

THE LINK

**GET
ACCESS**

CURRENT

Auditing Concordia

Concordia's accessibility problems run deeper than just elevators.

P. 3

SPORTS

Scouting the Potential

Concordia alum Jim Stevenson talks scouting for Major League Baseball.

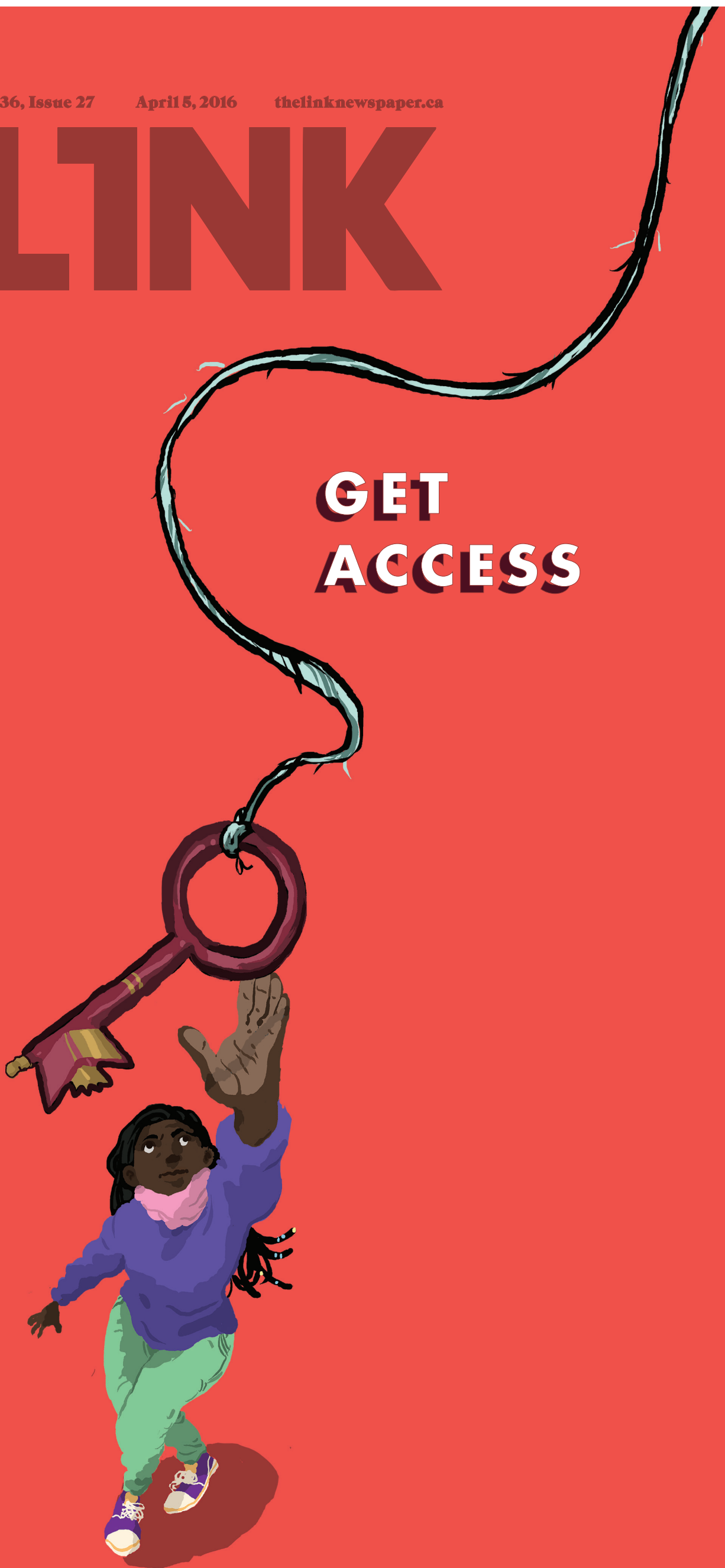
P. 10

EDITORIAL

CSU Year in Review

The good, the bad, and the everything else from 2015-2016

P. 15



thali 6 Years

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SAJ mahal

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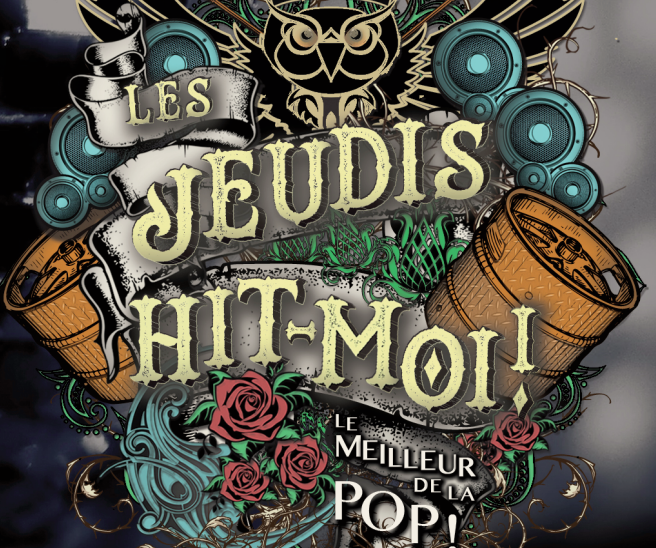
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Curing Concordia's Inaccessibility

CURE's Audit-a-Thon Aims to Create an Inclusive Environment for All Students

KELSEY LITWIN

KELSEY LITWIN
@KELSEYLITWIN

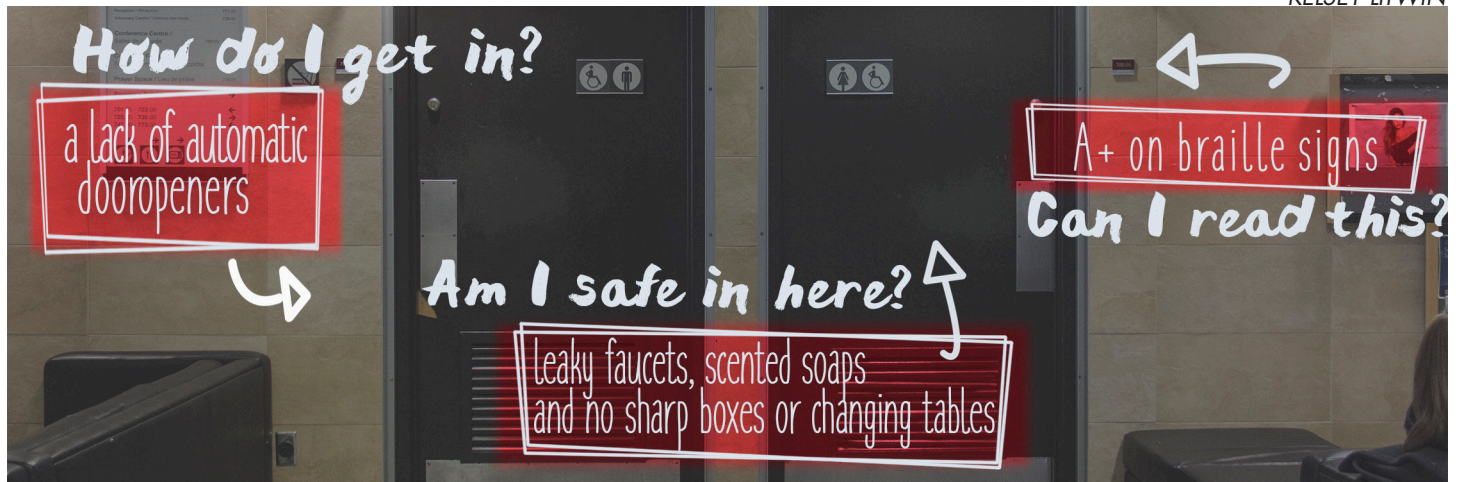
Paul Tshuma will be graduating from Concordia University at the end of this semester. The music student, like many soon-to-be grads, is preparing to join the workforce as his time at the university comes to close. His time at the school, however, hasn't been as typical.

Tshuma suffers from prenatal muscular dystrophy, a condition that confines him to a motorized wheelchair, restricting his mobility. On top of worrying about whether he'd be accepted into the classes of his choice, he also had to consider whether he'd be able to physically access the classrooms.

Tshuma was one of a dozen students present at the Community-University Research Exchange's Radical Accessibility Audit-a-Thon at Concordia on March 31 and McGill on April 1.

CURE, a new fee-levy group at Concordia, organized the event in conjunction with Accessibilize Montreal and with support from Quebec Public Interest Research Group Concordia and the Concordia Student Union to promote an inclusive look at accessibility.

"This Audit-a-Thon was in support of a larger project called the Radical Accessibility Audit Project," explained Cassie Smith, CURE Concordia coordinator. "It's a crowd sourcing initiative to collect comprehensive accessibility information on different public venues around the city."



The event at Concordia in particular, Smith said, was meant to address the issues present within the physical spaces of the university that able-bodied students might not take note of.

"Even though Concordia seems accessible, it goes beyond 'Is there an elevator in the building?' There are a lot of things that able-bodied people don't think about," said Smith.

For example, she noted, the free telephones on the seventh floor of the Hall building downtown are placed at a height that is inaccessible to those in wheelchairs or who "get around at a lower height."

Tshuma mentioned that a roadblock he faces includes the many doors that do not have automatic buttons.

"I see no point in there being those [heavy glass doors] if they're always going to be shut," he said. "They don't have any automatic door

openers. Those things need to be addressed."

