon, especially when it comes to the way we eat. Words like "locavore," "fair trade" and "reusable shopping bag" have been tossed around more than lasagna at a Sicilian food fight.

Yes, it's important to look at methods of food production. Yes, we care about the rights of the workers who produce said food and yes, we care about how far it's come to get to our plates. You still won't be finding any of that here. You also won't find restaurant reviews, as we focused instead on recipes you could make in your own kitchen.

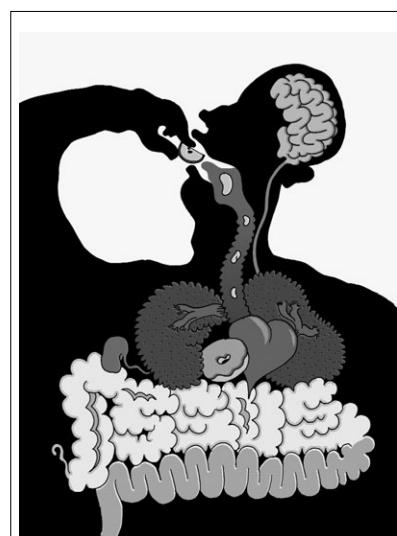
For this, our first stab at edible content, we decided to start a little closer to home. We looked under our beds, plunged our hands into the darkness and pulled out something that had been there so long, we couldn't remember ever having lost it: a shrink-wrapped pastry, mysteriously unchanged by the passage of time.

We turned it over and read the name on the label: CHARTWELLS. Of course.

We need to begin by examining food at Concordia and at home, cleaning out our own fridges before we look further afield. Consider this a starting point, an appetizer even, for increased dialogue around food in the pages of *The Link*.

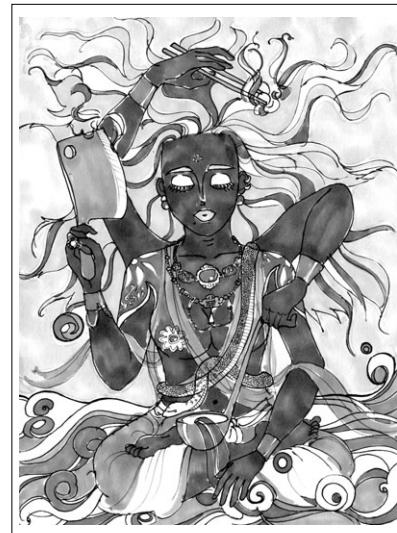
Now open up!

—**Madeline Coleman & Vivien Leung, Food Special Issue coordinators**



### OUTSIDE COVER BY JONAS PIETSCH

In this issue, we seek out the meaning of food beyond its biological functions. More than just the digestive system is involved when eating—your brain, eyes and heart get in on the act too!



### INSIDE COVER BY VIVIEN LEUNG

In Chinese culture, the Kitchen God is a protector of home, hearth and family. An effigy of this "stove god" can be found hanging in many Chinese homes as a reminder of the importance of family, as embodied by the kitchen.



Student-run Café X, in Concordia's EV building, caters to fine arts students and anyone else fed up with Chartwells-quality fare. PHOTO CLARE RASPOPOW

# CORPORATE TASTES NOT SO SWEET

**CHARTWELLS MAY HAVE A 'STRANGLEHOLD' ON CONCORDIA, BUT IT'S NOT THE ONLY FOOD OPTION ON CAMPUS**

## MADELINE COLEMAN

When Mathieu Murphy-Perron founded the Loyola Luncheon in 2007, it was because, he says, "there was no other choice."

"Everybody needs to eat and there weren't a lot of viable options," said Murphy-Perron, who was a Concordia Student Union executive at the time. "Chartwells has a stranglehold on Concordia."

The CSU-funded Luncheon, a free lunch service based at Concordia's Loyola campus, is one of a few. The Luncheon, along with The People's Potato, Le Frigo Vert and the fine arts student-run Café X, is a rare island of non-corporate dining in the Sea of Chartwells.

"Those are student-run options that have to fight to exist," pointed out Murphy-Perron. "With the kinds of contracts that Chartwells puts in place, it makes it really hard for students to put their ideas into fruition."

Concordia first signed an exclusivity contract with the foodservice provider in 2002.

The university was on the rebound after a bad breakup with Sodexho-Marriott (now Sodexo), a provider whose chicken fajitas had just left 37 residence-dwelling students with an acute case of food poisoning.

Chartwells has contracts with over 200 schools in North America and is a subsidiary of the U.K.-based Compass Group, also the world's largest supplier of prison meals.

"We wanted exciting food options and eating venues that would entice all members of the community to eat on campus," said Concordia's Vice President of Services Michael Di Grappa upon signing the contract.

Almost eight years later, Concordia students have yet to be enticed.

Amanda Dorter is a member of the Frigo Vert collective. Billing itself as an "anti-capitalist food store," the Frigo operates out of a semi-basement space on Mackay Street. Dorter says Frigo's approach to serving the public is radically different from Chartwells'.

"Here, I know my interests are being taken care of. There,

[Chartwells is] just trying to extract money from me," she asserted. "We're here to meet people's needs, whereas they're there to make a profit."

With one branch tucked away on the seventh floor of the EV building and one down on René-Lévesque Boulevard in the VA, Café X is the only student-run coffee shop on Concordia's downtown campus. Managers, employees and most of the clientele are fine arts students. It operates as a non-profit, with all proceeds going right back into the cafe.

According to manager Jessica Lau, when the original location in the VA building was founded in the mid-'80s, it was located directly across from "a more commercial canteen." Student-run from the get-go, Café X was so successful, it soon put the competition out of business. Both cafes are now owned by the Fine Arts Students Association.

Because Café X isn't operated by Chartwells, said Lau, they aren't allowed to advertise anywhere in the EV building. If the university hasn't challenged their ownership of the cafe, she said, it

might be because they just aren't interested in the space.

"They definitely have not and I don't think they will," she said. "It seems like the university doesn't care about the fine arts community, to be honest. We're kind of secluded."

McGill University's Architecture Café wasn't so lucky. The coffee shop is a hub for students who flock there for cheap coffee and cozy environs. Once independently operated by the Architecture Students Association, the Arch Café managed to fly under the radar on an increasingly corporate campus for nearly 15 years.

In 2007, the party was over. McGill Food Services announced the cafe would either have to close or allow the university to choose its management.

McGill students fought back, staging protests and circulating petitions demanding the cafe's independence. They lost the battle. Although the Arch Café is still open today, it now has to answer to the university.

Frigo collective member and former McGill student Faiz Abhuani claims the takeover

changed the shop's character.

"The people working there now, it's harder for them to sympathize with you despite the fact that they have every reason to care less now. The job is more alienating," he said. "There's no place [now] like what Architecture Café used to be. They gentrified it."

Sure, it's exasperating to be faced with the same dodgy sushi and overpriced yogurt every time you're hungry in the Hall. But Murphy-Perron said he felt food choice wasn't the only thing limited by corporate food contracts on university campuses.

"If those contracts were friendlier to competition, it would do good things for student involvement on campus," he said, explaining that it puts up barriers for social and environmental change. "Say you're a student and you really want to see no bottled water on campus. Well, you've got to go through Chartwells for that. When they say, 'No, can't do it,' well, that's that."

"It limits democracy on campus," concluded Murphy-Perron. "It's ridiculous."



# RAW FOOD NOT A RAW DEAL

## GURU SAYS EATING RAW IS ‘JUST COMMON SENSE’

**TOM LLEWELLIN**

Markus Rothkranz might be one of raw foodism's most ostentatious advocates.

The lengthy promo clips on his website, gorawnow.com, boast an esthetic midway between Vegas-style showmanship, Richard Simmons and new age health freaks. Rothkranz speaks of the “power” of a raw food diet, exhorting his wildly cheering audience to “make a change” and “never get sick again.” Flames jump from the front of a stage. The theme music swells. A woman unfurls richly-feathered wings and takes off from a cliff.

After years on the fringes, raw foodism is entering mainstream consciousness. Raw foodists, who for the most part also eschew all animal products, believe that heating anything above 48°C kills vital enzymes and nutrients present in food and make it less nourishing.

“When the enzymes die, that’s when all the life goes out of [something] and it’s dead,” Rothkranz stated matter-of-factly.

His is a classic before-and-after story. Growing up on a farm near Newmarket, Ont., Rothkranz said he was raised by “television and nature.”

“I used to be so unhealthy,” he said. “I was eating at fast-food places, drinking soda and putting sugar on everything. And I was born with a weak immune system, I had all these health problems.” Doctors, he said, couldn’t find the root of his weakness.

Once he began moving towards a raw food diet, however, Rothkranz said his health was transformed. The 48-year-old, who has now been raw for three years, said he no longer needed glasses and his diet eliminated his chronic asthma. He said he also became mildly psychic.

“I started being able to read people’s minds and sense people’s emotions,” said Rothkranz. “People’d be talking to me, blah blah blah, and I could hear what their inner mind [was] saying.”

Gorawnow.com compares a picture of Rothkranz 20 years ago—as a squirrelly TV producer in a polo shirt and oversized glass-

es—with a recent photo that captures his long mane of wavy blonde hair, deep tan and perpetual shirtlessness.

“The healthiest people barely eat at all. And you can get ripped and look really good,” he said.

Rothkranz, who now lives in the Mojave Desert just outside of Las Vegas, swears by local eating, with a back-to-basics bent.

“Whatever grows in an area is what you need to be healthy in that area,” he exclaimed. “Look at how animals eat. They pick something off a plant and they eat it.” For humans to eat this way, he said, is merely “common sense.”

Chopping up or processing food is akin to strangling it, said Rothkranz.

“If you strangle a human for 15 minutes, they’re dead,” he said. “It’s the same with a plant.”

Picking food off of plants and eating it “is the way every lifeform on the planet lives, except humans. Humans are the ones that process their food, cook their food, kill their food, and they’re the only ones that get leukemia, diabetes, heart disease, cancer,

blah blah blah. The only animals that get it are the ones that are fed [processed foods] by man.”

American Food and Drug Administration regulations technically prevent alternative health practitioners from stating their methods can treat, cure or prevent anything. When asked if he was suggesting diseases were caused by eating cooked foods, Rothkranz uncharacteristically paused before saying that, after going raw, “across the board, whatever you have usually goes away.”

“There’s people all over the world who are getting rid of everything from everything that they say is incurable [sic], everything from cancer to AIDS to HIV to heart disease [because they’re] giving their body what it needs.”

He insisted that whatever grows in an area year-round—even in the icy, largely lifeless climes of central and western Canada—can keep you in perfect health.

“I’ll bet you that on those roadsides and empty lots and cracks in the sidewalk [are] dandelions and thistles,” he said, adding that

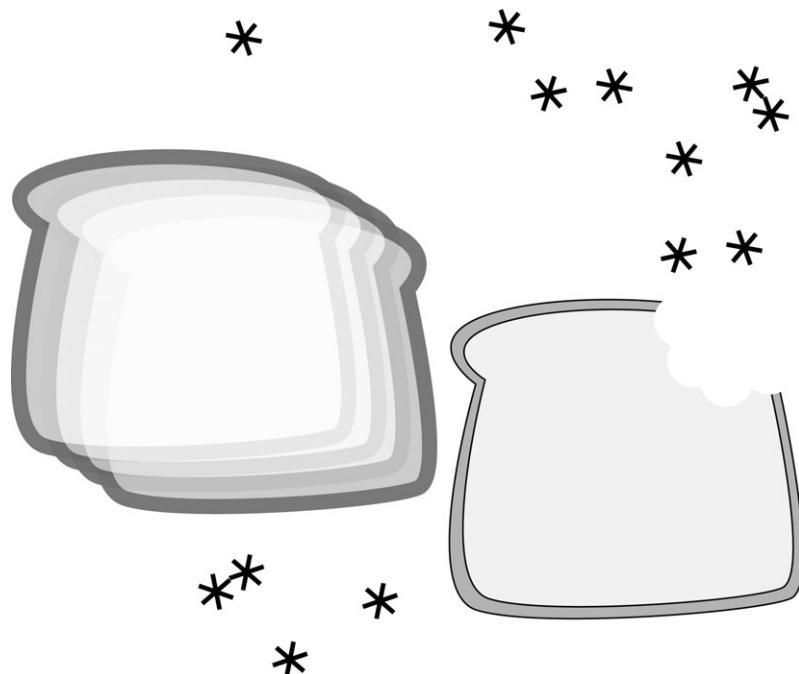
these plants grow in every part of the world, regardless of climate or elevation. “It’s like they were planted here by aliens or something. And [dandelions] are a complete food; they have every amino acid, everything that your body needs.”

Vitamin B12, crucial for maintaining proper brain function, occurs naturally in only meat, milk and eggs. A recent study published in the *American Journal of Clinical Nutrition* found that vegans had five per cent lower bone density than vegetarians who just cut out meat. A similar study has yet to be conducted on raw foodists.

Rothkranz nonetheless abstains from supplements, favouring only “things that come from nature.”

Despite the profusion of e-books, supplements and DVD sets he sells on his website, Rothkranz sees himself as an iconoclast in the health food industry, more prophet than salesman.

“This is not hype,” he said. “You knew this the day you were born. Just feel the truth.”



## STRESS-FREE SNACKS

EASY RECIPES TO GET YOU THROUGH THE EXAM PERIOD HALF ALIVE

TANIA MOHSEN

### ANTI-FATIGUE SMOOTHIE

If you've been partying all weekend and desperately need a healthy substitute for all your—ahem—consumption, here's the number one cure for hangovers. This drink is a powerful energy booster, one that is equally welcome whether you've been staying up all night studying or merrily party-hopping.

The banana's potassium and glucose provide life support after long, romantic dates with your coursepack, with vitamin C and fibre backing it up. Add a sprinkle of cinnamon for an immune system and digestive boost because, let's face it, you can use all the help you can get.

1 yellow banana with brown spots  
1 kiwi  
1 apple  
1 orange  
1/2 cup of cranberry juice  
1 cup of yogurt  
1 pinch of cinnamon

Peel the banana and the orange. Cut all fruit in inch-long dices. Put in mixer and blend until smooth and homogenous.

Add in yogurt and juice. Go back to mixing until liquid. Pour in a long glass and sprinkle cinnamon on top. Sip to satisfaction!

### MARATHON STUDY SESSION TRAIL MIX

It's 2:29 a.m. and you still haven't read through your remaining notes? Are you always running from one place to another, rushing to classes or to meet your buddies? Feeling those stress-related munchies creeping back on you? Afraid of wasting time cooking and handling a knife under pressure? If you've answered yes to one or more of these, this mix is your fix!

The healthy fats in the nuts will keep your brain pumping while protein and fibre help you stay awake and focused. The dried fruits are packed with natural sugars and vitamins, which will be slowly digested for maximum efficiency.

For 1 container (perfect when in class or studying at full capacity), mix:

- 6 almonds
- 15 sunflower seeds
- 3-4 Brazil nuts
- 8 cashew nuts
- 8 cranberries
- 4 prunes
- 4 dried apricots
- 10 raisins

# BREAKING UP WITH BREAD

## CONTROLLING WINTER CARB CRAVINGS IS ABOUT BALANCE AND SUNSHINE

### DEMI BÉGIN

As the city struggles to clear away snow this winter, some might struggle with keeping off extra pounds.

Cold weather brings on cravings for starchy comfort foods, but it's not just the temperature that can have you reaching for the bagels. It's also the darkness.

Some studies have suggested that, during the cold season, people experience a vitamin D deficiency that, in turn, has them craving carbohydrates. This isn't a problem the rest of the year, when good ol' fashioned sunshine gives many people all the D they can get—and the mood-regulating serotonin that comes with it.

"This theory says that if you eat carbohydrates, insulin increases and then tryptophan remains high in the blood and the brain can make serotonin easier," said Meigan Simpson, a dietetics student at McGill University. "That way, you

decrease your cravings and you increase your mood in response to the increase of serotonin.

"Going skiing, skating and snowboarding are also ways to get out in the sun and help with your serotonin levels," she added.

There is still a debate on the causal relationship between vitamin D and food urges, with some researchers pointing out that there are many other elements which can influence cravings.

For nutritionist Christina Timotheatos, cravings are mostly a sign that one's blood sugar level is too low.

"Usually we are just looking to eat anything and the fastest thing that the body absorbs is sugar, which is carbs," she said.

Emotions also play a role in one's eating behaviour and cravings.