Inclusivity is one the main facets of the project. Tshuma said that it is this mindset that makes all the difference. "They are getting the information from a person with disabilities, to really understand what [the needs of students with disabilities] are," he said. "I find when you don't have that need, you cannot relate to the person who needs those services."

By facilitating activities like these, Smith said that they hope to make sharing accessibility information easier for the general public, so that no one is left wondering whether they can attend an event.

"There are seven pages to this audit. It's everything from wheelchair access, to if there are Braille signs to if there are gender-neutral washrooms," she explained. "It's really encouraging people to think about accessibility in

a holistic way but then also providing them with a tool they can use."

For both Tshuma and Smith, creating an accessible environment goes beyond creating a physically inviting space. It's about inspiring thought in those who are not directly affected by disabilities.

"Concordia students in the music department usually have events where they play outside the university," explained Tshuma. "For me to [attend], even if I wanted to, it's not possible because it's not accessible." He continued, "It's more exclusive. For it to be inclusive, we need to get a venue that is accessible for everybody, you know? It's not their first priority."

A map of locations that have been audited is available on CURE's website along with an audit template.

Wired for Good

New York Doctor Comes to Concordia, Argues That Biomechanics Makes Us Altruistic

JULIA BRYANT
@JULIABRYANT

If you saw someone slip off the metro platform and fall down onto the tracks, would you jump down and save them?

A New York man did exactly that back in 2007. When a complete stranger suffered a seizure and fell onto the subway tracks, Wesley Autrey jumped down and flattened his body so that the approaching train would pass over them. Not a scratch was left behind—just a bit of motor oil on the back of Autrey's head.

That story is what inspired Dr. Donald Pfaff of the Rockefeller University to study the neuroscience behind altruism. With a background in biomechanics, Pfaff looked at the brain's inherent functions to understand how they contribute to altruistic or aggressive behaviours.

His research leads him to argue that humans are naturally designed to be good to each other. Concordia's Science College invited him to explain the theory behind his book, *The Altruistic Brain*, on March 31 at the Oscar Peterson Hall in the downtown Hall building.

"Historically, when we talk about good behaviour, [it has] been enforced by religion, by law, and by many other social and cultural forces," said Pfaff. "What I'm trying to argue, as a neuroscientist, is that our brains were built to emit this kind of behaviour."

Pfaff's altruistic brain theory says that if you're going to do something for another person, your brain will process that act in a series of four steps.

First, the brain recognizes the target of your act, or whom you're working for or against. Second, you'll start thinking about that target by using the part of your brain that recognizes faces. The third step is where the brain blurs together the images of the other person and yourself.

"I'd like to point out that this third step, which is the main trick of the theory, is really easy," said Pfaff. He argues that this occurs because it's the simplest thing for the brain to do. Rather than work twice as hard to process both images of yourself and the other person, your brain would rather take the easy route and lose some information, mashing both images together. He said it's easy to understand if you compare the brain to a computer.

"Is it simpler to improve a computer's performance or to break it and make it worse? Clearly, it's easier to make it worse," he said.

By blurring the image of the person for whom you are doing the act, Pfaff explains, it's easy to imagine that you are doing it for yourself. He argues that by placing yourself in the shoes of the other person, you are more likely to act altruistically. It's the same logic that is behind "do unto others as you would

have them do unto you."

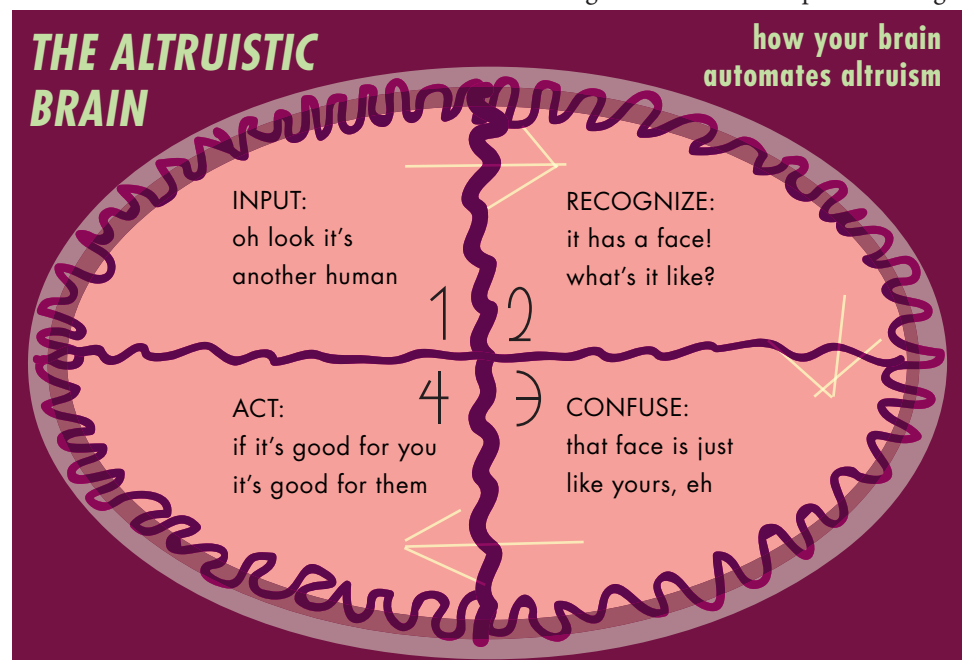
The final step is deciding whether you should do it. "Is that particular behaviour good for you?" asked Pfaff. "If it is, then it's okay to do it for the target person. If it's bad for you, don't do it."

Pfaff's theory is accessible to anyone without neuroscience training. However, it's counterintuitive nature and alleged oversimplifications have received criticism. One review of his book said that most of his

evidence is collected only from inference and that the rules he outlines in his four steps are only theoretical possibilities.

In Pfaff's lecture, he did point out that there were scattered differences among the data that he analyzed. He stressed, however, that those differences should not be ignored.

"The notion that we should cram everybody into an average, vanilla-flavoured social domain is a bad idea," he said. "To have everybody be at the average would be the worst possible thing."



CARL BINDMAN

The Right to Serve...

How Concordia Bylaws May Prevent Outgoing and Incoming CSU Execs from Sitting on University Decision-Making Bodies

JONATHAN CARAGAY-COOK
@HIIMBIRACIAL

If Terry Wilkings wins the race for the Arts and Science Faculty seat on Concordia's Senate body, he will be ineligible to serve.

He hasn't won yet though—there was a tie.

In last week's general elections for the Concordia Student Union, two candidates ran for the spot on Senate. This included Wilkings, who has been on the CSU executive team for the past two years and has sat on Senate for three consecutive terms. His opposition was Zanib Nafees, a first-year psychology student looking to get more involved in university politics.

After a ballot count on Thursday night, the tally read 364 "yes" votes for both Nafees and Wilkings, with 378 students choosing to abstain. There will be a recount on Friday, April 8, according to Mohammed AlNaggar,

the Chief Electoral Officer of the CSU. AlNaggar said he would have to cast a vote in the event of another tie.

According to Article 62 of the university bylaws, Wilkings will be ineligible to sit on Senate next year because it will be his fourth term, and students can only serve a maximum of three consecutive years.

One of the main motivations to run again was to add pressure onto the university in regard to changing this bylaw and others like it, Wilkings explained. He said some of the university bylaws on eligibility are contradictory to Quebec's act on accredited student associations.

Article 32 of this law states that student associations like the CSU "alone" have the power to appoint people to university bodies like its Board of Governors, Senate, and appointment committees for senior admin like the president or provost.

"It's the question of: do students alone have the ability to select who represents them or not," Wilkings said.

Last month, the CSU council passed a motion to take legal action if an informal resolution could not be reached with the university in regard to these bylaws. At that point, the motion largely stemmed from student politicians being unable to sit on university bodies next year due to letters of reprimand they received from protesting in the spring 2015 strikes.

If the rules change and he ends up winning, Wilkings said he would like to serve a fourth term on Senate. If the CSU and university reach an informal resolution in regard to the situation surrounding student-protesters and a compromise is needed, Wilkings said he would possibly withdraw his Senate nomination.

The aim is to keep the conversation on

the CSU's right to appoint its members to various institutional bodies as broad as possible, Wilkings said, and not solely focus on the circumstances surrounding student-protesters.

Nafees, the other competitor in the senate race, thought the election results were a hoax at first, given Wilkings' extensive experience in Concordia politics. "That was a big thing for me to get a tie," she said.

She has no prior experience in Concordia governance. Her friends from the Muslim Student Association, Nafees said, convinced her to run because they wanted someone affiliated with the group to represent them.

Even though she lacks experience, Nafees said everyone must start somewhere. Wilkings said his first term on Senate was his first official involvement in Concordia politics. "You want to give other people a chance," Nafees said.

HIGHLIGHTS OF EVENTS FROM STRIKES TO TRIBUNALS TO NOW

APRIL 2015

By the (University) Bylaw

Article 62:

Student Senators who are appointed under Article o) and p) may serve a maximum of three consecutive terms, following which one (1) year shall elapse before they become eligible for reappointment.

Article 63:

Students elected to Senate shall be registered in an undergraduate or graduate program, be registered in a course or other for-credit activity, and be in good standing. Students who are in failed standing, in conditional standing or on academic probation or who have been sanctioned either under the Code of Rights and Responsibilities (Policy BD-3) or the Academic Code of Conduct within the three (3) years previous to their nomination are not eligible. are 16 spots reserved for student senators.