"When you're stressed, depressed or overwhelmed, different feelings sometimes can trigger a craving. Then you

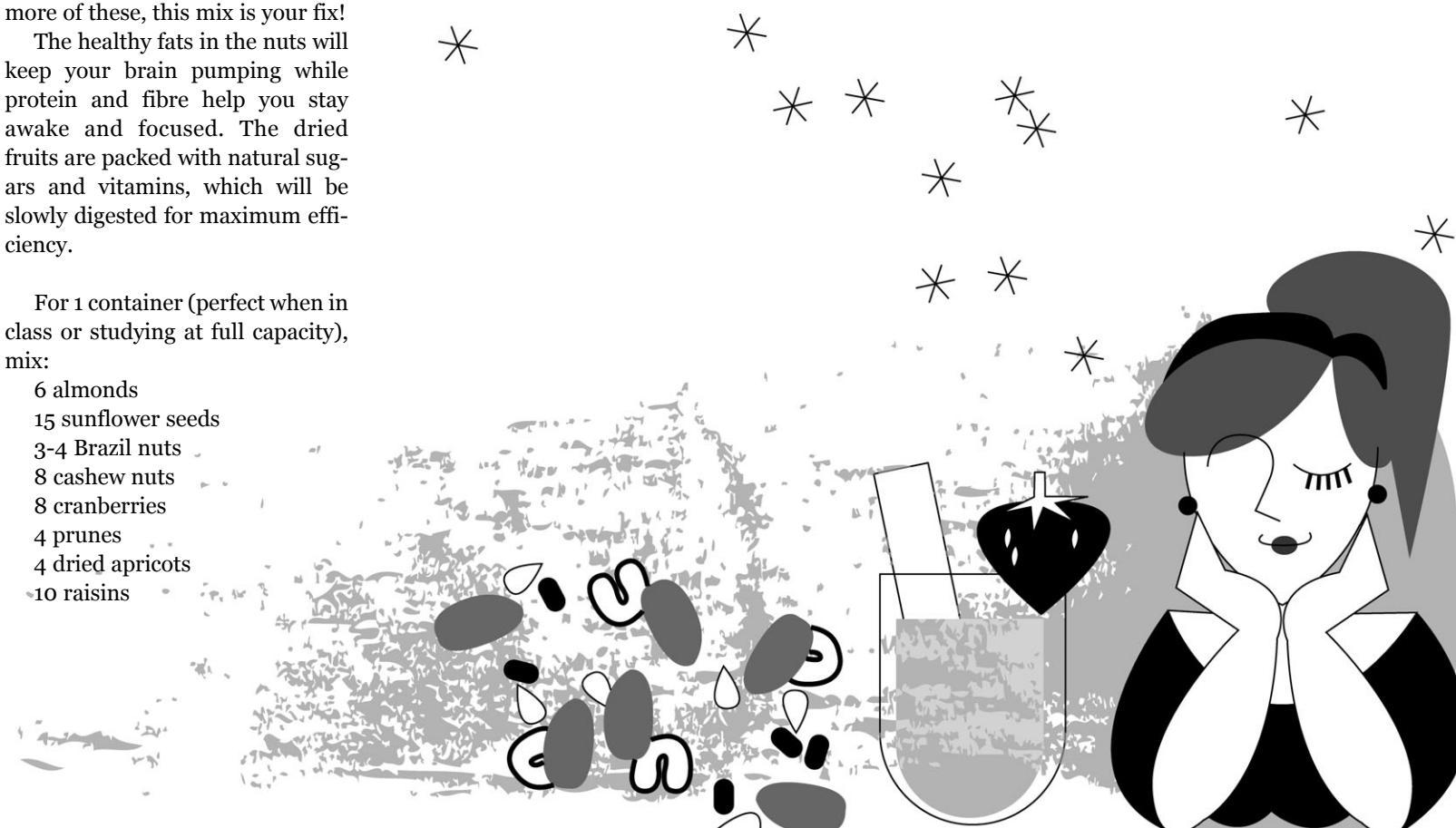
might look for your comfort food," said Simpson, adding that eating habits can then generate cravings on the long run.

"If you're getting a habit of eating chocolate every day, then you're going to crave it every day," explained Simpson.

To control cravings, nutritionists recommend that people eat three to five small meals a day. Forget exam-time fasting: we shouldn't go without eating for more than four hours, so be sure to eat healthy snacks along the way.

But hey, we're all human. If you're just going to binge on carbs anyway, at least make sure they're the right kind.

"You want to have the carbohydrates that are absorbed more slowly in your system, those that are complex, like pastas and rice and cereals that are high in fibre, because they stabilize your [blood] sugar level," Timotheatos said. "With your sugar level more stable, you should have less cravings."



# MEATLESS FEAST

**RECIPES FROM THE KITCHEN OF THE PEOPLE'S POTATO FOR A MEATLESS FEAST**



(Left to right) Mushroom and barley pie with lentils and leeks. Students take time for a bite, courtesy of The People's Potato. When delicious things come in eights: polenta cakes. PHOTOS ROSE ATHENA

**MADELINE COLEMAN**  
**RECIPES COURTESY OF THE PEOPLE'S POTATO**

My father doesn't know how to feel about my vegetarianism. He knows that, in theory, he supports it. We share a generally positive attitude towards tofu. He loves me and wants me to know that he's behind me 100 per cent, all the way.

But all that doesn't stop him from serving me nothing but side dishes for Christmas dinner.

This year, *The Link* called on Concordia-based soup kitchen and vegan chefs extraordinaire, The People's Potato, for a little aid in the cooking department.

As the cooks in your family bustle around, muttering under their breath about turkeys, lay a hand gently upon their shoulders and press this recipe guide into their hands. May you never eat only side dishes again.

**MUSHROOM AND BARLEY PIE WITH LENTILS AND LEEKS**

**Serves 8**

1x8 inch shallow pie pan

**Filling**

2 cups pearl barley, cooked  
1 1/2 cup Dupuis lentils, cooked  
1/2 leek, finely chopped  
1 small carrot, finely diced  
1 celery stalk, finely diced  
3-4 tbsp olive oil  
2 garlic cloves, minced  
250 g Crimini mushrooms, sliced  
1/4 cup tamari or soy sauce  
2 tbsp nutritional yeast  
1 tsp rosemary  
2 tsp thyme  
2 tsp chervil  
1 tsp sage  
2 tsp onion powder  
1/3 cup black sesame seeds, ground fine  
1/3 cup barley flour  
salt and pepper to taste

**Pie Crust**

750 ml wheat flour

750 ml millet flour  
1/2 tsp salt  
3/4 cup vegan margarine, cold  
3 tbsp cold water

**To Make Pie Dough:**

- Preheat oven to 350°F. Mix flour and salt in work bowl and scatter cold margarine pieces over flour mixture, tossing to coat with a little of the flour. Cut margarine into flour with a fork. Continue cutting in until flour resembles coarse pea-sized lumps. Turn mixture into medium bowl.
- Sprinkle 3 tbsp ice-cold water over the mixture. Fold water into flour mixture with a spatula. Add up to 1 tbsp more cold water if dough will not come together. Shape dough into ball, then flatten into 4-inch-wide disk. Wrap in plastic or parchment paper and refrigerate for 30 minutes while preparing pie filling.

**To Make Filling:**

- In a pan, add 1 tbsp olive oil and sauté mushrooms on high heat until cooked. Set aside.
- In a large pot, sauté leeks, carrots and celery in 2 tbsp olive oil on high heat.
- Once the leeks have softened, reduce heat to medium-high, add the barley and stir into the vegetables. At this point stir in the lentils, garlic and tamari, thoroughly incorporating them.
- Remove from heat and stir in remaining ingredients.
- Add salt and pepper to taste and set aside.

**Final Step:**

- Cut dough in half. Reserve half for the pie cover. Roll dough to 1 cm thick on a floured surface and lay on greased pie pan, trimming dough to within half an inch of the pan's lip. Add filling and roll out second half of the pie dough and cover. With a fork, press down on the edges to form a seal and trim off excess dough.
- Cut four slits at right angles on dough top. Place pie on the bottom rack in the oven and bake for 30-40 minutes. Serve with buckwheat gravy.

**BUCKWHEAT GRAVY**

**Serves 8-10**

4 cups vegetable stock  
3/4 cup buckwheat flour  
3/4 cup vegetable oil

2/3 cup tamari or soy sauce  
2 tsp onion powder  
1 tsp garlic powder  
2 1/2 tbsp brown miso paste  
pinch of ground cloves  
pinch of ground allspice  
1 tsp savory  
1 tsp sage  
2 tsp pepper, ground  
1 tbsp red wine vinegar  
2 drops natural hickory liquid smoke  
salt and pepper to taste

**Directions:**

- Pour oil in a saucepan and whisk with flour over medium heat.
- Gradually add vegetable stock, stirring the whole time. Whisk frequently to keep lumps from forming.
- Once all of the stock has been incorporated, add miso, tamari, herbs and spices. Bring to a boil then immediately remove from heat.
- Add red wine vinegar and liquid smoke.
- Add salt and pepper to taste and serve.

**POLENTA CAKES**

**Serves 6-8**

2 tbsp vegetable oil (plus extra for frying)  
1 large onion, diced  
2 cup coarse cornmeal (polenta)  
6 cups vegetable stock or water  
3 tbsp nutritional yeast  
8 tbsp parsley, finely chopped  
90 ml lemon juice  
zest of 1 lemon (optional)  
1/2 cup fresh basil leaves  
16 sundried tomatoes, rehydrated  
salt and pepper to taste

**To Prepare Polenta:**

- In a large saucepan add vegetable oil and sauté onion on high heat.
- Once onion has softened, add vegetable stock or water. Bring to a rolling boil.
- Reduce heat to medium and add the polenta slowly, whisking constantly. If the polenta is added too quickly, lumps will form.



(Left to right) Forget bangers and mash, this potato and turnip mash will make you drool. The People's Potato serve it up on the 7th floor. Cranberries and chocolate: true love. PHOTOS ROSE ATHENA

4. Cover and cook gently over low heat for 20 minutes, stirring frequently until the polenta is thick and creamy. Add the nutritional yeast and lemon juice. Stir thoroughly to incorporate.

5. Stir in parsley. Add salt and pepper to taste.
6. Place polenta in a bowl and allow to fully cool.

#### To Prepare Cakes:

1. Once polenta has fully cooled form the bottom half of the cake in the palm of your hand. Pat polenta firmly and add 2 small basil leaves and 2 sundried tomatoes to the centre. Add the same amount of polenta on top of the filling and pack tightly.
2. Once all polenta cakes are made, dredge them in corn flour and prepare a skillet to shallow fry.
3. Fill 1/3 of a skillet with vegetable oil and heat to medium-high. Once oil appears to be hot, carefully drop in cakes and fry until golden brown on each side—about 4 minutes per side.
4. Remove from pan and allow excess oil to drain onto a cloth or towel and serve.

#### POTATO AND TURNIP MASH

##### Serves 8

- 4 large potatoes (preferably Russets), quartered
- 1/2 medium-sized turnip, chopped
- 1/4 cup unflavoured soy milk
- 1 head of roasted garlic
- 3 tbsp vegan margarine
- 1/2 cup bread crumbs
- salt and pepper to taste

##### Directions:

1. Put potatoes and turnip in a large pot and cover with cold water. Boil until fully cooked (you should be able to easily pierce with and remove a knife).
2. Drain potatoes and turnip and place them back into the pot with the roasted garlic.
3. Mash the veggies with a little bit of the soy milk and margarine with either a masher or fork. Continue to add more soy milk and margarine as you mash.
4. Once you have achieved your desired consistency, add salt and pepper to taste and mix well.
5. Heat oven to 375°F. Transfer mash to a casserole dish. Top with breadcrumbs.
6. Bake until breadcrumbs turn golden brown, or 10-15

minutes.

#### MAMIE'S CUMIN CARROTS

##### Serves 8-10

This is an old family favourite that comes from my Mamie's Jewish North African culinary tradition. It tastes great and is simple to make. Enjoy!

—Lili Eskinazi, member of The People's Potato collective

- 2 lbs carrots
- 1/2 cup ground cumin
- 1/2 cup red wine vinegar
- 1/3 cup canola oil
- 5 cloves garlic, minced
- 2 tsp salt
- 1 tsp pepper
- 1 tsp paprika

##### Directions:

1. Peel carrots.
2. Boil them in water with 1 tsp salt for approximately 10 minutes, or until soft but not mushy when poked with a fork.
3. Cut carrots into half inch-thick pieces and set aside in a bowl.
4. On low heat, lightly fry the garlic in the canola oil until pinkish in colour. Be careful not to let it burn!
5. Add cumin, vinegar, salt, pepper and paprika. Mix and let simmer for two minutes.
6. Add carrots and stir.
7. Let simmer on low heat for 20 minutes, stirring occasionally and sprinkling with vinegar to taste.
8. Serve warm or cold.

#### CRANBERRY SPICE CAKE WITH CHOCOLATE GANACHE

##### Serves 8

- 1x 8 inch cake pan
- 1 tbsp apple cider vinegar
- 1 1/2 cups of plain soy milk
- 2 and 3/4 cups flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup sugar

- 1/2 cup vegetable oil
- 1 tsp vanilla extract
- 1 1/2 cup dried cranberries
- 2 1/2 tsp ground ginger
- 2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp ground allspice
- 1/2 tsp ground cloves

##### Directions:

1. Preheat the oven to 350°F. Grease and flour cake pan. Put aside. In a small bowl, mix cider vinegar with soy milk. Stir and then put aside. The mixture will curdle.
2. Stir together the flour, sugar, baking powder, baking soda, spices and salt.
3. Stir the oil and vanilla extract into the bowl of soymilk and vinegar. Mix well.
4. Add the wet ingredients to the dry ingredients and beat together. Stir in dried cranberries.
5. Fill the cake pan and bake for 30-40 minutes. Poke a toothpick in the centre on the cake. If it comes out clean, it's ready. If it is not quite ready, allow to bake for another 10 minutes.
6. Allow the cake to cool. Drizzle with chocolate ganache.

#### CHOCOLATE GANACHE

- 2 1/2 cups dark chocolate
- 1 cup vegan margarine
- 1 tsp vanilla

##### Directions:

1. Melt margarine in a small saucepan over low heat.
2. Once margarine has fully melted, add chocolate chips and vanilla.
3. Stir well for two minutes and remove saucepan from burner. Continue to stir until mixture is smooth and free of lumps.
4. Drizzle over cooled cake.

The People's Potato serves free vegan lunches on the seventh floor of Concordia's Hall building (1455 de Maisonneuve Blvd. W.), starting at 12:30 p.m. Monday to Friday. The Potato's last day of lunch service this semester is Dec. 7. After that, they will hold food banks from 12 to 2 p.m. every Tuesday and Thursday until Dec. 18. The Potato reopens on the first day of classes, Jan. 4.



# A GUIDE TO GENDERED GASTRONOMY

## COOKBOOKS A SNEAKY BAROMETER OF WOMEN'S ROLES, AT HOME AND AT WORK

**LAURA BEESTON**

Call me a food feudist, but something about the tradition of cookbooks challenges my feminist sensibilities.

Perhaps I have been heavily influenced by the existential lady-problems of second-wave feminism, but it seems to me that the tradition and evolution of cookbooks, though generally tasty, is tremendously suspicious.

Gender, culture, consumption, lifestyle and that stone cold bitch Martha Stewart: are cookbooks really innocuous guides or a more subtle form of social conditioning?

### COOKBOOKS AND CULTURE

"Every cookbook, more or less, is a work of social history," wrote second-wave cookbook author Patricia Storace.

Largely ignored by historians as valuable resources of cultural study, Storace said "[cookbooks] represent what women cooked, what corporations and society believed women should cook, and most importantly, why women should be cooking."

At the turn of the 20th century, North American cookbooks often also included bonuses like etiquette guides on how to please your husband and the culinary

chores you should just leave to the hired help.

In the throes of the First World War-era industrial boom, as females started riding their bicycles to work in the big city, these tomes reminded independently-minded women what their real jobs should be: mother, wife and homemaker.

Jessamyn Neuhaus wrote in her 1999 article "The Way to a Man's Heart" that cookbooks have the

workers, flyers, as members of the armed forces," wrote one Second World War ration book, "but whatever else you do, you are, first and foremost, homemakers."

### MEAT IS A MAN'S JOB

As soldiers returned from war and babies boomed, women by and large returned to their previous posts in the kitchen. The 1950s ushered in a new wave of middle-

tion, including Jell-o and canned soup, became available to help the doting wife please her growing family.

There was one place at home that women weren't welcome, however: in front of the barbecue.

Marketed as the man's domain—complete with stainless steel gadgets, fire and macho jokes on the fronts of aprons—the paradigms of the barbecue made clear which types of food preparation were masculine and how limited men's roles in the home kitchen were beyond the backyard.

As the calendar rolled over to the 1960s, women began to challenge the assumptions about "women's work" and the "pleasures" of food preparation, and cookbooks followed suit.

Peg Bracken, in 1960, wrote the highly influential *I Hate to Cook Book*, sparking a social dialogue about whether it was really possible to find fulfilment in the kitchen.

Second-wave feminist artist Martha Rosler's 1975 video installation *The Semiotics of the Kitchen* questioned women's contentment with the instruments of cuisine. Listing off utensils from A through Z and wielding them menacingly for the camera, Rosler's performance struck a chord with the female masses who didn't identify

as housewives and homemakers.

Women had begun to manipulate their limited social roles to create alternate, and often subversive, realities. In many ways, cookbooks became paradoxical places of both conformity and creativity as women made space for alternative interpretations of identity. Feminists started to break free of what they—and their cookbooks—should look and act like.

### CULINARY CAPITAL

Although they once sought to be every woman's household bible, mainstream cookbooks now seek out money. Cookbooks today, as well as the "experts" that we see on TV food networks, have found new formulas to sell—and not only to the ladies.

Working beyond gender differences, the cookbook culture of the 1980s and '90s played on leisure and "lifestyle."

Increasingly gender-unspecific, both cooking shows and printed guides began to focus more on nutrition, speed and the latest food trends. The glossy covers of best-sellers like *Trim and Terrific* and *Foods That Fight Cancer*, coupled with the Nigella Lawsons and Martha Stewarts of the TV world, are sticking to good taste to serve the bottom line.

**"YOU HAVE BEEN STRENGTHENING YOUR  
COUNTRY'S DEFENCES AS PLANE WORKERS,  
FLYERS, AS MEMBERS OF THE ARMED FORCES  
[...] BUT WHATEVER ELSE YOU DO, YOU ARE,  
FIRST AND FOREMOST, HOMEMAKERS."**

—SECOND WORLD WAR RATION COOKBOOK

uncanny ability to respond to contemporary economic and social conditions—and are usually in cahoots with normative institutions.

Even the expansion of female gender roles during wartime, as women stepped out of the home and into the workplace, was played down in wartime-era cookbooks.

"You have been strengthening your country's defences as plane

class, husband-pleasing social mores that were hugely influenced by television and the tremendously increased power it lent to mass marketing.

Cookbooks, riding the social trends, were changing as well.

With new markets to open and products to hawk, cookbooks campaigned to connect North American families to commercial culture. "Innovative" alimenta-

# LOVE ME TENDER

## BEAUTY TIPS THAT WILL MAKE MEN WANT TO EAT YOU ALIVE

### TERRINE FRIDAY

Congratulations, ladies: we've finally moved out of the kitchen and into the butcher's shop.

Beauty in the modern world is about more than just tender innards. So you want to be a tasty dish? Follow *The Link*'s tips, and you'll be well on your way to becoming one hot chick.

### FAKE N' BAKE

If you're blue to medium-rare, never fear: tanning is your best bet to get an all-natural glow. For as low as \$10 per 15-minute session, you can look sun-kissed while a blowing snow warning is in effect for the Montreal area.

Depending on your demands, tanning can offer you anything from a rosy glow to cooked 'n tender. The best part is, you will never look orange. It's scientifically proven.

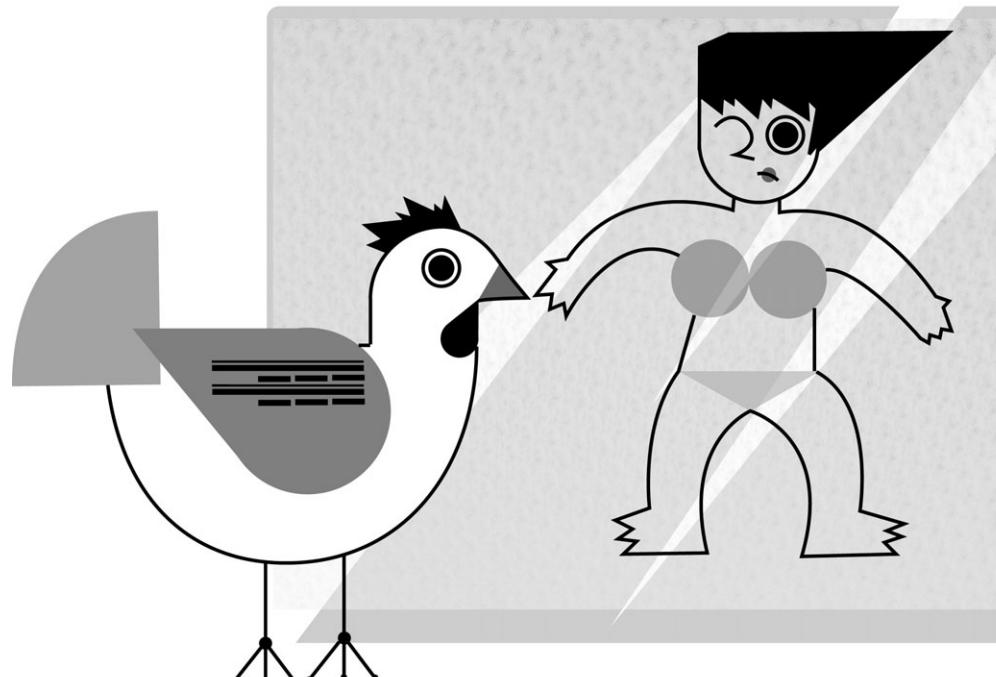
Since a tanning bed offers the same physical effects as ultraviolet B rays and chemically alters your skin pigmentation, you will only ever appear to be an acceptable shade of brown.

No one will ever know it's fake.

### IT'S ALL IN THE BREAST

Poultry breast is the most expensive side of the meat. It's also one of the more valued sides of human meat. What a tasty coincidence.

A young lady in courting should never



hide her best assets. If you are not well-endowed, try basting your ladies with breast-enhancing cream or dosing yourself with tablets (you can get a two-month supply of both for less than \$100).

It's important to remember that caring for your breasts doesn't stop at making sure they look great. Be sure to get a yearly

physical examination done by your doctor. Being healthy is most important. After being hot.

### HENS SHOULD BE PLUCKED

What are we, medieval? Nobody wants to find feathers in their food.

The legs, arms, upper lip and bikini area

should always be tame and tidy. Body hair is unrefined and denotes masculinity. The purpose is to attract men, not drive them away.

Wax, pluck or shave to keep body hair in check. The less hair, the better. And for god's sake, trim those tail feathers.

### DON'T BA-A-ALK!

Nobody likes an avid talker. How can you enjoy a Cornish hen if the beak is still on?

If you engage in conversation, keep it light and airy. There's nothing worse than appearing domineering or aggressive. Simple discussions about your dog, the weather or a new recipe should always keep your subject engaged.

Heavy topics like politics ("What do you think of the proposed HST?") or religion ("What winter holiday do you celebrate?") should be reserved for a more serious relationship. Wait until it's smooth sailing ahead for these conversations.

Besides, who needs words with plumage like this?

Follow our guide, and you're sure to feel dapper, delicious and delectable. As young women continue to exploit themselves in the pursuit of true empowerment, so must we continue to share stories on how to make a male carnivore drool.

Hell, if this doesn't work out, you can always try becoming a fox.

# COOKING IN THE DARK

## A WOMAN'S PLACE IS IN THE KITCHEN, BUT GOD FORBID SHE TURN PRO

### VIVIEN LEUNG

It's an undeniable fact that fewer female chefs meet the same successes as their male counterparts. Although more than half of employees in the cooking industry are female, only four per cent of certified executive chefs in America are women.

If misogynists argue that a woman's place is in the kitchen, they must mean only the one at home.

Second-wave feminists in the '60s and '70s had their work cut out for them, battling the overt sexism that was still socially acceptable at the time. Gender bias continues to influence hiring in the professional world, but it flies under the radar in pervasive and systemic forms.

Today, an employer will not blatantly announce during a job interview that he does not hire women. If that were the case, the battle against sexism would be easily fought. Instead, inequalities are couched in accepted assumptions about women in the workplace.

Some employers might assume that women simply do not have what it takes—be it talent, stamina, drive or creativity—to hack it in commercial kitchens.

A professional chef has to deal with high temperatures, a hectic workplace and is regularly exposed to burns and cuts. They need to move around huge stock pots. On top of these risks, they still need to provide customers with food that is

both esthetically and tastefully appealing in a timely manner. Whether or not women are capable of working under pressure, stereotypes that equate femininity with delicacy mean they are more likely than men to be assumed unfit for the job.

### ALTHOUGH MORE THAN HALF OF EMPLOYEES IN THE COOKING INDUSTRY ARE FEMALE, ONLY FOUR PER CENT OF CERTIFIED EXECUTIVE CHEFS IN AMERICA ARE WOMEN.

Then there's the matter of the hours. Working in a restaurant is not a nine-to-five job. Studies about balancing children and career find, again and again, that many Canadian women are still expected or required to be the principal caretakers, regardless of how demanding their jobs may be. Restaurant shifts are long, arduous and often diametrically opposed to the demands of family life.

Opening hours can make or break a business, and chefs

often have to turn up four or more hours before restaurants actually open their doors. The waiting list for Quebec's subsidized \$7-a-day childcare system—the only one of its kind in Canada—is years long, and slots for those who work hours outside the nine-to-five are non-existent, reported *The Gazette*. A woman chef may be willing to take on the demands of the job, but if she has children, the issue becomes whether or not she is able to.

A third potential cause for the lack of female chefs is misogyny in the historically male-dominated food industry. Allison Vines-Rushing, of New York City's Ducasse restaurant, recounted in *Bon Appétit* magazine how she was shamelessly hazed by male co-workers who piled more and more orders onto her station, waiting to see her crack under the pressure. An article in *New York Magazine* interviewing female head chefs revealed situations of sexist discrimination, like refusal to shake the women's hands, or simply outright denial of their authority.

While it would be assuming too much to try and explain the lack of women holding positions of authority in commercial kitchens, their absence is symptomatic of wider problems that continue to persist, especially in the domains of women's rights and equality. Even when discrimination happens covertly, social constructs still keep women from career advancement and leave a bad taste in the mouths of would-be female chefs.



# EXPLORING THE TABLESCAPE

**ESTHETICS HAVE A STRONG INFLUENCE ON HOW WE TASTE, SAYS PROFESSOR**

DAVID ADELMAN

Close your eyes and take a bite of an unknown substance. What does it taste like?

The wonderful world of taste that we experience every single time we put something into our mouth is interconnected with vision. This connection has created a consumer culture of shaping dishes to look certain ways in order to create a certain taste.

Vanier College psychology professor Francis Ho had his first experience with food psychology at Oxford with Professor Edmond Rolls, one of the world's leading researchers in that area of study.

"I found a lot of students were fascinated by the topic of food, especially when it involved the perception of taste and food taboos," said Ho. "I started doing research regarding the subject and now I teach a course on the psychology of food."

Montreal restaurant O'Noir has become famous for its unique take on the standard restaurant experience: diners receive and consume their food in complete darkness. Ho said he believed customers don't realize how much their eating experience depends on vision until the moment they aren't allowed to see what they are eating, where they are eating and whom they are eating with.

"Customers [of O'Noir] agree that their other senses, especially the texture and taste of food, were very much enhanced," said Ho. And don't discount the power of suggestion: according to Ho, experimenters have found that if they blindfolded their subjects and gave them chocolate yogurt but told them it was strawberry yogurt, the subjects would report eating strawberry yogurt.

"This brings me to another point: the importance of food labels," added Ho.

"Foods with more fancy names, like 'Traditional Cajun Red Beans with Rice,' taste 'better' than those with more mundane names, like 'Red Beans with Rice,'" said Ho.

According to him, the esthetics of foods and the environment in which we eat it are very important factors that affect how badly we want to consume it.

Every food has its own "fooodscape," explained Ho, including things like its colour, shape and, of course, size (e.g. bite-sized vs. huge chunk).

Not only that, but every food item exists within a "platescape," affected by the size and shape of the container and even the utensils. Outside that is the "tablescape," encompassing everything placed on the table—is it a formal dinner? A buffet?—and things or even other people at the table. The tablescape is affected by who you're eating with and how you follow the

ritualized eating "script."

The tablescape is—you guessed it—situated within a particular "dining-room-scape," although most of us are likely to experience something closer to a "kitchenscape." Ho said our experience of food can even depend on lighting and furniture arrangement.

Ho noted that in some cultures, the presentation of food becomes even more important than the taste of food itself, a prime example being the art of performing a Japanese tea ceremony. The object of consumption—the tea—is, said Ho, no longer the key element in the ceremony. It is the beauty, the symbolism of the ritual and the ritual itself that become even more important than the taste of the tea.

This might be a good thing. According to Ho, some people claim that particular tea tastes pretty awful anyways.

# IN DEFENCE OF MEAT

**DON'T BE ASHAMED TO HAVE YOUR STEAK AND COOK IT, TOO**

DIEGO PELAEZ GAETZ

I enjoy eating meat. Love it, actually. I couldn't picture life without it. So am I a bad person?

It used to be a simple question. Meat was necessary and avoiding it seemed unusual at best, down-right effeminate at worst. What happened? At what point did I have to develop an ideological system to explain my suddenly primitive and harmful habits?

Now, I don't have a problem with vegetarians. They are all very intelligent, articulate, thoughtful people. Having said that, I think they will all drive me insane.

Given the nature of this issue, it seems appropriate to ask a simple question: why has food become the intermediary for this

message against mass consumerism and industrial agriculture?

**ULTIMATELY, DENYING YOURSELF MEAT GIVES THE SAME SORT OF VISCERAL HIGH THAT EATING IT DOES.**

I've seen and (partially) read *Fast Food Nation*. I know that animals are boxed in and mistreated and their populations are supported mostly for the purpose of exploiting them for our insidious carnivorous practices.

However, without the word "carnivorous," couldn't most of that description be applied to our treatment of other humans? Is it

really a more just cause to fight against confining large amounts of cows in small, unsafe, unsanitary places than large amounts of people?

Look, I'm a realist. I'm aware that I don't need meat to survive. But I'm also aware that wherever you're living wasn't originally a zoned residential area, completely uninhabited by animals. Or that the water used to power your computer could go towards fighting iodine deficiency rather than BitTorrenting the new season of *Mad Men*.

Is my desire to eat meat entirely selfish and unrelated to the hypocrisy of most anti-meat activists? Yes. I get a visceral joy out of a good steak that few other things in this world can provide,

and most of these other things also now fill me with intense terror at their possible future effects on my life. (Damn pro-life activists.)

But why is it that one would be a militantly political vegan and anti-meat activist? Sorry, but it's hard for me to buy it as a purely moral argument. Our society was built on exploiting animals. Animals used to live where your apartment complex is. Animals used to drink the water that powers our hydroelectric dams. Are you going to throw away your computer and go Amish?

It makes you feel good about yourself in a base, chemical way—exactly the same way I feel about fried chicken.

If the extent of your activism is

eschewing a hamburger, that's fine. But please don't turn up your nose the next time you see me digging into a delicious pork chop. Yes, I'm selfish. Yes, the only concern for what I have on my plate is how tasty it is. But at least I don't search for ways to morally condemn toward others.

My lifestyle is wasteful, destructive and harmful to animals of all shapes and colours—just like yours. If you're not living on a hippie commune (which I do respect greatly—no negative connotations here!), then you can hold your tongue about my hamburger. Just kick back, enjoy the ride and stock up on steak sauce. The end is nigh, and when it comes, heart disease will be the only thing stopping me.

# FOOD BANKS MORE IN NEED THAN EVER

**LOCAL FOOD BANK SUPPLIER SAYS THEIR DONORS ARE DROPPING OUT JUST WHEN THEY'RE MOST NEEDED**

**CHRISTOPHER OLSON**

The 115,000 Montrealers who were assisted by food banks this year may have a harder time getting a good meal this holiday season.

"It's not [looking] good," said Danielle Blain, coordinator of communications at Moisson Montréal, the largest supplier of food banks in the city. "[2008] was bad, but it wasn't as bad as this year."

The demand for food donations for the homeless and underprivileged in Quebec in 2009 was 15 to 20 per cent higher than last year—yet the actual number of donations was 20 to 25 per cent lower.

Blain explained that most of Moisson Montréal's donations are surplus goods donated by manufacturers and retail stores, food which is still good for consumption but not good enough to sell to customers. But as a precarious



## THE DEMAND FOR FOOD

**DONATIONS FOR THE HOMELESS  
AND UNDERPRIVILEGED IN QUEBEC  
IN 2009 WAS 15 TO 20 PER CENT  
HIGHER THAN LAST YEAR—YET  
THE ACTUAL NUMBER OF  
DONATIONS WAS 20 TO 25 PER  
CENT LOWER.**

economy drives donor businesses to scramble to reduce costs, fewer donations are left to trickle down to food banks.

"They're working tighter, so there are less surpluses, so there's less to give away, and budgets for donations are going down," said Blain.

"Food banks are meeting only about one-third of requests, and this within a rich country like Canada," states Food Banks Canada's 2009 Hunger Count report, which shows a 78 per cent increase in demand at food banks in the province of Quebec compared to last year.

"The figures are alarming," Blain concurred. "This is the standard picture for all food banks across Canada."

Moisson Montréal is currently searching for donations to supply 115,000 Christmas baskets and 30,000 Christmas meals. The supplier is recruiting volunteers to help fulfil that promise to the city's impoverished through food fundraisers.

Donations of money also help a great deal, Blain added.

"With \$1, we can buy twice as much as anyone would be able to buy in the supermarket," said Blain. "[We] stretch the dollar value quite far."

This is only Blain's first week on the job, and what a stressful week it's turning out to be.

"I think it's a great challenge," she said, adding that it's just as hard working in the private sector right now as it is at most non-profit organizations.

"I think if you work for any cause, you have to be efficient and creative," she said. "Everyone here has got his heart in his hand, definitely. That's the first prerequisite [to the job]."

"You gotta believe there's a solution," continued Blain. "So how do I feel [about the future]? Excited."

**For more information about Moisson Montréal and how you can help, visit [moissonmontreal.org](http://moissonmontreal.org).**

# INGESTING INEDIBLES

**MYSTERIOUS EATING DISORDER POINTS TO MALNUTRITION AND DEPRESSION**

**TRISTAN LAPOINTE**

Have you ever eaten nails? Baked mud pies? Been a dog? Probably not, but maybe you've experienced pica in other ways. Pica is a bizarre disorder that compels sufferers to eat anything—except food.