Quebec Act on Accreditation

Article 32:

An accredited students' association or alliance may, alone, appoint students who, under an Act, regulation, by-law, charter or agreement, are called upon to sit or participate as student representatives on various councils, committees or other bodies in the institution. If several associations or students' association alliances are accredited to represent the students of the various groups contemplated in section 2.1, the appointments shall be made upon agreement among those associations and alliances, or, failing an agreement, as determined by the institution reserved for student senators.

Board of Governors and the Senate: A Primer

The Board of Governors is the "senior governing body of the University and is responsible for establishing the legal and administrative framework for the University," essentially making it the highest decision-making body at Concordia. There are three student governors out of a total 25.

Senate is the second highest decision-making body at Concordia University. It's the "senior academic body" that establishes procedures and is subject to the board's authority. Out of 55 voting members, there are 16 spots reserved for student senators.

...and the Right to Speak

JOSH FISCHLIN
@FISHYNEWSWATCH

The unforeseen consequences of student-protester tribunals have come to light, possibly setting the stage for a legal dispute between the Concordia Student Union and the university.

Student leaders who took part in last spring's anti-austerity strikes have faced heat for participating in what they have termed "collective democratic action."

In response to student strikes opposing austerity, three professors—alongside the university, which acted as a co-complainant—put 25 students through a drawn-out process that first began with mediation and ended in daylong tribunals.

The results of said tribunals: letters of reprimand, the consequences of which initially seemed benign.

But according to a university bylaw, students who have received these letters become ineligible to sit on certain governing bodies—including the Board of Governors and the

Senate. This presents complications for any recipients of the letters of reprimand who were just elected in the Concordia Student Union general election that took place last week.

Real Consequences

Both Lucinda Marshall-Kiparissis—the incoming CSU general coordinator and the probable undergrad representative on the Board of Governors—and Marion Miller—a Fine Arts senator elect—may be unable to fulfill all of their duties as a result of the bylaw.

"This letter of reprimand, all its done is provide a very small bureaucratic hiccup in terms of sitting on Senate and Board of Governors," Marshall-Kiparissis said.

Both Marshall-Kiparissis and Miller understood the complications that were sure to arise as a result of the letters, but they ran for the positions anyway.

"I wanted to propose myself to the Fine Arts faculty as a candidate and let them decide through our union's right to choose its representatives," Miller said.

Miller was voted in with 132 "yes" votes,

and a mere two "no" votes. Marshall-Kiparissis won with 1023 "yes" votes, almost doubling the amount of votes her competitor got.

The newly elected are both in the process of appealing their sanctions, during which they will be eligible to sit on their respective governing-bodies. Marshall-Kiparissis explained that until the appeal process ends, she is "in a limbo state [...] where I have been sanctioned, but that can't really stick until the appeal is resolved one way or another."

If the sanction holds, she would request to remain as an observer on the Board of Governors. Usually the general coordinator—formerly known as the president—sits on the Board.

Fighting Back

The CSU voted in favour of a motion demanding the university change the bylaw restricting the students in question from serving on the Senate and Board of Governors.

If a resolution is not reached, the first step would be to send an official letter of complaint, Miller said. If that does not work, the council mandated the CSU executive to take legal action.

"We have a board mandate to pursue legal action if necessary, but it is premature to speculate on whether that is on the horizon or not," said Terry Wilkings, the outgoing CSU General Coordinator.

The student union is also arguing that the university bylaw runs contradictory to Quebec law on accredited student associations. University spokesperson Chris Mota insists though that the two laws do not conflict.

The CSU has the right to nominate who they want to sit on governing-bodies, however, the nominees still must satisfy the criteria, which is set by the Governance and Ethics committee of the board, she said.

According to research conducted by the CSU, Concordia has a high amount of requirements for students looking to serve on a governing-body. Based on their research, it is the only university that requires students to have absolutely no disciplinary sanctions against them to serve.

"We're feeling confident that the university will be able to adjust itself to the way it should be laid out in their criteria," Miller said.

APRIL 2016

April 1, 2015 – Students enforce the Political Science Student Association's strike mandate during a political science class held by Professor Graham Dodds.

April 17, 2015 – Protesters served formal complaint by Professor Graham Dodds for strike actions taken in his class.

April 17, 2015 – No Tribunals For Students campaign begins with a press release calling on the university to take a stance against the complaints.

May 27, 2015 – The university becomes a co-complainant against students.

September 28, 2015 – Tribunals suspended, as all involved parties agree to enter a mediation process.

December 2, 2015 – Eight student-strikers face tribunal. They are issued letters of reprimand, which is the most lenient form of punishment.

January 15, 2016 – Student activist group Concordia Against Tribunals holds demonstration where they interrupt a meet-and-greet hosted by University President Alan Shepard.

February 9, 2016 – A second tribunal is held—eight more students receive letters of reprimand.

February 18, 2016 – CATs holds demonstration against former CFO Sonia Trudel's \$235,000 severance package—an escalation in the group's tactics.

March 9, 2016 – CSU motions to fight against a university bylaw that would prevent reprimanded students from serving on various university governing-bodies, saying that they will take legal action if necessary.

March 18, 2016 – CSU general election results are released—some reprimanded students are elected, foreshadowing further complications and conflict.

thelinknewspaper.ca/news

Divest McGill Ends In Surprise Announcement

Alumni returned their diplomas on Friday, as an alleged \$2 million donation is withheld from the university.

Bird Problems Takes Off to Higher Skies

Montreal-Based Band Prepares for Local Battle of the Bands

CLAUDEL PROULX

Max Laramee and Joseph Anidjar began tuning their instruments. Daniel and Michael Smilovitch would've done the same, but one drums and the other sings, so instead they warmed up, making noises.

The magic of Bird Problems began to fill their practice space, as though the band mates were gradually tugged into action like a light dimmer slowly brightens a room. From playful, down-to-earth buddies, the foursome has transitioned into focused musicians, already far gone from reality, as they prepare for their biggest gig to date.

Bird Problems was formed in 2013. Selected to take part in the Emergenza Festival's Battle of the Bands, Bird Problems has progressed through two rounds since the beginning of the contest in November 2015. They made it through the first round at Club Lambi, and apparently killed it at L'Astral in February. Now, they practice for the third and final round on May 14 at Metropolis—against 12 other bands.

If Bird Problems wins at Metropolis, they

will fly to Germany to perform at the Taubertal Open Air Festival in August—but the group has its eyes on another prize.

"The priority is getting the album done," said Michael, the older Smilovitch, sweating between songs. It's good to play at shows, but "first you need to have something to get out there," he says.

It's a "sci-fi concept album," they say. It should, if all goes well, reflect Bird Problems' inability to define their sound.

Anidjar, a Vanier Jazz student who plays guitar for the band—and who also is part of progressive metal band Jukebox Ocean—considers Bird Problems to be prog-metal. Daniel, the younger Smilovitch, drummer, and Concordia psychology student, calls Bird Problems' music experimental, explorative—a mix of jazz, funk and ska.

"We take our music seriously, but we don't take ourselves seriously. It's all for fun," he laughed. This mentality frees the band to play heavy breakdowns right after funk cover jams, a trick they've used live to keep audiences on their toes.

Bird Problems has learned that energy is as

important in recording as it is in practice, and that energy has taken them from the Smilovitch parents' basement to shows across the city and now to Metropolis.

"When we started," the older brother Michael said, "our only goal was to have people mosh to our music."

And people certainly do, but Bird Problems' live style has elevated since—sometimes literally. "Max has gone on Michael's shoulders [while playing bass] before," Smilovitch remembers.

The ambition in music and performance carries onto their album, their first in a studio—they released a two-song EP, *Bird-shot*, in spring of last year. Those songs, along with five new ones, will appear on their forthcoming full debut project.

The unnamed album, according to the older brother Michael, tells the story of a virus that breaks loose into a society, and how that society subsequently falls into chaos. It was inspired in part by Virgil's epic poem, *The Aeneid*, as well as *Paradise Lost* by John Milton.

"It'll be hectic," Michael says.



Bird Problems was formed in 2013.

PASCAL PICHE



Bird Problems currently practices for the third and final round of the Emergenza Festival's Battle of the Bands on May 14 at Metropolis.