The name derives from the Latin name for the magpie (*pica pica*), a bird colloquially known to eat just about anything: other birds, carcasses and trash are some of their favourite snacks.

Pica is medically classified as a disorder because its causes are so disparate and numerous it can't be defined as a disease, mental or otherwise.

## THIS AIN'T NO PICKLES AND ICE CREAM

Talk about your pregnancy cravings; in some underdeveloped countries, some women feel compelled to eat clay or soft rocks during pregnancy. Geophagy, or dirt-eating, is often a response to an increased need for calcium and iron experienced by women during term.

Geophagy was extremely common among African slaves in the colonial United States. Some slave owners found the practice so offensive that they resorted to patenting a mouth lock (U.S. patent number 414,1975) to prevent it.

Dirt-eating hit its peak in the Western Hemisphere in 2005. When Hurricane Katrina hit Haiti, food stocks were wiped out and the price of staples like rice and flour soared. In response, the poorest Haitians started making and selling mud pies made out of local dirt and vegetable shortening.

The dangers of dirt-eating are many; the malnourished are especially at risk from worm infestation. And in areas where lead is still used as an additive in gasoline, eating soil becomes exponentially more dangerous.

## PRISONERS OF APPETITE

Imagine, being committed to an asylum—sorry, "facility"—for the rest of your days actually bothers the mentally infirm!

British researchers studied incidents of pica in mentally handicapped men after it caused a rash of deaths in the 1980s. Items extracted from living

and dead patients included needles, glass, bones, rocks and fabric.

They found that pica could actually be a symptom of depression, a conclusion that played an important role in recognizing depression in the extremely mentally handicapped.

## EXPLORING THE WORLD, ONE LICK AT A TIME

Ironically, most research about pica has focused on dogs, perhaps because they suffer frequent fatalities from the disorder. Or maybe people just care more about their pets than they do about mothers in

developing countries.

Regardless, most dogs affected are simply curious or hungry. Interestingly, dogs will eat stuff if they're bored, or just to get their owner's attention.

Dogs often use their mouths to get familiar with new objects. Pretty much anything that can fit in that panting animal gullet can and will accidentally be swallowed. Results vary, but blocked intestines and internal bleeding are common.

Coprophagy—shit-eating—also affects dogs. Sometimes they learn it from momma dog, who does it to regain minerals lost during pregnancy.

Other times it's just, you know, for fun.



## THE GUIDE TO GOOD EATS

### THE PEOPLE'S POTATO

Vegan soup kitchen serves free vegan lunches every weekday at the Sir George Williams campus. Totally devoid of all animal products and even wheat-free every Wednesday, The Potato's meals are funded by donations and a student fee levy paid by all Concordia undergrads. Lines are long and they do run out. Bring your own plate or Tupperware if you're short on time—look for the (much shorter) Tupperware line.

Monday to Friday, 12:30 p.m.  
Hall building, seventh floor  
1455 de Maisonneuve Blvd. W.

### LOYOLA LUNCHEON

CSU-funded vegetarian lunches every weekday on at The Hive, Loyola's student bar. A rare healthy food option at this oft-neglected campus, lines are usually moderate. Bring your own Tupperware to be safe.

Monday to Friday, 12:30 p.m.  
The Hive (SC building)  
7141 Sherbrooke St. E.

### MIDNIGHT KITCHEN

McGill University's answer to The People's Potato. A tasty option if you're in the area.

Monday to Friday, 12:30 p.m.  
Brown Student Services Centre (known to many as the "Shatner" building)  
Mackay Street below Dr. Penfield Avenue

### LE FRIGO VERT

"Anti-capitalist food store" sells organic bulk and packaged food, 50-cent coffee, vegetarian sandwiches and more (we recommend the samosas). Frigo co-op members get a discount. Since it's funded by a student fee levy from undergraduate students, if you are one, you're also automatically a member. Bring your student ID.

Open Monday to Thursday, 10 a.m. to 7:45 p.m., Friday 12 p.m. to 5 p.m.

2130 Mackay St.

### CAFÉ X

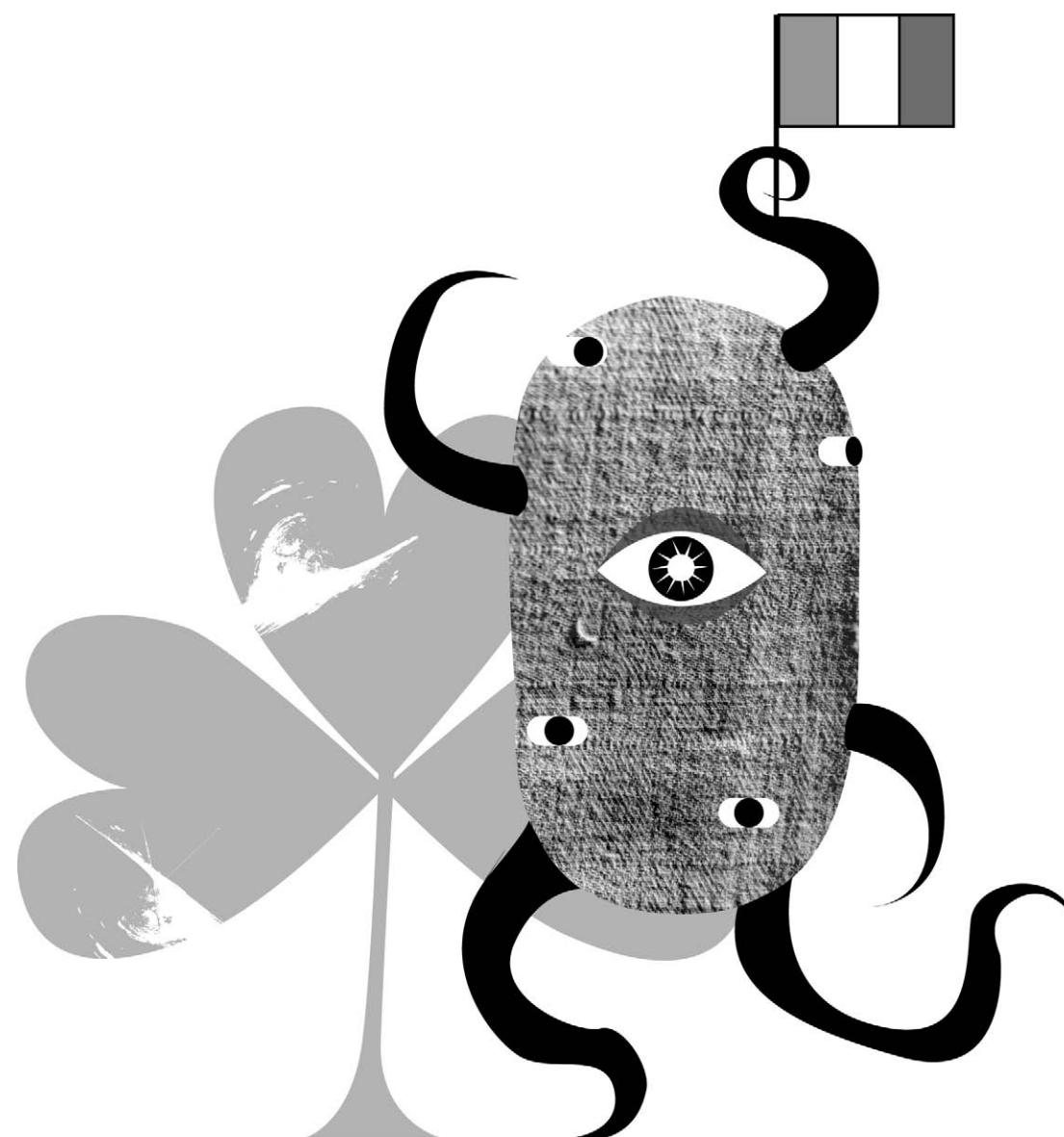
With two locations on campus, Café X serves \$1 coffee, cupcakes, delicious knishes and more. A well-kept fine arts student secret—until now. Sorry, guys.

Monday 8:45 a.m. to 6 p.m.  
Tuesday to Thursday 8:45 a.m. to 8:30 p.m.

Friday 8:45 to 5 p.m.  
VA 229 (1395 René-Lévesque Blvd. W.)  
or EV 7.750 (1515 Ste-Catherine St. W.)

# THE (PEOPLE'S) POTATO FAMINE

### IRISH CONCORDIANS MARGINALIZED ONCE AGAIN



#### ERIK ANDERSON

##### The People's Potato.

Once a bastion of communal starches, now in recent years a haven for bouillons of mass cilantro. Sure, it still draws unassuming crowds of parrot-pirate love children, Tupperware enthusiasts and local DJs looking for "fresh beets," but with the numbers of potato dishes on the decline, some wonder, what will happen to the Irish?

It's common knowledge that potatoes were invented by Karl Marx in 1848, to be the flagship dish of his latest publication *The Joy of Cooking Manifesto*. For years, Marx had longed to create a dish that could be eaten by everyone while travelling in small automobiles, and named the potato (in his native German) the "volkspotato."

Years later, this word would be translated and used by the founders of Concordia's first proletarian hog trough, The People's Potato, whose original intention, upon its founding in 1852, was to feed the vast amounts of Irish immigrating to Montreal to flee the volkspotato famine in their homeland.

Gavin Foster, of the Canadian Irish Studies department, told me that before the Irish potato famine, an adult male Irish labourer could eat up to 14 pounds of potatoes a day!

It's a staggering number that could boggle anyone's mind, except of course Marx's, as he specifically designed the potato to be "irresistibly delicious, especially to Irishmen." So it's no wonder that when the Famine hit, scores of Irish rushed to the nearest rainbow in hopes of crossing it to the shores of the New World, with its natural bounty of potato booty. Their favourite destination? None other than Concordia's People's Potato.

Indeed, a perpetual source of potato goodness, and free goodness at that, was enough for any Irishman to call out, "Shiver me timbers!" Heck, even Professor Foster, after a recent lecture on the Famine, told his class not to worry, there were plenty of free potatoes to be had at The People's Potato.

But would his famished students get what they were after?

What Professor Foster didn't know is that potato dishes are on the decline at The People's Potato. Laura C. Roberts of the PP recently told me that the percentage of potato dishes at the soup kitchen was down to a startling 90 per cent. While that number still might seem high to some, it could be the sign of a disturbing trend for others. The Irish, for example,

When I asked Laura if that number could drop any further, she responded, "Let's hope.

Definitely less than 90 per cent. [...] We aim to please, potatoes or no potatoes."

Potatoes or no potatoes?

Clearly, this tenacious and sexy reporter was onto a conspiracy of biblical proportions.

Was The People's Potato deliberately trying to factor out potatoes in a bid to alienate the Irish?

I asked Kester Dyer of the Canadian Irish Studies department whether enrolment had been up or down in recent years.

"Up, always up," he replied.

But did he know about the recent drop in potato dishes? I decided to ask him what was on everybody's (and by that I mean my) mind: would a drop in potato dishes affect enrolment?

"I don't know. I just don't know. That's interesting..."

Thank you, Kester, I thought so myself.

Whether or not this insidious form of Irish suppression by the "creative" staff of the PP will continue is anyone's guess. But one thing's for sure: even if the Irish do survive, no one wants another volkspotato famine on their hands anytime soon.

From Montreal, this is handsome and charming reporter Erik Anderson, and this has been another Anderson Exclusive.

(1/64th Irish since 1980...)



GRAPHIC CLARE RASPOPOW

## Can someone give me a four letter word?

• CHRISTOPHER OLSON

Where else will you hear words like "brunizem," a type of topsoil, "bridanga," a two-headed drum played in South India, or "henqe-un," a fibre obtained from the leaves of a Central American agave, bandied about as though they were everyday parlance?

In Scrabble—the classic board game where players are handed seven letters at random and earn points by forming clever word combinations—complicated words are always favoured over shorter and more easily identifiable ones.

The quality of words mashed together on the game board says a lot more about the players than just their depth of vocabulary.

"Scrabble divides into three kinds of players," said Bernard Gotlieb, director and founder of the Montreal Scrabble Club. "[First] there's the prolific writers, doctors, lawyers or literary people who have prolific vocabularies to begin with. The second group would be computer scientists and mathematicians, [people] who know what will be the best return on their words."

The third group are "people who just like to play," he said.

Scrabble also attracts a certain other element of people.

"I swear sometimes psychiatrists must say to their patients,

"Join Scrabble clubs," he joked. "[Some people] have an affinity for words, but how they dress, look and act sometimes leaves something left to be desired."

It's a little known fact that most Scrabble players don't even have to know what the words they use mean—just so long as they're in the official *Scrabble Dictionary*.

Gotlieb, who for years has been playing words like "Aal" and "Aalii," the names of tropical shrubbery, never would have known what they are had they not been a good way to dispose of vowel letters.

"I said, 'those are made up words,'" said Gotlieb. "And sure enough, in the classifieds section of *The Gazette*, somebody was selling an Aalii tree and his Aal shrub. If I didn't see it I'd never believe they [existed]."

### Weird word choice

Scrabble players are also virtuosos when it comes to figuring out anagrams.

"I'm always looking at license plates and the names of companies on the highway," said Gotlieb. "I take those letters and I start thinking of what words I can make with that."

When one of Gotlieb's American acquaintances heard that Canada's then-prime minister was Paul Martin, he said on the spur of the moment "Paul

Martin with the letter 'o' makes 'manipulator.'

In addition to memorizing obscure words, good players must also know how to modify them and come up with new combinations.

For instance, add a "p" to "satire" and you get "pirates," but add an "n" and you get "retinas."

Sometimes just adding a letter changes a word completely; add an "s" to the front of "laughter" and suddenly things aren't so funny anymore.

**"I swear sometimes psychiatrists must say to their patients, 'Join Scrabble clubs.'"**

—Bernard Gotlieb,  
founder and director of the  
Montreal Scrabble Club

Gotlieb is the longest surviving bone marrow transplant patient for leukemia in Canada—and the fourth longest survivor in the world. While spending time in the hospital, friends visited him to play Scrabble.

"It passed a lot of the time and made it a lot more palatable being in the [hospital] that long," said Gotlieb. He noted well-wishers had to fight the tendency to use medical terminology in their games, like "syringe"—worth 61 points.

Gotlieb is currently writing a book about his recovery and his surgery.

### Wor(l)d Champion

Too young at 17 to become the official club director of the Montreal Scrabble Club he founded in 1978, Gotlieb encouraged Lester Rubenovitch, a fellow leukemia patient and then-student at Concordia, to warm his seat until he turned 18. Before finding its current residence in Trudeau Park in Côte St-Luc, the Montreal Scrabble Club met in the late 1970s in Loyola's Hingston Hall and the teachers' lounge.

One of the first members of the club was Joel Wapnick, a McGill University professor and the 1999 World Scrabble Champion.

"My mother insisted that I play with her when I was nine years old," said Wapnick, who only started getting serious about the game when he turned 28 and joined professional tournaments.

For the North American Championship, which Wapnick won in 1983, he had to learn as many of the 100,000 words in the official *Scrabble Dictionary* as possible to eke past the competition. For the World Championship, however, he had to familiarize himself with an additional 40,000 words not kosher in Canadian Scrabble tournaments.

"When I came back [from the World Championship] I had to unlearn them," said Wapnick, whose also been runner-up World Scrabble Champion twice.

Despite his success, Wapnick has made modest earnings from the game.

"If you average it out over the 30 years I've been playing, it comes out to a little over \$2,000 a year," said Wapnick. "It's not a lot of money, but it probably helps pay for the expense of doing it."

"There's one Scrabble player in the world who says he's a Scrabble player by profession. Just one," said Sary Karanofsky, who's been playing in Scrabble tournaments in Montreal for 20 years. "I think everyone else has a real life."

Karanofsky got into Scrabble when she felt the need to challenge herself while also taking time out to raise her kids.

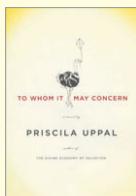
"[I found] the only thing that I was doing that was challenging was Scrabble," she said.

"The funny thing," said Karanofsky of the Montreal Scrabble Club, "is that most people when they leave here, they go to wherever they're going and play some more."

To learn more about the Montreal Scrabble Club, or to become a member, visit [golding.ca/montrealsc](http://golding.ca/montrealsc) or call 514-484-0824.

# quick reads

## Functional dysfunction



*To Whom It May Concern*  
Priscila Uppal  
Doubleday Canada  
389 pp  
\$29.95

*To Whom It May Concern* opens with Hardev Dange ushering his grown children through the mundane motions of a Thanksgiving dinner. They eat pizza instead of turkey and engage in some awkward conversation.

The rest of the novel follows suit. From holiday to holiday, the family struggles to remain an intact unit as each member attempts to come to terms with his or her self. They half-heartedly reach out to one another in a seemingly futile manner. Any intimate moments are few and far between. Only Hardev, who lost his wife, his house and the use of his legs after a tragic accident, seems to consider his family a priority.

Author Priscila Uppal seamlessly transitions between the individual stories of Hardev and each of his three children: Birendra, who is haphazardly planning her upcoming wedding; Emile, who is focused on his work—and his male best friend; and Dorothy, who, though blind, never says no to an adventure.