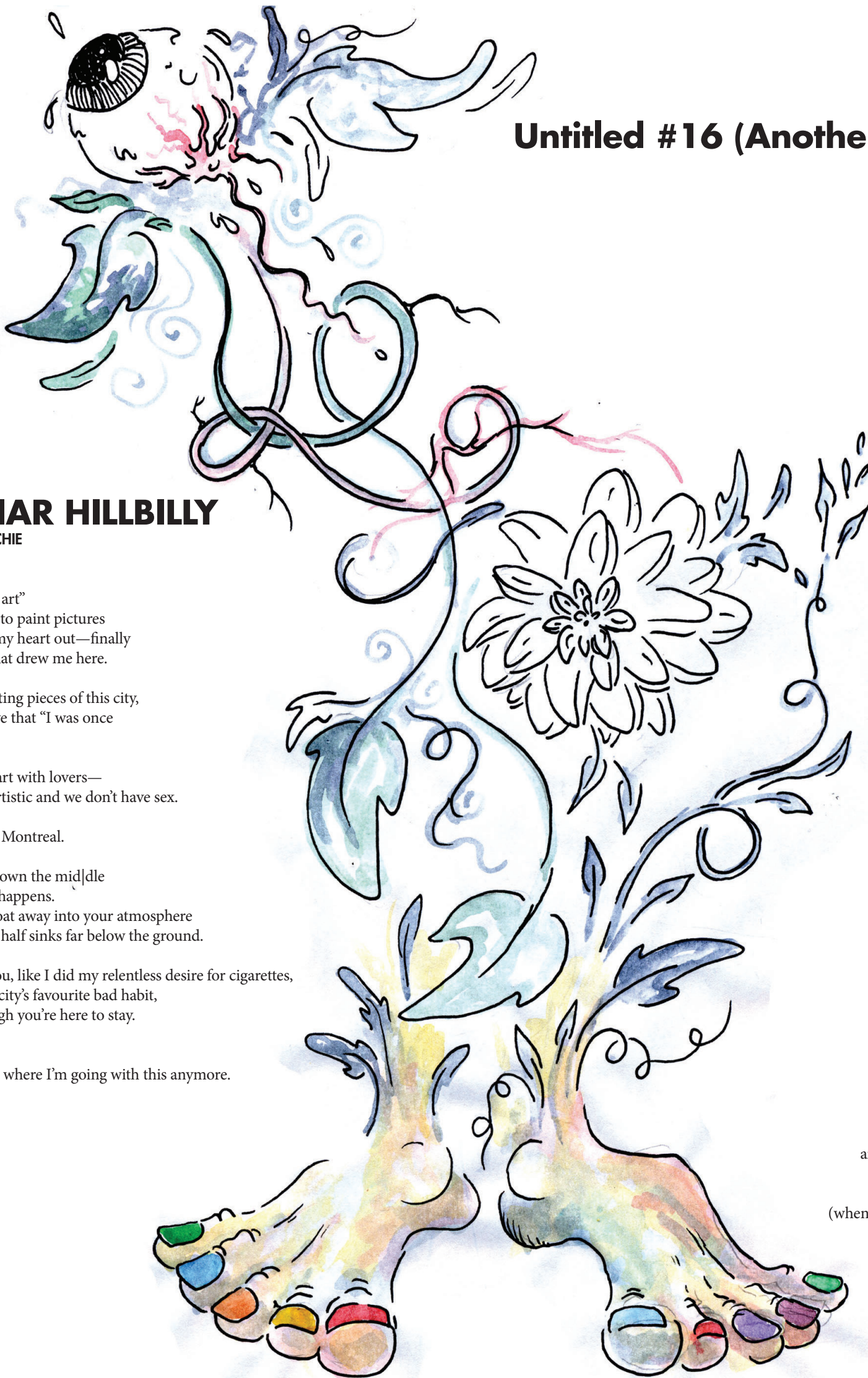


April 5–11

<p>TU 5</p> <p>LAUNCH: Espace Alvéole The official opening of Espace Alvéole, a space of innovation open to the public, dedicated to education, exploration and tasting. • Alvéole • 7154 St. Urbain St. • Free • 5-8 p.m.</p>	<p>W 6</p> <p>Pulp Fiction at The Dollar Cinema Go watch a classic movie on the big screen! One time only! • Dollar Cinema • 6900 Décarie Blvd. • \$5 • 8:30 p.m.</p>	<p>TH 7</p> <p>Metatron Presents: The Greenhouse Reading Concordia's greenhouse is hosting an intimate early evening reading, with ten performers scheduled to be there. • Greenhouse in the Hall building • 1500 de Maisonneuve Blvd. W. • Suggested donation: \$5 • 5-7 p.m.</p>	<p>F 8</p> <p>Journalism Networking Wine & Cheese The journalism department and the Journalism Student Association would like to invite J-Schoolers for a glass of wine and a conversation with media professionals and alumni about what to do after graduation. • CJ building atrium • 7141 Sherbrooke St. W. • Free • 5-7 p.m.</p>	<p>SA 9</p> <p>Rap Battle 4 Gender Equality The 5th of The Rap Battles for Social Justice will feature rap and spoken word artists who are trans people of colour, femme-identified people, as well queer and some cis allies. • Reggie's Bar • 1455 de Maisonneuve Blvd. W. • PWYC • 8 p.m.</p>
<p>M 11</p> <p>THE HOLY BODY TATTOO + GODSPEED YOU! BLACK EMPEROR = MONUMENTAL A rare appearance of the Montreal post-rock legends combined with post-rock demons. It's gonna be siiiiiick. • Place des Arts • 175 Ste. Catherine St. W. • \$33.75-\$64.75 • 8 p.m.</p> <p>School's Out Swap in the Greenhouse! School is ending, and it's time to reevaluate your clothing style. Bring a small or large bag of clothing and accessories to donate, and refill it! • Greenhouse in the Hall building • 1455 de Maisonneuve Blvd. W. • 5:30-8 p.m.</p>	<p>Voix de Ville Wednesday nights at The Wiggle Room are packed with gems from the worlds of burlesque, comedy, magic, dance, circus, music and more. • The Wiggle Room • 3874 St. Laurent Blvd. • \$8 with student ID • 8 p.m.</p>	<p>Centre for Gender Advocacy's Annual General Meeting The Centre for Gender Advocacy is an integral service to the Concordia community. Get involved and share your passion for social justice with other like-minded pals. • 1500 de Maisonneuve Blvd. W., Suite 404 • 5:30-9 p.m.</p>	<p>Post-Punk Night Catch some sweet post-punk at Casa! DJ tyg & DJ ciennasc will be performing, plus there's no cover charge. • Casa Del Popolo • 4873 St. Laurent Blvd. • Free • 9 p.m.-3 a.m.</p>	<p>SU 10</p> <p>SARAH NEUFELD + EARTHEATER Suoni Per + Popolo & CKUT 90.3FM Present: Sarah Neufeld and Earthater. Should be dope. Go check it out! • La Sala Rossa • 4848 St. Laurent Blvd. • \$15-\$17 • 7:30 p.m.</p>

THE LINK CALENDAR OF EVENTS

thelinknewspaper.ca/fringe • April 5, 2016



Untitled #16 (Another Quick One)

ZACHARY GOLDBERG-MOTA

FAMILIAR HILLBILLY

OCEAN DEROUCHIE

I say to myself
"I want to make art"
but I don't want to paint pictures
I want to write my heart out—finally
find the muse that drew me here.

Cutting and pasting pieces of this city,
a collage to prove that "I was once
here".

I want to make art with lovers—
but you're not artistic and we don't have sex.

Break my heart, Montreal.

I'd split myself down the mid|dle
just to see what happens.
Watch myself float away into your atmosphere
While my other half sinks far below the ground.

I tried to kick you, like I did my relentless desire for cigarettes,
but just like the city's favourite bad habit,
it seems as though you're here to stay.

Sorry, man.
I'm just not sure where I'm going with this anymore.

Hey—
Good morning.

No, I know.
Did you?
Yeah, I knew.

You knew I knew.

Anyway—
I took this from an old one:
"I become:
Away;
and then just
took it all back again."

Did you like that one?
Did you like me
when I wrote that one?

I know.
I know I know.

It's a joke.

Ha Ha.

I think I just
half-way thought this out—
sort of a semi-divide.
Halved at the center,
torn from the pit,
like always with this one,
amiright?

Ha Ha.

I call you and I bluster,
and you make like you owe me.

But you don't owe me.

You know.

But —
It doesn't really matter.
You know what you know,
I call when I call
and you call upon like you owe me
(but you don't owe me),
and I make like I really became
(when becoming was what I was doing)

and you make to move,
and I make a face,
and we miss each other.

and it doesn't matter.

We were a joke anyway.

Ha
Ha

thelinknewspaper.ca

Dance Like There's No Tomorrow

Danielle Hubbarrrd has been teaching cardio dance class at Concordia for 23 years, and has no plans to stop anytime soon.

Coming soon to the Phi Centre

April 9

Show

Classic *Parcours*: Dirty Light
 With Quatuor Bozzini and Contact Contemporary

April 11

Talk

In conversation series

Joe Walker
 Editor of *Shame* and *Sicario*

April 13

Film

OUR PICK

Siembra
 Official Selection Locarno 2015

April 14-16

Film

OUR PICK

The Ardennes
 By Robin Pront

April 27

Cinéma cabaret

Blue Velvet - 30th anniversary
 By David Lynch

May 21

Show

Rival Consoles
 + guests

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Pita Pit 3575 Ave. du Parc
Le Coin Grec 4903 Ave. du Parc
Leonidas 5111 Ave. du Parc
Chez Boris 5151 Ave. du Parc
Café Résonance 5175 Ave. du Parc
Frites Alors! 5235 Ave. du Parc
Caffe in Ginba 5263 Ave. du Parc
New Navarino Café 5563 Ave. du Parc
Melina's Phyllo Bar 5733 Ave. du Parc
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Dépanneur Café 206 Bernard
Phonopolis 207 Bernard
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Brutopia 1219 Crescent
Boustan 2020 Crescent
Panthère Verte 2153 Mackay
Fou D'ici 360 de Maisonneuve O.
Eggspectation 1313 de Maisonneuve O.
Foonzo 1245 Drummond.
Galerie Fokus 68 Duluth E.
Maison du Tibet 129 Duluth E.
Utopia 159 Duluth E.
Chat Café 172 Duluth E.
Tienae Santé 279 Duluth E.
Buanderie Net Net 310 Duluth E.
Au Coin Duluth 418 Duluth E.
Café Ouvert 611 Duluth E.
Chez Bobette 850 Duluth E.
Café Grazie 58 Fairmount O.
Arts Café 201 Fairmount O.
Maison de la Torréfaction 412 Gifford
Java U 1455 Guy
Comptoir du Chef 2153 Guy
Hinnawi Bros 2002 Mackay
Café Tuyo 370 Marie-Anne E.
La Traite 350 Mayor
Paragraphe 2220 McGill College
Second Cup 5550 Monkland
George's Souvlaki 6995 Monkland
Trip de Bouffe 277 Mont-Royal E.
Autour d'Un Pain 100 Mont-Royal O.
L'échange 713 Mont-Royal E.
Café Expression 957 Mont-Royal E.
Mets chinois Mtl 961 Mont-Royal E.
Mt-Royal Hot Dog 1001 Mont-Royal E.
Panthère Verte 145 Mont-Royal E.
Maison Thai 1351 Mont-Royal E.
Aux 33 Tours 1373 Mont-Royal E.
Freeson Rock 1477 Mont-Royal E.
Co Pains D'Abord 1965 Mont-Royal E.
Café Henri 3632 Notre-Dame O.
Rustique 4615 Notre-Dame O.
Café Stouf 1250 Ontario E.
Café Pamplemousse 1251 Ontario E.
Le Snack Express 1571 Ontario E.
Frites Alors! 433 Rachel E.
Presse Café 625 René-Levesque O.
L'Oblique 4333 Rivard
Juliette et Chocolat 1615 Saint-Denis
Frites Alors! 1710 Saint-Denis
Panthère Verte 1735 Saint-Denis
L'Artiste Affamé 3692 Saint-Denis
Beatnick 3770 Saint-Denis
L'Insouciant Café 4282 Saint-Denis
Eva B 2015 Saint-Laurent
Bocadillo 3677 Saint-Laurent
Coupe Bizarde 3770 Saint-Laurent
Libreria Espagnola 3811 Saint-Laurent
Frappe St-Laurent 3900 Saint-Laurent
Copacabanna Bar 3910 Saint-Laurent
Le Divan Orange 4234 Saint-Laurent
Om Restaurant 4382 Saint-Laurent
Le Melbourne 4615 Saint-Laurent
Gab 4815 Saint-Laurent
Casa del Popolo 4873 Saint-Laurent
Kg Délices 5206 Saint-Laurent
Citizen Vintage 5330 Saint-Laurent
Smile Café 5486 Saint-Laurent
Le Cagibi 5490 Saint-Laurent
Snack and Blues 5606 Saint-Laurent
Saj Mahal 1448 Saint-Mathieu
Café Santropol 3990 Saint-Urbain
Barros Lucos 5201 Saint-Urbain
Brooklyn 71 Saint-Viateur E.
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Faubourg 1616 Sainte-Catherine O.
Fatz 1635 Sainte-Catherine O.
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Shaika Café 5526 Sherbrooke O.
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Fighting for Your Weight

Combat Athletes on the Difficult and Dangerous Process of Weight Cutting

PATRICK MOCELLA
@PMOCELLA13

"I can't stop sweating," said John "The Bull" Makdessi, a Mixed Martial Arts fighter, as heavy bags thudded and snapped at Tristar Gym in Montreal.

He has been blinking every few seconds because of the sweat dripping down into his eyes. Makdessi is fighting in the Ultimate Fighting Championship, the largest promotion in the sport of MMA. While sweating profusely might seem like a problem for most people, this is exactly what he wants.

He needs to bring down his weight in order to fight at 155 lbs while naturally weighing 180 lbs. He does this by weight cutting.

In December 2015, MMA fighter Yang Jian Bing died at the age of 21. But this death didn't take place in the ring. It came from cutting weight.

In combat sports such as MMA and boxing, athletes compete by weight classes. Few athletes actually compete at their natural weight though. Instead, they "cut" pounds in order to make the requirement. Bing was trying to trim down his natural weight, to the point where he could gain strength and size advantage over his opponent. But he went too far, causing dehydration and a suspected heat stroke.

Weight cutting has a checkered history in combat sports yet reform is on its way in some places. ONE Championship, an MMA promotion company based out of Singapore, has recently implemented a series of new measures designed to ensure the safety of fighters cutting weight, which included banning weight loss by dehydration.

Along with superior dieting and nutrition knowledge, Makdessi now uses a method referred to as "water-loading" in exercise circles. This method involves an athlete drinking massive amounts of water at the start of their week. They then gradually reduce the amount of water with each passing day until weigh-ins, where they drink no water at all. Athletes also avoid sodium, sugar and carbohydrates during this period. Instead, it's preferable to eat protein-rich foods and vegetables like spinach or broccoli.

Cutting weight properly didn't always come easily for Makdessi. Though he has been competing in MMA since 2008, he didn't always have the system he has in place now for cutting weight.

"I was horrible," Makdessi recalled, saying he didn't eat properly and focused too much on cardio.

"Putting sweat suits and sweaters on and then jogging, running and killing yourself—it was not the right way," the MMA fighter continued.

Concordia University wrestler Francis Carter has seen how weight cutting can go wrong.

"Some guys are all sunken out, you can



John "The Bull" Makdessi of the UFC talks about the dangers of weight cutting.



PHOTOS NATALIA BLASTER

literally see the shape of their skull," says Carter.

He usually avoids dramatic weight cuts, but he just underwent his largest weight cut for the 2016 Junior/Senior Canadian Championships held in Fredericton, N.B. on March 18.

Carter had to cut 13 to 15 lbs. He didn't use the old method of slapping plastic suits on and biking in a sauna to lose weight.

He just drank a little more water and ate "cleaner" than he normally would have—like the pros would do.

Many athletes have started to think of alternative ways to make weight that don't involve putting their bodies through hell. This has led to companies setting themselves up as the nutritional guides for fighters.

One of these companies is Nutrition Performance based is the southwest of Montreal. Founded in June 2014 by two graduates from the Université de Montreal, the company aims to help athletes with their diet plans and nutrition.

One of its founders, Catherine Naulleau, has worked with Quebec's Judo team and other athletes on their meal plans in preparation for competition.

In the week leading up to a fight, Naulleau recommends meals of low carbohydrates, high protein foods and large amounts of vegetables. Chicken, turkey, and cabbage soup can all be found on the menu of an athlete cutting weight.

Naulleau is skeptical of some athletes who cut tremendous amounts of weight—sometimes reaching up to 25 lbs—and gain it right back after weighing in.

"I think that's too much. It doesn't seem very natural to me," Naulleau said. "There's got to be some extra aid like diuretics."

While Naulleau is aware that many MMA fighters use the water-loading strategy, she's not entirely sure it's a good strategy to cut weight.

"There's some researchers saying that it is an extremely dangerous practice and there's others that say it's very helpful," Naulleau says.

Taking a hot bath is another alternative. Just by soaking in a hot tub for a few minutes could have great effects and allow the athlete to sweat it out and relax their body at the same time.

"Hot baths are probably something that athletes don't realize how efficient it can be to cut weight," Naulleau remarks.

Weight cutting shouldn't be the hardest thing about combat sports but it just might be. Fighters sometimes train for years on their striking, grappling and slamming barbells in the gym but nothing can quite prepare them for the final step before the fight.

"The goal is to perform the day of the fight, a lot of fighters forget that," Makdessi said. "We train to perform. We train to entertain the crowd, but then the emphasis comes on the weight cutting process because it's so difficult and just that alone is very gruelling. It's probably the hardest thing about fighting."

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From Spartiates to Wolverine

CEGEP football player Benjamin St. Juste commits to Jim Harbaugh's Michigan University.



Jim Stevenson recalls his days with the Concordia University hockey team, and being a Major League Baseball scout.

PHOTOS COURTESY MIKE DEEGAN

From the American Midwest to Loyola and Back

Concordia Alum and MLB Scout Jim Stevenson Reminisces on His Career Path

ÉTIENNE LAJOIE
@GIMMEDATRUTH

At the end of the Major League Baseball season, members of the Baseball Writers' Association of America vote for the best pitchers in the league's two divisions—the National League and the American League—and award them the Cy Young award.

In 2015, the trophies were awarded to Jake Arrieta of the Chicago Cubs and Dallas Keuchel of the Houston Astros.

Besides being pitchers, Arrieta and Keuchel had one important connection in common—Jim Stevenson, a Concordia alumnus, scouted them. This feat didn't go unnoticed and in November 2015, Stevenson was the talk of the town in baseball.

He spent three years playing hockey for the Concordia Stingers in the 1980's, but his passion had always been America's original pastime, baseball.

"They were three of the best years of my life—great school, great tradition," Stevenson said about Concordia. "I fell in love with the city, the people there were amazing."

After high school, Stevenson left his hometown of Toronto to pursue his passion for baseball, spending two years in two different junior colleges and one at the University of

Mississippi. However, an elbow injury to Stevenson's left-hand ended his baseball career.

A year later, in 1983—after undergoing elbow surgery—he tried out for the Stingers hockey team.

"He was a pure walk-on," remembers former teammate Frank Morris.

Morris, who used to live with Stevenson while he was in Montreal, is a coach and teacher at the Ontario Hockey Academy now.

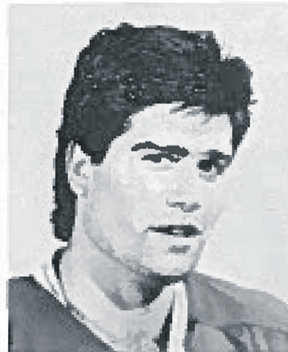
Stevenson, nicknamed "Rebel" for his tough play, was a third and fourth line player. He was also a good friend with Mike Deegan, now general city director of Westmount.

The two haven't seen each other in 28 years but Deegan recalls good memories of his playing days with Stevenson.