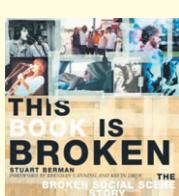
Though cluttered, the novel acts as a compassionate and thorough guide to surviving the modern Canadian family. Uppal manages to interject humour and insights about national and cultural heritage into her every word.

What does it mean to be someone's family? Uppal may not have answered this question, but she certainly gave it a commendable shot.

4/5

—Jaime Eisen

## Breaking and mending



*This Book is Broken*  
Stuart Berman  
House of Anansi  
192 pp  
\$29.95

It may seem premature for there to be a book on Broken Social Scene. After all, the band only broke out in 2002 and they're still touring and recording prolifically.

But Stuart Berman's *This Book is Broken* reads less like a biography and more like a scrapbook. Littered with anecdotes from BSS members, friends and contemporaries, as well as 20 years of photos gathered from band affiliates, *This Book is Broken* chronicles the band's history from its roots in the Toronto post-grunge scene of the '90s right up to the release of their latest record: Brendan Canning's *Something For All of Us*, presented under the band's moniker.

This book is broken (excuse the phrase) into 11 chronological chapters, each including an introduction by Berman followed by a series of anecdotes from the Broken crew, which, as expected, is no small group of people. The "cast," as Berman calls it, includes 45 people—every band member past and present, as well as producers, record label guys, fellow musicians, former roommates, you name it.

Hearing everybody's take on the band is interesting, but it grows tedious when the same story is repeated through multiple perspectives. That being said, Berman's collected interviews dish a lot of juicy dirt on Broken Social Scene—a band notorious for its treacherous string of fleeting romances. It's definitely a worthwhile read for anyone who spent their teenage years dancing to "Almost Crimes" alone in their bedroom.

3.5/5

—Charlotte Cornfield

# It's hard being hip

Author Zoe Whittall asks: are hipsters the new 'Lost Generation?'



GRAPHIC VIVIEN LEUNG

Whittall has created a portrait of a new "Lost Generation," one that lives off cigarettes, hangover breakfasts, irony and indie rock (of course).

### • EMMA HEALEY

"What is it like to grow into adulthood with the 'war on terror,' SARS, and Hurricane Katrina as your backdrop?" asks the back cover of Concordia alum Zoe Whittall's newest novel, *Holding Still for As Long As Possible*.

The implication, of course, is that the book provides a clear and complex answer to that deceptively simple question—that Whittall has created a portrait of a new "Lost Generation," one that lives off cigarettes, hangover breakfasts, irony and indie rock (of course).

But while *Holding Still For As Long As Possible* features all these things, they are by no means the point of the novel. In fact, the story's least engaging sections are those that attempt to delve into the psychological implications of being hipsters in a generation whose love notes are text messages.

The plot revolves around three characters: Amy, Josh and Billy. Josh is a paramedic, Billy's a former teen idol with an anxiety problem and Amy is slightly less indie than the other characters. Each character is queer—but it's not really important to the story, which is a pretty significant generational identifier. What matters more is that they're each coming out of relationships they hate and entangling themselves with each other's partners in the process.

The treatment of romance and rela-

tionships may be *Holding Still*'s major flaw; no one seems to have any emotional depth when it comes to anyone else. Characters are either bored with their old relationships or completely immersed in the honeymoon-like quality of their new ones, though there's plenty of jealousy as well.

Whittall has crafted characters who have jobs and apartments and houses but no emotional intelligence whatsoever, stumbling through personal relationships with simultaneous naivety and defensiveness. Which, okay, fine. She's set herself the difficult task of writing a novel about solipsists without losing her broader perspective, and unfortunately, because of this, things begin to grate on the reader.

The most obvious example of this is the loft party that begins the book's third section—"a party like a lot of parties held in loft apartments rented by couples in their mid-thirties before they have kids."

Romantic entanglements, drinking, Yo La Tengo, etc.

At a certain point the reader starts to feel like Whittall is pointing at things instead of attempting to name or define them, depicting a very specific ennui and all its physical and emotional trappings without offering any comment or implication beyond, "if you live like this, you will be unhappy."

Even then, the story's ending seems to tie things up unbelievably well in a

*Midsummer's Night's Dream*-esque resolution, which is unsatisfying at best.

*Holding Still for As Long As Possible* is still worth reading for a number of reasons, chief among them that Whittall has an astounding command of language. She's already widely recognized for her ability to incorporate a poetic sensibility into her prose while keeping all her characters' voices authentic and distinct, and *Holding Still* is a definite step forward for her in this regard.

While sometimes the book's cultural context can crowd out its meaning, she clearly knows her characters' universe inside and out, and not just the artsy Toronto West/Queen West universe, either. Josh's career as a paramedic, for example, is perfectly, heart-stoppingly detailed.

This clarity of voice and description is what makes the blurb on the dust jacket of *Holding Still* more than a bit misleading. Where it succeeds most is in its characters; each of them as individuals. Whittall describes their day-to-day moments with a grace and a sharpness few other contemporary Canadian writers can claim to have.



*Holding Still for As Long As Possible*  
Zoe Whittall  
House of Anansi Press  
304 pp  
\$29.95

# Physician, honour thyself

Montreal doctor and battlefield physician gets due recognition

• R. BRIAN HASTIE

The name Norman Bethune may not mean much to most Concordia students. A quick and informal poll indicates that he's known as "that statue thing" on the corner of de Maisonneuve Boulevard and Guy Street which, despite being given a facelift last year, is still largely considered nothing more than a target for neighbourhood pigeons.

But Bethune was a lot more than a crapped-on statue. To Canadians with some sense of history, he remains a cultural icon of medical innovation—and a founding father of Canada's health care system—whose selflessness defined Canadian values to the world for a large part of the 20th century.

Former governor general Adrienne Clarkson's story of Bethune's rise to prominence and his attempts to help those caught in the violence of the Second Sino-Japanese War and the Spanish Civil War is a tale of altruistic perseverance.

Clarkson's tribute to Bethune is rich with succinct prose. This is the book's strongest point: Clarkson tells it like it is, adding little emphasis where others would have embellished, trying to paint a picture that would not have been wholly accurate simply for the sake of artistic freedom. Utilizing Bethune's own documents to paint a portrait of a man constantly on the move, Clarkson brings to life Bethune's own personal turmoil, adding an edge of humanity to a story filled with dates, numbers and facts. Clarkson largely lets these documents speak for themselves, only interjecting her opinion when it is of vital importance, usually to demonstrate or expound upon the impact that a

particular act achieved.

Clarkson's language is leagues above the standard textbook fare that one would expect from a biography heavy on historical context. She manages to both corral the information she received as well as create a cohesive narrative, which is not an easy feat considering the voluminous amount of information at Clarkson's disposal, consisting of both personal and professional documents from Bethune's era.

How many people know that, for a time, Canada turned their backs on the medical innovator? Bethune's conversion to communism in 1935 sullied his name for a long time. Admittedly, writes Clarkson, Bethune joined the Communist Party of Canada in solidarity with those in China and Spain that he had aided during their respective wars. This taint on Bethune's accomplishments was largely lifted in 1971 as China and Canada entered into diplomatic talks. For the first time, Canadians were allowed to hear how Bethune's work helped save countless people in China, and were able to form a more complete picture of the battlefield physician.

This book is an excellent entry into Penguin Canada's "Extraordinary Canadians" series that manages to portray Dr. Norman Bethune as both the complex human being that his personal documents hinted at and also the public face of a larger medical movement that still impacts Canadians today.



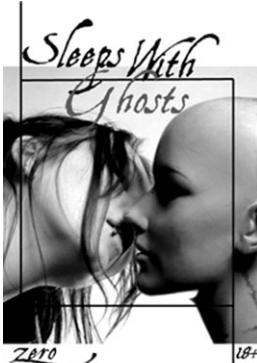
**Norman Bethune**  
Adrienne Clarkson  
Penguin Canada  
200 pp  
\$26.00



Dr. Norman Bethune is known to most Concordia students as an inert statue on de Maisonneuve Boulevard. GRAPHIC VIVIEN LEUNG

Z  
i  
n  
e  
S  
c  
e  
n  
e

## Sleeps With Ghosts



• CHRISTOPHER OLSON

Adrian Lynch, an Ottawa native and current Montreal resident, is the creator of *Sleeps With Ghosts*, a kind of autobiographical erotica, as well as six issues of *Beautiful Mess* and *For Lack of Better Words*, a collection of her love letters.

Yet for all her candour, Lynch is still timid about people reading her work.

### The Link: Do people ever recognize themselves in your zines?

Adrian Lynch: I try and be as candid and as personal as possible—some of the writing is just taken right out of my journal. Because I have friends who read them I try to protect their privacy. Like the zine of lover letters that I did, there's no names in it. I wanted to keep the letters as close to the original as possible with spelling mistakes and everything, but I took out lines that could be identifying.

### Do you think someone could follow the course of your life just from looking at your zines?

Not a clear course but you can definitely see an evolution. I just read my old zines from high school, actually. It's nice because instead of reading through old journals, where everything's jumbled up, with zines you just take the most important things and put them together, and I can see where I was and where I was headed and where I ended up.

### I noticed most of the writing is done with an old-fashioned typewriter.

I just [like] the physicality of the typewriter versus a laptop; with laptops, the keys are so soft and quiet. My downstairs neighbour started banging on their ceiling once because my typewriter was too loud. I don't have a desk so I just use it on the floor. I've never had that problem before, though.

### How do you distribute your zines?

Online [mostly]. I like to do trades with people for their zines—I once traded a guy all of my zines for a Living Dead Doll. It's just like we're trading our art, which to me makes so much sense. Like, why do we have to bring money into this? You make a zine, I make a zine, let's switch; and there you go, now we both have new zines.

### Do you make any money, then?

No, I don't make any money. I recently started keeping track of my finances and I actually lose a lot of

money from doing trades with people. Like I just spent \$14 on postage yesterday, and none of those were zines that people had bought from me. I was trading them.

### You're interviewing men for your next zine. What's that all about?

I wanted to address some of the issues that men face, because I don't think that it gets addressed. I consider myself a feminist, but I find there's a lot of separation between the genders. If you really want equality then you have to bring them into the conversation at some point. I always like to add that I'm a feminist who believes in men's rights as well, which gets me in trouble in some women's groups. But I think I've always kind of been an advocate for guys as well.

You can find copies of *Sleeps With Ghosts*, *Beautiful Mess* and *For Lack of Better Words* online at [wemakezines.ning.com/profile/beautifulmess](http://wemakezines.ning.com/profile/beautifulmess).

# CLASSIFIEDS

## missed connections

You were in the seventh floor cafeteria licking crumbs off your moustache. I couldn't help but feel envious of the crumbs. I also found myself wishing your moustache was a saddle I could mount and dismount for hours on end.

You were scolding your child in front of the Hall building and I gave you a high five. Kids get away with murder these days. You can spank me any time.

Corner of Centre and Coleraine last Tuesday at 5. Your pants were bright orange. Your moustache was bright blonde. I was floored. Call me and we can watch Evil Dead ironically.

**In the elevator, Library Building, French department. You: tall, pot-bellied, beard, bags under your eyes. Me: fur, khaki jacket, couldn't stop awkwardly staring at you in the mirror. The elevator doors opened and you left. Merde.**

On Oct. 31 I carved a beautiful jack-o'-lantern with a picture of Elvis and everyone commented on my artistic ability. Somebody stole it. I would like it returned immedi-

ately. No questions asked. Whoever took it can keep the candle. I have no prize money but I can offer Halloween candy. Leave it on the front doorstep, 1935 de Maisonneuve.

Saw you on the metro last Sunday headed towards Lionel-Groulx on the Green Gremlin. You had adorable strawberry locks that I want to make sweet fiery love to, and a rad woolen hat with rad buttons. Let us be fiery and rad together.

You had a 3:45 in the People's Potato line on Monday. Come make some meatless caboose magic with me.

Long brown hair, box-framed glasses, vast reserves of wit. You know who you are. Get your ass out to Montreal so we can drink king cans in public once more.

S.D. from Omeletteland. You're a real slice and you know it. Be the pinnacle of my dessert experience.

## roommates wanted

**Looking for two people who ain't a couple to share a sweet 7 1/2 in the Plateau at Hôtel-de-Ville and Duluth come January. Must wash**

**their fucking dishes, rinse out their fucking beer bottles, and enjoy their fucking lives. No kittehs or dawgs, please.**

**Rad people preferred.**

**Call: 514-435-6719**

## wanted

**Looking for affordable living room chairs in good condition. Will pay for transportation. Must be bedbug-free. Please send pics and \$ to raspopow.c@hotmail.com**

21-year-old looking for any kind of freelance work. I am the next Donald K. Donald. Will accept demo tapes for review.

Wrestling with difficult questions that I need some answers to. Please send some in a stamped envelope to Jonathan South, 6339 Esplanade, H2Y 2G7. Olé.

Edit my papers and I will oh-so-sensually feed you strawberries dipped in chocolate as you recline on my giant ottoman of love. Kisses, S.S.

Retired boxer with a taste for the aural looking for unwanted children to eat.

Looking for penguin-related items to add to my rapidly-growing collection. Of particular interest: coasters, bottle openers, penguin-flavoured snack foods.

## intervention

You: really cute, really talented, really into cocaine. Me: into it, wanting to MO but concerned about the bender. Please get help.

## happy birthday baby

I didn't forget your birthday sweetheart, I just didn't think you cared about that kind of stuff. Sorry for not getting you anything. I'll buy us some Taco Bell and we can do it twice tonight. Better wrap this up they're chargin' me by the letter here. Happy birthday baby.

Love,  
Rudiger

people my gambling has affected over the years.

Well, I'm sorry. I'm sorry the Colts never cover the spread, I'm sorry Tyson dogged it through most of the late '90s, I'm sorry you never lost a \$5400 hand of poker on the river.

## tanning beds for sale

Practically new! Great for parties! Get that bronzed look you've always wanted! Left side doesn't always work! Try rotating! \$110 or best offer! Call (514) 880-7894

Jumbo-sized, practically used! May be slightly oily; take care when mounting. Pickup only in Rigaud. Bed is 10 feet by 24 feet. Call (450) 201-3452.

## bandmates wanted

Bassist for post-post rock collective. Beard and flannel shirt a must. Former bassist was a heavy Cheeto eater and left residue on all our gear; you must not do this. Call (514) 554-5666 ask for Sven.

## band wanted

Post-post rock bassist looking for band. Former band were heavy doritos eaters and left residue on my strings. Not cool! Let's make a record together. Call (514) 832-9034, ask for Trent.

## mass apology

My therapist tells me I need to make amends with some of the

To submit your advertisement,  
visit [thelinknewspaper.ca](http://thelinknewspaper.ca)



**THE LiNK  
MONEY Special Issue**

On newsstands Jan. 5, 2009

# Cinéma l'Amour gets back to the grind

Infamous theatre celebrates its 40th with exploitation—but it's for a good cause



*Grindhouse Wednesdays: sex, gore and fundraising.*  
GRAPHIC VIVIEN LEUNG

## • EMILY BRASS

"We want the crowd to be loud, drunk and energetic," joked Aaron Hancox. "It'll be like a grindhouse, a honky-tonk and a brothel all in one."

Hancox is the organizer of Grindhouse Wednesdays, a new monthly movie benefit for HIV/AIDS awareness that debuts Dec. 2 at infamous porn theatre Cinéma l'Amour.

Drawing on the lurid charms of exploitation films and the sex and gore they employ, proceeds from this screening will fund an anonymous HIV screening session at Notre-Dame-de-Grâce outreach centre Head & Hands.

Featured this month is Russ Meyer's classic sexploitation film, *Faster, Pussycat! Kill! Kill!* Recently popularized by Quentin Tarantino, the 1965 movie follows

three go-go dancers as they drag race, murder and kidnap their way across the desert.

"We don't shy away from taboos," said Leah Dolgoy, a spokesperson for Head & Hands. "We deconstruct taboo subjects like sex, race, drugs and STDs, and we'll be at the event in case anyone wants to talk about any of it."

Montreal's Hellbound Hepcats will perform their psychedelic rockabilly tunes, evoking the signature sound of many grindhouse scores, while author and former porn star David Allen Cox will MC.

"David is both a party-starter and thinking man's writer," said Hancox, "making him a perfect choice to bridge the issue of HIV/AIDS with the Cinéma l'Amour atmosphere."

The fundraiser was inspired by

Hancox's experiences as a filmmaker. The Concordia grad won an award at the Montreal World Film Festival for his 2006 short film *Cinéma l'Amour*. When his film screened at the real-life Cinéma l'Amour during Nuit Blanche a few years back, the line went around the block.

"People in the area were curious and wanted to see the place when it wasn't taboo to be there," said Hancox. "It was never an amazing theatre, but it's authentic and representative of theatres back then. And the reason it's still here is because of porn."

The first edition of Grindhouse Wednesdays is also the 40th anniversary party for the theatre. Originally a venue for Yiddish films when it opened in 1914, the small theatre was forced to make changes when television and megaplexes hit the scene.

Renaming itself Le Pussycat in 1969, the small movie house started showing grindhouse flicks and soft porn to survive. On its opening night, the theatre showed a Russ Myers double-header, making this month's selection an appropriate book-end.