Even though Stevenson came into the Stingers locker room as a baseball player who had played three years in the U.S., he wasn't seen as an outsider. He bonded very quickly with everybody, according to Morris and Deegan.

After graduating in the summer of 1988, Stevenson was offered a job as a pitching coach in Oklahoma. "I would've stayed in Montreal if an opportunity had not come up," Stevenson remembered.

His job was in the town of Miami, Oklahoma, 90 odd miles outside of Tulsa at Northeastern Oklahoma A&M College.



STEVENSON, Jim | Sociology - 2
Right Wing, 6', 188

14/0 /63, Toronto, Ontario

Nicknamed "Rebel", Jim split last season between the Junior Varsity killer Bees and the Stingers. In 22 games with the big team, he had a goal and two assists. An outstanding athlete, he came to Concordia via Mississippi State where he played two years of college baseball. But arm trouble prompted the hard throwing left-handed pitcher to leave the mound for the ice. If his skating continues to improve he could break into the lineup as a defensive forward.

	GP	G	A	PTS	PIM
1984-85	22	1	2	3	18

As a pitching coach, he brought Canadian players to the Midwest—the first group came from the gold medal-winning 1991 Canadian Youth Team.

"It opened doors for me," says Stevenson, "the attention [for the players] was immediate."

At the time, very few teams had scouts in Canada. In 1992, Stevenson was offered a job with the Cleveland Indians.

"He told me 'go to Canada and scour the country from coast to coast,'" recounts the Concordia grad.

From 2001 to 2007, he scouted for the Milwaukee Brewers organization. It was then that he scouted the young Arrieta.

"I told my director of scouting 'the kid wants \$150,000 or he goes back to college.'" Milwaukee didn't think he was a "big league guy," Stevenson thought otherwise.

Arrieta did not sign with the Brewers and headed to Texas Christian University. The Baltimore Orioles drafted him in 2007, as he won the Cy Young award eight years after that.

In 2008, Stevenson became a full-time scout for the Astros, where he still works at today to oversee talent in Oklahoma, Arkansas, Kansas and Missouri.

From his home in Tulsa, Stevenson can drive anywhere in the American southeast. He is in the heart of the Southeastern Conference,

arguably the toughest division in American collegiate baseball with schools such as Mississippi State, Auburn and Arkansas—where Keuchel played for the Arkansas Razorbacks.

Keuchel attended a local high school in Tulsa—Stevenson has seen him play since those years.

Stevenson believes that around 90 per cent of the players coming out of the southeast are pitchers and dominant ones at that. Players like Clayton Kershaw, A.J. Burnett and Roger Clemens all come from that region.

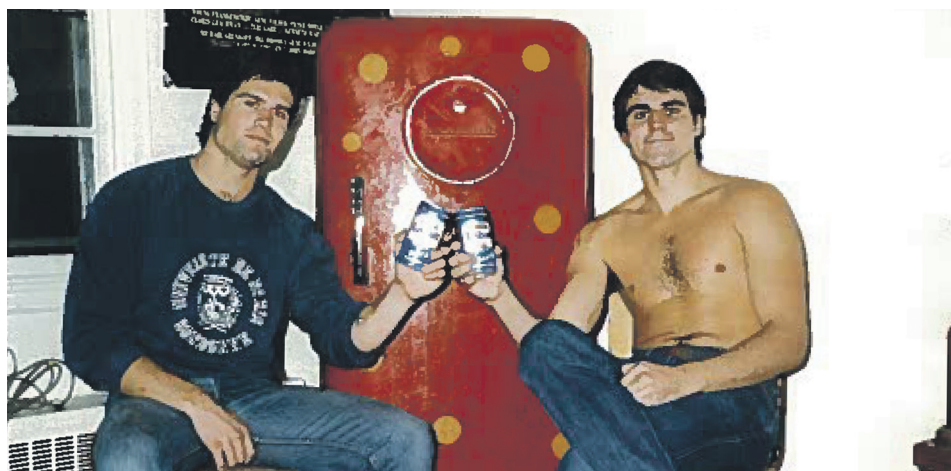
Teams in the SEC usually play on Friday nights, Saturdays, and Sundays with the team's best pitcher starting the game under the Friday night-lights.

Keuchel pitched those games for the Razorbacks—he was the "Friday Night Guy."

While some scouts stayed for only four to five innings, Stevenson always stayed for the whole game. "The real thing that I watch is how [a player] finishes the game," he explained.

With this pedigree, the talk of a general manger position was up in the air. Something that, despite it being over his head, Stevenson would not say no to.

"Do I have the ambition—of course," Stevenson said about being a GM. "I'd love to have to opportunity but if it doesn't come I'll still be happy."



Stevenson enjoys a beer with former teammate Frank Morris



Concordia, Canada, and the Climate

JENNIFER AEDY

TRISTAN MASSON

“Where’s the problem for energy in Canada?” asked 2014 Nobel prizewinner in physics, professor Hiroshi Amano from Nagoya University. This was a complex question. “For me, there seems to be no problem,” he continued.

Sitting in a conference on the other side of the world, I looked around and none of the students, Canadian or Japanese, raised their hand to answer. Yet, what surprised me most was that, for outsiders, there seemed to be no “energy problem” in Canada.

I was at the Japan-Canada Academic Consortium on Energy and Society hosted by Nagoya University, which was held for a week in February.

Sustainable development has become more and more fashionable since the 1990’s, when the Brundtland Commission coined the concept. Energy is an important part of sustainable development—and many groups around Montreal recognize the urgency in changing our energy sources from fossil fuels to renewable ones.

Just last week Divest McGill organized a sit-in after the university’s administration announced it would not withdraw its investments from the fossil fuel industry. In wake of the protest, Principal Suzanne Fortier met with the group, but refused to concede the legitimacy of their demands.

At Concordia, circumstances are slightly different. Concordia became the first Canadian university to begin the divestment process in 2014, when it announced it was pulling out \$5 million from the fossil fuel industry. However, it has only partially divested, and it is unclear how much university money continues to fund fossil fuels.

Concordia is home to a wealth of organizations that contribute to sustain-

ability. Sustainable Concordia monitors and promotes sustainability around campus. The Sustainability Action Fund makes funds available for student initiatives related to the environment.

We even have the Loyola Sustainability Research Centre whose director professor Peter Stoett will be a visiting scholar on climate justice at the University of Reading this summer. Not to mention numerous other groups like Frigo Vert, the Concordia Greenhouse, the Concordia City Farm, the Hive Cafe, the Concordia Food Coalition, and others that work to make the local economy sustainable. Through the actions of its students, Concordia has become a leader in sustainability.

The same can’t be said of decision-makers in the provincial or national governments—especially on the subject of energy, where the dialogue is particularly rancorous.

Just this January, in response to Montreal Mayor Denis Coderre’s official opposition to the Energy East pipeline, Rona Ambrose, the interim leader for the Conservative Party, told Prime Minister Justin Trudeau to “stop using his cell phone for selfies [...] and pick it up and call Denis Coderre and fight for natural resources”.

Similarly, Brad Wall, Premier of Saskatchewan, tweeted that Coderre and the rest of Quebec should “politely return their share of \$10B equalization supported by west #EnergyEast.” Keep in mind these aren’t irrelevant trolls on the CBC’s comment section—these are leaders of western provinces.

Trudeau has shown interest in continuing to exploit Canada’s fossil fuel industry, saying he wants to get our natural resources to market in a responsible and safe way, and that pipelines will pay for the green economy.

The Canadian government has also com-

mitted to climate change action at COP21 last November, and has been considering carbon pricing as the centerpiece of their climate policy. What seems to be a moderate, agreeable position is questionable, if not outright objectionable, upon closer scrutiny.

Robert Pollin, professor of political economy at the University of Massachusetts Amherst, outlines the steps for a transition from a fossil fuel-dependent global economy in his 2015 book *Greening the Global Economy*.

His argument is based on the figures provided by the Intergovernmental Panel on Climate Change, the UN’s research arm for climate science and policy. For meaningful climate action, Pollin calculates that fossil fuel consumption would need to decrease by roughly a third in the next twenty years.

Alternative energy is a critical variable in the equation, and simply switching to low-carbon fossil fuels, namely natural gas, won’t cut it. Even if we managed to switch the world’s coal consumption—the dirtiest of fossil fuels—to natural gas, we wouldn’t even be halfway towards the Pollin’s target.

The problem isn’t in the science or policy options. It’s clear what needs to be done if your main objective is climate change action. Except, there’s a difference between science and public policy, and politics mediates the two. The energy question boils down to the objectives we set for ourselves, as a country and global society.

So when I heard professor Amano’s question about Canada’s energy while in that conference in Japan, I nervously raised my hand. I described the risks that we’re taking by continuing down the road we’re on. I described how Canada has a horrible track record in respecting the rights of indigenous people, and how pipeline proj-

ects amplify to this shameful colonial tradition. I said that building North America’s largest pipeline—Energy East—at a time when we should be cutting back fossil fuels and expanding clean energy technologies contradicts our efforts for climate change action. Energy East promises to fragment Canada’s natural landscape and cause significant ecological harm.