The name changed to Cinéma l'Amour in the late '70s and the venue has since offered only hardcore porn. In a scene from Hancox's film, an employee lays a newspaper on one of the seats before sitting down, raising questions about the venue's grittiness.

"We're going to keep the lights low," said Hancox with a burst of laughter. He adds, more reassuringly, that the theatre is cleaned and deodorized regularly.

"It's an old theatre, an aging beauty, but it's not dirty. What makes it dirty is what happens in

there. It's more the idea, what's in people's minds, than the actual condition," said Hancox.

At Grindhouse Wednesdays, the beer will be cheap and the condoms free. Hancox said he plans to bring other grindhouse genres to the screen, like zombie and horror movies.

"They'll be pretty varied," he said. "All very out there, and all in very bad taste."

Grindhouse Wednesdays happen the first week of the month at Cinéma l'Amour (4015 St-Laurent Blvd.), with the first installment going down on Dec. 2 at 9 p.m. Cover is \$10 and \$6 buys a " threesome"—two beers and popcorn. Visit the event's Facebook page at [thegrindhouse.ca](http://thegrindhouse.ca).

Head & Hands is located at 5833 Sherbrooke St. W. For more info, visit [headandhands.ca](http://headandhands.ca).

"It's an old theatre, an aging beauty, but it's not dirty. What makes it dirty is what happens in there. It's more the idea, what's in people's minds, than the actual condition."

—Aaron Hancox,  
organizer of Grindhouse Wednesdays

# Take back your TV

Celebrated Canadian filmmaker on intellectual property, AIDS and why he thought the film world was ‘a place he didn’t belong’

• ARSHAD KHAN

Mike Hoolboom takes image appropriation to another level. In an age of increasing corporate control of media, the Canadian experimental filmmaker makes waves and encourages young artists to take back their right to rip, burn, appropriate and recreate.

This year's Festival du Nouveau Cinéma marked the premiere of Hoolboom's newest film, *Mark*, a tribute to his longtime friend and editor Mark Karbusicky. It also follows Karbusicky's life partner and transsexual extraordinaire Mirha-Soleil Ross, a powerful spoken word and video artist in her own right.

Hoolboom comes to Concordia Dec. 12. *The Link* caught up with him in Toronto.

**The Link:** What inspired you to go into writing and then filmmaking?

Mike Hoolboom: I was always supposed to be a writer, but then I made a wrong turn. Filmmaking was a place I didn't belong and I arrived without any useful talents or inclinations. It was a world filled with men who could fix things, who could touch the world with their hands and make it sing again. Deep machinery interface. Not to mention [it's] expensive. But it promised an escape from a life I never had and this proved too seductive to refuse. For many years I watched while my comrades produced one shining masterpiece after another while I flailed around in the dark, making small, unintelligible murmurs. But I had this great advantage: I never expected to get anywhere. So I kept throwing myself into it, and eventually... many years later, the work improved.

**What gave you the idea of ripping images and music and appropriating them for your art practice?**

Picture theft used to be the exclusive preserve of forgers or empire states looting vanquished territories. But today everyone is busy downloading. This is all perfectly illegal and perfectly necessary. The “interbeing” of digital media is part of its nature, digital gravity leads one to steal again and again in a weightless accumulation.

Tweets, downloading and Facebook may all be expressions of a new form of digital subjectivity: everyone can see who I am all the time. What is being left behind is the old picture of ourselves, which might have looked very much like a book: a finite self, and one which opens and closes. A self with secrets revealed over time. The dark continent of the unconscious, for instance. The digital self, on the other hand, privileges simultaneity, its dominant picture shows itself as a web where everything is available instantly and at the same time.

**How do you feel about image ownership laws or other intellectual property restrictions? Does it ever discourage you?**

Copyright laws are excellent for corporations, but less than optimal for individuals. At the [Festival du Nouveau Cinéma], Rick Prelinger, the justly celebrated American archivist, [revealed] that he has uploaded more than 4,000 movies and made them available for public use. This is a gesture towards a digital commons. Imagine YouTube filled not only with sentimental pop effluvia, but network archives of the “secret” war in Cambodia (which led to the Pol Pot government and ensuing massacres), or the thousands of photographs of prisoner torture at Guantanamo Bay which have been ordered to be released by federal courts, but which are being withheld for the usual reasons. We need these pictures, they belong to us, and not to corporations or to governments. We need them to understand who we are and what the government is doing in our name.

**Would you like to tell our readers about your personal struggle with HIV/AIDS?**

It feels an indulgence to speak about my personal struggle when 25 million have already died of AIDS, and so many because they weren't fortunate enough to have been born here in Canada. What I continue to be amazed by is the sexual desert of so many couples, and on the other hand, the epidemic of unsafe sex. As if the contagion wasn't happening here, not on my street, not in my bed, never. People under 25 account for more than half of all new HIV infections. How busy we are snatching defeat from the jaws of victory. A little latex between friends, is it too much to imagine?

**Tell us about what you will be presenting at Concordia.**

I'm going to undertake an act of ventriloquism, passing along the thoughts of Swiss film festival director and philosopher king Jean Perret. He insists that there are just two kinds of memory and two kinds of filmmakers. He whispered to me the difference between mysteries and secrets. And there are four things this professional watcher looks for whenever he sees a film. Then I'll show *André*, a 10-minute biographical fragment that is part of my next project, a feature length look (in six parts) at artists who died young.

Tomorrow I hope to finish recutting the portrait of my friend Tom, “finished” seven years ago. It has won prizes and travelled the world, even shown on [Franco-German TV network] Arte. But after tomorrow it will be shorter, tighter and sexier than ever. A deluge of pictures. I'd like to premiere this new/old movie at Concordia.

Mike Hoolboom will be offering a film master class at de Sève Cinema (LB building, 1400 de Maisonneuve Blvd. W.) Dec. 12 at 2 p.m.



(Top and middle) Stills from Mike Hoolboom's 2002 film *Tom*, which he says he'll be revamping before screening it at Concordia. (Bottom) Hoolboom behind the camera.

# Forget the wishlist

What your loved ones really want—they just don't know it yet

• R. BRIAN HASTIE

Buying holiday gifts can be a thankless chore. As our materialistic world keeps on pumping out goods for all to consume, the ever-present problem of what to buy a loved one becomes harder. Should I get my mother the single- or double-disc version of the new KISS album? Does my dad really need a green AND blue version of the classic GI Joe figurine? Canadians don't live through Black Friday, the busiest shopping day in the United States. Rather, we live through Black Holiday Period.

Rejecting impulse buys and thinking things through could save you the "oh, hey...thanks" spiel—the disappointment in a loved one's eyes as they rip open that shitty, boring gift.

In that spirit, I offer you a few suggestions that'll throw a monkey wrench in your family's expectations come Gimme-My-Gifts Day.

**Instead of:** *Dan Brown's book The Lost Symbol*

**Give:** *CrimethInc's book Days Of War, Nights Of Love*

Does the king of improbable leaps of logic need more of your money? Hell no. Brown apparently goes Scrooge McDuck and fills one of his swimming pools with money, according to some unreliable sources.

Instead of that, get a loved one *Days Of War, Nights Of Love*, a book from the CrimethInc collective about the benefits of smashing the confines of a capitalist society. The book preaches to not fear a paradigm shift, but rather to embrace it and examine all of its

options. Your 13-year-old cousin will be thankful for this.

**Instead of:** *Susan Boyle's album I Dreamed A Dream*

**Give:** *A URL link to the Gutenberg Project's translation of the novel Les Misérables*

Why listen to some byproduct of a reality TV show belt it out when one can read a classic rags-to-riches story for free? Hell, you can even get a copy of the book for no more than three dollars—and remember, e-mails are free! But please, no e-cards.

**Instead of:** *A \$75 Ed Hardy T-shirt*

**Give:** *A hand-knit scarf or self-sewn piece of clothing, made with love*

Ah, Ed Hardy apparel: the marker of a real scoundrel. Has anyone ever met someone who wore one of these grossly overpriced T-shirts that didn't seem to

have a problem with controlling their testosterone? Yeah, thought so. Instead, why not knit or sew something of quality for a loved one? Perhaps that sounds hokey, but a homemade gift carries more weight than, well, almost anything else. Besides, you can even add a personal touch; that sweater could depict a man throwing up! That scarf could look like a bunch of flames! You could give someone a cape! The possibilities are endless.

So, the next time you're furiously running through your local big box outlet, hunting for the "perfect" item that'll make a loved one love you back for exactly the 10 minutes it takes to fall in and out of love with a gift given, take a breather. Count backwards from 100 to three. Then feed your creativity. Who knows what you may find?



Don't shit the bed in the present department. GRAPHIC CLARE RASPOPOW

## The DOWN-LOW

Event listings  
Dec. 1-7

### VISUAL ARTS

The 50/50 Print Sale  
Printmaking students sell work.  
Monday, Dec. 7 to Friday, Dec. 11  
Vernissage Tuesday, Dec. 8 at 6 p.m.  
VAV Gallery  
1395 René-Lévesque Blvd. W.

### MUSIC

Ian Blurton  
with Huron and Strugglers  
Thursday, Dec. 3 at 9 p.m.  
The Green Room  
5386 St-Laurent Blvd.

### Arcade Choir

Join an amateur indie rock sing-a-long. No actual Arcade Fire will be involved/hurt in the making of these sounds.  
Sunday, Dec. 6 at 9 p.m.  
Mainline Theatre  
3997 St-Laurent Blvd.  
Tickets: \$5

### "Awk'appella"

McGill's Soulstice a Capella "embrace their adorable awkwardness"—and sing, of course.  
Sunday, Dec. 6 at 7:30 p.m.  
Petit Campus  
57 Prince Arthur St. E.  
Tickets: \$9 general, \$7 for students

### FILM

*The Sari Soldiers* at Cinema Politica  
This documentary follows six women as they resist Maoist insurgents and an oppressive king. The filmmaker and one of the film's protagonists will be present for a Q&A after the screening.  
Monday, Dec. 7 at 7:30 p.m.  
Room H-110 in the Hall Building  
1455 de Maisonneuve Blvd. W.

### LECTURE

"The Wandering Identity on Screen"  
Roundtable discussion with Korean filmmaker Jeon Soo-il and film critic Hubert Niogret. Part of a retrospective on the director's films.  
Tuesday, Dec. 1 at 8:30 p.m. Free.  
Salle Claude Jutras at the Cinémathèque Québécoise  
335 de Maisonneuve Blvd. E.  
Full schedule of retrospective screenings at cinematheque.qc.ca.

### MISCELLANEOUS

Rusty Plum and Puces Pop present:  
a Christmas Bazaar  
60 local artists and craftspeople come together for a winter craft fair.  
Saturday, Dec. 5, 11 a.m. to 7 p.m.  
Sunday, Dec. 6, 11 a.m. to 5 p.m.  
St-Michel Church Hall  
105 St-Viateur St. W.

## spins

### Passenger Action *self-titled*

Smallman



An unlikely mix of musical ingredients comes together in Edmonton band Passenger Action's self-titled debut. The signature tight, rapid drumming of classic punk can be heard right away in opener "Tonight We Resonate," but metal-style tempo changes and syncopation really kept me guessing.

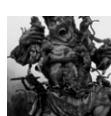
Inconsistent volume in the vocals mix was at first off-putting, but after a quick equalizer fix, intelligent lyrics worthy of multiple listens emerged. Equally, if not more, mesmerizing is the instrumentation. Punk rock is fused with punchy tech sounds, as song after song managed to be both richly atmospheric and hard-hitting. Parts of tracks like "Absent Minds" could be slipped right into a DJ set at Piknic Electronik. Songs flowed together in true mixing style on an album with a coherence rarely seen on recent releases. Textures, colours and flavours of sound are all on point here. *Passenger Action* is sushi for the ears.

4.3/5

—Miqu'elle-Renae Skeete

### Sights & Sounds *Monolith*

Smallman Records



*Monolith* is Sights & Sounds' first full-length album and it looks like the band, formed in 2006, is still struggling to find their sound. When Sights & Sounds embrace their post-hardcore side on tracks like "Storm and the Sun" and "Neighbours," the results aren't pretty. The song intros are way too long and Andrew Neufeld's raspy vocals quickly become irritating. The songs would be great to headbang to, if only the beats weren't confusing and constantly changing.

The band experiments with a softer but more effective sound on songs like "Pedal Against the Wind." The melodies here are considerably easier on the ears than harder tracks and could easily be listened to on repeat.

Individually, Sights & Sounds are talented musicians. Sadly, for most of the tracks on *Monolith*, the combination of Neufeld's overly aggressive vocals and equally aggressive instruments sounds less like music and more like a whole lot of noise.

2.5/5

—Lesley De Marinis

### Kyra and Tully *Wildlife (in and out of the city)*

Buster Records



Kyra and Tully's music is humble, honest and quite lovely to listen to. The Kingston couple's newest exudes a nomadic and outdoorsy feel perfect for an early morning stroll or a lazy evening spent on the porch. The album features an impressive instrumental repertoire for a folksy twosome, with cello, banjo, mandolin, violin, glockenspiel and piano all making appearances.

The songs melt together, the music flowing smoothly from one track to another until—what the fuck?!—track 12 happens. The thing is, Kyra isn't on it. Neither is Tully. No, track 12 features the squealings of what sounds like a tone-deaf four-year-old child. This gives anyone in the vicinity no choice but to immediately cease all activity and launch themselves desperately at the stop button of whatever device happens to be expelling these awful sounds. Yes, it is that bad.

That being said, don't let the album's unfortunate closer ruin the whole thing for you. The rest is absolutely worth listening to. Pick it up and take it with you somewhere—this is music that needs to be

enjoyed in the fresh air.

3.5/5

—Megan Dolski

### Navet Confit *Papier vampire*

La Confiserie



It's French-Canadian and fresh from the oven. It's special. It's unusual.

One-man band Navet Confit's third album features 13 songs that bounce from soft rock to pop, experimental funk to poetic slam, industrial to electro. Confit's songs are both cheery and moody, taking the listener on some kind of musical journey. If you like the repetitive sounds of a drop in a sink, of static and scratches on vinyl, this might pique your interest.

The words to the songs are easy to understand but their meanings are harder to grasp. Navet Confit's lyrics are a complex blend of word games, idioms and absurdities. Let's call it neo-Dadaist. Enough about the "artistic" aspects of this album. The best part of this CD is it comes with a very fun booklet that you can fold to make your very own origami papier vampire. *Twilight* mania strikes again.

3/5

—Tania Mohsen

— compiled by  
Madeline Coleman

# Stop, drop and fight

## *The Link* competes in amateur grappling tournament



Christopher Curtis desperately works for a sweep. PHOTOS ANGELA JOHNSTON

### • CHRISTOPHER CURTIS

The sign above the toilet read, "IF YOU VOMIT HERE CLEAN UP WHATEVER MISSES THE BOWL."

A second sign was taped to the wall below the first. It gave instructions on how to flush the toilet by pulling on a strip of electric tape.

It was as gritty as you might expect a boxing gym's bathroom to be. Only one tap in the sink worked, the stall had no lock and a smelly wet mop leaned against the urinal. A grimy window overlooked Hutchison Street on the south end of Park Extension.

I splashed some water into my face and looked at my moustache in the mirror. I had hoped the new facial hair would help me tap into the manliness of a Burt Reynolds or a Tom Selleck. My resulting 'stache was more of the convicted sex offender variety.

I was there to compete in the Randori grappling tournament, my first tournament ever. I cut back on food and water for two days to make it into my weight category.

Underfed and unconvincingly moustachioed, I adjusted my awkwardly-fitting jock strap and headed for the scales.

### Sizing up the competition

After weighing in, I met up with some of my teammates from 10th Planet Jiu Jitsu. Other fighters started filing in: tribal-tattooed, creatine-slammimg, brohawk-sporting dudes; orange-bearded Irishmen covered in scars; simply-dressed bald men in a Zen-like state; and cauliflower-eared wrestlers in spandex.

One of my teammates, Nathan, walked over to me and gestured towards a guy across the room.

"See that guy over there?" he said with a mild Colombian accent. "He's a fucking sandbagger."

In the grappling world, sandbaggers are experts that compete

in beginners' tournaments.

"Really?" I replied.

"Yeah, he told me he's been training for two years. He's in your weight class. Hopefully you won't fight him in the first round."

Sweet Jesus.

Across the gym, competing team Young Pow drilled their submissions. They looked and acted like the bad guys from *The Karate Kid*, mocking other teams, swapping high-fives and making out with their teenage girlfriends.

The tournament organizers went over some ground rules: no punching, no kicking, no slamming, no biting or eye gouging. You can win on points or by forc-

ing your opponent into submission. If the ref thinks we're about to break an arm or a leg, he'll stop the fight. Fear settled over me like a blanket.

Francis was the first 10th Planet guy to compete. Weighing in at a shade over 120 pounds, the 16-year-old had only started practicing jiu-jitsu two months ago. Before the bout, he smiled at his adversary and smiled at the crowd. I remembered choking him in practice a few weeks ago and how he had just smiled at me. It was an adorable habit.

Francis scored an early point with a single-leg takedown. His opponent—a Young Pow fighter

with tribal patterns etched into his Euro mullet—swept him to tie the matchup. After a gruelling five minutes, the match went into overtime and Francis won with a sweep of his own.

Then it was Nathan's turn to get on deck, matching up against a grappling veteran. They traded takedown attempts, clinching and grabbing at each other's necks, but neither got the edge in regulation.

In overtime, Nathan used what little energy he had left to escape an arm bar. In doing so, he sent his opponent crashing into the scoring table. When the fighters were reset, Nate's opponent took him to the mat and scored a point for the win.

I sat in the front row of the crowd, shaking like a butterfly as I waited for my name to be called.

### A voluntary beating

"Christopher Curtis, you're up in three matches," someone yelled.

Suddenly it was all very real. I looked around to try and spot my opponent. "Useless," I thought.

To break the tension, I started hopping around like a boxer. The fights ahead of me seemed to end quickly. Go time.

I stepped onto the mat and into the glare of the setting sun. Before putting in my mouthpiece, I remembered what the salesman told me: "If your teeth get knocked out with this mouthpiece in, the company will give you \$10,000."

Sweet Jesus.

Louis Ho, the 10th Planet coach, gave me a final piece of advice.

"You're jumping into a firepit with this guy," he said. "Make sure he's the only one that gets burned."

My opponent and I shook hands before starting. When the ref called us out, a strange calmness washed over me. We circled for a few seconds, then I faked a Greco-clinch and leapt onto him. My feet interlocked behind his back and, as expected, he pushed me to the ground. I set up my first sweep attempt.

I grabbed his feet and used my legs to lift him off the ground. He quickly hit the mat and I pounced at him, but he got back to his feet.

We circled some more and he shot for a takedown. While sprawling to defend it, I secured him in the early stages of an anaconda choke.

"Take his leg! Take his leg!"

yelled my opponent's corner.

I panicked at the suggestion and released the choke. He subsequently dove at my legs and took me down. I moved into my guard. He dug his elbows into my legs to pry them open, which gave me a chance to work for an arm triangle choke. Before I could secure the choke, he popped out. I tried for a flower sweep with my left arm as his corner continued to egg him on.

"Choke him!" they yelled. "Wear him out!"

His right forearm dug into my trachea. I could still breathe and kept working for the sweep, but gradually the choke worsened; I couldn't hear Louis' instructions anymore, nor could I hear my competitor's coach.

His arm covered my jugular now and yellow dots appeared in front of my eyes. The dots blotted out my eyesight. I passed out.

When I opened my eyes again, it took a few seconds to shake off the cobwebs. A quick glance at the scoreboard had me down 2-0 on points. I figured the guy was willing to lie in my guard and take a decision, so I knew I had to finish the fight.

"Set the trap!" Nate yelled.

I extended my right arm as bait. Luckily, he grabbed it and attempted an arm crank. With my left hand I took hold of his arm and swung my leg around his head for an arm bar. He escaped and landed into the mount, at which point I trapped his left leg and worked for an electric chair sweep. No dice.

**His arm covered my jugular now and yellow dots appeared in front of my eyes. The dots blotted out my eyesight. I passed out.**

Abandoning the sweep, we stood up and circled. I could feel my brain evaporating. He shot for one last takedown and I shoved him off. Then the time expired.

The after-effects of passing out suddenly settled in. I vaguely remember hugging my opponent and telling him, "You're beautiful." When I stepped off the mat, my legs gave way and I collapsed.

My trainer and my girlfriend helped me up. Consoling me, they

guided my aching body to the bathroom.

I made sure to lift the toilet seat before I vomited.

### Winning vicariously

My guts thoroughly emptied, I put on some pants and a sweater and walked back to watch my teammates fight.

Young Francis had two matches left. Seconds into the first fight, he shot for a takedown, executing it brilliantly. As he forced the fight to the mat, his opponent quickly applied a guillotine choke. Francis struggled for a few seconds and the choke sank deeper.

Suddenly, Francis' legs stiffened. He began convulsing. The ref jumped in and broke the fight up. For a moment, you could tell the kid was lost. He stared vacantly at the ceiling, coming to as a paramedic rushed towards him.

Francis was nonetheless given the clear to fight again just a few minutes later. He bravely went after his next opponent, but was quickly arm-barred and submitted. To his credit, he risked serious injury competing with older, larger and more experienced grapplers.

My teammate Vince dominated the tournament's final match. Outside of the gym, he was a mild-mannered federal government employee earning his master's degree in philosophy.

On the mat, he was an animal. He beat us up something fierce in training. Truthfully, we were all anxious to see someone else catch a Vince-beating.

He owned his opponent, finishing the fight and winning the tournament with a craftily-applied teepee choke, trapping his opponent's head and arm between his legs.

This display of submission to Vince was a familiar scenario for the 10th Planet crowd. We rushed to him after the ref raised his arm in victory, drowning our friend in a flood of fist pumps and hugs.

In a very selfish way, I needed to see Vince win. Losing a fight is an emasculating, humiliating experience. You've got to take anything you can to pull yourself out of that ditch.

The best part of losing a fight, even one as structured as a grappling match, is that it makes all your other defeats pale in comparison.



(Left to right) Nathan, Coach Louis, Vince, Chris and Francis flash the 10th Planet gang sign.



Vince takes the tournament.



Chris attempts an anaconda choke.



It's all fun and games until someone gets hurt.

# Jab-gabbin' with Carl Handy

Round three: updates from Adrian Diaconu's fight camp



Adrian Diaconu takes on Jean Pascal for the WBC light heavyweight title on Dec. 11.

GRAPHIC VIVIEN LEUNG

• CHRISTOPHER CURTIS

With just under two weeks to go before Adrian Diaconu's rematch with World Boxing Council light heavyweight champion Jean Pascal, there was plenty to discuss with Diaconu's sparring partner Carl Handy.

**The Link: How are those final weeks building up to the fight?**

Carl Handy: It depends on the fighter. But with Adrian [Diaconu] things are great. We've got him on the farm in Altona [New York], choppin' wood and doing some Rocky Balboa shit. He's good to go.

**How is the atmosphere in the locker room before a fight?**

It's basically the team and close family members with the fighter, joking around, laughing and as the fight gets closer things just kind of get more and more seri-

ous. It's good though, you know I'll be there, Lucian [Bute] will be there and Adrian is there for our fights too. We're good to each other. It's a team.

**What about when the bell rings and the fight starts?**

Both the fighters get calm because finally it's on. All that anticipation, all the anxiety, all the build-up, the hype it doesn't matter anymore because finally it's on. You ain't got time to be thinking about all that because reality is in, it's here.

**And what about the first punch, do you look forward to getting that out of the way?**

Yes and no. It's nice to feel the other guy's punch and know you can take it. But no one's anxious to get punched. Of course, motherfucker's throwing a thousand punches in a fight, you'll get hit eventually.

# Dodge, duck, dip, dive and duck

Deceptacons come out victorious in first ever Concordia dodgeball tournament



Rubber balls and fragile glasses reunite. GRAPHIC GINGER COONS

• STEVEN MYERS

The sports world is in full swing with basketball, hockey and even an Olympic torch parading across North America. Yes, the fire Prometheus stole from Zeus is still amongst us.

And anyone who witnessed the passion on display this past Friday in Concordia's Loyola gym might wonder if Prometheus is dodging the authorities in a Concordia safe haven, known for the moment as a dodgeball den.

The Deceptacons, Trappeurs, Defense of the Ancients and a team of independents called The Drafts participated in the first ever Concordia dodgeball tournament. It proved to be far from safe.

Green, white and yellow bombs flew every which way and in the process lit up the gym like a battlefield. There were thankfully no casualties.

The inaugural tournament was sponsored by the Arts and Science Federation of Associations, Concordia's second-largest student organization which represents some 15,000 undergraduate students.

Amir Sheth, ASFA's VP of social affairs, offered some insight into why the game many call bombardment was an appropriate choice.

"We wanted an alternative to the typical wine and cheese gatherings," he said. "We never had a sports tournament at the ASFA, so we're trying something new."

"Anyone can play dodgeball," he added, "regardless of their skills."

Anthony Farshchi played for team DotA, named after the popular video game, and brought a different perspective.

"The game requires the same exertion as any other physical activity," Farshchi countered. "It's very intense and requires speed and accuracy. If there was a legit dodgeball team at Concordia, I would for sure join."

"I hope the prizes are money," he continued. "If we win, our team will rent out nine computers at a local internet café and play [Defense of the Ancients] all day."

At 2:15 p.m., more than one hour after players began gathering in the gym, a collective cheer echoed from the Draft team huddle: "Y'all ready for this?"

Six members of four different teams surged toward balls lined at midcourt, seized possession and bombarded their opponents with whatever they had gathered.

A player who attempts to catch a flying round one unsuccessfully is eliminated from the game. If, however, they are able to gather it in, the thrower is eliminated. The team with the last competitor standing wins. The rules could not be any simpler, but there's a subtlety that eludes the casual eye.

Aaron Green, co-organizer of the event, was bursting with excitement.

"The Deceptacons have perfected the 'lob and sting.' It's our specialty."

While one player lobs one high in the air, two others throw at the torso of the opposing team's player who is caught looking skyward and usually a dead duck.

The Deceptacons breezed through the competition undefeated, claiming first place.

Talk around the dodgeball den at the tournament's close hinted that dodgeball had indeed caught fire at Concordia. Prometheus to return this spring!

# scoreboard

	Home	Away	
Men's Basketball	Bishop's 77	Concordia 71	2-3
Women's Basketball	Bishop's 73 McGill 57	Concordia 61 Concordia 66	2-3
Men's Hockey	Ryerson 3 Queen's 4	Concordia 4 Concordia 2	3-12
Women's Hockey	Ottawa 4	Concordia 3	1-7-2

# schedule

	Who	When
Women's Hockey	vs McGill	Saturday, 2:30 p.m.
Men's Hockey	vs Ottawa	Friday, 7:30 p.m.
Men's Basketball	@ UQAM	Saturday, 7 p.m.
Women's Basketball	@ UQAM	Saturday, 5 p.m.

Write for sports! Contact us at sports@thelinknewspaper.ca



## Actions stronger than words

It was immensely enjoyable and most informative to read the debate on acceptable words between Christopher Olson and Terrine Friday. Both made excellent and powerful points.

The big question in world philosophy is the idea of censorship. I do not believe in censorship in any form. *Mein Kampf* was the most obscene written work in history, thousands upon thousands of individuals were mass murdered for each word in that book. The tragedy was not that it was printed, but that too few disputed it.

Democracy is based on the idea that everything is open to discussion and debate with the Utopian hope, unfortunately seldom realized, that humanity will come to the most beneficial conclusion.

I have often wondered why the Federal Communications Commission in the United States bans seven swear words yet does not have any hesitation of allowing the most popular shows demonstrate how to murder a human being in the minutest detail. It is a sorry picture of a society that feels words are more objectionable than murder.

—David Sommer Rovins,  
Independent Student

## American tuition not for us

We invite you out today, Tuesday, Dec. 1 from 2 p.m. to 5 p.m. at the Hall building mezzanine's tables (second floor) to chat about any challenges you face because of university tuition or any opinions you have about it.

After *The Link's* recent article citing Concordia President Woodsworth desiring an American model of tuition for our university, we are still in the process of trying to find out more details about what President Woodsworth meant.

Meanwhile, we would like to know what you think. Have you ever had problems paying your tuition? Have your friends? Why or why not? What do you think would be the ideal tuition model for Concordia? Do you think our economic situation means that students should face the burden of a higher cost to education?

We'd love to hear what you have to say—and if you like, we can transcribe it, tape-record it or video-tape it for our upcoming documentary about tuition issues in Montreal. We want to know what all Concordia students think about their education, how it should be run and how much it should cost.

If you don't feel like talking about your personal experience or opinions but would just like more information or want to informally discuss issues related to tuition in this province and Canada, stop by our booth today!

If you have ideas about what we could do to



Maligned would-be humanist Ezra Levant. GRAPHIC VIVIEN LEUNG

prevent tuition increase, or you want to get involved in our campaign, please come to our meeting, also today, Tuesday, Dec. 1, at 5:15 p.m. at Concordia's Graduate Students' Association, 2030 Mackay St.

If you can't make it or would rather chat by email, send us a message at [tuitioncampaign@gmail.com](mailto:tuitioncampaign@gmail.com) or stop by the GSA office (2030 Mackay St.) to write your contact info on our mailing list.

—Montreal Students  
Against Tuition Increase

## Bigot preaches humanism

In the Queer special issue, *The Link* published a Canadian University Press article titled "What is a 'soft jihad'?" on Ezra Levant, the publisher of the now-defunct tripe known as the *Western Standard*. [Vol. 30, Iss. 13, pg. 7]. The author of the article, Jonathon Van Maren, presented Levant as an "activist for free speech."

Fawning over Levant, Maren failed to mention that Mr. Levant is a right-wing extremist. The *Western Standard* was known to be homophobic, ultra-right wing, racist, anti-abortion, promoting deadbeat dads, Islamophobic, blindly pro-Zionist and extremely pro-war.

Mr. Levant and his magazine were so vehemently against publicly owned media that one of the covers of the magazine boasted that by the time the Conservatives are done with the CBC, no one will be able to recognize it. The *Western Standard* took it upon itself to raise controversy because it was a failing magazine. Levant knew very well that those images of Mohammad that he printed would raise controversy and so he published them in pursuit of pure sensationalism.

If he cared for freedom of speech then at

least one issue of that awful magazine would have had an article by a credible journalist that was not on the Can-West media conglomerate payroll.

This is how the magazine was promoting itself. "In the *Western Standard*, 'capitalist,' 'gun owner,' 'tobacconist,' 'America' and 'men' won't be dirty words. On the other hand, 'bureaucrat,' 'social worker,' 'CRT' and 'United Nations' will be treated with caution."

Meanwhile, on his blog, Van Maren poses the question "Why has the history of Western Civilization been whittled down to an 'intellectual' rant howling about the historic mistreatment of minorities?" This statement raises a floodgate of issues. This proves Van Maren's questionable understanding of history, politics and journalism. His blog boasts his publications.

When "journalists" of this kind get a voice in community magazines and newspapers, the state of journalism itself should be brought into question.

Centuries of progress on racial and religious issues are at stake when individuals can on one hand posture as "activists" interested in freedom while in the same breath denigrate historic struggles against colonial injustices.

—Arshad Khan,  
Film Production

**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.

# The benefits of buying local

## How local food is better for you and the environment

• NICK HOWARD, THE BRUNSWICKIAN (UNIVERSITY OF NEW BRUNSWICK)

**FREDERICTON (CUP) —** Environmental degradation immediately brings to mind images of polluting smoke stacks, the Alberta oil sands and traffic in Toronto at 5:30 on a weekday afternoon.

Expanses of farmland around the world rarely bring to mind greenhouse gases, yet industrial agriculture contributes to the world's greenhouse gas problem, making up 12 per cent of total emissions.

Nitrogen obtained from industrial sources (through fossil fuel combustion), pesticides and tractor emissions are just a few examples of the environmental cost of your daily bread.

We are often told that being green means more consumption; we need to buy hybrid cars and low-flow toilets. The key, however, is less and different consumption. We need to buy food to eat, but rarely do we think about its environmental cost when determining what to buy.

There are many opportunities to eat green, however. Organic farms use fewer industrial pesticides and fertilizers and they increase biodiversity. The soil of organic farms is believed to trap more greenhouse gases than industrial agriculture.

Organic farms are, traditionally, smaller by necessity, which means that fewer tractor miles are needed to produce your carrots. By working together, organic livestock and produce farmers can reuse their respective wastes; produce waste can feed animals and animal waste can fertilize crops. This system reduces the amount of methane, nitrogen and carbon dioxide released into the air by sequestering it in the soil to grow your food. This kind of cyclical efficiency is missing in conventional industrial agriculture.

Local food can also make a contribution to shrinking your carbon footprint. By buying food produced close to home, you can avoid consuming produce shipped from every corner of the earth. The environmental inefficiency of our current food trade system is simply astounding.

Garlic, for example, is easily grown in Canada and many people grow their own. Try finding local garlic in a store, however, and you will realize it is almost impossible. The vast majority comes from China, tens of thousands of kilometres away. Does that seem environmentally sound to you?

If you wanted to go all-out, you could grow some of your own food, either in a small backyard plot or in pots around the house.

Unlike changing your light bulbs, eating green can be fun, tasty, healthy and beneficial to your community. Organic and local produce is generally tastier than industrially produced food. Since local produce doesn't have to be shipped, varieties can be chosen for taste, rather than their ability to survive long hauls.

Test it yourself. Buy a carrot grown in California from a supermarket and a carrot from the farmers' market, put a blindfold on and take a bite out of each. I guarantee the locally grown organic carrot will taste better. Buying local also provides the opportunity to meet the people who fill your stomach. Have a conversation with a farmer about your food and you will probably learn a lot of really cool stuff.

We need to start seeing our food as the necessity it is. Cigarettes are all but illegal because we understand that breathing clean air is a necessity for life. Why do we continue to fill ourselves with cigarette-quality food?

The most sustainable green initiatives are the ones we want to do. Start with making your meals a little greener and a lot more delicious. Your body will thank you and so will your environment.