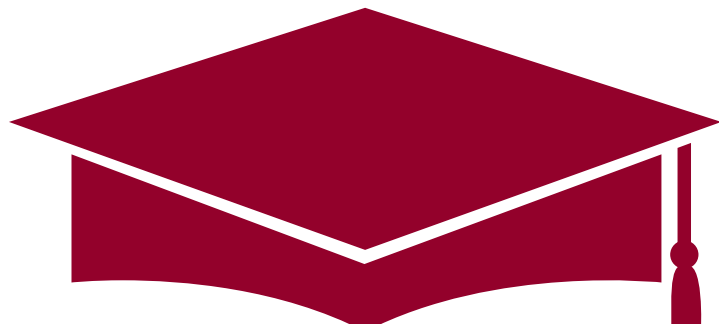
Not everything is doom and gloom, though. We need to recall the politics of it all. We shouldn’t assume that proponents of fossil fuel development are malicious or greedy—just as environmentalists shouldn’t be stereotyped as ungrateful welfare recipients. This kind of language corrodes our politics.

If we think of our future in terms of “us versus them,” we’re missing the point altogether. Those whose livelihoods depend on the fossil fuel industry ought to be worried about the economy and their jobs, because those things are essential parts of their lives.

But Canadians should know that something is lost when we refer to them as taxpayers, as if the bonds of citizenship could be reduced to the money we contribute to government coffers. The common good requires more than jobs. Where those jobs come from is also important.

The way that Canada responds to the question of energy will prove to be a defining moment for its history. It’s about more than just resources, federalism, or questions of eastern Canada versus western Canada. Above all, it offers a chance to reinvigorate the ties of citizenship across the country.

Most importantly though, is we cannot entrench ourselves into uncompromising positions because it prevents us from seeing things from another point of view. As the old proverb goes, “If we continue where we’re headed, we’re liable to end up where we’re going.”



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- **YUKI RAMEN**
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Structure and Sustainability

Democratizing Decision-Making at the CSU

GABRIELLE CARON

CSU SUSTAINABILITY COORDINATOR

Last year, I was elected to a position now known as sustainability coordinator for the Concordia Student Union. Part of this position's mandate is to ensure that Concordia—both environmentally and socially—is a sustainable institution.

The executive team that served before mine did a lot of good work in terms of environmental sustainability. I hoped to continue that environmental work, and also to make significant advances in the area of social sustainability.

My interpretation of social sustainability is the decentralization of decision-making power. In order to implement this, I hoped to further democratize the CSU by integrating Concordia's community organizations into the process of decision-making.

In theory, the CSU's decision-making is divided between eight members of the executive and a varying number of councillors—two of whom are members-at-large, with the remainder being representatives of Concordia's four faculties. The executive team members each have a mandate to cover—mine, for example, was sustainability.

Councillors are supposed to hold executives accountable. They have the authority to block or refine projects that the executive proposes. In order for this to work, councillors must have the full information of what the executive is doing.

In practice, council is not always given the full information about executive projects. This occurs because the CSU executive is expected to distill information on projects before presenting them to council. While this may lessen the workload of councillors because they are presented with simplified versions of projects, it also places more structural power in the hands of the executive.

This creates a gap in the relationship between council and the executive, and puts more pressure on the executive to filter information. Neither of these results creates a sustainable work dynamic, and both are rooted in the structure of CSU decision-making power through access to information.

One way to fix this specific problem would be the implementation of total transparency between council and the executive, in the form of releasing full documentation. This would need to be written into the CSU's bylaws to be effective. It would allow for a more democratic and open process, and would be better representative of the interests of all faculties due to council's faculty-based structure. It would help to create trust between different branches of the CSU, and would prevent members of the executive from being overworked and burning out.

Last fall, the CSU put forward a referendum to change the titles of the executives. The referendum—which passed—abolished the position of president, and replaced that position with the title of general coordinator. Other position titles changed from, for example, “vice-president sustainability” to

“sustainability coordinator,” or “vice-president finance” to “finance coordinator.” This was presented as a way to lessen the hierarchy inherent in the titles.

However, on the referendum, there were no structural changes to the mandates of the positions. The general coordinator still has the power to sit on all committees—while other coordinators can only sit on their own committees. While this does make sense in theory—general coordinators should be able to act as the bridge between different branches of the CSU—in practice, this allows for the general coordinator to wield disproportionate influence within the executive, which itself wields disproportionate influence over council. These problems are built into the structure of the CSU.

Each position on the CSU executive has a mandate, according to the union's bylaws. The role of the general coordinator is to oversee the functioning of other coordinators and implement council decisions. It is next to impossible for a single person to oversee and understand in detail the functioning of seven different coordinators. This leads to the general coordinator being forced to prioritize certain activities, which by definition means that others are given a *laissez-faire* approach.

This can result in unsustainable group dynamics, and runs counter to the idea of social sustainability. These results do not occur due to bad faith of executive members—they are the result of an unsustainable structure.

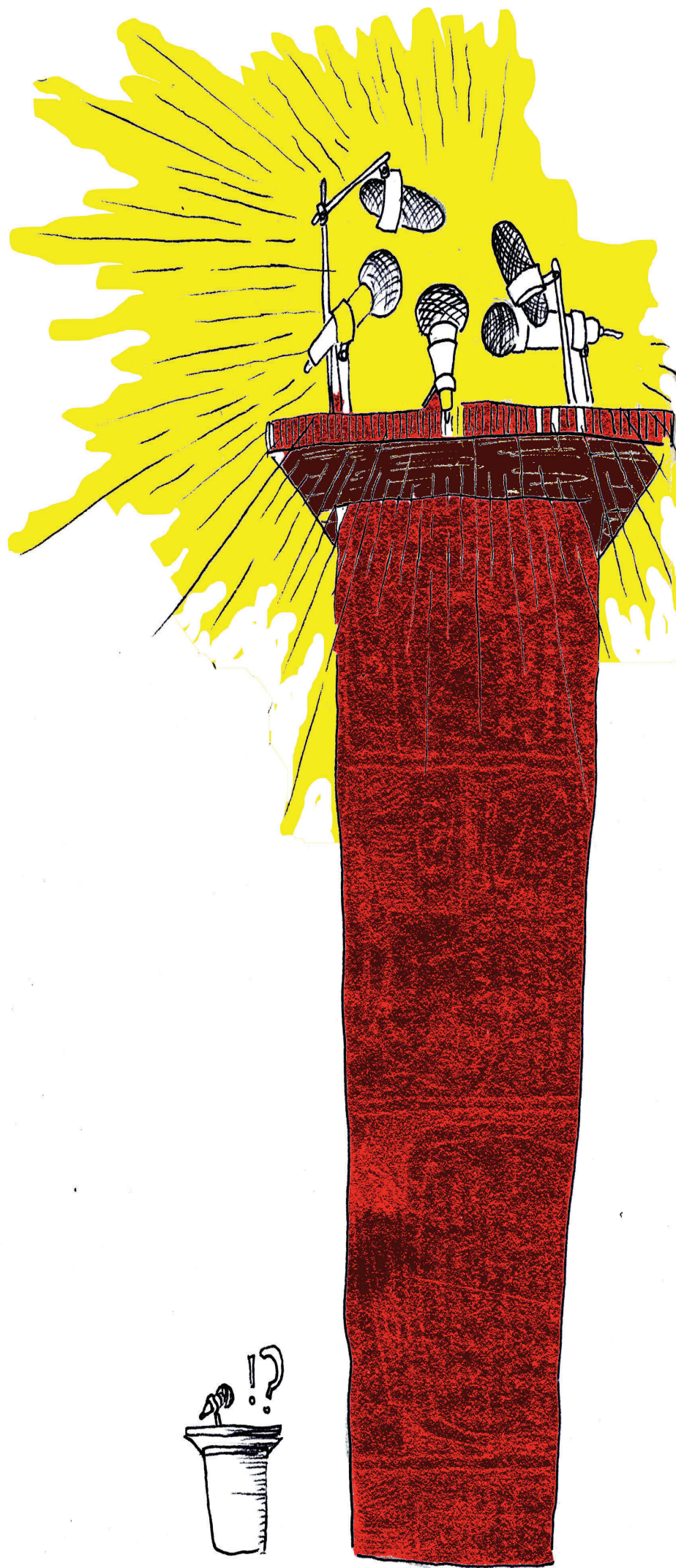
An unsustainable structure means that power dynamics are highly unequal, and certain voices are prioritized over others. In order to make the CSU sustainable, those hierarchies need to be flattened and power needs to be distributed horizontally. The different branches of the CSU should not be forced to work in silos, but should collaborate together as a team—that includes the CSU's paid staff.

In order for the CSU to effectively work with other elements of the Concordia community, changes must be made to repair the power relations within the institution. By correcting the internal problems of the CSU, the organization can begin to look outwards and better serve the broader community. Doing so will require structural change.

Over the past year, the CSU has made some efforts to deal with the issues that I have outlined, and they are commendable. The changes have not gone far enough, however. In order to make the CSU a sustainable organization, both deep changes to the structure, as well as a culture-shift, are required.

I hope that the incoming executive will continue to put time and effort into making the CSU more democratic, transparent, and sustainable. They should keep a collaborative mindset, even though this sometimes feels like the less efficient method. It should be remembered that, especially in representative institutions, the process is often more important than the end-goal. A collaborative, democratic approach makes end-results more valuable.

Structural change will not come overnight. It will require time, effort, and dedication—not just by the new executives, but also Concordia's student-body and community.