Follow The Link on Twitter @linknewspaper  
Read our blog at [thelinknewspaper.ca/blog](http://thelinknewspaper.ca/blog)



# There is no ‘new’ anti-Semitism

## Free speech stifled under guise of inquiry

• AARON LAKOFF

*Aaron Lakoff is a communications student at Concordia University and a member of Not In Our Name Concordia, a campus-based anti-Zionist Jewish group.*

The Israel/Palestine debate has been a controversial topic at Concordia in recent years. However, there is a point when discussion on a controversial issue can be used as a pretext for censorship and repression. With recent political manoeuvring within and beyond Concordia around this issue, I fear that we may be moving in that direction.

The presidents of some 25 Canadian universities were invited to Ottawa this week to testify at the Canadian Parliamentary Inquiry Into anti-Semitism, an initiative of the Canadian Parliamentary Coalition to Combat anti-Semitism. Frederick Lowy, who was Concordia's president until 2005, testified on Nov. 24.

As a Jewish student at Concordia myself, some might find it odd that I would oppose such a forum and the participation of personalities from my university.

I would be in favour of the CPCCA if its purpose were to fight

real anti-Semitism, but a closer examination shows us that this is definitely not the case. The CPCCA is merely a tool to stifle debate on Israeli apartheid at Canadian university campuses and elsewhere.

The CPCCA is by no means neutral or unbiased. The two ex-officio members of its steering committee are Liberal MP Irwin Cotler and Conservative Minister of Citizenship and Immigration Jason Kenney. Both have openly equated critiques of Israeli policy to anti-Semitism. Kenney went so far as to denounce Israeli Apartheid Week, stating the international event had no place on Canadian university campuses.

Even more troubling is that the CPCCA has made the “new anti-Semitism” a large part of its focus. This “new anti-Semitism” is an intellectually dishonest phrase used to equate principled opposition to the state of Israel’s policies as an attack against all Jewish people.

Ontario-based Faculty for Palestine sent a submission to the CPCCA criticizing the notion of a “new anti-Semitism,” stating, “this focus on the ‘new’ anti-Semitism orients the work of the CPCCA more towards targeting advocacy for Palestinian rights than to protecting the human rights of Jewish people.”

There is no “new” anti-

There are no “hate-fests” happening on Canadian campuses. Acts of anti-Semitism do occur, but Lowy himself remarked at the CPCCA’s hearing that universities are not hotbeds for anti-Semitism or hate.

Semitism. Anti-Semitism, much like racism or sexism, never went away, and it is everyone’s responsibility to combat it.

Last February, just before IAW, B’nai Brith (which touts itself as a Jewish human rights organization) took out a full-page ad in the *National Post* calling on Canadian universities to shut down the event, calling it a “hate-fest.” If anyone from B’nai Brith had bothered to attend any IAW public events in Montreal, they would have found that they were scholarly, principled, and featured many events with Jewish and Palestinian speakers.

Unfortunately, those like B’nai Brith who seek to shut down this debate have the ear of the Concordia administration. Last August, Concordia’s President Judith Woodsworth gave the opening remarks at a one-day conference entitled “Israel on Campus: Defending Our Universities,” held in the McConnell library building. For an entire day, the building was off-limits to Concordia students seeking to use the library and Woodsworth’s remarks, despite numerous requests, have never

been made public.

There are no “hate-fests” happening on Canadian campuses. Acts of anti-Semitism do occur, but Lowy himself remarked at the CPCCA’s hearing that universities are not hotbeds for anti-Semitism or hate.

He curiously went on to pin vague allegations of anti-Semitism on “Islamists” who distribute “propaganda” at Concordia. Evidently, from his and other testimonies the CPCCA’s hearings are less concerned with combating anti-Semitism than they are about race-baiting and stirring Islamophobia.

I believe that Israel is an apartheid state for the simple reason that it grants preferential treatment to its Jewish citizens while denying certain rights to its Palestinian Arab population solely based on religious and ethnic identity. Some readers may not think that Israel is an apartheid state and have every right to believe so. Regardless, this is a matter of legitimate and important debate and it is fundamental that we give it space to be debated at Concordia at forums such as Israeli Apartheid Week.

I take serious offence to the persecution of my people being used as political cannon fodder for censorship and fear-mongering.

In a chilling turn of events last February, both Carleton and University of Ottawa administrations banned the IAW poster from campus. The poster depicted an Israeli army helicopter shooting at a Palestinian child.

Sadly, over 300 Palestinian children were killed by the Israeli military during the brutal assault on Gaza in January. How this poster’s message became twisted into being “offensive” or “anti-Semitic” is puzzling. It seems that the CPCCA’s formulation is that the ‘old’ anti-Semitism entailed silence in the face of ethnic cleansing, while the ‘new’ anti-Semitism means resistance in the face of ethnic cleansing.

I will not tolerate anti-Semitism at Concordia, nor an administration that censors and stifles debate around Israeli apartheid. If we head down the road that the CPCCA is leading us, even the term “anti-Semitism” will become meaningless, and we will not be able to effectively fight it in the future.

## heartaches anonymous

Dear Heartaches Anonymous,

I’ve had a rather substantial crush on this girl since the beginning of the semester. Problem is, she’s francophone and I’m not. To tell you the truth, she doesn’t even speak English and I speak only the barest of French. My language skills are limited to ordering food, sending back food and effusive flattery. This makes things rather difficult, seeing as most of my ability to pick up people (in English) relies on bad puns and wordplay.

What do I do?

—Tête carrée with a crush

Dearest Blockhead,

Go for it. If that’s all that’s holding you back, then absolutely go for it. In a city like Montreal, language barriers are more like language picket fences. If you can hop over without splitting your pants, you’ve got it made.

Okay, forget the metaphors. You’re forgetting you and this girl already speak a common language. That language is Frenglish. You may have heard it in front

of, behind and next to you while you read this article. Kick out everything you thought you knew about proper grammar and get down with *franglais*, because it could be your ticket to romance.

How do I know? Because I’ve been in your shoes, dear Blockhead.

Once upon a time, even I, your friendly neighbourhood love sage, was struck by Cupid’s *flèche*. It was a sticky summer’s night at the *discothèque*. Him: soft-spoken and definitely *pure laine*. Me: sweatily, drunkenly anglophone. It was *amour* at first dance.

It wasn’t easy, but it wasn’t too difficult *non plus*. *Il me parlait en français* and I tried my best. Every conversation was a linguistic compromise, with a heavy dosage of “*pardon?*” and “*sorry?*” for good measure, but we didn’t care. We were down with each other.

Suddenly, without realizing, we both improved. Waitresses stopped replying

to me in English when I started out in French. He learned enough to joke with my friends, although the same, non-Quebec born pals always went in for a hug when he leaned in to do *la bise*.

The relationship didn’t last forever, *mais* my French improved *en ostie!*

To make a long story short, I don’t see any reason why you shouldn’t ask this girl out in pidgin French. Everybody loves someone earnestly trying to speak their language. My only advice for your first date? Pick a quiet venue. You’ll need to listen carefully.

send your relationship queries to  
[heartachesanonymous@gmail.com](mailto:heartachesanonymous@gmail.com)

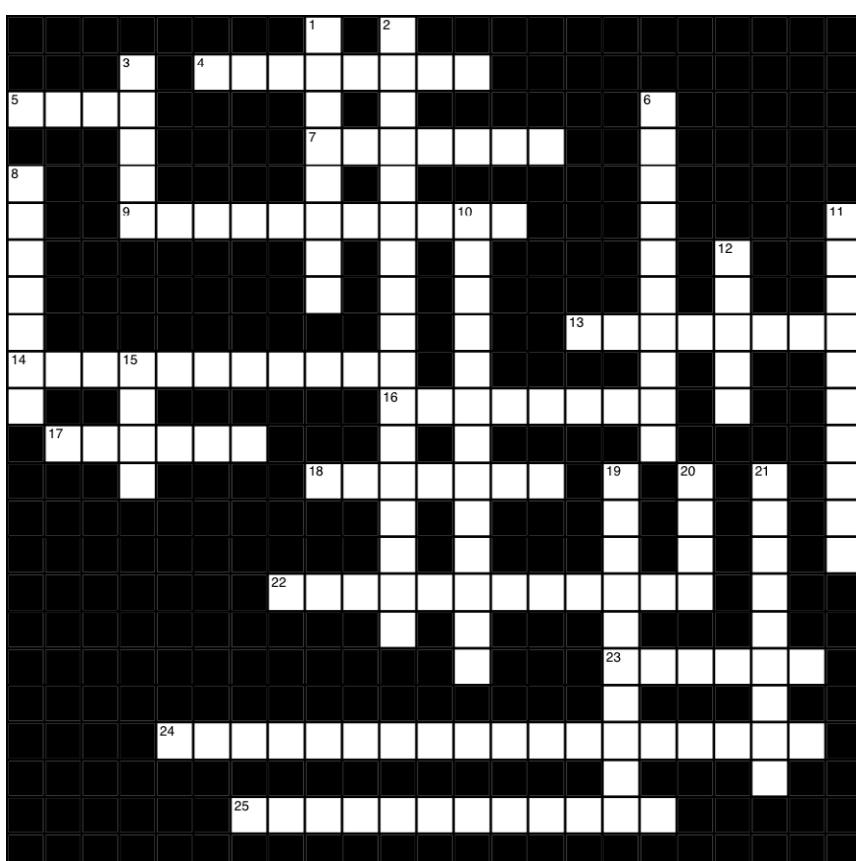
Are you lonely of heart?  
Tortured of conscience?  
Frustrated of genital?



# pzzlol

## crswrd

THE "FADS AND TRENDS" EDITION  
• R. BRIAN "DO NOT GO IN THERE"  
HASTIE



### Across

4. Plug in. Turn on. Light up.  
Tune out. Staring at outrageous  
coloured blobs dancing gets  
boring after five minutes unless  
you're, y'know, a character from  
*Deliverance*. (Two words)

5. These sheepskin boots are the sign of a true fashion tragedy, according to multiple women's magazines that we keep in the bathroom. The true sign of uncaring consumers has helped this company thrive.

7. Gotta catch 'em all... or walk away when you realize how pointless these tiny pixelated animals are. Hey, I'd kill myself too if the likes of Aaron Carter, Vitamin C and B\*Witched were on the soundtrack to my first flick.

9. Puffy bottoms inspired by a famously-bankrupt rapper gave shoplifters the world over a new weapon in their arsenal.

13. The Latin dance craze that shirtless 11 year-old me used to engage in on a regular basis, both privately and publicly. You gotta get some hips in there after the hand movements. Damn you, Los Del Rio.

14. For a window of six months in the late 1970s, it was socially acceptable to do this white powdered drug in public settings, hence the term denoting its fashionable qualities.

16. These high tops with pump-up tongues were the shit around the basketball court, but the pump action often broke, leading one to witness many a child sit around playing with their shoes as if their lives depended on it. Way to trick children, assholes.

17. Ice on yo teeth, hole in yo walletz. Yo Paul Wall, thanks for ruining a good thing.

18. When I was six, my cousin came to my house with this rodent-inspired haircut. I thought it was a mistake; turns out it was a fashion statement.

22. This filmic subgenre is half the reason why these fads have been popularized in the last few decades. Think *American Pie*, *Mallrats*, *Cannibal Holocaust*. Wait, actually, that last one doesn't count. (2 words)

23. The Asian translation for these square-shaped puzzles is allegedly "Haha, fooled you dumb Westerners into doing mindless busy work."

24. People in the 1950s were hella stupid. Sock hops and this following activity (which involved rounding up your friends and running down to the closest public phone booth in order to cram as many people in as possible) seemed to be good times. (2 words)

25. I was always afraid of donning these doo-hickies on my feet for fear that I would die somehow. Turns out,

wearing them is just like ice skating.

### Down

1. The dumbest current fad of them all. Team Edward—More like Team Will-Never-Lose-My-Virginity. (Unless-It's-On-The-Internet).

2. Dearest Kriss Kross: Though your "band" has disappeared off of our collective radar, your trademark schtick still lives on ironically with hipsters on Halloween. (Two words)

3. This '90s utterance reached critical mass somewhere after *Wayne's World II*. The proper context for this saying usually involves saying a false statement and then tricking said person into believing statement before pulling the curtain back and revealing the truth with this word.

6. The act of combining resistance training, kickboxing movements and the works of John Coltrane is a deadly combination for some.

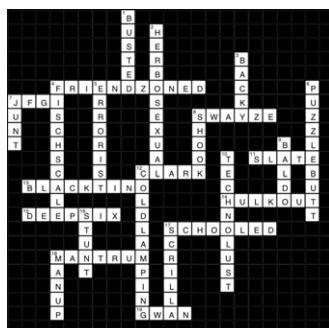
8. A hot trend that came 'round in the '70s. Someone managed to market nature back to the kids who hated taking nature walks by claiming that they had at least one friend. (2 words)

10. OH BRO, WICKED-ASS BARBED WIRE MARKINGS ON YOUR LEFT ARM. WHEN'RE YOU GOING TO GET YOUR FACE DONE UP IN THE SAME STYLE? (Two words)

11. Ever wake up in the middle of the night just so you can interact with the computer tied to your keychain? Lonely people of the world rejoiced when they could keep a fictional character alive and well in the very pockets of their jeans.

12. Cute. Fuzzy. Slightly resembled one of them that Gremlins. These palm-sized robot pet things were mar-

### issue 15 solutionz



keted as "highly interactive." I found out that was the truth when the pet thing in question ended up interacting with the side of a baseball bat I keep with me at all times. Little sucker just kept going too.

15. This saying was popularized by Alicia Silverstone's character in the 1995 flick *Clueless*. (Two words)

19. A 3D square with differently-coloured tiles, meant to be grouped by colour. Can also be used as a great, sharp projectile when people get up in your business. (2 words)

20. They're back! With an all-new set of Al Gore-inspired slammers! Show them milk caps no mercy!

21. Hold up. The act of stripping down and running around public places was considered a fad? Damn. I never got that memo, and neither did the cops. Turns out the cops will taser you right quick if your genitals flap in the wind. Oh, and even if your genitals don't, they'll still shock you.

# editorial

## No CSU follow-through

The Concordia Student Union has taken on some great initiatives this academic year and have increased some of their services, including the two-week fall orientation, weekly coffee talks at Java U with the CSU president and seemingly-increased financial transparency, to name a few.

But, year after year, there is a gap between the initiatives of the executives that are in office and campaign promises of the incoming execs. In other words, projects are started with good intentions, but there's a lack of follow-through. Case in point: the Loyola Luncheon.

The brainchild of former CSU VP Loyola and Sustainability Mathieu Murphy-Perron, the Luncheon was launched to give students an alternative food choice on the Loyola campus, something comparable to The People's Potato at the Sir George Williams campus. It also doesn't help that Loyola is lacking in Al Taibs and Boustans that are a mere stone's throw away. Unfortunately, the Luncheon hype that followed its introduction two years ago has died off—or perhaps has been hooked up to a respirator—and the project has stagnated.

It didn't help that Natalie Mai, Murphy-Perron's successor for the 2008-09 academic year, was rumoured to have resigned; she was absent from student council meetings since the beginning of last year's fall semester and only officially resigned the following winter. It's quite possible the Luncheon slipped through the cracks.

The license taken with the Luncheon's original mandate—to provide an alternative food option—is further troubling. Using the same supplier as Chartwells for the Loyola Luncheon is not "alternative."

Advertising for student initiatives also needs to be resuscitated. Last week's referendum saw 1,200 students show up to the polls—less than five per cent of eligible voters. There were no posters advertising the referendum nor the questions, and booths were not well-identified. Where is the CSU's campaign to represent students?

Perhaps part of the problem is lack of student space. The university is slowly—but quite effectively—pushing students into confined spaces in university buildings and has cut back on poster space. Concordia's überculture collective got it right four weeks ago when they staged a tea-in on the ground floor of the Hall building, drawing attention to the corporatization of the university and a lack of student gathering space. The CSU did not sit in solidarity with the students.

This isn't to say the CSU needs to publicly support or boycott student-run campaigns, but they do need to engage the student body and advertise what students care about.

The university administration is fortunate the CSU membership—all 30,000 undergraduate students—mandate our executives for only one year; they technically only have to worry about the CSU, and therefore student issues, for six of those months. During the remaining six months, July through August are spent gearing up for the school year and planning a more memorable orientation than the year before and March through May is the dreaded "black-out" period between mandates where old campaign promises become old news and bright-coloured posters are all the rave, outlining what a fresh, changed, vision-oriented and newly democratized student union can do for you.

Would a better alternative be to have a CSU mandated for two years? Would there be more consistency, or would the door only be opened wider for corruption, considering our union's checkered past of burying financial scandals and back door policy-making?

We're only three months away from campaign season, which means students vying for a CSU term are already in the early stages of ironing out their action plan. For the sake of students, and your own sustainable business practices, I urge you to keep in mind the campaign promises of the CSU, past and present. Expand on them. Capitalize on them.

The last thing we need is to lose time and efficacy when we're already losing our school.

Read the current CSU executives' campaign promises from last winter in "Vision's Vision" at [thelinknewspaper.ca](http://thelinknewspaper.ca).

—Terrine Friday,  
Editor-in-Chief

## Read it and weep

BY TRAVIS DANDRO