MORAG RAHN-CAMPBELL

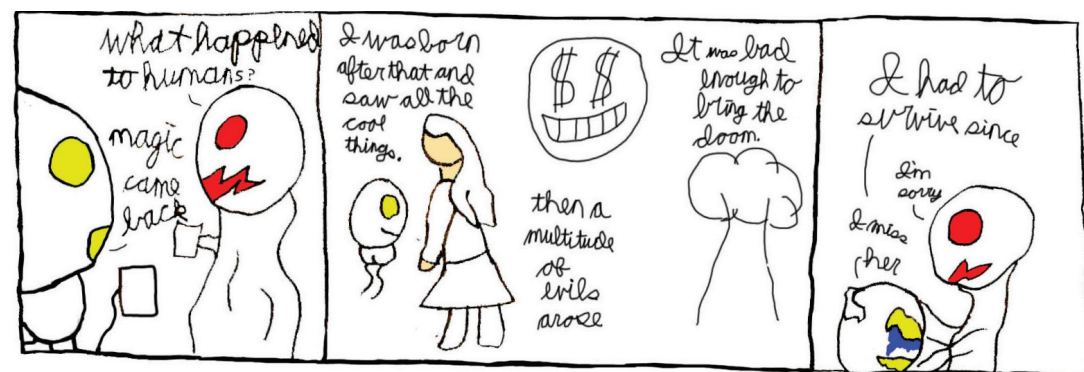
Standards by Graeme Shorten Adams @foreshortening



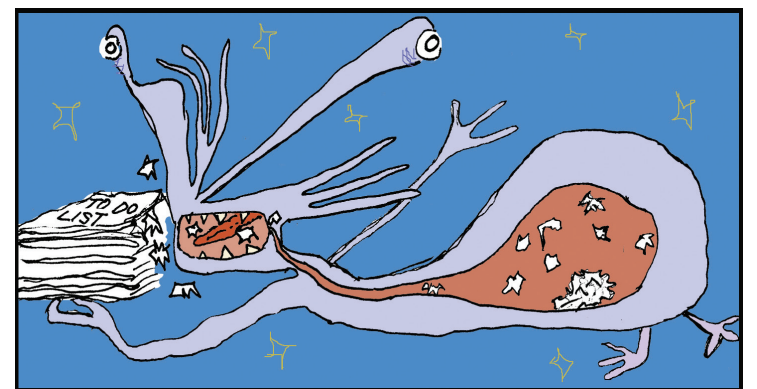
Crap Comics by Morag Rahn-Campbell



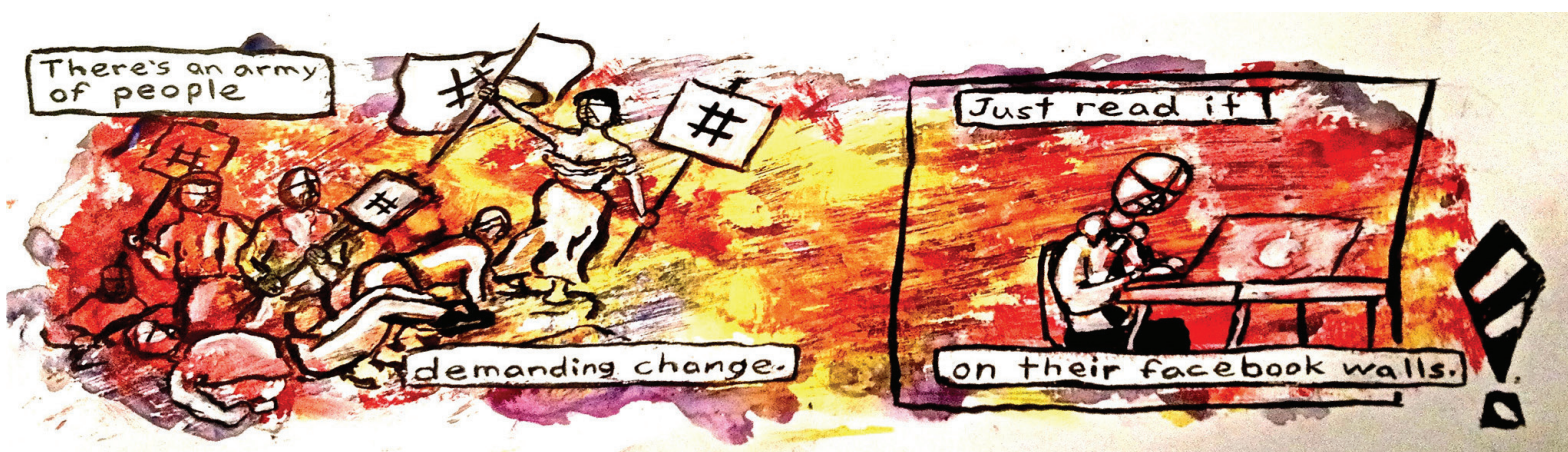
Balloon Ventures by Mangekko Jones



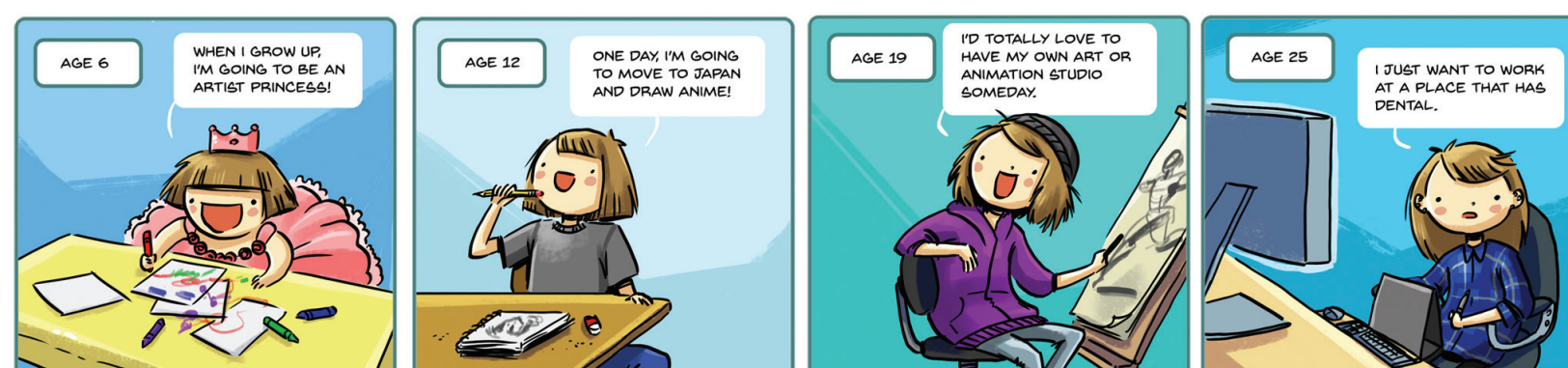
Drowning by Matisse ApSimon-Megens



The Adventures of Every-Man by @samdchurchii



Caity Comics by Caity Hall @caityhallart





EDITORIAL

A Year in Review for the CSU

It's been a tumultuous year at our university, particularly in the realm of student politics. The Concordia Student Union has pushed some important initiatives for which they should be commended—but this academic year wasn't all rainbows and unicorns—or rather, it wasn't all daycares and housing projects.

The long-awaited reopening of Reggie's finally came last semester; only last month did the student bar in the Hall building reap its alleged first ever profit. Yet, the CSU is almost cutting all ties with its infamous spot, as Reggie's will turn into an independent solidarity cooperative structure by the end of the semester.

The move is not surprising given that both the CSU and the Arts and Science Federation of Associations passed council motions to cancel any event at Reggie's until a safer space policy is implemented. The bar is possibly a liability, and the CSU seems to be ridding itself of ultimate responsibility.

After passing a referendum question in its favour last year, the executive team largely failed to formally implement boycotts, divestments, and sanctions of any kind against Israel this year. A BDS awareness week was held late last semester, but one would have expected the CSU to act on what its student body voted for.

Another issue to address moving forward is the culture of unapproved spending the CSU sometimes perpetuates. This by no means applies to all union-run projects—the daycare, which cost around \$365,000, was approved by students in a 2014 referendum.

However, it seems like certain lower-cost initiatives secure CSU funding without explicit approval by students. For example, Frigo Vert received \$100,000 from the union without having to be approved via referendum. They also approved the same amount to help the Concordia Food Coalition purchase

Burritoville in 2015.

"For \$100,000, we thought it was okay to make a decision," former CSU president Benjamin Prunty said at the time about Burritoville.

The Link acknowledges that supporting these types of initiatives is within the CSU's mandate, however, spending \$100,000 of student money should merit a more stringent approval process. Next year's executive team should be more conscious of the weight of student allocation moving forward.

Similarly, the dissemination of information from the union needs to be approved. In this week's issue, Gabrielle Caron, an outgoing CSU executive, wrote an opinions piece about how the structural setup of the union prevents complete transparency between the executives and council. She wrote how sometimes full documentation is not disclosed to councillors but rather presented in a more simplistic, accessible

way. This is disconcerting because if councillors aren't seeing the whole picture, that could mean the student body, including journalists, aren't as well.

These issues aside, we would like to commend our student union for projects like the daycare, and the student housing project.

Despite being quite costly—the student housing project clocks in at about \$1.85 million from the CSU—these projects went through the proper approval process and will benefit students greatly.

Admittedly, the daycare will impact less students than the housing project, but it renders Concordia more accessible for student-parents. It is a noble and necessary project, and is worth every penny.

The Link would like to see a continuation of such projects moving forward, and would recommend the incoming executive to implement a stricter spending-approval process.

THE LINK

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Letters to the editor are welcome. All letters 400 words or less will be printed, space permitting. The letters deadline is Friday at 4:00 p.m. *The Link* reserves the right to edit letters for clarity and length and refuse those deemed racist, sexist, homophobic, xenophobic, libellous, or otherwise contrary to *The Link*'s statement of principles.

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